

ISSUE:  
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# ISHKAMA GLOBAL CHANGE



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## Letter from the Founder



Dr (Hon) Abhnash K Bains  
CEO and Founder- IGC/  
Ishkama Ltd

As the founder of the Ishkama Global Change (IGC) magazine, I am delighted to present the August 2023 edition.

You will find interesting articles from all over the world covering a range of topics from Janeen Fearon, Michael Pritchett, Dr. Assem Mousa, Annalisa, Nilesh V Palan, Shanthi Rajmohan, Ann Bost, Dr Kamilla Kamaruddin and Sudha Kumar who are trail blazers in their chosen field.

On the cover page, we feature Past International Director Elisabeth Haderer of the Lions Club International. She shares her passion for her humanitarian work, including her involvement with

Lions Club International foundation, one of the largest charities in the world. I wish her success in the upcoming election for the post of Lion International President, as I am confident that she will make an outstanding International President with her passion and dedication.

Summer is in full swing, and there are plenty of events and festivals happening nationally and internationally. Every year on August 1st, Yorkshire Day is celebrated to commemorate the history and most notable inhabitants of Yorkshire, the largest country in the UK. On August 6th and 9th, 1945, two atomic bombs were dropped on the cities of Hiroshima and Nagasaki in Japan. In remembrance of the people who lost their lives, these days are commemorated as Hiroshima Day and Nagasaki Day. The International Day of the World's Indigenous People is celebrated every year on August 9th to promote the UN's message on the protection and promotion of indigenous peoples' rights. World Lion Day is observed annually on August 10th to raise awareness and educate people about lion conservation. International Youth Day is celebrated worldwide on August 12th to focus on the development and protection of youth in society. Jamaica celebrated Independence Day on 6th August, Pakistan celebrated its independence day on 14th August. India, North Korea and South Korea observed their Independence day on 15th August and Indonesia on 17th August. World Humanitarian Day is observed annually on August 19th around the world to honour aid workers who risk their lives in humanitarian services.

I had the pleasure of attending the India-UK Business Summit 2023, where I had the opportunity to meet and interact with business leaders from both countries. It was lovely meeting so many interesting people, Sangeeta Sachi of LC, Adriana, Adhish Desai and Tanya just to name a few. The summit was a great platform for networking and exploring new business opportunities. The discussions and presentations were insightful and provided valuable information on the current business climate and future prospects. It was an impressive event.



I would like to express my appreciation for the services of our IGC Chairs, Deepali Mahale and Rupal Panchal working towards the local community by organising a food donation drive as per the aim and mission of IGC.

For more information, please visit the IGC LinkedIn page - <https://www.linkedin.com/company/ishkama-global-change-cic/>

Facebook page- <https://www.facebook.com/groups/71110730812033/>

I would like to take this opportunity to thank all of our readers and contributors for their continued support. Without you this magazine would not be possible. Thank you for being a part of our journey. 'We Rise by Lifting Others'- Robert Ingersoll

My appreciation to our new members for becoming IGC Global Chairs and Country Chairs. Together, I am confident that we can make a positive impact in the world. Join the fast-growing IGC networking community that promotes UNITY and comprises businesses, entrepreneurs, professionals, and individuals working together to bring positive change to the world.



IGC  
ISHKAMA GLOBAL CHANGE

## Letter from the Chief Editor



Minakshi Koch  
Vice CEO, IGC

It is a pleasure to bring the August issue of IGC Magazine to our readers and encourage writing by so many entrepreneurs. It often happens that so much talent and hardwork goes unidentified because we are hesitant and doubtful of our own abilities. Just recently, I had the opportunity of joining a new group of entrepreneurs in the UK. The founder of this group spoke about her journey in one of her posts. She said it is important we start even if we do so with just our family and friends.

Ishkama Global Change has a similar story that started with an idea and a very few members. Today we have members from all around the world and many who are inspired by our vision and joining the organisation to bring global change.

As the Global Chair for Autism and Counselling, I am inspired to bring the change I need to see for autistic children and their families globally. There is

a huge gap between the needs of autism families and the provisions available for those needs to be met. But it does not help to wait for someone to start the work. It is our responsibility to reform society and make it a better place for everyone. As such, I have started the IGC for Autism project in Ipswich. I am very grateful to our volunteers who helped in the fundraising and each one who contributed towards the Just Giving page. We have started the project and it is running very successfully. We are hoping to reach more parents who can benefit from this. You can find out more about it from the link - <https://www.facebook.com/profile.php?id=100094331725867>

Please share and like so that it reaches those who really need it.

Finally, I thank everyone who has contributed towards the magazine with their wonderful write up. I thank our whole team for scripting, editing, designing and distribution. Each one is indispensable and their work is commendable.

We encourage writing and expression of thoughts and ideas. Please do not hesitate in sending your write up to us [ishkama.igc@hotmail.com](mailto:ishkama.igc@hotmail.com)



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# Elisabeth Haderer, Running for International President!



(Photography: Brenda Grifhorst)

Elisabeth was born in Linz an der Donau in Austria to a family of 8 children. Her parents worked very hard to give all children a better future and that worked out well. At the age of 23, Elisabeth came to The Netherlands through love and stayed. Worked in ICT, first at various IT companies, later at IBM where she met her husband Peter with whom she has been married for 25 years. Unfortunately, they have remained childless but love children. Working with and for children and young adults is important for both of them. In her position as youth exchange coordinator, she quickly came into contact with different cultures and backgrounds. In her Lions club Haarlem over den Duin, projects for children are of paramount importance.

Elisabeth has been a charter member of her club since 1999 and is still a very active member, currently club secretary.

She says "I can work for people who are less fortunate in life and I can use my capabilities for Lions International". This has now led to an enormous passion and drive. Making the organisation better means making the world better."

Her husband Peter is her strongest supporter. They are each other's sounding board in all the decisions they make. They take them together. Peter is a member of Rotary but also of Lions. Therefore, he shows his full support and joins Elisabeth to conventions and other meetings in the district, including multiple districts in other countries.

Her famous mascot little Lion TIM is not so much a mascot but a symbol of leadership within Lions International. TIM is an acronym and stands for Trust, Inspiration and Motivation. Because those are the only ingredients for leadership in a volunteer organisation. Elisabeth "The T of trust: without trust, we would not be able to work on projects in our Lions and Leo clubs. Without trust, leadership would not function in a volunteer organisation. The I of inspiration: inspiring by being cooperative, servant and a role model. With sharing knowledge, with examples, with connecting and showing that Lionism can be "a way of life" without making sacrifices but receiving so much in return. And the M for motivation: motivating by organising good training. But also by recognition, by encouragement and leading by example. Succession planning, spotting good leadership potential and stimulating people. Not wanting to do everything yourself, but letting people grow. That's what I do and TIM helps me to make it transparent."

On being asked what is the position of the International President of Lions and what will be the impact on Lions in The Netherlands if she was elected International President, Elisabeth answers "the international president is the "chief TIM" of Lions International, of nearly 1.4 million members. He or she forms the Executive Team with the three Vice Presidents, together with the

past President and the Executive Administrator.

The International President is also a volunteer and works together with the members of the Board of Directors. 35 Lions who act as representatives (for two years) from all parts of the world. The International President also directs the professional organisation in Oakbrook, U.S.A. At headquarters approximately 300 people work there to manage finances, provide resources and support the 750 District Governors in 13 languages.

In Western Europe, Lions still struggle with an image of "older gentlemen mainly come together to eat and drink a glass of wine" and doing their community service or fundraising activities quietly. This mainly results in navel-gazing and International meetings of Lions for Lions. Similar to social media; because of the algorithm in these media, one always ends up with the same people and will become "posting Lions for Lions".

To break through this, it is necessary to create "news", develop and carefully maintain it. An International President, coming from The Netherlands – something that has never happened before (not even in Rotary!), is a novelty that the media and the press cannot ignore. Image building can be created from this novelty. Especially if it also offers value for society and communities. With the help of the International President financial funds can be activated and will generate even more attention for the contribution of Lions in society and our communities.

As a result of this increase in visibility, there will be more interest amongst the Dutch public. Due to attention in the media and local and national government, more people will feel attracted to our Lions organisation and join a local Lions club. Using celebrities also creates strong images, for the celebrity and for us. Many NGO's are successfully working in that way (Warchild, UNICEF, the forgotten child foundation, etc.). Ren  Froger (Dutch famous singer) is also working with Lions as an ambassador for the Douwe Egberts campaign. Media campaigns can be set up with these celebrities and having a Dutch International Lions President can play a major part in this.

Elisabeth also described her Lions journey as most rewarding. The road is long and one has to have a huge passion for this organisation.

She says "one will gain insight into what Lions are doing around the world. Service activities, fundraising activities, disaster recovery and humanitarian efforts. Lions and Leos help almost 500 million people every year, isn't that incredible? I have been able to visit many projects on my travels and can see with my own eyes what Lions and Leos do."

She also added "LCIF is not really on every Lion's radar right now. The need for help in the world is increasing rapidly every year. In order to be able to help quickly and adequately, we have a large fund, LCIF (Lions Clubs International Foundation). We need money at the local, national and international level. The Dutch people are always in solidarity with other people and are often willing to help. In Lions, every penny donated goes to charity, compared to other aid organisations. Lions pay a membership fee to cover the organisational costs. In Lions Clubs International donated funds will never be used for our organisation. The challenge is that people, even Lions, will rather donate to national charity foundations instead of our own LCIF fund. Why not? I would like to talk to the Lions clubs in The Netherlands. Why not donate a percentage of our local fundraising to LCIF? We then can receive matching funds. What many people don't know is that they can debit the personal donations from the tax authorities.

