



ISSUE:

FEBRUARY 2024

ISHKAMA GLOBAL CHANGE



ADDRESSING THE LITERACY GAP!

page 3

PRESENCE AS YOUR GOLDEN TOOL IN 2024

page 4

DECONSTRUCTING SCHIZOPHRENIA - "BEYOND THE BRICK WALL"

page 7

FIND OUT MORE
ABOUT "*IGC ANNUAL
CONVENTION, 2024*"

page 18

www.ishkama.co.uk

  @ishkama

 @Ishkama1



Heal your Mind,
Body & Soul



Letter from the **Founder**



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

Welcome to the February issue of Ishkama global change magazine, where we celebrate the diversity and resilience of humanity in these challenging times. I would like to thank our wonderful writers, contributors for their amazing articles that inspire us to make a positive difference in the world.

I am also happy to announce the launch of our radio station, Ishkama Radio, which will provide a platform for individuals and organisations to share their voice, stories, passion and insights with our listeners. Whether you are an entrepreneur, a coach, a teacher, a musician, or a passionate individual, we would love to hear from you and feature you on our radio. This is a great opportunity for you to promote yourself and your business in the air, as well as to connect with a like-minded audience. You will also get a chance to learn from other guests and hosts, and to contribute to the growth and positive change of your community.

You can tune in to our radio online to listen to our podcasts, interviews, music and more at radio.ishkama.co.uk.



It was a pleasure to support IGC Chair Neelam Chawla in raising awareness on mental health among young children. The special feature of this event was that it was organised by young people for young people, with the help of their parents. I was also happy to support IGC Chair Neelam Chawla, the Founder and CEO of Maxable Ltd, at the Mayor of Harrow's Art and Culture festival in supporting Place2Be, a service that helps young children with their mental health, and showcasing her service projects.

This month, we honour the rich history and culture of the African American community in the USA, as they observe Black History Month. We also join the Chinese people in

welcoming the Year of the Dragon. Those born in the Year of the Dragon are believed to be **ambitious, energetic, and charismatic**, often inspiring others with their **passion and enthusiasm**. We also celebrate love in all its forms on Valentine's Day, and we raise awareness about the importance of children's mental health and well-being.

This month was tinted with sadness for me as I paid my last respects to my good friend and a mentor, Past Council Chairman Lion Martin Morgan, on passing to higher services. He was a real champion of humanity who never hesitated in lending a hand to anyone in need. He inspired many people with his compassion and generosity. He will be fondly remembered by his family, friends and his family of Lions and everyone who knew him.

It is with great pleasure to announce that we are holding our IGC Annual Convention, 2024 from 30 May to 1st June at London, UK. In this, distinguished guests and speakers shall be exchanging their business ideas and insights on various subjects. We are looking forward to welcoming all our distinguished speakers, participants. We are pleased to invite a sponsor/associate for this prestigious event. This is a great opportunity to showcase your brand and network with other professionals. If you are interested, please contact us to discuss the details. We look forward to hearing from you soon.

I hope you enjoy this issue of Ishkama and find something that resonates with you. As always, we welcome your feedback and suggestions, and we invite you to join our community of global changemakers.



It was pleasure to be invited as a guest by Dr Parul and to support in her first summit 'Inspire Her Confidence summit' I had the pleasure to meet many interesting speakers and guests

Letter from the **Chief Editor**



Minakshi Koch
 Vice CEO, IGC

Dear Readers,
 We are at the end of the 2nd month of the year, with so much to do in such little time. You have been with us throughout our journey be it the IGC magazine or Ishkama Global Change with business leaders, social activists and entrepreneurs networking around the globe and reaching greater heights. We are thriving to provide a platform to promote, encourage and support anyone who wants to grow and benefit the community at large.

We are organising the IGC Annual Convention with the hope that it brings more business and service providers together, thereby enhancing their visibility in the global platform. Please find more details on Page 19. You can contact us on ishkama.igc@hotmail.com for more details.

The Speaker slots are limited and shall be on a first come first serve basis. There are awards to recognise those who have made a valuable contribution towards the society. Please book the dates 30th May- 1st June in your diaries. Keep an eye on the upcoming brochure with details on registration and awards nomination.

