

**UNSTOPPABLE**

★ **Bharti Monga**  
Founder & CEO - Khatoun  
Luxury Events & Marketing  
Dubai, UAE

**WOOMENWORLD**

★ **Maya Ayoub**  
Saudi Arabia Country Director –  
Women in Tech\* Global  
Riyadh, Saudi Arabia

**BE UNCOMMON  
CHEERLEADER**

★ **Prof. Amira A. El-Houfey**  
(Ph.D) Prof. of Community Health  
Nursing - Assiut University, Egypt

# The Explore

EXCLUSIVE COPY NOT FOR SALE

eminence is our character grandeur is our custom

**GRACE OF GALAXY**

★ **Ruby Sharma**  
Founder of Sai Rasoi  
(A Divine Kitchen of SAI)  
New Delhi, India

**SHOWSTOPPER**

★ **Dr. Madhavi Advani**  
Global luxury consultant  
Luxuryco.biz & Luxury Club  
New Delhi, India

AN HONOUR  
BEYOND WORDS.  
**A LEGACY  
BEYOND  
BOUNDRIES**



Special edition of **LeadHERship**, we celebrate women—unstoppable forces of change, grace, grit, and boundless ambition. These are the women who didn't just dream; they dared. They broke barriers, rewrote rules, and turned challenges into chapters of triumph.

**INSIDE**

**Vinod Kr. Sharma**  
Exndian Express, Delhi NCR

**FIRSTCITIZEN**

The first citizen of our home is my mother



**DIVINE DOLLS OF INDIA**  
**NINE FORMS  
OF DURGA**

WORLD-WIDE APPRECIATED & ENDORSED BY **THE EXPLORE JOURNAL**



# OXOMO

## MEZCAL ARTESANAL



**Type of agave:** Espadín

**Category:** Joven

**Alcohol:** 43% Alc. Vol.

**Production area:** in the region of Matatlan in the city of Oaxaca considered as the capital of Mezcal located in the south of Mexico.

**Production method:** Oxomo is produced using an ancestral method that is more than 400 years old and has been passed down from generation to generation. Its production is a real journey through time, a magical process where our Maestro Mezcalero brings to life his own heritage. Agave hearts are cooked in holes in the ground. The fire heats volcanic stones. The hole is sealed to keep the heat and steam to cook the agave during 3 to 4 days. To extract the juice, the cooked agave is chopped with a machete and crushed by a horse drawn volcanic stone named Tahona. The juice is then fermented in wooden vats before being distilled twice in copper stills.

**Tasting notes:** Oxomo is made from Espadín agave harvested after 8 to 12 years of ageing. It's an exceptional artisanal and authentic spirit that should be enjoyed with respect. Its slow cooking method gives it deeply smoky and woody aromas. Its ageing in wooden vats gives it floral, fruity and spicy notes as well as aromas of apple, apricot, pepper, cinnamon and vanilla.

**Serving suggestions:** to be enjoyed neat or in cocktail in a transparent and narrow stemmed glass to concentrate the aromas.

Serving temperature between 17 and 22 degrees Celsius.

It can be enjoyed with fresh fruits, walnuts or almonds to enhance its aromas. Its unique taste and complex aromas make it an ideal partner for gastronomy like spicy or smoked dishes, cheese, guacamole, ceviche, tacos, oysters, salmon, duck breast, caramel flan, fruit sorbet.

[info@oxomomezcal.com](mailto:info@oxomomezcal.com) • [www.oxomomezcal.com](http://www.oxomomezcal.com)





# The Explore

eminence is our character  
grandeur is our custom

CONSISTENTLY RANKED



IN THE EXPLORE OF WORLD SURVEY

UNBEATABLE  
UNMATCHED



# Be THE EXPLORE GET EXPLORED





# Be THE EXPLORE GET EXPLORED





# Be **THE EXPLORE**, Get **EXPLORED**.

## The Explore

Facilitate you to reclaim the confidence and worn out charm within you, the ambition, the inspiration and dreams that have been faded away from your life.

Offers you a platform to present your ideas, expertise, your success stories, your failures and your accomplishments.

A podium for you to let your heart out to millions waiting to be inspired.

### Be **THE EXPLORE** Get **EXPLORED**

contact.theexplore@gmail.com + 91 8130529646  
NEW DELHI, MUMBAI, INDIA

Come be a part of  
endless Opportunities.

### Be **THE EXPLORE**, Get **EXPLORED**.

The Explore  
**Be**  
UNLIMITED

Essence of  
**THE EXPLORE** echoes  
the wisdom of fair  
opportunities,  
recognition beyond  
corporate hierarchy,  
beyond socio political  
background or beyond  
rich /poor status.

## Come be a part of endless Opportunities

## The Explore

Reclaim what  
you have lost  
professionally  
and even  
personally.

Many who are still  
unsung HEROS from  
different walks of life.  
**BE THE STRENGTH OF  
OTHERS** help others  
to perform better.

We as family help  
you to be what you  
are good at, to  
accomplish what  
you have failed to  
do in those  
desperate never  
ending years of  
your sour  
struggle.

### Be **THE EXPLORE** Get **EXPLORED**

In **2020** The Battlefield,  
And till NOW. **WE Published**  
**20 Successful editions,**  
**Speaks victory of...**

## The Explore

Dreamt it. Believed it.

### **Build it & will Continue it...**

contact.theexplore@gmail.com  
+ 91 8130 529 646  
NEW DELHI, MUMBAI, INDIA

contact.theexplore@gmail.com + 91 8130529646 NEW DELHI, MUMBAI, INDIA





# GLOBAL EXPERT PANEL

## ★ International Guest Editor for Global Health Affairs



**Dr Arun Dhir**  
Recipient of 'GRACE OF GALAXY'  
Director Body Genesis Institute,  
GI Surgeon, Author,  
Speaker and Health Advocate  
Melbourne, Victoria, Australia

## ★ International Guest Editor for Future of Rare Metals



**Raffaello Follieri**  
AMBASSADOR of the UNITED WORLD  
Entrepreneur,  
Chief Executive Officer at Follieri Capital Ltd  
UK, London  
Riyadh, Saudi Arabia

## ★ International Guest Editor for Global Health Marketing



**Dr Harshit Jain (HJ) MD**  
AMBASSADOR of the UNITED WORLD  
Author - The Next Marketing,  
MMM Pinnacle Award honoree,  
PM360 Elite Disruptor 2020  
Member - Forbes Technology Council  
New York, USA

## ★ International Guest Editor for Global Social Awareness



**Abdulrazak Mahibub Jalal**  
AMBASSADOR of the UNITED WORLD 'Peace  
Recipient of Grace of Galaxy Award  
Global Panel Advisor  
NewAge World Media  
Founder & Director - NATION FIRST  
Pune, Maharashtra, India

## ★ International Guest Editor for Hospitality Culture



**Kiran Robinson**  
AMBASSADOR of the UNITED WORLD  
Luxembourg

## ★ International Guest Editor for Global Luxury Affairs



**Dr. Madhavi Advani**  
AMBASSADOR of the UNITED WORLD  
Director - *Luxuryco.biz* & *Luxury Club*  
Global luxury consultant for Art, Real Estate,  
Hospitality, Fashion Design, Jewellery, Health &  
Wellness, Beauty, Bespoke Events and Destination  
Weddings (Italy). New Delhi, India

## ★ International Guest Editor for Global Health



**Dr H K Chopra**, Consultant Cardiologist,  
Medanta Moolchand Heart Institute,  
Chief Advisor, NHFC-2022, National Awardee,  
Science & Tech. Comm. for focused Textbooks  
of Cardiology. MST, DST, Govt. of India &  
Past President, Cardiological Society of India  
New Delhi, India

## ★ International Guest Editor for Global Environment Affairs



**Mandakini Pawar**  
AMBASSADOR of the UNITED WORLD 'Go Green'  
Founder *VAN MAHAL* 'A Retreat Wellness Stay'  
Healthcare Excellence Consultant  
Rishikesh, Uttarakhand, India

## ★ International Guest Editor for Global Community Care



**Senator Shalini Diwan**  
AMBASSADOR of the UNITED WORLD  
Recipient of 'GRACE OF GALAXY'  
Founder & President  
Global Fighters Foundation  
Gurgaon, Delhi NCR. India

## ★ International Guest Editor, World Community Healthcare



**Dr. Amira Abdallah El-Houfey**  
AMBASSADOR of the UNITED WORLD  
Associate Professor of Community Health  
Associate Prof. of Community Health  
Jazan, University – King Saudi, Arabia.  
Faculty of Nursing-Assiut University,  
Egypt

## ★ International Guest Editor for Legal Affairs



**Anushka Bhardwaj Arora**  
AMBASSADOR of the UNITED WORLD  
BA.LL.B (H). LL.M. NUS  
Advocate, Delhi High Court,  
New Delhi, India

## ★ International Guest Editor for Women Power Affairs



**Reema Mahajan**  
Asia's Top 100 Women Power Leader  
Founder, Indian Women in Dubai  
IIT Delhi & IIM Bangalore Alum  
Leading UAE's Largest Women Expat Community  
Dubai, UAE





VOL. 6 NO. 03-04 MARCH-APRIL '2025

## EDITORIAL BOARD

Patron **Rajkumari**

President **Vandana** Educationist

Executive Director **Vijay Guglani**  
National Health Cartoonist

Publisher & Editor in Chief **Vidhi Guglani**

Consulting Editor **V.K Sharma**  
ex Sub Editor, Indian Express

Business Editor **Rahul Goenka**

National Director **Rajeev Arora**  
ex Dy Director,  
Sports Authority of India

Director **Dr Milan Chakraborty**  
Ph.D, MBA, MA Economics

Medical Directors **Dr Preetaish Kaul** Honorary  
**SK Jerath** ex AIIMS, New Delhi

Marketing Advocacy &  
Country Program Director **Soma Roy** Mumbai

Global Affairs **Dinesh Timsina**  
Sr. Journalist

National Affairs **Samriti Sharma**  
Sr. Journalist

Business Consultant **Rohit Gupta**  
Film Maker, Mumbai

CEO **Nitin Maleker**

COO **Govind Gupta**

Legal-Advisor **Gurmeet Singh**

Creative Director **Shaurya Vanraj**

Production & Page Design **Naveen Aggarwal**  
Elegant Printographics

Global Consultant **Orange & ViaAgeMedia**  
Global Health Care, Mumbai

**For Collaboration & Business >**

**Call /WhatsApp : + 91 8130 528 646**

**[contact.theexplore@gmail.com](mailto:contact.theexplore@gmail.com)**

**Business > MUMBAI :** 2nd floor Duru House, Juhu  
Tara Rd. Next to Jw Marriott, Juhu, Mumbai 400049,  
Maharashtra, India

**Editorial > DELHI :** 54, AIIMS Apartments, Mayur  
Vihar - I, Mayur Kunj, New Delhi - 110096, India

## FROM THE DESK OF EDITOR IN CHIEF



Dear Readers!

## The Changemakers: Women of Valour, Vision, and Victory

There are moments in life when you come across stories so powerful, so raw, that they stir something deep within you—stories that make you pause, reflect, and feel deeply connected to something greater than yourself. As I write this, I am filled with that very feeling. This edition of *LeadHERship* is not just a collection of stories; it is a celebration of the indomitable spirit of women who have defied the odds, shattered expectations, and created their own space in a world that often tries to confine them. In this special edition of *LeadHERship*, we celebrate women—unstoppable forces of change, grace, grit, and boundless ambition. These are the women who didn't just dream; they dared. They broke barriers, rewrote rules, and turned challenges into chapters of triumph. Each story in these pages is laced with purpose, grit, and undying passion. They dared to defy, to lead, to dream beyond limits—and in doing so, they didn't just change their lives, they are changing the world around them.

As I reflect on my own path, I see how deeply their stories move me. They reaffirm what I've always known: that strength has many voices, and leadership wears many faces. These women, in all their diversity and determination, embody the very spirit of *LeadHERship*. They have taught me that true leadership is not about titles or accolades, but about authenticity, courage, and the will to stand strong in the face of adversity.

It is with immense reverence and heartfelt pride that **The EXPLORE Journal** unveils this edition—a curated tribute to witness their journeys and share their legacies is a privilege. A celebration of women who are creating history, making change, and lighting the way for many more to come. It is with immense honor and joy that I present to you these women of change, these queens of valour and strength.

Their presence within these pages is not just a feature—it is a gift, a legacy, and a celebration of all that it means to rise, to rebel with grace, and to lead with intention.

To all the readers who turn these pages—let these stories ignite your spirit, embolden your heart, and remind you that the power to shape change resides within you. As you explore the bold paths these women have paved, know that every action, no matter how small, adds to the tapestry of transformation we are all weaving together.

To the women we celebrate—thank you for showing us how to lead with heart, rise with strength, and live with fierce purpose.

With love and admiration,

**Vidhi Guglani**

Publisher & Editor

**THE EXPLORE Journal**

**[contact.theexplore@gmail.com](mailto:contact.theexplore@gmail.com)**

+ 91 8130529646

New Delhi & Mumbai, India



@the\_explorejournal



The Explore Journal





**H**e is celebrity cartoonist is one strength, confidence and ambition is known National Health Cartoonist with more than over two decades of diverse experience in creative art management. Having large association with Govt of India Ministries, International and National organizations & Institutes and also numerous honors and appreciations from Presidents, Prime Ministers, other National Leaders, Delhi Doordarshan, National Print Media, Legend Celebrities and Medical Fraternities.



**His galaxy of honours** comprise of numerous prestigious awards, rewards & recognitions conferred upon him by eminent National & Political Leaders of India at that time Indian Presidents at that time Shri Shankar Dayal Sharma, Pratibha Patil, APJ Abdul Kalam and Pranav Mukherjee. At that time Prime Ministers Rajiv Gandhi & Atal Bihari Vajpai, Finance Minister Narayan Dutt Tewari. At that time Vice President Shri Bhairu Singh Shekhawat, CM, Delhi at that time Smt. Shiela Dikshit, Member Parliament Vijay Goel, Spiritual Guru Dalai Lama and Sadhna Ji Maharaj of Sarv Dharma.

He is associated with many prestigious national & international NGOs and institutes, health & medical publications and has also lent his creative hand to over 2000 projects on health awareness with the government of India, Ministry of Health & Family welfare, WHO, UNESCO, National AIDS Control Organisation, Health journals for Parliamentarians, MTNL, BSNL, DAVP, DIP, AIDS Control Society, MCD, NDMC, Departments of Transport, Pollution

Control, Forest and Horticulture, Dept. of Science and Technology and Traffic Police,  
IMA-Indian Medical Association,  
DMA-Delhi Medical Association as well.

Many celebrity artists, poets, fashion designers and bollywood personalities also like, Sunil Dutt, Rajesh Khanna, Vinod Khanna, Dara Singh, Farookh Shekh, Aamier Rajpal, Anil Kapoor, Sri Devi, Bony Kapoor, Sanjay Kapoor, Dipti Naval, Jacky Shroff, Vijayanti Mala, Ashish Vidyarthi, Subhash Ghai, Santosh Anand, Nitin Mukesh, Raza Moorad, Dipika Padukon, Kapil Dev, Bishen Singh Bedi, Dr. Deepak Chopra, Dr Narottam Puri, Dr H K Chopra, Dr K K Aggrawal, Ashok Chakardhar, Rohit Gupta and Sunil Mehra have honoured and recognised his uncanny wit and infectious humor. on various platforms. numerous times.

He is also been serving the young India as a dedicated academic management and professor of creative arts, a worthy guide and a kind mentor. Till date, he has enlightened the path of creative pursuits for thousands of students, helping them refine their craft and professional vision through his detail-oriented approach.

**Vijay Guglani**  
Vice President & National Health Cartoonist  
**The Explore Journal**  
vijayguglani@gmail.com +91 8130529646  
New Delhi & Mumbai, India





HONORABLE  
PRIME MINISTER of India  
SHREE NARENDRA MODI

# GOVERNANCE, GRIT & GLOBAL AMBITION

— Vidhi Guglani



**U**nder **Modi's** leadership, India has witnessed sweeping reforms, from the *Make in India* initiative to the *Digital India* campaign, which have revolutionized sectors like manufacturing, technology, and infrastructure.

Fast forward to 2025, and the Indian political stage is dominated by **Prime Minister Narendra Modi**, a leader known for decisive governance and a strong nationalist narrative. Modi's vision has steered India through major reforms — from digitizing the economy to infrastructure megaprojects like PM Gati Shakti. His push for India as a \$5 trillion economy remains a central ambition, supported by initiatives targeting MSMEs, youth entrepreneurship, and tech-driven growth.

On the global front, **Modi** has strengthened diplomatic ties, notably with the U.S., pushing for deeper trade collaborations. Domestically, he faces challenges — regional discontent over constituency realignments, and navigating economic aspirations amid global uncertainties. Interestingly, parallels can be drawn between *Yes, Prime Minister's* fictional politics and **Modi's** real-world leadership — the calculated decisions, the balancing act between policy and public perception, and the ever-watchful bureaucracy. The satire may be British, but its themes echo loudly in India's corridors of power.

As we look ahead, **Modi's** leadership in 2025 continues to shape India's trajectory — ambitious, controversial, but undeniably transformative.





# GRACE OF GALAXY

the highest civilian of the world

An Ambassador of United World, In the Global World

Her passion for the "No one sleep with hunger & Love and Light for World Peace".



For HER is to inspire people to be conscious  
and choose love, peace, harmony & happiness  
& to remember that 'No one sleep with  
hunger'

**THE EXPLORE's** Highest honor, presented to  
**Ruby Sharma** (Founder of Shirdi Sai Annapurna Rasoi)  
She is an well known social person. with a demonstrated  
history of providing free computer education to over 250  
kids and also providing daily breakfast and lunch during  
their regular classes at our center. The main emphasis of  
program is to provide industry-based computer training  
with an aim to make these children employable in the  
industry after they complete our training

## 'Grace of Galaxy' Ruby Sharma

### Recipient of "GRACE of GALAXY"

HER efforts touched thousands of people with the help of  
'SAI RASOI' (A Divine Kitchen of SAI) providing ready food to  
needy ones.

Sai Shraddha Saburi also has been engaged in various  
developmental activities for the poor and economic weaker  
section of the community.

**Ruby Sharma** HER message to the world and inspiring people  
to choose peace, love and 'NO ONE SLEEP WITH HUNGER'





# Smile For A While

— by Vijay Gughani

Always **Laugh** or **Smile** when You can. It is a Cheap Medicine







MODEL : MOHINI CHAUDHARY, INDIA



“Six yards of elegance, charm and grace” can be the simplest description of a saree. Ever wondered how long this garment has been a part of our lives? Read along to know...

Saree, also known as sari is a traditional attire of Indian women. The name Sari originated from the Sanskrit word 'Saadi' which means 'a strip of cloth'. In sanskrit literature, it is mentioned as Sattika and as Jatakas in buddhist literature.

# ‘SAREE’ SIX YARDS OF BEAUTY

A saree is a traditional Indian garment for women, a long, unstitched piece of fabric draped in various styles, and is a symbol of grace, tradition, and cultural diversity.





6

A saree is a long piece of cloth in a variety of fabric with many different prints, patterns and colours that is worn around the entire body in a particular way. The length of the saree varies from 6 yards to 9 yards depending on various factors like age, occasion and climate. Sarees are accompanied by parkars/pavada in the bottom and a choli /ravikai/blouse in the top. A saree has been such an integral part of our culture that even today it is a must have in our wardrobe. Saree as such has undergone various changes in terms of production, weaving, type of prints and the way it is worn. We are in an era where stitched readymade sarees are available and yet draping a saree in the traditional way and mastering it is still revered as a skill.

,

# ‘SAREE’ WEAPPED IN TRADITION, DRAPED IN ELEGANCE

MODEL : MOHINI CHAUDHARY, INDIA





MODEL : MOHINI CHAUDHARY, INDIA

# 'SAREE' WHERE BEAUTY MEETS TRADITION

The journey of Sarees began alongside the Indus valley civilization around 2800 BC and we still use the dyes used then namely Indigo, lac, turmeric etc. Earliest records of cotton and silk are also found 5000 years ago indicating how well established this culture was. Literary works like Kadambari by Banabhatta and Silapathikaram by Ilango Adigal talk in detail about sarees. This is just an example, there are many literary works that stand as a proof for the wide use of saree by women from time immemorial. Like the saree, the choli or ravikai or blouse has also undergone a variety of changes from the way it is worn and tied. The Dharmasastra and the Natya shastra are said to have had difference of opinion about how the saree is draped in terms of exposing the midriff. With such rich heritage, the saree has a lot to be revered for its travel through so many centuries withstanding cultural, economic and technical transformations. For an Indian woman, saree is not just another attire but an extension of her personality. Next time you wear a saree, enlive the rich lineage that unfolds as you pleat it. Remember, you are wearing a piece of garment that has lived through centuries!

Drape yourself in the elegance of your 6 yards, and let your Instagram feed shine with these captivating saree quotes and captions. Whether you're celebrating tradition, showcasing your unique style, or paying homage to your mother's legacy, these quotes and saree captions will add charm and elegance to your saree photos.

These engaging, interesting, and cool saree captions for Instagram and quotes on saree will surely bring you a lot of likes, engagement, and encouragement.





## Reema Mahajan

Asia's Top 100 Women Power Leader  
 Founder, Indian Women in Dubai  
 IIT Delhi & IIM Bangalore Alum  
 Content Creator & Women Empowerment Advocate  
 Leading UAE's Largest Women Expat Community  
 Dubai, UAE

# 'SAREE' THE EPITOME OF TIMELESS CHARM

At 17, I wore a saree for the first time  
 — Reema Mahajan

I had always admired the women in my family—my mother, my grandmother—draped in beautiful sarees during festivals. It looked regal. It looked powerful. It looked beautiful. But somewhere along the way, the world started calling it outdated.

"Something only older women wear."

"Not stylish enough."

"Too old-fashioned."

I never understood that.

Because when I first wore a saree at 17, I felt elegant.

And even today, years later, I feel the same. At every event, every interview, every meet-up—

My confidence shines through my saree.

It's not just an outfit.

It's my culture. It's beautiful.

And I wear it with pride.

Happy Women's Day!

Here's to being unapologetically ourselves.





# WHERE THERE IS A SAREE, THERE IS ELEGANCE

Saree holds a special place in the hearts of Indian women. They are not just a piece of clothing, but an embodiment of culture, tradition and femininity. For many women, wearing a saree is way to connect with their heritage and identity. Sarees are often passed down from generation to generation, becoming heirlooms that are worn on special occasions such as weddings, religious festivals and formal events, and are considered a symbol of elegance and grace. The sarees are often gifted to the bride by her mother or mother-in-law, which holds a special significance.



## Himanshi Singh

Leadership Cultivator  
Mentored 8000+ Aspirants  
Corporate Trainer, Motivational Speaker  
Personality Development Coach  
Women Empowerment and POSH Trainer  
Jabalpur, MP, India





# UMRAO JAAN ADA

## The First Modern Indian Novel

**A**meeran lives a poor-lifestyle with her mom, dad, and brother, Jamal, in Faizabad, British India. When her dad testifies against the local corrupt cop, Dilawar Khan, Khan swears to avenge this humiliation, and several years later, abducts Ameeran, holds her for ransom. When no money is forthcoming, he sells her. Ameeran ends up in a brothel run by Lucknow's Madame Khanum Jaan, where she is taught dance and poetry, and is subsequently re-named **Umrao Jaan**. Years later, **Umrao** has matured, is a well-known Courtesan with many patrons, chief amongst them are Nawab Sujat Ali Khan and his son, Sultan.

**Umrao Jaan** is known for her mastery of music, dance, poetry, and Urdu literature.

It is considered the first Urdu novel by many and tells the story of a *tawaif* and poet by the same name from 19th century Lucknow city. India

**Umrao** and Sultan fall in love with each other, much to the chagrin of Sujat, who instructs Sultan either to give up **Umrao** or to lose his inheritance, and Sultan chooses **Umrao**. He gives up his father's palatial house and goes to live in the brothel, but re-locates to live with his uncle in Gadi after being taunted by Khanum Jaan.

**Umrao** has a new admirer, Nawab Faiz Ali, who proposes to take her with him with Khanum's blessings, to which she agrees after she finds out that their destination is via Gadi. On the way there, she

finds out that Faiz is a bandit, who is eventually captured and held by guards, while she is released at Sultan's behest.