According to Elisabeth, 2030 is not that far away! She says "If we succeed in improving our image and can bind the next generations to us; if we can embrace diversity and modernise club life, then I have great confidence in the resilience of Lions in The Netherlands and Lions International. However, the growth in members in the traditional West (USA, Europe) will change to India and Asia. Therefore Lions International started with Mission 1.5 this year: growing our membership worldwide to 1.5 million members in 4 years.

Many people would like to do something for their communities. One can't do much on their own, but together with members of a local Lions or Leo club we can change the world. The motto of our current international President, Dr. Patti Hill is "Changing the world". Therefore, ask someone from your network to join your club. When you approach people with passion and let them participate in your next service activity or community project, they also become enthusiastic. Lionism will never go away. The passion and dedication remains. I will always be committed to this wonderful volunteering organisation. With my body and my soul – and I hope to inspire and motivate others for many years to come. I see the bright future for Lions International with confidence.



# Healing Hearts, Healthy Minds: Exploring the Connection



**Janeen Fearon**  
 Personal Development and Well-being Life Coach

It is 2023 and mental health is still a stigma, even though most people have suffered from some form of anxiety and trauma throughout the pandemic. People still feel afraid to talk about it and normalise it, regardless of the fact that it is more common than ever before. In fact, there is a strong belief in certain cultures that depression, anxiety, and mental illness are due to the individual being weak. Making it difficult to talk about or even seek out professional support. When it comes to love and relationships, we often ignore whether we are mentally ready to enter into a committed partnership, which will require emotional intelligence, patience, and the ability to be selfless. As a society we have conformed to the superficial ideals that the physical appearance of our partner or how much money they make are the most important factors to be considered. We seldom look at their mental fortitude, levels of resilience and whether we share similar life goals or values. Our own mental health and well-being needs to be our top priority so that when entering a new partnership, we are healed and whole and can create space for a healthy relationship. In this article, I will explore the importance of good mental health in relationships and why we need to start talking about it more openly. I will also dive into love and how it impacts our lives for the better.

It is often said that love makes the world go round. This may be true in more ways than we realise as love and relationships play a critical role in our mental health and well-being journey as they impact our happiness and wellness. Numerous studies have shown that social support from close personal relationships can buffer against the effects of stress, promote positive emotions and behaviours, and even improve physical health. Conversely, a lack of social support or close personal relationships has been linked with poorer mental health outcomes, including increased risk for depression, anxiety, substance abuse, and suicide. So, it is clear that love and relationships are essential, but what exactly is it about these connections that make them so powerful? One key ingredient appears to be simply feeling loved and supported by others. When we feel cared for and accepted by those close to us, it gives us a sense of security and belonging and increases our self-esteem with feelings of significance and worth. In addition, feeling loved and supported helps reduce stress levels, which can improve your overall health. Another important aspect of love and relationships is having someone to confide in – someone we can rely on for emotional support

during hard times. Knowing that we can turn to someone for comfort and understanding can make a significant difference when we are struggling with tough life challenges or experiencing periods of distress. Being able to openly share our thoughts and feelings with another person also allows us to gain clarity and feel a sense of community.

Love in general is a complex emotion that has a profound impact on the human experience. It influences our thoughts, feelings, and behaviours, and plays a significant role in our overall well-being. Love can bring immense feelings of joy, happiness, and fulfilment, as well as provide a sense of purpose and meaning to life. It has the power to strengthen relationships, foster connection, and intimacy, and promote personal growth and development.

Love can also have a number of challenges and difficulties. It can evoke feelings of vulnerability, fear, and insecurity especially for people who have experienced a lot of traumas. They may struggle with trust, communication, and emotional connection, making it challenging to establish and sustain a loving partnership. Additionally, mental health symptoms can also impact one's self-esteem and confidence, which can further hinder their ability to engage in healthy and fulfilling relationships.



The ups and downs of love can negatively impact our mental health and can ultimately lead to serious mental health conditions. It is important to note that mental health issues should not be seen as a barrier to love, in fact society should acknowledge the fact that mental health and love are interconnected. It is crucial to recognise that supporting mental health is essential for cultivating and maintaining healthy love relationships. This includes seeking professional help when needed, practising self-care, and fostering open and honest communication with partners.

Being in a loving and healthy relationship can have untold benefits and it can provide emotional support, security, and feelings of happiness. Love and intimacy can also release hormones such as oxytocin, which promote feelings of bonding and relaxation.

There are many different types of love and each one can impact your mental health in different ways. Here are some of the most common types of love

and how they can affect our worlds:

**1. Romantic Love:** This is the type of love that typically involves passion, attraction, and desire between two individuals. It is often associated with romantic relationships and can involve intense emotions and physical intimacy.

**2. Familial Love:** This type of love is typically found within families, such as the love between parents and children, siblings, or extended family members. It is often characterised by a deep sense of care, support, and loyalty.

**3. Platonic Love:** This love refers to a deep and non-sexual affection or friendship between two individuals. It is often based on mutual respect, trust, and emotional connection, without any romantic or sexual involvement.

**4. Agape Love:** This love is often associated with unconditional love and selflessness. It is a self-giving and sacrificial love that extends beyond personal relationships and encompasses a love for all humanity. This is the kind of love that is given freely and without expecting anything in return. It can be between friends, family members, or even strangers. This type of love can be beneficial to your mental health as it can help you feel more connected to others and can boost your self-esteem and confidence.

**5. Conditional love** – This type of love is often based on what someone does for you or how they make you feel. It can be between friends, family members, or romantic partners. While this type of love can be beneficial, it can also be harmful when not reciprocated. If you do not feel like you are getting back as much as you're giving, it can lead to feelings of resentment and bitterness.

**6. Self-love** – is the regard and care for oneself. It involves recognising one's own worth, taking care of one's physical and mental well-being, and treating oneself with kindness and compassion.

This kind of love includes things like setting healthy boundaries and being assertive when necessary. When you have a strong sense of self-love, it is easier to cope with difficult situations and your personal relationships become easier to manage. Self-love can also consist of taking time to reflect on your own thoughts, feelings, emotions, and experiences.

[www.conscious-connect.co.uk](http://www.conscious-connect.co.uk)







# Supporting Local Businesses – Redbridge Chamber of Commerce

Written by Michelle B. Harris



**Michael Pritchett**  
Executive Chair - Redbridge Chamber of Commerce

The Redbridge Chamber of Commerce (RCC) was established over a hundred years ago. The aspiration was to support local businesses with improved opportunities, collaborations, professional networking, educational seminars and important discussions. The Chamber also lobbies both local and national government on behalf of its members and for the benefit of locally based businesses.

Regarded as an essential membership for all Redbridge business owners, the Chamber's status and prestige affords a united voice to help implement changes to legislation and where necessary. Through monthly meetings whether on Zoom or face-to-face, excellent and informative meetings are organised which always include important guest speakers such as from The Bank of England to discuss the current cost-of-living crisis, Councillors to advise local government policy or business owners offering expert opinions based upon their experience or business. The talks are invariably followed by a Question and Answer session, perhaps a debate and then with an allocation of strategic time for networking and business development. The ambience is always dynamic and with a tangible, corporate atmosphere of dialogue and collaboration. Informal yet structured, dynamic and focussed, most members have belonged to the Chamber for many years and in some cases, even decades, so it's a meeting of minds, business and friends.

The Chamber is active in its support of the members, maximising business opportunities through introduction, recommendation and building up collaborations for the benefit of all involved. As an intellectual hub of activity that works to support the local Redbridge business community, its longstanding reputation is well established and encourages a scenario of respect, support as a combined network rather than a business owner's lone voice. Collectively, infinitely more can be achieved to support the community and there are highly developed relationships with training providers and business support services such as BID Ilford and Enterprise Enfield.



The Executive Team all give of their time voluntarily; the only requirement is commitment and with a firm belief of the chamber's ethos and willingness to help support local business owners.

## **Michael Pritchett – Executive Chair - Director of Kemp Services**

"Helping and advising aspiring entrepreneurs is extremely rewarding. It is very empowering through the RCC to have a 'voice' when decisions are being made by others that can affect your own success and viability. I enjoyed being part of the RCC as a member – being invited and elected to be the executive chair is one of my career highlights."

## **Leonore Lord-Patterson – Occupational Psychologist – True Measure Limited**

"Primarily, I am based in the London Borough of Redbridge and have also worked regionally in surrounding areas such as Harlow for more than 15 years. My experience has demonstrated that businesses tend to be different and dependent upon the community. Hence involvement in your own local area benefits business owners upon multiple levels both for visibility and ability to network. It is far easier to develop opportunities with those in the same community. I feel all SME business owners should be members of their local Chamber of Commerce."

## **Matthew Bell – Owner of Bell ICT Limited**

"I strongly believe that all businesses should belong to their local Chamber of Commerce for the support, camaraderie, networking and to find out what is happening locally. I have lived in Redbridge for nearly 30 years, my business and team are locally based and being involved with the Chamber has helped me to meet like-minded business people throughout the borough."

## **Ola Asgill – Managing Director of KETCO**

"I support many charities and worthwhile causes. It is part of my business ethic to serve and the RCC with its history and reputation helping local business owners, is in keeping with my approach to service."

## **Cyril Bekoe – BID Manager, Ilford**

"I joined the Redbridge Chamber because of the incredible calibre of the team, especially Michael who is incredibly inspirational. I did not have to be asked twice!"

