

Volume 23 March-2024

# FEMMETIMES

Media

THE SUCCESSFUL  
TOP WOMAN

ADVOCACY  
WITH  
SOCIAL  
CAUSE

**15** Top  
Inspiring Woman

Meet The Inspiring woman

**Dr. Neha Gupta**

International Inspiring Social Icon

***Fame With Femmetimes***



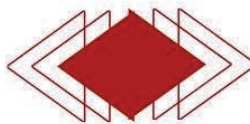
# OUR TEAM

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

## **Ritu Bisht**

*Magazine Head*

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



## **Pankaj Mahawar**

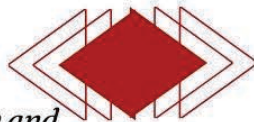
*Creative Designer*

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

## **Ayushi Agarwal**

*Sales & Marketing Team*

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



## **Munazir Hussain**

*Print & Digital Partner*

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



SPECIAL EDITION

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# INSPIRING WOMEN

## FEMMETIMES MAGAZINE

Femmetimes Magazine Presents: Inspiring Woman -2024 Get ready to be inspired and empowered as we unveil our sensational March edition of Femmetimes Magazine! In this special issue, we shine a spotlight on extraordinary women who are making waves, breaking barriers, and changing the world in 2024.

*Pratigya Singh*

### Content Writer

*March  
Edition*

In this issue we feature "Inspiring Woman Stories - 2024," we introduce you to a diverse group of remarkable women from various fields and backgrounds who are redefining what it means to be a superhero in the real world. From trailblazing scientists and tech innovators to fearless activists and creative visionaries, these women are true game-changers.

# Inspiring



**GAYATHRI  
KS**



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**Palak  
Shukla**



**Vidyarani  
Hanjabam**

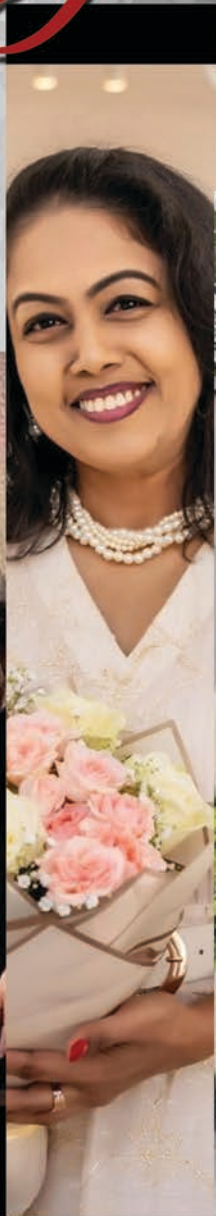


**Dr. Neha  
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**Dr. Anjum  
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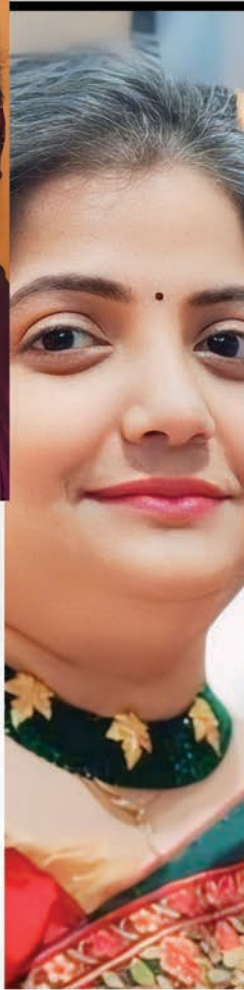
**Dr.K.  
Padmini**

# Woman



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Sampada  
Sandeep  
Ghag

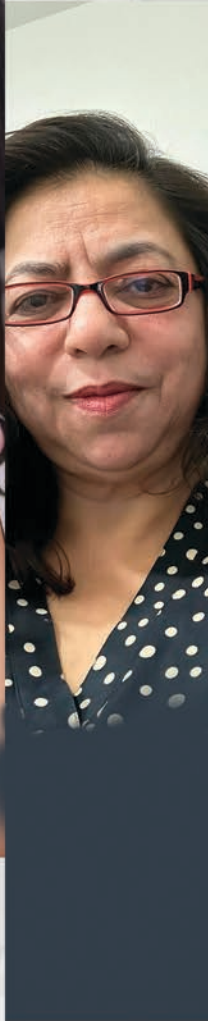


Debjani  
Ghosh

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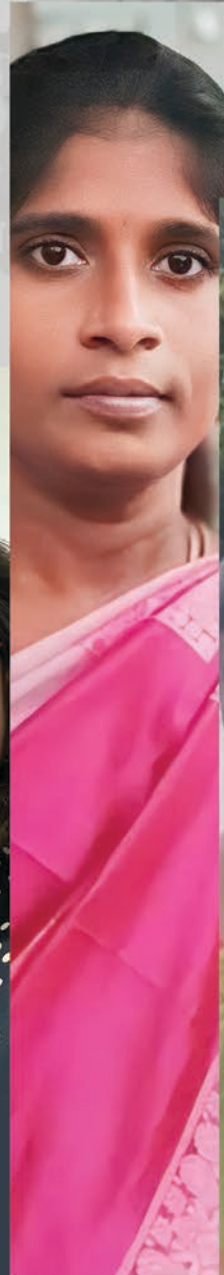


Manisha  
Goud



MANEESHA  
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Thilagavathi  
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Dr.S.  
Venniladevi

# INSPIRING

EXPERT IN SUSTAINABILITY AND ENVIRONMENT

*Dr. K. Padmini*

*“Revolutionizing Environmental and Worker Safety: Harnessing the Power of Emerging Technologies”*

## Introducing

*“Revolutionizing Environmental and Worker Safety: Harnessing the Power of Emerging Technologies”*

**Dr. K. Padmini** stands as a beacon of dedication and expertise in the realm of Environmental Health and Safety (EHS), with a career spanning nearly two decades across diverse sectors. Commencing her journey in 2005, **Dr. Padmini** has traversed through esteemed organizations such as APIIC, APITCO, GIZ, Shalivahana Power, Saint Gobain, Sanofi, and presently at Schneider Electric, where she spearheads EHS leadership for Distribution Centers and Commercial Offices, alongside leading Environment and Sustainability initiatives for the India region.

Armed with a plethora of academic achievements, **Dr. Padmini** holds multiple Doctor of Philosophy degrees, specializing in Environmental Science, with a focus on heavy metals in power generation residues and hazardous materials management. Her educational journey, which includes a BSc in Microbiology, Chemistry, and Computers, and a master's degree in environmental sciences, with a Diploma in Safety with knowledge of Industrial Occupational Hygiene studies has laid a robust foundation for her illustrious career.

**Dr. Padmini's** tenure at Schneider Electric stands as a testament to her exemplary leadership and unwavering commitment to excellence. Her process in implementing global EHS standards, coupled with her adeptness in fostering collaboration and driving practical initiatives, has garnered accolades from colleagues and industry stalwarts alike. Beyond her professional endeavor's, **Dr. Padmini's** passion for sustainability and societal impact shines through her involvement in various mentoring programs, advocacy for gender equality, and contributions to ESG summits. Her recent recognition as a recipient of the Women of Impact Award in Sustainability further underscores her relentless pursuit of environmental stewardship. In essence, **Dr. K. Padmini** epitomizes the intersection of expertise, passion, and altruism, making her a force to be reckoned with in the domain of EHS and sustainability.





## Awards and Achievements

1. **Women of Impact Award in Sustainability (2024):** Recognized for environmental stewardship.
2. **CII IWN Karnataka Annual Day Recognition:** Acknowledged for leadership and contributions.
3. **EHS Excellence Award Assessor Training:** Completed training by CII for effective assessments.
4. **Leadership Programs Completion:** Completed programs by Potential Life, ISB, and Franklin Covey for personal and professional development.
5. **Recognition for Exemplary Leadership in Eco-Industrialization:** Acknowledged for leadership in driving sustainable industrial practices.
6. **Certifications and Achievements:**
  - Yellow Belt Certification
  - Spearheaded EHS requirements at Sanofi, achieving zero Lost Time Injuries (LTI)
  - Established comprehensive EHS requirements at DSM.
  - Implemented EHS protocols at Schneider Electric
  - Diploma in Industrial Safety

## Some Q&A with Dr.K.Padmini:

**Q. How do you balance environmental compliance and sustainability goals in today's industries?**

**Dr.K.Padmini:** "Balancing environmental compliance and sustainability goals in industries requires a comprehensive approach that integrates regulatory requirements with long-term ecological stewardship. This involves regulatory compliance, sustainability integration, technology adoption, stakeholder engagement, life cycle assessment, and continuous improvement. By integrating these strategies, industries can navigate the complex landscape of environmental compliance while advancing sustainability objectives to create a more resilient and responsible future."

**Q. What strategies do you employ to promote a strong safety culture across various sectors?**

**Dr.K.Padmini:** "Leadership Commitment: Top-level management should demonstrate a visible commitment to safety by prioritizing it in decision-making, allocating resources for safety programs, and leading by example.  
**Employee Involvement/ Clear Communication:** Encourage active participation and engagement of employees in safety initiatives. Establish clear and transparent communication channels for sharing safety information, procedures, and expectations across all levels of the organization.  
**Training and Education:** Provide comprehensive safety training and ongoing education programs to ensure employees have the knowledge and skills to perform their tasks safely.  
**Recognition and Incentives:** Recognize and reward individuals and teams for demonstrating proactive safety behaviors. This is an important aspect where we can engage and encourage achieving safety milestones and contributing to a positive safety culture.  
**Continuous Improvement:** Regularly assess and review safety performance, identify areas for improvement, and implement corrective actions to prevent incidents from recurring."

**Safety Policies and Procedures:** Develop and enforce robust safety policies, procedures, and standards that align with regulatory requirements and industry best practices.

**Benchmarking and Best Practices Sharing:** Benchmark safety performance against industry standards and share best practices both internally and externally to continuously improve safety performance. By implementing these strategies, organizations can create a positive safety culture that prioritizes the well-being of employees and stakeholders across various sectors."

**Q. How do you envision emerging technologies influencing the future of environmental monitoring and worker health management?**

**Dr.K.Padmini:** "Emerging technologies hold great potential to revolutionize the future of environmental and worker safety in several ways:  
**IoT and Sensors:** Internet of Things (IoT) devices and sensors can continuously monitor environmental conditions, equipment performance, and worker activities in real-time. This data can be analyzed to identify potential hazards, predict equipment failures, and proactively mitigate risks.  
**Augmented Reality (AR) and Virtual Reality (VR):** AR and VR technologies can simulate hazardous scenarios and provide immersive training experiences for workers to practice safety procedures in a controlled environment.  
**Drones and Robotics:** Drones and robotics can be deployed for hazardous tasks such as inspections, maintenance, and emergency response in environments where human intervention may pose risks.  
**Predictive Analytics:** By leveraging historical data and predictive analytics, organizations can anticipate safety risks, prioritize preventive measures, and allocate resources more effectively to minimize the likelihood of accidents and injuries."

