





Inspiring : Bharat Ki Lakshmi is a Coffee Table Book published by Prime Communication

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Anil Pandey

Author

Anil Pandey is an author of International repute. Throughout his career span of four decades, he has been actively associated with reputed media houses as seasoned journalist and has penned various books which have been highly acclaimed by readers. He has been socially active into various political campaigns and does innumerable philanthropy work under his NGO, Samast Samarpan Foundation for the upliftment of downtrodden children on the society.

It is really important to mention about his two books, 'Gandhism Guides: Narendra Modi & New India' and 'Inspiring : Bharat Ki Lakshmi' (both written in English) was highly appreciated in India and United Kingdom. His collection of Hindi poems, '*Aao Jugnu Deep Jalaye*', advocating friendship between the citizen of India and Pakistan has been widely appreciated by the intellectuals of both countries. His one novel in Hindi '*Aao Preeti Coalierion Wale Gaon Chale*' is considered as a case study in Coal India Limited, Public sector Enterprise under Ministry of Coal, Govt. of India. His collection of articles in Hindi '*Shabdo Ke Aaine Me Do Sahar*' is a mirror of two cities Delhi and Dhanbad (Jharkhand). Apart from the following articles, he regularly pens upon social issues like Women Empowerment, Environment etc., which directly relates with the citizens.

Presently, he is working on two ambitious books, '*Ujalia*' (in Hindi) inspired by the life of Narendra Modi, the Prime Minister of India and one untitled book on Beauty, Fashion and Fitness in English.

He is also the editor of International magazine, 'Beauty & The Best.' He was also a columnist for a long period with leading Hindi newspaper 'Hindustan'.

As a social activist, under his NGO he works for the downtrodden *Gulgulias* (beggars' community) of Jharkhand. He is the sole savior of this underprivileged community. He spends almost entire amount, which he earns from his books, for the welfare of this community.



Preeti Puja Kashyap

Co-Author

This Coffee Table Book, 'Inspiring : Bharat Ki Lakshmi' is dedicated to all those Indian women who have travelled extra mile to do something new in life, accept the challenges of society and had made a mark among the next generations. I always believe in myself and whatever I do in life or have achieved in life is just because of the positivity around me and my whole sense of judgment.

For me, life was as challenging as every aspiring human being has. I was not born with a silver spoon. Being born and brought up in a small city 'Dhanbad' in Jharkhand, life had very less to do and experiment. The support of my parents in motivating me always keep me inspired with a vision to do something big and better in life.

For higher studies, I came to Delhi and enrolled with MCRC Jamia Millia University for pursuing PG in Mass communication as writing and analyzing about various issues was my hobby since childhood. That was my first step towards the professional media world.

Today, it's been 18 years of my career span; I believe that I have achieved what I have thought of during my early days as a start-up. But, still miles to go and much more to achieve yet. I proclaim to be a senior journalist, acclaimed social activist, entrepreneur and author very well-settled in Delhi.

My professional association is as follows:

- Founder & Partner of Prime Communication, a Media and Public Relations firm.
- Managing Editor of Beauty & The Best, an International Publication
- Editor of Vibrant Colours (Travel Magazine)
- Editor of Wonder Kids Global (Teen Age Magazine)
- Director of Beauty & Best, Lifestyle YouTube Channel

I am also active member of a campaign launched by UNO to make Plastic Free World. I am actively mentoring the global campaign to make salons/parlors/ fashion studios free from single use plastic. Another important project that I am working upon is the welfare for the acid victim survivors.

As a co-author, I had also penned the book, "Gandhism Guides Narendra Modi & New India", which was unveiled in London in 2019 by the Hon'ble MP Mr. Virendra Sharma from Ealing Southhall & Mayor of Harrow Council, Cllr Nitin Parekh at BritAsia Events (UK) London. I was also awarded as the influential lifestyle journalist from India at British Parliament, London in 2019. In India, I have received various awards and felicitations for my contribution as a journalist at various platforms.

I also invite global investors to invest in Indian Beauty, Fashion and Lifestyle sector and assure all to bring Indian market at their doorstep.

I sincerely hope and believe that, this edition of *Inspiring : Bharat Ki Lakshmi* will certainly inspire every one as all the prominent personalities featured in this CTB has proved their mentor in life and they are truly role-models for the younger generations.



Deepika Padukone
Bollywood Actress

A successful film star, a true human being, heart-throb of millions, a timeless beauty; one can keep on describing the beautiful and charming Deepika Padukone. She has established her empire, living on her own terms. She is the woman of today.

The most sought after actress of Bollywood, Deepika Padukone is currently on purple patch. She is not only enjoying critical acclamation but having long legs at the box office. Critics, movie goers and intelligentsia seldom rejoice together. Deepika is fortunate to earn this privilege.

Rainbow looks pleasant in sky and Deepika looks beautiful on ground. Each of seven colours of rainbow bears its own importance whereas multifaceted and multitalented Deepika carries many inspirational stories.

She is the daughter of Prakash Padukone, who is often known as "The God on Badminton court". His inspiration motivated her to rise at the national level in badminton but her fortune had something else in her favour. After a successful modeling career for a brief period she joined Indian cinema world and proved her worth in her debut film. World saw her brilliance in her latest movie titled "Chhapaak". She was co-producer of this movie and as a lead actor she played a character based on real-life acid attack survivor - turned - activist Lakshmi Agarwal. Someone rightly said, "This is an important film in the time we live in."

Deepika said, " This is a fact that there is so much acid violence that goes on in our country that we are not even aware of it. The film throws light on this and importantly, talks about the fact that there is hope. It talks about the human spirit, it talks about trying and that, I think, is the overcharging message in the film. I hope with our film we begin to see that change for ourselves as a society and for acid-attack survivors."

On philanthropic front, Deepika Padukone launched a NGO ' The Live Laugh Foundation' that aims to reduce the stigma, spread awareness and changed the way we look at mental health. Fighters get lesson from their bad days and latter on works for the betterment of the society.

Deepika married to Bollywood superstar Ranveer Singh which was big news for her fans. It can be summarized that she is undoubtedly an unmatched beauty, champion of women power, top-class actress and successful entrepreneur. Yes! She is the flag bearer of "Bharat Ki Lakshmi", and we are privileged to feature her in our current edition of Coffee Table Book.





Kusum Jain

Jewellery Designer

From childhood kusum jain had a passion for designing and started this line as a hobby eleven years ago and then she launched a company, named K jewels n more.

But it was never about making a turnover in the jewellery business but about making a difference and giving back to the society and to help like minded women who had talent and wanted to do something in life.

In conversation with Beauty and the Best magazine where we explored her virtuous mind in the company of her daughters Shivanjali Jain & Ruchika Jain.

Find out her story here.

As a professional, what kind of services do you provide to your clients?

Karizma of jewels" a balanced fusion of vintage and rajwara styles.

The elite collection comprises of antique finished jewellery, traditional polki jewellery, rose cut diamond jewellery as well as brilliant cut diamond jewellery. They consist of beautiful floral designs as well as traditional motifs set in precious stones and pearls.

Most importantly the masterpieces are handmade by extremely skilled labour in the city of Jewels "Jaipur" and created from the heart & soul of the designer 'Kusum Jain'.

Who has been your inspiration all this while

My initial inspiration was my Mom who was fond of Rajasthani traditional jewellery. And later European royalties, there vintage and Victorian look always attracted me to adorn every women like a queen.


Then there is our Rosella collection which is inspired by my eternal love for roses.

If not this, which profession would you choose?

I would have chosen any other field related to creativity be it fashion, interiors.

What is the biggest fashion/jewellery blunder that brands usually make?

People usually buy more expensive jewellery for the most important occasion of their lives to be put in the locker.



However my recommendation is to design the jewellery which is more wearable for all occasions. It made me feel that people are being starved of creative designs even when they are paying so much.

What's your definition of fashion?

Whatever makes you comfortable and happy from within, that is fashion to me.

The high and the low point of your journey?

Our highest point was when we were chosen as the jewellers for the world's most expensive diamond - studded dress that was launched in 2019 at London fashion week.

Low point in my business journey was when I couldn't match my creativity with the market taste.

Any wish in life?

To give back to the society in some form and do something good for the country. My heart goes out to the widows and the children of our brave soldiers who gave their lives for our security. I always look for an opportunity to help in some way and I wish to extend a part of the profit of Our company K Jewels N More to them.

Tell us about your style?

Statement and minimalistic. Comfortable yet a feel-good factor overall.

The last line of your autobiography would read?

I hope my legacy is carried forward by my upcoming generations. And to be remembered always for my creations.

What are the latest jewellery trends of the season?


According to me the coloured stones and versatile jewellery are really in demand currently.

How is your brand different than others?

In our jewellery we try to mix the traditional and contemporary in a delicate balance. We also believe that each piece should be wearable and can be worn on any occasion.

What's your USP?

From traditional polki to rose-cut diamonds and floral designs ,you will find all with us. We design our jewellery in such a way that can be worn in numerous ways.





Parin Somani

International Motivational Speaker Author & Philanthropist

“Turn your wounds into wisdom.” The famous quote of Oprah Winfrey perfectly suits the journey of Parin Somani.

Parin Somani has defeated all odds of her life, bolstering her dreams with every roadblock she had faced in her life. Today, she is a successful banker and humanitarian based in London amicably managing chores between her hectic professional schedule and family.

Her “strong vision of making a positive global change”, stemming from her battle surviving life threatening aggressive cancer twice make her a real personality for **Inspirational - Bharat ki Lakshmi**.

Parin is a multifaceted personality and apart from her professional experience in banking, she has excelled in many other segments. She has a background in media, authored eleven books, qualified ACCA chartered accountant, currently an independent academic scholar and as highly followed motivational speaker. She has travelled widely and shared her research and skills developed to various platforms.

Life challenged Parin Somani when she was diagnosed with life threatening aggressive cancer, lost her eyesight and put on high dosage steroids resulting in excessive weight gain low self-image and deteriorated self-confidence. “It was completely a battle within myself.” This challenging time had resulted in Parin transforming her thought process and outlook on life. “I valued my senses more than ever before” and she engrossed her life in work and family. Ten years later the cancer returned with a vengeance and she was diagnosed with cancer for the second time. “It was a shock to my system, emotionally and physically draining, but I was determined to win this fight again.”

Family Support

However, I am very fortunate to have an understanding husband and family; my supportive daughters are my backbone. They have understood my vision and the fact that “I strive to serve mankind until my last breath”. They too follow the notion of helping others and follow the same vision which makes the personal and professional balance easier. I think that it is important to be focused on what we wish to achieve and embark upon that journey without regret.

Philanthropic Work

Parin believes in serving the community associated with a various NGOs. She continuously works to ensure that there are initiatives being undertaken to aid the less privileged within the Indian community. Currently, she along with her associations is trying to use a variety of virtual platforms to share knowledge on how to cope the situation COVID 19.

Mantra to lead a balanced life

Parin Elaborates: “Hope, belief in yourself and the universe, faith, exercise, healthy eating, goodwill and cooperation are the mantras to lead a balanced life. I have always believed that life is not about what we have achieved, it is about what and how we have helped others to achieve their goals.”

Awards & Accolades

She was awarded, 'She Inspires Award' 2020 in March at the House of Parliament for her contribution to the society. Earlier in January, she was presented 'Feelings Pride of India' Award 2020. In November 2019, she delivered a motivational lecture to 500 females on 'how to be a good citizen' with the vision to create a brighter future instilling self-belief and hope in life. For this, she was felicitated with “Good Citizenship Award” at All India NCC Camp for girls.

She was also chosen from a worldwide selection to be awarded “International Diaspora Award” from Akhil Bhartiya Shahitya Parishid in November 2019. The government of Goa invited her to speak and sit on a panel discussion for “Global opportunities in education sector” at the Vibrant Goa Global Expo and Summit in October 2019 and was presented a shield award and two other awards in customer service and global networking. Her community work helps cultivate societal changes, social welfare, women's activities, the rotary club and President of the Shantidoot Parivar, UK women's wing all illustrates her attempt to build bridges between different countries and communities.

As an Author

- * Currently, she is in the process of writing a book on culture, heritage and traditions in the twenty-nine states of India- to be released in Autumn 2020.
- * She is currently in the process of authoring a whole foods plant-based Indian cookery book in collaboration with her daughters- to be released in Summer 2020.



- * A Biography on Parin is currently in the process of being written- Release date to be confirmed.
- * Ras Ranjan Cookery Book 1st edition, Khodari Publication, (Written in Gujarati, Target audience: Indian population) 1992.
- * Published 10 pocket sized recipe books, Khodari Publications, 1993.
- * 2nd edition released after recipe editing, Khodari Publications, 1998.
- * The release of 3rd edition, Khodari Publications, 2007.
- * 4th edition was released, Khodari Publication 2012.





Shahnaz Husain

India's Beauty Ambassador

"To her exclusively goes the credit of bringing out the therapeutic value of herbs from the mists of antiquity and legend, combining them with scientific research and practice. Shahnaz Husain has done so much for her country's image abroad that she truly deserves the sobriquet of India's Beauty Ambassador"

– Washington Post

How do you capture the essence of a woman who has been painted by M.F. Husain; honoured by President Kalam with the Padma Shri; been a confidante to India's most charismatic woman Prime Minister; became a Harvard Case Study on Brand Creation and is now a Subject in Harvard and part of the curriculum; lectured at MIT on how to create a brand without publicity; walked the red carpet at Cannes twice; became the first woman in 107 years to receive the World's Greatest Woman Entrepreneur Award from Success, the U.S. based business magazine; honoured in the British Parliament with the "Pioneering Ayurveda Worldwide" Award; represented India at President Barack Obama's World Summit for Entrepreneurs in Washington DC; received the Golden Peacock Award from Theresa May; was presented the International Star Award in Paris; rubbed shoulders with world celebrities including Princess Diana; launched by Barbara Cartland at the Galleries Lafayette in Paris and Harrods in London; spoke at House of Lords and House of Commons in the British Parliament; honoured by Princess Grace of Monaco; celebrated by Deepak Chopra; awarded World Medal of Freedom at Washington DC; honoured by Hillary Clinton; selected as the United Nations Woman of the Decade; elected Chairman, CIDESCO, World Beauty Congress, New York; received "Woman of the Millennium Award from Global Indian Congress USA; selected Forbes Woman of the Year; represented India at Forbes World Congress in Australia; received Woman of the Year Award from the Governor of California USA; her portrait sketched by iconic artist M.F. Husain and auctioned at Christie's in London; received Kotler Excellence Awards at World Marketing Summit..... and made people across the globe wake up to India's ancient Vedic system of herbal healing?

The Shahnaz Husain story is the story of a living legend and one of India's leading woman entrepreneurs. As pioneer of the Ayurvedic beauty movement, she has redefined beauty and revolutionized the entire scene of cosmetic care. According to her, "It is important to have a dream; then believe in the dream and do everything possible to make your dream come true. For instance, once I realised that India had so much to offer the rest of the world, it became my burning desire to promote



Shahnaz Husain and Harvard Professor Geoffrey Jones

Ayurveda. I remember the first time I entered the international market in 1980, during the Festival of India in London. I was given a counter in Selfridges, the famous London store. With international cosmetic empires pumping billions of dollars into a hysterically mad cosmetic industry, selling youth & dreams in bottled jars.....there I stood up and sold India's ancient civilization in a jar." To Shahnaz Husain goes the credit of popularising India's traditional herbal healing science all over the world and starting the international Ayurvedic beauty movement.