"I attended a meeting back in 2019 and very much enjoyed being able to network with like-minded business people. For me, this was a big tick and worked well with the ethos of BID where I currently work as a manager. Helping to support local businesses, the working chemistry and dynamics between BID and RCC is proactive and successful but more than this, I see RCC as a light under a bushel that merits full support."

## **Jayabalan Gukanesan – Owner and Founder of IC Training Centre**

"As the owner of multiple businesses, through my own professional and personal experience, I fully appreciate the importance of business owners working together in collaboration. With the objective of collaborative support, many businesses have an opportunity to thrive and develop thereby also offering job opportunities to the local community. Especially in the current political climate, owning a business can be very difficult and under normal circumstances, for every ten new businesses that are set-up, only three will still be active three years later. So now, more than ever – we need to help each other."

## **Michelle Harris – Creative Director of Star Copywriting Limited**

"It was a privilege to be invited to support the Redbridge Chamber of Commerce as part of the Executive Team. The other members are all inspirational leaders in their own right and collectively, we work together for the benefit of the local business community."

## **Darren Taylor – Always Inspired.**

Darren is still part of the Executive Team and has supported his creative skills and ideas.

"Joining Redbridge Chamber of Commerce (RCC) is a key business decision to maximise opportunities, visibility, and involvement within the networking and corporate, local community." Michael Pritchett – Executive Chair of RCC. Membership is very reasonable and includes attendance fees at all meetings and seminars. A Silver Tier is offered for small business from 1 to 50 employees at £75.00 per person, per annum, ranging to the Gold Tier membership for larger businesses at £250.00 per annum.

Benefits include:

- Promotion on the RCC website with link to the company
- Prominent speakers' events
- Networking opportunities each month
- Influence on matters concerning the Redbridge business community
- Invitation to seminars and monthly events
- SPECIAL OFFER – London Chamber of Commerce magazine with a readership of 18,000 and distribution of 6,000 in print and online
- Supporting members with advice and guidance
- Opportunity to become involved in local business and community affairs
- Links to the Council and other local Chambers
- Educational talks which help to inspire business opportunities and development of plans
- Opportunities to speak and present at events.

If you would like to join the Redbridge Chamber of Commerce or to be considered as a member of the Executive Team, please see the website: [www.redbridgechamber.com](http://www.redbridgechamber.com) to apply online.

**Redbridge**  
chamber of commerce  
*driving business forward*





# Life Taught Me Nothing is Impossible

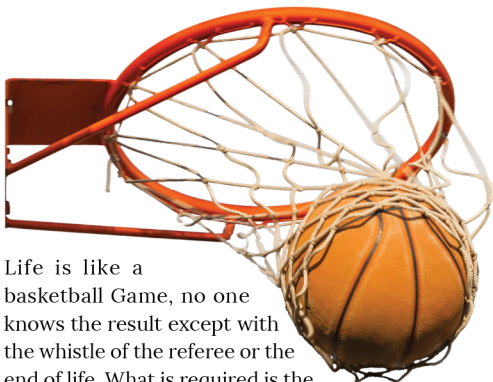


Dr. Assem Mousa

Life taught me that nothing is impossible, and the only impossible is in defying the power of God Almighty, like what was said, "the ship that does not sink." The Titanic sank in the early morning of April 15, 1912 in the North Atlantic Ocean, on its first voyage four days after the start by colliding with an iceberg. And what was said about the greatness of the Concorde plane. The Concorde plane fell on its first flight at Charles de Gaulle Airport in 2000, as well as the sinking of the nuclear-powered Kursk submarine, the submarine sank in an accident in the year 2000.

Last year, we saw the impossible being achieved in the 2022 World Cup in Qatar, with the victory of the Arab countries because of their sense of security, warmth and reassurance in hosting a brotherly Arab country for the tournament and their lack of feeling of alienation, and the successive victory of Saudi Arabia over Argentina, then Tunisia over France, and finally Morocco over Spain, and Morocco rose to the round of four in the World Cup as the first Arab team to achieve this in The World Cup is 100 percent from local players and coaches. They have great appreciation and respect for honouring us and the Arabs as a whole.

On a personal level, my first sport was my basketball practice and with the rest of my colleagues in the game at Al-Gezira Sports Club. I did not have a chance to play in the junior stage, but my stardom came later in the first degree. Playing for the universities, the army team, the national airline and the national team, and to have many local and international championships with my fellow great stars in the game and morals, and winning the club championship as a player and captain of the GSC club and the championships of colleges, universities, the army, companies and national teams is a dream and a miracle and the ability of Allah/God Almighty to achieve it.



Life is like a basketball Game, no one knows the result except with the whistle of the referee or the end of life. What is required is the continuation of the struggle until the last second of our life and the Game in which some surrender

and some struggle to the end.

In critical and difficult times in the BB Game, players appear and others disappear, just as it happens in life in crises such as Corona COVID19 and all others.

The world now needs special leaders in these crucial moments to cross the world as a whole to safety and a leader for the team to get the best result for the game.



My other experience is scientific and for the benefit of society as a whole. It is another challenge on a personal level, with my nomination through my work at the National Airline Company, for a visual presentation on modern technology, the technology of the twenty-first century, the "cloud of everything" technology from the Internet of things, artificial intelligence, the fifth generation 5G, Block chain, cloud computing, etc. at the Aviation Development Conference In 2013 at the Ministry of Aviation in Cairo and met with it and received many offers to publish papers that were presented in the latest international journals in the world as a whole and other offers for their request for a visual display of it in the developed countries of the world in the field of America, China, Russia, India, France and Germany and answering the lawsuit within the limits available and the connection of this technology with humanitarian and practical goals to serve All areas of health, energy, industry, agriculture, education, aviation, and assistance in achieving the seventeen goals of the United Nations 2030, eradicating poverty, disease, violence, mismanagement, and helping the elderly and the disabled. Like a dream or another miracle and the ability of Allah/ God Almighty to achieve it.

In the most severe circumstances, such as the Coronavirus, it can be a reason to activate something else, as it happened in the activation of modern technology in the era of Corona, and remember that "behind every ordeal is a gift" and that "the fruitful tree is the one that throws stones."

The world as a whole is now going through a bottleneck due to the climate changes and their negative consequences, viruses such as corona, wars and conflicts, all of which led to severe economic

and moral crises that affected societies, countries, families and individuals, and the difficult equation in trying to achieve this while preserving principles and sometimes in the absence of justice.

Among the obstacles are also selfishness, self-love, and greed, and we find them in a person's preoccupation with everything that concerns him only, so that he is not concerned with the suffering of others and his endeavour to acquire the rights of others, whether by legal or illegal means.

Sometimes the chance to recover his right and dignity is not in one's hands at all, and he enters the waiting circle doing everything he can, looking at the sky.

"Perhaps Allah/ God helps afterwards." Allah/God has given us solutions to all problems and crises in our lives, so if you have a problem, take the initiative and hurry and turn to the Holy Book, and you will find your solution in it and find your comfort in it without the slightest doubt.

Patients in hospitals always have the hope of recovery, and that God will bring about after their illness a healing that does not leave their bodies. There are mothers who suffer from the disobedience of their children and their lack of righteousness, but they always pray for the righteousness of conditions and ask God for guidance and the oppressed are waiting for the injustice to be repaid.

"Change is the only constant thing in life" The only permanent thing in life is change.

Remember this whenever you go through harsh circumstances in life.

And that there are no constants except in his creation, so circumstances and reasons can change, and even hearts may change and soften after harshness."

If we go deep and think about the things that happen to us in our lives, especially the bad ones, we find that there is always great wisdom behind what God puts us through and behind every adversity is a bonus"



Do not give up, whatever the circumstances, remember that you will write a story that many will read and you will be the reason to inspire someone.





# The Beautiful Gateway to Southern Italy!

**Annalisa**

You can reach Naples by train from Rome, Florence or Venice or by plane.

Capodichino airport is really inside the city and it takes very little to reach the centre (Alibus just outside the airport or cab).

I absolutely do not recommend arriving by car—the traffic in Naples is second only to that of Cairo!

Naples was the capital of the Kingdom of the Two Sicilies and because of that it has a beautiful Royal Palace, a “San Carlo” theatre that made the history of opera, Museums and several beautiful noble palaces some still owned by noble families. We recommend that you spend at least three days and two nights in Naples. This will give you enough time to enjoy the city at a relaxed pace. It gets very hot in Naples during the summer months, so remember to take this into account when planning your daily activities.

If Venice is an unrepeatable place, Naples is pure passion; everything here is loud, colourful and full of energy.

Neapolitans love to identify with Vesuvius crowning the view of the Gulf (beautiful!).

Eating deliciously is part of Neapolitan culture. We start our tour of the city right here in the historic Gambrinus café in the beautiful Piazza Plebiscito in front of the Royal Palace sitting outside or in the elegant room we can have a coffee and a sfogliatella. You may also prefer a baba, but since this one is soaked in rum I recommend consuming it in the afternoon...more coffee break! After breakfast you can go in and visit the Royal Palace, and when you come out stop and admire the beautiful Piazza Plebiscito.

From here I recommend you walk to the waterfront: it is a nice walk to the open Castel dell'Ovo which you can visit. The waterfront is full of bars, restaurants and pizzerias...you can eat well everywhere so take your pick and enjoy the view of the gulf and its Vesuvio!!!

A visit to the city's underground can't be missed.

Book your visit with a guide to the BORBONICA GALLERIA you will be amazed! In the heart of the city you can visit the Monumental Complesso of Santa Chiara, the Sansevero Chapel and the Veiled Christ.