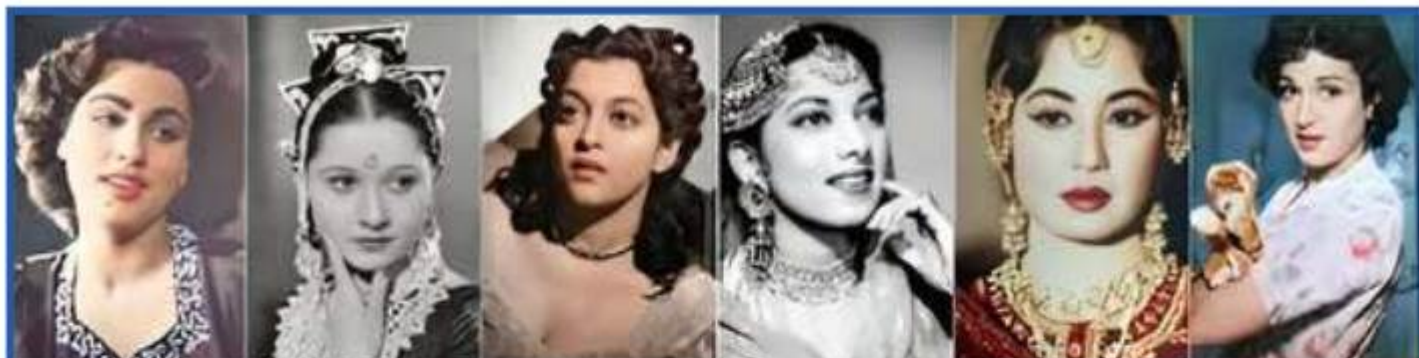
**Umrao** faces more heartbreak when Sultan refuses to have to do anything with her as he suspects her fidelity, forcing her to return to Lucknow. Then she gets an offer to sing at the marriage ceremony in Faizabad. With her hopes and emotions running high, she eagerly accepts this offer - with a hope of being able live as **Ameeran** again. Watch what happens when she reaches Faizabad and comes face to face with her family.





## BOLLYWOOD ACTRESSES OF THE GOLDEN ERA (1940-1950)

Step back into the timeless charm of Bollywood's Golden Era! Here's a tribute to the legendary actresses who defined grace, talent, and beauty during the 1940s and 1950s.



Begum Para

Sadhana Bose

Nalini Jaywant

Suraiya

Meena Kumari

Kamini Kaushal



Veena

Noor Jahan

Shakila

Shashikala

Nimmi

Nargis



Sulochana Latkar

Nigar Sultana

Madhubala

Asha Parekh

Munnawar Sultana

Sumitra Devi



P. Bhanu Rathi

Rehana

Shammi

Cuckoo Moray

Meena Shorey

Leela Desai



TIMELESSBEAUTY



## Marilyn Monroe

An American actress,  
comedienne, singer,  
and model



TIMELESS BEAUTY



**Marilyn Monroe**

# BLONDE BOMBSHELL

The iconic American actress and symbol of beauty and glamour, captivated audiences with her magnetic presence on screen





**Marilyn Monroe**

# LADIES OF THE CHORUS

6

**M**onroe was born as Norma Jeane Mortenson in Los

Angeles in 1926, and brought up by Christian foster parents because her mother Gladys was mentally unable to raise a child. She later became a ward of the state, living with allegedly abusive family friends, and then in an orphanage. Going to the cinema, Monroe recalled 'I didn't like the world around me because it was kind of grim ... When I heard that this was acting, I said "that's what I want to be."' In 1944, having had her picture taken working at a munitions factory, Monroe quit to become a model for the photographer, against the wishes of her first husband (a factory worker turned Marine whom she married aged sixteen). Here the self-construction began. She was born as Norma Jeane Mortenson and had a hard childhood. She never met her father and never had a close relationship with her half-sister, while her mother, who suffered from psychological problems, was put in a mental institution in 1935.





**D**uring her childhood years she went from one orphanage and foster home to another and was sexually abused. In order to avoid orphanages, at the age of sixteen she married the twenty-year old James Dougherty. While he sailed the Pacific as a marine, she worked in an ammunition factory in California. At the same time, she was noticed by a photographer and thus began her successful career of a pin-up model, which is why she became a blond instead of a brunette. In 1946, she began her acting career and changed her name to Marilyn Monroe. After a few smaller roles, she had her first bigger one in *Ladies of the Chorus* (1948). Afterwards she played several smaller but well-received roles in critically acclaimed films - *The Asphalt Jungle* (1950) by John Huston and in the drama *All About Eve* (1950) by Joseph L. Mankiewicz. Then she starred in several romantic comedies as well as in the noir drama by Fritz Lang *Clash by Night* (1952). Another great role from that period is the one of a dangerous nanny in the thriller *Don't Bother to Knock* (1952) by Roy Ward Baker. In that same year she starred opposite Cary Grant and Ginger Rogers in the popular comedy *Monkey Business* (1952) by Howard Hawks. Her biggest success until that time was the leading role in the noir film *Niagara* (1953) by Henry Hathaway. She already had a reputation of a person who is hard to work with due to frequent tardiness to film sets and inability to remember her lines. The most probable reason behind it was her insecurity, tendency to perfectionism due to which she often asked to repeat her scenes, as well as her addiction to barbiturates, amphetamines (popular in the film industry of that time) and alcohol. She then starred in the very successful musical *Gentlemen Prefer Blondes* (1953) by Howard Hawks together with Russell.



**Marilyn Monroe**

## THE PRINCE AND THE SHOWGIRL





**Marilyn Monroe**

# WHO WAS THE WOMAN BEHIND THE MASK?

Afterwards she starred in popular comedies *How to Succeed in Business Without Really Trying* (1953) by Jean Negulesco, *There's No Business Like Show Business* (1954) by Walter Lang and *The Seven Year Itch* (1955) by Billy Wilder. In 1954, she married the baseball player Joe DiMaggio but they divorced only nine months later. In the same year she starred in Otto Preminger's western *River of No Return* together with Robert Mitchum. At this point she was fed up with the roles of shallow blonds and a lack of freedom when it comes to choosing her own career path, and, together with the photographer Milton Greene, she established the production house Marilyn Monroe Productions (MMP). She enrolled to the Lee Strasberg's Actors Studio in New York and soon became friends with Strasberg and his wife Paula. She returned to the big screen with the film *Bus Stop* (1956) by Joshua Logan, and was praised and nominated for a Golden Globe. In that same year she married the writer Arthur Miller but that marriage lasted only until 1961. She starred in *The Prince and the Showgirl* (1957), first independent production of her MMP studio and one of the few films directed by the famous actor Laurence Olivier. By far her most successful and popular film was the comedy *Some Like It Hot* (1959) Billy Wilder, for which she won the Golden Globe as best actress in a comedy or musical in 1960. She worked with George Cukor on the romantic comedy *Let's*

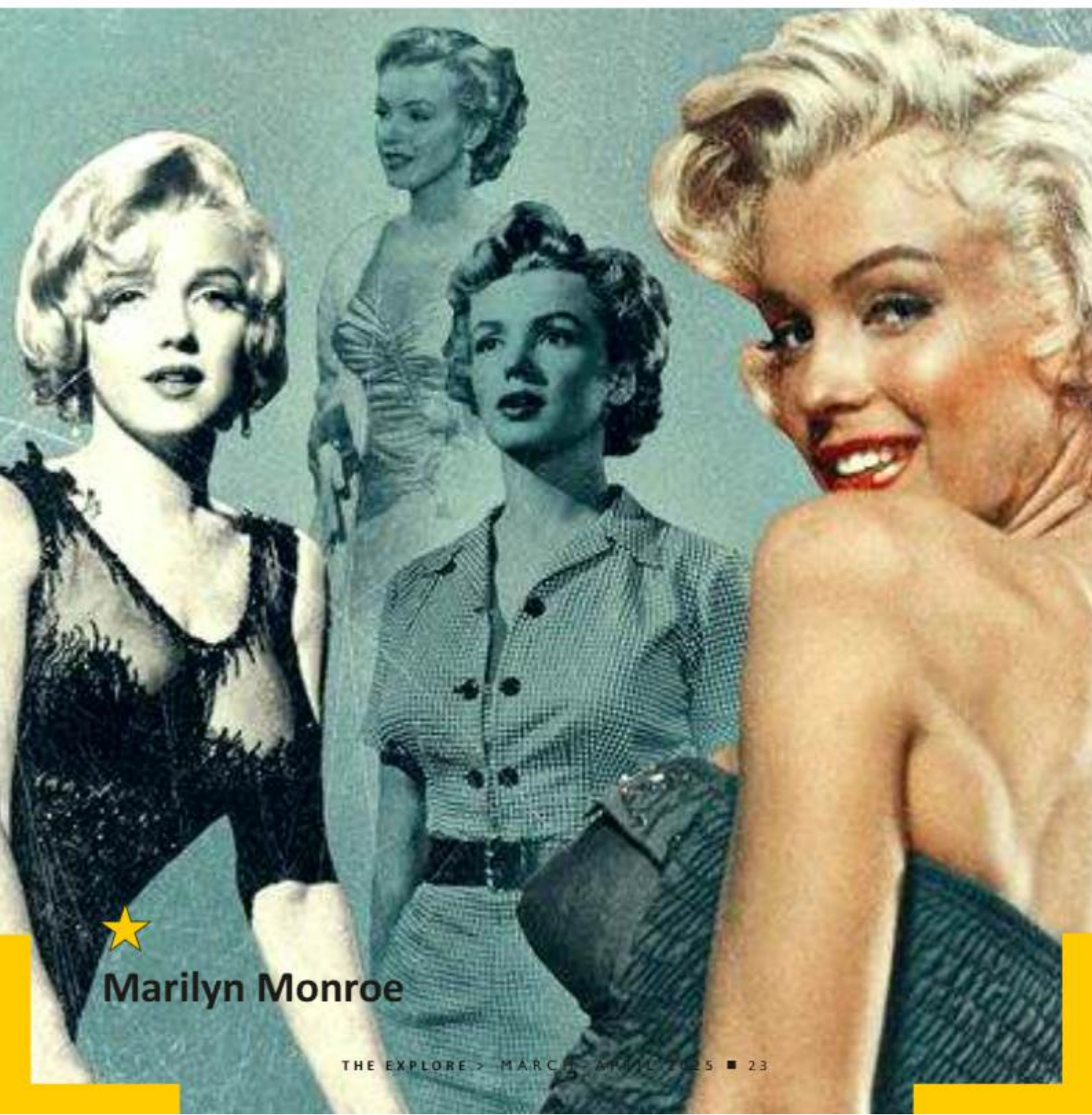




## ‘Misfits’

Make Love (1960) and her partner was Yves Montand. In that same year she got her star on the Hollywood Walk of Fame. She continued her cooperation with George Cukor in Something's Got to Give (1962), the unfinished remake of the film My Favourite Wife (1940), from which she was fired due to financial reasons. However, when Dean Martin refused to continue to film without her, she was invited back, but the film was never finished due to her sudden death. Therefore, her last film

remained the drama Misfits (1961) by John Huston. The screenplay was written specifically for her by Arthur Miller and it was also the last film for her acting partner Clark Gable. Soon, Miller and Monroe divorced and the film did badly in the theatres. She died at the age of thirty-six of an overdose with sleeping pills. Lee Strasberg made a farewell speech for the film icon at the funeral that was held only for close friends and collaborators.



**Marilyn Monroe**



TIMELESS **BEAUTY**



# CHEERLEADER



## Marilyn Monroe

The iconic American actress and symbol of beauty and glamour, captivated audiences with her magnetic presence on screen



# The Explore



## LeadHERship WOMENWORLD

Celebrating bold, independent women who redefine norms, lead with grit, and pave their own path—embracing their journeys, adapting with strength, and rising as proud changemakers in every sphere.

—Vidhi Guglani





CHEERLEADHER



**Sneha Agarwal**

Luxury Hotelier  
Hotel Hillock Ahmedabad, Mt abu, India  
Ahmedabad, Gujarat, India

# With brave wings, she flies

**W**omen are great entrepreneurs and are often motivated by the desire to change the world. A boss lady is a woman who follows her ambitions with confidence yet, keeps her feminine

qualities intact. She empowers and inspires other women around her. Therefore, boss lady quotes are inspiring in life since they motivate a woman to know her worth in society and to dream big.





## Abha Chaudhary

MD Aaradhayam Builders Pvt. Ltd  
Spiritual Guide, Climate Activist  
Founder Aabhamandal Trust  
MLA Candidate Congress 2022  
Aabhamandal Adhyatmik Ashram  
Yoga Sadhna Stay UP  
Meerut, Uttar Pradesh, India

# Born to Be a Boss



## 'I am growing once again'

Being a **hashtag#parent** is the most rewarding job in the world. Watching my **hashtag#child** grow, learn, and thrive is a **hashtag#blessing** every day. I'm **hashtag#grateful** for the laughter, the tears, and the memories we're creating together. There's no love like the love of a parent for their child **hashtag#unconditional**, unwavering, and unrelenting. I'm so grateful to be a parent of two lovely **hashtag#kids** **hashtag#Aaradhaya** & **hashtag#Veer** and to

**hashtag#experience** this kind of love every day.

To all the parents out there, don't forget to take a moment to **hashtag#appreciate** the little things. The messy rooms, the endless questions, the sleepless nights... they're all worth it. You're shaping the next generation of leaders, thinkers, and dreamers.

Keep going, even when it's hard. Give them all the love of the universe.



SNAPSHOT



**Kiran Robinson**

Hospitality Ambassador  
Luxembourg

# Born to shine





**Kiran Robinson**  
Hospitality Ambassador  
Luxembourg

# “The Power of Solidarity”



I have always loved travelling – meeting new people, exploring diverse histories, and cuisines. However, I never imagined that our journey to Malawi, Africa would reshape my perspective and deepen my appreciation for the resilience and beauty of children facing poverty and hunger.

We established **Malawi Children's Mission (MCM)** in 2007. MCM arose from the belief that every child deserves the opportunity to thrive. We envisioned a sanctuary of hope and empowerment.

## *It Takes a Village*

This **International Women's Day**, I honor the phenomenal women of **MCM** whose sacrifices have had a profound impact on the lives of Malawi's orphaned and vulnerable children. Their farewells, especially their farewell songs are etched in my heart!

**T**hese mothers, sisters, and mentors, devote themselves daily to our children, investing time, energy and genuine affection. Such as the women in the kitchen team (**Elufe Sidreck, Elube Kamowa, Esnart James, Mirriam Wabu**) who have prepared nearly 750,000 meals to date. They embody the ethos of Seva-selfless service.

I'll always cherish the children's exhilaration as they received meals with protein, our garden grown vegetables and seasonal fruit. Those precious memories, especially their farewell songs are etched in my heart!





# FROM STRENGTH TO STRENGTH

Over the past 17 years, **MCM**, expanded services to provide clean drinking water and essential healthcare. Each year, over 150 malaria cases have been treated thanks to Nurse Nora's tenacity.

We envisioned classrooms filled with eager minds, led by stalwart educators: **Esther Thomas, Elizabeth Kahlula, Bridget Issa, Joyce Mwale, Besse Phiri, Priscilla Mtoliro, Constance Kaitichi, Mrs. Nakalapa, and Florence..**

**Social Services Director Phobe Kufeyani**, a key community liaison, oversees the children's well-being. **Avisha Mpemba** skillfully leads projects to promote staff and financial health at **MCM**. Each step forward reflects our commitment to a brighter tomorrow for children.







# ESSENCE *of* GIVING

**T**hrough selfless acts of charity by committed supporters around the world, **MCM Academy** was created in 2013 to nurture a desire to learn. The on-site school currently teaches 150 children. In 2014, **MCM Academy** partnered with U.S. schools to promote cultural awareness through the *Global Classroom Program*.

Launched in 2014, the *Young Women's Initiative*, facilitates young women through mentoring, counselling and skills development. It equips participants with purpose and dignity, to shape their destinies. Driven by the collaborative spirit of leaders: Karen Hirsh, Eneless, Angelilna and Ashberry, together they have built a solid foundation for excellence.

In 2018 the *Orphan Support Program* was introduced. Discover how Eneless Banda's ardent work together with Karen de Smidt's guidance transformed lives through the sponsorship. Currently 168 children are supported through this program.

Malawi's orphaned and vulnerable children live a life of limited choices. Yet they embrace opportunity with gratitude. With the guidance of the women of MCM, their hope blossoms, lighting paths that once seemed impossible.

As we unite, we can create a lasting impact through our collective efforts. By embodying solidarity, we not only uplift those in need but also elevate our communities.



**Kiran Robinso**  
Hospitality Ambassador  
Luxembourg

For more information, visit at: [www.malawichildrensmission.org](http://www.malawichildrensmission.org)  
We also invite you to read the children's stories and learn how you can contribute through donations.  
To learn more about MCM, contact: Karen Rhen Hirsh, US Director.





Hi, a Muslim, there are eight months of this  
 annual religious observance and certainly not  
 expensive. I'd like to have the lowest cost of  
 MIL and at my home for the reason I'd love to  
 be practicing fast throughout the year knowing  
 that I will also experience my whole spiritual  
 space on earth. I am going back to school here  
 again because of the fasting time I had all  
 the first month of my fast. You are always ready  
 to provide the me to have food, all the time  
 supply and also have access to the  
 following May God bless you.

THE EXP




**Hospitality Ambassador  
Luxembourg**







# Ambitious women make history



## Himanshi Singh

Founder Editor – THEWOOMAG  
Content Strategist & Marketer  
Serial Entrepreneur  
Women Entrepreneurship Evangelist & Mentor  
Gurgaon, Haryana, India

**W**omen leaders are both pioneers and visionaries in the corporate world, consistently breaking barriers and setting new standards of excellence. Their rise to leadership positions goes beyond merely filling quotas or balancing gender parity; it's about harnessing unique perspectives, resilience, and insights that women uniquely offer. Leadership, in its transformative essence, combines strength, empathy, and visionary outlook—qualities exemplified by numerous women across industries. In this **THE EXPLORE** edition, its compilation of about 100 inspiring stories and quotes by distinguished women leaders is crafted to motivate and guide current and aspiring female executives, encapsulating essential lessons of courage, innovation, and perseverance.

I think realizing that you're not alone, that you are standing with millions of your sisters around the world, is vital  
– Himanshi Singh





Director Senator  
**Shalini Diwan &  
MD Parag Diwan** says...  
"Our focus is Internationalisation "  
year2025

## QUEEN OF HER OWN EMPIRE

**I**n a world where gender differences still exist, women keep pushing boundaries and going beyond what's expected. The journey to equality continues, supported by quotes from amazing women, encouraging others to embrace their uniqueness. These words inspire, reminding us to keep going in tough times. Share these quotes with female friends and family as a reminder of every woman's strength. Be strong, because a woman's voice is brave and strong, capable of overcoming anything.





# The Kingdom is inviting the world to build the future of data

"It is becoming clear that the world is looking to Saudi Arabia's bold leadership for answers and solutions to the biggest social, economic, and human challenges facing the world today", a powerful message by **HE Faisal Alibrahim, Minister of Economy and Planning** at the **World Economic Forum 2025**. This statement encapsulates the Kingdom's growing influence and commitment to shaping a better future for all. **hashtag#SaudiArabia** is not only taking bold steps within its borders but is also positioning itself as a global leader in addressing the most pressing issues of our time.



## Maya Ayoub

Saudi Arabia Country Director –  
Women in Tech® Global  
Economist, Founder of District Twelve  
Impact Entrepreneur  
Diversity, Equity & Inclusion Advocate  
Riyadh, Saudi Arabia





### Collaboration in the **hashtag#IntelligentAge**

At the crossroads of innovation and global collaboration, Saudi Arabia's presence at **hashtag#WEF25** underscored the pivotal role of partnerships in driving meaningful change in the Intelligent Age. From launching transformative initiatives to fostering critical dialogues, the Kingdom's leadership is actively shaping a future where technology and human potential intersect seamlessly. The discussions in **hashtag#Davos** were a powerful reminder of how collaboration can drive innovation, fuel sustainable growth, and address the challenges of our time. Saudi Arabia has firmly embraced its role as a catalyst for global partnerships, focusing on sustainability, digital transformation, and workforce development. Together, we are building an ecosystem that thrives on cross-border cooperation and collective progress.

Among numerous panels and talks, I was honoured to attend the discussion on the **Youth Blueprint for Responsible Leadership at NEOM House**, where **Dr. Manar Al Moneef, NEOM Chief Investment Officer**, and future leaders explored what it means to lead with responsibility in the Intelligent Age. The panel's emphasis on early youth leadership and cross-generational collaboration highlighted the urgency of fostering a new wave of leaders who will steer us towards a more inclusive and intelligent future. **hashtag#ForYouthByYouth**

### Saudi Arabia's Data Center Embassy Initiative SA

Among the many groundbreaking initiatives showcased in **hashtag#Davos**.

**Saudi Arabia's Data Centre Embassy Initiative** captured attention as a bold move towards securing global data sovereignty. As discussed by **Saudi Finance Minister HE Mohammed Al-Jadaan**, the initiative aims to enhance the protection of sovereign data, ensuring data flows seamlessly across borders while respecting national security interests. By creating a regulatory framework that mirrors the diplomatic immunity enjoyed by embassies, Saudi Arabia is positioning itself as a global hub for data innovation. With abundant land, low energy costs, and a forward-thinking vision for AI, the Kingdom is inviting the world to build the future of data.



**Maya Ayoub**

Saudi Arabia Country Director – Women in Tech® Global Economist, Founder of District Twelve Impact Entrepreneur, Diversity, Equity & Inclusion Advocate Riyadh, Saudi Arabia







Women In Tech Global Awards: Empowering Female Pioneers

**WOMEN  
in tech®**  
Saudi Arabia

Connect, share, and grow with fellow members who share your passion for tech and empowerment.

**BEE**

**A PART OF OUR  
THRIVING  
COMMUNITY!**

UNLEASHING THE  
FULL POTENTIAL OF  
WOMEN IN TECH

**W**elcome to the Women in Tech® Hub, your all-in-one platform to empower women in the tech industry. Connect with a global network of professionals, access our mentoring program, **EXPLORE** exciting job opportunities on our job board, join local chapters, and stay up-to-date with our events. This community portal is designed to unlock your full potential, offering resources and connections to grow your career and make impactful connections. Start your journey today!





**WOMEN  
in-tech®**  
Saudi Arabia

**W**omen in Tech® is an international organization on a mission to close the gender gap and to help women embrace technology. We promote girls' and women's empowerment around the world, with a focus on Sustainable Development Goal 5b: harnessing technologies. With our Head Office in Paris, we are a Global Movement with chapters in 6 continents, counting over 200,000 members. The aim is to educate, equip and empower women and girls with the necessary skills, confidence and opportunities to succeed in STEM career fields. We are the only organization for women in tech that has programs for every stage of a woman's career lifecycle: from the classroom to the boardroom. OUR MANIFESTO Women are Tech's most untapped resource. Not only is creating diverse teams ethical, and will drive more economic growth, but future proofing the job opportunities of women will ensure sustainable communities worldwide. Women in Tech is a global movement of people fighting for gender equality in STEAM. We create impact through action to build confidence and set women up for success. Because when women rise, we all rise.





## Manjula Sularia

Life Skills Coach  
Social Entrepreneur  
POSH & POSCO Trainer Rotarian  
Mental health Counsellor  
JOSH Talk Speaker  
Woman Entrepreneur  
Chandigarh, India

# DREAM BIG WORK HARD

Well Renowned Life Skills Coach and Knowledge Entrepreneur, a JOSH TALK speaker, has been acknowledged and awarded as the Most Active Women Entrepreneur of Chandigarh Region. She is the CEO of 'The Transformers Value Creators', a Nationally Renowned Life Skills Training & Knowledge Enterprise, where she has done intensive work in training and counselling lacs of individuals in Skills Enhancement, Creative Intelligence, Emotional Intelligence, Academics, Professionalism, Empowerment, HR, Management & Promoting Entrepreneurship !!