While training in London, Shahnaz came across instances of damage caused by chemical treatments. These incidents changed the course of her life and career, as she searched for a natural and safe alternative. The study of Ayurveda finally convinced her that it could offer the ideal answers to modern cosmetic-care. So, she returned to India and started her first herbal salon in the verandah of her home in New Delhi, in 1971. Translating her ideas into reality inspired Shahnaz Husain to become an entrepreneur. She rejected existing salon treatments and devised her own. She began to formulate her own products, based on Ayurveda's plant power. Over the last four decades, Shahnaz has created over 375 organic formulations for beauty and health care, using



Shahnaz Husain and Boris Johnson

1500 different plant ingredients, essential oils, even precious metals and gems. She has also launched some revolutionary products, which include the Diamond Collection, Plant Stem Cells, Flower Botanic ranges and the Ayurvedic Chemoline range for cancer patients to alleviate the effects of chemotherapy.

Today, Shahnaz Husain heads the largest organization of its kind in the world, with a global network of franchise salons, retail outlets and beauty training academies. Her online store is a most popular shopping destination. Artificial Intelligence has been applied to offer customized beauty care. "Artificial Intelligence combined with Ayurvedic Inheritance is India's gift to the world," she says. Today, the Shahnaz Husain Group operates in more than 100 countries with exports and franchise ventures.

Shahnaz Husain's marketing strategies are truly unique. Even at a time, when the demand for the product is sustained through advertising, she does not rely on it. She was invited by Harvard Business School to speak on how she established an international brand without commercial advertising. She became a Harvard Case Study and is now a Subject at Harvard on "Emerging Markets."



Shahnaz Husain seen receiving the Ayurveda Excellence Award from Lord Patel of Bradford at the House of Lords, in the British Parliament, London

Woman empowerment and humanitarian causes are close to her heart. She is the pioneer of professional vocational training in beauty and also has free beauty training courses for the speech, hearing and visually impaired, as well as acid attack survivors. She also contributes to Government projects and has trained and certified over 40,000 underprivileged women in Beauty & Wellness. She has written a beauty book that has been put into Braille.

Shahnaz Husain has received several prestigious international awards. She became the first woman in 104 years to receive the World's Greatest Woman Entrepreneur Award from U.S. based Success business magazine. She was honoured with the Padma Shri Award and received "Pioneering Ayurveda Worldwide" and "Ayurveda Excellence" Awards in the British Parliament. She spoke at the Ayurveda Conference held by the Indian High Commission in the U.K., at India House.

Indeed, Shahnaz fashioned a global network out of just a dream, starting in a very small way. Today, she has become an international beauty icon. Her life and career are an inspiration to women to realize their dreams with faith and courage.



Manmeet Kaur
A Traveller, A Thinker
A Dreamer & A Designer



Manmeet Kaur & her Husband with Katrina Kaif & Ranbir Kapoor

MK'S SILHOUETTES REMINISCENCE INDIAN HERITAGE

A brand that ensembles collection with a tinge of ancient Indian heritage and contemporary designs has catapulted itself as the leading fashionista of today's genre.

A traveller, a thinker, a dreamer & a designer, Manmeet Kaur's ethos permeates the layers, details & elements of the brand. Setting out to create the image of modern India, Manmeet Kaur is a brand that straddles the present, while being rooted in India's heritage of draped form & tradition of artistry. These quintessential techniques of craftsmanship, imbued with love across generations, are made globally astute through the cut, construct & finish of MK's silhouettes.


As a graduate from IIFT, Delhi, Manmeet Kaur has a deep understanding of the Psyche of the fashion world and this is reflected in her awe-inspiring collections. Her sense of aesthetic is finely honed & has struck the attention of leading Divas of Bollywood. Various female leads have found their styles in Manmeet Kaur's Designs. Her work is handcrafted to perfection and she is recognised for her meticulous attention to detail.


Manmeet Kaur's designs are inspired by a wide gamut of references from philosophy & architectural marvels. Each ensemble is exquisitely decorated to reflect, enhance & celebrate the cultural history of various cities & regions across the country and is a tribute to modern feminism.

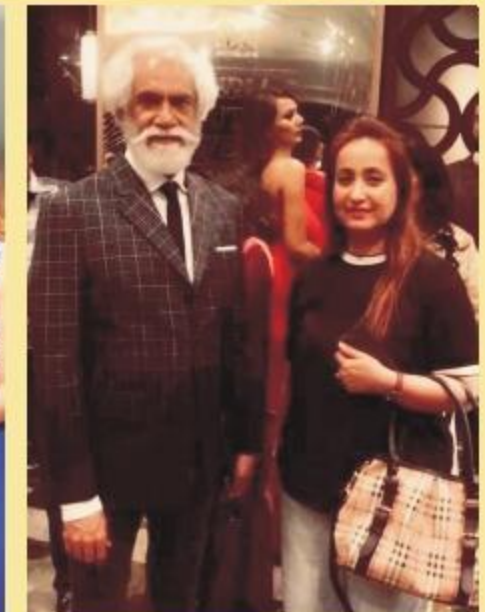
The fashion designer uses her prodigious skills to create cutting edge designs. Her ensemble portrays a chic elegance with elements of grandiose. Manmeet Kaur's brand has always considered itself a custodian of Indian tradition & has strived to provide contemporary innovations to classic traditions.

You can check out her designs at: www.manmeetkaur.net

Manmeet Kaur's Studio : 3, Gujranwala Town Part - 2
G.T. Road, New Delhi - 110009, India

 @manmeetkaurstudio

 Manmeet Kaur's Studio





Smriti Zubin Irani

Hon'ble Minister
Ministry of Textiles and
Women & Child Development
Government of India



To be successful is not a guarantee to emerge as an epitome. In fact, to become an epitome, you have to be someone like Smriti Zubin Irani.

Smriti Zubin Irani never fails to mesmerize us with her grace and wisdom. She talks about how privileged this world is, to have a woman. Smriti loves her family and common voters of her constituency at the same length. She and her husband have emerged as the National Valentine couple in 2020!

Talking about her responsible behavior, author Anil Pandey recalls, "On my insist, when the Managing Editor of Beauty & The Best Magazine presented her the book 'Gandhism Guides PM Narendra Modi & New India', she accepted the book with grace and talked about New India and women empowerment." Below are the exclusive 20 commandments shared by her on role of women in New India, which must be read by every woman on global scale.

- Countries empowerment is always associated with the empowerment of women.
- It's unfair to compare between genders.
- Say No, Thank you for over compromise.
- How to negotiate... Stop it!
- Be unapologetic... being better than a man.
- Do end up giving maximum portion of your strength to make other's company bigger.
- How much more women need to give up because they need that capital... Stop it!
- In this digital era, only 22 % women are pro to the digital world. Still there is a gap of 73%
- As a woman, don't just stick to Parlour, Papad & Embroidery... Jump, start and say, "Mujhe apna app banana ha. GST practitioner banna ha".
- Now country needs women led development.

- We should look at the skill gap. Let's bridge the skill gap in women.
- Come out of your comfort zone and learn new skill set. Work on technical textile.
- Carve a niche for yourself. It's the need of an hour to create a society in which women attain their full potential and are able to participate as equal partners in all sphere of life.
- Government needs to be committed to take all necessary steps to empower women & its development and welfare of children in the context of nation building.
- Women should be included in economic empowerment.
- Emphasis should be there to promote women led business and improving the health nutrition of women & children.
- We are stronger when we work together. We are stronger when we empower each other. We are stronger when we lift up each other to create a better world. It's time for a giant leap for womankind. Let's do it together.
- Daughters should realize their own potential and understand that the course of their destiny needs not to be charted by their father, brother and husband.
- Add more women to India's workforce. Take them at the forefront
- Education and violence are two important concerns for women in India. When it comes to literacy rates the gender disparity is huge. Data shows that in India literacy rate for (age 7 and above) in 2011 were 80.9 percent for men and 64.60% for women; this needs proper attention.





Dr Renu Raj

LLM (Law) UK
Director/CEO Radanks Ltd
London-Based International
Accredited Mediator and Advocate



Founder and CEO of RADANKS UK international legal tourism. RADANKS had its launch party at the house of commons in London. RADANKS is the world's first integrated Legal care and support platform. Dr Renu Raj has added many achievements to her bag and aims to continue adding more. In the year 2007 she established her NGO in India which spreads smiles. To add to her set





of skills she decided to join law school during which she also established her company— RADANKS. After law school she went on to get her master's degree from Birkbeck university. She is also a motivational speaker whose main agenda is to encourage women to make their own mark in the world despite all odds. She is an avid member of Lions club and the International Law Association. She is also an accredited Mediator. As an active member of the British politics she contested for the London Council elections. She's achieved various awards for being a motivation and inspiration. While she promotes and sponsors any organisation who work for the benefit and progress of humanity. At the minute the project closest to her heart is her sponsorship for autism and helping them lead an active life while enhancing their talents. The three main C's fuel her drive of life are CONCERN, COMMITMENT & CONFIDENCE . These combined with optimism have made her who she is today. Her vision is to be able to leave her mark in this world as a humanitarian and visionary.

A skilled and experienced international accredited mediator. Brings a strong track record of alternative dispute resolution spanning corporate, commercial and property areas. LLM (Law) qualified with strong knowledge of UK and international law. Accustomed to undertaking a structured mediation process as a neutral third person working with multiple parties, whilst ensuring legal arguments are understood. Prepares mediation cases with meticulous attention to detail. Equipped with strong business acumen and an excellent understanding of commercial

challenges. Brings complementary experience as an advocate. Always reliable, hardworking and driven to achieve goals. Now seeking a UK or international opportunity.

Key Skills & Experience

MEDIATION: Extensively experienced at effectively and rapidly resolving wide ranging disputes. Fully proficient across all phases of mediation, from preparation, mediator opening and exploration of issues to negotiation , dealing with deadlock and resolution. Equipped with active listening skills and the ability to manage emotions of parties involved.

PERSONAL EFFECTIVENESS: Brings a strong track record of success on mediation cases. Applies strong initiative, commitment and creative problem-solving skills to reach best outcome. Extremely well-organised. A real team player who engages successfully with clients and colleagues alike.

COMMUNICATION: A gifted, persuasive and personable communicator, regularly sought out as a motivational speaker, internationally. Accustomed to interacting with people from diverse backgrounds and nationalities. Multilingual. Able to translate complex legal jargon and terms into an easy to understand format. Excels at networking.

Professional Accreditation

Registered Lawyer/Practitioner in India
Registered with Bar Council of India Enrl no D/492/2014, Delhi

High Court Membership No 18172/2018
Member, International Law Association UK
Member, Civil Mediation Council UK
Member, Clerksroom UK
Member, Lions International London
Member, Alumni of Birkbeck University College of London
Member, Professional Speakers Association UK
(International Motivational Speaker)

Interests

Passionate about helping people, social issues and solving problems. Involved in various woman's organisations and schools/colleges, notably Juliana Asthma Cause and Palestinian Women.

Strongly interested in politics and stood as a candidate for the London local councillor election in 2018. Actively participates in charity works. Other interests include business, current affairs, sport (golf and snooker, badminton) and legal sector.

Languages

English and Hindi (written and spoken) with Punjabi, Nepali, Bengali (spoken).

Indra Nooyi,
CEO, PepsiCo
&
Visionary Leader



“Leadership is hard to define and good leadership even harder. But if you can get people to follow you to the ends of the earth, you are a great leader”
- Indra Nooyi

“As a CEO, I am finding that I have to become a learning CEO. I have to go to school all the time because I am learning new skills that I need to run this company and I am realising that I am not equipped to just coast, I have to constantly renew my skills”, says Indra Nooyi

Indra Krishnamurthy Nooyi popularly known as Indra Nooyi has many milestones in her career. Her personal and professional life is like the rule book for enterprising women.

The famous saying that successful women may be many but legends are few perfectly suits Indra Nooyi. She redefined the vision that successful women not only accomplished great achievements but as a woman, they create new record of achievements and enunciate new work ethics and principles as a trendsetter.

She was born on October 28, 1955 in Madras (now known as Chennai), Tamil Nadu, India and did her schooling in Holy Angels Anglo Indian Higher Secondary School in T.Nagar. She received a bachelor's degrees in Physics, Chemistry and Mathematics from Madras Christian College of the University of Madras in 1974 and a Post Graduate Programme Diploma from Indian Institute of Management Calcutta in 1976. Further in 1978, Nooyi was admitted to Yale School of Management and moved to the USA where she earned a master's degree in Public and Private Management in 1980.

She is an Indian-born American businesswoman who is credited with restructuring and diversification of soft-drink manufacturer PepsiCo, Inc.'s brands and making it a profitable enterprise. She became Chief Executive Officer of PepsiCo, the second largest food and beverage business in the world by net revenue in 2006. She has consistently ranked among the World's 100 Most Powerful Women. In 2013, she has been ranked 10th in the list of Forbes World's 100 most powerful women.

After working in various top-notch organizations, she joined PepsiCo in 1994 and her dedication and commitment towards her role made her a successful visionary leader. In year 2006, she became the CEO of PepsiCo and spent glorious twelve years in this role before stepping down in 2018. She was the first Indian female to touch such remarkable height in the corporate

world and unquestionably she emerged as the epitome of female business executives. After going through her journey, it can be assured that despite of all the challenges and apprehensions women business executives set excellent examples, become business leaders.

It would be no wrong to say that every women entrepreneur must follow the footsteps of Indra Nooyi to foray into a successful corporate world.

We are placing some of the guidelines.

WORK PLACE CHALLENGES

If we see the average leaders at top management level in the fortune 500 companies, the number of women has increased but still in many countries they are drastically outnumbered. The situation in smaller companies with less manpower is also not that rosy. One of the encouraging thoughts of Indra Nooyi says, “My request to women: just focus the job you are doing. The higher the quality of your output, the less people will be giving you labels because the work speaks for itself”.

I am recalling one statement of Marie Curie, winner of two Nobel Prize, “Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.”

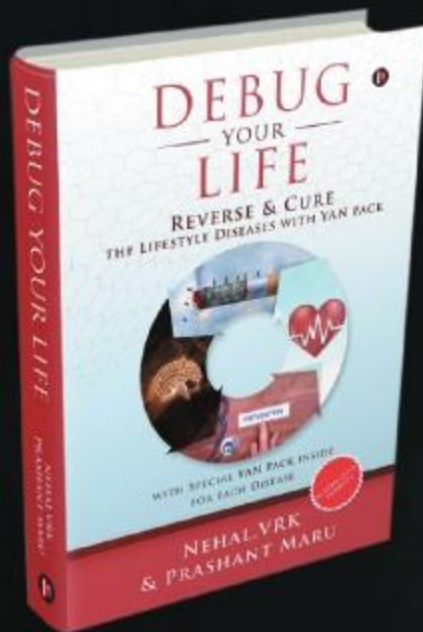
During one of the interview Indra Nooyi provided guidelines, “Find a specific talent or skill that has served you well and hone it. When an issue arises, you want people to automatically think of you as the sole person who can solve the said problem. When you have a competence that nobody has, you become more valuable”.

MAINTAINING BALANCE BETWEEN WORK & FAMILY

The key to success is the balance between family and career. But maintaining the same is not that easy all the time. It is just like a girl in a circus walking on a thin wire. Making such balance demands sacrifice. Indra Nooyi honestly admitted in her 'goodbye' letter to PepsiCo employees, “It is rarely possible to be the perfect mother, wife, daughter, daughter-in-law and worker at the same time. Understanding this conflict is the first step to solution. One who makes balance gets success”.



Nehal VRK (Neha Patel Agrawal)
Author, Philanthropist & Social Activist



Nehal VRK has gained reputation as a writer of many genres and is a renowned personality in the state of Chhattisgarh. She has made her mark in multiple arenas like writing, philanthropy, social activism and myriad activities related to this field. Her unwavering belief in the need to change the system and bring education and socio-economic changes to her state is unparalleled. Her charisma has made many a project possible through her NGO "Udaan" which she founded in year 2003. Later on, she added more women members to Udaan in order to cover more students and children under its wing.