# INSPIRING WOMAN CREATIVE ENTREPRENEUR



# JESNO JACKSON

“A CREATIVE ODYSSEY OF EMPOWERMENT  
AND INNOVATION IN THE UAE'S ART SCENE”

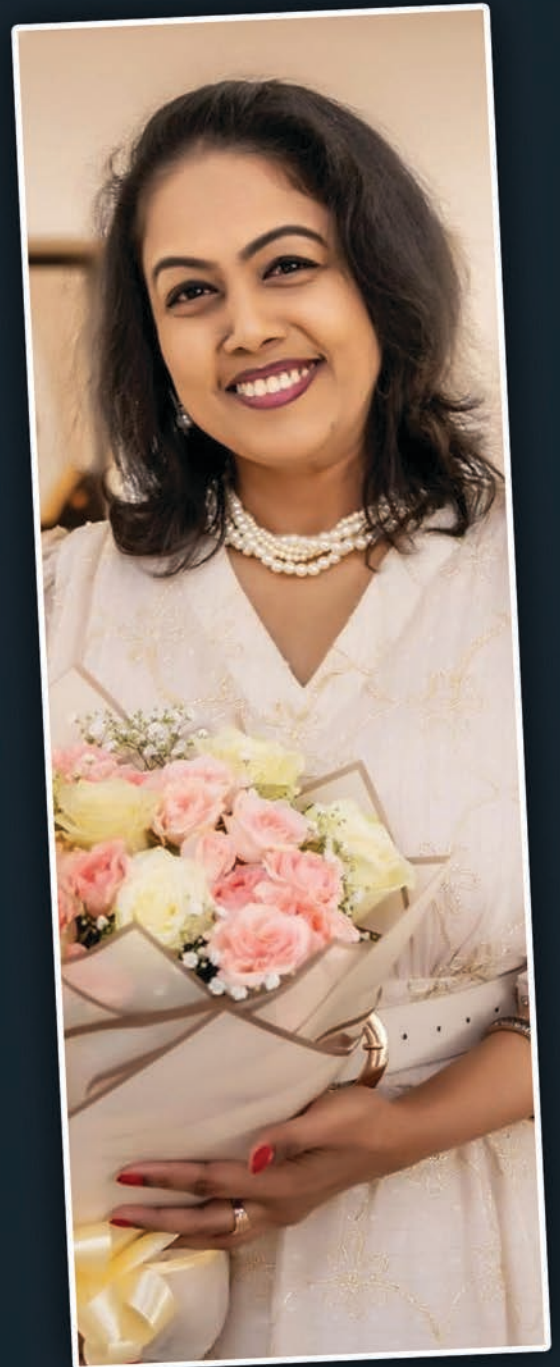
**D**iscover the vibrant tapestry of creativity woven by **Jesno Jackson**, a dynamic force in the global art scene and a beacon of empowerment in the United Arab Emirates. Born in India, Jesno's journey through the realms of artistry, curation, and entrepreneurship is a testament to her unwavering dedication to innovation and women's empowerment.

With a rich educational background from esteemed institutions like the Navabharath Educational Research Foundation and Bangalore University's Karnataka Chitrakala Parishath College of Fine Arts, Jesno's artistic evolution is a kaleidoscope of colour and imagination. Her brush strokes traverse from contemporary figurative pieces to the avant-garde realm of coffee paintings, capturing the essence of everyday life with an electrifying energy. In 2016, Jesno planted the seeds of creativity in the heart of Dubai with the inception of Art4you Gallery, a haven for emerging talents and established artists alike. Beyond the gallery walls, she serves as a beacon of inspiration, advocating for women's empowerment and mentoring aspiring artists to unlock their full potential.

*Jesno's influence reverberates through the UAE's cultural landscape, where she continues to shape the future of art with her visionary leadership and unwavering commitment to fostering a community of creativity and inclusion. Join us as we delve into the multifaceted world of Jesno Jackson, where art, entrepreneurship, and advocacy converge to create a symphony of empowerment and innovation.*

## Awards and Achievements

- UAE Women Achiever's Award - Best Artpreneur 2024 by Xpatzhub, Dubai, UAE
- Master Excellence International Award by United Nations of Arts & Science 2024
- JIJAU MAASAHEB - International Proud Woman Award 2024
- United Nations UNOTA UNESCO - Master Brush International Award 2023
- Entrepreneur of the Month - Oct 2023 by The Caishi Magazine, India
- Women Excellence Leader Achievers Award 2023
- Blue Excellence Art Award in the "Kalaa Spandan Artist Talent Award" Kalaa Spandan Exhibition 2022, Indian Art Fair, India
- Educator of the Year Award - 2022 (Sir Radha Krishna Sarvepalli Award)
- International Artist Certification - First World Virtual Art Festival 2021, New York, USA
- ART EDUCATOR -THE FUTURE TALENTS PROGRAMME Mentor Award 2021, Shams Media City, Sharjah, UAE
- Global Art Competition Outstanding Merit certificate and award - 2021
- Certificate of Appreciation as Artist - Outstanding contribution in creating Jumeirah 2 Beach Mural, Dubai (Coastal Environmental Section, Dubai Municipality, Dubai UAE) 2019







- Artist of the Week - World Art Dubai 2019 for "Sufism-Mystical Love" artwork
- Certificate of Recognition as Artist - Tolerance Live Art at Tolerance Conference of Family's Role in Value of Tolerance, Emirates Palace (UAE Ministry of Tolerance, Abu Dhabi)
- "Lantern" Watercolor Painting selected from all over the world: UAE Artist - 3rd International Watercolor Biennale Vietnam, April 2019
- "Feathered Friend" watercolour painting selected in Finalists to exhibit in IWS - 1st International Watercolour Biennale Malaysia, Dec 2018
- "Red Tomato" watercolour painting selected from all around the world: only UAE Finalist-IWS (International Watercolor Society), India Biennial, Dec 2017
- "Meal" watercolour painting selected for the Silk Road International Art Exhibition 2017 in Xi'an, China
- Special Mention Award from Siddhartha Foundation, Kerala (2019)
- The Leonore Annenberg Prize for Art & Social Change Award - Creative Time Summit - 2016
- Gold Medal by Meera Kala Award, M.P, India - 2013

## Some Q&A with Jesno Jackson:

**Q. How do you define "artivism," and how does it manifest in your work and advocacy?**

**Jesno Jackson:** "As an artist deeply immersed in the world of "artivism," I define it as the potent fusion of art and activism, where creativity becomes a driving force for social change and advocacy. Through my vibrant artwork, I delve into themes like women's empowerment, environmental conservation, cultural diversity, and social justice, aiming to ignite dialogue and inspire action. Leveraging my platform as an artist, curator, and entrepreneur, I strive to amplify voices, promote inclusivity, and address pressing societal issues. Whether through organizing exhibitions, participating in environmental initiatives, or advocating for women's rights, I use my influence to drive meaningful impact. My holistic approach underscores that creativity and activism are complementary, empowering individuals to wield art as a tool for positive change, and ultimately, fostering a more inclusive, equitable, and sustainable world."

**Q. Can you share a memorable moment where your art has sparked dialogue or change within a community or society?**

**Jesno Jackson:** "Certainly! One particularly memorable moment where my art sparked dialogue and change within the community was during an event titled "Celebrating Her - Art for Breast Cancer Awareness." As a cancer survivor myself and an artist, I spearheaded this initiative to raise awareness about breast cancer and celebrate the strength and resilience of survivors. This art event conveyed messages of hope, courage, and empowerment."

During the event, attendees were invited to engage in panel discussions about breast cancer awareness, prevention, and support for survivors. Survivors shared their personal stories of resilience, while healthcare professionals provided valuable information about early detection and treatment options. Overall, "Celebrating Her - Art for Breast Cancer Awareness" was a powerful testament to the transformative power of art in sparking dialogue, fostering community engagement, and driving positive change. It not only raised awareness about breast cancer but also provided a platform for survivors to share their stories, find support, and inspire hope for a brighter future in PINK."

**Q. In what ways do you utilize unconventional mediums or techniques to convey your artistic message, and what impact do you hope these innovations have on the viewer?**

**Jesno Jackson:** "One of my innovative approaches involves coffee art, where I repurpose coffee as a sustainable medium. By using coffee grounds and coffee as pigments, I not only explore environmental sustainability but also create unique textures and earthy tones in my artwork. In addition to coffee art,

I incorporate a variety of mediums such as acrylic, oil, mixed media, and watercolour into my practice. Each medium offers distinct qualities and allows me to experiment with texture, colour, and form in different ways. Whether it's the vibrant hues of acrylics, the fluidity of watercolours, or the richness of oils, my diverse use of mediums adds depth and dimension to my artistic expression. By embracing unconventional mediums and techniques, I seek to challenge traditional notions of art and inspire viewers to see beauty in unexpected places. Through my innovative approach, I hope to spark curiosity, evoke emotion, and provoke thought in my audience. Ultimately, I aim to create a lasting impact on viewers, encouraging them to appreciate the beauty of sustainability, experimentation, and creativity in art."



# INSPIRING WOMAN ADVOCATE WITH SOCIAL EXPERT

# DEBJANI GHOSH

## “THE INSPIRATIONAL JOURNEY OF DEBJANI GHOSH AND ALOK FOUNDATION”

*In a world often clouded by challenges and disparities, there shines a beacon of hope and resilience in the form of Debjani Ghosh and her philanthropic endeavour, the Alok Foundation. With a multifaceted career spanning advocacy, mediation, and community service, Debjani Ghosh epitomizes the essence of empowerment and compassion. As a distinguished advocate and partner at M/s. Victor Moses & Co. Solicitors & Advocates, with affiliations to prestigious legal bodies including the Calcutta High Court and the Supreme Court Bar Association, Ghosh's legal acumen is widely acknowledged. However, her impact extends far beyond courtrooms and legal chambers. Through the Alok Foundation, Debjani Ghosh channels her passion for social justice into tangible actions,*

*uplifting marginalized communities across diverse spectra. From providing support to acid attack survivors and autistic children to empowering transgender individuals and thalassemia patients, the foundation's initiatives touch countless lives, embodying the spirit of inclusivity and compassion. In this exclusive feature, delve into the remarkable journey of Debjani Ghosh and the transformative work of the Alok Foundation. Explore how Ghosh's unwavering commitment to social welfare, coupled with her legal expertise, is reshaping destinies and fostering a more equitable society. Join us as we celebrate the extraordinary efforts of a woman who truly embodies the ethos of empowerment and altruism.*



### Awards and achievements

- First Class Degree in Law from a five-year academic course.
- Awarded Grade A+ in Family Counseling Training Course by Legal Aid Services, West Bengal (1997).
- Participated and assisted in the 7th Lok Adalat organized by Legal Aid Services, West Bengal.
- Attended workshop on Lok Adalat - a scheme of alternative dispute resolution by Legal Aid Services, West Bengal.
- Honorary Doctorate in Law from the United Nations University, San Francisco.
- Recognized as Inspiring Independent Lawyer of the Year 2024 in Corporate/Commercial, Family, and Real Estate at LEXTALK World Conference, New Delhi, with a 91% aggregate score.
- Received International Women Gloria Award 2024 for outstanding advocacy from TIF, USA.
- Awarded Women Changemaker of the Year by Mantras Foundation.
- Recognized as International Women Icon 2024 by MTV India.
- Received the Diamonds of India Award for social work and legal advisory.



- Certificate of Recognition as Women Changemaker of the Year from Club Empire Events.
- Certificate of Excellence as Indian Icon of the Year 2024 for social activism and legal advisory.
- Partner in three renowned legal firms: Victor Moses & Co., Sarat Chandra Ghosh and Co., and Victor Moses & Associates.
- Operates a free legal aid clinic at Rotary Sadan, assisting those in need.
- Advocacy for marginalized groups including acid survivors, jail inmates, and transgenders, advocating for their rights and providing pro bono legal assistance.