# MORE FOLLOWERS ≠ MORE MONEY

Grow your influence & visibility with powerful thought leadership. I'll show you how – **Manam Iqbal**

**A** large following is great but it shouldn't be the sole purpose of building your thought leadership online.

Your goal should be to educate people about your expertise and present it compellingly so the right customers, partners, and opportunities may find you. Hey I'm Manam. I'm on a mission to help 10,000 founders become 'recognized' experts in their fields so they can make more money and get better opportunities.

**I'm on a mission to breathe life and humanness back into dull, neglected leader profiles.**

Born and raised in Karachi, I came to Dubai a few years ago with dreams of working for myself after a corporate career. I had nothing but the ambition to live life on my own terms, an unquenchable love for the written word, and lots of grit. But a switch from a corporate career to building something for myself – as anybody who's ever done this can tell – comes with its fair share of highs and lows.



**Manam Iqbal**  
Dubai, UAE





When PM **hashtag#NarendraModi ji** visits the US or foreign countries, foremost on his agenda is the need to promote our **hashtag#culture**, the renaissance of **hashtag#India** as a global nation, **hashtag#multilateralism** in all aspects, and the value of being the **hashtag#changeagent** one wants to see in the world.

**Let's try and do the same for India as we travel the World?**

Our role models (whether it is Modi-ji or anyone else) doesn't have to look like you, live like you, or even work in your field. They just need to light a fire in you to do the same... and I strongly believe each of us can be the **hashtag#flagbearer** for India to the World.

We often hear that role models should be relatable. Someone who feels familiar, walks a path you aspire to, or mirrors your experiences. And while that's comforting, it's not the only way to find inspiration.



**Aparna Thyagarajan**

Co-Founder & Chief Product Officer

**Shobitam, Inc**

ex-Microsoft, Angel Investor

D2C, Tech and Social Entrepreneur

Bengaluru, Karnataka, India



# Can you truly take India to the World?

We can too like our role models, one step at a time...

**A** **hashtag#rolemodel** can be anyone who makes you believe in possibilities.

They could be someone you've never met, a figure from history, or even a fictional character. It's not about their proximity to your life—it's about the spark they ignite in you.

For me, my role model taught me to dream beyond my circumstances. They showed me that the barriers I see are just challenges waiting to be overcome. They didn't share my life's context, but their big picture vision, resilience, aggressiveness, and creativity were enough to push me forward. And I am proud of taking **hashtag#Sarees** to the World - here i am in a Red Saree at the Golden Gate Bridge - anywhere and everywhere!

So, here's the truth: You don't need to see a perfect reflection of yourself to feel inspired. Sometimes, it's the unfamiliar that shakes you out of your comfort zone and fuels your growth.

Who's that one person and What is that one thing that you are going to take from India to the World —inspiring you to go global?







## Kanchan Chokkas

Founder & Mentor  
 "Cognia - Building Skills and Image"  
 Team Building, Communication Skills  
 Presentation Skills, Corporate Trainer  
 Image Management  
 Surat, Gujarat, India

# The

## Five-Senses Formula for *first* Impressions

**W**hen it comes to creating impactful first impressions, the key lies in understanding how we engage with others through our senses.

A well-rounded presence isn't just about looking good; it's about orchestrating a symphony of cues that resonate with people on multiple levels. Let's delve deeper into how each sense plays a vital role in shaping perceptions.

### Visual: The Power of the First Glance

Your appearance is the first story you tell—often before you utter a single word. What people notice: Your clothing, grooming, and overall presentation. **Are your clothes clean, well-fitted, and appropriate for the setting?**

**The impact:** A polished look conveys intentionality, professionalism, and respect for the occasion. It signals to others that you value their time and the interaction.

### Posture: The Silent Language of Confidence

Your body speaks louder than your words. The way you stand, sit, and move reveals your level of confidence and engagement.





## Kanchan Chokkas

Founder & Mentor  
"Cogniaact - Building Skills and Image"  
Team Building, Communication Skills  
Presentation Skills, Corporate Trainer  
Image Management  
Surat, Gujarat, India

**What people notice:** Are you slouching or standing tall? Do your gestures appear controlled and purposeful or nervous and erratic?

**The impact:** Open, relaxed posture signals confidence and approachability, while crossed arms or slouched shoulders may suggest disinterest or insecurity.

**Energy: The Invisible Connector**

Energy isn't something people can see, but they can certainly feel it.

**What people notice:** The vibe you bring into the room—whether it's warm and inviting or tense and aloof. A genuine smile, steady eye contact, and a calm demeanour radiate positivity and trust.

**The impact:** Your energy sets the tone for the interaction. High energy creates excitement, while calm energy fosters trust and focus.

**Voice: The Audible Extension of You**

The way you speak can reinforce—or undermine—your message.

**What people notice:** Is your tone confident or hesitant? Is your speech clear and engaging or rushed and monotone?

**The impact:** A confident tone enhances your credibility, while a hesitant or overly aggressive tone might diminish it.

**Subtle Cues: The Details That Stay Unnoticed—but Not Unfelt**

It's often the smallest things that leave the deepest impressions.

**What people notice:** Your handshake—firm or limp? Your scent—pleasant or overpowering? Your accessories—simple and elegant or flashy and distracting?

**The impact:** These micro-details complete the narrative. A strong handshake conveys confidence, while a fresh, subtle fragrance suggests attention to detail and self-care.

Ready to elevate your team's impact? Let's craft first impressions that last and build soft skills that drive success.





## LEADERSHIP



### Preetha Reddy

Vice Chairperson  
Apollo Hospitals &  
Past President, NATHEALTH  
India

For over three decades, Apollo Cancer Centres have led the way in oncology—introducing **India's first CyberKnife® Robotic Radiosurgery system, South Asia's first Proton Therapy Centre**, and now a network of 23 centres, driven by expertise and a deep sense of purpose.

It was a privilege to launch **Apollo Cancer Centre, Vanagaram**—our third Comprehensive Cancer Centre in **Chennai**—just ahead of World Cancer Day. This is a reaffirmation of our commitment to accessible, world-class cancer care for every patient in need.

With **Tamil Nadu's first Elekta Harmony Pro system**, we are advancing precision-driven, non-invasive radiation therapy, ensuring that innovation translates into better outcomes and compassionate healing. We deeply appreciate the support of



## India's first CyberKnife® Robotic Radiosurgery system

the **Government of Tamil Nadu**, whose commitment to healthcare excellence continues to transform lives. My heartfelt gratitude to **Hon'ble Minister Mr. Ma. Subramanian and Mrs. Supriya Sahu** for their leadership in strengthening healthcare across the

state. As cancer cases rise, the need for early diagnosis, advanced treatment, and patient-centric care has never been greater. At Apollo, we are not just leading the fight against cancer—we are redefining it.





**Priya Dutt**

Trustee Nargis Dutt Foundation  
Mumbai, Maharashtra  
India





# Ensuring Healthcare for All



**M**oments from February 4th, a day that holds deep significance for me. Having witnessed the impact of cancer, I understand the power of awareness, support, and hope. Grateful to all those who are a part of this journey along with my people at **Nargis Dutt Foundation**, keeping the spirit of compassion and care alive.

**Nargis Dutt Foundation** is a registered, charitable organization working passionately in the areas of Health & Education. The trust is registered under the Bombay Public Trusts Act 1950 under registration number E- 9080. It was first set up in 1981 in New York city by **Shri Sunil Dutt** and the Indian Community in New York, in memory of **Smt Nargis Dutt** after a yearlong battle with cancer at the Sloan Kettering Memorial Hospital. The foundation was thereafter established on 11th October 1982 in Mumbai. The work of the foundation still continues and has spread far and wide, across India.



**Priya Dutt**

Trustee  
Nargis Dutt Foundation  
Mumbai  
Maharashtra, India







**Upasana Arora**

Managing Director  
Yashoda Super Speciality Hospitals  
New Delhi, India

**YASHODA**  
Super Speciality Hospitals  
KAUSHAMBI



## An Evening of Empowerment & Solidarity

Some conversations inspire, uplift, and ignite change—and this evening was filled with such moments. It was truly wonderful to meet **Smita Barooah**, an addictions counsellor and writer who took a sabbatical from her professional commitments in Singapore to actively contribute to the **Bharatiya Janata Party (BJP)** election campaign, leveraging her expertise and insights to drive meaningful engagement.

**Women supporting women is not just a statement; it's a movement**

When we hold hands, lift each other up, and create opportunities for those yet to be empowered, we pave the way for a more inclusive and equitable future.

Grateful for these meaningful interactions and the shared commitment to making a difference!





# For me, growth isn't about becoming more; it's about becoming truer

It's not a race to collect skills or tick off achievements—whether in work or in life. Growth, to me now, is more about becoming.

It's **evolving**—the quiet, ongoing process of using what I know, what I've lived, and what I've felt to experiment, explore, and sometimes, start over.

It's **maturing**—reflecting on past choices, accepting their lessons, and breaking free from patterns that no longer serve me. Growth is unlearning as much as it is learning. But most of all, growth is **freedom** to me.

The freedom to live unshackled by habit, convention, or convenience. The freedom to embrace the many ways I can show up in the world—without apology, without constraint. It's what allows me to choose paths that make me feel alive, even when they look unconventional to others.

Growth has also taught me to **choose my battle**. Not everything needs my energy or attention. Not every fight deserves my focus. Growth helps me channel my efforts toward what truly matters—what feels aligned, whether in work or in life.

And perhaps most profoundly, growth has brought me grace. The grace to hold my ground without the need to declare it. The grace to stand steady, even in silence, and to know that strength doesn't need to be loud.

Growth means different things to different people. For me, it's a journey of becoming—not simply something more, but something deeper.

## Vani Bhalla Pahwa

Championing Global Health and Wellness  
Founder, Health Strategist, Public Speaker,  
Chronic Illness Specialist  
Gurugram, Haryana, India





# A staggering 80% of resolutions fail

Not due to lack of willpower, but because we overlook the hidden chains behind our habits.

Our behaviour is a series of connected links. Miss one, and the whole thing collapses. The good news?

You don't need to overhaul your life to make progress.

You just need to identify and break the weakest link in the chain.

Here's how Chain Analysis helps you take control:

## 1- Spot the Trigger:

Every habit begins with a spark. What lights the fire?

A stressful email?

The sight of your phone?

Walking past the fridge?

Action: Write down when and where your habits show up. Patterns will reveal themselves.

## 2- Trace the Chain:

What happens after the trigger?

Trigger: Stressful meeting.

Thought: "I need a break."

Action: Grab snacks.

Outcome: Regret.

Action: Replay the moment like a movie.

Where did things go wrong?

## 3- Break One Link:

Change doesn't happen by brute force. Focus on disrupting just one step in the chain.

Stressed? Try a 3-minute breathing exercise before grabbing snacks.

Bored? Replace scrolling with 5 minutes of journaling.

Procrastinating? Start with just 2 minutes of the task you're avoiding.

Action: Don't overcomplicate it. Small shifts create big momentum.



## Vani Bhalla Pahwa

Championing Global Health and Wellness  
Founder, Health Strategist, Public Speaker,  
Chronic Illness Specialist  
Gurugram, Haryana, India





## Vani Bhalla Pahwa

Championing Global Health and Wellness  
Founder, Health Strategist, Public Speaker,  
Chronic Illness Specialist  
Gurugram, Haryana, India



### 4- Plan for Resistance:

Habits thrive on convenience. Change does too.  
Keep a book by your bed to avoid late-night scrolling.  
Prep healthy snacks at eye level in your fridge.  
Set a daily reminder for a simple self-care ritual.  
**Action:** Design your environment to make the right choice the easy choice.

### 5- Reframe Slip-Ups:

Messed up? Good. Every slip is data.  
Research shows that repeated attempts to change, even with setbacks, improve your chances of success.

Learn from it, adapt, and try again.

Here's your mirror moment: What's one habit you've failed to change repeatedly?

**Now ask yourself: where's the weakest link?**

### How will you replace it?

Change starts small but compounds.  
The trick? Understand your chain and disrupt it strategically – fix one link at a time.

### What's your first move?





# The X-Factor of Leadership: Mastering Executive Presence



*In today's competitive business landscape, talent and hard work alone aren't enough. To truly stand out as a leader, you need a powerful presence that commands attention, earns trust, and drives results.*

In the fast-paced, high-stakes world of business, technical expertise and experience are just the beginning. What truly sets exceptional leaders apart is their **Executive Presence**—that magnetic, intangible quality that makes people stop, listen, and follow. It's not about being the loudest voice in the room; it's about being the most compelling. It's about how you **show up**.



**Shaguffta Patel**  
Image Management, NLP,  
AFT Quantum Healing Master  
Dubai, UAE

## What is Executive Presence?

Executive Presence is the unique combination of confidence, composure, and credibility that enables leaders to command attention, inspire trust, and drive results. It's not about just looking the part, which is equally important to begin with; it's also about **embodying** the qualities that make people want to follow you. It's not about faking confidence but about stepping into your authentic powerful self and owning the room effortlessly.

## Why Executive Presence Matters:

Research shows that 75% of careers are derailed due to a lack of emotional competence, including the ability to project confidence, credibility, and leadership impact—critical factors for success at the highest levels. Moreover,



# LEADHERSHIP



leaders who effectively command attention, inspire trust, and influence others are twice as likely to be considered for top-tier roles.

Having Executive Presence definitely makes it easier in the workplace in the following ways:

**Inspires team performance** – Employees are more engaged when they trust and respect their leader.

**Builds credibility with stakeholders** – Whether addressing a boardroom or negotiating a deal, presence fosters trust and credibility.

**Enhances decision-making influence** – People listen and follow those who exude confidence and vision.

## Key Attributes of Executive Presence

Strong leadership presence is a blend of internal mindset and external behaviors that allows one to lead with impact. Here are the core attributes that define it:

**Confidence & Composure** – A leader who remains calm under pressure and speaks with conviction naturally earns respect. Confidence isn't about arrogance—it's about owning your space with certainty.

**Charismatic Influence** – The ability to align people with a vision, shape decisions, and inspire action. Leaders who master this skill can persuade without force and lead with impact.

**Emotional Intelligence** – Understanding and managing both your own emotions and those of others helps in building strong relationships, fostering trust, and navigating difficult conversations with grace.

**Effective Communication** – Clear, concise, and compelling communication—both verbal and non-verbal—ensures messages resonate and inspire action.

**Authenticity & Gravitas** – True leaders don't mimic others; they embrace their unique strengths and values. A strong presence comes from being genuine, consistent, and unwavering in purpose.

Developing these attributes empowers leaders to rise to the highest levels of leadership.

## Common Challenges Leaders Face

Leadership is not just about expertise and decision-making. Even the most accomplished leaders encounter obstacles that can diminish their impact and effectiveness. Recognizing



**Shaguffta Patel**

Image Management, NLP, Hypnotherapy  
mBraining, AFT Quantum Healing Master  
Dubai, UAE







these challenges is the first step toward overcoming them and refining the qualities that set influential leaders apart. Here are some of the most common hurdles leaders face:

**Failure to look the part** – The first thing that people notice is your dressing and grooming. Professional attire is more than just wearing a suit; it's about wearing the suit right.

**Lack of clarity in communication** – Rambling or unclear messaging weakens the impact of the communication.

**Difficulty commanding attention** – Struggle to hold the room during critical moments thereby failing to project authority in meetings, presentations, or crisis situations.

**Inability to build authentic connections** – Leaders lacking emotional intelligence may find it difficult to earn loyalty and trust.

**Self-doubt and imposter syndrome** – Even high achievers battle inner doubts that hinder effectiveness. Many leaders feel they don't "deserve" their seat at the table.

## How to Develop Executive Presence

Developing a commanding leadership presence is not about changing who you are—it's about refining how you show up, communicate, and connect with others. It requires a combination of self-awareness and intentional practice. By honing these skills, you can position yourself as a leader who truly stands out.

### Here are five key strategies to elevate your Executive Presence:

#### Enhance Your Visual & Physical Presence

Oprah Winfrey is a good example. She commands attention not just with her words but with her power dressing and poised body language.

**Tip:** Pay attention to what you wear. Maintain eye contact, stand tall, and use open gestures to convey confidence.

#### Master Confident Communication

Think of Barack Obama—his deliberate pace and measured tone make his speeches compelling.

**Tip:** Use storytelling and metaphors to make your messages memorable.

#### Develop Emotional Intelligence

Satya Nadella, CEO of Microsoft, is known for his empathy-driven leadership.



### Shaguffta Patel

Image Management, NLP, Hypnotherapy  
mBraining, AFT Quantum Healing Master  
Dubai, UAE



# LEADERSHIP



**Tip:** Practice active listening, validate others' emotions, and respond with thoughtfulness.

## Build Strategic Influence

Indra Nooyi, former PepsiCo CEO, influenced stakeholders by aligning them with a compelling vision.

**Tip:** Anticipate challenges, address concerns proactively, and tailor messages for different audiences.

## Overcome Self-Doubt & Imposter Syndrome

Even Sheryl Sandberg, former COO of Meta, battled imposter syndrome. She tackled it by focussing on her strengths and embracing opportunities.

**Tip:** Keep a 'confidence journal' to document achievements and positive feedback.

## Executive Presence is a Learned Skill

Executive Presence isn't an innate trait—it's a skill that can be cultivated by anyone desirous of growth. Executive Presence coaching can provide tailored guidance and once learned, leaders (or leaders in the making) can easily elevate their impact and unlock new opportunities. The journey to leadership excellence starts with a decision —are you ready to make your presence felt?

### EXPLORE About the Author



## Shaguffta Patel

Image Management, NLP, Hypnotherapy  
mBraining, AFT Quantum Healing Master  
Dubai, UAE

**S**haguffta Patel is Passionate about People and Progress! An award-winning Image Transformation Specialist, **Shaguffta** empowers individuals and leaders to cultivate key traits that drive personal and career success. Living with a firm belief that life does not get better by chance; it gets better by focussed change, she went on from being a homemaker of many years to a vocation woman at age 38. Having risen from the depths of despair **Shaguffta** has successfully turned her life around 180 degrees, inspiring many along the way.

In the past decade, **Shaguffta** has been trained and certified in Image Management, NLP, Hypnotherapy, mBraining, AFT Quantum Healing, Access Bars, B4 Formats, and Body Whispering, whereby she facilitates entrepreneurs, CEOs, and executives seeking to expedite their progress.

A sought-after speaker and corporate trainer, **Shaguffta** has worked with leading organizations to refine leadership presence, enhance communication skills, and elevate team performance.

She is also the author of *Transform Yourself, Turbocharge Your Success*, a powerful self-help book that guides individuals on a journey of personal and professional growth, mindset shifts, and transformative change.







With over a decade of experience, I proudly founded my own company, ROSAPIU, specializing in sustainable and long-lasting floral art. We create stunning arrangements using natural flowers, plants, and trees, primarily catering to B2B clients. In addition to my work in the floral industry, I hold a certification as a Diamond Grader and consult in the diamond and jewellery sector. My passion for fitness also led me to become a certified Zumba instructor, with qualifications that include B1, Rhythm 2, Rhythm 3, Pro Skills, Zumba Gold, Aqua Zumba, and Zumba Kids/Kids Jr. I am dedicated to sharing my love of dance through regular classes and events, currently offering an average of 20 to 25 sessions each week at some of Brussels' premier fitness centres, as well as in schools and private settings. Community support has always been a cornerstone of my personal and professional life, inspiring me to establish a nonprofit organization dedicated to fostering entrepreneurship, promoting diversity, and encouraging resilience. My passion: to me, dance is more than just movement; it is a powerful means of communication that spreads positivity and provides individuals with the opportunity to recharge and connect.



## Concetta Spitaleri

Owner & CEO RosaPiù  
Natural long lasting floral art  
High-end jewellery brands  
Consultant/Certified Instructor  
Zumba & Dance Fitness  
Brussels



# ENTREPRENEURIAL SPIRIT AND COMMUNITY ENGAGEMENT DEFINE MY JOURNEY





# LEAD WITH STRENGTH & GRACE

Don't compromise yourself. You are all you've got. There is no yesterday, no tomorrow, it's all the same day.

6

A strong woman understands that the gifts such as logic, decisiveness, and strength are just as feminine as intuition and emotional connection. She values and uses all of her gifts. But, I believe in being strong when everything seems to be going wrong, I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles."



**Prof. Amira A. El-Houfey**

(Ph.D) Prof. of Community Health Nursing -  
Assiut University, Egypt  
Assistant Professor - Jazan University  
Goodwill Ambassadors, Egypt (2019)  
Assiut University.  
Global Panel Advisor - International  
Federation of NewAge Media  
Reciepent of **Grace of Galaxy** Award  
Egypt





**A**arti Saikia, she is a multifaceted professional with expertise in the performing arts, sustainable development and education industries. With over 25 years of international training and experience, she has established herself as a skilled Creative Expressionist, Artistic Curator, Choreographer, Master Trainer Educator and Social Entrepreneur. Her educational background includes a Master's Degree in Political Science, with a higher Post Graduate specialization in International Human Rights, Humanitarian and Refugee Laws. Aarti has several years of experience working on Sustainable Livelihoods with multiple agencies of The United Nations Organization in India and in Italy.

As an Artistic Director, she has curated several international theatre productions,



## Aarti Saikia

**Cultural' Ambassador of the United World  
Creative Coach & Expressionist, Mindful Art &  
Education Master Trainer, Artistic Choreographer  
Bangalore, India**

# BIG RESULTS REQUIRE BIG AMBITIONS





**Bharti Monga**

Founder & CEO

Khatoon Luxury Events & Marketing

Marketing Strategical Coach Creative Director

Dubai, UAE



# UNSTOPPABLE



The proud owner and women Entrepreneur **Bharti Monga** is a successful businesswoman and a seasoned model who created a mark and accumulated many achievements. Being a self-made woman, she has shown various leadership qualities and continuous dedication toward her company **Khatoon Global Luxury & PR Marketing**. This made her place in the top 10 companies in the UAE.





# Khatoonpreneur



## Be a flamingo in a flock of pigeons



### Your Vision, Our Expertise

Our story began with a vision to redefine the event and PR marketing landscape in Dubai.

### YOU NAME IT, WE DO IT!

**Khatoon Luxury** is the leading event planning and management company in the UAE, our dedicated team of professionals understands that each event is special and deserving of the highest level of care and dedication. Whether you're planning an intimate gathering, a corporate event, a luxurious wedding, or a grand gala, we handle every

aspect of the planning process with precision and expertise. From selecting the perfect venue to developing a cohesive theme, designing breathtaking decor, booking top-notch entertainment, managing logistics, and coordinating with vendors, we ensure a seamless and stress-free experience from start to finish.

**Bharti Monga**, She is the **CEO and Founder of Khatoon Luxury Events and Marketing LLC**. Young Entrepreneur and the women behind the Khatoon Fashion and Awards Dubai





## Khatoon LUXURY!

Fashion and Awards Dubai

Our team of 100+ employees at Khatoon Luxury Events specializes in orchestrating high-calibre corporate events, brand launches, and luxury weddings with a flair for innovation and sustainable practices. As the CEO, my focus is on delivering exceptional experiences that resonate with our clients' brands and objectives. We pride ourselves on our meticulous planning and execution, ensuring every detail aligns with the event's purpose.

With a comprehensive suite of services, including marketing campaigns, event organization, and strategic brand development, our company has established itself as a leader in the Dubai events industry since its inception in 2020. Our dedication to excellence and sustainable innovation has not only set us apart but also consistently contributed to our clients' success.



**Bharti Monga**

Founder & CEO  
Khatoon Luxury Events & Marketing  
Marketing Strategic Coach Creative Director  
Dubai, UAE





**Anca Verma**

Managing Trustee,  
Shrikant Verma Trust  
New Delhi, India

# Queen of her own empire





**Anca Verma**

Managing Trustee,  
Shrikant Verma Trust  
New Delhi, India

MY DEAREST HUSBAND

# STAY ORIGINAL AND LET THE WORLD COPY YOU

**A**s you step into this new political journey with **Shiv Sena**, my heart is filled with immense pride and joy. I have always admired your dedication, resilience, and commitment to serving the people, and I know this new chapter will allow you to make a meaningful impact. No matter the challenges ahead, know that I stand beside you, offering my unconditional love and support at every step. This moment is even more special as you carry forward the great political legacy of the **Verma** family. Your journey is not

just your own—it is a tribute to the values, principles, and vision of **Shrikant Verma ji** and **Veena Verma ji**, who dedicated their lives to public service. I am certain that they are watching over you with pride and sending their blessings from heaven, guiding you in this noble path.