Neha Patel Agrawal - Pen name 'Nehal'- has been in the news for over fifteen years as a firebrand educationist who changed the perception of people of 'Tilda Newra', small town in Raipur, the capital city of Chhattisgarh towards education & personality development. She trains and skill-develop over 200 rural students every year under her wing into dancing, singing, crafts, painting and so many other extra curricular activities. Nehal often arrange interschool speech & debate competitions, dance competitions in order to increase the stage confidence in these rural children.

The desired empowerment came in the form of stage performances by her students. As the group helped these children scale new heights and reach state level competitions, Nehal's zeal to do more ignited her soul. Mukesh Khanna, the famous actor awarded her for her exemplary vision and unstinting work for rural upliftment without any external funding.

She funded a library "Kaushal-Kunj", which is based on the names of her mother Kunjbala and mother-in-law Kaushal to broaden the horizon of these young minds. The entire operation was funded by her husband Vishal Agrawal, who is a famous business tycoon of Chhattisgarh. Both of them are philanthropist that society needs most.

Nehal consider her father as her source of inspiration for all the good feelings she has towards the poor under privileged and rural people. She says, "whatever I did in my life was inspired by my father Mr. Ramesh Patel who has always taught us to think good and help the needy people in life. And by doing the same he sets an example in front of me at tender age."

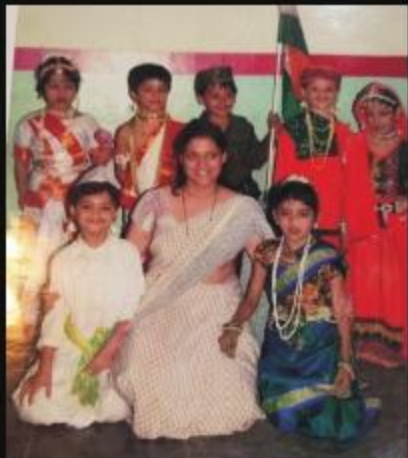
Nehal's second inning is equally inspiring. She has metamorphosed as the quintessential writer who has put her first step forward with a book called

"The Blue Whale" which was published on Amazon.com. The adept writer whose career is studded with literary success at various levels has written a powerful tome with reference to the viral online game that wreaked havoc on the lives of teenagers, driving them to suicide.

She has reached this glittering stage in her career as a writer through sheer hard work and perseverance. Her entire focus is on doing her job well and that is a lesson in itself. She has showcased her exemplary writing skills through various assignments. The Editor-in-chief of Readital Summary App, Editor of Lingual Consultancy, Translator and content curator at Somya Translators and writer at Blasting News, Aam Aadmi Magazine and Accommodation Times, the lady dons many hats. And dons them well too!

She is currently engaged in writing a book on lifestyle diseases named 'Debug your Life' which is coming soon in the market, under her brand Xpert Ink Writings, which presents alternative therapy to save & prevent the lifestyle diseases such as Cancers, Depression, Alzheimer's, Diabetes, etc. Nehal is an empath and feels strongly about social evils like dowry, discrimination, mental illnesses, suicide, alcohol, drugs, casteism amongst others. She is always on the look out to find a solution to the burning social issues.

There are many horizons to breach and many paths to traverse, the guiding light of this educator and social worker brightens many a path and illuminates many minds.



P.V. Sindhu
Champion



India's ace shuttler P.V. Sindhu is a flag bearer of Narendra Modi's campaign, "*Bharat Ki Lakshmi*".

While announcing the campaign the PM said, "Daughters are considered as Lakshmi in our culture. Can't we felicitate daughters in our villages and cities? Encouraging our Bharat Ki Lakshmi means strengthening the path to success of the country and its people."

In response of PM's campaign P.V. Sindhu tweeted, "Societies grow when women are empowered and their accomplishments are given a place of pride! I support PM @ Narendra Modi ji # Bharat Ki Lakshmi movement. It celebrates extraordinary achievements of extraordinary women of India. It is the celebration of womanhood."

The PM in response retweeted, "India's Nari Shakti (women power) epitomizes talent and tenacity, determination and dedication. Our ethos has always taught us to strive for women empowerment." He also thanked her for supporting the campaign.

P.V. Sindhu (Pusaria Venkata Sindhu) is only twenty-four years old and has been consistently making dialogues with Indian Prime Minister to make his dreams true. It reflects her towering personality.

She is one of the finest and most celebrated shuttler of the day and since the age of ten she has been making India proud by winning medals in a row. She clinched the exclusive gold medal and created history by becoming the first Indian shuttler to win a coveted title of 'World Championship in 2019'.

Observing her every achievement Narendra Modi tweeted, "The stupendously talented P.V. Sindhu makes India proud again! Congratulations to her for winning the gold

medal at the "BWF World Championships'. The passion and dedication with which she pursues badminton is inspiring .P.V. Sindhu's success will inspire generations of players." Her success mantra includes a stringent training schedule and early morning practice at sharp 4.15 A.M. She plays every match with a brute of power, patience and strategy. Her phenomenon success inspires different sporting disciples in India."

Padma Shri, Arjun Awards and many more awards holder P.V.Sindhu also plays the role of a social conscious - keeper by raising awareness about breast cancer and advocates sports educational programme. While at leisure she listens to music, watches movies, does yoga and goes on a long walk. She is very passionate about dogs and loves their company. A big foodie she loves Italian and Chinese cuisines but her weakness is Hyderabad Biryani. She is a role model herself but her role model is Sachin Tendulkar. A biopic on her is in pipeline .She inspires many but her inspirational personality is her coach Pullela Gopichand, a former Indian badminton player. She is fascinated with the charm of film superstars like Deepika Padukone, Hrithik Roshan and Prabhash. She is at ease on ramp in the designer's dress. She wore another feather in her cap by becoming the first woman to do a sortie in the indigenously built Light Combat Aircraft Tejas at Aero India show, Bengaluru. She earns such a huge amount by winning matches, endorsing brands that she is considered to be a 'tycoon of tomorrow".

She is famous and glamorous, rich and successful, epitome and inspirational, achiever and true Bharat Ki Lakshmi and that is why PM Modi adores her.



Kriti Dhir

Trendsetter Celebrity Makeover Expert

Kriti Dhir is a Delhi based creative Makeup Artist & Hair Stylist having professional training in all kinds of make-up and hair requirements. She is proficient in producing creative and technically correct visual representations. She runs a salon named KritiDS in Delhi. She makes house calls for makeup anywhere in India and abroad for various occasions. She is trained for makeup and hair styling for all kinds of occasions like weddings, receptions and fashion photo-shoots.

Kriti is a woman on a mission. Having started very young in this field, she hopes to open her salons all across the country. Here are a few more details about Kriti:

How did you start in the makeup industry? How long have you been a makeup artist?

My journey began when I went to an institute where I just wanted to learn personal makeup so that I could handle my own beauty routine. It was there that I got inspired; so much so that I finally decided to make this my profession. My father has supported me a lot in this field.



What kind of makeup do you specialize in?

I am professional makeup artist who specializes in bridal, fashion, portfolio, character etc makeup.

What sets you apart from others in this field?

I truly believe that every person has their own special qualities, but what sets me apart is my nature. I am a very friendly person and get along with people very easily especially with my brides. I really understand what my brides want and give them something unique, something they have never imagined. I keep in mind that from head to toe my bride look picture perfect.

How are your bridal packages priced?

My bridal packages are priced keeping in my mind the bride's requirement. We have bridal packages which includes bridal makeup and pre bridal services. My bridal packages start from very minimal rate and goes up high.

How long a bride should book you in advance?

That really depends on when our booking get started. But we work on slot basis and we are very punctual about that. We do not add extra brides in one slot.

What are the trends for makeup this year? Which cosmetics are popular and in-demand?

It's the trend to 'play with eyes'. I love to add colours to the eyes keeping the base subtle. According to me, the eyes should really speak out. It should be the centre of attraction. Brands that I love are YSL, Mac, Lancôme, Makeup Forever and Chanel.

Any advice for brides.

Here are some of the tips that brides should keep in mind.

- Because of the moisture in weather, your makeup may not last longer. To make it last longer, go in for water based foundations rather than cream based.
- You need to opt for oil free powders to set your foundation and also your blushers and eye shadows should be in powder form.
- Also use a waterproof eye liner and mascara.
- Last but not the least, carry blotting tissues to touch up your makeup.



Kriti DS

By RiCha & Kriti





Dr. Anureeta Wadhawan

Doctor with Philanthropic Heart

Dr. Anureeta Wadhawan is an MBBS, Diploma in Ophthalmic Medicine and Surgery & MBA and at present, she is senior consultant Ophthalmology at a private hospital in New Delhi.

She is a firm believer of doing rather than saying and that's what makes her a fully different personality. There are innumerable moments when her exemplary initiation added a moment to else's' life who are in actual need and distress.

Dr. Anureeta Wadhawan is an empowered woman who dons many hats. Being the Chairperson of "I Can Foundation" (Delhi Chapter) many a time she needs to be compassionate and strong person. There are moments which make her extra thoughtful towards helping deprived people in order to add them with the mainstream society. Her daily routine finds time to serve the underprivileged along with a successful medical practice. Alike every success stories, Dr. Anureeta has also faced challenges and after series of hard



Dr Anureeta with Portugal ambassador Mr. Joao Da Camara



work she has achieved what she is today. At present, she is a Consultant Ophthalmologist cum MBA (Hospital Administration) with a private hospital based in New Delhi. Her name is also acknowledged as a prominent social activist who believes in firm family values and finds her fortunate enough to get all motivation and support from her near and dear ones at all steps of life. She firmly adds, "My life changed once I started believing in myself and was in position to turn it in my own way". The drive to do more and succeed in her profession kept her passionate about her progress in both the social and professional field.

Being a doctor, the COVID-19 pandemic has brought her at the forefront where her responsibility has increased manifold times towards serving the mankind as one of the warriors. Although, her medical expertise is different, but she opted to serve the afflicted patients.

Doctors are second to God on this earth and people like Dr. Anureta Wadhawan proves it right. As a human being, she is a shining beacon of hope for the underprivileged due to her philanthropic work.

Her work and contribution towards the society has given her various accolades. Few prominent one includes:

- ❖ **The Atal Bihari Swasthya Samman 2019** By Mr Om Birla (Lok Sabha speaker) and Dr Gulleria (Director of AIIMS)
- ❖ **Indira Gandhi Priyadarshini Award 2019** By Sharmistha Mukherjee (daughter of Former President Of India Mr Pranab Mukherjee)

Dr. Anureta Wadhawan is a role model for every young girl who wants to dissolve gender barriers. She is a doctor par excellence and a beautiful human being.



Mary Kom
Boxing Champion



She loves to fight

She loves to look nice

She had a dream to buy a piece of paddy land

So that her father may live the life of a respectable man

Her spouse is like a rock behind

Hence she remains winner all the time

She is undisputed queen of world boxing field

Patience and perseverance, determination and dedication, confidence and will to conquer thy name is Mangte Chungneijang Mary Kom.

Mary Kom, hails from beautiful, picturesque state of India, is the undisputed, the mightiest and most celebrated hero of international boxing world in present era. She won gold medals in a record number and was conferred with prestigious title like Padma Bhushan, Padma Shri, Arjun Award and she is incumbent Member of Parliament (Rajya Sabha) nominated by the President of India.

Her father was a poor farmer who did not own his own land. Mary Kom since her early age while attaining school and practicing boxing used to assist her father in sowing, harvesting and such relevant work in the paddy field. She had mainly two dreams, earning name & fame in the field of boxing and to purchase even a small piece of paddy land for her father.

She was the happiest and luckiest daughter on earth on the day when she purchased a paddy land for her father with the amount she received in reward on winning the first boxing competition. She once said, "The first thing I did with the prize money to buy for Appa (father) a paddy land. He would no longer be

landless farmer in an agricultural society." This development not improved her economical condition but earned her father respect and dignity which gave immense pleasure to her.

Interestingly, her father was himself an ex-wrestler. It was against her wish that she adopted boxing as a career. He had an apprehension that boxing would hurt Mary Kom's face and no youth would like to marry with her..

Today, Mary Kom is a well-known name in the boxing world. A Delhi university educated footballer Karung Onkholer (Onler) came in her life. He was handsome and smart and above all he emerged as the most ideal husband.

Mary Kom went on spree to achieve the title of world championship for many consecutive years. She admits, "Onler has immense forbearance and has handled various challenges all by himself. I was away on tournaments and knew I had to do my best because he too was waging a lone battle against many odds. In 2018 Mary Kom expressing an emotional sentiment tweeted, Thank you for the love, care, support. You are my everything. " She loves to cook for her husband and sing to him.

Concluding this article I am putting two of her quotations:

- If I being a mother of three can win medals. Take me an example and do not give up.
- I am a very fashion conscious person, I love shoes and accessories. And though I do not get much time to dress up and all that, but whenever I do, I try my best to look nice.



Rashmi Mishra

Director, Inspiring Indian Women & Educationist

Rashmi Mishra (M.A, BEd), has been in the teaching profession since last 25 years. She has been extremely popular amongst her students and colleagues alike. She is very passionate to make a difference and create platforms for her students as well as fellow ladies. She has always tried to engage in activities that brought together global and local innovators to generate ideas, build networks for action, and work together to ensure lasting educational as well as social change.

ASSOCIATIONS AND ACHIEVEMENTS

Initiated Heritage club in collaboration with INTACH (Indian trust for Art cultural heritage) organised many activities for the school to create awareness for our heritage, intermingling and collaboration of different cultural heritage, Adoption of monumens, saving natural heritage etc...

Had organised Podar School fair during Creative fest to sell handmade items and collect money to buy sports equipment for Dilkhush Special school, Juhu

- ❖ She was involved with ZERO TOLERANCE CAMPAIGN against Eve teasing. Organized panel discussion and conducted poster as well as signature campaign. This campaign played a pivotal role in pressurizing the state Government to enforce stricter laws against eve teasing.
- ❖ Involved with 'yudar' an online portal, as one of the panelists providing guidance and counseling students. It is tailor-made for teenagers who are struggling in any aspect of life.
- ❖ Has involved in running an FB page, 'hakti 'n Women Empowerment- 2012
- ❖ Her song was chosen as the school song from among many entries. <https://www.youtube.com/watch?v=7C1-wXiNaP8> (School song)
- ❖ Has appreciated and applauded for participation in 'nception' To discuss the various paradigms on education.
- ❖ Participated in Learn Shift India in 2013
- ❖ Started IIW (INSPIRING INDIAN WOMEN), Not for profit Organisation, registered in UK, Company number- 10879951
- ❖ Presently working as a Learner' Support Advisor in a Further Education College in London supporting special needs students.
- ❖ IIW was awarded with a certificate of appreciation for its community work by Member of Parliament Ms Seema Malhotra



- ❖ IIW was awarded a certificate by The Punjabi Society of British Isles for promoting and supporting the society in various charitable activities.
- ❖ IIW was awarded Community Service Award for exemplary contribution and commitment to making immense difference in people's lives by Gujarat Samachar and Asian Voice media publications.
- ❖ She received an appreciation Plaque from Metropolitan Police Hindu Association for a talk on 'The History of the role of Women in the Hindu Society'
- ❖ She was also nominated for her commitment to strengthening the foundation of the society by the organisation Zabardast Butterflies in the UK Parliament.
- ❖ She was also awarded The 'Tourism Award' by the BritAsian Beauty Pageants Global Awards 2019
- ❖ She was recently awarded the 'OW Iconic Awards' in the category of Social Activist for women community par excellence.