## Some Q&A with Debjani Ghosh:

**Q. What inspired you to pursue a career in law, and how do you balance your professional responsibilities with your extensive involvement in social and charitable organizations?**

**Debjani Ghosh:** "I'm the 7th generation lawyer, immersed in legal discussions from childhood. Inspired by my father, I pursued law and established the Alok Foundation, named after my parents. Their philanthropy instilled in me a deep sense of social responsibility. As an advocate, I aim to address societal inequalities, supporting acid survivors, transgenders, and marginalized groups. I believe in the power of legal awareness to empower future generations. Balancing professional duties and social service is challenging but achievable with dedication and discipline."

**Q. As a prominent advocate for women's empowerment, what steps do you believe are necessary to address gender disparities in the legal profession and beyond?**

**Debjani Ghosh:** I advocate human empowerment over gender-based empowerment. While women were empowered in the Vedic ages, they lost ground over time, regaining it with support but often misusing it. Existing laws could curb gender disparities if enforced. Transgenders lack marriage and adoption rights, needing more inclusive legislation. Stringent measures are needed for marginalized women like acid survivors. Men also require protection against misuse of female protection laws to combat lingering gender disparity. Our constitution emphasizes general rights for all citizens, not specific genders. Legal authorities must pass laws to bridge gender gaps and raise awareness. Inclusion of all genders, especially transgenders, into mainstream society with



full legal rights is imperative for societal equity."

**Q. In an era marked by rapid digital transformation and changing workplace dynamics, how do you envision the future of talent acquisition and management, particularly within the media**

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INSPIRING  
BUSINESS WOMAN

# PALAK SHUKLA

## "PALAK SHUKLA: EMPOWERING INVESTORS AND REDEFINING STOCK MARKET SUCCESS"

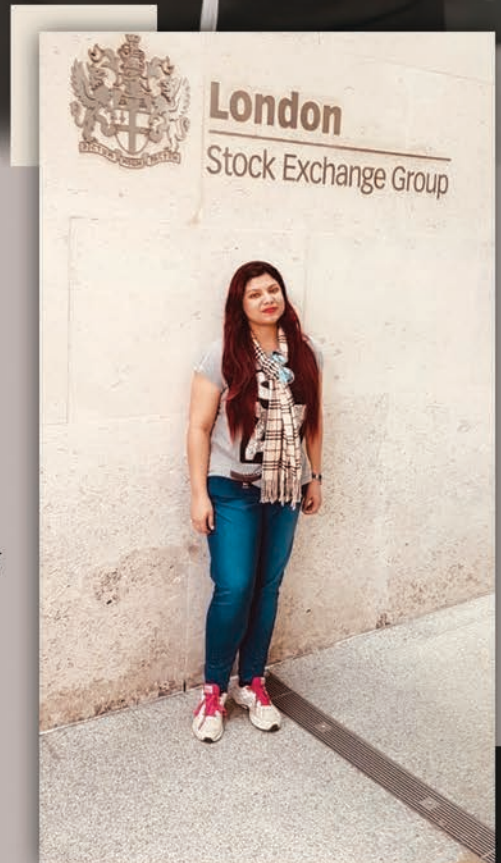


*Palak Shukla is a formidable force in the world of finance, renowned for her astute insights and expertise in the stock market. Armed with a Bachelor's degree in Commerce and an MBA in Finance, she embarked on her journey in 2015 with a vision to demystify the complexities of trading and investing for the masses. Palak's commitment to empowering individuals in the financial realm led her to pursue a certification course from the prestigious National Stock Exchange of India (NSE).*

*As the founder of Equity Guruji, Palak has carved a niche for herself in the realm of intraday trading and stock trading strategies. Her firm's forte lies in providing comprehensive guidance on navigating the markets with safety and security. Palak's dedication*

*extends beyond her company's walls; she actively engages with her audience through her social media presence. Through her platform, "Finance Giri Ki Jhalak with Palak," she shares daily trading tips and insights from market sessions, enriching her followers with valuable knowledge to make informed decisions.*

*Palak Shukla's passion for finance coupled with her unwavering commitment to educating and empowering others has cemented her status as a leading figure in the finance industry. She continues to inspire and guide countless individuals on their financial journeys, leaving an indelible mark on the world of trading and investing.*



# AWARDS AND ACHIEVEMENTS



- Invited as a guest stock market advisor on news channels.
  - Won a National Award on Women's Day in 2018.
- Won ACEF CNN award for the most innovative investor educating program in 2019.
- Hosted the first-ever radio show in India educating about the stock market, titled "Market Ka Tadka with Palak."
- Exclusive interview by News India channel on market scenarios.
- Member of women's forums such as FICCI, CII and Ear to Hear, and conducted seminars on financial management for women.
- Articles published in India Today, Daily Hunt, IBT, News Track, CNBC TV India, and Patrika India.
- Awarded as Social Media Professional of the Year 2019 in Singapore.
  - Member panel on various stock market-related topics on news platforms.



## SOME Q&A WITH PALAK SHUKLA:

**Q. What inspired you to venture into the world of business, and what keeps you motivated to continue on this path?**

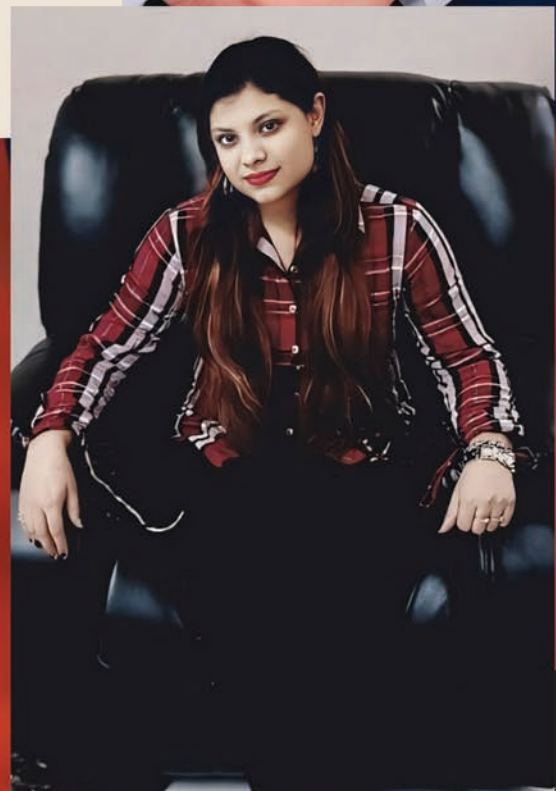
**Palak Shukla:** "It's about making your path in this line and helping others to also grow, with your approach towards life and innovative ideas. Also, the urge to do something different in your field inspires me to venture into this field, along with breaking the myth of women establishing themselves in the corporate world, especially in the field of the stock market. And last but not least, my passion."

**Q. Could you share a significant challenge you faced as a businesswoman and how you overcame it?**

**Palak Shukla:** "One significant challenge I faced as a businesswoman was navigating the unpredictable nature of the market. To overcome this, I adopted an innovative approach, constantly devising new strategies to stay ahead. Practical experience, coupled with ongoing study and research, proved invaluable. Patience was key, allowing me to weather fluctuations and adapt to changing conditions. Maintaining a constant urge to learn and evolve was crucial in surmounting obstacles. Ultimately, it was this combination of resilience, adaptability, and a thirst for knowledge that enabled me to overcome challenges and thrive in the dynamic world of finance."

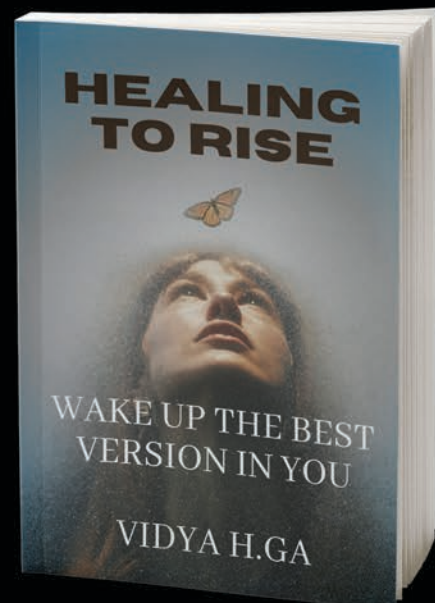
**Q. Your Facebook page "Financegiri ki jhalak with Palak" seems to have gained traction. Can you tell us more about your vision behind it and how it aligns with your business endeavours?**

**Palak Shukla:** "The main agenda behind the page was during the COVID-19 pandemic when people were losing their jobs and sources of income. With many at home and seeking alternative ways to earn, the stock market emerged as a viable option. I initiated the page to assist individuals by providing online guidance, live sessions, and trading tips based on my expertise. The overwhelming response affirmed its significance, and it has now become an integral part of both their and my daily life."



# INSPIRING WOMAN AUTHOR VIDYARANI HANJABAM

"RESILIENCE IN THE WRITE:  
THE JOURNEY OF  
VIDYARANI HANJABAM  
FROM TEACHING TO  
AUTHORSHIP"



In the vibrant city of Imphal, nestled in the northeastern state of Manipur, resides a woman whose life's journey embodies the resilience of the human spirit and the transformative power of storytelling. Meet Vidyarani Hanjabam, a science graduate from Bangalore University, who dedicated over a decade to shaping young minds as an educator in a private school. Despite her passion for teaching and her flair for dramatic expression through playwriting, Vidyarani's life took an unexpected turn when familial responsibilities demanded her attention, leading her to put aside her career aspirations to care for her children and elderly in-laws. However, amidst the challenges and adversities that knocked her down, Vidyarani's indomitable spirit and unwavering determination propelled her forward. Harnessing the healing power of words, she embarked on a journey of self-discovery and resilience, culminating in the creation of her second book, a poignant memoir that resonates deeply with readers.

Through her writing, Vidyarani seeks to inspire others who may be facing their own trials, offering them a beacon of hope and the reassurance that even in life's darkest moments, there is always light at the end of the tunnel. Join us as we delve into the inspiring narrative of Vidyarani Hanjabam, a woman whose resilience and courage inspire us all.

### Awards and Achievements

- 1. Bestseller-tagged book on Amazon:** 'Healing to Rise' - non-fiction self-transformation and healing journey.
- 2. India Author Academy Author Award:** Received for 'Missing' - a collection of short stories.
- 3. Upcoming publication:** Co-authored book on quotes with aspiring authors.
- 4. Release of the first audiobook:** Based on 'Healing to Rise', is scheduled for April.
- 5. India Author Academy Voice Award:** To be received alongside the audiobook release.

# Some Q&A with Vidyarani Hanjabam

**Q. How do you navigate the evolving landscape of publishing, especially with the increasing influence of digital platforms, in promoting your books?**

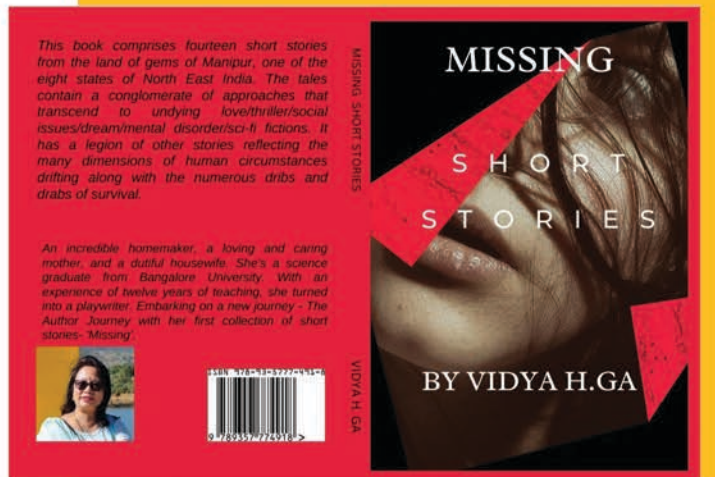
**Vidyarani Hanjabam:** "Digital platforms are a boon to many aspiring authors, especially with the self-publishing and marketing facilities they offer. Publishing can be done without much capital, and ebooks can be produced at no cost, provided one is well-equipped with the knowledge of publishing. I have acquired knowledge from my mentor, Sweta Samota. While things may seem easy, in reality, hard work and discipline are essential. Publishing and marketing can be conducted from our rooms, which is the advantage of digital platforms. Even coaching is conducted digitally, making it easily accessible."