May you continue to lead with wisdom, integrity, and the spirit of selfless service. Wishing you all the success and strength in this new role. The people believe in you, and so do I. With love, pride, and unwavering support,





# What if I told you that conflicts could be your team's greatest asset?

Conflicts, though often seen as negative, can be opportunities for growth and improvement if handled effectively.

Here's why managing team conflicts can benefit your organization:

## Enhanced Communication

Addressing conflicts encourages teams to learn to express their concerns, listen actively, and understand different perspectives.

## Innovation and Creativity

When conflicts are resolved constructively, they can lead to new ideas and innovative solutions.

## Stronger Relationship

Effective conflict management helps build trust and strengthen relationships among team members. When people feel heard and respected, they are more likely to work together harmoniously.

## Increased Productivity

Unresolved conflicts can be distracting and reduce productivity. By addressing issues promptly, teams can focus on their tasks and achieve their goals more efficiently.



## Ruchika Dugal

Empowering Leaders  
Corporate Soft Skills Trainer  
Personality Transformation Coach  
TTT Expert, Motivational Speaker  
NLP Master Practitioner & Certified POSH  
New Delhi, India





# BORN TO FLY HIGH



**Payal Khanna**

Founder & Entrepreneur  
FoodForia 'health food'  
Gurugram, Haryana, India





**I am the  
master  
of my fate  
and the  
Piolet  
of my destiny**



**Payal Khanna**

Founder & Entrepreneur  
FoodForia 'health food'  
Gurugram, Haryana, India





# I'm tough, I'm ambitious

**P**ayal Khanna, the inspiration behind a 'health food' brand, **FoodForia** that's touched the hearts of thousands of Indian customers. She shares with her journey with **THE EXPLORE Journal** from navigating the skies as a pilot to navigating curious taste buds as a chef and an entrepreneur of a health food brand that's looking to inspire people in India to pick up healthy eating habits.

As an entrepreneur, **FoodForia** is a quintessential chapter of my life. I have always been passionate about wholesome living and have an unwavering belief in the power of natural and plant-based foods. Ever since the inception of the brand, I have been on a mission to make nutritious and delicious options accessible to all, inspiring healthier choices and transforming the market in the process. However, getting here took a lot of work.

#### Sometimes, you 'Wing' it

As a child, I was an effervescent and curious creature. I would always dabble in different activities and made sure I had fun in whatever I did. I was so competitive as a child; I made my parent sign me up for a weight lifting content. Needless to say,



**Payal Khanna**

Founder & Entrepreneur  
**FoodForia 'health food'**  
Gurugram, Haryana, India





these shoulders have gained the strength to carry whatever life throws at them.

Growing up, I kept the company of selective people around me. I focused on quality and not quantity. That is how I see my business. After college, the thought of a career in airlines cropped up in my mind which is when I decided to head to New Zealand to get a commercial license pilot there. After getting a hang of my life in uncharted time zones, I started my career with a commercial airline in 2008.

It was a tumultuous phase of my career as I was juggling a lot of emotions. With the adrenaline of soaring the skies, and the adventurous lifestyle as a part-time bartender at different pubs in Wellington, life was buzzing indeed. When I felt that nothing could go wrong, an unfortunate event brought me back to reality.

In 2010.

There are moments in life that you can never be enough prepared for and the loss of a loved one is one such event. I lost my father to diabetes in 2018. I was crestfallen. My pillar of inspiration was no more with me. While the doctor's diagnosis told one story, I was of a firm belief that my father lost the will to live because he wasn't 'eating equal'. Confused? Let me explain. His diet, the snacks and most of what he ate didn't inspire any life or joy. When we'd go out to eat, my father has to restrict his food choices while we indulged in tasty delicacies. Food is supposed to make you feel happy and when you are forced to eat just to survive, it can mentally devastate a person.

# FLY HIGH

★  
**Payal Khanna**

Founder & Entrepreneur  
FoodForia 'health food'  
Gurugram, Haryana, India



# WE'RE ALL DIFFERENT, WOOMENWORLD BUT BETTER TOGETHER.



#BIGLOVE



**Payal Khanna**

Founder & Entrepreneur  
**FoodForia** 'health food'  
Gurugram, Haryana, India

## 'Eating Equal'

Food is sacrosanct. It's revered in various cultures. Your body is considered as a temple therefore you need to bless it with good food. I believe healthy snacking isn't just good for the gut, but it also helps in shooting your dopamine a bit.

One day, I visited old-age home saw the women were moulding millets into tasty by-products. That was when **FoodForia** birthed its first product. I am a firm believer in the magic of the hands. Making with machines doesn't add sentiment which is why all my products are hand-made and made with love. These women have played a pivotal role in my success and I will forever be grateful to them for their unwavering support.

Rest assured, **FoodForia** never makes use of any wholewheat, refined flour or sugar. We ensure that we use locally-sourced grains from different parts of the country, transforming them into delicious products. I was delighted when a young customer came up to me at the event and told me, "I just love your quinoa and black rice". I cannot tell you how elated I was to hear good reviews from one of our youngest customers. Eventually, my customer base grew and I was able to rope in luxury hotel chains which even today is a core part of my major customer network. I realised that selling my products at luxury hotels was going to require a little creative thinking on my part so I started working on the packaging to make my products look more premium. A little colour here, a

touch of finesse and voila!

## Desperate Times Call for Creative Measures

While the pandemic was a major setback for my business, I had to think out of the box. A box of mangoes. The entire world was locked behind closed doors. Hotels were shut so no inventory going to them. People were turning to **Swiggy** and **Zomato** for their daily meals and I had to find a way to keep **FoodForia** on the map.

That's when the idea of selling mangoes came to my mind. While getting fresh mangoes from the southern part of the country was a challenge in itself, I could make it happen thanks to the relentless support of multiple transport companies and the farmers who challenged difficult circumstances to





Dream

BIG



**Payal Khanna**

Founder & Entrepreneur  
FoodForia 'health food'  
Gurugram, Haryana, India

# Work hard Stay focused

support me. The mangoes were loved by my clients and the experiment was a success.

## My Learnings and the Way Ahead

Being an entrepreneur is challenging. You're dealing with different people on a daily basis. Some are difficult to work with, while some make the day worth enjoying. Being on the field, making daily trips from Ghaziabad to Vasant Kunj, supervising a team and dealing with multiple vendors. That's the daily hustle of my life at **FoodForia** and I keep learning every day.

I make a conscious effort to give time to my personal life as well. My husband, who is a Pilot with **Indigo** has been by my side in this journey. His unconditional support has inspired me

to create more innovative ideas for different clients. He's also been kind enough to be my official taster for all my products, and considering that I have been able to keep my chocolate-loving partner hooked to healthy food is a testament to how tasty **FoodForia** snacks are.

Lastly, I want to conclude by saying that where I am today is the cumulative result of the efforts of a lot of people who have played an important role in shaping my life and my business. I have surrounded myself with inspiring personalities and it reflects in the way I am. While I am someone who can multitask and like to take on challenges alone, I always believe that it's teamwork that makes a dream work.





# Overthinking is a Silent Thief



**H**ave you ever felt like overthinking is stealing your peace and your happiness?  
Like you spend all your time worrying, imagining worst-case scenarios, and feeling stuck?  
What if I told you that overthinking isn't helping you?  
In fact, it's only making things harder.  
It keeps you thinking about everything you couldn't change, instead of focussing on what you can do today.  
But here's the good news: You are still here.  
Every moment you spend worrying, you're missing out on the precious present.  
You're stronger than your thoughts, and you have the power to shift your mind set.

## How can you stop being ruled by overthinking?

### Here are 3 simple ways to regain control:

**Practice deep breathing** - Try box breathing or just take a few long, deep breaths. It instantly calms your mind and body.

**Move your body** - Even a 10-minute walk, yoga, or dance can release those feel-good hormones and clear your mind.

**Turn inward** - Instead of scrolling endlessly on social media, spend time with yourself. Talk positively to yourself and shift your mind set from problem to solution. Your mind can be your greatest ally if you learn how to use it. Let's stop making it the enemy, and instead, use it to create the peace and happiness you deserve.

If you're ready to take control and find peace, I'm here to help. My 120-day coaching program can guide you in building confidence and a peaceful mind set. Let's connect!



## Manjusha Mehar

Founder – ignitebrain  
Co- Founder - Vectre Consultancy  
ACSTH – ICF, Educator  
Self Confidence & Mindset Coach  
Hyderabad, Telangana, India







School Principal  
Delhi State Education Awardee  
Promoting Self-Directed Learning,  
Philanthropist  
Advocating Transformative &  
Progressive Leadership,  
Heart-fullness Practitioner  
**S. Delhi, India**

What started as a chance turn of events has grown into the most fulfilling journey of my life. Today, as I reflect on my path, I realise that being around children is the best thing that could have ever happened to me. Their energy is infectious, their curiosity boundless, and their ability to teach us lessons we never anticipated is unmatched.

# Teaching A Last Choice or a Hidden Blessing?





# The world is designed for the comfort of men



**Richa Kapila**

Co-founder & Creative Director - D'chica  
Visiting Faculty @ Pearl Academy, Delhi  
Public Speaker | Featured on Shark Tank India  
Delhi, India

Think about it; most office  
spaces, policies, and even  
products are created with  
men in mind





Co-founder & Creative Director - **D'chica**  
Visiting Faculty @Pearl Academy, Delhi  
Public Speaker | Featured on Shark Tank India  
Delhi, India

Change happens faster when those who experience the problems are the ones making the decisions.

We need more women at the table.

Not just for representation, but because the impact is real.

When women lead, the world becomes better for everyone.

Let's not wait for a joke to become the truth.

Change is long overdue.





Women particularly feel pressure to succeed in ALL areas of life. Work, business, family, health/fitness... there are so many societal pressures. It's impossible to be perfect at them all! If you've been facing up and down about yourself or in your work lately, **Monika Tandon** shares her punch story with **THE EXPLORE Journal**, and said, "experience taught me, for courage, hard-work for Success, I dreamed about success. I worked for it

**M**onika Tandon, based in Gurgaon, India, is the **Founder of Katha Pachisi – the Story Bank**, an organization specializing in training and coaching professionals on Business Storytelling, Data Storytelling, and other soft skills. With over 17 years of experience in the corporate sector and as a Business Storyteller, she firmly believes in the power of storytelling to transform communication.

**Key Highlights:**

**Author:** **Monika** has written two books on storytelling:

1. Connect through Storytelling – The art of result-oriented communication (2021)
2. The Storyteller CXO – Mastering the Art of Business Storytelling (2024).

**Trainer and Coach:** She has conducted workshops for prominent organizations like IBM, Microsoft, KPMG, Delhi Police,

**Monika Tandon**  
Founder - Katha Pachisi  
Gurgaon, Haryana, India

**Stay true  
to yourself  
and your  
vision**





CAG of India, Aliaxis, PepsiCo, Transunion, Nexdigm, Dover India and universities such as Miranda House Delhi University, IIM – Nagpur, JK Business School Gurgaon.

**Expertise:** She focuses on coaching Business Storytelling to corporate professionals, leaders, and entrepreneurs to use storytelling for impactful communication, leadership, and decision-making.

**Monika** offers customized training programs tailored to address industry-specific challenges. Her workshops equip professionals with the skills & practical frameworks to create compelling content, structure information effectively, and communicate with impact. She conducts corporate workshops on Storytelling, insightful Author Talks, dynamic Keynote Sessions, and engaging offsite programs. Organizations and leaders looking to enhance their communication strategies can leverage her expertise to foster storytelling mastery, driving deeper connections and measurable impact within their teams. Engage with her to unlock the full potential of storytelling within your organization and inspire lasting change. In her free time, **Monika** immerses herself in the world of books, finding joy and inspiration in reading. She also discovers a sense of calm and creativity in cooking, considering it a therapeutic escape. Additionally, she expresses her thoughts and emotions through poetry, weaving words into meaningful reflections.

**Why is storytelling a must-have skill today?**

*"Storytelling isn't just a skill, it's the language of influence. Those who master it shape perspectives, drive*



**Monika Tandon**

Founder - Katha Pachisi  
Gurgaon, Haryana, India





## Monika Tandon

Founder - Katha Pachisi  
Gurgaon, Haryana, India



*decisions, and inspire change"*

Storytelling builds connections among people, and between people and ideas which helps to pass on the information in a relatable way. It is a must-have skill for corporate professionals because it transforms the way they communicate and sharing stories at the workplace with a purpose attached to it is one of the most powerful means that leaders have to persuade, inspire & engage. Stories with emotions bring the presentations to life. Numbers, facts or graphs on slides don't, inspire or motivate people to the extent as much as stories do.

### Message on world peace:

As a citizen of India, a land rooted in diversity and unity, I believe peace is not just an aspiration but a responsibility we all share. In a world of differences, it is our shared stories of resilience, harmony, and understanding that can break barriers and build lasting connections. When we choose dialogue over division and understanding over conflict, we pave the way for a more harmonious world. Let's use our words to bridge gaps and build a future where







**Khushnuma Zehra Naqvi**

UAE Business Set Up Expert  
+15 years UAE Banking experience  
Dubai, UAE

# UNSTOPPABLE

Passion is a powerful force. Passion properly directed is unstoppable

"The future belongs to those who believe in the beauty of their dreams."



In UAE business world that often demands instant success, true greatness comes from perseverance, resilience, and the courage to keep moving forward despite obstacles. **"Unstoppable"** is an essential direction to staying strong on your business journey toward personal, professional and business growth.





## Khushnuma Zehra Naqvi

UAE Business Set Up Expert  
+15 years UAE Banking experience  
Dubai, UAE

**K**hushnuma Zehra Naqvi, UAE's most versatile professional expertise known for UAE Business Setup Expert.

She helped hundreds of entrepreneurs and business owners to navigate the UAE's business landscape at large scale with successfully establishment of their new business ventures and companies that and built a strong foundation for growth at large.

**Khushnuma**, she is a tough woman, intelligent, admirable and resourceful. She shares about her life updates –1. Business Setup Services – From selecting the right business structure to handling legal formalities.

2. Banking Solutions – Ensuring smooth account openings and navigating UAE's banking systems.

3. Strategic Business Consultancy – Tailored solutions to help businesses grow and thrive in the UAE.

She spends years mastering UAE's business regulations, banking processes, and the art of simplifying complex systems for her clients. Her mission? To make business setup seamless and stress-free.

Here's how we can work together:

### **One to one Business Setup Consultation**

Let's address your unique needs and create a roadmap to success.

### **Full Business Setup Package**

From A to Z, handling the process for UAE Business Setup.

### **Banking Advisory**

Expert advice on all banking and managing finances in the UAE.

### **Khushnuma promise to world?**

She doesn't just offer services—she offers solutions.

She is a woman phenomenally. Phenomenal woman, that's **Khushnuma**

Association with her is amazing experience with the full of benefit, solutions and unwavering commitment to business success.

The power of determination makes her unstoppable





**Dr. Nikita Mittal**

Founder - **DANZOFIT**

India's 1st Fitness Brand for Women

Passionate Entrepreneur

Women Leadership and Wellness

Evangelist

Pune, Maharashtra, India

**Elegance  
comes from  
inner fitness  
of confidence**





**C**lass and elegance are timeless qualities that reflect a sense of inner strength, respect, and sophistication.

A well-crafted quote about being classy can express admiration for someone – a refined gentleman or an elegant lady, who exudes grace and dignity in all they do.

For both him and her, classy fitness that capture the essence of those who handle life's fit & fine with charm, keeping their heads held high and setting an inspiring example. These class segment emphasize that true elegance and class come from within and are a reflection of fit character and quiet confidence, not just about stylish appearances.

**Dr. Nikita Mittal**, a versatile famous name over a decade of proven success in the areas of physiotherapy, dance fitness, and curating result driven wellness programs. She is a respected leader in the health and fitness field, with advanced knowledge of modern training techniques and a demonstrated ability to help people reach their individual health and fitness goals.

# Behind every successful woman is herself



**Dr. Nikita Mittal**

Founder - DANZOFT

India's 1st Fitness Brand for Women

Passionate Entrepreneur

Women Leadership and Wellness

Evangelist

Pune, Maharashtra, India





**Dr. Nikita Mittal**, who co-founded India's first master's degree in dance therapy at Pune University, has been instrumental in pioneering the use of dance as a form of therapy for people with physical and mental challenges. Life and Dance was incorporated in 2010 and worked with multiple organizations towards wellness among cancer patients, senior citizens, and employee organizations with 1,000 plus employees to deliver evidence-based holistic approaches to health and wellness.

**DANZOFT**, a fitness brand, is one of her brainchild projects, born out of her passion for cultivating lively and upbeat holistic workouts. She has successfully helped people transform and meet their fitness goals. As an experienced physiotherapist, **Dr. Nikita Mittal** personally guides her clients and delivers the message of the importance of fitness, health, and well-being. She enjoys music, creative art, and is an active advocate for women's fitness. She strongly believes that a healthy mind and body are essential for one's overall wellness. Through her work, she hopes to inspire and motivate others to lead healthier lives.



## **Dr. Nikita Mittal**

Founder - **DANZOFT**  
India's 1st Fitness Brand for Women  
Passionate Entrepreneur  
Women Leadership and Wellness  
Evangelist  
Pune, Maharashtra, India





## Dr. Nikita Mittal

Founder - **DANZOFIT**  
India's 1st Fitness Brand for Women  
Passionate Entrepreneur  
Women Leadership and Wellness  
Evangelist  
Pune, Maharashtra, India



**DANZOFIT**  
THE HAPPIEST WORKOUT IN TOWN

**DANZOFIT** is India's first fitness brand designed specifically for women, offering a unique blend of fun and dynamic workouts alongside holistic wellness. Founded by Dr. Nikita Mittal, the brand redefines fitness by combining dance, movement therapy, functional training, and cardio in its programs. **DANZOFIT** caters to women of all ages and fitness levels



A person with curly hair, wearing a blue and white plaid shirt, is sitting outdoors. The background shows green grass and a blue and white striped object. Large, bold, yellow text with a black outline is overlaid on the image, reading "I'M A QUEEN CROWNED IN MY CURLS".

**I'M A  
QUEEN  
CROWNED  
IN MY  
CURLS**





In a world where gender differences still exist, women keep pushing boundaries and going beyond what's expected. The journey to equality continues, supported by **Kristna Saikia**, she is an amazing woman, encouraging others to embrace their uniqueness. These words inspire, reminding others to keep going in tough times. She shares about her story and values to build a connection with your audience and with female friends and family as a reminder of every woman's strength. Be strong, because a woman's voice is brave and strong, capable of overcoming anything

**K**ristna Saikia, she is an actress working on various global platforms in many countries, a Fine Creative Artist, Model, Writer, Author, Anchor and host, Latin American Bachata dancer, creative consultant, a producer and running own film production house. She is a Tarot and Angel card reader, and Reiki Healer Grand Master, Past Life Regression healer & she teaches Meditation, advanced Manifestation, relationship healing, energy science, and Global Holistic Sustainability advisor to High-Net-Worth people, across the globe. Its bespoke special care is taken care of for the wellness and healing of the High net-worth Community & elite club premium members as per their needs to resolve their issues. She loves to do networking and international lobbying. Her company **Bill Fortune** encourages collaboration, exchange of ideas, sponsorship of global events & projects.



## Kristna Saikia

Entrepreneur  
International Model  
Creative Artist  
USA & India



Embrace your leadership and inspire others. Kristna Saikia, a lady boss celebrate the essence of being a powerful and influential woman.



WOMENWORLD



## Mohini Chaudhary

Ambassador of the United World  
Entrepreneur  
Creative Graphic Designer  
Travel Photographer  
Meerut, Dehradun, India

DISCOVER WOMEN





**Mohini Chaudhary**, a name of versatile personality, she says to **THE EXPLORE Journal** is that be a strong, confident, and classy woman isn't easy, yet we all know these qualities when we see them. women show power and self-assuredness, confidently facing challenges. They're often leaders in what they do, not afraid to speak up for what they believe in, even when it's tough.

In a world where gender differences still exist, women keep pushing boundaries and going beyond what's expected. The journey to equality continues, supported by quotes from amazing women, encouraging others to embrace their uniqueness. These words inspire, reminding us to keep going in tough times. Share these quotes with female friends and family as a reminder of every woman's strength. Be strong, because a woman's voice is brave and strong, capable of overcoming anything.

**We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free."**



**Mohini Chaudhary**

Ambassador of the United World  
Entrepreneur  
Creative Graphic Designer  
Travel Photographer  
Meerut, Dehradun, India

# I'm not afraid of storms, for I'm learning to sail my ship





## Stephynie Malik

Global Business Strategist  
High Performance C-Suite Coach  
Crisis Expert & Reputation  
Management, USA

# I can and I will. Watch me

From "Not Good Enough" to CEO

"They" said I wouldn't make it.  
(Spoiler alert: "They" were wrong!)

Success isn't complicated.  
Every NO made me work SMARTER  
Every doubt fuelled my FOCUS  
Every setback became STRATEGY  
**While they were busy dismissing me:**  
I was building my LEGACY  
They saw obstacles, I saw OPPORTUNITIES  
They bet against me, I bet on MYSELF (and often  
Doubled Down)  
Now I show others how to rise.  
Not because I'm special - Because I refused to  
believe in their limits.  
**To those being underestimated:**  
Their doubt is your ADVANTAGE.  
**Stay FOCUSED - Stay HUNGRY - Stay WINNING**  
What's your biggest setback turned Comeback?  
What obstacle did you turn into an Opportunity?







**Alpana Razdan**

Co-Founder - AtticSalt  
Country Manager – Falabella  
India, Bangladesh

# DON'T WAIT FOR OPPORTUNITY CREATE IT

"Success is the sum of small efforts repeated day in and day out," as Robert Collier once said. This principle has guided my career as a business professional, starting with a degree in Business Management and a Post Graduate Diploma from the prestigious NIFT College in India.



## WOOMENWORLD



My passion for fashion and business, combined with a talent for developing long-term professional and personal relationships, has been the driving force behind my success.

With over two decades of experience running sourcing operations out of the Indian subcontinent, I have worked with some of the biggest names in fashion and sourcing, including Benetton, Otto AGN, Triburg, Next, and Falabella.

**W**ith over two decades of experience running sourcing operations out of the Indian subcontinent, I have worked with some of the biggest names in fashion and sourcing, including Benetton, Otto AGN, Triburg, Next, and Falabella.

My core strengths include building solid sourcing strategies, vendor management and development, product development and design, building key buyer portfolios, ensuring compliances, and understanding the fashion retail industry. With a keen interest in the world economy, geopolitics, and global trends in fashion, design, sourcing, and sustainability, I navigate through murky and volatile sourcing waters with ease. As the first employee of Falabella in the role of Country Manager, I played a pivotal role in spearheading the sourcing operations. From setting up the physical office to establishing the legal entity and partnering with 3rd party agents, I took



charge of every aspect of the operation. Establishing a liaison office for Falabella, building the core team from scratch and maintaining a healthy turnover have been one of my proudest achievements.

Looking ahead, I am excited to establish new sourcing bases, develop new product designs, and train a new set of vendors to elevate the manufacturing capabilities of this region. I am always up for significant challenges and committed to building a strong networking base with fierce and impactful leaders and visionaries.





**Dr Riddhi Purwar**

Deputy Medical Superintendent  
Paras Healthcare – Kanpur  
Gurgaon, Haryana, India

# Dr. Riddhi Purwar: A Trailblazer Balancing Family and Career

In today's world, women are redefining success by striking a harmonious balance between family responsibilities and professional ambitions. **Dr. Riddhi Purwar**, MBBS, MHA, is a shining example of this modern-day ethos. A hospital administrator by profession, **Dr. Purwar** exemplifies the qualities of a young, driven woman who is dedicated to making a meaningful impact in healthcare while championing the essence of empowered womanhood.





## Dr Riddhi Purwar

Deputy Medical Superintendent  
Paras Healthcare - Kanpur  
Gurgaon, Haryana, India



As a medical doctor with a postgraduate degree in hospital administration, Dr. Purwar's journey reflects her passion for healthcare and her ability to thrive in leadership roles. With expertise in managing complex healthcare systems, streamlining operations, and ensuring patient-centric care, she is not just a leader but a force of transformation. Her role as a hospital administrator demands precision, empathy, and resilience, qualities she seamlessly blends into her daily work.