DIRECTOR OF INSPIRING INDIAN WOMEN

The Company, a registered NOT FOR PROFIT organisation in UK was created on 6th April, 2016. Its members are based not only in the U.K but all over the world. In just six months the membership touched almost 5000. Slowly and steadily the group is rising to each its objective as a support by sharing inspirational stories of women in all fields be it in performing arts, entrepreneurship, children's talent or even creating awareness against any gender bias issue. Today with almost Twelve Thousand plus and still counting, there is no looking back, says Rashmi Mishra.

The organisation believes in real networking.
The USP of IIW are as follows-

- ❖ Ladies are free to post one business post every day, they are encouraged to connect and join any events, networking opportunities without any frills and obligations.
- ❖ There are so many other groups, but IIW collaborates with each one and allows each group to post and promote themselves.
- ❖ No competitive spirit but believes in simply spreading inspiring stories to motivate individual growth.
- ❖ Participation of men too in many events and in advisory as well.

- ❖ Shun Jealousy and ego, instead celebrate the success of other women
- ❖ IIW doesn't just say it on papers but its followers are living examples of the philosophy of working together.
- ❖ Considers all as one, no hierarchy All volunteers.
- ❖ Values each, volunteer for the time and energy spent.
- ❖ Provides recommendation letter to the volunteers to support in Job search.
- ❖ Teaching 12,000 members and overall reach on social media is more than 3 lakhs

Purpose

- ❖ No collaborate and coordinate to create opportunities for each inherent talent, dreams and desires to fulfil.
- ❖ No change attitude and stereotypical perceptions towards women.

Vision

- ❖ Bring together women from all over the world, on one platform and work towards bigger goals.
- ❖ Get wider ideas and network with ladies worldwide to work towards upliftment and creating awareness towards social causes. To organise programmes related to cultural heritage and assist in making the presence of stronger Indian community not only in London but elsewhere.

IIW has one event every month and lots of collaborations –

Flagship Events

1. She Inspires' Awards held in the British Parliament on the occasion of International Women' Day , acknowledging common women.
2. Republic Day which instils love for India among the Generation Next born in UK.
3. Baisakhi (April) and Shagun (Pre Karwa Chauth in October) Fun event for family to join the ladies.
4. Fund-raiser for Diwali –Christmas combine for any charity
5. IIW All Ladies Cricket Championship on Father' Day
6. arituNarayani –A programme on women's issues Live conversation with experts on MA TV, Sky Channel –71





Nusrat Jahan Ruhi

Member of Parliament
and Tollywood Actress



Born in an Indian Islamic family Nusrat Jahan is a model, actress and member of parliament married to Nikhil Jain.

Her beauty dazzles. Her glamour and style armed with grit and grace are awe-inspiring. Her visionary speech in parliament overwhelms. She stands tall before fundamentalists. Her lifestyle is a message to tell the world that in India every religion is respected. She can not be dictated. She hears her own beats and carves her own path. Heart throb of youth, still a highly acclaimed actress of Indian film world, she predominately works in Bengali cinema.

In through out of her life she has proved herself winner in every debut role. She was crowned with the title of Fair - One Miss Kolkatta in 2010 in a beauty contest. In 2011 her debut Bengali movie Shotru was a big hit. In 2017 she won the Tele Cine Award for the best actress. In 2019 she contested parliament election and emerged victorious by a handsome margin of three lakh and fifty thousand votes.

On one occasion she touched new heights and garnered appreciation worldwide. She was sporting Sindoor (vermilion) while taking oath in parliament and latter on celebrating Durga Puja (worship to goddesses Durga). Muslim clerics got angry. She came in their firing line. Her befitting reply is like a light and path showing. She said, "I am representing an inclusive India, which is beyond the barriers of caste, creed and religion."

However there is an interesting incident. On her first day in Parliament she along with her



best friend Mimi Chakravorty, who is also an actress and Member of Parliament created a furore. She uploaded a picture of both wearing a western clothes with Parliament at the background. It was unprecedented and against the dignity of Parliament. She was rebuked by the elders of the house.

One can be privileged with many feathers in one's cap, but it is rare to have almost all feathers in one's cap and that too in a short span of time. She has achieved this feat. March 12, 2019 she joined politics. May 24, 2019 she won Parliamentary election with more than three lakh votes. June 19, 2019 she tied the knot with her boy friend Nikhil Jain and their marriage solemnised in Turkey, a lavish destination wedding.

She is a philosopher. She says, "It is better to have your head in the clouds and know who you are..... paradise has never been about places, it exists in moments, in connection, in flash across time."

Her glamorous beauty does not go over her head. She tweeted a quote of Khalil Gibran, "Beauty is not in the face, beauty is a light in the heart."

We wish her to remain beautiful in look and thought and be a serious representative of public and of course to see her on cinema screen also.

Let me share, currently she is one of the most followed celebrities on social media and she is popular for Tik Tok Videos.

Sohini Sastri
Astrologer



Dr Sohini Sastri has received multiple best astrologer in India awards including one in 2019. She has also been felicitated by several universities which shows her popularity across the globe. All this makes her a popular choice for Bollywood celebrities and famous business persons.

Dr Sohini Sastri, the best vedic astrologer in India firmly believes that our present life is directly influenced by our own "karma" or actions in the past and the problems that we face in our life can only be resolved by checking our present actions. Dr Sohini Sastri provides hours of counseling to all her clients and encourages them to find out ways to cope up with their problem.

Dr. Sohini Sastri's expertise is not limited to just Vedic astrology, she has mastered over the subjects like numerology, palmistry, and Vastu sastra too. She is one of the most preferred astrologer for Bollywood divas also. Apart from all these, she is a reputed face for her dedication towards Tantra Sadhana. Her thoughts are not materialistic. She believes God not only exists in Heaven, God also have a organic relationship with our world. She says, our whole world is "Abode of God". Her extreme dedication and vast knowledge over Tantra has made her the best Tantrik in India.

She has been an active member of Asian Astrologer of Congress, Astrological Research Project, Astro Medical Research Center, Asian Congress of astrologers, Astrological Association of Great Britain, Astrological research Project Kolkata, Bangiya Astro – medical Research center, Dharma Research Center (Chennai), American Federation of Astrologers, Federation of Australian Astrologer. She is one of the famous astrologer in India and has many significant awards to her credit.

She started her career as astrologer in Kolkata. Now she is also available in Delhi. Within a very short span she conquered Delhi and become the best astrologer in Delhi.





Dimple Kapadia

Bollywood Actress

A tale of talent and timeless love.

The age of a woman does not mean a thing. The best tunes are played on the oldest fiddles. –Ralph Waldo Emerson

To love you is my destiny, it hardly matters whether you are with me or not. –Anil Pandey

Sixty-three years old Dimple Kapadia, one of the finest bollywood actress of international fame, still stylish, glamorous, attractive, looks like epitome of elegance and poem of love, is marching ahead to touch new heights. The age at which the slope of career is considered, she has bagged a prestigious debut role in Christopher Nelson's upcoming film 'Tenet', a Hollywood movie. Her celebrity doting daughter Twinkle Khanna's tweet highlights the remarkable achievement of her mother, "Congratulations mother! So so proud of you! You are truly amazing and you

set an example for all of us that age is not an obstacle in path of ability." In fact, Dimple, defeating the hurdles of sixty + age, has created a niche for herself.

National Sex Symbol To Highly Acclaimed Celebrity Actress

Fifty - seven years ago in 1973, when Dimple was a mere sweet - sixteen girl of an affluent family, the veteran film maker Raj Kapoor, noticing her beauty, glamour and talent, launched her as the heroine in his one of the most ambitious movie Bobby. And overnight she became the heartbeat of youth crossing boundaries of language and region. The movie became blockbuster and created history in many related spheres. For her power packed acting she won national award for her this debut film.

But in one of scenes of the film she stunned viewers by wearing a red bikini in swimming pool. Her that provocative posture still stimulates the audience. The film Bobby made her the sex symbol of Indian Hindi cinema.

After release of Bobby, circumstances compelled her to quit the acting career and she left Bollywood.

But talent and tide never die, they are bound to return and touch the shore. And one day, after a gap of twelve years, at the age of twenty-eight she made a comeback with a bang and rocked the Indian film industry. In her second phase of her career in Bollywood she emerged as one of the class actress of cinema. Her acting skill in more than dozens films touched the height of superiority and recognised as the thesis for the teachers and students of acting schools. She has been honoured on many occasions and bagged four national awards.

Love, Marriage, Separation And Immortal Relation

'Bobby' fame sixteen years aged Dimple, a rose flower in the garden of glamour, fell in love with Bollywood super star Rajesh Khanna, fifteen years older than her. It is an old saying, "Love is blind and age or anything do not come in the way." At that time Rajesh Khanna, too, was at the pick of his career. His fans not only loved but worshipped him. Such craze for any hero of Indian Hindi cinema world has not been seen yet. Dimple married with Rajesh Khanna. It was like a nuptial of Goddess of glamour with God of charm. Their marriage grabbed headlines in media.

Respecting her husband's wish Dimple gave up her illustrations film career. In fact, she succumbed the wrong mindset of male dominated

society. Rajesh Khanna, though loved her to the core of his heart, but could not digest her popularity and fan following.

In due course of time they blessed with two daughters Twinkle Khanna and Rinke Khanna.

No one knows ones own fate. After a few years of martial bliss their relationship hit the rock bottom. They were still in deep love, but woman bear every blow unless her male companion hit her ego and dignity. They separated but not divorced. A stream of ideal love remain continuously flowed between the two. Till the last breath of Rajesh Khanna in Two thousand - twelve they both loved and cared each other unconditionally. Dimple said, "He was the father of my children and very integral part of my life. ...

Do you think he has gone? No, he shall always with me. In the fag end of his life, Rajesh Khanna, too, admitted, "I still love my wife Dimple."

A Proud Mother

Dimple did not divorce Rajesh Khanna for two reasons. First, she loved him innocently and second reason was for the sake of her daughters. She revealed, "Divorce is never healthy for children." She has taken the responsibility of raising her daughters.

She proved herself worthy mother. Her well known eldest daughter Twinkle Khanna is a noted actress and producer, imminent author and columnist, successful intreprenure and social activist as well as champion of women empowerment.

Her versatile husband actor Akshya Kumar, face and trendsetter of Bollywood who deserved a lot of appreciation for taking the candid interview of none other than Narendra Modi, Prime Minister of India. Dimple second daughter Rinke is well settled in London with her husband.

Akshya Kumar said, "My mother-in-law (Dimple Kapadia) is my the best friend".

At Last

Dimple Kapadia's journey from the age of sixteen to till Sixty-three is a document of talent, courage, dignity, elegance, determination, motherhood and last but not least a saga of Immortal love.



Rashmi Sachdeva

Actress & Entrepreneur

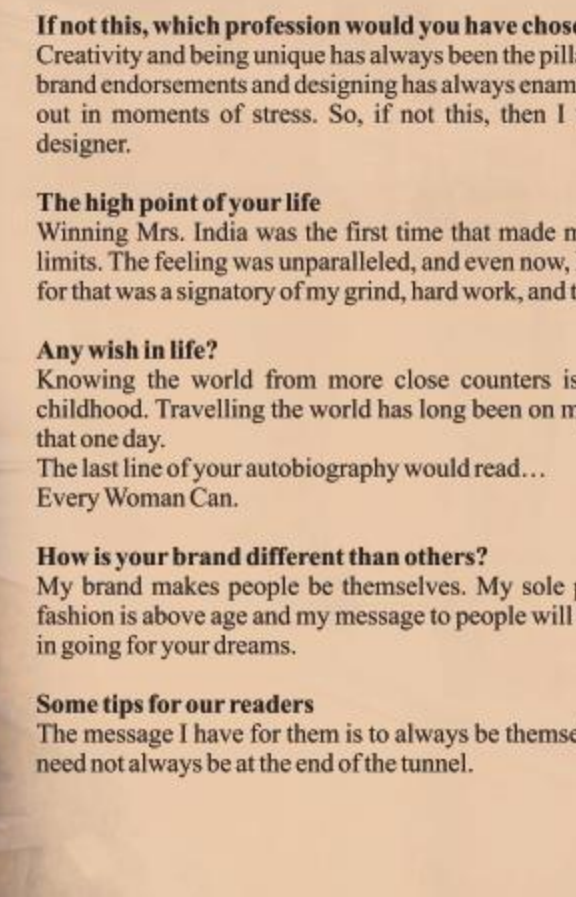
“
*Me & my daughter are in the
most beautiful mom daughter
category in India*”

The majestic beauty of Rashmi Sachdeva is a head-turner without any doubt. The homemaker par excellence stepped onto the world of glamour to bedazzle it. She mesmerised the pageant arena by donning many crowns like Mrs. Delhi, Mrs. India, Mrs. Universe Eurasia, Mrs. Asia International, Mrs. Universe Golden Heart, Panasonic face of the year and Mrs. Beautiful eyes amongst many other titles. Her appearance at Cannes to inaugurate a fashion show is unprecedented for a non-Bollywood celebrity. She was also the part of Zee TV's page 3 reality show 'Dilli Darlings' based on top ten elite women of Delhi, showing their lifestyle and contribution to the society. Recipient of several national and international awards, she is the brand ambassador for Thalleasamia & Pink Ribbon-for breast cancer awareness. Here is an excerpt from her interview with this magazine where we caught her to know more about her.

Who has been your inspiration all this while?

That will be Rekha. The journey of this Bollywood diamond from being mocked by the directors during her teenage stint to ruling the Bollywood circuit for decades has really been noteworthy. Grit, perseverance, and a never say die attitude -she had the perfect trifecta as I call it.





If not this, which profession would you have chosen?

Creativity and being unique has always been the pillars of my dreams. Music videos and brand endorsements and designing has always enamoured me to push my creative juices out in moments of stress. So, if not this, then I would undoubtedly be an interior designer.

The high point of your life

Winning Mrs. India was the first time that made me feel I reached the zeniths of my limits. The feeling was unparalleled, and even now, I find it difficult to express in words for that was a signatory of my grind, hard work, and the journey I have had.

Any wish in life?

Knowing the world from more close counters is something I dreamt about since childhood. Travelling the world has long been on my bucket list, and I hope I get to do that one day.

The last line of your autobiography would read...
Every Woman Can.

How is your brand different than others?

My brand makes people be themselves. My sole purpose is to make people believe fashion is above age and my message to people will be that age shouldn't be a deterrent in going for your dreams.

Some tips for our readers

The message I have for them is to always be themselves and to remember that the light need not always be at the end of the tunnel.

*“I am the
face of
Incredible
India
Internationally”*



Kalpana Saroj

Padmashree Awardee (2013)

Chairperson, Kamani Tubes Limited

PROFESSIONAL PARTICULARS

Bhartiya Mahila Bank (A Public Sector Bank)

First Exclusively Women's Bank in India. India's first all-women bank, the Bhartiya Mahila Bank began operations on 19th November, after being inaugurated by the Prime Minister Shri. Manmohan Singh in the presence of Finance Minister Shri P. Chidambaram and UPA Chairperson Smt. Sonia Gandhi.

The PM said that social and economic empowerment of women in the country was a goal it pursues. Though Women are heads of many banks today there is no bank that exclusively serves women. In that sense, the BMB is a new unique institution which will provide services predominantly to women and women self-help groups.

The bank is a small step towards the economic empowerment of women and will benefit women from the lesser privileged classes of society. The bank had 8 members all-woman board of directors including Mrs. Kalpana Saroj, Chavvi Rajawat, Nupur Mitra, Tanya Dubash and Renuka Ramnath. It presently has 110 employees, mostly women.
IIM Bangalore

Appointed on Board of Governance in Eminent Person Category as DIRECTOR

Dalit Chamber of Commerce and Industry, DICCI was formed to support and encourage the Dalit Community to be entrepreneurs. Currently, I mentor the women wing of DICCI.

Chairperson – Corporate Sector:

M/s Kamani Tubes Limited, Mumbai –400 038.