Great is the gastronomic heritage of the city on all the famous Pizza Margherita, here are some TOP pizzerias

- Gino and Totò Sorbillo - Via dei Tribunali, 32, 80138 Napoli NA, Italy
- Antica Pizzeria Da Michele - Via Cesare Sersale, 1, 80139 Napoli NA, Italy
- 50 Kalò - Piazza Sannazaro, 201/c, 80121 Napoli NA, Italy

...Here we are ready to experience the sea, not on the beaches of the city, but on the beautiful island.



## Old destinations and new ways to enjoy travel!

When you arrive in Venice for the first time you may be lucky and realise that you have arrived in a once-in-a-lifetime place, or you may not realise it and be annoyed by the amount of different things. Don't worry, it can happen!

In Venice, time is marked by water: the routes are longer than usual but the way to go is always a wonderful discovery.

You can decide to go on foot and then you will surely get lost at least once nor will the navigator, who in Venice is not as reliable as usual, help guide you. With its 150 canals, 400 bridges and magnificent palaces and squares from the 16th and 17th centuries, it is no surprise that Venice is one of the most beautiful cities in Europe.

You can decide to stay in a hotel (some beautiful) or a private home (many very elegant)

Venice is no stranger to crowds, and when the crowds do arrive it is mostly to chase the elusive view of the canals.

If you have “deep pockets,” you can get a front-row seat among the VIPs to admire the most coveted attractions: splendid restaurants, exclusive parties, spectacular exhibitions at the Biennale and red carpets at the Film Festival.

As soon as you arrive at the airport, hop into your exclusive water taxi—which you will have booked the day before—shoe scarf in hand and dark glasses, the dream has begun! Venice has no Uber and no subway either. The only parking lots under the house are the palace owners' boat moorings, all of course occupied. I told you it is not an easy city! One beautiful thing not to be missed are the Venetian festivals!!!

Also exclusive are the Redentore night with its fires (July), the Salute with its scenic candle lighting in the round church of Santa Maria della Salute (November) What is the best area in Venice to stay in? There's not much to discuss: the San Marco district is the most popular of Venice's six districts. San Marco is also home to the city's main attractions—St. Mark's Basilica, the Doge's Palace, and the Bridge of Sighs—and is also the busiest area in Venice.

You can go for a coffee at the Papadopoli Gardens and sip a good Illy coffee.

For a stay away from the crowds, opt for Dorsoduro, where you will find a mix of tourists and locals, exclusive gardens and the city's best art galleries. Another option is the fascinating and unknown Giudecca Island but that's another story!

**Hotel AMAN VENICE** <https://www.aman.com/hotels/aman-venice>

**Doge Stair private apartment** <https://www.veniceapartments.org>





# Diabetes Awareness

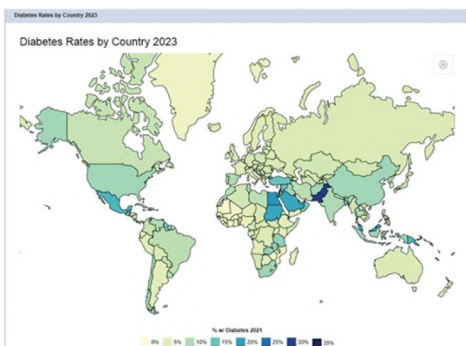


**Niles V Palan**  
(The writer has served for three annual terms as the Diabetes Awareness Officer for Lions District 105A UK)

Diabetes is a serious condition where the blood glucose level is too high because the pancreas doesn't produce enough (or any) insulin or the insulin produced is ineffective. This leads to excess sugar in the body which causes chronic

damage to vital organs.

Globally, growth in diabetes numbers (particularly Type 2) has been relentless and therefore diabetes awareness deserves our serious commitment. (See map below) This trend has been driven by changes in lifestyles caused by increased affluence and urbanisation.



Source: <https://worldpopulationreview.com/country-rankings/diabetes-rates-by-country>

- Diabetes Type 2 represents 90% of all diabetes types and it does not present any noticeable symptoms until much damage is sustained by the vital organs due to unprocessed blood sugar. Hence early detection is critical to limit damage.
- Diabetes is often picked up as an incidental finding when patients present for elective surgeries- cataract, knee and hip replacement etc. Emergency admissions and routine blood tests for patients with chronic conditions also identify "hidden" diabetics.

### Main risk factors for type 2 diabetes

Family history of diabetes	Overweight	Physical inactivity
Unhealthy diet	Increasing age	Ethnicity

### Impact of COVID 19

People's lifestyles have suffered under lockdowns which has led to weight gain which contributes to over 80% of the risk of developing the condition - hence the emphasis on lifestyle choices!

### Preventing type 2 diabetes - Lifestyle Choices

Several factors influence the development of type 2 diabetes. The most significant are lifestyle behaviours commonly associated with urbanisation. Evidence shows that even a modest gradual weight loss achieved through **a healthy diet and regular physical activity** can prevent or delay type 2 diabetes.

### Promoting healthy diets: By

- **reducing** calories if you are overweight
- **replacing** saturated fats (e.g. cream, cheese,

butter) with unsaturated fats (e.g. avocado, nuts, olive and vegetable oils)

- **eating** dietary fibre (e.g. fruit, vegetables, whole grains)
- **controlling** portion sizes to avoid overeating
- **avoiding** tobacco use, excessive alcohol and added sugar
- **choosing** healthier cooking methods such as baking, grilling, steaming, or sautéing instead of frying

### Increasing Physical activity

Regular physical activity is essential to help keep blood glucose levels under control. It is most effective when it includes a combination of **aerobic exercise (e.g. jogging, swimming, cycling) and resistance training** to build muscle mass. It is recommended to do at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking or cycling, per week.

### Symptoms:

These include excessive thirst, frequent urination, fatigue, tingling and numbness in the limbs, blurred vision and weight loss.

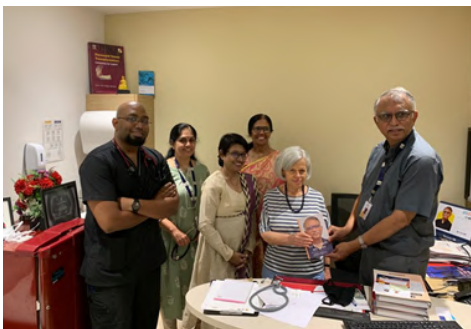
As mentioned, Type 2 Diabetes doesn't always present obvious symptoms. Therefore, regular blood sugar testing is recommended especially for those at risk.

### Regular health check-ups

These are also recommended as early detection can help to implement proactive steps to prevent or delay Type 2 diabetes.

# Peritoneal Dialysis

Shanthy Rajmohan



Shanthy with Dr Edwina Brown, Imperial College NHS Trust UK and Dr Georgie Abraham, Nephrologist, MGM Healthcare, Chennai

You are never too old, never too bad, never too late and never too sick to start from scratch once again. I have been on Peritoneal dialysis for 20 years (from 2003) and the above quote reflects truly how I have lived. Having been diagnosed with renal failure, I thought it was over for me, until I met Dr. Georgie who told me PD would take me a long way. Initially, I thought he was just encouraging me but today after 20 years I realise all he told me were facts. PD has given me a new lease of life, with a few challenges, but all that could be overcome.

There are 2 kinds of dialysis; these are Haemodialysis & Peritoneal Dialysis. People from the marginal societies in India reach out to the Government hospitals for these treatments as they are quite expensive. Each Haemodialysis session could cost between Rs.3000 to Rs.6000 / session

& approx. 12 to 13 sessions are required per month depending on the patient's condition. In government hospitals these sessions are offered free of cost.

Many people diagnosed with kidney failure see their lives as doomed but in my perspective it becomes the beginning of another life, a more sensitive, empathetic, and humane life where there is place for everybody and a smile for every need.

In India, Peritoneal dialysis is evaded by many patients on the misleading assumption that it is expensive but the Government of India offers many initiatives to make it accessible to all. Haemodialysis comes with a lot of inconveniences but peritoneal dialysis lets us live an almost normal life.

Today I live a life of happiness and motivate many like me to break from the sick mode to experience life at its fullest. My aim is to hold hands with patients like me and doctors, nurses and caregivers to show that life can be lived well despite all odds. I am grateful and thankful to the Government which has made this life possible with free treatment and to Dr. Georgie Abraham who has guided my life as a light in dark times and as a friend in other times. Being an MBA with marketing and advertising as my specialisation I always yearned to get back to work, but regular employment eluded me. I guess because my purpose was greater. I am an entrepreneur manufacturing quality food products based on millets grown locally and aim to go further offering healthy food to tables around the world with my ready to make millet pasta and millet noodles. We source naturally grown turmeric powder for cooking and white turmeric powder with multiple health

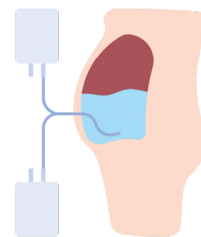
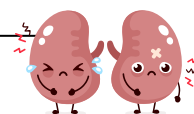
benefits. My founding company is a cosmetics manufacturing company producing Herbal hair oil, Nourishing hair pack, Natural Herbal hair colour and an Exfoliating body pack. My aim is to grow into a larger organisation taking healthy food to all tables around the world.

We are registering DIPA (Dialysis Patients Association) which aims to help people with kidney failure and on dialysis as a treatment of survival.

We join hands with TANKER Foundation and BALM to help people live better. We are approaching big corporations in Chennai to help us take this mission further and to help elevate the lives of these people from marginalised societies. We initiate sessions to educate their employees about healthy lifestyles to avoid these chronic diseases and offer schemes to maintain the health of their workforce. We offer sessions to help donors and their work force to respond in these situations and how to handle them effectively.