**Q. Can you share insights into your creative process as an author, particularly in capturing the essence of Manipuri culture and heritage in your writings?**

**Vidyarani Hanjabam:** "I haven't written about the essence of Manipuri culture and heritage because I want to capture it in my next book, the third one. As you have asked, I would like to proceed in this manner, although this may be subject to editing later. The pulchritude of the maiden behind the easel is angelic. Her raven-black hair cascades down her curvaceous body, and her tender hand, wielding the brush, adds fine finishing strokes to the canvas, reflecting the picturesque landscape of Loktak Lake. She meticulously captures the lush greenery surrounding the lake and the layers of hills. The floating island, rich in vegetation, soil, and organic matter, with the woman wearing the wrapper and cloth tied on her head, rolling up the rope of her fishing net, resembles a haven for nature-loving tourists."

**Q. With the rise of self-publishing and independent authors, what advice would you give to aspiring writers, especially those from underrepresented regions, aiming to make their mark in the literary world?**

**Vidyarani Hanjabam:** "Self-publishing gives rise to an increasing number of books and independent authors; however, in some underrepresented regions, the art of creative writing is still a lesser-known field. For instance, I am from the Northeastern state of Manipur, where creative writing is not taught in schools, and talent remains hidden. This often leads to a lack of acknowledgement of talent or late acknowledgement in life. Nowadays, in the advanced education system, students are assigned to write and publish their books, allowing them to feel the spirit and essence of being an author. This marks the real beginning. Therefore, it is necessary to include creative writing as part of assignments or project work in such regions. Those who have a passion for writing will find their way."





## Inspiring Woman HR Expert

# MANEESHA PRADHAN

## Bridging Minds Through Psychology and Artistry in HR

*In the dynamic realm of Human Resources, where proficiency in understanding both the human psyche and the nuances of various industries is paramount, Maneesha Pradhan emerges as a multifaceted professional whose journey intertwines the worlds of psychology, filmmaking, and corporate acumen. With a Masters in Clinical Psychology and a Diploma in Film & TV Direction, Maneesha's profile radiates a unique blend of expertise that sets her apart amidst her peers.*

*With over two decades of experience in the HR domain, Maneesha's trajectory began auspiciously as a campus recruit with one of India's most esteemed and ethically-driven brands, the TATA Group. This foundational experience laid the groundwork for her expansive career, where she navigated through diverse sectors including Manufacturing, IT/ITES, Service Providers.*

*Maneesha's journey embodies a fusion of analytical rigor, creative vision, and a deep understanding of human behavior, making her a pivotal figure in bridging the gap between talent management and industry demands. Her diverse skill set enables her to navigate the intricate challenges of HR with finesse, leveraging insights from psychology and artistic expression to cultivate thriving workplace environments.*

*As a visionary leader, Maneesha Pradhan continues to redefine the contours of HR, weaving together the threads of psychology and creativity to sculpt a future where talent is nurtured, and organizations flourish. Through her remarkable career trajectory and innovative approaches, Maneesha exemplifies the transformative power of integrating diverse disciplines in the pursuit of organizational excellence and human empowerment.*

### **Awards & Achievements**

- Progressed steadily in the HR field from Executive level to Head HR, showcasing consistent growth and leadership.
- Attained the esteemed position of Head of HR, marking a significant achievement in the career trajectory.
- Qualified in the field of passion, Film making, with practical experience in creating short films.
- Received recognition for impactful work, including winning the Runners-up award for an Organ-Donation awareness campaign film, underscoring dedication to social causes and creative excellence.



# Some Q&A with Maneesha Pradhan:



**Q. With your extensive experience spanning both HR leadership and creative direction in the media industry, how do you see the evolving role of HR professionals in fostering innovation and creativity within organizations today?**

**Maneesha Pradhan:** “HR professionals play a pivotal role in fostering innovation within the workplace by creating a culture that supports creativity, identifying and nurturing talent, implementing effective talent management strategies, and promoting collaboration and change. HR can become a catalyst for innovation. To foster a culture of creativity, leaders should lead by example, encourage diverse teams, provide training and development, reward and recognize innovation, and promote cross-functional collaboration. My experience in HR and also on the business vertical side enables me to suggest implementable solutions since my understanding of the issues of the employees is better.”

**Q. Your profile showcases a unique blend of expertise in HR management and creative storytelling. How do you balance these seemingly divergent skill sets, and what advantages do you believe this dual proficiency brings to your work in both HR and creative direction?**

**Maneesha Pradhan:** “HR is always considered as a structured & disciplined function, logical in its approach & decisions, whereas creativity is unique to every employee. Having known the advantages & enhancements that HR can bring in and the nuances that arise on the creative side due to the nature of skill, I am in a position to relate limitations of HR as a function to cater to the vast imaginative capacity of the creative side since creative is defined by skill sets with no boundaries making it more complicated to address. My knowledge and experience on creative storytelling helps the employees to engage in a meaningful conversation with me of their interest

and in turn helps me to understand their challenges at the workplace, if any, and suggest a different approach to issues and arrive at a win-win situation.”

**Q. In an era marked by rapid digital transformation and changing workplace dynamics, how do you envision the future of talent acquisition and management, particularly within the media and entertainment sector, and what strategies do you employ to stay ahead of these evolving trends?**

**Maneesha Pradhan:** “The M & E industry is undergoing a rapid and dynamic change from the business perspective with AI techniques coming in. Ability to recognize the need for a technology solution will be a significant business advantage. As HR leaders, we have to evaluate what functions can be automated and still provide desired levels of service. With increasing technologically advanced options, human resources professionals will be tasked to figure out when processes should be automated, versus when a human face or voice is the best route.

**Continuous Talent Development:**

Focusing on constant improvement and change, keeping employees updated with industry developments, and emphasizing value addition and progression. In-house programs ensure efficient talent hiring, training, and deployment, crucial in our talent-scarce industry.

**Mentoring Programs:**

Prioritizing management and leadership training for effective conveyance of expectations. Developing line managers is a top priority.

**Opportunities:**

Offering chances to work on larger, complex projects for skill

development. International assignments and reciprocal reward & recognition enhance retention. **“If you can’t measure it, you cannot achieve it.”** HR teams should develop systems and structures that can help organizations understand their workforce and optimize talent-related processes. The most important metric in business is the ROI.”





# DR. NEHA GUPTA

INTERNATIONAL INSPIRING  
SOCIAL ACTIVIST & GLAM ICON-2024



COVER STORY

# "TRAILBLAZING EXCELLENCE: THE INSPIRATIONAL JOURNEY OF NEHA GUPTA IN EDUCATION & JUDICIARY"

*In the intricate tapestry of modern society, few individuals stand out as brightly as Neha Gupta, a luminary whose name resonates with excellence in both the corridors of education and the halls of justice. With a career spanning over 15 years, Neha's journey is a testament to her unwavering commitment to making a difference in the lives of others.*

*Born into a lineage steeped in legal tradition, Neha's upbringing instilled in her the values of integrity, service, and dedication to justice from an early age. Her father, an impassioned advocate, and her grandfather, a revered freedom fighter, served as pillars of inspiration, shaping her worldview and guiding her path towards a career in law.*

*However, Neha's story is one of versatility and breadth of expertise. Armed with four master's degrees across diverse fields including Economics, English literature, Law, and Education, she embodies the essence of interdisciplinary excellence. Her journey seamlessly transitions from molding young minds in prestigious educational boards to adjudicating complex legal matters, demonstrating her holistic approach to problem-solving and decision-making.*

*Yet, Neha's impact extends far beyond the courtroom and classroom. As a dedicated social activist, she spearheads initiatives aimed at uplifting the underprivileged and marginalized sections of society. Through organizations like the Urja Foundation, she orchestrates a symphony of change, from organizing blood donation camps to advocating for water conservation and providing support to victims of domestic violence.*

*What sets Neha apart is not just her professional achievements, but her resilience in the face of adversity. Despite personal challenges, she remains steadfast in her pursuit of justice and equality, serving as an inspiration to all who encounter her.*

*In a world often characterized by division and discord, Neha Gupta stands as a beacon of hope and excellence, bridging education and justice with grace, compassion, and unwavering dedication. Her story reminds us that true greatness lies not only in individual accomplishments but in the positive impact we create in the lives of others.*



**GOLDEN BOOK OF THE EARTH**

**THE MOST INSPIRING PEOPLE ON EARTH  
Awards & Summit 2020**

*In the Golden Book of the Earth titled "101 Great Personalities Who Have Inspired The World"*

*You are rich in versatility, and known as an ideal example for the youth! It's an immense pleasure to inform you that you have succeeded in making your place in the list of 101 important persons of the world. Our forthcoming global book, "The Golden Book on Earth" is a bold step in showing your amazing power to the world even in the times of economic crisis this world is facing right now. Wishing you a bright future ahead...*

**Congratulations**

**NEHA GUPTA**  
National Human Rights  
Social Justice Council State Chairperson  
President Of National Child  
Women Development Council  
Teacher, Social Activists, Counsellor

Virtual Award & Summit  
18th Oct. 2020  
Nomination open  
+91-7291813661

100th Prudence Oshroff, CEO of Prudent Press, a Writing and Publishing Co.

# Awards & Achievements

- United Nations Volunteers Roster No: 2135237
  - Honorary Doctorate in Peace
  - Biopic of the Year
- Inspiration in Action Award (World Association Humanitarian of Doctors)
  - The Most Inspiring People on Earth Award (2020)
    - International Social Health Care Hero Award
    - Global Citizen Peace Federation Teaching Award
  - Savitri Bai Jyoti Rao Fule Rashtriya Shiksha Samman
    - Dr. APJ Abdul Kalam International Award
    - Global Face of the Year Award

Neha Gupta's remarkable contributions have garnered numerous prestigious awards and accolades, recognizing her tireless efforts in humanitarian endeavours, education, and peace-building initiatives. Among her notable recognitions are her United Nations Volunteers status, an Honorary Doctorate in Peace, and the title of Biopic of the Year. She has also been honoured with the Inspiration in Action Award by the World Association Humanitarian of Doctors, alongside The Most Inspiring People on Earth Award in 2020. Her commitment to social welfare and healthcare has earned her the International Social Health Care Hero Award. At the same time, her dedication to fostering global peace through education has been acknowledged with the Global Citizen Peace Federation Teaching Award. Furthermore, she has received the esteemed Savitri Bai Jyoti Rao Fule Rashtriya Shiksha Samman and the Dr APJ Abdul Kalam International Award, solidifying her status as a beacon of inspiration and a force for positive change on both national and international platforms.