Chairperson – Social Sector:

Rashtriya Ekata Yuva Manch (Maharashtra State).

Sushikhit Berojgar Mandal:

Sushikhit Berojgar Mandal was formed with a vision to give employment/create entrepreneurs to the youngsters who were moving towards crime due to lack of employment. We had a clear thought that Government cannot provide jobs to every citizen we will have to do something. With this vision, we facilitated the first loan of Rs,25000 from banks to a young entrepreneur. Further many small businesses like a beauty salon, rickshaw, tailoring etc were started with our guidance and support. About 3.80 crore of capital was sanctioned for different business under this organisation.

Saikripa Sakhar Karkhana Devdaithan, Dist. Ahmednagar. DIRECTOR

This was the first company in which farmers were made shareholders, and it helped many farmers to get a ready market for sugarcane.

Kalpna Builders and Developers. - PROPRIETORSHIP

With a vision to provide budget homes, I started this company in the year 1999 It was also my first real estate purchase which turned around my life and opened door to many other opportunities. It was also the first time the city of Kalyan got a concept of Kalyan.

Organised 125th Birth Anniversary Celebrations in United Nations, New York in collaboration with Permanent Mission of India to United Nations.

This was a historical event which was organised by Kalpna Saroj Foundation in collaboration with the Permanent Mission of India to the United Nations.

It was first time in the history that this kind of event took place in United Nations Headquarter New York. People all over the world had attended this event.

We had also announced 125 Dr. Ambedkar Ratna Awards during the event. Organised Dr. Ambedkar Ratna awards at Bombay Stock Exchange In continuation with the event in United Nations, Dr.Ambedkar Ratna Award ceremony was held in Bombay Stock Exchange. It was a grand event attended by distinguished guests like Hon. Governor of Maharashtra Shri. Vidya sagar Rao, Hon.Chief Minister of Maharashtra Shri Devendra Fadnavis, Hon.Home Minister Shri.Hansraj Ahir, Hon.Union Minister Shri. Ramdas



Athawale, Hon.Shri Babanrao Pachpute, Ex.Chief Justice of Mumbai High Court and many such dignitaries

International Buddha Phule Ambedkar Literary Conference at Kalyan- 2002:

It was one of the grand event attended by Hon. Ex.PM Shri V.P.Singh, Hon.Ex. CM Shri Vilasrao Deshmukh and other dignitaries. A large number of people had a chance to know the literature of Buddha Phule Ambedkar.

We had kept five sub-themes for this event:

1. Dr. Babasaheb Ambedkar Interpretation of Buddhism
2. The relevance of Buddhism in Contemporary World
3. International Practices in Buddhism
4. Challenges before Buddhism
5. Buddhism in India.

International Dhammadiksha Celebration at Racecourse, Mumbai as Co-Organiser

It was one of the first such events at RaceCourse Mumbai, was organised with Shri Ramdas Athawale Ji, more then a lakh people attended the event and took Diksha to follow the path of peace in Buddhism. (paper advertisements enclosed)

International Candlelight festival:

Kalpna Saroj Foundation in collaboration with Dhammakaya Foundation, Thailand organised an International Candle Light Festival to spread World Peace. This event was organised in Kashti in the year 2010 and further in the year 2011 in Ahmednagar and 2012 in

Murtizapur, Akola and Thane in 2013.

We had also organised the 10 days Peace meditation workshops in Kalyan in collaboration with Dhammakaya, many people attended these workshops helping to spread world peace.

Other Representations And Memberships

Diksha Bhoomi:

Distributed food and Chivar to 110 Buddhist Monks at Diksha Bhoomi Nagpur, Many dignitaries like Shri R.R.Patil, Shri. Babanrao Pachpute were present and everyone attended the Buddhist prayer meet after the Chivar donation.

Buddha Ashes:

Organised a mass procession of Buddha Ashes in Kalyan, thousands of Buddhists had visited and worshiped the same.

Executive Vice President of 1st International Buddhist Conference – 2005, Mumbai.

2550 International Buddha Jayanti Celebration held at the Gateway of India, Mumbai. Chief Organiser in collaboration with the State Government of Maharashtra to spread the message of peace. The various Cultural event was also organised.

International Buddha Jayanti Celebration at Kalyan, Maharashtra, in 2007.



Tamanna Singh

Entrepreneur

"Success isn't about how much money you make, it's about the difference you make in people's lives." This is the motto of Tamanna Singh, key to her becoming a successful person and a well-known woman entrepreneur in the beauty, wellness, fashion, real estate and investment sector.

Tamanna Singh is the Managing Director of UberLux Group of companies, which heads two different organizations namely UberLux India (India) and UberLux Global (Australia). She is also the founder of "House of Wellness", an organic beauty brand with a global presence. She holds the Master Franchise of Fashion TV in India, for its various verticals.

It was not easy for Tamanna to continue working in her enterprising career span of more than two decades as like every newcomer, she also faced teething problems, managing chores of things between workplace and home. Her army background always kept her disciplined and focussed towards her goals. She proudly says, "I believe in taking one step at a moment. My husband is my biggest strength. He is my mentor, guide, driving force along with my two sons. My parents and in-laws have given unconditional support to me and help me in becoming what I am today."

Tamanna has been helping build businesses for the past 20+ years. As an investor and entrepreneur, she helps startups and women entrepreneurs in particular with funding, guiding on strategy, scaling up, operation and global expansion. She maintains that in order to be a successful entrepreneur, one must have an indomitable spirit, enthusiasm, self-belief, and be a bit of a visionary, along with the ability to take the knocks.

A Harvard Business School certified, Tamanna holds an MBA and a diploma from the International Academy of Facial Aesthetics, Singapore and advanced beauty from Paris. She is a certified cosmetologist too.

She was recognized by the Hon. President of India for her contribution to women entrepreneurship. She has received multiple awards such as Most Promising Entrepreneurs 2017, Top 50 Women Entrepreneurs 2018 and NariShakti Award 2018. Her work with war widows of Indian Armed Forces to empower them remains very close to her heart. She has been a patron to Blind World Cup Cricket. She is part of the sector skill council of India. She has been covered in many articles both in print and electronic media, web series on women achievers.

She regularly invests in various startups and works closely with founders to help them scale their operations and improve profitability. She has particular expertise in the startup ecosystems in the emerging markets. She loves to mentor and empower people from economically weaker sections of society and women in particular. She is an eminent speaker at various platforms like conclaves, ministries, Universities and colleges like IIT, IIM, ISB, Amity etc, stage camps both nationally and internationally. She has been a strong advocate for sustainable manufacturing with an emphasis on growing and supporting Make in India movement. She was part of WEE Foundation (Women Entrepreneurship and Empowerment) an IIT Delhi initiative supported by Department of Science and Technology, and powered by NitiAayog, Government of India.

Awards and Accolades

- Top 50 Women Entrepreneurs by Singapore VCS, 2019
- Best Wellness Brand in Medical Tourism in 2018 by then Tourism Minister Mr. K.J. Alphons and actor Rahul Bhat
- Top 50 Women Entrepreneurs in 2018 (Asiad Magazine)
- Most Promising Entrepreneurs in 2017 (Rajasthan Chamber of Commerce)
- Women Achiever Award in 2017 by then Minister of Social Justice Mr. Ramdas Athawale
- Best Emerging Organic Brand 2016 (Ravishing presented by Mahima Choudhary)
- Best International Salon (FTV Salon) by Parveen Babi in 2016
- Best Debutant Wellness Brand (North India) in 2015 by Sharmila Tagore.





Dr. Jyotsna Suri

*Chairperson and Managing Director
The Lalit Suri Hospitality Group*

THE 
LaLiT
Limitless hospitality

Dr. Jyotsna Suri, Chairperson and Managing Director, The Lalit Suri Hospitality Group, has been conferred with the Order of the Rising Sun, Gold and Silver Star. She is the first Indian woman to have received the Imperial honour, since its commencement for foreign nationals in 1981. She received the prestigious award from the Japanese Prime Minister, Mr. Shinzo Abe, in the presence of His Majesty, The Emperor at The Imperial Palace on 7th November 2019.

The Order of the Rising Sun was instituted by

Japanese Emperor Meiji in the year 1875 and awarded for exceptional services in civil and military fields.

The award is in recognition of Dr Suri's contribution to strengthening strategic ties between India and Japan in economic and tourism sectors.

As the Co-Chair of FICCI Forum of Parliamentarians Council, she has been actively involved in the activities of the India-Japan Parliamentarians Forum. Her initiatives led to the resurrection of the India-Japan forum with the Parliamentarians visit to Japan in 2017, after a gap of 6 years.

Dr. Suri has been the Chairperson of FICCI Tourism Committee since 2006 and instrumental in organising the India Tourism Conference held in Tokyo in 2007. She also took a lead in pushing the Japanese tourism companies' participation in the Great Indian Travel Bazaar being held annually. Dr. Suri's persistence helped realise the first India-Japan Tourism Meet in 2016. Subsequently, this meet has been held three times so far. Due to Dr. Suri's continuous efforts to promote India-Japan tourism relations, the number of Indian people visiting Japan is increasing every year.

Dr. Suri has been instrumental in strengthening the people-to-people connect between Japan and India. The India-Japan friendship forum, of which she is an Executive Committee member, was launched in January 2019 by the Foreign Minister of Japan and the Commerce Minister of India. The objective of the forum is to promote and increase cultural exchange between two countries.

Dr. Suri's engagement with Japan goes back almost 35 years as promoter director of Subros Limited. Established in 1985, Subros Limited, a joint venture between the Suris, Denso Corporation Japan and Suzuki Motor Corporation, Japan, is a leader of thermal products for automotive and other applications manufactured in India.



A woman with long, wavy brown hair and sunglasses on her head is smiling. She is wearing a long-sleeved, pink, open-front cardigan over a black top, cinched at the waist with a black lace-up corset. She has her hands on her hips. The background is a modern building with large glass windows and a geometric design, with some greenery in the foreground.

Sraboni Chatterjee
Model & Entrepreneur



“Thereafter she never looked back. She has done many ad shoots, campaigns, short movie and ramps as well. Recently she was much applauded for ‘Black is Beautiful’ campaign, talks about skin colour discrimination, a show on Rajya Sabha TV.”

“There is nothing more beautiful than a confident woman.” said Suze Orman, and Sraboni Chatterjee is a true embodiment of this statement.

Her name spells grace, elegance, talent, warmth and above all CONFIDENCE. She has won millions of hearts, carved a niche for herself in the cut-throat world of glamour and she has done it all with poise and an ever say die attitude. Today we are having a heart-to-heart with ex-Mrs Universe and a true diva - Mrs. Sraboni-Chatterjee

Tell us about your experience in the field?

Well my experience has been quite remarkable. I started about 3 years back. At that time I was sitting at home and enjoying life as a home manager, and before I knew it I had decided to participate in Mrs Delhi/NCR. I wasn't too pleased with my performance and I only managed to get a subtitle for my hair – ‘Mrs Beautiful Hair’. Then I decided to go for Mrs India, and this time I really put-in a lot of effort in the preparation. And as they say – the rest is history!

Any suggestion for youngsters who want to be in the modeling industry?

In my opinion, to become a good model you don't just need a good body and a pretty face, but also the right kind of attitude.

Your opinion on beauty pageants?

There are too many beauty Pageants going on in recent times, my advice to all youngsters would be to always go for the ones that are registered®. Never go for the ones which aren't renowned. I honestly feel the ones which are registered would go a long way in shaping your career. Not that the unregistered ones aren't good but registration is equivalent to credibility, I'm sure you'd concur.

What are your the future plans?

God has been too kind and I am really enjoying this journey called life. I have recently done one International Ramp in Sri Lanka with a Sri Lankan designer. Now of course, I am looking forward to doing many more such ramps and shoots. For me, the future holds promises to BIG steps and even BIGGER dreams!





Kiran Bedi
Social Activist &
Administrator

I have a wish to ask Kiran Bedi, a versatile personality, if there is any area left on earth where she has not set a record of her achievements? Her outstanding talent has led to surprising accolades. How can a person set such records? It is unbelievable. Kiran Bedi's life is a saga of exemplary achievements in almost every sphere of life.

As a daughter, sister, spouse, mother, student, academician, author, player, actresses, reformer, social activist, politician, administrator, representative of India at International forum, recipient of prestigious awards and last but not least as a constitutional head, she left her footprint and emerged epitome.

She is a law graduate, Masters and PhD Scholar from one of the most prestigious institute, Indian Institute of Technology (IIT) Delhi, a Nehru fellowship holder and visiting faculty in a Malaysia based institute. She has a distinction of being the first woman who has joined Indian Police Service (IPS) and rose to the highest rank as Director General, Bureau of Police Research and Development, Government of India. A recipient of pivotal awards like United Nations Medal, Roman Magsaysay award, Kiran Bedi had served as police advisor to the Secretary General in United Nations, in the department of Peace Keeping Operations in New York. She has authored a number of highly acclaimed books such as 'I Dare', 'Empowering Women', 'It is always possible' and many more. At present she is Lieutenant Governor of Pondicherry. In my opinion her biggest contribution to the society and government is 'Prison Reform' in India.

It is but obvious that writing on a person of many flying colors demands a voluminous book. However, only some of the bright and shining faces of her personality are presented herein this feature.

Recently, I saw a patriotic short documentary 'The Real Salute'. Kiran Bedi in the documentary has done a role of rural ragpicker. Her acting skill spells. When the national anthem, citizenship have become a subject of controversy the documentary gives a positive message.

She is sensitive and responsible woman and administrator par excellence. She has a fundamental and focused thinking



in the context of rape and rising criminal incidents against women, which India is also concerned about. She speaks her mind, "We only know to control girls but do not know how to bring up boys. The way the parents are grooming their sons, boys are not in their control." She further says, "The punishment for such wrongdoers (rapists) should be harsh and exemplary. Such boys should get punished when the memory is fresh."

Violent protests are matter of serious concern at national and global level. Kiran Bedi rightly says, "There is a distinguished space for a difference of opinion. Please take this route."

Impressed by her ability, in 1973 Late Indira Gandhi, the then Prime Minister of India had extended an invitation for breakfast with her .

In 2019 Narendra Modi, PM of India appreciates her performances.

She is a person of vision; She blooms in every season; She has many commitments; She has many obligations; She has many dreams; She has many destinations; Every morning she carves her own way; She needs 25 hours in a day.

Pooja Mittal

Internationally Renowned
Celebrity Makeup Expert &
Skin and Hair Coach

“

I have always been someone who believes that life should treat every human being with compassion. The ones with a little more privilege should reach a hand out to people who need compassion. A small gesture of understanding and a mentor to help you circumvent the travails of life can make the life of another person worth living. The education needs of underprivileged adults and children have been close to my heart.

To lend a warm missive, I have adopted a young woman from Bengal about ten years ago. Today, she is a confident, well-adjusted and educated human being with a family. She keeps my faith in humanity alive. Life is worth living when you can help a fellow human being in need.

My salon is the best place to help other women in need. The women from poor socio-economic backgrounds who are condemned to a life of drudgery after child marriage and demands for dowry have been a source of major concern to me. They have been given makeovers that boost their confidence, encouraged to study and become empowered by getting employment at the Salon. Their lives are now meaningful and they can help their family become empowered too.

We have also set up sessions with Cancer hospitals. We try to give the patients and their caregivers a





MUA Pooja Mittal transformed the look of acid victim survivors Nasreen & Mamta

damage control for skin and nails are the norm. These give these patients a little joy amidst the misery of pain and tears. I feel fulfilled when I see a smile on somebody's face because of my efforts. The NGO I am associated with, "JanSharnam" also makes a huge impact in my personal life as it motivates me to help people in need.