- Sessions on
1. Kidney health
  2. Heart Health
  3. Lung Health
  4. Women OBGYN health
  5. Obesity control
  6. Yoga sessions
  7. Meditation sessions
  8. Mental health sessions

Our aim is to set people on a healthy way of life. Preventing these lifestyle induced diseases with timely intervention and increased awareness to avoid them.







# Why Incorporating Spirituality in Your Business Strategy is Key for Women in Leadership



Ann Bost

In today's competitive business landscape, women in leadership roles face unique challenges as they strive to make their mark and create positive change. While traditional business strategies often emphasise profit, growth, and efficiency, an increasing number of women leaders are recognizing the value of incorporating spirituality into their organisational approach. This article explores why integrating spirituality into business strategies is essential for women in leadership positions, enabling them to cultivate a sense of

purpose, enhance employee engagement, foster ethical decision-making, embrace intuition and creativity, create sustainable, holistic success, and promote personal well-being.

## Cultivating a Sense of Purpose

Incorporating spirituality in business allows women leaders to tap into their deeper sense of purpose and align it with their professional goals. By connecting their personal values with their organisational mission, they can create a more meaningful and authentic work environment. Women leaders who infuse spirituality into their business strategy often prioritise employee well-being, work-life balance, and social responsibility. This emphasis on purpose-driven business fosters a positive corporate culture, enhances employee satisfaction, and attracts top talent.

When women leaders integrate spirituality into their business strategies, they create a sense of purpose that goes beyond mere financial gains. Employees are more likely to find fulfilment in their work when they feel connected to a greater mission and understand how their contributions make a difference. By fostering a sense of purpose, women leaders inspire their teams to work towards a common goal, resulting in increased productivity, motivation, and dedication.

## Enhancing Employee Engagement

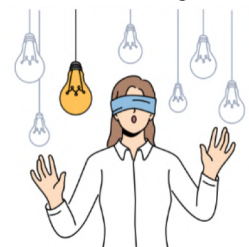
Employees today seek more than just financial rewards; they desire a sense of fulfilment and purpose in their work. Spirituality in business provides a framework for nurturing employee engagement by emphasising empathy, compassion, and work-life integration. Women leaders who integrate spirituality into their business strategies create a supportive and inclusive environment that encourages open communication, personal growth, and a sense of belonging. This, in turn, leads to higher employee engagement, increased productivity, and lower turnover rates.

By incorporating spirituality into their leadership approach, women can create a workplace culture that values the whole person. They recognise the importance of addressing employees' emotional, mental, and spiritual well-being, not just their professional contributions. This holistic approach to employee engagement fosters a sense of trust, respect, and empathy within the organisation, resulting in higher levels of employee satisfaction and loyalty.

## Fostering Ethical Decision-Making

Integrating spirituality into business practices helps women leaders foster a strong moral compass and make ethical decisions. Spirituality encourages leaders to consider the well-being of all stakeholders, including employees, customers, suppliers, and the community. By aligning their actions with their spiritual values, women leaders can build trust, transparency, and integrity within their organisations. Ethical decision-making creates a positive reputation for the business, enhances customer loyalty, and contributes to long-term success.

Spirituality provides women leaders with a framework for ethical decision-making that transcends immediate financial gains. It prompts leaders to consider the potential impact of their decisions on various stakeholders and the broader society. By integrating spirituality into their decision-making processes, women leaders can navigate complex ethical dilemmas with clarity, fairness, and compassion, ensuring that their actions align with their values and contribute to the greater good.



## Embracing Intuition and Creativity

Spirituality encourages women leaders to embrace their intuition and tap into their innate creativity. In a world driven by data and analytics, incorporating spirituality provides a balanced approach that values both logic and intuition. By encouraging creativity and innovation, women leaders can explore new avenues, find unique solutions to challenges, and inspire their teams to think outside the box.

Spirituality allows for a more holistic decision-making process that takes into account not only rationality but also the collective wisdom and intuitive insights.

By embracing spirituality, women leaders can tap into their intuition and unleash their creativity, leading to innovative solutions and approaches. They understand that intuition and creativity are valuable assets that can drive success and differentiate their businesses in a competitive market. By encouraging their teams to embrace intuition and creativity, women leaders empower their employees to bring forth fresh perspectives and ideas, fostering a culture of innovation and continuous improvement.

## Creating Sustainable, Holistic Success

Spirituality in business encourages women leaders to shift their focus from short-term gains to long-term sustainable success. By considering the impact of their decisions on the environment, society, and future generations, women leaders can create a business strategy that promotes sustainability and corporate social responsibility. Incorporating spirituality enables leaders to view success as a holistic concept, encompassing not only financial prosperity but also the well-being of employees, communities, and the planet.

Women leaders who incorporate spirituality into their business strategies embrace a broader definition of success that goes beyond financial metrics. They recognise the interconnectedness of all aspects of business and understand that sustainable success requires a balance between economic growth, environmental stewardship, and social responsibility. By prioritising sustainability, women leaders can build resilient organisations that not only thrive in the present but also leave a positive legacy for future generations.

## Promoting Personal Well-Being

Incorporating spirituality in business strategy is not only beneficial for the organisation but also for the personal well-being of women in leadership positions. Spirituality provides a pathway for self-reflection, mindfulness, and self-care. By integrating spiritual practices into their daily lives, women leaders can find balance, reduce stress, and nurture their own personal growth. This, in turn, enables them to lead with authenticity, empathy, and resilience.



When women leaders prioritise their own well-being and spiritual development, they become more effective leaders. They gain a deeper understanding of themselves, their values, and their purpose, which allows them to lead from a place of inner strength and alignment. By promoting personal well-being, women leaders can create a positive ripple effect within their organisations, inspiring others to prioritise their own self-care and growth. Ann Bost, a dedicated coach and advocate for women in leadership, has developed powerful methods such as the LIVA Method and Miracle Breath Coaching. These approaches are designed to empower women to unlock their full potential and create meaningful and successful lives. With a focus on spirituality, personal development, and mindset, Ann Bost's work offers a transformative pathway for women leaders to navigate challenges, make conscious choices, and achieve holistic growth. By incorporating these methods, women in leadership positions can cultivate purpose, enhance well-being, foster ethical decision-making, and embrace their innate intuition and creativity. Ann Bost's commitment to empowering women exemplifies the profound impact of incorporating spirituality and personal development into business strategies for women in leadership.

Incorporating spirituality into business strategy is a transformative approach for women in leadership, allowing them to create purpose-driven organisations, enhance employee engagement, foster ethical decision-making, embrace intuition and creativity, promote sustainable success, and prioritise personal well-being. By integrating spirituality, women leaders can build thriving businesses that prioritise the well-being of their employees, contribute positively to society, and make a lasting impact. As more women embrace spirituality in their leadership roles, they pave the way for a more inclusive, compassionate, and conscious business world. Through the integration of spirituality, women in leadership positions can unlock their full potential and inspire positive change in the organisations they lead.





# Intersectionality – A Personal Perspective!



**Dr Kamilla Kamaruddin**  
 Clinical Lead East of England  
 Gender Service, Cambridge

I want to share something with you, but I'm a bit concerned about the reaction. It's not that I'm afraid of the consequences, but I'm unsure how you will respond. I am a trans woman, a person of colour, an immigrant, a Muslim, and middle-aged. I embody almost all aspects of intersectionality, coming from a less privileged and underserved community.

Identifying as a trans woman doesn't make me fearful. In my day-to-day life and work as a doctor, I have largely encountered acceptance. The wider public, as well as the countless people I meet – whether strangers or those who have

known me before my transition – consistently regard and address me in feminine terms. However, I am deeply concerned about the widespread anti-trans rhetoric that masquerades as serious discourse on social media. This harmful rhetoric has adversely affected many of my trans patients. Recently, I faced baseless allegations on Twitter, accusing me of examining female patients without their consent. Throughout my 20 exemplary years of working in the NHS, I have always adhered to the guidelines of Good Medical Practice. I have reported this defamatory tweet to the police as a hate crime, and they are currently investigating the matter.

Certain feminists argue that trans women should not share the same safe spaces as cis women. They frame their debate by casting trans women as sexual predators or compromising their dignity, a supposed threat to cis women's existence. In reality, trans women have always shared safe spaces with cis women without any issues. While trans women may not have the same experiences as cis women, we do face similar struggles. We are all victims of discrimination, bias, threats, and the risk of physical and sexual violence from cis men. Personally, I grew up with a strong religious background, hearing fire-and-brimstone sermons that warned me I would burn in hell if I became a woman. I was told I would bring shame to my family and made to feel ashamed of myself. That didn't happen when I transitioned, and my family embraced me wholeheartedly and prayed with me as a woman. Women have always been made to feel ashamed of themselves. They feel shame after experiencing sexual assault, victims of domestic violence often remain silent due to the shame imposed on them by a patriarchal society, women feel shame when reporting sexual assaults and they fear the police will not believe them. The shame perpetuates a cycle of silence and self-blame among women and suffocates our existence and undermines our right to a fairer society.



Even if trans exclusionary feminists get their way and trans women are forced to use facilities inconsistent with their gender identity, women will not be safer. Cis men will continue to commit acts of rape, sexual assault, domestic violence and enjoying the privileges afforded by a patriarchal society. Predators, mainly cis men, will continue to commit horrific acts on women and children. Both cis and trans women will be forced to constantly do risk assessments around them, while cis men will persist in making women believe that it's all their fault. It is a sledgehammer irony to think that

women will be safer if trans people are denied the right to exist.