**Let's embark on a compelling exploration of Dr. Neha Gupta's commendable journey through an engaging Q&A session with her:**

**Q. What inspired you to become a member of the Permanent Lok Adalat and how has this role impacted your perspective on social justice?**

**Dr. Neha Gupta:** "My journey into the Permanent Lok Adalat was spurred by a combination of personal struggles and a deep-seated desire to contribute meaningfully to the pursuit of justice. Amidst the turmoil of my own marital difficulties, I found myself immersed in the intricacies of legal proceedings, gaining firsthand insight into the challenges faced by individuals, particularly women, within the legal system.

Opting for a career in the judiciary over other prestigious paths such as IPS or IAS, I was drawn to the inherent fairness and independence of the judicial process. Unlike governmental bureaucracies where influence often holds sway, the judiciary offered a sanctuary of impartiality where decisions are made solely on the basis of law and equity.

My role within the Lok Adalat has provided me with a platform to directly impact the lives of those seeking resolution. The satisfaction derived from facilitating fair settlements and witnessing the alleviation of grievances underscores the importance of our judicial system in ensuring social justice.

Each day in the Lok Adalat reaffirms my belief in the fundamental principles of fairness and equality that underpin our legal framework. Through our collective efforts, we strive to uphold these ideals and provide a beacon of hope for those in need of justice."

**Q. Can you share a memorable experience from your work as a counsellor, particularly in helping single women facing domestic violence, and how it has shaped your advocacy for women's rights?**

**Dr. Neha Gupta:** "One of the most memorable cases I encountered was that of a young girl, just 8 years old, who had faced abuse from her uncle. As they say, children often echo what they have been

taught, and in this case, the little girl had been instructed about the specifics of a property dispute. When I took her testimony, she hesitated to mention her uncle's name both when asked who sits her in their lap and who inappropriately touches her.

It was a poignant moment, realizing that she had been coached to hide the truth. Handling this case sensitively and ensuring justice for the innocent child was deeply rewarding. It reinforced my commitment to advocating for those who have suffered injustice, particularly women and children facing issues like molestation and domestic violence. My efforts in empowering and supporting these women often result in heartfelt gestures of gratitude. Many of them express their thanks through handmade gifts and words of appreciation, acknowledging the impact of my intervention in safeguarding their homes and lives. These experiences serve as reminders of the importance of our work in the pursuit of justice and the profound impact it can have on the lives of those in need."



**Q. As a teacher with over a decade of experience, how do you integrate motivational techniques into your teaching to inspire and engage students, especially during challenging times like the COVID-19 pandemic?**

**Dr. Neha Gupta:** “ Amidst the financial pandemic, we continued our online classes, and I learned about it while browsing the internet. Since I’m associated with Sanju, there’s also a hostel. Being a UN volunteer, I often engage in conversations with people from different parts of India, sharing insights about our culture and discussing current events. It was crucial to maintain a positive attitude and provide encouragement. We discussed various activities like street plays and dramas happening in our area and what needs to be done. Observing how people from diverse backgrounds are experiencing life during the pandemic helped me realize the importance of empathy and support.

Engaging in conversations with individuals, I often come across feelings of loneliness and isolation. Encouraging them and letting them know they are not alone can make a significant difference. Through sharing stories and experiences, we uplift each other and spread positivity in challenging times. These interactions also remind me of the resilience and strength present within our communities, despite facing immense hardships. It’s essential to create avenues for communication and support, fostering a sense of belonging and connection, especially during difficult times like these.”

**Q. Your initiatives with the Urja Foundation have made significant contributions to various social causes. Could you highlight one project that you are particularly proud of and its impact on the community?**

**Dr. Neha Gupta:** “ I established the Energy Foundation. After that, I founded two to three more NGOs, and Energy Foundation was named so because of its focus on energy. I felt a strong calling within me to divorce from conventional norms. With a significant number of women around, I decided to create an NGO dedicated to their empowerment. The name had to resonate with energy, symbolizing the vigor and dynamism we aimed to bring forth. Our primary objective was to secure government projects, and failing that, to undertake initiatives that would attract public support. Consequently, I invested myself fully in the Energy Foundation, putting in around 34 hours of work weekly. Our efforts bore fruit as we engaged in extensive plantation drives across cemeteries, cremation grounds, temples, mosques, and gurudwaras. We also ventured into the education sector, disrupting the conventional approach with innovative methods. One significant milestone was when we collaborated with government officials to provide free plants, which they generously facilitated. With a sense of responsibility, we employed numerous individuals, expanding our impact and outreach. People were drawn to our cause, willingly participating in our free-of-cost plantation drives and contributing donations. We addressed critical issues like water scarcity by installing innovative water management systems. Through collaborative efforts and community engagement, the Energy Foundation emerged as a beacon of positive change, serving as a catalyst for social and environmental transformation.”

**Q. Being recognized with prestigious awards like the Dr. APJ Abdul Kalam International Award and The Indian Book of World Records is remarkable. How do you stay motivated and continue to innovate in your efforts towards social welfare despite facing obstacles along the way?**

**Dr. Neha Gupta:** “ Receiving awards like the APJ Abdul Kalam Award, Savitribai Phule Award, and the title of Most Inspiring Woman on Earth alongside icons like Anna Hazare and Sonu Sood has been immensely gratifying for me. These accolades, coupled with the publication of my biography in a prominent magazine, mark significant milestones in my journey. Yet, I’m driven by the belief that in life, one must never tire, for there is always more to accomplish. As a proud mother, an Indian, and a woman, I find immense pride in the roles I fulfill. Despite societal misconceptions, I firmly assert that a woman’s life holds great significance. The ability to nurture and bring forth life is unparalleled, a testament to the incredible power bestowed upon women by the divine. While strides have been made towards gender equality, certain aspects, like childbirth and maternal care, remain uniquely feminine domains. I embrace my femininity wholeheartedly and aspire to empower women across all spheres of life. My journey is far from over; my sights are set on the Prime Minister’s Award, and I’m determined to make my mark through impactful initiatives. From providing essential PPE kits during the pandemic to featuring in prominent news channels, I remain committed to making a difference. With unwavering resolve and boundless enthusiasm, I eagerly anticipate the challenges and opportunities that lie ahead.”

## Inspiring Woman Chef

# Manisha Goud

*From Home Baker to Master Pastry Chef:  
The Journey of Manisha Goud*

*In the realm of baking, there exists a profound alchemy where passion meets skill, transforming simple ingredients into culinary delights that tantalize the senses. For Manisha Goud, this journey began not in the confines of a professional kitchen, but within the warm embrace of her own home. What started as a humble endeavor, fueled by a love for creating sweet treats, blossomed into a remarkable odyssey of self-discovery and mastery.*

*Manisha's path to becoming a master pastry chef was not conventional. Without any formal training, she embarked on her baking journey armed with little more than enthusiasm and a desire to learn. Yet, her dedication knew no bounds. Through countless hours of experimentation, supplemented by courses and rigorous study, she honed her craft, transforming her kitchen into a laboratory of culinary innovation.*

*With each diploma and master's degree earned, Manisha fused her newfound knowledge with her innate talent, crafting confections that not only delighted the palate but also captured the hearts of her customers. Their resounding praise served as both validation and motivation, propelling her to push the boundaries of her artistry further.*

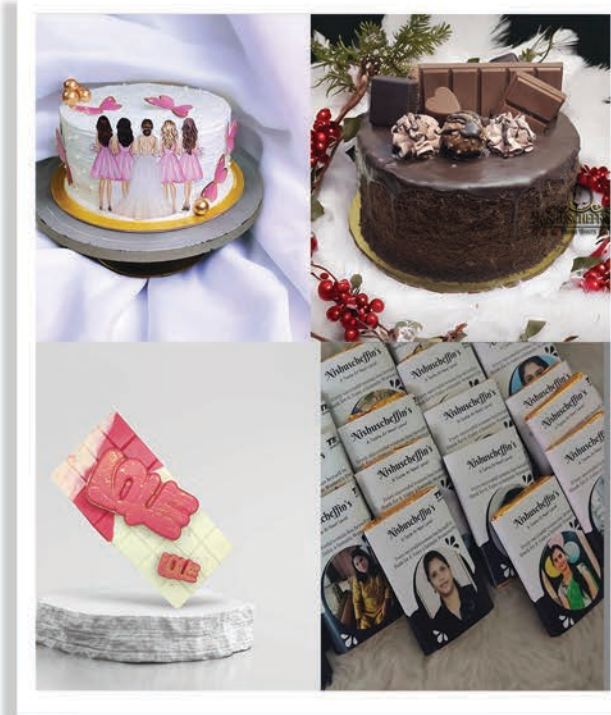
*Today, as Manisha stands at the pinnacle of her profession, she reflects on her journey with pride and gratitude. Her story serves as a testament to the transformative power of passion and perseverance, inspiring aspiring bakers everywhere to dare to dream and reach for the stars.*

### Awards and Achievements

- Received numerous prizes, notably the prestigious Bharat Vibhushan Award.
- Honored with the 2024 Youngest Entrepreneur Award for outstanding achievements in entrepreneurship.
- Garnered client appreciation as the most cherished prize, reflecting positively on the quality of food and service provided.



# Some Q&A with Manisha Goud:



## **Q. What inspired your culinary journey at Nishuscheffins?**

**Manisha Goud:** “My culinary journey at Nishuscheffins was inspired by the unwavering belief instilled in me by my mother. Her words, affirming that I had the potential to become the finest chef, echoed in my mind. Though she wished to send me to hotel management, circumstances led me on a different path. Years later, fueled by her encouragement and my own determination, I embarked on a quest for knowledge, enrolling in diploma and master’s programs in food, her favorite domain. Age became irrelevant as I pursued my education and dreams relentlessly. Alongside me stood Abhi, the love of my life, whose unwavering support and encouragement propelled me forward, ensuring I completed each course with zeal and dedication.”

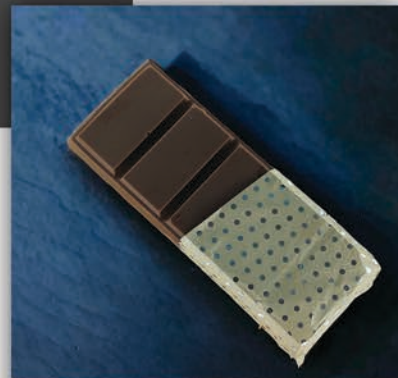
## **Q. How do you navigate challenges as a female chef and business owner?**

**Manisha Goud:** “As a female chef and business owner, navigating challenges requires resilience and a strong support system. My journey is anchored by the unwavering support of my mother, sisters, and the love of my life. They serve as pillars of strength, empowering me to push forward despite obstacles. Each challenge becomes an opportunity for growth, fueled by their encouragement and belief in my abilities. I embrace each hurdle with determination, drawing upon their support to chart a course towards achieving my goals. With their unwavering presence by my side, I navigate the complexities of the culinary world and entrepreneurship with confidence, knowing that together, we can overcome any obstacle that comes our way.”

## **Q. How do you stay innovative in the ever-changing food industry at Nishuscheffins?**

**Manisha Goud:** “At Nishuscheffins, staying innovative in the dynamic food industry is integral to our ethos. We prioritize continuous learning and experimentation, constantly seeking new flavors, techniques, and ingredients to elevate our offerings. Embracing the principles of sustainability and health, we harness the power of organic ingredients, ensuring that each dish not only delights the palate but also nourishes the body. Our innovation extends beyond the kitchen, as we remain vigilant of emerging trends and consumer preferences, adapting our menu and practices accordingly. Collaboration

with local farmers, artisans, and food experts further enriches our creative process, fostering a culture of exploration and excellence. By remaining agile and open-minded, we strive to set new standards of culinary innovation and sustainability in the ever-changing food landscape.”