Let me share with you a personal story about how empathy can help a second person. A young girl from Bihar had approached me when she ran away from home as she was oppressed. I helped rehabilitate her by offering free education and skill building initiatives. The goal was to help her to help her siblings, settle down with a family and make her life meaningful. She is today doing very well, is blessed with a family that is well-settled and gaining education. The issues I had faced when I was younger made me understand her position and help her to come out of the miasma that threatened to engulf her.

I had faced a similar personal experience. I lost the umbrella of my father's presence in my life when I was just 13. It was a

difficult time for my mother and me. I got married early at the age of 20. My daughter came along at 21. Through this hectic time, I persevered to continue my education with my husband's help. The same way, my determination is to help others in a similar position made me extend all my resources to help her and others in her position.

I lost my father at the tender age of 13, but never gave up the hope to make myself better. Family intervention saw me getting married early. The indomitable spirit that I inherited from my mother helped me amass education in both India and abroad. I thought life was settling down when my mother contracted Cancer.

This was a hammer blow to my entire psyche. I could see her succumbing to the disease slowly. It was the most difficult period of my life as I had work commitments to keep even when my beloved mother was on her death bed. It took a lot of courage and determination to get through those days. But, I understood that commitment towards my work was above personal commitments. So, even though I miss my mother terribly, but I

do not regret honouring my work in the period of personal distress too.

As a professional I have strived to make a difference in my immediate environment. We work with NGO's to help rehabilitate needy women by providing education, skill building and employment. The Cancer hospital gives us a chance to spread joy amongst the patients by doing free makeovers and skin and nail counselling.

We have also committed to providing free bridal makeup to some associations getting marriages solemnized for needy people. Our Salon helps the local low socio-economic class like tea vendors find happiness when we offer our services free for their children's weddings."

Happiness also spreads when the women of the house find gainful employment and can help their families get a better standard of living. This is the best thing that you can do for the society at large.

Kokilaben Dhirubhai Ambani

Social Worker



This is an inspirational story of a girl who was born in a conservative middle class Gujarati family and now known as the towering personality in the business world. She had a dream and clear vision since her childhood. She inspired and encouraged her husband, who was a mere clerk in a private firm, to start his own business. In present day we say such endeavour as Startup - the dream idea of Narendra Modi. Her husband rose to the height of being the monarch of Indian industry. Her elder son is one of the richest business tycoons in the world. Lady is Kokilaben Dhirubhai Ambani, doyen Dhirubhai Ambani was her husband and the great Mukesh Ambani is the elder son.

Kokilaben realised the value of education since her teenage. Though there was not a supportive vibe in the family regarding educating girls, she completed her schooling education. At the age of twenty one she got married. With an aim to support her husband in business activities she started to learn English and the manner of a modern woman. She says, "Education to girls is very important." She was fortunate to have a supportive father and husband too.

She lived in a one - bed room flat in Mumbai and now in the same city she mostly resides with her elder son Mukesh in Antilla, one of the most expensive

residential property in the world. She was as graceful in one - bed room flat as she is in Antila. Changing situations do not change the mindset of successful people.

After the demise of her husband, Dhirubhai Ambani, who taught a new theory to Indian business world , a serious family feud broke up. A fierce dispute arose in her both sons, Mukesh and Anil. At one point Anil was in serious trouble. On two turning points the business credibility as well as name and fame of Ambani dynasty was at stake. She took command. Disputes were settled amicably. In a rare press conference she said, " There is love among brothers Hum Sath Sath Hai (We are all united) . On another occasion Ambani family matriarch Kokilaben said, " I am confident that Mukesh and Anil will uphold the values of their father ." World business community witnessed and admired the Mother Power.

She loves to spend her vocations in Switzerland and London along with the members of her family , but real peace she finds in Dwarikadhish Temple in Jamnagar of Gujarat and Shrinathji Temple in Nathnagar. She is an ardent devotee of Lord Krishna. She prefers to organise Bhagawat, Ramayan , Mahabharat and other kathas by inviting Hindu spiritual scholars. Her favourite dishes are roti,dal,dhoki and aatyu. She is spiritual, she is simple, but it does not mean she dislikes modern day activities. For a right cause she once graced the ramp. She appreciates the work of few fashion designers. She possesses a classy dress sense. Grace and elegance are part of her personality. She also likes to visit art galleries.

Her major contribution to society is world class 'Kokilaben Dhirubhai Ambani Hospital' at Mumbai .

She is at the best as an author. Her book ' The man I know: Dhirubhai Ambani' is a masterpiece work. She says , " The world has seen him (Dhirubhai Ambani) successful industrialist, but I have seen him in the role of an excellent man . I wanted to draw his personality as a humane individual and that is how I was inspired to write this book. "

We came on this conclusion that in the core of her heart Kokilaben Dhirubhai Ambani was a darling wife, worthy companion and fortunate to had such a husband who believed in women empowerment.





Nancy Srivastava

Promising Celebrity Makeup Expert

“Life-fulfilling work is never about the money; when you feel true passion for something you instinctively find ways to nurture it.” Nancy earnestly imbibed these words of Eileen Fisher in her life which has so far been a journey of a journalist, a writer, a poet, a painter and above all a passionate Makeup Artist. The journey of a small town girl to a self established Makeup Artist has been an enriching experience filled with challenges and determination to overcome them.

Nancy started her journey in the field of beauty in 2013 as a freelancer and over the past few years, she has successfully undergone “Professional Makeup Artist Courses” from various academies including “Advanced Hair Styling Course” from Blossom Kochhar College of Creative Arts & Design and “Makeup Artist Certificate Course” from International Association of Professions Career College, Canada.

Nancy established her first Makeup Studio & Academy on 22nd February 2019 in the City of Temples, Bhubaneswar where a small but dedicated team of professionals skillfully provided “quality services at economical charges” to the satisfaction of their clients. Within a year of its establishment, Nancy has already established herself as the Best Makeup



Artist in the State of Odisha and is the preferred choice of many leading cine artists of Bollywood.

Nancy added two feathers in her cap on the 1st of December 2019 when her initiatives, the MOBILE Beauty which is Odisha First Salon on Wheels and Beauty Café and popularly being called as “MO Beauty” meaning “My Beauty” in local Odia language and Beauty Café, India's First Unisex Salon cum Cafe were launched in a grand ceremony in Bhubaneswar.

The people of Bhubaneswar & Cuttack can now pre-book any beauty & salon services for weddings, outdoor shoots, film shootings and even salon service at any location of their choice. Unlike other at-home service providers, MOBILE Beauty provides doorstep beauty services without compromising on the security and privacy of the client.

The Beauty Cafe, India's First Unisex Salon & Cafe, offers customers or their companions snacking with a cup of Tea or

Coffee and free wi-fi facilities while having or waiting for their salon experience. Ladies can also book their own salon space for their Kitty parties and enjoy beauty treatments while enjoying with their friends.

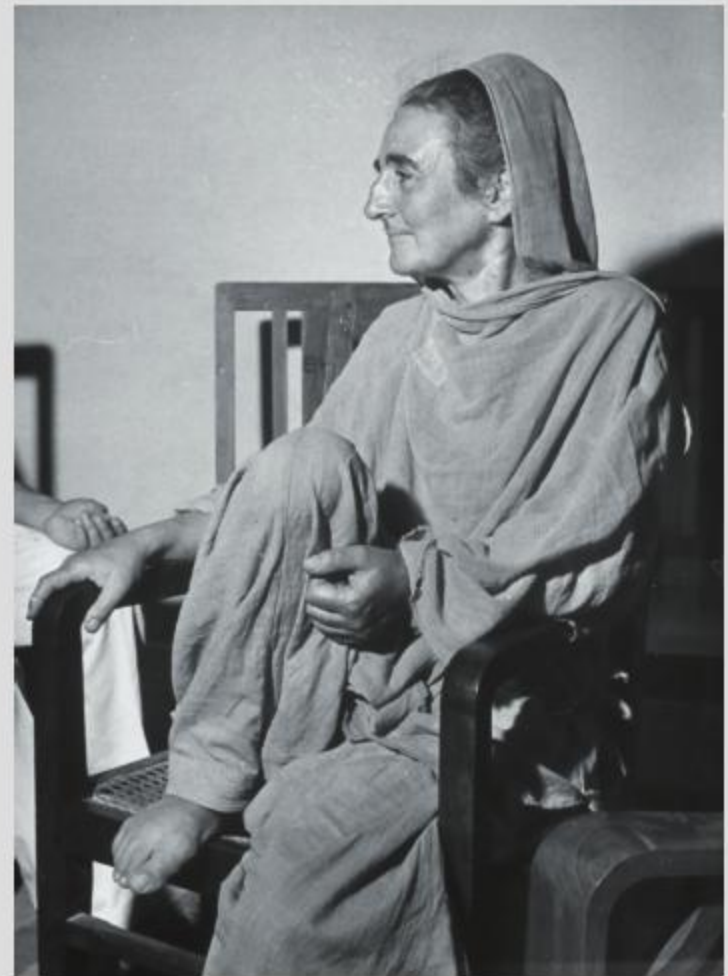
Nancy is exploring avenues to provide free skill based training and job employment pan Odisha to those interested in making Beauty & Wellness their choice of profession. This noble initiative could prove to be a game changer in eradication of unemployment and poverty in the backward and tribal regions of the State.

The awards & reviews received by Nancy in the last one year, including award of the title of Best Makeup Artist of Odisha during the National Women's Leadership Award ceremony organised by the Lakhotia Group in Kolkata this January, are testimonials to the dedication and hard work being putting in by Nancy to put Odisha as a front runner on the map of Beauty & Wellness industry not only in India but around the globe.



Mira Ben

A True Disciple of Bapu



Living lavish lifestyle an young, beautiful , glamorous British lady Madeleine Slate , of extraordinary caliber , had been restless for many years. A question was constantly haunting her -- " What is the purpose of life." She read books on Mahatma Gandhi. She got the answer. Life and works of Gandhi ji , especially, his principles on Satyagrah and Ahimsa fascinated her. In 1925, at the age of 33 , she renounced her aristocratic life and left Britain for good to reach India to seek refuge of Gandhi ji . She devoted herself in the service of Gandhi ji and advancement of Gandhian philosophy . As per the guidance and programmes of Gandhi ji she took active part in Indian freedom movement. She addressed Gandhi ji Bapu and he named her Mira ben or Mira behn. As a true disciple of Bapu she started wearing white sari, cut her hair short and took a vow of celibacy. In the feet of Bapu she found her desired abode. For her, company of Bapu was her ultimate destination and his every word was sermon.

As a freedom fighter she was arrested many times by British Government. She visited foreign countries to plea the case of Indian freedom movement and garner global support. As the special secretary to Gandhi ji she participated in many important meetings as Round Table Conference in London. In India she established many centers to implement the programmes, policies and values of Mahatma Gandhi.

Their companionship of 23 years, i.e. till the death of Gandhi ji , was caring, loving, complex and troubled too . Since , both were the person of high values, hence question of crossing the border of decent relation did not arise. But , few books written by authentic authors reveal some pictures which hint about their complex relationship. We are quoting one letter written by her to Gandhi ji:

October 27, 1928
Sevashram Benares

" But after all, my beloved
Bapu knows everything that is in my mind --- he knows even better than I know myself."

In spite of being citizen of Britain she fought against British Government. The sacrifice which Mira ben made for Gandhi ji and the level of confidence , trust and companionship she got from Gandhi ji is beyond imagination of many.





Pragati Vijay

*Award Winning
Celebrity Makeup Artist*

Pragati has been a trail blazer in the world of beauty since nearly two decades. Her initiation to beauty was through her mother's salon. The young undergraduate joined her mother in the quest to make money and manage the beauty salon she ran. The young Pragati did a year's course from Jawed Habib in 2004, and never looked back after that. The Pragati's Makeup Manta is an ode to her hard work and determination.

The beauty creator has a deep desire to help the society. She unequivocally supports the Skill India Campaign and has done her bit to encourage skilling initiatives. Pragati has founded an academy to

promote the same and has applied to the Government to help people earn a living honestly. Her selfless aim is to help poverty stricken girls reach a position in life.

The Rozgaryojana in UP has seen her apply to help girls get a decent professional education that will uplift them. The aim is to provide skills that will allow girls to be socio-economically independent. The academy that she runs will be used to skill and train the girls to learn the trade. Pragati Vijay feels the desire to give back to her birth place which is Prayagraj in UP.

Her own experiences with Jawed Habib, Shahnaaz Hussain, Mr. Jos Brands and makeup artist Mr. Kishore Thakkar has given her a world view of the world of beauty services and makeup. She founded her Salon; Pragati's Makeup Mantra and is currently running her own bridal makeup studios in many locations.

Her zeal to make a difference made her want more than personal glory. Pragati's successful journey is the epitome of self-belief and confidence. She aspires to greater heights and wants to take other people with her to scale greatness.

Sooner or later, every hard work gets recognized and so it happened for her. To her list of achievements and awards are the following:

- Best Makeup artist in Uttar Pradesh by Mrs. Madhuri Dixit Nene
- Best Bridal Makeup artist in India by Ms Karishma Kapoor at Dubai
- Indian Bridal Makeup artist of the year by Ms Shilpa Shetty Kundra
- In her own words, the key to success is love & passion for your own work, a humble & gentle approach towards staff and clients alike & use of only authentic & branded products.

When it comes to her personal favourites, her pick in cosmetic brand is NARS & Anastasia Beverly Hills. While her favourite makeup look is natural nude Look with enhanced eyes.

She plans to start her own franchise models in near future and expand into other cities nationally and internationally. Given her journey so far, it is a question of 'when it happens', not 'if it happens'. She dedicates her recognition and achievements accumulated so far, to her family, as without their support, it wouldn't have been possible for her.

Pragati's successful career journey is the belief in the epitome that if you truly want to make it big in your life then no hurdle, excuse or reason can stand in the way of your hard-work, dedication and desire.



Lata Mangeshkar

Singer



'Didi' (Elder sister) of Narendra Modi, Prime Minister of India.

Thirteen years old girl normally plays with dolls , but that girl, after the demise of her father, had been compelled to knock the doors of Indian cinema to get a job to meet the both ends of her family. Since she had been trained by her father, who was a classical singer and actor , hence she wanted to act and sing in Indian cinema. Her beginning phase of her career was rocky and journey for few years was arduous. But great things never come from comfort zones. The harder you work to achieve your goal , the greater you would be admired when you achieve it. That thirteen years old girl, due to her perseverance, sadhna and tapsya, achieved glorious achievements and emerged as the living legend -- the Lata Mangeshkar, queen of the playback singing in Indian cinema. She is known by a number of epithets like Queen of Melody, Voice of Nation, Voice of Millennium, Nightingale of India, Daughter of India . Nation paid the highest regard to Lata ji by awarding her India's highest civilian award - Bharat Ratna, in addition to Padma Bhushan, Dadasaheb Phalke Award, Padma Vibhushan. She was awarded Officer of the Legion of Honour, the highest civilian award of Government of France.

The nonagenarian Lata Mangeshkar has sung more than 50,000 songs in thirty-six regional and foreign languages.

She was not mere a singer but a phenomenon. Her voice is a part of our cultural heritage and since 1940 country is enjoying with one golden voice. She has the most melodious voice God ever bestowed on a person. Her one song, "Ae mere watan ke logon..." got iconic status. Her success as playback singer crossed the boundaries. She was conferred an Honorary Doctorate by six universities including one by the New York University. Honouring her immeasurable contribution to the music industry

President of India nominated her Member of Parliament (Rajya Sabha).

She , herself an icon , is privileged to share the dias with the first Prime Minister of India , Jawahar Lal Nehru to the present Prime Minister of India , Narendra Modi.