Feminists have always engaged in debates and haven't always agreed on what is best for women. Prominent feminists such as Naomi Wolf, Camille Paglia and Susan Sontag have expressed differing viewpoints on topics related to women's empowerment, sexuality, and the intersection of feminism with other social movements. These disagreements highlight the complexity of feminist discourse, reflecting the multifaceted nature of feminism itself. I suppose the inclusion of trans women's identity has added complexity for some feminists, to the extent of becoming exclusionary and undermining the common goal of equality.

During my early years of transition, I was preoccupied with making my physical appearance align with that of a cis woman. I lived in constant fear of being misgendered in public, which caused me tremendous anxiety. I even flew to Bangkok to consult a plastic surgeon about facial feminisation surgery, only to be told that the procedure I desired was unnecessary. In a light hearted moment, the surgeon jokingly told me to lose 10kg, and we both laughed. On the way back to my hotel in a limo provided by the hospital, I reflected on what it means to look feminine. I realised that femininity is diverse, and no one should dictate what a woman's body should look like. Whatever feminine looks like, I have that in abundance. Whatever a feminine body looks like, I embrace my body, the fat and the curves or lack of it. The absence of certain organs does not diminish my womanhood. Although becoming a cis woman was a struggle for me, I am happy to be a woman.

Our UK government has mocked and diminished the rights of trans women, making trans issues a focal point and chasing cheap headlines. Meanwhile, inflation rates have risen, mortgage rates have increased, more people are resorting to food banks, the rich are getting richer, and the banks continue to prosper. We have had to go on strikes to demand wage increases, while the Tory party laughed, danced, and revelled while we were in lockdown. Our ministers and their VIP friends have been embroiled in PPE scandals, costing taxpayers billions. Our planet is burning, causing irreparable damage due to climate change. It is incumbent upon us, as citizens, to critically evaluate the actions and choices of those in power. I hope that when it comes time to the ballot box, the general public is discerning enough to make wise choices. Intersectionality unites us, transcending the boundaries that divide

When it comes to intersectionality, we are no different from one another. You and I are the same. We fight for the same causes: against racism, pay gaps, discrimination, bias, better healthcare, and a better life for our families and children. Our battles and struggles are interconnected. I don't expect you to march on the streets for trans people or make significant sacrifices, but we can all do something to make a difference. If you ask me what you can do, my answer is simple: be kind. Start with small gestures of kindness, as they can have a profound impact on people from marginalised communities. Together, we can build resilience through kindness. By fostering empathy, challenging harmful rhetoric, and advocating for the rights of all individuals, we pave the way for a fairer and more inclusive future. Let us celebrate the diversity that defines us, recognizing that by embracing intersectionality, we nurture empathy and forge a path towards true equality.







# Celebrating Indian Independence Day with Unprecedented Achievements

As India marks another Independence Day, the nation proudly reflects on its remarkable journey of progress and development. From the heroic struggle for freedom to its current position as a global powerhouse, India has made unprecedented strides in various fields. This article takes you on a captivating journey through India's greatest and latest achievements, showcasing the nation's unique, appealing, and fascinating growth since gaining independence.

## • Space Exploration and Research

India's space agency, the Indian Space Research Organisation (ISRO), has been at the forefront of pioneering space missions. The crowning glory came with the Chandrayaan and Mangalyaan missions, where India became the first Asian country to reach Mars and successfully execute an orbiter mission to the Red Planet. These achievements have not only instilled national pride but have also showcased India's technological prowess and collaboration on an international level.

## • Technological Advancements

India's booming tech industry has been one of its biggest success stories. The country has rapidly emerged as a global IT hub, with numerous startups and innovative ventures making their mark on the international stage. The "Digital India" campaign has further accelerated the nation's digital transformation, making technology accessible to even the most remote areas. With a focus on innovation and research, India continues to evolve and excel in the tech world.

## • Healthcare Revolution

India has been steadily working towards providing

quality healthcare to its citizens. One of the most notable achievements has been the successful implementation of the world's largest healthcare scheme, Ayushman Bharat. Covering over 500 million vulnerable citizens, this ambitious initiative has brought medical services within reach of millions, reducing the burden of medical expenses and saving countless lives.

## • Renewable Energy Leadership

As the world grapples with climate change, India has emerged as a leader in renewable energy. The country has made significant strides in solar power production, expanding its capacity and reducing its reliance on fossil fuels. The "Solar Alliance" launched by India, in collaboration with other nations, has further emphasized the nation's commitment to sustainability and environmental protection.

## • Sports and Entertainment Dominance

India's prowess in sports and entertainment has captured the world's attention. The nation has become a force to be reckoned with in cricket, producing world-class players who have consistently made India proud on the international stage. Bollywood, the Hindi film industry, has also grown exponentially, captivating global audiences with its unique storytelling and cinematic brilliance.

## • Gender Empowerment and Women Leadership

India has made significant strides in empowering

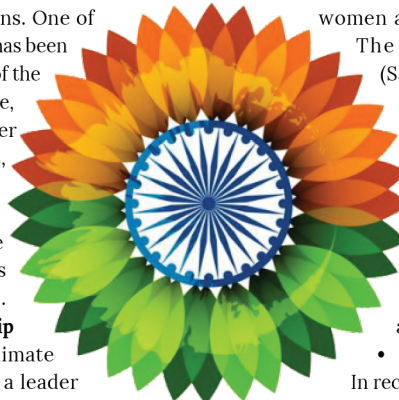
women and promoting gender equality.

The "Beti Bachao, Beti Padhao" (Save the Girl Child, Educate the Girl Child) campaign has been instrumental in raising awareness about gender biases and encouraging female education. Additionally, the nation has witnessed a surge in women leaders across various sectors, inspiring future generations and breaking glass ceilings.

## • World's Largest Vaccination Drive

In recent times, India has demonstrated its resilience and commitment to public health through the world's largest vaccination drive. During the COVID-19 pandemic, the nation mobilized its resources to vaccinate its vast population, setting an example for others and contributing significantly to the global fight against the virus.

As India celebrates another year of independence, it proudly looks back on its incredible journey of achievements. From conquering space to leading in technology, healthcare, and renewable energy, India's progress has been remarkable. The nation's cultural impact through sports, entertainment, and the promotion of gender equality further adds to its uniqueness and appeal. This Independence Day, let us celebrate not only India's past accomplishments but also its unwavering potential and the promises of an even more prosperous and harmonious future. Jai Hind!



# Pakistan Independence Day: A Tapestry of Triumph and Resilience

As the sun rises on August 14th, Pakistan stands tall and proud, draped in hues of green and white, ready to celebrate its Independence Day. This auspicious occasion marks the day when Pakistan emerged as a sovereign nation, breaking free from the shackles of colonial rule.

With hearts brimming with patriotism, the nation unites to commemorate a journey of struggle, sacrifice, and resilience, shaping a unique tapestry of triumph that remains woven into the very fabric of Pakistan's identity.

## A Historical Tapestry of Freedom

To truly understand the essence of Pakistan Independence Day, one must delve into the pages of history where a dream began to take shape. The movement for a separate homeland for Muslims of the Indian subcontinent, led by Quaid-e-Azam Muhammad Ali Jinnah, culminated in the historic Lahore Resolution in 1940. Seven years later, on August 14, 1947, Pakistan emerged as a free nation, marking the end of British colonial rule and the beginning of a new chapter in history.

## A Symbol of Unity

Independence Day in Pakistan transcends religious,



ethnic, and regional boundaries, transforming into an emblem of unity. Citizens from all walks of life come together in harmony, setting aside their differences, to celebrate their shared identity as Pakistanis. Festivities reverberate throughout the country, with the iconic Minar-e-Pakistan in Lahore serving as the epicenter of jubilations.

## Flourishing Cultural Heritage

Drenched in a rich tapestry of diverse cultures, Pakistan's Independence Day becomes a spectacle of traditions. Festive bazaars adorned with colorful decorations and vibrant stalls mesmerize visitors with an array of Pakistani handicrafts, clothing, and delicacies. Folk dances, music, and local performances showcase the soulful beauty of the country's cultural heritage. It is a time when Pakistan proudly wears its traditions like badges of honor.

## The Sentimental Pride of Nation

For every Pakistani, Independence Day stirs a potent mix of emotions. It's a day of nostalgia when stories of the nation's struggle for freedom are recounted with tears and laughter. The memory of those who laid down their lives for a better future is

honored with reverence. Parents narrate the tales of their ancestors' courage to the younger generation, instilling a sense of responsibility toward preserving Pakistan's hard-earned liberty.

## Empowering the Youth: The Future of Pakistan

On this occasion, the youth of Pakistan take center stage, becoming the torchbearers of the nation's dreams. Educational institutions organize special events and programs, fostering patriotism and civic awareness. Young talents showcase their skills through speeches, debates, and performances that carry forward the legacy of the nation's leaders.

## A Journey of Resilience

Independence Day serves as a reminder of the resilience displayed by the Pakistani people over the years. Despite facing numerous challenges, including political upheavals, natural disasters, and economic struggles, Pakistan has persevered, proving that its spirit is indomitable. The flag, waving proudly in the wind, symbolizes the unwavering commitment of its people to overcome any obstacle that stands in the way of progress.

As the nation gathers to rejoice on this special day, it stands as a testament to the enduring spirit of a people who continue to move forward, guided by the ideals of freedom and hope, weaving a remarkable tapestry of triumph and resilience.





# Hiroshima Day: Remembering the Unbreakable Spirit

In the quiet hours of the morning on 6th August 1945, a blinding flash of light ripped through the city of Hiroshima, followed by an earth-shattering explosion. The world witnessed the devastating consequences of scientific progress weaponized into unimaginable destruction. The bombings of Hiroshima killed hundreds of thousands of people, leaving a lasting scar on humanity's conscience.