# INSPIRING BUSINESS TECH EXPERT SAMPADA SANDEEP GHAG

"DRIVING CHANGE: THE INSPIRING JOURNEY OF  
SAMPADA SANDEEP GHAG IN THE AUTOMOTIVE  
INDUSTRY"

Meet Sampada Sandeep Ghag, a trailblazer in the male-dominated world of automotive mechanics and training. With a career spanning over two decades, Sampada's journey is one of determination, resilience, and breaking barriers. Her foray into the automotive industry began in 1998 when she started as a motor car mechanic. Rising through the ranks, she eventually established her own garage, showcasing her expertise and entrepreneurial spirit. But Sampada didn't stop there; in 2009, she transitioned into a multifaceted role as an automobile trainer, assessor, and defensive driving instructor. Notably, Sampada shattered stereotypes by becoming the first woman to enroll in the Diesel Mechanic course at ITI Mumbai, demonstrating her passion for learning and willingness to challenge societal norms. Her pioneering spirit continued as she became the first female technical worker at Maruti dealer Spectra Motors in Malad, Mumbai.

Today, Sampada's influence extends across the nation as she serves as an automobile assessor for both service and driving fields, with assessments taking her to prestigious institutions such as the Army and Navy departments. Her story is a testament to the power of perseverance and passion, inspiring women everywhere to pursue their dreams in traditionally male-dominated industries.



## Achievements and Awards:

- **Jijamata Pratishtha Award:**  
Recognized as the first lady technician to run her own garage.
- **Sakhi Sarthi Sanman Sohala 2024 Award:**  
Honored for outstanding contributions to the automotive industry.
- **कर्तृत्वान महिला सन्मान 2023:**  
Acknowledged for her leadership and pioneering role as a woman in a traditionally male-dominated field.





## Some Q&A with Sampada Sandeep Ghag:

**Q. What inspired you to break gender stereotypes and pursue a career in automotive training and assessment?**

**Sampada Sandeep Ghag:** “ My mother's unwavering support and determination in overcoming societal expectations were my guiding lights. Witnessing her resilience in breaking through gender barriers ignited a fire within me to challenge stereotypes. She taught me the value of pursuing passions regardless of traditional norms. While her path didn't lead to automotive training and assessment, her spirit of fearlessness and perseverance inspired me to carve my unconventional journey. Through her example, I learned that true fulfilment comes from following one's heart, even if it means venturing into male-dominated fields. Thus, her influence transcends the specifics of my career choice, resonating in every endeavour as a reminder to defy limitations and embrace authenticity. ”

**Q. How do you stay updated with the latest advancements in defensive and safety driving techniques, considering the rapid evolution of automotive technology?**

**Sampada Sandeep Ghag:** : “ To stay abreast of the latest advancements in defensive and safety driving techniques amidst the rapid evolution of automotive technology, I engage in continuous education and professional development. This involves attending specialized workshops, seminars, and conferences focused on road safety and defensive driving. Additionally, I actively participate in online forums, subscribe to industry publications, and follow reputable sources for updates on technological innovations and best practices. Collaborating with automotive manufacturers, safety organizations, and road safety experts also provides valuable insights into emerging technologies and strategies for enhancing driver safety. By consistently seeking knowledge



and staying connected to the broader community, I ensure that my skills and expertise remain current and effective in promoting safe driving practices in today's dynamic automotive landscape. ”

**Q. As a trailblazer in your field, what advice do you have for young women aspiring to enter traditionally male-dominated industries like automotive and technical trades?**

**Sampada Sandeep Ghag:** “ As a trailblazer in traditionally male-dominated industries like automotive and technical trades, my advice for young women aspiring to enter these fields is to believe in themselves

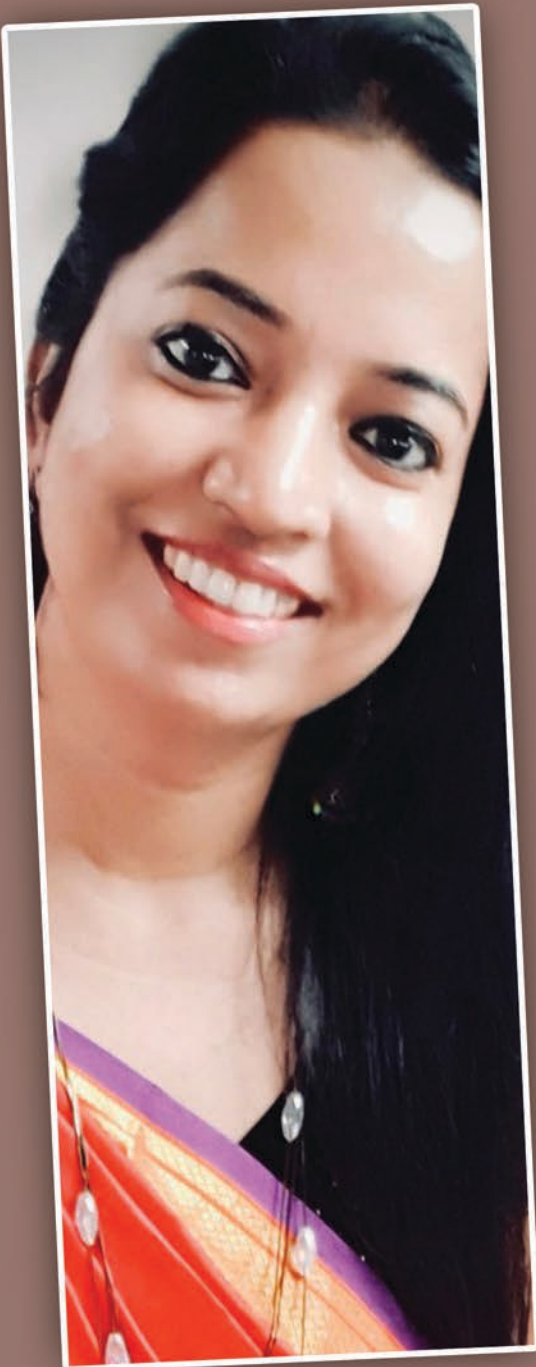
and their abilities relentlessly. Embrace your passion, be resilient in the face of challenges, and never let anyone else's perceptions define your potential. Seek out mentors and allies who can support and guide you along your journey. Educate yourself, continuously learn, and stay updated on industry trends and advancements. Remember that diversity brings strength, and your unique perspective and contributions can drive innovation and positive change. Don't be afraid to speak up, assert your worth, and pave the way for future generations of women in these fields. You have the power to break barriers and make a lasting impact. ”



# INSPIRING WOMAN HEALTH ENTREPRENEUR

# DR. ANJUM SHAIKH

“LEADING THE CHARGE: DR. ANJUM SHAIKH'S  
TRAILBLAZING JOURNEY IN WOMEN'S HEALTHCARE”



**Dr.** *Anjum Shaikh stands at the forefront of healthcare excellence, embodying a unique blend of expertise and innovation in entrepreneurship, government health programs and medical insurance. With a career spanning decades, she has emerged as a trailblazer in women's health and wellness, garnering widespread acclaim for her transformative contributions*

*As a revered healthcare professional and passionate advocate for women's rights, Dr. Shaikh has devoted herself to championing the cause of women's health. Her dedication to excellence shines through in her groundbreaking research, innovative approaches to women's healthcare, and tireless efforts to raise awareness and educate communities.*

*Beyond her medical credentials, Dr. Shaikh is a visionary leader, leading initiatives to make healthcare more accessible and equitable for women of all backgrounds. Her leadership roles in esteemed healthcare institutions and active participation in government initiatives underscore her ability to drive positive change on a systemic level.*

*At the core of Dr. Shaikh's work lies a deep empathy for women and a belief in the transformative power of healthcare. Her holistic approach encompasses physical well-being, as well as emotional and psychological support, ensuring that every woman receives personalized care tailored to her unique needs.*

*In a rapidly evolving era of technological advancement and ever-changing healthcare dynamics, Dr. Anjum Shaikh emerges as a guiding light, inspiring her fellow healthcare professionals to embrace excellence and empathy in their careers.*

## Awards and Achievements

- **“Inspiring Leader of the Year 2018” award:** Recognized at the 3rd Future Women Leader Summit by Transformance for outstanding leadership in healthcare.
- **“Covid Warrior” honour:** Acknowledged by the Maharashtra government for exemplary service during the COVID-19 pandemic.
- **These accolades reflect Dr. Shaikh's exceptional leadership, industry influence, and dedication to transforming healthcare for the better.**
- **Dr. Shaikh's journey of leadership continues at EveCare, where she spearheads innovation and inspiration in revolutionizing women's healthcare.**



# Some Q&A with Dr. Anjum Shaikh

**Q. What inspired your journey into women's healthcare with EveCare, and how do you envision its future impact globally?**

**Dr. Anjum Shaikh:** "EveCare's inception stems from a personal journey and a passion for addressing the unique healthcare needs of women. Witnessing firsthand the challenges women face in accessing tailored healthcare services ignited my drive to establish EveCare. By advocating for women's health rights and delivering quality care, we aspire to redefine the standard of women's healthcare worldwide. Our mission is to inspire positive change and create a healthier, more equitable future for women across the globe."

**Q. Can you share some key insights from your book "EmpowHER: Wellness, Hygiene, and YOU," and how it aims to challenge taboos surrounding female health?**

**Dr. Anjum Shaikh:** "EmpowHER: Wellness, Hygiene, and YOU" challenges societal taboos surrounding female health by providing key insights into crucial yet often overlooked aspects of women's well-being. The book addresses topics such as menstrual hygiene, reproductive health, sexual wellness, and mental well-being, aiming to empower women to take control of their health. By promoting open dialogue and practical guidance, "EmpowHER" seeks to destigmatize conversations around female health issues and encourage self-care and self-advocacy. Through its valuable insights and resources, the book empowers women to break free from misconceptions and seek knowledge and support for their overall well-being. Ultimately, "EmpowHER" catalyzes promoting empowerment and autonomy in women's healthcare decision-making, contributing to a healthier and more informed society."

**Q. How do you see the intersection of healthcare and technology shaping the future of women's health, and how does EveCare utilize technology to address these needs?**

**Dr. Anjum Shaikh:** "The intersection of healthcare and technology is poised to reshape the landscape of women's health, and EveCare is at the forefront of this transformation. With a dedicated focus on women's well-being across different stages of life, EveCare leverages technology to provide personalized and accessible healthcare solutions. EveCare offers convenient access to healthcare services tailored to women's specific needs. Whether it's addressing reproductive health, maternal care, menopause management, or general wellness, EveCare utilizes machine learning, data analytics, and artificial intelligence to deliver proactive and personalized care. By embracing these technological advancements, EveCare empowers women to take control of their health journey, promoting preventive care, early intervention, and overall well-being."