One can imagine her towering personality by the conversation held between Narendra Modi and Lata Mangeshkar. Narendra Modi, addressing her " Didi " said," ... I pray for your good health , may your blessings be upon us

You are greater , not only in terms of your age, but also, in terms of your illustrious work For us it is an immense source of inspiration that after reaching glorious heights you have always accorded the highest priority to acknowledge the upbringing , the sanskar bestowed by your parents and also to being humble".

Her dressing sense and style , though, are simple but adorable . She, in white saree with hair made into two plaits, looks like Goddesses of music. She reveals the philosophy of her life ,
" I will continue to sing till my last breath. Music is the essence of my existence. "

There is a story attached with the legendary lady. If story is correct , Lata Mangeshkar was in romance with an iconic personality, late Raj Singh of Dungurpur. Former president of B.C.C.I. Raj Singh was from a royal family. Their relationship did not meet with a happy end due to the resistance from the parents of Raj Singh. Her love was eternal and supernatural. The great Lata ji has everything in her life but love. Is she a lonely and sad lady ? I recall a Hindi song sang by her, "*Ajib Dastan Hai Ye, Kahan Suru Kahan Khatam , ye manzile hai kaun si , na tum samajh sake na hum "*

(Life is a strange story
Where starts, where ends
Which floors are those ?
Neither you could understand nor I).





Rachel G Amirtharaj

Fashion Designer &
Social Activist



Rachel J Amirtharaj, is a star in the cosmos of fashion, a star that burns bright. She is an Alumni of IIM Bangalore, who has optimized her education by embracing the entrepreneurial spirit. The serial entrepreneur has donned many hats and added multiple glittery feathers to the same. This dynamic lady has been a trailblazer in the start-up space.

The Fashion and costume designer par excellence has touched unscalable heights by dressing the leading divas of Bollywood. Her style quotient makes her extremely popular in the 'who's who' circles of Delhi. The beauty that creates waves not only in the fashion world but has also been featured in a book in the world of philanthropy.

Rachel's humanity and compassion has created a safer and kinder world. While the country reeled in the aftermath of the Nirbhayarape case in 2012, Rachel dived in to help. The plight of the juvenile criminals who end up committing hideous crimes are her biggest concern. Her work with juveniles is truly commendable. The JRC Delhi is her place to be on weekends. She actively counsels children and tries to help them understand how their lives can be improved.

She helps intensively with rehabilitation and is seen working with drug addicts. She strives to bring her wards to the de-addiction centers and helps in taking care of their needs. Another cause she aggressively supports is the slum women's menstrual awareness. She distributes sanitary napkins to hundreds of slum women and educates them on the importance of menstrual hygiene.

She doesn't believe in either trust or foundation. Because at times, people don't place their trust in such institutes fearing their hard-earned money won't reach the right people. Rachel feels that the society in which we live in is our basic support system. She endeavours to give back to the society that has given her recognition and fame. Her belief is simple; everyone can help others according to their own capacity. Only thing we need is to be compassionate towards others. Kindness is a gift everyone can afford to give. Always try to become a compassionate person and be a blessing to other people. In other words, compassion is not only about thoughts, feelings, and emotions but also about actions and solutions.

As Rachel says, "When each one of us put in our bit to connect those little good deeds, our humanitarian work can overwhelm the entire world."





Heeraben Modi

The Mother

A mother's love is the fuel that enables a normal human being to do impossible.

– Martin C. Garretty

27 September, 2015, Mark Zuckerberg, Chief Executive Officer of Facebook was interviewing Narendra Modi, Prime Minister of India. The whole world was watching this much talked interview. Viewers, especially at abroad, were eager to know the mantra of success of Narendra Modi's phenomenon rise. In 2014 he created history by getting elected as the Prime Minister. Under his dynamic leadership his political party BJP got a massive victory. In fact, in a short span of time as the Prime Minister, he had created an international wave. World started to notice the growth of India. Narendra Modi's leadership capacity became a subject of research for the world leaders.



During the course of interview Zuckerberg asked, " I understand that your mother is very important in your life. So I am hoping that you will tell a bit about her."

In responding this question, the voice of Narendra Modi, who is one of the finest speech speakers in present era, got choked. Narendra Modi, who spent hours fluently speaking even on world's biggest stage, was not comfortable in telling about her mother. He had to barely stop his tears. He displayed his rare emotional side. However he replied, "I was from a poor family. You know that I used to sell tea at the railway station in my town."

Father is no more. Mother is more than 90 years old. Even today, she does all her work herself. She is not literate. But because of television she keeps herself update in ongoing developments .

When we five brothers and one sister were younger , she was adamant to provide us education and meal in spite of facing serious financial hardship... She did all sort of works like cleaning utensils, filling water, laboring in the neighbourhood houses.... (at this juncture Narendra Modi

got emotional , tears were about to spilled).... after some pause he further said, " One can imagine how much a mother had to suffer to raise her children " .

It was unbelievable.

It was unprecedented.

It was a saga of a common lady.

It was an extraordinary power and determination of a mother, world has never witnessed before.

A much poor widow mother named Heeraben did the job of domestic help in neighbourhood houses to raise her five sons and one daughter and one of her sons, Narendra Modi, rose to the height of being the Prime Minister of India, the largest democratic country of world.

Nonagenarian Heeraben still lives a very simple life. She does not stay with his son Narendra Modi , who is the Prime Minister, where she can avail the best facilities of world, rather she loves to stay with one of her sons, who is spending a middle class life in Gandhi Nagar, Gujarat.

During a candid interview which was taken by bollywood actor

Akshya Kumar, he revealed the reason of non - staying of her mother with him, "My mother tells me what will I do at your home. What will I talk to you about. She also gets upset seeing me return late in the night." Revealing one more interesting aspect , he said, " It is my mother who sends me money even today. Every time, I meet her , she keeps SAWARUPYA (Rs.1. 25) in my hand. She does not expect anything from me."

When Narendra Modi became Chief Minister of Gujarat for the first time in 2001 ,he went to his mother for blessings.

She, who had spent the major part of her life in severe financial distress, had advised him in Gujarati language, not to take bribe," BETA KADI LANCHNA LEIS."

There is a famous quote of Mahatma Gandhi, "My life is my Message." We can say, "Life of Heeraben is a message for the women of every class."

Dr. Harleen Oberoi

Smile designer & Medicosmetologist (New York University, USA)

Ordinary people sometimes reach extraordinary heights, due to sheer persistence and hard work. This phrase accurately marks the journey of a Doctor, turned actress, model and entrepreneur, whose name is renowned nationally as well as internationally.

Dr. Harleen Oberoi, who is the CEO of 'Art of Smile' group of Advanced Dental care, Skin care, Hair Transplant and Weight Loss Centres, in the beautiful city Chandigarh.

Here is what she says, I am a proud Indian, who is aware of the latest technologies emerging in my field, and how to bring out the best advancements in the field of dentistry and cosmetology, globally.

'Art of Smile', is my dream venture which primarily works towards patient satisfaction, and strives to bring the best to its customers, both in terms of services and products. It is a celebrity clinic, with most of our clients coming from Bollywood and Pollywood to avail smile designing and cosmetology services.

'Art of Smile', has been presented with many accolades and awards, from 2011-2019, including but not limited to:

- ✦ Best Dental & Cosmetic Clinic of year 2019
- ✦ Millennium Achiever's Award 2018
- ✦ Beauty with Brains Icon 2018
- ✦ Dentist with Million Dollar Smile & much more
- ✦ Most Trusted Dental and Aesthetic Clinic 2019





Best Medicosmetology Clinic 2020

An effervescent personality with zeal to excel, this gorgeous lady has an innate charm that makes you take notice. Dr. Harleen Oberoi is an Oral Surgeon, Medicosmetologist and Facial Aesthetician at "Art Of Smile Advanced Dental, Skin, Hair and Weight Loss Centres.

She is a multifaceted personality and with her right attitude, she grabs everyone's attention.

Dr. Harleen Oberoi is the perfect example of beauty with brain. A strong independent woman has the courage to be the best version of herself. Dr. Harleen Oberoi has achieved sky heights by accomplishing her life goals independently, and her story helps us remember the question "If you cannot love yourself...who else should you?"

Dr. Harleen Oberoi is a real inspiration, read and get inspired

Accolades & Awards

- ✦ 'Art of Smile' awarded as Best Dental & cosmetic clinic of the year 2019 by Flying Sikh Milkha Singh.
- ✦ Award of Excellence 2018 to Dr. Harleen Oberoi, with Million Dollar Smile
- ✦ Woman Par Excellence 2019, on Woman's Day by SSP Chandigarh
- ✦ International Woman's Day Excellence Award 2018, by MP Pawan Kumar Bansal
- ✦ Award of Excellence 2018, Facial cosmetologists, Delhi by Cosmetica India
- ✦ Award of Excellence 2016, by "All Smiles Group of Clinics" Dubai
- ✦ Millennium Brilliance Award 2018
- ✦ Global Business Award 2017, "Beauty with Brain" Z con of Year
- ✦ Lifestyle Woman Excellence Award 2019, by journalist women
- ✦ Young Achiever's Excellence Award 2018, by Anticorruption & Terrorism Front

From a specialist in dentistry to an enchanting model and extraordinary actress, Dr. Harleen has had an amazing profession journey. In a word, Dr. Harleen's story is 'INSPIRING'.



Best Women Entrepreneur 2018



Tyrst with bollywood celebrity Shilpa Shetty Kundra



Woman Excellence Award 2016



Best Cosmetic and Dental Clinic Award 2019



Siumi Kaur
Fashion Designer
& Interior Stylist



Aayana was conceptualized by Siimi the fashion designer, as a dream. The passionate fashionista had a fervour that matched hard work and skill in designing garments. The journey started with Siimi making a steady path in the world of fashion. Her work won accolades and plenty of admirers.

The domain of IndoWestern garments saw her interest soar. She worked as a freelance designer and made a name for herself in the field. She was soon noticed by connoisseurs and designers alike. The industry took cognizance of her talent and she was catapulted to fame.

The experience saw Siimi remodel herself into a brand. Aayana was born in 2005 as the pet project of the now seasoned designer. The brand caught the fancy of Divas and the glamour world saw the emergence of a new star. The brand has soared and made a niche in the domestic and international market in a short time.

Siimi is known for her meticulously embroidered work and her faultless cuts. Her designs are contemporary and ethnic at the same time. Her name is synonymous with cutting edge design. Aayana is shortly launching its online "avatar". There is simply no looking back for Siimi and her brand.

Siimi has become a symbol of woman empowerment in the 21st century. She exemplifies the power that women have exerted to leave behind dogmas and restrictions to soar free to heights of success. To achieve this feat in a country where women struggle to leave behind the gender discrimination is no short of a miracle.





Surinder K Dhanjil

DCCR, DMU, MSc, RVT (USA),
AVS & FSVU(USA)

“

I, Surinder K Dhanjil born in Nairobi, Kenya but my 1st decade of life was spent in Nairobi (Kenya), Kampala (Uganda) and Musoma (Tanzania). As my father was progressing in his career and work positions in East African Railways, he was transferred to various parts of East Africa and Zambia.

At age 10, I moved to India to stay with my grandparents. I studied at Mother's Convent School, New Delhi.

But destiny decided to bring another move from one continent to another at age 20 yrs. This time I moved to England and trained myself to work in medical research.

MY EDUCATION, ACHIEVEMENTS AND AWARDS

I qualified as a radiographer from Coventry and Warwick Hospitals. My parents decided to move to London for better work opportunities and I managed to gain a trainee post at Charing Cross Hospital and qualified as general sonographer. Still in search of research post, my next move was to Northwick Park Hospital and learn vascular ultrasound.

Despite changing schools every two years, life's journey gave me abundance of experiences in various aspects. Various work positions from junior staff to the Head Clinical Vascular Scientist at Imperial College Healthcare Trust gave me opportunities to be involved in clinical duties, managing Vascular Ultrasound Services for the trust, planning and completing projects, teaching MSc students at Imperial College London, presenting research data locally, nationally & internationally and teaching quality control in vascular ultrasound worldwide. I was also elected President of the Society of Vascular Technology (SVT) of GBI in year 2000, became continuous

professional development (CPD) officer for SVT from 2001-2013, wrote MCQ questions for the professional examination, and opportunity of numerous publications and awards. During these years, I contributed in 9 book chapters, 50 publications and 90 presentations”.

LIST OF AWARDS

- 1994 - Recipient of first prize for the best video presentation, 'Transluminal Angioplasty under Ultrasound Guidance', Ramaswami G, Al-Kutoubi A, Geroulakos G, Dhanjil S & Nicolaides A. 2nd Greek Congress of Angiology and Vascular Surgery, Athens, Greece, 9-11 December.
- 1996 - Recipient of the Award of Excellence in Scientific Research by Medasonics. 'The Ratio of Peak Systolic Velocity of Internal Carotid over End Diastolic Velocity of Common Carotid: New Duplex Criteria for Grading Internal carotid Artery Stenosis', Dhanjil S, Jameel M, Nicolaides A et al. (Part of PhD data). Society of Vascular Technology's 19th Annual Conference, New Orleans, 21st-25th August.
- 1997 - Awarded 1st prize of International Union of Angiology. 'The Identification of unstable carotid plaque', Tegos T, Guang I, Daskalopoulos M, Dhanjil S et al. 11th Meeting of the European Chapter of IUA, Rome, 23rd - 26th October.
- 1998 - Recipient of the Peter B Samuels Award for the best clinical paper 'Restenosis following percutaneous transluminal angioplasty: a human model', Ramaswami G, Dhanjil S, Nicolaides A et al. 26th Annual Vascular Symposium of the Society for Clinical Vascular Surgery, Colorado, California, USA, 25th-27th March.
- 2000 - Awarded 2nd prize for development of a new method of ultrasound investigation 'New duplex 'Gold Standard' for the detection of pseudo-occlusion of the internal carotid artery' Dhanjil S, Kakos S, Sassano A et al. (Part of PhD data). 19th World Congress of International Union of Angiology IUA, Ghent, Belgium, 1-5th May
- 2012 - Received top award in the profession, 'Fellows Award' for contributions in clinical practice, setting up new services, research, serving

on executive board of SVT GBI, presentations locally, nationally and at international level and teaching vascular ultrasound worldwide. I am the first Vascular Scientist from Europe to be given this award by the Society for Vascular Ultrasound -USA. (This award is not issued every year. At present (2019) I am still the only holder of this award in Europe).

Membership Of Charity Organisations

Now satisfied with my work achievements my interests were changing and felt an urge to share my experiences and contribute in serving the community. I was introduced to 'The Commonwealth Countries League' in 2001. This charity raises funds to educate girls in the world and is run by Ambassadors wives who are residing in London. They invite professional men and women for organising and to participate in various events to raise funds.

I financially support a family in Punjab for their daughter's education. I volunteer teaching English to primary school children of age 6-7yrs. These are children of overseas parent descendants and parents cannot communicate in English and can't support their children.

I volunteer at our local General Practitioners surgery's 'Patient Participation Group' to communicate vital information between clinicians and patients. We can regular meetings with the clinicians, nurses, admin staff and patients to ensure delivery of all information and updates.

I joined 'Osterley Lions' Club as a founder member. After one year, I transferred to 'Southall Lions Club.' This club is the first ethnic Lions Club formed on 15th December 1970 in British Isles. It has a long history of Lion members actively dedicating their precious times to raise funds to help the needy locally, nationally and internationally. During my 10 years in Lionism, I have received the following awards.

- 2007- Awarded 'Melvin Jones fellowship' for significant contributions in charitable work for Lions Club of Osterley (raised £800 in one year) - Lions Club International USA



Collection of toys for underprivileged children



Lions Club project. In recording studio to record Indian news on tapes for blind Indians in west London area. Put in wallets to post in order to keep them updated.