IGC for Autism is grateful to Sports for Confidence for providing us professional guidance so that our children can develop an interest in sports, building their confidence and improving their physical and mental health.



Ishkama Global Change

Registered Office: 32 Colwyn Crescent,
 Hounslow, London, TW3 4AW
 Telephone: 020 8572 1412
 Email: ishkama.igc@hotmail.com

Chief Editor: Minakshi Koch | Creative Director: Rinki Sharma
 Designer: Arundhuti Dey
 Editor: Broomling Technologies
 Sub-editor: Sharda Patidar | Distribution: Ishkama Global Change
 Founder: Abhnash Bains
 Contributors: Abhnash Bains, Rinki Sharma, Minakshi Koch,
 Pavani Ladiwal

DISCLAIMER: The contents of IGC Magazine are the responsibility of the authors. None of the subjects or matter are intended to hurt the sentiments or beliefs of any community. IGC respects and treats everyone with dignity and equality. Also the editorial team do not take responsibility of any endorsements presented by the authors. The Magazine and its publishers do not agree to any claims or disputes under any circumstances.



Addressing the *Literacy Gap!*



Dr. Maria Santiago-Valentin

Experiences Teaching Informational Texts in Technical Education" is published in Proquest, Google Scholar and received United States Library of Congress certification. Maria received the 2024 Walden University Leadership of Excellence Award and her doctoral project study was awarded 2023 Walden University Social Change Fellowship.

"The message and principles we share with the future generations in our homes and our schools is what is going to bring changes and paradigm shifts in society," says Maria.



This is the core message Maria imparts to others, especially the youth. "In order to advance, there must be continual knowledge and education both at school and in the home. Children must always be learning to become adults who will continue to learn and be open and tolerant to new experiences, cultures, and ideas. Our futures depend on our children, so we must equip them with the necessary tools for success, and that all begins with education," she affirmed.

This educational foundation extends to all children regardless of their background or abilities. Always striving for acceptance and inclusion in the classroom, Maria has used her experiences as an educator and Learning Disabilities Consultant to write a book for educators on the topic of mental health. Her book *Bipolar Disorder: Etiology and Treatment Overview: Mindfulness, Medication, Digital Psychiatry and Classroom Accommodations* explores ways of approaching issues of mental illness in the classroom and how to accommodate these students so that they may receive the proper attention and care. Maria works diligently as an educator to ensure that all students have the opportunity to receive a quality education as it is the foundation that they will build a lifetime of learning upon. Maria's ebook won

1st place under the category of Special Needs/Disability Awareness at the 2019 Royal Dragonfly Book Awards.

Dr. Maria Santiago-Valentin was one of the 2022 and 2023 International Peace Corps Ambassadors. Maria has 32 years of experience as an educator. In December 2023, she was awarded her Doctorate in Education specialising in Reading, Literacy and Assessment at Walden University. Her doctoral project study "High School Career Technical Educators'

Experiences Teaching Informational Texts in Technical Education" is published in Proquest, Google Scholar and received United States Library of Congress certification. Maria received the 2024 Walden University Leadership of Excellence Award and her doctoral project study was awarded 2023 Walden University Social Change Fellowship.

"The message and principles we share with the future generations in our homes and our schools is what is going to bring changes and paradigm shifts in society," says Maria.