# Inspiring Woman Teacher THILAGAVATHI.D

*Empowering  
Rural Voices  
through  
Poetry and  
Education*



*In the heart of rural Tamil Nadu, there resides a woman whose words resonate with the power to transform lives and uplift communities. Thilagavathi Baskar, a dedicated teacher and impassioned writer, embodies the essence of resilience, creativity, and determination. From her early days, Thilagavathi found solace and expression in crafting poetry, igniting a flame that would later illuminate the paths of countless individuals.*

*Her journey is not merely one of personal accomplishment but a testament to the indomitable spirit of rural women. Despite humble beginnings, Thilagavathi's passion for literature and her unwavering commitment to effect positive change led her to remarkable heights. With each carefully crafted verse, she endeavors to bring about transformative shifts, particularly in the lives of rural women and children.*

*Thilagavathi's achievements speak volumes of her dedication and talent. Her entry into three world record books stands as a testament to her exceptional literary prowess and unparalleled determination. Beyond accolades, she has garnered numerous medals in online literary competitions and secured eight certificates of World Record, a feat unparalleled for a woman hailing from rural roots.*

*Moreover, Thilagavathi's involvement in the Tamil Nadu Science Forum (TNSF), where she leads at the Block level, underscores her commitment to fostering educational opportunities and nurturing young minds. Through her leadership and guidance, she empowers rural children, broadening their horizons and instilling in them a passion for knowledge.*

*In every stanza she pens and every lesson she imparts, Thilagavathi Baskar exemplifies the transformative power of literature and education. Her story serves as an inspiration not only to aspiring writers and educators but to anyone who dares to dream big and strive for excellence against all odds.*

# Awards and Achievements

1. Received three individual world records out of participation in ten world record books.
2. Contributed research paper on Thirukkural and served as a referee in poem debate competitions.
3. Awarded the Marabu Maamani and Virutha Paamani charter certificate by Surya Tamil TV Channel, Netherlands.
4. Received the Pai-n-tamil-mamani-award from The World Tamil Council.
5. Honored with the Asu-Kavi award for writing 50 poems in 210 minutes at a world record event.
6. Recognized with the Women Achiever Award by the MLA.
7. Received the Kavi Poroli, Inspiration, Best Creator, and Bharathiar Awards thrice each.
8. Also awarded the Arvai, Kavi-Semmal, Kavi Sirppi, Tamil Thendral, Vittha-Ga-Kavi Awards.
9. Received numerous social worker awards and international acclamations for contributions at both national and international levels.

## Some Q&A with Thilagavathi Bhaskar:

**Q. What inspired your diverse pursuits in teaching, poetry, volunteering, and activism?**

**Thilagavathi Bhaskar:** "Teaching and poetry have been my lifelong passions, ignited during my childhood through a love for reading. I believe that learning extends far beyond the pages of a book; it empowers individuals to become catalysts for positive change. My journey as a poet is fueled by the boundless creativity and imagination nurtured through my literary explorations. Volunteering and activism naturally emerged as extensions of my commitment to knowledge and empowerment. I am driven by the belief that every individual has the potential to make a difference, and through teaching, poetry, and activism, I endeavor to inspire others to unlock their own potential and contribute to a better world."

**Q. How do you maintain motivation and productivity in achieving world records and receiving awards?**

**Thilagavathi Bhaskar:** "Maintaining motivation and productivity amidst numerous commitments requires unwavering dedication and a passion for excellence. I approach each endeavor with a steadfast focus and an unwavering commitment to hard work. By immersing myself fully in each task, I harness the momentum to propel myself toward achieving world records and receiving awards. Moreover, the recognition and sense of accomplishment that come with each milestone achieved serve as powerful fuel for my continued efforts. I constantly remind myself of the importance of perseverance and determination in reaching my goals, allowing me to stay motivated even during the most challenging times."



**Q. Could you share how your experiences shape your advocacy efforts across various mediums?**

**Thilagavathi Bhaskar:** "My advocacy efforts across various mediums are deeply rooted in my personal experiences. Each encounter, triumph, and challenge has imbued me with authenticity, empathy, and a profound understanding of the issues I advocate for. Through my own journey, I have gained invaluable knowledge and insight, which serve as the foundation for my advocacy work. Moreover, my experiences inspire others, igniting a collective drive for change. Whether through poetry, teaching, or community activism, I leverage these experiences to amplify voices, spark dialogue, and champion meaningful transformation. By sharing my story and connecting with others on a personal level, I strive to create lasting impact and drive positive change in the world."

**Sincerely,  
Thilagavathi Baskar "**



# Inspiring

## Business Woman With Social Welfare

# GAYATHRY KS

*“A Beacon of Empowerment and Community Leadership”*

## Introduction:

*Gayathry KS is a multifaceted individual whose life is a testament to her commitment to education, social progress, and community engagement. Submitted a PhD. thesis in women empowerment at Annamalai University. Her research delves into the socio-economic and political status of women in Kerala, with a particular focus on economically disadvantaged sections of Palakkad District. This academic pursuit underscores her dedication to understanding and advocating for gender equality and empowerment.*

*Beyond academia, Gayathry is a higher Secondary school teacher at HSS Keralassery, where she not only imparts knowledge but also fosters critical thinking and social consciousness among her students. Her family is associated with entrepreneurship as one of the partners of the MONARCH group. Her family demonstrates an entrepreneurial acumen in the realms of furniture, interiors, and restaurants, contributing to local economic growth and development. Gayathry's interests extend far beyond her professional endeavors. A poet and storyteller in Malayalam, she finds solace and expression in the written world, reflecting her cultural roots and creative spirit. However, her passion for social service truly defines her character. Whether serving as Jt. Secretary of Malayala Kavya Sahiti or District Treasurer of Palakkad Dist Economics Teachers' Association, she tirelessly works towards uplifting her community. Moreover, Gayathry actively participates in various community organizations, holding roles such as Vice President of Palakkad Flat Owners Association - CAAP and Secretary of Soorya Heritage Apartments. Through these positions, she advocates for the welfare of residents and strives to create inclusive and harmonious living environments. She is the best volunteer of pain and palliative care of the Palakkad unit.*



*More over she is an active volunteer supporter of institutions like Polygarden mentally rehabilitation centre, Lakkidi, Kallekkad Mathrusadanam, Ottapalam Thanal balasram and Kottekkad Snehajwala with physical and financial assistance. Gayathry's dedication to her family is evident in her support for her children's education and personal development. With her son Gautham H Pramod pursuing BCom at PSG College, Coimbatore, who is the best entrepreneur in his own executive chair industry, after his father Pramod VH's demise who was one of the founder director of Monarch group. And her daughter Gouri H Pramod, excelling in her studies at LIONS School, Palakkad, Gayathry, instills in them the values of diligence, compassion, and social responsibility. Her father in law Sri V Haridasan, retired district Panchayath Officer, is the best guide and motivator behind her success. Mother Smt Radha KS and elder sisters inspire her professional as well as her personal life..*

*In essence, Gayathry KS epitomizes the modern-day Renaissance woman – a scholar, entrepreneur, artist, and community leader – rolled into one. Her story serves as an inspiration to all who aspire to make a meaningful impact in both their personal and professional spheres.*

# Achievements & Awards



Stare Resource person (SRG) of Economics subject and IT enabled education..

- First Program Officer of NSS at HSS Keralassery school. Received Momento from Sri Vijayadas , former MLA of Kongad for the excellent performance as a Programme Officer.
- Best district coordinator of Vyadhyaratnam Oushadhasala by planting more than 50 species of medicinal plants at the school campus.
- Conducted mock parliament at school and coordinated Parliamentary Literacy Club
- Content developer of Samagra educational portal of SCERT Kerala..
- Participated and received certificate and award in the Women's day celebrations conducted by Malayala Manorama and Ahalya group of institutions.

*Through hard work, I commit wholeheartedly to each endeavor; inspiring others to give their best efforts. Sincerity forms the bedrock of my approach, fostering trust and cooperation in all interactions. By staying true to my values, I navigate the complexities of my roles with confidence and purpose, making meaningful contributions to my community and beyond."*

## Some Q&A Gayathry KS:

**Q. What drove your interest in researching Women Empowerment in Palakkad, and how do you think your findings impact local communities?**

**Gayathry KS:** " WOMEN EMPOWERMENT

Topic : "Socio Economic and Political status of Women in Kerala, A study with Economically Weaker sections of Palakkad"

From this study, I found the following details:

I attempted to examine the impact of 52 factors that collectively determine the empowerment of women in the family. It is interesting to note that 14 variables fall within the crucial dimensions of

- Household decision-making
- Freedom of movement
- Social and political decision-making

The women respondents are said to have no empowerment under the remaining dimensions like freedom of choice, health decisions, violence and sexual harassment, social and political decisions, and workplace discrimination."

**Q. Balancing roles as a business owner, educator, and social activist must be challenging. Can you share your strategies for managing these diverse responsibilities effectively?**

**Gayathry KS:** "Balancing my roles as a business owner, educator, and social activist demands effective time management, unwavering dedication, and genuine sincerity. I prioritize tasks based on urgency and importance, setting clear goals for short - and long-term objectives.

**Q. In your experience as a community leader, what are the key challenges and successes you've encountered in advocating for sustainable living within Palakkad?**

**Gayathry KS:** " In recent years, empowering women and uplifting economically weaker sections have emerged as pivotal factors in promoting inclusive and sustainable development. Palakkad district in Kerala, India, is no exception to the challenges posed by gender-based disparities and economic inequalities. To address these issues, Women's Empowerment Self-Help Groups (SHGs) have been established as an innovative and community-based approach."



# DR. MALLAVVA. V. BAJAPPANAVAR

## INSPIRING WOMEN YOGA SPECIALIST

### *“Finding Balance: Embracing Yoga and Sports for Holistic Well-being”*

*In the realm of yoga, where mind, body, and spirit intertwine, Dr. Mallavva V. Bajappanavar stands as a beacon of inspiration and dedication. With a journey spanning over 16 years in the profound practice of yoga, Dr. Bajappanavar has not only mastered the ancient art but has also become a fervent advocate for its benefits. Hailing from Bagalkote, Karnataka, Dr. Bajappanavar's passion for yoga transcends personal practice; it extends to empowering others, particularly women and girls, through the transformative power of yoga.*

*As an international yoga player and a seasoned practitioner, Dr. Bajappanavar's expertise is not confined to the mat. In a selfless endeavour, she has dedicated herself to teaching yoga free of charge to women and girls, fostering holistic well-being and empowerment within her community. Currently serving as the Physical Education Director at B.V.V.S Akkamahadevi Women's College, Dr. Bajappanavar continues to inspire and lead by example, merging her profound knowledge of yoga with her commitment to education and empowerment.*

*In this profile, we delve into the life and mission of Dr. Mallavva V. Bajappanavar, exploring her journey, her contributions to the field of yoga, and her unwavering dedication to uplifting others through the ancient practice that has become her life's passion.*





# Achievements & Awards



- *A three-time champion in Inter-Collegiate Yoga Competitions.*
- *Gold Medalist in Master of Physical Education (M.P.Ed).*
- *International Yoga Player with commendable contributions to the field.*
- *Passed Yoga Referee Exam, showcasing expertise and understanding of yoga standards.*
- *Recognized for excellence as the recipient of the Best Yoga Teacher Award.*
- *Acknowledged for leadership and service as the Best N.S.S. Officer.*



## Some Q&A with Dr. Mallava. V. Bajappanavar:

**Q.** *What inspired you to pursue a career in physical education and yoga, and how do you integrate these disciplines into your role as a Physical Education Director?*

**Dr. Mallava. V. Bajappanavar:** "My parents instilled in me a deep sense of purpose and the drive to achieve excellence in whatever I pursued. Inspired by their guidance, I embarked on a journey into physical education and yoga. For me, these disciplines are intertwined, representing two sides of the same coin. Physical education encourages regular exercise and fosters the development of physical fitness, while yoga adds a dimension of holistic well-being, nurturing not just the body but also the mind and spirit. As a Physical Education Director, I integrate these disciplines by promoting a comprehensive approach to health and wellness, incorporating both physical activities and yoga practices to empower students in achieving overall well-being."