- 2012 – Received 'Lion of the year award' from Southall Lions Club for contributions in many service activities of the Club.
- 2016 – Received 'Zone Chair of the year' award from District Governor of 105A for contribution in service activities to the community, qualifying in Lions Advanced Leadership Institute training and forming a new Southall Lions branch club – West Drayton Lions Club.



Dr Seema Mishra

Tarot Queen
Ace Numerologist
& Life Designer



Peace is within and Tarots are a beautiful way to reconnect with our inner self. Tarots heal in an enigmatic way and you would experience emotions and thoughts that balance you. Own your self with Tarots and open doors to a golden mind, a golden heart and a golden spirit. - Dr Seema Midha

Dr Seema Midha, universally acclaimed as the Tarot queen Ace Numerologist has not just the Life Solution that brings success, achievement but also bring hope and peace to oneself.

The Standout fact about her is her positive aura that ensures you wisdom, gratitude and love for being.

She has introduced the significance of mobile no.s and their influence on us. She concluded how mobile no. can change one's life. She has enlightened the society with her in depth knowledge by research on Tarot Reading, numerology, signature and name corrections.

Awarded with various International and National accolades .Author of bestselling books- A mobile number can change your life. Her name was honoured and considered on the top in "India Book of Records" and "The World Golden book of records."

She, herself being a profound brand in Tarot and Life Solution is supporting leading Industry Brands by name correction, numerology by date of birth. she is popular among all the social platforms with huge followings.

Another feather to the Queen Dr Seema Midha 's hat, is that now She is founder of Delhi School of Occult Sciences where you will not just learn Tarot Reading but will also know how to transform lives by numbers, tarot and many other precious services and courses.

With Dr Seema Midha's exclusively designed Mystical Tarot Deck (globally available), many impenetrable queries get their solutions. She will take you to the real World of Tarot reading. You will get live training on Tarot reading and consultation.

Come and join the Elite group of Tarot by the Queen herself and accelerate your quality of life. Impact, Influence and inspire your surroundings.
Magic is round the corner.





Aruna Joshi

Agri Innovation Entrepreneur
Rapid Organic Pvt. Ltd



Aruna Joshi is an exemplary woman entrepreneur who excels in her chosen domain of Agriculture. She is the founder of the innovative start-up Rapid Organic Pvt Ltd. Her education included a graduation and post graduation in Arts and her passion remains woman empowerment. Her passion overflowed into the zeal to change the rural landscape and the lot of women. Her quest for a way to better the lives of the women ended with an introduction to Organic Farming.

The initial steps saw her starting her own initiative along with her husband, Mr. Yogesh Joshi, to build a sustainable platform to support and promote organic farming and its far reaching benefits. She started small, testing the waters before she scaled her work up. Her project came into existence with just ten women. Her vision was now in motion.

The entire process of starting the business was also a learning curve for Mrs Joshi. The initial steps required her to make the women aware of the benefits of organic farming and how the initiative would help the women take charge of their own lives. It was not just about organic farming techniques, it was the foray of trying to rejuvenate the spirit and courage of these women.



Aruna facilitated appropriate training about implementing the methods of organic farming precisely. The primary bio-inputs for farming were revisited and a practical session on the practical usage was the focus. The strong visionary that she is, Mrs Joshi persevered to improve the lot of these women by creating ripples in the socio-economic landscape.

Organic Quinoa was something she came across on the internet as one of the super foods of the world. Her deep study of the crop found that Rajasthan was presumably the best area to mass produce the ancient grain. Her excitement knew no bounds when she could procure viable seeds for the plantation. Her intense supervision and guidance helped a select group of women farmers to harvest a bumper crop of Quinoa.

Extensive tests in laboratories led Mrs Joshi's initiative, she understood that the Indian Quinoa has smaller seeds but is nutritionally superior to the Quinoa grown in Peru. The astute business woman started to promote the grain in the domestic market. The demand increased dramatically and the journey gathered speed. Many more women farmers joined the company and now there are over 300 agri-micro-entrepreneurs in her ambit. Out these 300 certified organic farmers over hundred are women.

Contract farming is the way the company wants to move ahead. The farmers have a buy back agreement with the company, making their profits sacrosanct. The annual production is around 500 MT including white, red and black Quinoa and the total area under production is around 450 Hectares.

The philanthropist entrepreneur is also a mother of two and has been a staunch supporter of women empowerment. She strives to make them economically independent. She is a friend, philosopher and guide for her team. All farm or field level activities like farmer gathering, meeting and training programs are curated by Aruna.



Vet'a Ratra
Brand Creators



Veta Ratra; brand consultant for brand building & media relations is a well known name in the public relation industry. With the emerging need of the existence of brand identity and its awareness, the PR in today's world is at its rapid pace. Veta Ratra, founder of 'Brand Creators' ensures the brand building by establishing the brand identity employing the various PR media tools. It was never on her plate to enter the field of PR. Instead, she always wanted to explore advertising and while tracing advertising she ended up doing a specialization in PR as an alternate career option. She landed up in a reputed PR firm and from there she started enjoying the field. Socializing with people and clients from different backgrounds, conceptualizing strategies started bringing excitement as she began to develop and explore a different side of herself.

Each industry comes with its own challenges and so does PR too. Being an industry where the influence of women is important, PR consists of more women than men as per today's statistics. However, tight deadlines, quick turnaround times and demanding clients makes the profession a little uneasy but all carried gracefully with integrity, value system and will-power makes it a sweet experience.

Maintaining the right image of the brand and staying true to the core values of the brand is the true mantra of good PR for Veta Ratra. She believes in discovering and shaping each brand's unique story and helping them share it with the world allowing them to narrate their true value to the world. Her mantra is all about a short and succinct statement that encapsulate the brand's belief and purpose.

She is blessed to have dealt with some of the bigwigs of the F&B industry. The journey has never been swift and smooth without any roadblocks. Started working as an Independent brand consultant , where each day she was competing with bigger companies has been the major challenge for her. Right from handling the best of restaurants like Plum by Bentchair, Dragonfly, Ophelia, Prankster, Farzi Café , Made in Punjab, Nueva, Cafe Delhi Heights, Daryaganj, Burma Burma, Molecule, Pra Pra Prank, Unplugged Courtyard, Soy Soi and more to top notch restaurateurs, she consider it as her fortune to be working with Priyank Sukhija, Zorawar Kalra, Inderjeet Singh Banga, Umang Tewari, Vikrant Batra, Dinesh Arora, Amit Bagga, Akshay Anand and more.

Veta Ratra says, "Handling the bigwigs of the industry depicts the client's faith on us and builds the foundation for many more clients approaching us. However, sustaining and retaining clients isn't that easy as it looks, but I take it as a healthy competition and a learning drill. I am thankful to my clients who have created the products, which are worth selling and create noise."



Sakshi Vishvesh
Beauty Queen



Pic credit : Kaushik Bathia Photography

Sakshi Vishwesh is not just a name, she is an inspiration to thousands of women today, who aspire to make their mark especially after getting married and becoming a mother. The fact that she won the title of Mrs. India 2015 QS (2nd RU), and the title of Mrs. Beautiful Skin, set a new benchmark for many women. In a very short span of time, she was recognised for her achievements & is the proud awardee of the EMERGING ENTREPRENEUR 2019 by Pragnel and the Women's Achievements Awards 2015 by Wess. In her journey she says, "I am very lucky to have a very supportive & loving husband Capt. Abhinav Vishwesh, my family; Mr. Vinod Bhatnagar (father), Dr. Chaand (Mother) loving sisters Shitij & Stutie"

She has been an epitome of beauty & grace and a mother & wife at the same time. She has even pursued an expertise in the Beauty world as she was awarded a 'Makeup Excellence Award' by the renowned celebrity makeup artist Ashmeen Mujaal.

Living in London now for past few years, Sakshi decided to jump into Event Organising and thus started her own registered limited company 'The BritAsian Beauty Pageants Ltd.' BABP has successfully organised Beauty Pageants, fashion shows, makeup workshops, exhibitions, Bollywood nights, and community events. Sakshi has earned a very good reputation in London's event industry.

Along with all the hard work the media too has been very kind on her, she has been featured on the cover page of Beauty magazines with her interviews and has numerous newspaper coverages to her credit. She has featured on BBC (Hindi news), ZEE TV UK's show Zee Companion and was honoured with an award by UKTA. Her main event Miss/Mrs. BritAsian Beauty Pageant was covered by ZeeTV UK twice in row and Lyca Radio in 2018 and Asian Star Radio in 2019. It was also associated with Beauty and the Best Magazine as associate partners.

She has always worked hard to bring together women and to support their small businesses. Sakshi's vision has inspired her to organise this great platform for married /unmarried women & men to fulfill their dreams & most importantly to empower women from

all over the world. She has also worked very hard in bringing the Asian community together by organising events and community work to empower the diverse communities!

THE BRIT ASIAN EVENTS (UK) LIMITED

The company Brit Asian Events (UK) Ltd. annually organises Miss/Mr/Mrs. BritAsian Beauty Pageant a platform, that gives an opportunity to showcase new talent in the UK by way of accepting applicants from all walks of life. In the event, we herald the accomplishments of all the women and men competing for the chance to earn the most coveted crown of Miss/Mr or Mrs. BritAsian, while providing a forum to build an extended network of like-minded individuals.

BritAsian Beauty Pageant is beyond beauty, brains and talent celebrating ability, age, faith, socio-economic background enabling people from diverse backgrounds to showcase their inner beauty!

This, one of a kind pageant provides unique opportunities to women and men who want to make a big name in the fashion, entertainment, media industry and do community work & social work. To help them achieve this purpose we provide them the most prestigious platform with a lot of guidance from professional experts and media exposure/contracts with film producers/modelling casting agencies/big brands sponsoring our event. Last year the show was televised on Asia's one of the biggest entertainment channels ZEE TV, and covered by Asian Star Radio 101.6 FM/DAB/ONLINE. The finalist were featured on the cover page of Beauty & The Best Magazine on October issue 2019. We also guide them to achieve the right attitude, skill and train them accordingly to boost their self confidence and polish their overall persona by organising targeted workshops like health & nutrition, makeup, image consulting etc. We are also proud to be the pioneers in introducing the Mr. category in an Asian pageant for the very first time in Britain.

VISION

The vision and cause of this pageant is, where differently abled people can showcase their talents,



Sakshi with Nitin Parekh Hon'ble Mayor of Harrow, London

*Pic Credit - Photogenic Studio by Khalid
Outfit Credit - Harry Designer's studio
by Harvinder Gill*

knowledge and empower those that need it to encourage them to accept and proudly ask for support without being judged, to help them live their life with their disability. This platform is created to raise awareness of all the wonderful differently abled people and to celebrate their achievements and to allow to give hope to others that need it. The BritAsian Beauty Pageant is a platform where people with a disability/ condition/ LGBTQ/ honour issues, can have an opportunity to showcase their talent or raise awareness on stage and to be fully accepted in the main stream media. Sakshi says, "Why should anyone be obstructed to their way to success & fame just due to physical differences!"

Swati Tutuja

Haut Monde

Mrs. India Worldwide 2019



Swati Tuteja is the rising face in the current modelling industry. She is the winner of the 2019 Mrs India Worldwide Crown (fire). Swati also bagged the top position in the North Zone and holds the esteemed subtitle of Mrs Hourglass. She is married, brings along with her work experience in the Aviation industry and right now, she is smashing the roofs in modelling. What is her secret to success and advice to youngsters? She reveals all to the Beauty and the Best Magazine.

Tell us about your experience in the field

None, actually. Before winning the Mrs India Worldwide Crown (fire), I actually had no exposure or industry experience. I truly believe all you need to achieve anything are a passion for that stream and confidence at every step, and they were my driving force to win the pageant. I always wanted to be a model. I kept my confidence high and followed my heart. Those were my secrets.

Suggestion for youngsters who want to be in the modelling industry?

Do what I did. Find your passion for modelling and pursue it with confidence. Your positive attitude is going to make a difference. Learn from others, continuously upgrade your skills, believe in yourself, and always be confident.

Advice and information related to the beauty pageant

It feels splendid to win the pageant and wear the crown, but that should not be the only goal. Every step along the way matters and that is what models should focus on. I always tried to build the best version of myself, took care of my body, built discipline and skills. Although my one eye was always set on the crown, I enjoyed and learned from every moment. That is what a pageant is all about.

Future of pageant as so many pageants are happening these days?

I am excited about the future of pageants. Unlike the old times, today's pageants are not only about your beauty. Your intellect, your thinking, your skills, and your social contributions, everything is tested and that provides a level ground. As a model, you need to research the pageant you are entering in. Read the audience and the judges.

What's your vision to make a mark on the international platform?

I truly see myself walking the famed international ramps adorned in the dresses designed by the top designers. I believe that the 2019 Mrs India Worldwide Crown was my stepping stone. With the blessings of the Almighty and the support that I have from my family, I am certain that I will make a mark in the international modelling arena and earn my fame.



Saakshi Kanwar

Model & Educationist



The dynamic and multifaceted Saakshi Kanwar is a self-driven individual. A native of a humble town in Rajasthan called Rawatbhata, she was schooled at the Atomic Energy Central School. The multi-cultural and closely knit environment that she grew up around at the school has moulded her into the loving person she is today.

Always striving to care for others, she is committed to bringing a positive change to society. She strongly believes one of the ways this can be done is through education. Pursuing this vision, for the past 20 years, she has been a Mathematics teacher in various schools globally- from teaching in small villages in India, to a prestigious GEMS Education private school in Dubai to, most recently, a highly reputed Grammar School in the UK. Thoroughly enjoying her teaching career, she recently kick-started her own tutoring business which she manages alongside her day-job. Teaching has allowed her to use her innate ability to connect with people to support the youth in maximising their academic potential. She feels incredibly privileged to have the opportunity to help nurture and influence the youth into becoming responsible and healthy future world citizens and leaders.

Additionally, she fulfills this passion for helping others through her volunteer work with the international NGO Art of Living, through whom she has become a trained yoga and meditation teacher. Conducting wellness and self development workshops for the youth across the country, Saakshi finds it very rewarding to dedicate her time to bringing awareness about the importance of mental health in young people.

Saakshi says, "the willingness to help others can come only when you are beautiful inside. Your inner beauty is reflected on the outside and that's what makes you beautiful. So inner beauty plays a big role in creating a beautiful whole".



Being born on International Women's day, ever since childhood, Saakshi has felt great pride in her womanhood and enjoys inspiring other women to do so as well. She has participated in various pageants and fashion events such as Mrs India UK, Mrs Classic International Woman, FNX Indian Woman Achievers Awards 2019, India Fashion Couture Fashion Show and Award Ceremony and the Bharat Conclave fashion show organised by the High Commission of India. She is also an activist against domestic violence and has personally helped people she knows relocate and start a new life.

Her hobbies include running, painting, dancing, cooking and dabbling in cyber security among other interests.

Achievements

- ❖ S-Mrs India UK Fitness 2019
- ❖ Mrs India UK Rising Star 2019
- ❖ Mrs Classic International Woman England 2019
- ❖ Mrs Classic Universe Congeniality 2019
- ❖ Art of Living foundation youth programme teacher
- ❖ Project Pavitra trained volunteer
- ❖ Rajasthan Women Achievement Award in Education and Social Work
- ❖ FNX Indian Women Achiever Award in Fashion and Style
- ❖ Modelled in Confluence London 2019, showcased more than 10 international designers
- ❖ Rajasthan Kid's fashion week Special Guest Judge
- ❖ British 10k Participant for 3 consecutive years
- ❖ Performed traditional Rajasthani folk dance at Rajasthani Association Events
- ❖ Exhibition of her traditional Rajasthani artwork in West Wing Art Centre
- ❖ Performed contemporary Indian dance with dance group at various events
- ❖ Appeared on the 'Desi Beat' cooking show run by Colors TV UK



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