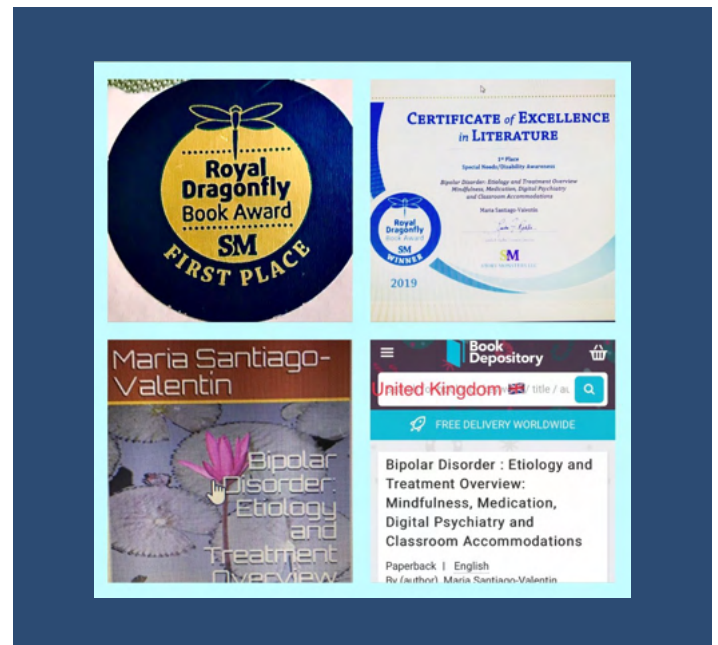
This educational foundation extends to all children regardless of their background or abilities. Always striving for acceptance and inclusion in the classroom, Maria has used her experiences as an educator and Learning Disabilities Consultant to write a book for educators on the topic of mental health. Her book *Bipolar Disorder: Etiology and Treatment Overview: Mindfulness, Medication, Digital Psychiatry and Classroom Accommodations* explores ways of approaching issues of mental illness in the classroom and how to accommodate these students so that they may receive the proper attention and care. Maria works diligently as an educator to ensure that all students have the opportunity to receive a quality education as it is the foundation that they will build a lifetime of learning upon. Maria's ebook won

1st place under the category of Special Needs/Disability Awareness at the 2019 Royal Dragonfly Book Awards.

Maria is a Learning Disability Teacher Consultant (LDTC) at Somerset County Vocational & Technical High School (SCVTHS), and has been selected as the 2023-2024 Educational Services Professional of the Year. Ms. Santiago is known for her kindness, her dedication, and for being a tireless advocate for students and families.

Maria's volunteer advocacy in education began a little more than two decades ago. She has advocated for multilingual programs, bilingual early education and special education services. From 2003 – 2007 Maria also served as one of the plaintiffs of in the "Connecticut Coalition for Justice in Education Funding" which sought to ensure that adequate funding was being "distributed equitably based on student learning needs, fair measures of town wealth, and fidelity to the tax equalisation principles underlying the ECS. She and her younger daughter Carimarie represented the students of the municipality she lived in when she was a resident of Connecticut.

Maria spends a considerable amount doing pro bono consulting and work. Maria was appointed Research Associate for the World Bank in 2020 and the Global Research Network. She is Fellow since 2021 and Councilor elected in 2022 representing USA at the Royal Society of Arts and Manufacturers. She is a Climate Reality Project Leader, Mentor, Trainer and Co-presenter since 2013 and since then she has been an advocate of climate and environmental justice. She is a member of the Environmental Commission in her municipality. She is one of the contributing authors of *Climate Abandoned*, an anthology edited and compiled by the author Jill Cody, where she authored the *Climate Crisis and Education* (24) chapter. Maria is a steering committee member of the New Jersey Progressive Equitable Energy Coalition. In 2021 Maria received the WinTrade Award for humanitarian service in the United Nations Sustainable Development Goals in a ceremony at the United Kingdom, where she became first among 4 finalists and more than 400 Global nominations.



In 2022 Maria wrote Chapter 7: "Inclusive Education and Impact on Girls" of the academic textbook "Gender Equity: Global Policies and Perspectives on Advancing Social Justice" – edited by Harvard Professors Elena V. Shabliy, Kimarie Engerman, Dmitry Kurochkin and published by Rowman & Littlefield. Maria continues doing pro bono consulting work as Product Advisor and Advocate with the USA Presidential Office of Fellows, the US Department of Education, US Department of Commerce, and the US Census in two TOP [The Opportunity Project] Sprints to explore solutions to the following challenges: addressing the literacy gap in Puerto Rico households (childhood) and enhancing children's resilience to adversity in Puerto Rico.



Presence as YOUR Golden Tool in 2024



Inger Nordin

Have you ever found yourself **preoccupied** when someone is talking to you?

Have you ever focused on **what you are going to say** instead of listening to what the other person is saying?

If so, these are **symptoms of being on autopilot and not being present**. Has this affected your personal/professional life? For most people it does. In today's fast changing world, it's **more important than ever to be really present** with yourself and others.

I had a **successful career in corporate** but realised in hindsight that I didn't take the time to really be present with others.

- I was sometimes thinking of my needs and what their next step was to be when I was with clients!
- I was good but could have been so much better. Some examples that made me realise the impact, and importance, of being present.