**Q.** *Could you share with us a memorable experience from your extensive teaching and training journey in yoga and sports, and how it has influenced your approach to education and well-being?*

**Dr. Mallava. V. Bajappanavar:** "One particularly memorable experience from my teaching journey involves a student who initially showed little interest in sports. Recognizing her potential, I engaged her in conversations about the myriad benefits of sports, from physical health to mental resilience. Witnessing her transformation was incredibly gratifying; she not only embraced sports but excelled at them, eventually participating at the national level. This experience reinforced the importance of personalized guidance and nurturing individual strengths. It taught me to approach each student with empathy, understanding their unique motivations and challenges. This approach has since become a cornerstone of my teaching philosophy, emphasizing holistic development and empowering students to unlock their full potential in both sports and life."

**Q.** *As an accomplished practitioner and educator in yoga, what advice would you offer to individuals seeking to adopt a healthier lifestyle through yoga and physical activity, especially in today's fast-paced world?*

**Dr. Mallava. V. Bajappanavar:** "In today's fast-paced world, where stress and demands seem ever-present, my advice for adopting a healthier lifestyle revolves around integrating yoga and sports into daily routines. These practices serve as anchors, bringing together physical and mental disciplines to foster a peaceful body and mind amidst the chaos. Engaging in yoga and sports not only helps manage stress and anxiety but also cultivates self-confidence and courage. Additionally, they contribute to increased flexibility, muscle strength, improved respiration, and heightened energy levels. Embracing these activities not only enhances physical fitness but also nurtures holistic well-being, offering a sanctuary of balance and relaxation amid the hustle and bustle of modern life."



# INSPIRING INTERNATIONAL EDUCATIONIST

# DR.S. VENNILADEVI

## *The Journey of Dr. Venniladevi Suresh: Bridging Education and Passion*



### *Dr. Venniladevi Suresh's Awards and Achievements:*

1. Over 500 doctors and engineers produced through her guidance and mentorship.
2. Dedicated career guidance and counseling provided to underprivileged students in rural villages, contributing to their upliftment.
3. Recipient of nearly 25 awards, including:
  - Two awards from Tamil Nadu Education Minister, Mr. Anbil Mahesh Poyyamozhi.
  - Anbuaasiriyar award by HINDU Journal.
  - Nallasiriyar Dr. Radhakrishnan Award by Tamil Nadu Education Department.
  - Latchiyaasiriyar award by DINAMALAR Journal, received consecutively in 2023.

*These accolades reflect Dr. Suresh's exceptional contributions to education and her tireless efforts in empowering students from all walks of life.*

## **I** INTRODUCTION:

In a world where career paths often follow linear trajectories, **Dr. Venniladevi Suresh's** journey stands as a testament to the richness of diverse experiences and the pursuit of passion. From her humble beginnings as a Hindi pandit at the tender age of 16 to her current role as a distinguished educator and coordinator, **Dr. Venniladevi Suresh's** story is one of relentless dedication and unwavering commitment to both her profession and personal interests. As she navigated through her academic journey, **Dr. Venniladevi Suresh** seamlessly integrated

her love for teaching with her penchant for the arts, imparting knowledge in Hindi, glass and acrylic painting, and Bharatham while pursuing her own college education. This multifaceted approach laid the foundation for a career marked by versatility and innovation. With stints at prestigious institutions such as Lady Doak College, Madurai, and various renowned private schools including VMJ, TVS, and Velammal, **Dr. Venniladevi Suresh** has left an indelible mark on the educational landscape. Her recent role as a PG Chemistry teacher in a rural village, coupled with her responsibilities as the **Revenue District Coordinator for NEET/JEE**

examinations, underscores her unwavering commitment to equity and access in education. From her early days as a Hindi pandit to her current position as a leader in educational coordination, **Dr. Venniladevi Suresh** has exemplified the transformative power of education. Her 16 years of teaching experience reflect not only her expertise in the subject matter but also her deep-rooted belief in the potential of every student. Beyond the confines of traditional classroom settings, **Dr. Venniladevi Suresh's** involvement in various cultural and extracurricular activities underscores her holistic approach to education, nurturing well-rounded individuals capable of navigating the complexities of the modern world. Join us as we unravel the layers of **Dr. Venniladevi Suresh's** inspiring journey—a journey fueled by passion, purpose, and profound impact.



## Some Q&A with Dr. Venniladevi Suresh:

**Q. What drives your dedication to teaching, especially in light of receiving prestigious awards like the Anbuasiriyar and DR.RADHAKRISHNAN awards?**

**Dr. Venniladevi Suresh:** "While my tenure in private schools fueled my passion for teaching, it wasn't until I witnessed the profound impact of education on impoverished village students during MBBS counseling that my dedication reached new heights. Seeing tears of joy in the eyes of parents as their children secured MBBS seats brought a sense of fulfillment that I had been seeking. This experience solidified my commitment to serving underprivileged students, driving me to excel in my role as their NEET Coordinator in Madurai District. The prestigious awards I've received serve as affirmations of the impact of my dedicated service, motivating me to continue making a difference in the lives of students and their communities."

**Q. How do you adapt to incorporating technology in your teaching methods, considering the fast-paced changes in educational tools and techniques?**

**Dr. Venniladevi Suresh:** "In navigating the swiftly evolving landscape of educational technology, I embrace adaptability and innovation to enrich my teaching methods. Integrating ICT tools such as PowerPoint presentations and curated YouTube videos, I foster a deeper understanding of concepts and cultivate enthusiasm among learners. Additionally, I extend my reach by

conducting free online classes for NEET and JEE aspirants for government and government-aided schools. This approach ensures accessibility and relevance, empowering students to thrive in an increasingly digital world while upholding the values of inclusivity and excellence in education."

**Q. Can you share some key principles that have shaped your teaching philosophy and contributed to your recognition as an outstanding educator?**

**Dr. Venniladevi Suresh:** "The cornerstone of my teaching philosophy revolves around the 3P's: perseverance, patience, and passion. These principles guide my approach in the classroom, allowing me to navigate challenges with resilience and dedication. By fostering a nurturing environment and expressing genuine affection towards my students, I create meaningful connections that inspire learning and growth. My confident smile serves as a beacon of encouragement, instilling confidence and trust among learners. It is through these principles that I am recognized as an outstanding educator, driven by a deep-seated commitment to empowering and enriching the lives of my students."

**TOP-20 INFLUENTIAL WOMEN IN EDUCATION INDIA**

*She Inspire*

Revenue District Co-ordinator for All India competitive exams viz NEET/ JEE.

**Dr. Mrs. Venniladevi Suresh**

Around 300 Government school students had cleared NEET Exam under her guidance and 60 students from Madurai district got seats in medical Colleges, 40 in Ayush, 30 in paramedical colleges so far. Gave guidance and counselling to many poor village students and strive hard for their upliftment in various fields.



# INSPIRING INCREDIBLE ARTIST RAKHEE SHAH

*“Unveiling the Artistic Odyssey of Rakhee Shah: A Journey of 30 Years, 91 Exhibitions, and Infinite Inspiration”*

## INTRODUCTION

Delving into the world of artistry, Rakhee Shah emerges as a luminary figure with a resounding legacy spanning over 30 years. With an impressive track record of 91 exhibitions held across India, the UK, and prominent metropolitan hubs like Mumbai and Delhi, Rakhee's artistic journey is nothing short of extraordinary. Despite her academic background in B.Com, her innate talent and fervent dedication led her to embark on a self-taught artistic odyssey at the tender age of 13. Since then, she has gracefully navigated the complexities of the art world, leaving an indelible mark with her evocative and captivating creations. Join us as we unravel the story behind the enigmatic brush strokes of this visionary artist.

## AWARDS AND ACHIEVEMENTS

- Member of Indian Merchants Chamber (IMC) and Life Member of Bombay Art Society
- International artist for over 30 years with 91 prestigious exhibitions worldwide
- Donated 1068 paintings globally to hospitals, cancer centers, institutions, NGOs, and dignitaries
- Donations made to countries including UK, USA, Belgium, Australia, Canada, France, India, etc.
- Paintings gifted to prominent figures like the President and Vice President of USA, Prime Minister of India, President of Switzerland, etc.
- Donated 70 paintings to UNICEF and UNESCO
- Entered Limca Book of Records (2020-2022) and Guinness Book of Records
- Donated 137 paintings to ACTREC, government of India, and 106 paintings to all 100 Police Stations in Mumbai
- Received numerous awards including Abdul Kalam Award, Gaitonde Award, and Raja Ravi Verma Kala Bhushan Award
- Acknowledged for breaking world records and contributing significantly to charity for over 15 years



# Some Q&A with Rakhee Shah

**Q. What drives your passion for art and philanthropy?**

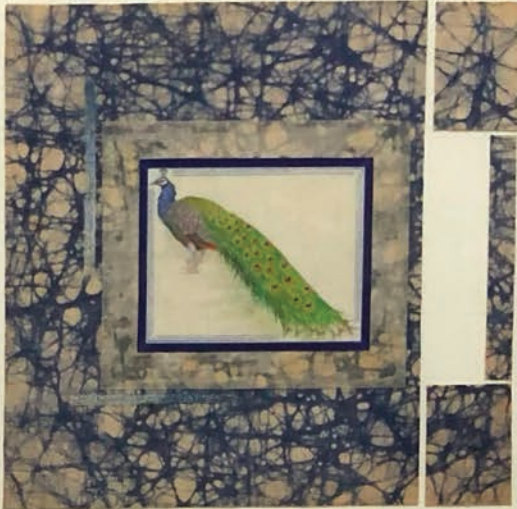
**Rakhee Shah:** “ I am a passionate artist. Since childhood, I have experienced suffering, and after enduring it for the next 48 years, I delved deeply into art and culture. Not only am I an artist, but I am also a philanthropist, and I have been working for the world and society for the last 15 years.”

**Q. How do you use social media to engage with your audience and promote your work?**

**Rakhee Shah:** “ I leverage various social media platforms to connect with my audience and showcase my artwork. By sharing images and videos of my paintings, along with behind-the-scenes glimpses of my creative process, I engage with followers and art enthusiasts. Additionally, I utilize social media to announce upcoming exhibitions, events, and philanthropic initiatives, thereby promoting my work to a wider audience and fostering meaningful interactions within the online community.”

**Q. Can you share a memorable moment from your journey as an artist and philanthropist?**

**Rakhee Shah:** “ My last 21 years have been very cruel for me, but I have only sailed through it because of the gods, my grandparents’ blessings (as they are not alive), and my mother’s support. I kept creating new paintings and have so far donated 1068 paintings all over the world to hospitals, cancer centers, institutions, NGOs, delegates, dignitaries, etc. My works have also gone to UNICEF and UNESCO. I have entered the Guinness Book of Records as well.”



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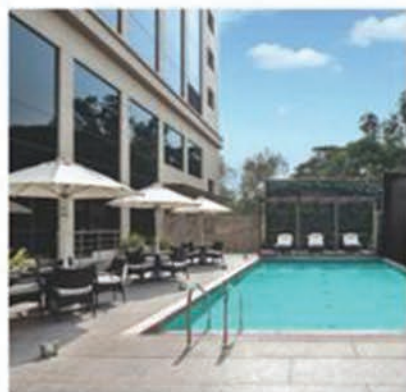


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