Dr. Purwar believes that women today can excel in all—a fulfilling career, a supportive family, and personal growth. For her, the pursuit of excellence is not just an aspiration but a way of life for another woman. She is inspired by the idea that healthcare professionals can reach new heights and make a difference without losing sight of their humanity.

Her commitment to healthcare is matched by her ability to inspire others. She believes that leadership in healthcare is not just about managing affairs but also about understanding the needs of patients, staff, and communities. Dr. Purwar's empathetic approach and strong organizational skills make her a role model for women in the healthcare industry.





Her message for Women's Day is a powerful reminder of the limitless potential women possess:

"Every woman has the power to achieve greatness. Whether at home, in the workplace, or within society, our contributions are invaluable. Let us continue to support, uplift, and inspire one another."



## Dr Riddhi Purwar

Deputy Medical Superintendent  
Paras Healthcare - Kanpur  
Gurgaon, Haryana, India

Beyond her professional achievements, **Dr. Purwar** is an advocate for women's empowerment. She recognizes the challenges women face in juggling family and career but views them as opportunities to demonstrate strength and adaptability. Through her own example, she inspires women to step out of their comfort zones, embrace leadership roles, and challenge societal norms.

**Dr. Purwar** attributes her success to her unwavering determination, the support of her family, and her ability to set clear priorities. She believes that self-care and personal growth are as important as professional responsibilities, advocating for women to invest time in their passions and well-being.

**Dr. Riddhi Purwar** embodies the spirit of today's women—ambitious, compassionate, and unstoppable. Her story serves as a beacon of hope and motivation for women everywhere, proving that with determination and balance, the sky is the limit.

As we celebrate Women's Day, let us take inspiration from women like **Dr. Purwar**, who are paving the way for a brighter, more inclusive future.

I believe fashion is about embracing confidence and comfort in your own skin while showcasing the best version of yourself. It's a reflection of individuality and self-expression.

World peace begins with understanding, compassion, and mutual respect. When we embrace our shared humanity and celebrate our differences, we pave the way for a harmonious and united world.





**Perna Tripathi**

Inspiration Academic Consultants (IAC)  
New Delhi, India

# PRERNA TRIPATHI: A VISIONARY LEADER AND CHANGEMAKER IN INDIAN EDUCATION

Perna Tripathi stands as a formidable force in the landscape of education in India. A dynamic and forward-thinking leader, Perna is the founder of Inspiration Academic Consultants (IAC), a pioneering consultancy that has played a significant role in shaping the future of education across India. Her remarkable journey, fueled by passion, vision, and an unwavering commitment to student welfare, has seen her rise as one of the foremost advocates of integrated education, career counseling, and social welfare initiatives. From her humble beginnings to her current position as a transformational leader, Perna's work continues to inspire thousands of students, educators, and institutions alike.

## The Genesis of Inspiration Academic Consultants (IAC)

Under Perna's leadership, Inspiration Academic Consultants (IAC) expanded rapidly and made a significant impact in regions including Uttar Pradesh, Madhya Pradesh, Rajasthan, New Delhi, NCR, Assam, and Meghalaya. IAC has worked tirelessly to bridge gaps between academic institutions, universities, and education centers, creating partnerships that not only foster academic excellence but also contribute to the holistic development of students. These collaborations focus on integrating academic curricula with extracurricular learning, fostering





**Prerna Tripathi**

Inspiration Academic Consultants (IAC)  
New Delhi, India

# I'MPOSSIBLE

critical thinking, and ensuring students are well-equipped for the future. IAC's work has helped shape the future of Indian education by promoting education that is inclusive, forward-thinking, and student-centered.

Prerna's hands-on approach to each partnership ensures that every institution receives personalized solutions tailored to their unique needs, allowing them to thrive and evolve into leading educational brands. This has helped both large and small institutions gain the recognition they deserve and create meaningful connections with students across the nation.

## Author, Advocate, and Pioneer of Educational Thought Leadership

In addition to her work as a consultant, Prerna is an accomplished author and advocate for educational reform. She has authored three books that explore the lives and philosophies of some of India's most eminent academicians and educationists, offering readers valuable lessons on the impact of education and the power of knowledge. Her books

stand as a tribute to those who have contributed to shaping the Indian educational landscape and are widely recognized as insightful resources for educators and students alike.

As an advocate for educational reform and student well-being, Prerna has been an active voice in the conversation about the future of education in India. Her Instagram talk-show, "Let's Connect with Prerna," serves as a platform to address critical issues in education, including mental health, online learning, career counseling, and student empowerment. The show has become an invaluable resource for students, educators, and parents alike, offering practical advice, expert opinions, and emotional support. Prerna's ability to tackle complex educational issues with clarity, compassion, and authority has made the show a highly regarded platform in the education community.

## Championing Social Welfare and Inclusivity

One of the defining aspects of Prerna's work is her commitment to social welfare and community impact. She





## Prerna Tripathi

Inspiration Academic Consultants (IAC)  
New Delhi, India



believes that education is the most powerful tool to uplift the marginalized and empower the underprivileged. Over the years, Prerna has collaborated with various NGOs and charitable organizations to support initiatives aimed at improving access to education for the deprived sections of society.

Her social welfare efforts go beyond simply providing resources – they focus on creating sustainable, long-term impact by ensuring that the marginalized are not only educated but also empowered to use their education to improve their lives. Prerna's work has particularly focussed on children from underprivileged backgrounds, helping them overcome barriers to education, develop confidence, and become leaders in their communities. Her humanitarian efforts exemplify the rare combination of professional excellence and compassionate action that defines her work.

### A Renowned Counselling Expert and Career Mentor

In her work as a career counsellor, Prerna has guided thousands of students through the often-overwhelming process of selecting a career path that aligns with their passions, strengths, and aspirations. For the past five years, Prerna has dedicated herself to counselling students in Class XI and XII, offering tailored guidance to help them navigate the myriad career options available to them.

What sets Prerna apart as a counsellor is her personalized approach. Rather than offering generic advice, she takes the time to understand each student's unique strengths, challenges, and interests, helping them make informed decisions about their future. Her in-depth knowledge of career options, combined with her ability to use innovative tools and

strategies, has empowered countless students to not only choose the right career but also successfully pursue it with confidence.

Prerna's counselling sessions cover a wide range of topics, from traditional careers to emerging industries, and she ensures that every student is fully equipped with the resources and knowledge they need to achieve their goals. Through regular workshops, one-on-one counselling sessions, and career guidance programs, she has successfully helped students transition from school to university and beyond.

### Empowering Future Generations: A Legacy of Educational Transformation

Prerna Tripathi's dedication to education and student welfare has left an indelible mark on the Indian education system. She continues to be a guiding light for students and educational institutions, helping them navigate the complexities of the modern world and achieve lasting success. Her work with IAC, her contributions to social welfare, her career counselling expertise, and her thought leadership in education have established her as one of the most influential figures in the Indian education sector.

Prerna's journey is a testament to the power of vision, determination, and compassion. Whether she is working with educational institutions to create a holistic learning environment, helping students find their career paths, or improving access to education for underprivileged children, Prerna is committed to empowering the next generation of leaders, thinkers, and changemakers. Her work stands as a living example of how education can change lives and build a better, more inclusive future for all.





**M**andakini Pawar didn't just follow paths—she created them. From her role as a Senior Microbiologist to becoming a driving force in healthcare leadership, every milestone was a step towards excellence.

"She stood at the helm of organizations, led teams with unparalleled vision, and played pivotal roles in shaping healthcare frameworks across the nation."



## Mandakini Pawar

Ambassador of the United World 'Go Green'  
Founder VAN MAHAL 'A Himalaya Retreat Wellness Stay'  
Healthcare, Business, HR Excellence Consultant  
Mumbai, Rishikesh, India

# MANDAKINI PAWAR: THE RISE OF A TRAILBLAZER





# RISE ABOVE THE STORM



## Mandakini Pawar

Ambassador of the United World 'Go Green'  
Founder VAN MAHAL 'A Himalaya Retreat Wellness Stay'  
Healthcare, Business, HR Excellence Consultant  
Mumbai, Rishikesh, India

# MANDAKINI PAWAR: SHE BUILT HER EMPIRE ON *Her* OWN TERMS

Her leadership inspires loyalty that helps build  
a thriving entrepreneurial empire

**M**andakini Pawar says...  
I love my dreams,  
Showcase the pride and  
independence. She feels in  
carving out her own paths and  
making her achievements even  
more empowering.







**Shelli Brunswick**

CEO & Founder  
SB Global LLC  
USA

**She's  
a dreamer,  
a doer, a thinker.  
She sees possibilities  
everywhere**





**Shelli Brunswick**

CEO & Founder  
SB Global LLC  
USA

# KEEP YOUR HEELS HEAD & STANDARDS HIGH

Shelli Brunswick is a globally recognized leader bridging the space community with the broader public, fostering collaboration and innovation. As a **Forbes Technology Council** member, Shelli explores the intersections of space, technology, and leadership. She recently launched her book, *What's Space Got to Do With It? 10 Life Lessons for Personal Growth*, combining her 35-year aerospace career with perspectives from 30 global thought leaders. The book empowers readers to embrace resilience, professional development, and innovation.





**S**helli has shared her insights at premier events, including the **World Economic Forum**, the **UN General Assembly Science Summit**, **LEAP**, and the **European Rover Challenge**. At these platforms, she engages with audiences on the transformative role of space technology in addressing global challenges and driving inclusive innovation.

As a **Board Member of the World Business Angels Investment Forum (WBAF) Global Women Leaders Committee** and **Global Chair for the G100 Space Technology & Aviation Wing**, Shelli promotes entrepreneurship opportunities. Her commitment to sustainability earned her recognition as one of the **United Nations Environment Programme 100 Voices for Our Planet**.

Shelli bridges the cosmic and the every day, inspiring individuals to harness the potential of space technology to create pathways for success.



**Shelli Brunswick**

CEO & Founder  
SB Global LLC  
USA

# BE UNCOMMON



“A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong.”







## Shelli Brunswick

CEO & Founder  
SB Global LLC  
USA

### My fashion statement reflects my leadership

Bold, confident, and visionary. I embrace classic elegance with a modern edge, blending professionalism with a touch of individuality that mirrors the innovation and transformation I champion in the space and technology sectors. Whether on stage, at global summits, or in everyday life, my style is about making a statement that inspires confidence, empowerment, and the limitless possibilities of the future."

### World peace is not just the absence of conflict

It is the presence of opportunity, collaboration, and shared progress.

True peace is built when we break down barriers, foster global cooperation, and empower individuals with knowledge,

innovation, and economic prosperity. By leveraging technology, education, and leadership, we can create a future where humanity thrives together, united by a common vision of hope, resilience, and limitless potential."



# A FLAMINGO IN A FLOCK OF PIGEONS





# THE ESSENCE OF ESSENTIALS



**THE EXPLORE** Journal is  
published with a host  
of incredible  
first-in-class and  
best-in-class







**Anooja Bashir**

Co-founder  
FlexiCloud, Ourea  
Kochi, Kerala, India

# A STRONG WOMAN IN HER ESSENCE IS A GIFT TO THE WORLD

With over 20 years of corporate experience in sales and marketing, **Anooja Bashir** is the Co-founder CEO-FlexiCloud.in, a managed cloud solutions provider that aims to be the top global player in the cloud industry. She holds a Business Strategy Executive Education from Wharton and a Brand Management expertise from IIM Bangalore, two of the most prestigious business schools in the world.





# Ambition is enthusiasm with a purpose



Over my journey as a serial entrepreneur and mentor, I've realized that a strong personal brand isn't just a "nice-to-have", it's your secret weapon.



**FlexiCloud.in** is a web hosting company, working towards providing affordable and reliable web hosting services utilizing the latest technologies. Our shared hosting plans start from 350/year for a basic starter site and go up to whatever configuration your website demands. We are a Linux only hosting company, and we are friendly and affordable!

**Passion, hard work, and commitment to excellence define a powerful woman entrepreneur**

**A**s the CEO, she sets and executes the organizational strategy, builds and aligns the senior leadership team, and supports the sales and marketing activities of the company. She is also the founder of **Ourea**, a branding and design agency that enhances brand visibility and customer engagement for various clients.

**Ms. Anooja Bashir** is a serial entrepreneur, a startup mentor, a DEI evangelist, and an investor, with multiple awards and recognitions for her achievements.

**Anooja** is also a speaker on platform such as TEDx Josh. Toast Master along with being a panellist & a key note speaker an author, and a media personality, who shares her insight on startups entrepreneurship, Marketing & Branding expertise on various national and international platforms.



**Anooja Bashir**

Co-founder  
FlexiCloud, Ourea  
Kochi, Kerala, India





**Zeba Parveen**

Founder Director - ZEBA international  
Education of Scholarbirds - ZIES, India



**YOUR SKY  
YOUR LIMIT**

One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go





## Study Across Congratulates ZIES for a Successful Event on AI in Education!



Revolutionizing Education." It was an honour for Study Across to be part of this remarkable gathering, where esteemed principals and heads of various organizations shared their perspectives on the future of education.

A special thanks to **Ms. Zeba Parveen, Founder Director of ZIES**, for curating such a wonderful program and fostering meaningful discussions. We wish ZIES all the best for its future endeavors!

We also extend our gratitude to **StuFit Approach Private Limited**

We extend our heartfelt congratulations to **ZIES** for organizing an insightful and impactful event at **Hotel Clarks Avadh, Lucknow, India**, on the topic "AI

for supporting the event and Study Across. Your support plays a crucial role in shaping the future of Children's health and education.





**Priyanka Paur**

Certified Trauma-Informed  
Life Coach  
NLP Practitioner  
Lucknow, UP, India

**You are  
capable of  
amazing things**

Fill your life with women that empower you, that help you believe in your magic and aid them to believe in their own exceptional power and their incredible magic too. Women that believe in each other can survive anything. Women who believe in each other create armies that will win kingdoms and wars





**P**riyanka Paur is a passionate, certified Trauma-Informed Life

Coach, NLP Practitioner, and best-selling author dedicated to helping individuals transform their lives in profound and lasting ways. With over 7 years of experience in coaching, Priyanka has helped countless individuals achieve significant breakthroughs, guiding them toward better relationships, thriving careers, and an overall more fulfilling life.

At the core of Priyanka's approach is her belief that true transformation begins with understanding each person's unique struggles and potential. She firmly believes that there is no "one-size-fits-all" when it comes to personal growth, and her custom-made programs are carefully designed to meet the specific needs and goals of each individual. By blending trauma-informed coaching with NLP techniques, Priyanka empowers her clients to reframe their challenges, break free from limiting beliefs, and step into the best version of



**Priyanka Paur**

Certified Trauma-Informed  
Life Coach  
NLP Practitioner  
Lucknow, UP, India





## Priyanka Paur

Certified Trauma-Informed  
Life Coach  
NLP Practitioner  
Lucknow, UP, India



As an empath, **Priyanka** is able to connect deeply with her clients, taking the time to truly understand their perspective, experiences, and needs.

Her compassionate, yet results-driven coaching style has earned her the trust of many who have been able to not only heal but thrive in all aspects of their lives. **Priyanka's** passion for helping others extends beyond her coaching work—she is also the author of the best-selling book, *Blink Before Getting Hacked*, which has been celebrated in the Amazon counselling category. The book delves into the key pillars of life, offering a thoughtful and introspective guide on how to retrospect and reframe various aspects of one's life to foster growth, resilience, and fulfilment.

With a bold mission to impact one million lives in the coming years, **Priyanka** is on a relentless pursuit to help individuals build not only better relationships and careers but also a life where they can experience true freedom—financially, personally, and emotionally. Her coaching helps people unlock the freedom of time and money while making a significant impact on the lives of others, creating a ripple effect of positive change.

Through her unique approach and unwavering dedication, **Priyanka** is committed to empowering individuals to become the best versions of themselves, live their most authentic lives, and experience success and happiness on their own terms.





## Lt. Col. (Retd.) Suman Vyas

B.Sc. Biology, MBBS,  
MS Obstetrics & Gynecology Asst. Prof. AFMC  
Pune, Maharashtra, India

# Lead with strength and grace

Born just before the Sino-Indian War in the Himalayas on October 22, 1962, Suman was a healthy girl in a family of ten. Her father, a doctor with progressive night blindness, had to memorize the twenty-odd letters of the alphabet to pass his vision test and secure a job, supporting his large family on a meager income of Rs 300. Suman was the only one of six sisters to complete high school. Her childhood stories included a tale of dacoits attempting to break into their tin-roofed house in Tal, Ratlam, Madhya Pradesh, where she spotted an intruder's eyes from the rooftop and alerted her family. Another story recounts her teenage years when, sleeping on the verandah, she disguised herself under a blanket as the "man of the house" to deter looters, who escaped with only a few pairs of sandals. One of her most intriguing stories involves a near-supernatural experience during Diwali. While traveling at night through jungle paths from Ratlam back to Tal with her uncle and a tribal traveler, she described a terrifying encounter near a tribal burial ground. They heard strange sounds, a woman singing and the chiming of ghungroos, in the distance. True or not, it's a story she never forgot.





**W**ithout guidance and at a young age, Suman determined woman struggled to complete her education. With a lack of support and limited funds, she hitchhiked to Jabalpur in the 1970s, traveling on lorries and fending off lecherous men who, under the guise of helping her, tried to take advantage. Suman, my mother, faced the world alone, fighting off adversity and striving for more. She never allowed anyone to belittle her, teaching me to face challenges head-on. From being an inspiration to me and everyone around her to being cheerful, trusting, and generous. She has always been eager to share life lessons and genuinely tries to guide others.

In the 1980s, she earned her B.Sc. in Biology and discovered her passion for medicine. Financing her education largely on her own,

she gained admission to the Government Medical College of Jabalpur, completed her MBBS and became a doctor. Further driven by passion she pursued her MS in Gynecology after a year of internship at the Birla Institute in Nagda, MP from 1997-99. By the age of 36, my mother had completed her education and began working at a govt hospital in Gujarat. At 37, she settled down with my father, and I was born in 2000. Just over a year later, she faced a double tragedy: the deadly 2001 Gujarat riots and the devastating Bhuj earthquake. She also often recounts an incident where a panicked cow caused a stampede in a park where she was strolling me. People mistakenly assumed it was a communal clash and to escape the "clash" she jumped over a 4.5 foot high fence to protect me losing a toenail in the process, talk about supermom strength.



**Lt. Col. (Retd.) Suman Vyas**

B.Sc. Biology, MBBS,  
MS Obstetrics & Gynecology Asst. Prof. AFMC  
Pune, Maharashtra, India

After Gujarat, we moved to Indore, where she bought her first property, hoping to open her own hospital. In the early 2000s, law and order in Madhya Pradesh was precarious. My father, concerned for our safety, cautioned her about the risks of working in a civil hospital, where grieving families sometimes lash out in anger. My mother heeded his advice and joined the army, both to provide for our future and to reassure him. I suspect she also wanted to expose me to the military environment, as I had shown an early interest, drawing battle scenes of soldiers in trenches and infiltrating enemy territory using underground tunnels. How I, a six-year-old, conceived such things, almighty only knows.

She completed her MOBC at Lucknow in 2007, leaving her seven-year-old child for three months, but ensuring I was well cared for. With my father often traveling abroad for work, my





mother balanced her military duties while simultaneously raising me. She enrolled me in the best schools in each of her postings and provided excellent tutors, giving me the opportunities she never had. We lived modestly, never vacationing, traveling abroad, buying expensive things, or following trends. We were happy.

Our world changed when I was in high school, preparing for the NDA exam. After returning from Mumbai after my first attempt, my mother revealed that my father had passed away on September 10, 2017, from cardiac arrest. This devastating loss left my mother without her support. Unsurprisingly, I failed the exam. To compound the tragedy, she was admitted to the ICU with fluid filling up in her lungs and heart, losing vision in one eye and requiring steroids and medications that affected her mental health. My mother suffered from severe depression after her near-death experience, feeling solely responsible for me. She struggled to see me as a growing adult and felt helpless due to her failing health. I took the NDA exam again, failing once more, my hopes dwindling. I remembered a study about life's critical decision points, where major tragedies influence one's future. My father's death and my mother's illness were mine. I had promised my parents I would make them proud and provide them an opportunity to attend my passing out parade. However, due to my father's early demise, I could not fulfil my promise to him, but I would not fail my mother. I successfully passed the NDA exam and endured the arduous training. Our lives improved. Toward the end of her career, we bought a home in Pune, fulfilling her long-held dream. After four years of training, I passed out, and my mother retired. We moved into our own home after fifteen years of living in government housing. Our family grew with the addition of our beagle, Kilo, who was my passing out gift to my mother. At 62, my mother experienced a remarkable health transformation. She adopted a healthier lifestyle, brought down her weight from 74kgs to



## Lt. Col. (Retd.) Suman Vyas

B.Sc. Biology, MBBS,  
MS Obstetrics & Gynecology Asst. Prof. AFMC  
Pune, Maharashtra, India

58kgs, overcame depression and anxiety, improved her blood pressure, and regained her lost vision.

My mother's life has been a rollercoaster. Words cannot fully express her story. There is enough material for a biopic. But, in her words, "We all have a story to tell, but what matters is what we learn from it and what we teach others, so they don't suffer as we did."

Today, my mother is happy and healthy. She continues to serve her community by providing medical advice and expertise, charging what people can afford. Her dream of running her own hospital remains, but given her renewed health, I am confident she has many years ahead, and one day, I will help her achieve this final ambition.

By - Lt. **Vikramaditya** S/o Lt. Col. (Retd.) Suman Vyas B.Sc. Biology, MBBS, MS Obstetrics & Gynecology Asst. Prof. AFMC (2016-19)





# YOUR PASSION WILL PROPEL YOU

**A**nnie Verma shares her life journey with **THE EXPLORE Journal**, she is a tough woman, intelligent, admirable and resourceful. She shares about her life updates – that big promotion, her new fitness spark, a sporty person and brilliant that remind other women how unstoppable she is.



**Annie Verma**

Fitness Coach &  
Aerobics Expert  
Noida, UP, India





A thoughtful action allows her personality and voice to shine through. She shares her success story and values to build a connection with the audience and in around the world. Showcasing her strength to express what her Image stands for; she talks about her sustainability in fitness journey and work environmental consciousness.

**Annie Verma**, proud mother of two kids, and wife of HR with a multinational company in steel sector. Being a housequeen is not just a role; it is a beautiful responsibility that I embrace with love and dedication. I take pride in being the pillar of my family, ensuring their happiness, comfort, and success while also working towards fulfilling our collective dreams.

# LIFT HEAVY LIVE LIGHT



**Annie Verma**

Fitness Coach &  
Aerobics Expert  
Noida, UP, India





# BE

## CONTENT TO ACT AND LEAVE THE TALKING TO OTHERS



**Annie Verma**

Fitness Coach &  
Aerobics Expert  
Noida, UP, India

**H**er journey as a housewife is a blend of care, sacrifice, and ambition, making me not just a homemaker but also a dream builder. A housewife's role extends beyond maintaining a home; it is also about being the backbone of the family. She stands by her husband in all his endeavours, offering him emotional support, encouragement, and motivation.





## DISCIPLINE IS THE BRIDGE BETWEEN GOAL AND ACCOMPLISHMENTS

**A**s a mother, she is deeply involved with her children's lives and guide them through their studies, help them build good habits and health fitness, and teaching them the values of kindness, discipline, and perseverance. to provide them with the best opportunities for growth. Whether it's attending school meetings, helping with homework, or being their biggest cheerleader, she takes pride in seeing them succeed. She is the support system of her family, and the driving force behind her dreams. Through love, hard work, and dedication, I make every day meaningful, knowing that she is giving shape for bright future for the people she loves the most.

### Her fashion statement

A fashion statement is a reflection of one's personality, confidence, and creativity. As a housequeen, she believes in dressing elegantly yet comfortably, balancing style with practicality. Whether at home or outside, her fashion choices express grace, self-care, and the importance of feeling good in what she wears.