1. When I was working at Reuters News Agency - in an open office - I **stopped listening** to everyone around me to be able to concentrate and developed that as a **bad habit**. Taking it with me home - not really being present with my family.

2. At a presence exercise in Morocco we were sitting opposite each other looking into each other's eyes in silence. Suddenly I got a really bad headache. When I, after the exercise, asked the guy if he had a headache he answered "No, but my eyes are really hurting". I realised that when I'm **really present with someone it is like looking at them with a magnifying glass**. You see things you normally wouldn't notice.

BEING PRESENT WILL HELP IMPROVE ALL YOUR RELATIONSHIPS & INCREASE SALES!

How **being present** could be **your golden tool to get better relationships and increased sales**.

Presence refers to being **fully engaged and focused** in the current moment, with a heightened awareness of your thoughts, feelings, and surroundings:

- Really being there with a person, **without doing anything else but connecting to this person**.
- Letting the noise of your mind go, **or give it no attention, just be with the person**.
- Being there and then, **getting rid of everything else**.
- You **slow down to see what's happening**.

Why is it important?

- To **know what's really going on with someone** and pick up on **clues** you may **normally miss**.
- To be able to **navigate your life** you need to be aware of what's going on around you to avoid the cliffs and pitfalls.
- You can **see the beauty** in the person in front of you. Whereby you increase your ability to appreciate yourself and others.

How will your life be different if you are present?

- **People** will **respect** you more since you are coming from an authentic place.
 - o You will be more influential.
 - o Your relationships will improve - be it personal or professional.
 - o Your **confidence level** will improve.
- **Enhanced productivity** - Presence improve focus and concentration, leading to increased productivity. By fully engaging in tasks without distractions, you can accomplish more in less time and with higher quality.
- In **Sales - Building Trust** and getting better results. Being really present with a client will enable you to notice their feelings and connect



better. They will trust you since you are authentically there.

- **Building Meaningful Connections** - Whether in personal relationships or professional networks, being present in interactions fosters genuine connections. It allows you to build stronger, more authentic relationships with others.

5 steps for you to start focusing on being present

1. **Be present with yourself in the morning.**
 - Use a gratitude process - Set up your day to win. Gratitude will change the way you act.
 - Look into the mirror for 1 minute for 5 days and notice the difference in how you show up. Increase the time once you get the grip of it.
2. **Center yourself** between meetings - breath. This is really important today when a lot of the meetings are online. Take the time to center

yourself by just breathing.

3. **In every meeting** be really there with the person (prepare yourself before). In example - if you have **accountability meetings** - start with 1 minute presence without talking - just notice the other person.

4. Start observing:

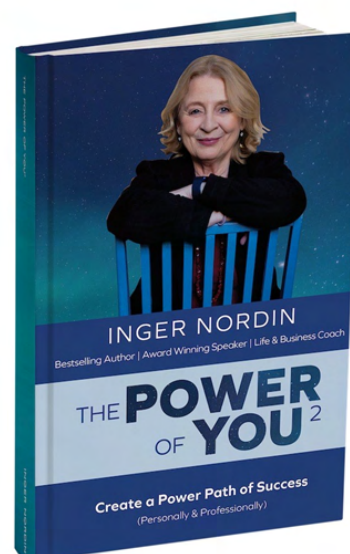
- In your family, with your business partner, etc. are they present with you?
- Are you really present with them?
- If you are in an online meeting - are you really there? Or are you, like most people, doing other things at the same time.

5. Go from **where you are** (present in the now) - set your goals - take action. You'll find that you'll achieve your goals much faster and with better results.

The impact of being present for me: I was getting a surgery 26th of September 2022 and was starting the day with my gratitude process, meditation and focusing on being present with myself. Traveling to the hospital I focused on smiling at people around me and being grateful for getting my surgery. At the hospital I did the same and after the surgery I thanked the doctors and nurses. My operation went really well, and I got a lot of smiles back from people. Remember that you're getting back what you're giving out. If you have good thoughts, you spread those and people around you reflect them back to you. Who could have guessed that being able to be really present gives you the golden key to your happiness.

In summary, **making presence a cornerstone of your approach to life in 2024 will be your golden tool for personal and professional success**. By cultivating mindfulness and being fully engaged in the present moment, you will experience numerous benefits that contribute to your overall happiness and fulfillment.