## Hiroshima Day: Remembering the Unbreakable Spirit

Every year, on the 6th of August, the world comes together to remember a tragic event that changed the course of history forever - Hiroshima Day. This solemn occasion marks the anniversary of the atomic bombing of Hiroshima, a city in Japan, during World War II. It is a day of reflection, empathy, and hope, as we honor the memory of those who perished and celebrate the resilience of the survivors. As we gather to commemorate this historic event, let us delve into the stories of courage, compassion, and determination that continue to inspire us to build a better, more peaceful world.

## Resilience in the Midst of Tragedy

Amidst the ruins and despair, the survivors of the atomic bombing, known as "hibakusha," emerged as symbols of courage and hope. Their stories are a testament to the indomitable spirit of the human race. Despite facing unimaginable physical and emotional suffering, they chose not to succumb to hatred or despair. Instead, they resolved to advocate for peace, sharing their experiences with the world, and working tirelessly to ensure that no other city would suffer the same fate.

## From Tragedy to Rebirth: The Peace Memorial Park

One of the most poignant symbols of Hiroshima's transformation is the Hiroshima Peace Memorial Park. Once a desolate landscape of destruction, the park now stands as a lush and vibrant symbol of hope and renewal. The



centerpiece of the park is the Atomic Bomb Dome, the skeletal remains of the Hiroshima Prefectural Industrial Promotion Hall, which was one of the few buildings to survive the blast. Its haunting presence serves as a constant reminder of the tragedy and the need for peace.

## A Thousand Cranes: The Power of One Child's Wish

In the wake of the bombings, a young girl named Sadako Sasaki inspired the world with her story. Diagnosed with leukemia as a result of radiation exposure, she believed in an ancient Japanese legend that folding a thousand origami cranes would grant her a wish for health and peace. Though she tragically passed away at the tender age of twelve, her spirit lives on

through the "Thousand Cranes" peace movement, which has become a symbol of universal hope for a world free of nuclear weapons.

## A New Dawn of Hope

Hiroshima Day is not merely a day of mourning; it is a celebration of the human spirit's ability to endure, heal, and transcend the darkest moments. It reminds us that from the ashes of tragedy, new seeds of hope can sprout. The survivors of Hiroshima and Nagasaki have shown us that forgiveness is a path to healing, and that love and compassion can conquer hate. The stories of Hiroshima and Nagasaki are not just chapters of history; they are a call to action.

As we observe Hiroshima Day, let us remember the lives lost, the pain endured, and the lessons learned. Let us pay tribute to the hibakusha and their unwavering commitment to peace.

# A Spotlight on the International Day Against Nuclear Tests

The world is a stage where humanity's most profound emotions are brought to life, painted with the brushstrokes of conflict and camaraderie. Among the numerous calls for peace and security that echo through history, the International Day Against Nuclear Tests stands out as a poignant symphony, orchestrating a harmonious future for all. It is a day that resonates with sentiments of hope, remembrance, and an unwavering commitment to ensure that the horrors of nuclear tests are forever etched in history, and never revisited.

## A Historical Prelude

The International Day Against Nuclear Tests was established by the United Nations General Assembly in 2009, as a stark reminder of the tragic consequences of nuclear tests on innocent lives and the environment. This solemn observance occurs annually on August 29th, commemorating the closure of the Semipalatinsk Nuclear Test Site in Kazakhstan, the world's second-largest testing ground.

## The Symphony of Sentiments

Every note of this worldwide observance resounds with a

symphony of sentiments, blending together to create a powerful message that transcends borders. The symphony begins with somber notes, recounting the sufferings and sacrifices of those who were subjected to the devastating effects of nuclear tests.



From the scorched lands of the Pacific to the once-fertile grounds

of the South Asian subcontinent, the legacy of nuclear testing bears witness to the fragility of life and the irreparable scars it leaves behind.

Amidst the mournful notes, however, arise triumphant chords of hope and determination. Nations unite, vowing to promote nuclear disarmament and non-proliferation, embracing the promise of a world free from the specter of nuclear devastation. This melody of unity is the catalyst that brings forth the force of change, amplifying the voices of advocates for a safer and more equitable future.

## The Pinnacle of Awareness

The International Day Against Nuclear Tests is not only a commemoration but also an educational beacon that shines a light on the dangers of nuclear weapons and testing. The symphony's crescendo emphasizes raising awareness about the long-lasting consequences of nuclear tests on human health and the environment. With each passing year, the global community grows more cognizant of the irreversible impact these tests have on generations to come.

Through the resonance of informational programs, seminars, and exhibitions, the world gains

insight into the urgency of dismantling nuclear arsenals and establishing robust treaties to prevent the proliferation of these dangerous weapons. Nations come together, acknowledging that disarmament is not an option but a necessity to ensure a secure future for humanity.

## A Celebration of Diplomacy

Harmony isn't merely a product of beautiful melodies but also the result of diplomatic symphonies played on the global stage. The International Day Against Nuclear Tests celebrates the strides made by nations in fostering dialogue and cooperation. From the Comprehensive Nuclear-Test-Ban Treaty to bilateral disarmament agreements, diplomacy orchestrates the virtuoso performance that can potentially transform the world into a safer and more stable place.

## The Coda: A Hopeful Finale

The International Day Against Nuclear Tests is more than a commemorative date; it is an ode to resilience, unity, and a shared commitment to a brighter future. It serves as a reminder that the power to script the symphony of peace lies within each individual, each nation, and the global community as a whole.



## Embracing the Indigenous World



The annual celebration of the Day of the World's Indigenous People becomes an opportune moment to honor, respect, and learn from the vibrant traditions of these unique communities. This year, let's make the celebration even more exceptional with these inspiring and thought-provoking tips.

### 1. Seek Out Indigenous-Owned Businesses:

Supporting Indigenous entrepreneurs and artisans is an excellent way to celebrate their heritage. Explore local markets or online platforms that showcase their handmade crafts, intricate artwork, and authentic cuisine. By

purchasing their products, you contribute to the preservation of indigenous traditions and empower these communities economically.

### 2. Engage in Cultural Workshops:

Step into the shoes of indigenous artists, storytellers, and performers by participating in workshops. Learn traditional dances, indulge in the art of weaving, or listen to ancient legends. Immerse yourself in their storytelling, and discover the wisdom and knowledge passed down through generations. These experiences will deepen your understanding of their way of life and enrich your perspective.

### 3. Collaborate on Environmental Initiatives:

Indigenous people are often the custodians of pristine lands and ecosystems. Connect with local indigenous groups and join hands in conservation efforts. Participate in reforestation drives, community clean-ups, or wildlife protection projects. Embracing their approach to harmonious coexistence with nature can teach us valuable lessons in sustainability and respect for

the environment.

### 4. Promote Indigenous Literature and Art:

Read books and watch films by indigenous authors and filmmakers to gain insights into their unique perspectives. This exposure not only amplifies their voices but also encourages creativity and artistic expression within their communities.

### 5. Raise Funds for Indigenous Causes:

Support indigenous organizations that work towards improving education, healthcare, and human rights within their communities. By donating to these causes, you can contribute directly to their progress and help empower indigenous individuals.

This Day of the World's Indigenous People, let's step beyond just a token celebration. Let's engage in meaningful actions that promote understanding, respect, and collaboration. By embracing the rich tapestry of indigenous cultures, we enrich ourselves and contribute to building a more inclusive and compassionate world for all.

## Jumbo Giggles: Unleashing Elephant Humor

Step right up, ladies and gentlemen, and prepare to embark on a wild journey through the charming, comical, and awe-inspiring world of elephants! As we celebrate World Elephant Day, it's time to shed light on these majestic giants and the delightful quirks that make them so lovable.

### • Unique Encounters with Elephant Humor

Did you know that elephants are the jokers of the animal kingdom? Beneath their regal demeanor lies a playful sense of humor that has left scientists and observers in fits of laughter. These gentle giants have been caught on camera pulling pranks on each other, like engaging in splash wars at the watering hole or playfully tickling each other with their trunks. Yes, you heard that right - tickling! Who knew these serious-looking creatures could be so light-hearted?

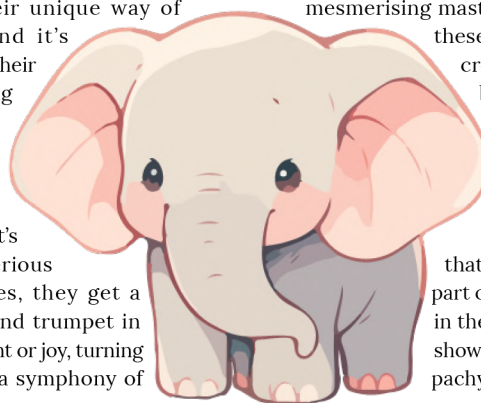
### • Elephants on the Move

One of the most impressive aspects of these creatures is their nomadic lifestyle. They traverse vast distances in search of food, water, and adventure. They say "An

elephant never forgets," and who can blame them when they have a lifetime of thrilling escapades to remember? World Elephant Day reminds us to cherish their migratory instincts and protect their precious habitats, ensuring they have plenty of stories to share with generations to come.

### • The Trumpeting Tales

Elephants have their unique way of communicating, and it's anything but subtle. Their signature trumpeting call can be heard for miles, summoning the herd and sending messages across the savannah. However, it's not always about serious business. Sometimes, they get a little carried away and trumpet in moments of excitement or joy, turning the wilderness into a symphony of



sound. So, the next time you're on a safari, keep your ears open for the peculiar elephant orchestra!