**Annie Verma**

Fitness Coach &  
Aerobics Expert  
Noida, UP, India



BE 'YOU' TIFUL



## Maia Sylba

Owner & Editor

Musetouch visual arts magazine

Faculty of Philosophy, University of

Novi Sad

Los Angeles, California, USA

M

# ALL ART IS EROTIC

### We introduce Maia Sylba

She is talented lady, share an innate passion for the world of art and it is precisely here that their profession is formed and born.

Important for them is the role that determination plays, in close connection with positivity and empowerment. These are the ideas that make these young creative women more determined to express themselves and feel connected to each other.



# BE 'YOU' TIFUL



## Maia Sylba

Owner & Editor

Musetouch visual arts magazine

Faculty of Philosophy, University of  
Novi Sad

Los Angeles, California, USA

M

She believes that the concept of *creativity* can be something very abstract and at the same time very visceral and personal. When she thinks about wanting to define herself as *creative*, she always tries to focus on what she really wants, she sets herself a goal that can *elevate* herself. This is a thought that took shape during her studies in Creative Design: before being a creative, she feels like a creative designer and not to diminish or elevate one concept or the other, but simply because the element of planning was fundamental to define later in her *creations*. Creativity very close to her heart both as a woman and as a creative person. As in all sectors, she believes that women must always make a greater effort to succeed. They have reached so many achievements but she has the feeling that our voice should be heard even more!

## POETS PAINTS WITH WORDS, PAINTERS SPEAK WITH WORKS



BE 'YOU' TIFUL



## Maia Sylba

Owner & Editor  
Musetouch visual arts magazine  
Faculty of Philosophy, University of  
Novi Sad  
Los Angeles, California, USA



Looking ahead, I am excited about the future of 'Musetouch' and the opportunities that lie ahead. I am committed to continuing my work, discovering new artists, and bringing their voices to the forefront. The world of visual arts is ever-evolving, and I am thrilled to be a part of that evolution. Through 'Musetouch,' I hope to inspire others to see the world through the lens of art, to appreciate the beauty that surrounds us, and to recognize the incredible talent that exists in every corner of the globe.

I will continue to celebrate the magic of art and ensure that it remains a vital and cherished part of our lives.

# Over thinking is another blocker to creativity





# LUXURY CLUB CELEBRATES RAMADAN WITH AN EXCLUSIVE IFTAR HOSTED BY PATRON RENU HUSSAIN

**N**ew Delhi, April 2025 – The Luxury Club came together for a memorable evening as **Luxury Club Patron, Renu Hussain**, graciously hosted an exclusive **Iftar Party**, welcoming members to celebrate the spirit of Ramadan with warmth, hospitality, and togetherness.

Held in an intimate setting, the gathering was a beautiful blend of tradition, luxury, and meaningful conversations. Guests indulged in a specially curated Iftar menu, enjoying an evening filled with unity and gratitude. The event showcased the essence of community and the shared values of generosity and celebration during the holy month of Ramadan.

Speaking about the event, **Dr. Madhavi Advani, Founder of Luxury Club**, expressed her heartfelt gratitude: *"We are truly honored by Renu Hussain's generosity in bringing us together for this wonderful Iftar. It was an evening of warmth, camaraderie, and appreciation for the rich traditions of Ramadan. Her hospitality made this gathering truly special."*

**Luxury Club** continues to foster meaningful connections among its members, celebrating culture, luxury, and shared experiences. The event was yet another testament to the club's vision of bringing together thought leaders, entrepreneurs, and professionals in an atmosphere of elegance and sophistication.







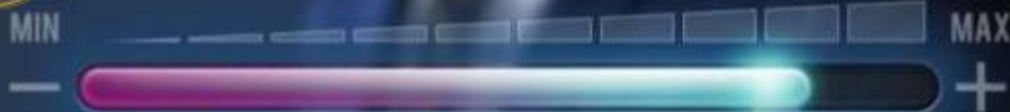
**LUXURY CLUB CELEBRATES  
RAMADAN WITH AN  
EXCLUSIVE IFTAR HOSTED  
BY PATRON RENU HUSSAIN**







MIN



MAX

## PRODUCTIVITY

# WORK LESS, ACHIEVE MORE

## Sounds too good to be true, right?

**B**ut Tim Ferriss, author of *The 4-Hour Workweek*, turned this concept into a personal branding empire and became a household name in the process.

Here's the thing—Tim didn't start off as a well-known entrepreneur. He was just a regular guy who wanted more time, more freedom, and a different approach to life. His book questioned everything we knew about the traditional workday, and it resonated with millions of people who felt stuck in the 9-5 grind.

### Here's how he built his brand (and how you can too):

#### 1. Find Your Speciality

Tim didn't try to be an expert in everything. He focused on self-experiments and productivity hacks.

**What's your unique angle? That's your brand gold.**

#### 2. Challenge The Norm

Tim made waves by questioning 9-5 work culture. People love fresh ideas.

**What industry "rule" do you disagree with? Speak up about it.**

#### 3. Share Your Journey

Tim's not afraid to talk about his struggles. It makes him real.

Your failures are part of your brand story. Don't hide them.

#### 4. Use Different Platforms

Books, podcasts, social media - Tim's everywhere his audience is.

**Where does your audience hang out? Be there.**

#### 5. Connect With Other Stars

Tim interviews top performers on his podcast. It's a win-win.

**Who could you collaborate with? Reach out.**

#### The result?

Tim's not just successful. He's a thought leader. A trusted voice. The guy everyone wants to learn from. That's the power of personal branding. Remember: Your personal brand isn't just a logo or a tagline. It's your reputation. Your impact. Your legacy. Ready to build a personal brand that opens doors to new opportunities?



### Karen Fernandes

Social Media Manager  
Personal Branding Specialist  
Organic Growth Strategies  
Goa, India



UNIQUEEN



# FIRST CITIZEN

THE EXPLORE > MARCH - APRIL 2025 ■ 123





**Vinod Kr. Sharma**

ExIndian Expree  
Delhi NCR

**G**ood morning children!!!  
Please tell me who's the  
first citizen of India.

Some children told "The  
President of India", some told  
"The Prime Minister of India". It  
was 8<sup>th</sup> standard, when I was a  
child and a teenager.  
Yes, you are right. It's The  
President of India, who is called  
the First Citizen.

Now can you tell me who's the  
first citizen of our home?  
Everybody was silent. When  
asked again, there was a child  
who told "my father" is the first  
citizen of our home. It was  
noddod by most of the students  
in the class including me. Only  
one child raised his hand.

Yes, you want to say something  
else? The teacher asked.

Yes teacher, in my opinion, the  
first citizen of our home is my  
mother. Children in the class  
started whispering, didn't agree.

Silence please. Can you elaborate  
Nitin, the teacher asked.

Yes Madam. I think she is the first

# FIRST CITIZEN





citizen in real sense because she looks after not only her own family but keep relationship with others intact with her behaviour. That's another matter that we are not giving her that importance. I will give you an example. My father and grand ma always tell her that she forgets things and there is no work for her in the whole day. Once she fell ill and could not perform her duties for two days. All the family members got irritated that they are not able to find their belongings, not getting proper food and the home has become so messy. Then we understood the value of a lady at home.

I was very young at that time and could not understand fully what that boy was talking about. Now when I am married with kids, become matured enough to observe. What's the meaning of First Citizen? It means the most important person. Who else than our ladies are most important? From that day onwards, my regards for my mother, sister, sister-in-law, wife, daughter and daughter in law raised manifold. I now know the importance of ladies in our life.

I don't mean that men are not important but without ladies? Of course they earn the living, takes care of family and keep relationship but without ladies in life, they can't perform such duties in a proper way.

### **Men always need women:**

Not just in the temple.... Even in life we are always in search of different women...

First it is Vidya (education), then Lakshmi (wealth) - finally it is Shanti (peace).

From Usha (dawn) to Sandhya (dusk) we are at work - seeking Annapurna (food).

# FIRST CITIZEN





At Nisha (night) we seek Nindiya (sleep) and Swapna (dreams). Whether we chant the Gayatri (mantra) or read the Gita (epic), or we do Vandana, Puja or Aarti with Shradha towards God to pray, we are still with women. If dark, we want Jyoti (light), if lonely we want Prema and Sneha (love n friendship). If we are at war, we want Jaya (victory). When we grow old, we want Karuna (sympathy) or Mamta (love) From those who are angry with us we want Kshama क्षमा (forgiveness). I implemented these thoughts in my life and started it with my family. I love my family but more than anybody, I have high

regards for ladies of the home. We take decisions with the consent of everybody including ladies. My mother was the First Citizen, after that my wife, then my daughter and now my daughter-in-law.

## OK let's talk about qualities in each gender and compare it:

### 1 Sacrifice

- The sacrifice of ladies cannot be described in words because it includes affection, emotion and duty. Can a man sacrifice his sleep for several days with a small child getting wet every hour. The child needs milk every now and then. This sacrifice of women at home can never be possible by men.
- Ladies sacrifice their food sometimes for the family members
- Ladies sacrifice their rest in case of illness while taking care of the family.

### 2. Patience

- How many men fulfil daily chorus with a small weight in their stomach? Men will get irritated even after an hour to get rid of that burden. Ladies carry this weight for nine months without any complaint and doing daily chorus, along with professional work in case of working girl.
- If somebody is yelling on men, how much time he will keep patience, 1 hr, 2 hrs or so but the lady at home tolerates screaming of each member be it father-in-law, mother-in-law, sister-in-law, husband or grown-up children.
- If men have to spend 3-4 days a month having cramps and unbearable pain, he will have no patience. This pain is being tolerated by a lady for almost 50 years.
- If a man has to clean some filth, he will get irritated but a lady of new born child cleans many times a day or at night but never complains.

### 3. Flexibility/Adaptability

- Women are more flexible in many ways than men. Even after a fight at home, if some guests arrive, ladies immediately change their mood and welcome them. Men on the other hand takes time to transformation.
- Ladies plays many roles and flexible according to the circumstances. They are professional at work, cook at home, teacher for children, nurse for elderly at home and many more roles.
- Women value love, communication, beauty and relationships.
- A woman's sense of self is defined through their feelings





and the quality of their relationships. They spend much time supporting, nurturing and helping each other. They experience fulfilment through sharing and relating.

- e. A woman adopts a new home and new people and their requirements within days. On the other hand, a man cannot even think of staying at another place for a long time.
- f. A woman really cares like a mother and will be standing with you through thick and thin.
- g. A woman usually is not very demanding. She expects gifts and dinner in restaurants but if you are middle class, then she usually won't eye for costly things.
- h. At a time when a man wants to discuss something which is disturbing you, then she plays role of a friend as she would be your best friend.

- i. If she is earning then she will even support in wrecked financial situation. Most of the girls will even respect in-laws and family like they do to their own.

#### 4. Management

- a. Men are very good managers at work. However, ladies are good both at work, home, market and at relatives' place.
- b. Men generally are restless in small matters compared to ladies who manage the things in spite of they also play dual role – as worker in office and home maker.

#### 5. Finance

- a. As far as finance is concerned, we have seen in the currency ban, how much cash was kept at home while depositing in bank.
- b. Whenever in financial crisis, it is ladies who help men by handing over cash kept at home.
- c. Ladies keep budget of home intact.
- d. For women, offering help is not a sign of weakness but a sign of strength; it is a sign of caring to give support.

#### 6. Spirituality

- a. Men are also spiritual. However, it is the prerogative of women to do worship at home, remember many pious days etc.
- b. Women in general are spiritual and transmit the rites in children

#### 7. Discipline

- a. According to research, while there is no definitive answer, studies generally show that women tend to exhibit slightly higher levels of self-discipline than men on average, with some research indicating that this difference may be more prominent in certain areas like emotional regulation, while men might display more physical self-discipline in specific situations; however, individual variations exist greatly within both genders, and these differences are not always statistically significant across all populations.





- a. Men are more logical, analytical, rational. Women are more intuitive, holistic, creative, integrative.
- b. Men have a much more difficult time relating to their own feelings, and may feel very threatened by the expression of feelings in their presence. This may cause them to react by withdrawing or attempting to control the situation through a display of control and/or power.
- c. Men are actually more vulnerable and dependent on relationships than women are and are more devastated by the ending, since they have fewer friends and sources of emotional support.
- d. Men are more at ease with their own angry feelings than women are.
- e. Women are in touch with a much wider range of feelings than men, and the intensity of those feelings is usually much greater for women than men. As a result of this, many men perceive that women's feelings appear to change quickly; men may find this irrational and difficult to understand.
- f. Men tend to be more functional in approaching problem-solving; women are aesthetically-oriented in addition to being functional.
- g. Women tend to be much more sensitive to sounds and smells than men are; and women as such tend to place a greater emphasis on "atmosphere".

## 8. Domestic work/Home Maker

- a. Cooking, cleaning, laundry, managing household finances, taking care of children and elderly family members.
  - b. We generally hear about MAA KE HAATH KA KHANA. This is true that wherever we go for dining and even have good and tasty food in a restaurant or star hotels but after some time we need home cooked food. Of course, in most of the hotels, cooks are men. They are good cooks but still we need to have meals at home and never bored from that.
9. **Childcare:** Primary responsibility for raising children, including their education and upbringing.
10. **Emotional support:** Providing emotional stability and support to family members.
11. **Maintaining family relationships:** Fostering harmony and managing social interactions within the family unit.
12. **OTHER DIFFERENCES**

Women traditionally play a significant role in the home, primarily responsible for managing household chores like cooking, cleaning, childcare, and maintaining family harmony, often seen as the emotional pillar of the family, providing nurturing and support, while also increasingly taking on more active roles in decision-making and economic contributions depending on their social context.

A woman is not just a wife or mother, but also a warrior, who can fight the circumstances and shape her family. A great wife is one, who is an ideal woman in her husband's presence, and can carry the burden of the family like a man in his absence. No matter what the circumstances in life, every difficulty can be overcome with confidence and understanding.

Keeping above in mind, I think a lady at home is the FIRST CITIZEN and should be treated with due respect and care.



#WOOMENWORLD



**Vidhya Arumugam**

Business Strategy Consultant &  
Leader Life Coach, Josh Talks  
Tedx Speaker Corporate Trainer  
Chennai, India

# **SHE**

**URNS CHALLENGS INTO  
OPPORTUNITIES, RISING  
STRONGER AFTER EVERY  
ENTREPRENEURIAL  
SETBACK**





## Single Parent Superpower: Needs vs. Wants



The women of world have long been the backbone of their families, carrying the role of homemaker and taking care of everything from cooking and cleaning to maintaining the home for the rest of the family. As time has progressed, they have also come to represent many industries by becoming entrepreneurs, many women have managed to successfully transform their lives, transitioning from being homemakers to becoming successful entrepreneurs.

**B**eing a single parent to my incredible 10-year-old son is a wild, rewarding ride! We juggle responsibilities, laugh together, and face challenges head-on. One area I've learned to navigate is differentiating needs from wants in his behaviour.

Respect and cooperation? Non-negotiable! We have clear expectations based on mutual respect, and it creates a calm, positive environment for us both.

But the pressure to fulfil every "want" can be overwhelming. My son sees cool gadgets, fancy clothes, or activities his friends do, and sometimes those wants masquerade as needs. Vidhya Arumugam says, the rise of female entrepreneurs in India is a promising development that holds the potential to drive economic growth and promote social empowerment. Despite facing challenges, women entrepreneurs are making significant strides in the Indian startup ecosystem. There were many challenges in the path, including brand acceptance and stiff competition from the established players in the segment. She also had to struggle to maintain a healthy work-life balance as a single mom (or mompreneur).



**Vidhya Arumugam**

Business Strategy Consultant &  
Leader Life Coach, Josh Talks  
Tedx Speaker Corporate Trainer  
Chennai, India







## Richa Kapila

Co-founder, Creative Director - D'chica  
Visiting Faculty - Pearl Academy, Delhi  
Public Speaker - Featured on Shark Tank  
India  
New Delhi, India

# Work-life balance is overrated

## I choose flow

The truth is, life rarely comes neatly divided into “work” and “home.”

There's no magical 50/50 split.

Because some days, work spills into the evenings, and on others, family takes the front seat. And that's okay.

For me, it's not about keeping a perfect balance, it's about being present in the moment I'm in.

**When I'm brainstorming a product idea, I'm all in.**

When I'm with my family, the emails can wait.

Flow is knowing there will be chaos, but choosing to ride it anyway.

It's the clarity that comes when you stop trying to juggle and start giving your best to what's in front of you.

I've had days where work felt like a battlefield, only to find peace in my kids' laughter later. And I've had mornings where family chaos prepped me for a productive workday.

## Here's what I've learned:

Flow doesn't come from rigid schedules, it comes from flexibility.

It's not about doing everything, it's about doing what matters.

And most importantly, it's not about how much time you spend, it's about the quality of your presence.

Work-life balance may look pretty on paper, but life isn't paper.

It's messy, unpredictable, and beautifully chaotic.

Flow is embracing that.

So, no, I don't split my life into two halves, I pour myself fully into whatever moment I'm in.

What's one thing that helps you find flow in your life? Share below, I'd love to know.





# LEAVE A LITTLE SPARKLE WHEREVER YOU GO

A woman is the full circle. Within her is the power to create, nurture and transform

We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored.

**W**omen are great entrepreneurs with future vision and are often motivated by the desire to change the world. A boss lady is a woman who follows her ambitions with confidence yet, keeps her feminine qualities intact. She empowers and inspires other women around her. Therefore, boss lady quotes are inspiring in life since they motivate a woman to know her worth in society and to dream big.



**Siddhi Somani Johri**  
Jodhpur, Rajasthan  
India





## Rekha Sharma

Founder of MARS &  
Himfresh Pvt Ltd  
Secretary General at NIBC  
Noida, Uttar Pradesh, India

# Shine

# like the whole universe is yours

**R**ekha Sharma is the founder of Marketing Assistance and Research Support (MARS). Rekha started by working as an advisor to lay the foundation for her own business. She was determined to create her own successful venture. In 2011, she secured her first major project with Taiwan, which continued till 2018. She supported Taiwan External Trade Development Council (TAITRA) in their different market research projects in India and Sri Lanka, on the basis of those research reports 190 Taiwanese industries established presence in India, facilitating cross-border trade. Her contributions to Taiwan's establishment in Sri Lanka were so impactful that the Sri Lankan Chamber of Commerce

recognized her efforts and appointed her as their cross-border consultant in 2016, a role she continues to hold to this day. With a remarkable feat of visiting over 800 manufacturing units across 17 states in India, **Rekha Sharma** has exemplified the power of hands-on knowledge and experience in the Indian industry. This extensive outreach reflects the depth of her understanding and insights into the intricacies of the nation's diverse industrial landscape.

**Rekha Sharma's** extensive expertise extends to national, international, and SAARC trade and commerce. She has served as a bilateral trade and investment advisor to numerous countries and leading industry associations,





## Rekha Sharma

Founder of MARS & Himfresh Pvt Ltd  
Secretary General at NIBC  
Noida, Uttar Pradesh, India

including TAITRA, FCCISL, UAE, EICL, GCCI, BRICS CCI, and FMPCCI. Her dedication and commitment also led her to serve the Government of India on projects for **Rashtriya Mahila Kosh** and **UIDA - Aadhaar**. Her journey began as a government servant, serving **Rashtriya Mahila Kosh**, before she transitioned into a successful businesswoman, creating Marketing Assistance and Research Support, known as "**MARS**," an international trade and investment organization. In addition to her role at **MARS**, **Mrs. Rekha** functions as the **Managing Director of Himfresh Organics Private Limited** and **Aarns Infra and Food Private Limited**, two globally recognized manufacturing companies. Her reach extends to the African continent through **MARS Uganda Limited**. She is **Secretary General of "Nigeria – India Business Council"** which works under the guidance of **High Commissioners of India & Nigeria**. She holds the position of **Chairperson International**

**Committee at Indian Industries Association**. Her international consultancy extends to organizations like **Bark in Stock – Germany**, **Eagle International – Sharjah Safe Zone**, and several others.

**Rekha's** commitment to women's empowerment is exemplified by her "**Shaktiuday**" project in **Uttarakhand, India** which provides employment to rural women through the production of cloth bags. Her extensive travel and participation in international business forums on behalf of TAITRA, GCCI, FCCISL, Indian Industries Association, and **SAARC CCI** have further solidified her position as a respected international business leader. **Rekha's** dedication and visionary leadership have not only shaped the success of **MARS** but also made a positive impact on economic growth, trade and investment relations, and sustainability initiatives in the regions she's worked in.





**T**he beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul. It's the caring that she lovingly gives, the passion that she shows and the beauty of a woman only grows with passing years."



**Soma Ujjal Roy**

CEO – Shenmen Helping Hands Foundation  
Business Strategic Consultant  
Personal & Business Transformation Coach  
Mumbai, India

**There's always a  
wild side to an  
innocent face**





**Szeszler Szilvia**

Excellence in Journalism  
International Award Winner  
M.D. of Trip & Travel Ltd.  
PR and Media Agency, Travel Agency owner  
Budapest, Budapest, Hungary

**I'm not here to be  
average, I'm here  
to be the best**

Always aim high, work hard, and care deeply about what you believe in. And, when you stumble, keep faith. And, when you're knocked down, get right back up and never listen to anyone who says you can't or shouldn't go on

We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success.





**Chef Ruchika Manglani**

Founder, The Crumb  
New Delhi, India







**Chef Ruchika Manglani**

Founder, The Crumb  
New Delhi, India



# From Whisk to Wonder: The Crumb's Delicious Journey of Passion and Purpose





# BakeUp

When dreams are baked with intent,  
they rise into legacies.



In the heart of Delhi's bustling dessert scene, The Crumb has become a name that echoes celebration, luxury, and a whole lot of heart. Behind this rising empire is Chef Ruchika, a woman who turned her sweet obsession into a soulful brand—one that's redefining indulgence without guilt.

## Chef Ruchika Manglani

Founder, The Crumb  
New Delhi, India

"Desserts aren't just about taste. They're about moments, emotions, and freedom," says Ruchika, founder and force behind The Crumb.



## A LOVE AFFAIR THAT STARTED AT 17TEEN

It all began with a humble food blog. At just 17, **Ruchika** was documenting her dessert discoveries with a passion that hinted at something bigger. What began as a teenage curiosity evolved into a life's calling. Armed with a background in marketing and a fascination for human behaviour, she studied how food influences mood, choices, and lifestyles. This deep dive led her to pursue a master's in Modern Fresh Pastries and gain hands-on industry experience, preparing her to launch her dream venture.





*"I was always curious—why do we feel guilty after enjoying something sweet?"*

### More Than a Dessert Brand – A Movement

The Crumb isn't just about sugar and spice. It's a bold statement: food can be joyful, liberating, and guilt-free. Whether it's their famous **Biscoff Cheesecake** or a custom creation for a corporate gala, each dessert tells a story. Today, The Crumb has become the go-to for birthdays, anniversaries, and even boardroom celebrations. It's also revolutionizing the world of corporate gifting, offering handcrafted indulgences that outshine the typical wine-and-cheese hampers.

With a remarkable 300% year-on-year growth rate, the brand has already catered to thousands of clients—a testament to what passion can build when paired with precision and purpose.

### "If You Love It, You'll Never Feel the Ache"

*"If you build something you truly love, you'll never feel the ache of doing something that doesn't fulfil you," Ruchika shares with a smile.*

Despite fierce competition, The Crumb stands out—thanks to its relentless focus on quality, storytelling, and innovation. From packaging to plating, every detail is thoughtfully crafted to deliver an experience, not just a dessert.

### What's Next? A Bigger Slice of the Dream

With new expansions on the horizon and ambitious plans set for 2025, The Crumb is ready to bring its philosophy of indulgence to more people across cities—and eventually, the globe. But at its core, the mission remains simple: to make every moment worth celebrating, one bite at a time.





#WOOMENWORLD  
Entrepreneurship & Innovation



# LEGACY IN LAYERS

**R**uchika's journey is more than just entrepreneurial success—it's a testament to what happens when passion meets purpose.

Ruchika didn't just baked cakes. She baked change. A new mindset.

**A brand that celebrates the sweet side of life, guilt-free.**

*"Create something so meaningful," Ruchika says, "that you never have to long for a life you don't love."*

With **The Crumb**, Ruchika isn't just leaving a mark on the dessert world—she's leaving a legacy. A legacy that reminds us all to savour every moment and celebrate life's sweetest occasions, guilt-free. And that's exactly what **The Crumb** has become—a reminder to celebrate yourself, your moments, and your story.