My motto is It's never too late to start over - I did it at 65 - what's your excuse! I'm a living example that it's possible - I'm now 72!



I've focused on presence since 2017 and it's really powerful - a GOLDEN TOOL



A Reluctant Voyage into The Unknown



Neelam Chawla

You need immediate brain surgery!' declared the brain surgeon, but the prospect of such a drastic procedure left me paralyzed with fear. Against medical advice, I discharged myself from the hospital.

Two months later, a restless night plagued by sensations of ants crawling over my body compelled a desperate call to the ambulance. This nocturnal

discomfort thrust me into the labyrinth of the medical world. Reluctantly, I became the protagonist in a narrative I neither chose, wanted, nor anticipated! In the quiet moments preceding the operation, I found myself internally struggling, 'I do not want to go through with this surgery!'. However, in the operation theatre, anaesthesia silenced my protest, and consciousness slipped away.

Upon awakening, I found myself in a world of pain, disorientation, and a vehement desire to escape the confines of the hospital. The realisation that surgery had transpired struck me like a thunderbolt. I found myself screaming, demanding release as I was a captive in a body that only partially moved! I grappled with the stark reality of my condition. The left side of my body lay partially paralyzed, seizures, like uninvited storms, ravaged my fragile landscape, leaving me caught in their unpredictable tempest.

Pipes and machines intertwined with my body, fuelled my frustration and deepened my sense of helplessness. Each passing moment intensified my hatred for the situation and the fear that gnawed at the edges of my consciousness.

'Would I ever recover?' The question and doubt loomed large. Depression, a silent intruder, started creeping into the crevices of my despair. The vibrant hues of my former life faded into a monochrome existence, and the weight of uncertainty pressed upon my chest. It was a battle not just against physical pain but a relentless assault on the core of my mental resilience.

Laying on the hospital bed, totally dependent, was once the strong spirit now on the edge of despair. The path and the journey from darkness to light seemed incredibly tough to overcome.

The days post-surgery unfurled as a relentless battle against pain, daily injections, and a barrage of tests. On the 24th of December, a bittersweet reprieve arrived—I was discharged from the hospital. Christmas Day, I found myself both grateful and devastated. The joy of family gathered around was dimmed by the stark reality of my dependency that I could no longer even dress myself. Tears flowed freely as I grappled with the profound shift in my abilities.

Months crawled by, marked by daily triumphs and setbacks. With the support of dedicated professionals, I started regaining some semblance of normalcy. Sitting and simple personal care tasks became milestones in a journey riddled with challenges.

After months of determined effort, a glimmer of progress emerged—I could stand for a brief minute, a hard-won victory in a predominantly wheelchair-bound existence. Excitement bubbled within me, and a friend captured a moment of triumph as I stood proudly for a photograph. However, the elation was short-lived.

In the span of the next five minutes, a cruel twist of fate unfolded. I had a FALL! abrupt and unexpected which resulted in multiple fractures of my left foot. This was a stark reminder that progress could be fragile. The joy of standing was eclipsed by the pain of shattered bones. I regressed back multiple steps and added complications in an already difficult and tiring journey.

However, with the unwavering support of professionals, counselling, and the embrace of my family, a small glimmer of positivity had begun to slowly permeate my perspective.

A year passed marked both by progress and setbacks. I had by now come to realise that the road to recovery and progress was not linear and could have lots of unexpected detours.

Despite the challenges, a determined spirit was trying to emerge, due to the collective encouragement of those around me. But keeping spirits high still remained a struggle. Many times, I used to hide behind a façade of a surface smile and positivity. But internally, in my heart and in my prayers I hid a constant desire to be dead!

While I struggled to cope with life, COVID found a way to infect me despite my best efforts to stay safe. At that moment, I felt that my secret prayers and desire to die were about to come true. I was rushed to the hospital and put on a ventilator.

But my prayers remain unanswered! At the time when there were so many reported Covid deaths worldwide, I was discharged from the hospital after 13 days.

When I came back home safe from Covid, something big changed inside me. I thought, "I've survived so much; there must be a reason for my life." At that moment, I decided, "I need to turn my life into a success story!" My mission became clear: to be a source of hope and encouragement. I felt determined, knowing my journey could bring comfort and inspiration.