### • The Artistic Prodigies

We often hear about elephants' intelligence and memory, but did you know they also have artistic skills? With the aid of a paintbrush held delicately in their trunks, some elephants have created mesmerising masterpieces. Abstract art or not,

these masterpieces remind us that creativity knows no bounds, and beauty lies in the eye of the beholder - or, in this case, the trunk of the creator!

As we raise a toast to these remarkable beings on World Elephant Day, let's remember that their existence is an intricate part of our planet's tapestry. Because in the grand circus of life, there's no show without our beloved, endearing pachyderm performers!

## Capture the World through the Lens

Say cheese! August 19th marks a day that inspires shutterbugs worldwide to celebrate their passion for freezing moments in time. World Photography Day has arrived, and we're ready to dive into the captivating world of snapshots, selfies, and everything in between. This quirky celebration invites us to explore how photography has evolved from sepia-toned daguerreotypes to Instagram-filtered wonders.

While modern technology has made snapping pictures a breeze, let's not forget the days of film rolls and red-eyed subjects. Ah, the nostalgia! But worry not, for the days of awkward group photos are not gone - they've merely evolved into fabulous outtakes and epic photobombs.

In the spirit of fun and laughter, don't miss the

World Photography Day challenges trending on social media. Attempt "The Perfectly Timed Shot" or "Funny Faces Only" and marvel at the amusing results. Unleash your creativity and get involved!

On this memorable day, let's also honor the pioneers who paved the way for the colorful world of photography. From Ansel Adams' breathtaking landscapes to Dorothea Lange's emotive portraits, their timeless work inspires generations of photographers to this day.

Whether you're a seasoned pro or a beginner, embrace World Photography Day and seize the opportunity to experiment, laugh, and learn. After all, a great photograph is not just about perfect composition; it's about capturing life's beauty and quirks in the blink of an eye. Happy clicking, folks!







# The High Flyers 50 Global Icons Awards 2023 is Set to Take Place on September 23



**Ravi Kumar**  
Chief Editor at Film & TV Trade Preview

The 4th edition of High Flyers 50 Global Icons Awards 2023 is set to take place on September 23 in Mumbai. High Flyers 50 an initiative by Ravi Kumar is a unique platform where globally individuals and organisations who deserve to be recognized for their achievements are being honoured irrespective of any nationality. The Mumbai-based organisation identifies these fifty from the fields of business, professionals, sports, arts, entertainment, philanthropy, innovation, etc. and commends them in a very distinguished way. High Flyers 50 awards and certifications are given to all fifty winners. In order to preserve and preserve the record, they produce a classy and hip Coffee Table Book that covers the fascinating success stories of all 50 accomplished. Hardcover copies will be available on Amazon and other e-commerce websites.

In the ballroom of a five-star hotel, the award ceremony and book launch are held with the presence of many famous dignitaries and guests. The organisation focuses on promoting these winners in key print, television, digital, and social media platforms to give them well-deserved respect and recognition.

Nominations can be sent through the official website [www.highflyers50.com](http://www.highflyers50.com).



## Gadar 2, Creating a Rumble at The Box Office

Patriotism is a much-loved premise among Bollywood film makers, and Anil Sharma knows how it is deeply entrenched in the Indian psyche. And he plays on this emotion well and how!

The much-awaited *Gadar 2* released on 11 August 2023 and was an instant hit. That its release was well-timed to coincide with the Independence Day celebrations only added to the fervour surrounding the film. That the sequel came 22 years after the first offering did not matter. That superstar Sunny Deol's last hit was over a decade ago in 2011 (*Yamla Pagla Deewana*), did not matter. The cash registers at the box office started ringing from day one of the movie's release and are proof of its superhit status. If anything, reprising his role of Tara Singh, Deol made a thumping comeback with this movie, which seems to have resurrected his flagging career.

The first film, *Gadar* was lauded by Indian audiences who are always ready to welcome anything related to our great tricolour. And now, *Gadar 2* delivered on this sentiment admirably well. True, it was a monumental task to create this sequel as the first movie has set the bar so high that it was perhaps difficult to meet. But, Sharma's conviction and faith in the story



that emerged from the fact that the movie lovers wanted a sequel did it. He even likened the storylines of the two films to mythological epics *Ramayana* and *Mahabharat*. In an interview Sharma said that the story of *Gadar 2* was like that of *Abhimanyu* and *Arjun*. He goaded people to imagine what would've happened if *Arjun* would've rushed to rescue *Abhimanyu* when he was trapped in the *Chakravayuh*. He feels that this tale is so close to everyone's heart and hence, *Gadar 2* hit all the right chords. He was clear that he wanted to move the story ahead and

so the leap of 20 years. And he waited 22 years till he found the right story to tell. The wait did pay off spectacularly as till 15 August, *Gadar 2* had crossed Rs. 228 crores and is still counting. The movie did not have a solo release and trade pundits feel that it could have garnered more if it did. Yet, it's doing brilliantly, and the blockbuster is sure to have a long run at the theatres.

Although made on a small budget, *Gadar 2* is enjoying phenomenal success at the box office, which only shows that an extravaganza of such scale need not have high budgets or lavish sets. All it needs is the heart in the right place, which the movie has, and it's very much on display.

- Jayshree Mulherkar, Film & TV Trade Preview





# Monthly Horoscope for August 2023



Speculating about how the month of September 2023 is going to treat you? Let's take a glance at the horoscope for all zodiac signs for the month of September 2023.



**Aries:** Mars, the planet, will direct development. Love connections will be complicated. Being discreet will help single people find relationships. The family atmosphere is prone to experience issues. The development of your career is inhibited by toxic workplace connections. Star impacts will have an impact on finances. Students won't advance in their academic endeavors. Business travelers might not be able to turn a profit from their travel arrangements.



**Taurus:** Mercury's retrograde motion has the potential to impede progress. Being diplomatic will make romantic interactions pleasurable. Singles won't have much luck finding love. There will be unrest in the family. Excellent health is forecast. Professionals will advance in their fields of endeavor. Investment returns are negative. Activities involving education lack stellar assistance. Travel activities are not anticipated to bring in any money or pleasure.



**Gemini:** Stellar impacts will impede progress. Being practical will increase marital contentment. Singles will be fortunate to find compatible partners. Some family ties are in discord. No health-related issues are anticipated. Career advancement is not the product of hard labor. Investments made on a whim will provide a profit. Students will make academic progress. Travel-related activities will produce typical effects.



**Cancer:** The key to advancement will be relationships. Life as a couple can be challenging. There will be plenty of chances for singles to discover romantic relationships. The atmosphere in the family is one of harmony. Growth in a career might be stifled. Investment returns will improve finances. There will be significant academic progress for the students. Few benefits are anticipated from travel-related activities.



**Leo:** Mars will aid in the resolution of issues. Pregnancy is a possibility in a happy marriage. Single people will encounter attractive people in their lives. There will be constant strife within the family. There won't be any significant issues with health. Resistance to career progression could exist. Profits from business operations won't exist. Students' academics growth will benefit from the stars. Travel-related advantages are anticipated.



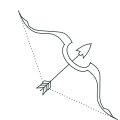
**Virgo:** September 2023 is the time for Virgos to put their skills to work. At the beginning of the month, marriage issues can arise. Active singles will find their true love. To maintain harmony within a family, star assistance is required. Be prepared for health issues. Unrest at work has an impact on career chances. Finances are not improving. Students won't succeed in their academic endeavors. Traveling doesn't produce any results.



**Libra:** Venus and Mars provide happiness in life. Marriage will bring contentment. Affairs with love will be fortunate for singles. The joy of the family will be absent. There won't be any health issues. A career that works hard will reap positive advantages. Businesses are struggling to turn a profit. Aspects of the planets do not favor intellectual advancement. Traveling does not produce the expected results.



**Scorpio:** People in Scorpio will advance during the month with the aid of their social relationships. Venus and Mercury's unfavorable astrological effects will cause marriage problems. There will be conflict within the family. The outlook for health is quite good. Finances paint an image of health. Students won't advance in their academic endeavors. There won't be many benefits to engaging in trip activities.



**Sagittarius:** Mars will support the growth of your endeavors. Venus's influence promotes peaceful marriages. Singles with confidence can form romantic relationships. There will be disagreements inside the family. Bad relationships with colleagues have a negative impact on career chances. Financial growth will be impressive. Students' academic achievement will be accelerated by planetary assistance. Activities when traveling are not particularly beneficial.



**Capricorn:** Capricorn people's growth will be accelerated by Mercury. Spending more time together as a pair can enhance a marriage. Career commitments may prevent singles from finding true love. The picture of the family is one of happiness. No issue resulting from health issues is anticipated. Career advancement will be fantastic. Investments do not produce profits. With the assistance of the planets, students make good academic development.



**Aquarius:** Adversities will be created for Aquarius folks by Jupiter and Venus. More dedication will lead to a happier marriage. Being more disciplined will help single people find love. Family harmony is a long way off. Expect to be in excellent health. Some unfavorable planetary influences have the ability to stop career advancement. It is possible for students to fall behind in their academic advancement. Travel planning will be advantageous in many ways.



**Pisces:** It is possible to advance by being courageous. Marriage bliss depends on commitment. There is a good chance that singles will find true love. There will be instability in family ties. There will be excellent health. Hard work does not guarantee career advancement. The planetary influence will impede economic development. Students' academic growth will fall short of expectations. Benefits from travel do not receive star help.

That's all folks! Wish you a wonderful September. Stay connected for more astrological updates.

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*Heal your Mind, Body & Soul*

**AUGUST 2023**

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