#WOOMENWORLD  
Creativity & Innovation



## Tanushri Srivastava

Dean School of Fine Arts  
Masters in Photography  
Asian School of Media Studies (AAFT)  
Delhi NCR, India

AAFT



# CAMERA UNLOCKS THE SECRETS OF THE WILD...

EVERY SHOTS TELLS A STORY





## Tanushri Srivastava

Dean School of Fine Arts  
Masters in Photography  
Asian School of Media Studies (AAFT)  
Delhi NCR, India



# PRESERVING MEMORIES IN FRAMES

**A**rtists are not perfect. Sometimes they need a little inspiration or a word of encouragement when they are not feeling motivated.

If you're a photographer experiencing a creative block, you can read more about inspirational photography experts. Photography can give you the motivation you need to pick up

your camera and start capturing moments once again and be more creative.

**THE EXPLORE** shares about **Tanushri Srivastava**, a famous photographer to improve and inspire your photography skills.

Steering the School of Fine Arts at AAFT, her team is dedicated to developing a comprehensive bachelor's program that not only fosters artistic innovation but also instils a deep understanding of visual storytelling. Their strategic endeavours have culminated in a curriculum that is both academically rigorous and highly practical, preparing students to thrive in the multifaceted media landscape.

Leveraging expertise in Adobe Photoshop and commercial photography, they've crafted an academic experience that accentuates creativity and technical skill. This approach has facilitated a dynamic learning environment where students are equipped with the tools to succeed and the confidence to explore the vast possibilities within the realm of fine media art.





# Wandering through the concrete jungle

Indian women photographers have significantly impacted the industry by fostering unique perspectives and creating a supportive community. Celebrating 10 years, the @pfpi. tribe community has empowered talented, creative, and smart women photographers across India, thanks to the efforts of founder **Gautami Reddy**. This platform has been instrumental in connecting and supporting women photographers, contributing to their growth and success in the field.

It took months of planning and brainstorming, 1hr styling check, 40mins of placing 50+ women in a frame, 10 minutes of directing to pose, 20 minutes of trying till we all felt we got the shot, another 25 minutes of selection, 15 minutes editing to capture iconic PFPI - Professional Female Photographers of India group picture.

Here's to many more years of growth and success!



**Tanushri Srivastava**

Dean School of Fine Arts  
Masters in Photography  
Asian School of Media Studies (AAFT)  
Delhi NCR, India





BE 'YOU' TIFUL



## Vinishka Sri Lakshmi

President & CEO VIPL, Television actress, Anchor  
Managing Partner – HISE, Real Estate & investment  
PR & Business Developer, Consultant for govt projects  
Corporate Business Advisor, startup business Developer  
Bengaluru, Karnataka, India

# EMBRACE YOUR OWN UNIQUE BEAUTY

The beauty and the strength of a woman is not measured by the impact that all her hardships in life have had on her, but the strength of a woman is measured by the extent of her refusal to allow those hardships to dictate her and who she becomes.





BE 'YOU'TIFUL



## Himanshi Singh

Leadership cultivator

Mentored 8000+ Aspirants

Corporate Trainer, Motivational Speaker

Personality Development Coach

Women Empowerment and POSH Trainer, TV Panellist

Bhopalpur, Madhya Pradesh, India

# BE A CLASSIC, NOT A TREND



Learn to embrace your own trend and unique beauty, celebrate your unique gifts with confidence. Your imperfections are actually a gift.





## Himanshi Singh

Leadership cultivator  
Mentored 8000+ Aspirants  
Corporate Trainer, Motivational Speaker  
Personality Development Coach  
Women Empowerment and POSH Trainer, TV Panellist  
Jabalpur, Madhya Pradesh, India

# I rembraced



## sustainability for my periods how about you?

**W**hen I had my first periods I was horrified as it was the most confusing time of my life my adolescence. My mother told me how to use a 'Stayfree pad' which was ok to use but couldn't help me in participating in games and sports activities at school. She could not teach me correct disposal and we would wrap it in black plastic and

throw it in the main community dustbin post evening. Buying and disposing a pad still remains a taboo in many cultures however, in some cultures, the onset of menstruation is celebrated as a significant milestone in a young girl's life. It's a moment of pride, often marked with festivities and rituals. However, amid the celebrations, an essential aspect often goes





**Lieutenant-Colonel Himanshi Singh**, a distinguished officer commissioned in the Indian Army's Ordnance Corps, served with dedication for 23 years before transitioning to civilian life. A passionate advocate for empowerment, she has been instrumental in championing the permanent commission for women officers and the welfare of differently-abled children. After retiring, she earned the title of Mrs. Glam International Icon 2021. As the founder of HV Personality Development Company, she provides leadership and communication training to corporate clients and beauty pageant contestants. Honoured with prestigious awards like the Golden Achievers Award and the Ashoka Award, her impactful journey continues to enhance the lives of specially-abled children. Additionally, she serves as a TV panellist on defence analysis and actively promotes environmental protection.



## Himanshi Singh

Leadership cultivator  
Mentored 8000+ Aspirants  
Corporate Trainer, Motivational Speaker  
Personality Development Coach  
Women Empowerment and POSH Trainer, TV Panellist  
Jabalpur, Madhya Pradesh, India

overlooked: teaching our daughters the importance of properly disposing of sanitary waste. This seemingly small oversight holds the potential for significant environmental repercussions.

**The Silent Environmental Hazard** It's a common misconception that only large-scale disasters like nuclear bombs, use of Biological or Chemical weapons and can destroy the world. The reality is far more subtle and insidious. Improper disposal of used sanitary pads poses a grave threat to our environment. Every year, approximately 9,000 tons of sanitary waste are generated globally. This waste contaminates our water, air, and soil, leading to long-term ecological damage. We cannot ignore our responsibility in contributing to this crisis.

The year 2024 has seen record breaking scorching

temperatures in summers and environmental concerns need to be addressed on priority. This important issue cannot be ignored as this is also adding to water, soil and earth pollution.

**The Hidden Dangers** A woman typically menstruates for about 40 years, using around 12-15 pads each month. These pads, though seemingly innocuous, can lead to severe health issues due to the plastic and bleach used in their production. Shockingly, a single sanitary pad takes 500 to 800 years to decompose. Common disposal methods—throwing pads in the garbage, flushing them down the toilet, burning, burying, or discarding them carelessly—contribute to the spread of severe diseases. Sanitation workers, who often handle this waste with their bare hands, are at risk of skin infections, hepatitis, and other serious health conditions.

The need for Change Recognizing the urgent need for proper





## Himanshi Singh

Leadership cultivator  
Mentored 8000+ Aspirants  
Corporate Trainer, Motivational Speaker  
Personality Development Coach  
Women Empowerment and POSH Trainer, TV Panellist  
Jabalpur, Madhya Pradesh, India

sanitary waste management, various initiatives have sprung up to educate and empower individuals to dispose of sanitary waste correctly. Coinciding with Menstrual Hygiene Day on May 28, many campaigns utilize social media platforms to spread awareness and encourage proper disposal practices. These efforts aim to reach a broad audience, instilling the importance of sanitary waste management in communities around the world.

### Proper Disposal: A Step-by-Step Guide It's crucial to learn and teach the proper way to dispose of sanitary waste. Here's a simple method:

1. Wrap the used pad in newspaper or any available paper at home.
2. Mark it with a red dot to indicate its sanitary waste.
3. Place it in a separate bin designated for sanitary waste.

This method helps sanitation workers identify and handle the waste safely,

reducing the risk of disease. By adopting these practices, we can significantly mitigate the health risks and environmental damage associated with improper sanitary waste disposal.

Or one can use incinerators which are being installed in community toilets.

Sustainable Alternatives To further mitigate environmental damage, consider using sustainable menstrual products.

### The market offers various eco-friendly options: -

**Menstrual Cups:** Made from medical-grade silicone, they can be used for 5-6 years and are suitable for activities like swimming and horse riding. They are cost-effective, usually priced around 300 rupees.

**Reusable Cloth Pads:** These can be washed and reused, reducing waste significantly. They are available in various sizes and absorbencies, making them a

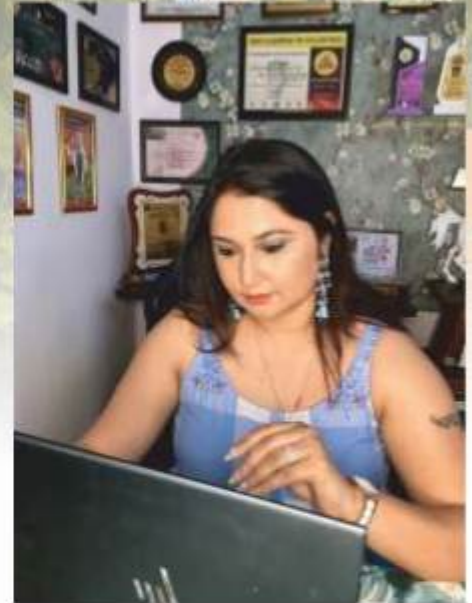






## Himanshi Singh

Leadership Cultivator  
Mentored 8000+ Aspirants  
Corporate Trainer, Motivational Speaker  
Personality Development Coach  
Women Empowerment and POSH Trainer, TV Panellist  
Jabalpur, MP, India



versatile option. -

**Biodegradable Pads:** Made from bamboo or banana pulp, these pads are designed to decompose much faster than conventional pads, making them a safer option for the environment.

**Period Panties and Menstrual Discs:** Other sustainable options that offer convenience and reduce waste. Period panties can be washed and reused, while menstrual discs can provide a longer wear time compared to traditional pads and tampons.

**Taking Action** By making smart choices, we can protect our planet and ensure a healthier future. Simple changes in our disposal habits can have a significant impact. Until women switch to a menstrual cup or other sustainable options, they must mark the used pads with a red dot and dispose of them properly.

I learned about safe disposal of period pads just a couple of years ago, living in ignorance all my life and I feel really ashamed of the fact that I also have damaged the environment. But now as I am aware of it I want to share this information with the people. Together,





**GOLD FISH**

PR & COMMUNICATIONS

PR AND MEDIA

EVENTS

SOCIAL MEDIA

SMS MARKETING

DIGITAL DEVELOPMENT

BRAND  
REVAMPING

INFLUENCER  
MANAGEMENT

COLLABORATIONS  
& ASSOCIATIONS

## PERFORMANCE MARKETING



### SEO/SEM

AND OTHER ORGANIC LEAD  
GENERATION MODULES



### WEB & MOBILE DEVELOPMENT

SOCIAL MEDIA  
MARKETING, PROFILING  
AND PLATFORM LEAD  
GENERATION



### AFFILIATE MARKETING

SOCIAL MEDIA  
MARKETING, PROFILING  
AND PLATFORM LEAD  
GENERATION



### CONTENT MARKETING

CONTENT AS ADS  
INCLUDING ANIMATION,  
ARTICLES, WEB CONTENT,  
VIDEOS & 12 MORE



### BRAND CONCEPT DESIGN

AND STRATEGY  
IMPLEMENTATION

- With our expertise, we craft strategic campaigns designed to boost brand visibility, engage target audiences, and drive measurable results. Let us help you unlock the full potential of your brand with our innovative performance marketing strategies.

@goldfishpr\_

+91 9717 157 108 (Gitika Batra)

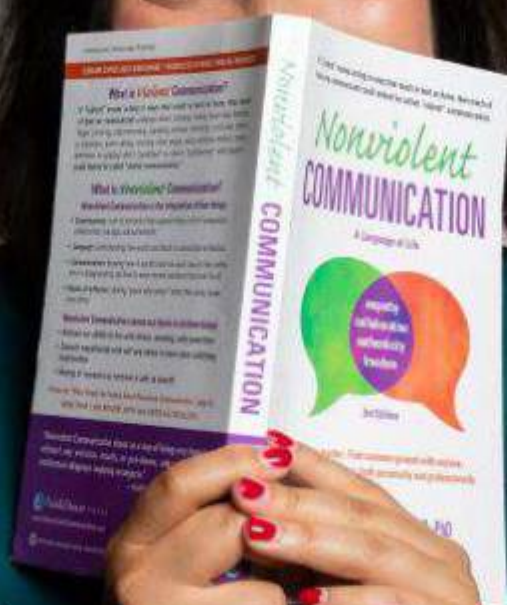
goldfishpr.business@gmail.com





**Nadja El Fertasi**

Trusted EQ Thought Leader  
Resilience Coach for the Digital Era  
Safety, Resilience & Well-Being as a Service  
Prioritizing People with Emotional Firewalls  
Brussels, Brussels Region, Belgium



# Bullies, Boundaries, and Breakthroughs:

## A Journey of Self-Worth

**M**ommy, I got laughed at again in class. They always tell me that I am fat and make weird gestures. I hate it, and it hurts," my son said, his voice trembling with pain.

"How many times have I told you that what you think about yourself is more important?" I replied, trying to instill confidence in him.

"It's easy for you to say; you're old. I'm still a child and not as strong as you. I'm sensitive, and they keep laughing at my body."

"Who keeps laughing?" I asked, my heart aching for him.

"Everyone, even my friends!"

"Well, they are not your friends if they laugh at you. I will speak with the school principal on Monday," I assured him.

"You don't understand, Mommy!" he cried.

That's when I held my son in my arms and shared a story from my past to help him feel less alone.

"When I was a young girl, I had a crush on a boy named

Sander. I was the outsider in the class and very shy."

He looked at me with disbelief because he couldn't imagine his mother being shy.

"One day, as we walked out of school, he called my name. I walked toward him, blushing, thinking he liked me too. Instead, I was met with a hard punch in my stomach."

"I ran home in tears and pain. My late grandmother, dressed in her traditional Moroccan outfit, grabbed her slippers, ready to chase after Sander while cursing in Arabic."

"Another time, I was invited to a playdate with a group of popular girls, only to be told there was no room for girls like me. I was weird, and they didn't play with weird kids."

"Then one day, I was pushed into prickly bushes that scratched my skin. They called me 'peanut butter,' and no one helped me up."

"So, dear son, as you can see, I know what it feels like to be bullied. I overcame it by learning to detach myself from people's words."





## Nadja El Fertasi

Trusted EQ Thought Leader  
Resilience Coach for the Digital Era  
Safety, Resilience & Well-Being as a Service  
Prioritizing People with Emotional Firewalls  
Brussels, Brussels Region, Belgium

"But why, Mommy, are kids so mean?"

"There are many reasons, son. Sometimes their parents don't teach them better, or they are overwhelmed themselves. Sometimes kids don't know better and need to project. Sometimes, they are just born bullies. You can never control their behaviour. Even if you want to lose weight, do it for you and not for them. They will find something else to pick on. You are a genius kid, and genius is considered weird in an environment of average."

My son is indeed a genius. His mathematical intelligence is off the charts, his spiritual intelligence often shocks me, and his emotional intelligence is sometimes even higher than mine. There are downsides, of course, but life is about balance. We concluded that I will talk to his school principal to address the class, and if necessary, I will speak to the kids myself. In the meantime, he should start changing how he views himself and learn to love himself. I told him to take me as an example. Some people love me and find me inspirational, while others think I am too much and arrogant. Do you see me lose sleep over this? Do you see me crying because I am not liked? There are days I feel on top of the world, and days I don't. Most days, I'm somewhere in the middle. This is life, son, and every day you should remind yourself of who you are and what a blessing it is to be you.

"Isn't that arrogance, Mommy? Or selfish?"

It is only arrogance if you feel better than someone else, which you are not. People call you selfish when you stop pleasing them and start caring about making yourself happier. So, it is okay to be selfish, as long as you remember to share

the love that overflows from your cup when you take care of yourself.

Healing Childhood Traumas Through Radical Honesty

Adopting the principle of radical honesty has been transformative for me, not just in my relationships, but also in dealing with my personal past. It has been instrumental in helping me heal from traumas that have cast long shadows over my life, particularly those from my childhood. For example, the incident of the stomach punch, a memory that used to haunt me, has now lost its power to cause me pain. In the past, I was often gripped by fear when it came to sharing my feelings with my friends. Every time I even tried to open up, the memory of the stomach punch would resurface, acting almost like a ghost from my past that kept me silent and scared. It was as if the incident had left a scar so deep that it influenced how I communicated my feelings, making me reluctant to be vulnerable even with those I trusted.

Now, however, things are different. I have found peace with my past, and in doing so, I have managed to free myself from the chains that once held me back. I no longer view the Sanders of this world through the lens of the hurt he caused me. Instead, I have forgiven him, and in doing so, I have allowed myself to heal and move forward. Most importantly, I no longer fear speaking up. I understand now that my voice matters, that my feelings are valid, and that I owe it to myself to express them honestly and openly.

Setting Boundaries for Inner Peace

Embracing the concept of radical honesty has fundamentally transformed my approach to interpersonal relationships,





## Nadja El Fertasi

Trusted EQ Thought Leader  
Resilience Coach for the Digital Era  
Safety, Resilience & Well-Being as a Service  
Prioritizing People with Emotional Firewalls  
Brussels, Brussels Region, Belgium

serving as a guiding principle that helps me establish and maintain boundaries necessary to protect my inner peace. In the past, I found myself frequently encircled by individuals whose actions and behaviours introduced a sense of confusion and chaos into my life. These were people who resorted to gaslighting and emotional manipulation, prioritizing their feelings and emotional state over mine. Unfortunately, I was often unable to voice my discomfort or assert my needs in these situations, as I was operating under the misguided belief that my needs were somehow less important than those of the people around me. This was a debilitating mindset that left me feeling powerless and unheard.

However, radical honesty provided a beacon of hope in this challenging emotional landscape. By adopting this principle, I was able to shift my mentality and find the courage to speak up whenever I felt confused or sensed a lack of straightforwardness in the people around me. Now, I do not hesitate to question the intent behind certain actions or statements. If someone makes a joke that seems to

be fuelled by jealousy or competitiveness, I ask what they mean. Similarly, if they utter a mean comment disguised as humour, I confront them about it. This newfound ability to directly address such situations has been nothing short of liberating, and it's all thanks to the practice of radical honesty. Embracing Self-Worth in Personal and Professional Life Over time, I have found that the concept of radical honesty has been the key to unlocking my potential and stepping fully into my worth, both on a personal and professional level. In the past, I had a propensity for offering my services without any financial expectations, operating under the belief that I had to demonstrate my worth and convince people to work with me by giving away my

skills and expertise freely.

However, I came to recognize that this belief system was flawed and counterproductive. It dawned on me that the biggest obstacle standing between me and financial prosperity was not the perceived value of others, but my own perception of self-worth. Embracing radical honesty allowed me to shift this mindset, incrementally and steadily.

I gradually began doing less, asserting my right to say 'NO,' and standing firm in my convictions and worth. I recall a particular instance where I had to confront a large international client for failing to respect and honor their commitment. I was fully aware that this could potentially lead to losing access to their extensive network, but I realized that having a peaceful sleep at night and maintaining my integrity was far more important to me than impressing those who might not have the best intentions.

Instead, I made the conscious decision to work exclusively with clients and partners who not only value what I have to say and the services I offer but are also willing to pay for them. It was a crucial step in asserting my worth, and it has made a significant





I hope these thoughts encourage you to be completely honest with yourself and the people you care about. This could help us all connect more deeply, beyond just what we share online. We need to look at our own issues first, before we start blaming others. The world is not fair, and you will find a lot of people, things, and places to blame for how you feel. Choosing not to is your superpower to transform your life with radical honesty. This is, in my view, the first step to improving mental health in our digital world.



**Nadja El Fertasi**

Trusted EQ Thought Leader  
Resilience Coach for the Digital Era  
Safety, Resilience & Well-Being as a Service  
Prioritizing People with Emotional Firewalls  
Brussels, Brussels Region, Belgium

difference in my life.

Radical Honesty: A Challenging but Rewarding Path  
Being completely honest can change your life. It's hard at first because some people might not like it. We live in a place where everyone likes to hear good things. When you start being really honest, some people might not like you. I believe in God. You might believe in something else, or even in yourself. My faith helps me when life gets tough. I'd rather have everyone else judge me than have God judge me. There were times when life was really tough. But being completely honest and my faith in God helped me get through it.

Today's reflections are inspired by a recent conversation I had with my son about school bullying and radical honesty. I came across a video from Stanford Professor Dr. Anna Lembke, who speaks about Radical Honesty in her book 'Dopamine Nation.' The book shows how our society has become addicted to dopamine hits, living in denial, and craving things that make us feel good.

It is this imbalanced relationship between seeking pleasure and feeling pain. Life is about ebb and flow, and our ability to feel pleasure must be balanced by our ability to feel pain. I reassured my son and told him that if he wants to feel better about himself, he needs to start making some effort. Less sugar, more water, more movement, and seeing his body as a sacred vessel to live his potential. He doesn't like it when I tell him this, but he gets it in the end.

Radical honesty has helped me heal my past traumas from childhood, like the stomach punch. I used to be scared to

share how I feel with friends. The stomach punch came to the forefront every time I tried. Now, I am at peace with the past, I forgave Sander, and I no longer fear speaking up.

Radical honesty has helped me set boundaries to guard my inner peace. At first, I was surrounded by people who were causing confusion in my life. They were gaslighting or emotionally manipulating, caring about how I made them feel, and not the other way around. I was unable to speak up and make people mind their own business because I felt my needs were not as important. Radical honesty helped me shift out of this mentality and speak up when I felt confused or when people were not being straightforward. I simply asked what they meant when they made a joke that was fuelled by jealousy or competition, or when they wanted to say something mean disguised as a joke.

Radical honesty has helped me step into my worth, fully in personal and professional ways. I used to offer too many things for free because I believed I needed to convince people to work with me. What a messed-up belief system I had because the only thing between me and my financial prosperity was my perception of self-worth. Radical honesty helped me shift this, step by step. I started doing less, saying NO, and standing my ground. I remember I called out a big international client for their lack of respect and honouring their commitment. I knew I was losing access to their network, but sleeping well at night and with integrity is more important to me than impressing people who don't have good intentions. Instead, I work with clients and partners who value what I have to say and offer, and are willing to pay for it.



## SOCIALNOTE



I had to say NO to a lot of speaking opportunities that did not pay. These were big opportunities that could have led to other opportunities. But by doing so, I am communicating to the universe - please continue to send me unpaid speaking engagements. Because I am not worthy of being paid.

Radical honesty is a powerful way of life, it is not easy at first because you will lose a lot of people. Unfortunately, we live in a society where we love being told what we want to hear so we can feel good. The dopamine hit. And when you get real with people, you become the villain, you are offensive and blunt, and you become quite unpopular and judged.

I believe in God; you may believe in something else or in yourself for that matter. But through my faith, I would rather stand with God and be judged by the world than stand with the world and be judged by God. What has gotten me through in life, and through some of life's darkest periods, is God's Favor. I was thrown to the wolves more than once in my life. It is because of Radical Honesty and God's Favor, that I came back leading the pack.

I hope that today's reflections will inspire and empower you to embrace the concept of radical honesty with yourself, with your loved ones and connect on a deeper level beyond digital superficiality.

As a society, we need to start looking inwards and stop projecting our unresolved issues onto others and the world at large. That's the first step into changing the course of mental health in the digital age.



### Nadja El Fertasi

Trusted EQ Thought Leader  
Resilience Coach for the Digital Era  
Safety, Resilience & Well-Being as a Service  
Prioritizing People with Emotional Firewalls  
Brussels, Brussels Region, Belgium

**R**esilience and determination have been my compass in transforming what once felt impossible into a mission to redefine leadership, safety, and well-being in the digital age.

Growing up as the daughter of immigrants, I learned early that living authentically and striving for our highest potential isn't a given—it's achieved through perseverance, inner strength, and a drive to make a meaningful impact.

With nearly two decades at NATO, I developed my expertise in crisis management, resilience, and stakeholder engagement, working alongside diverse teams from over 40 nations. These experiences shaped my vision for Thrive with EQ, where I am pioneering the fusion of cybersecurity and emotional intelligence into "Emotional Firewalls."

At Thrive with EQ, I lead initiatives that empower businesses, leaders, and individuals to develop emotional intelligence and resilience skills and navigate the challenges of the digital age.

My mission is to build a world where individuals and businesses don't just adapt to the digital age—they thrive within it.

My personal dream is to build a global not-for-profit that equips every generation with emotional resiliency skills against online scams and fraud, which threaten our safety and security in the digital age.

My multilingual background—fluent in Dutch, English, French, and Arabic, with knowledge of Italian and German—enables me to connect across borders with diverse communities. Guided by my strengths in Creativity, Kindness, Bravery, Social Intelligence, Perspective, Humour, and Curiosity, I am dedicated to inspiring a future where emotional firewalls protect not just our data, but our humanity



**GRANDGATHERING**



# **Astrological significance of Maha Kumbh 2025 a rare celestial alignment after 144 years**

**World's largest spiritual and cultural gathering, attracting devotees from across the globe.**



GRAND GATHERING



# Maha Kumbh 2025

Astrological significance of Maha Kumbh 2025  
a rare celestial alignment after 144 years



A sacred pilgrimage and  
celebration of faith that  
draws millions of devotees  
and travellers from all



**Dr Silky Sharrma**

Assistant Professor - Management Domain  
PhD in AI & Higher Education Management  
CBSE - UGC NET Qualified, MBA - HR  
Academic Exchange Research Fellowship at Japan  
Corporate HR Generalist Experience  
Bengaluru, Karnataka, India





The Maha Kumbh Mela is a major Hindu festival held every 12 years in Prayagraj, India. It began on January 13, 2025, and will continue until February 26, 2025. This event is expected to attract over 500 million (over 50 crores) visitors, making it the world's largest religious gathering.







# What a moment of great pride for India

**T**he Maha Kumbh 2025 has already witnessed over 50 crore pilgrims taking a holy dip in the past 30 days, the State government said. According to current information, the next **Maha Kumbh Mela** after 2025 will not occur until the year 2169, making the 2025 event a particularly significant one for devotees as it happens only once every 144 years.

Key points about the 2025 Maha Kumbh:

**Location:** Prayagraj (Allahabad), India

**Significance:** Considered a rare astronomical alignment, making this Maha Kumbh especially important for Hindus.





**GRAND GATHERING**



# A Maha Kumbh

happens once every 144 years





GRAND GATHERING



The Maha Kumbh Mela

# Spiritual & cultural gathering





Prime Minister Narendra Modi visited the Maha Kumbh Mela in Uttar Pradesh's Prayagraj

# PM took a holy dip in Triveni Sangam

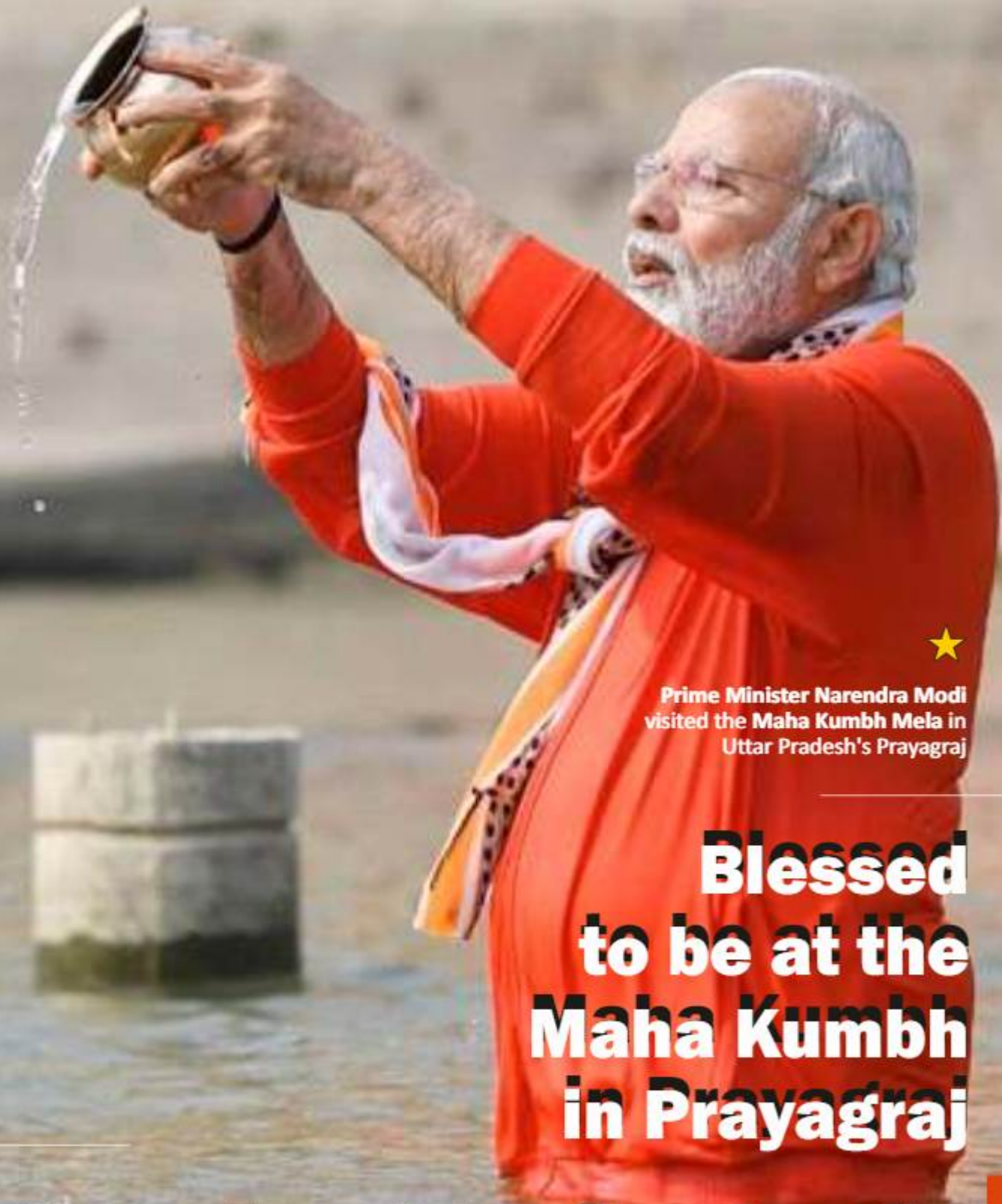
**P** rime Minister Narendra Modi visited the Maha Kumbh Mela in Uttar Pradesh's Prayagraj on Wednesday (February 5) and took a holy dip in Triveni Sangam. The Prime Minister performed aarti and Puja at Triveni Sangam, the confluence of the Ganga, Yamuna and Saraswati rivers.

"Blessed to be at the Maha Kumbh in Prayagraj. The Snan at the Sangam is a moment of divine connection, and like the crores of others who have taken part in it, I was also filled with a spirit of devotion," PM Modi said in a post on X.

"May Maa Ganga bless all with peace, wisdom, good health and harmony," he added.



**GRAND GATHERING**



**Prime Minister Narendra Modi  
visited the Maha Kumbh Mela in  
Uttar Pradesh's Prayagraj**

**Blessed  
to be at the  
Maha Kumbh  
in Prayagraj**

**Great pride for India**



GRAND GATHERING



## A Maha Kumbh happens once every 144 years

The Maha Kumbh Mela, which commenced on **Paush Purnima**, on Jan. 13 & Magh Purnima 13 Feb. is the world's largest spiritual and cultural gathering, attracting devotees from across the globe. It will continue until **Mahashivratri** on February 26. More than 60 crore devotees have taken a holy dip in the Triveni Sangam so far.

# SPIRIT OF DEVOTION







DIVINE DOLLS OF INDIA



# NINE FORMS OF GODDESS DURGA

## Navratri Nine nights of divine celebration

Indians eagerly await the arrival of **Navratri**, a vibrant and sacred festival that celebrates the divine feminine energy. During these nine auspicious days, devotees' worship different forms of Goddess Durga, each day associated with a specific Devi name and colour. Let us take you on a spiritual journey as we **EXPLORE** the significance of the 9 days of Navratri Devi names and colours in 2025.





# DIVINE DOLLS OF INDIA

## NINE FORMS OF GODDESS DURGA

Day 1:

### Shailaputri

Daughter of Mountain

The Goddess of Courage (Red)



The first day of Navratri is dedicated to **Goddess Shailaputri**, the embodiment of courage and strength. Devotees wear red, a vibrant hue symbolizing power and determination.

The fragrance of Phool's bamboo-less incense sticks infused with sacred flowers can enhance your spiritual experience, creating a serene and uplifting atmosphere.

Day 2:

### Brahmacharini

Mother of devotion and penance

The Goddess of Purity (Royal Blue)



On the second day, we worship **Goddess Brahmacharini**, who represents purity and devotion. Royal blue is the colour associated with her, reflecting serenity and tranquillity. Light up a soy wax candle from Phool's collection, filling your space with a soft, calming glow and a delicate fragrance.





# DIVINE DOLLS OF INDIA

## NINE FORMS OF GODDESS DURGA

Day 3:

### Chandraghanta

Destroyer of demons

The Goddess of Peace (Yellow)



Goddess Chandraghanta, the embodiment of peace and serenity, is worshipped on the third day. Yellow, the colour of joy and happiness, is associated with her. Embrace the positive energy with Phool's essential oils, known for their therapeutic properties, and create a peaceful ambiance in your home.

Day 4:

### Kushmanda

Goddess of The Cosmic Egg

The Goddess of Prosperity (Green)



Green, the colour of nature and fertility, represents Goddess Kushmanda on the fourth day. She is the source of all creation and bestows prosperity upon her devotees. Decorate your mandir with Phool's havan cups, handcrafted with love and infused with the essence of sacred flowers, creating an auspicious atmosphere.





# DIVINE DOLLS OF INDIA

## NINE FORMS OF GODDESS DURGA

Day 5:

### Skandamata

Goddess of motherhood and children  
The Mother of Skanda (Grey)



On the fifth day, we worship Goddess **Skandamata**, the mother of Lord Skanda. Grey, a neutral colour symbolizing balance and stability, is associated with her. Immerse yourself in the divine fragrance of Phool's incense sticks, meticulously handcrafted to uplift your spirits and create a sense of harmony.

### Katyayani

Goddess of Power  
The Warrior Goddess (Orange)



Goddess **Katyayani**, the epitome of strength and courage, is worshipped on the sixth day. Orange, a vibrant and energetic colour, represents her fierce persona. Invoke her blessings and embrace the festive spirit with Phool's unique gift boxes, curated to bring charm and prosperity to your loved ones.





# DIVINE DOLLS OF INDIA

## NINE FORMS OF GODDESS DURGA

Day 7

### Kalaratri

Goddess of Auspiciousness and Courage  
The Dark Goddess (White)



Kalaratri, the fierce and powerful form of Goddess Durga, is revered on the seventh day. White, symbolizing purity and spirituality, is associated with her. Illuminate your space with the soft glow of Phool's soy wax candles, creating a serene ambiance for your prayers and meditation.

Day 8

### Mahagauri

Goddess of Beauty and Women  
The Goddess of Beauty (Pink)



Goddess Mahagauri, the epitome of beauty and grace, is worshipped on the eighth day. Pink, a colour symbolizing love and compassion, represents her divine energy. Experience the enchanting fragrance of Phool's essential oils, known for their calming and soothing properties, and immerse yourself in a state of bliss.





# DIVINE DOLLS OF INDIA

## NINE FORMS OF GODDESS DURGA

Day 9

### Siddhidatri

Goddess of Supernatural Powers or Siddhis"  
The Bestower of Wisdom (Sky Blue)



On the final day of Navratri, we honour **Goddess Siddhidatri**, the bestower of wisdom and knowledge. Sky blue, a colour symbolizing vastness and spirituality, is associated with her. Allow the sacred fragrance of Phool's incense sticks to transport you to a realm of spiritual enlightenment and profound introspection.

### Notes

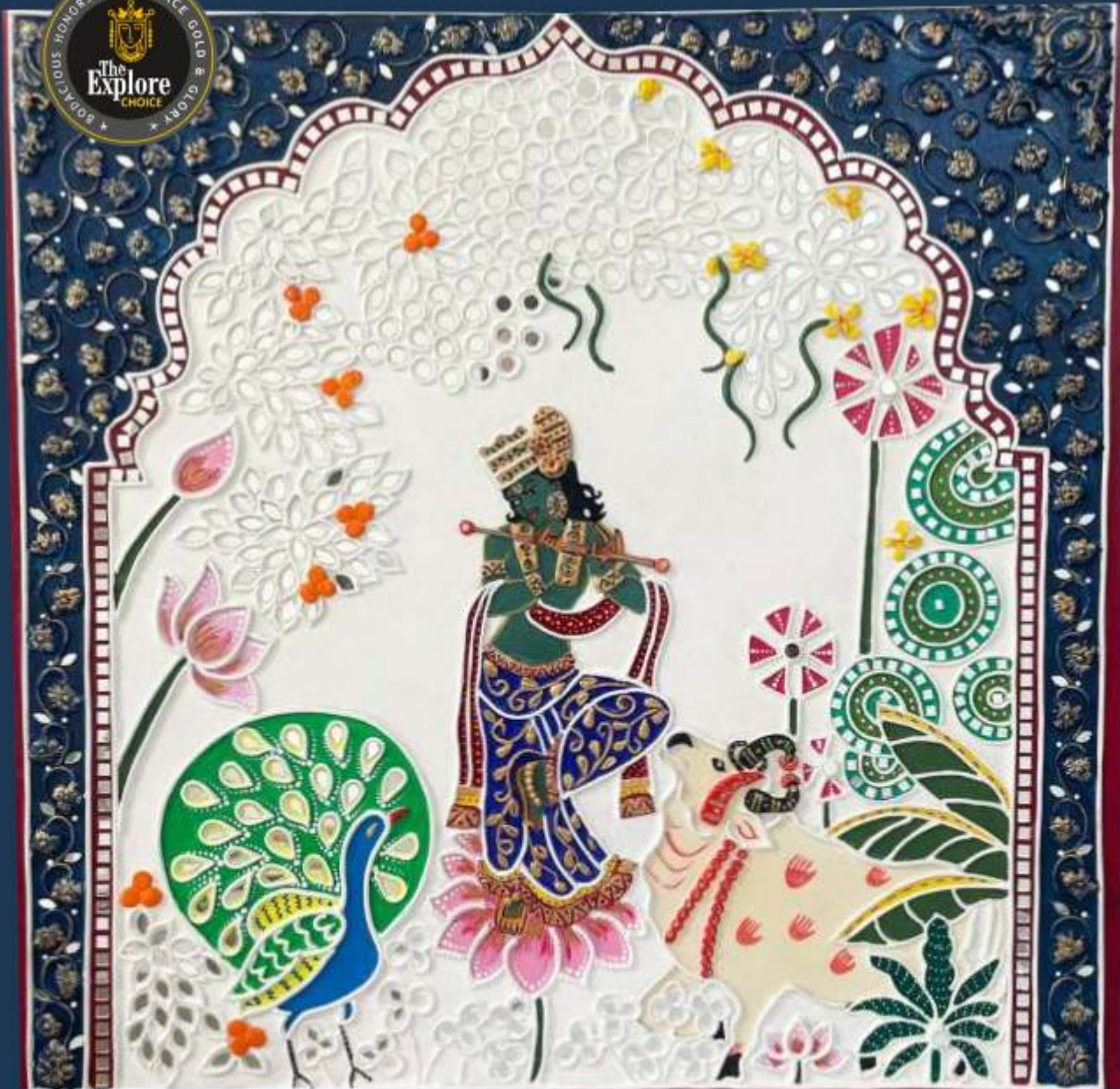
Parvati has been described in the nine stages in nine different depictions, where she becomes the Maha Shakti in last stage of Siddhidhatri, after gaining Siddhis

### Agni Purana

The Agni Purana lists the Navadurgas as:

1. Rudrachanda
2. Prachanda
3. Chandogra
4. Chandanayika
5. Chanda
6. Chandavati
7. Chandarupa
8. Atichandika
9. Ugrachanda





# ART IS STORED HONEY OF THE SOUL

Deepti Sharma  
Lippan Artist  
Dubai, UAE



In a world where contemporary design often takes center stage, traditional art forms continue to hold a special place, preserving the rich heritage and cultural vibrancy of India. Among these, Lippan art, a mud and mirror work, stands out for its intricate beauty and timeless charm. Lippan is a well-known Indian folk art that translates to “Lipayi or Lipana” in Hindi. Also referred to as the Chittar Kaam or Mud wall artwork.





It is a classic mural piece from the Kutch area of Gujarat. It is also referred to as mud temperature while also providing decoration washing, which helps keep both the interior and exterior walls cool of mud cottages called Bhungas. Bhungas are traditional houses, a unique type of round mud hut identified with the Kutch desert areas of Gujarat. The houses are circular walled with a thatched roof. The mud is typically used on "Bhungas" surface to form texture and design, while tiny mirror fragments called "Aabhla" are incorporated into the artwork. The mirrors reflect light and introduce a shine, making the artwork vibrant, particularly when seen in natural light or with motion. Most houses feature motifs inspired by nature, such as camels, Gajja, Peacock, trees, blooms, panihari, surya and more created with mud, thread and mirrors. Lippan art is more than just a decorative craft—it is a cultural expression passed down through generations. The craft is primarily

Lippan Art is no longer limited to homes with mud walls. Historically, the wild ass or camel excrement was employed in this art, and lippan work typically appeared in white. It is utilized to adorn the walls of countryside houses, especially during celebrations and weddings. Lippan art has developed throughout the years. Currently, it goes beyond traditional roots and exists in modern connecting heritage with Modernity.





practiced by the once nomadic Rabari, Kumbhar, Marwada Harijan, and Mutwa communities, each of whom has shaped its evolution. The Mutwa and Rebari communities migrated to Kutch from Sindh around 400 and 700 years ago respectively.

**The Harijan community had migrated from the Marwar region of Rajasthan and reached Kutch.**

**Today, artists utilize chalk powder, sawdust, and adhesive instead of animal waste, resulting in materials that are more durable, lightweight, and odourless.**

Contemporary artisans have modified the method for use on wood panels, MDF boards, and canvas, enabling it to be showcased as movable art. In contemporary views, artists might incorporate a range of colors in the mud and mirror from organic earthy shades to vivid, striking tones.

This piece of art is frequently found in wall art, home accessories, and even furnishings, providing a charming yet captivating visual appeal. In a time when mass manufactured décor frequently prevails, lippan art exemplifies the lasting strength of artisanal, eco-friendly craftsmanship.

By endorsing and honoring this traditional art form, we contribute to the preservation of its vibrant cultural legacy, motivating future generations to value the beauty of India's varied artistic heritage. Whether enhancing walls or motivating new artistic creation,

**Lippan continues to be a breathtaking example of the beauty inherent, natural materials.**

## EXPLORE About the Artist



### Deepti Sharma

Lippan Artist  
Dubai, UAE

**D**eepti Sharma is an artist deeply passionate about preserving and promoting India's rich folk-art traditions. With a background in business management (MBA), her journey into the world of art began as a personal pursuit of passion.

As an artist, she feels a strong responsibility to bring these beautiful art forms into the modern spotlight. Her mission is to ensure that the next generation not only appreciates these crafts but also becomes actively involved in their preservation. Through her artwork, workshops, she hopes to spark a renewed interest in these traditions and show how they can be incorporated into contemporary spaces, making them relevant and alive for years to come.

By highlighting the importance of Indian folk art, her aimed at supporting and promoting India's rich traditional art forms. A regular column could serve as an educational platform, not only highlighting various traditional arts and crafts but also shedding light on the artisans who carry these practices forward with great skill and passion.

Through this initiative, readers will be introduced to the beauty, history, and relevance of these art forms, inspiring a deeper connection to the cultural roots that bind our nation.





## Dr. Madhavi Advani

Luxury Consultant -  
Global luxury consultant  
Luxuryco.biz & Luxury Club  
New Delhi, India

# BE THE GAME CHANGER



**Dr. Madhavi Advani** is a renowned luxury consultant in the world of Art, Real Estate, Hospitality, Fashion Design, Jewellery, Health & Wellness, Beauty, Bespoke Events and Destination Weddings (Italy). **Madhavi** bridges the gap from lifestyle and luxury that only the rich understand or appreciate! **Dr. Madhavi** is versatile, vibrant and one of the most dynamic women you would encounter. **Madhavi** lives life grand size, which is why she fits so easily into the role of a luxury consultant. Because for **Madhavi** no expectation is unreasonable, even from herself.



**A** personality extensively covered by the media. **Dr. Madhavi** has written a self-help book called "What Life Taught Me" published by "Serene Woods Publication".

**Dr. Madhavi Advani's** company, Luxury Co is a renowned and leading luxury consultancy company in the world of Art, Real Estate, Hospitality, Fashion, Jewellery, Health & Wellness, Beauty, Bespoke Events and Destination Weddings.

Luxury Co has successfully organized events, well attended by the upmarket, eminent and elite strata of society, it's



# SHOWSTOPPER



Dr. Madhavi is the brand ambassador for Saree Sanskriti by Salma Sultan, for ICMEI for art and culture, for International Fashion Designer Aishwarya Khanna for her brand Naurah USA and for the "Delhi turns Pink" campaign for breast cancer awareness. Dr. Madhavi is a recipient of many prestigious awards and is on board with many esteemed organizations. As you can see, there is no segment left untouched by Madhavi in the Luxury Industry.



**Dr. Madhavi Advani**

Luxury Consultant -  
Global luxury consultant  
luxuryco.biz & Luxury Club  
New Delhi, India

forte lies in fostering collaborations between the best of the luxury worlds through concept events such as artistic collaborations amongst Aarti Zaveri's Art with the Ambience Group along with the reputed Trump Towers at The Oberoi and also the strategic collaboration between Ragini Art Gallery by Nidhi J Jain and The Taj Ambassador, a curated art show with the renowned artist Deepak Ghosh, which was inaugurated by our former president Pranab Mukherjee.

Dr. Madhavi has also consulted with many prominent artists like Padamshree Krishn Kanahi Ji, Madhuri Bhadhuri and Shobha Jolly and also successfully placed some of them at the India Art Fair.

Luxury Co has worked for various international clients like the Italian Celebrity Wedding Designer Angelo Giardini, with whom bespoke events were hosted at the Taj Ambassador and the Italian Embassy. Luxury Co has also worked with Tribhovandas Bhimji Zaveri Jewellers by Rajasvi & ArtKarat in the jewellery segment and also worked with celebrated Anju Modi in the fashion segment. Luxury Co has organized bespoke events with Leela Sky Villas, CRC-The Flagship, Zoya- Handcrafted Jewellery by Tata, LG Innovation Gallery and renowned Vastu consultant Girendera Bharti Ji at The Imperial.

Luxury Co is also promoting social initiatives of clients like "Support a Skill", by Kuku S Kumar, which provides jobs to



underprivileged youth in the travel & tourism industry and social initiative "Dear Sunshine Foundation", by Shefali Khanna / me, which provides dignity to musicians from economically weaker sections of the society and simultaneously preserves the traditional Indian music. Luxury Co is also retained for creating the guest list and invites for major social events and award nights. Luxury Co believes rather than hard selling, luxury should be communicated subtly, in a way that the client appreciates it, falls in love with it and eventually buys and owns it.

## About Fashion

"Fashion is more than just style; it's a statement of confidence, individuality, and timeless elegance. True luxury lies in the art of self-expression, where every outfit tells a story of grace and empowerment." – Dr.

## Madhavi Advani

### About Peace

"World peace begins with understanding, compassion, and unity. When we embrace diversity and foster dialogue, we create a future where harmony transcends borders. True luxury is living in a world free of conflict, filled with love and respect."

– Dr. Madhavi Advani



Be **THE EXPLORE** GET **EXPLORED**

Offers you a platform to  
present your ideas, expertise,  
**publish your success stories**  
your experiences and your accomplishments.

contact.theexplore@gmail.com  
NEW DELHI, MUMBAI, INDIA

+ 91 8130529646

Come be a part of  
endless Opportunities.  
Be **THE EXPLORE**, Get **EXPLORED**.

The  
Explore

Be **THE EXPLORE**, Get **EXPLORED**.





WORLD-WIDE APPRECIATED &  
ENDORSED BY **THE EXPLORE** JOURNAL



For Business inquiry :

**Prestige Champagne Brand International France**

**Mr Philippe Bienvenu** email : [pcbi@orange.fr](mailto:pcbi@orange.fr)

Whatsapp : +33 637. 61. 32. 69