With this new purpose, I started a mental awareness campaign called 'Maxable4all.' It aimed to break the stigma around the mental impact of health crises. My goal wasn't just personal recovery; it was a commitment to go beyond what people thought was impossible. I wanted my struggles to be a story of resilience that could resonate with others facing challenges.

The path forward involved not only overcoming my own thoughts but also working for social change. My mission was 'to foster awareness, understanding, and support for those navigating the intricate interplay of physical and mental health.'

But amidst my determination, positivity, and gradual recovery,

the ongoing pains, persistent challenges of fibromyalgia, and the reliance on mobility aids often cast a dark shadow on my journey. There are nights when silent tears, and sometimes even loud ones, become a testament to the battles within. However, I've chosen not to conceal these struggles anymore. I've learned that it's okay not to be okay sometimes. In those moments of vulnerability, I've discovered the strength to reach out for support. It's crucial to remember that reaching out for support doesn't burden others, it connects us as human beings. Our loved ones and healthcare providers are there to offer their support. By embracing our emotions and openly sharing our struggles, we tap into the healing power of shared understanding, creating a comforting haven on the challenging days.

I want to share with everyone that vulnerability is not a sign of weakness; it's a profound illustration of our resilience. The pain we carry, whether silently endured or openly expressed, is valid, and we all deserve understanding and compassion. This journey is marked by triumphs, even when the steps forward are accompanied by tears and setbacks.

I now share this narrative not as a tale of despair but as a testament to the human spirit's incredible resilience. I am a living testimony that Triumph is possible.

Life threw unforeseen challenges my way, from health crises to moments of deep despair, but within those shadows, I discovered the power to rise again. We all have that power within us but sometimes just need a bit of support. If anyone out there is in that situation, please feel free to connect with us @maxable4all, and we will do our best to help.





Global Leading Women as Catalyst for *change on Stage in London, Her Face, Voice and Message to the World.*



Face of WoHa Empowers Women at First In-Person Event, Honoring a Legacy of Strength and Empowerment [London] - Face of WoHa, the renowned brand that champions empowered women, recently hosted its first in-person event after three consecutive years of reaching and empowering women and girls through its remarkable online platform. Founded by Dr Desziree Richardson during the lockdown in 2020, Face of WoHa has become a powerful symbol of strength, offering words of wisdom and enlightenment to uplift and support women and girls across the globe.

The significance of this recognition cannot be overstated. The face of WoHa's transition from an online presence to a physical event marks a pivotal

moment in the brand's journey. By successfully bridging the gap between virtual and real-life interactions, Face of WoHa has effectively created a unique space where women can connect, empower one another, and celebrate their collective strength.

This groundbreaking event served as a testament to the enduring impact of Face of WoHa on the company and its customers. The event not only celebrated the incredible achievements of women but also highlighted the transformative power of Dr Desziree Richardson's vision. By fostering a community of unity, support, and empowerment, Face of WoHa has become an indomitable force, inspiring women and girls to embrace their true potential and resilience by leading gracefully.

www.faceofwoha.com

#faceofwoha #faceofwohalondon

Three Tips to Thrive as An *Empath or Highly Sensitive Leader*



Hilda Kalap

absolutely aligns with your values and passions.

It was after the burn out in 2000 that I realised I was an empath and a highly sensitive person.

You can take the empath quiz [here](#).

I watched the Twin Towers fall on the television and literally felt as if I was there. In fact I had been at the top of the towers the previous year and had said to my partner that the towers were going to fall down. To which he laughed.

I'd always been able to stand in someone else's shoes but just hadn't realised that I was an empath. I thought everyone was the same.

Some of the reasons why I feel I am an empath include that I grew up bilingual. Then by the age of 18 I could also speak French. It was easy for me to understand those cultures because I'd been born in Russia and had visited Russia and France several times, knew them in-depth and could speak the language.

I am of mixed heritage and also what is termed a person of colour - half white, half Indian. I could relate to people from different cultures readily and appreciated the diversity in a way that most people I grew up with couldn't. Their cousins, aunts, uncles and grandparents lived just up the road. Mine were 2000 miles away or more.

Watching the international news every day and reading the newspaper it felt as if it was happening to my own family - I grew up reading encyclopaedias so I had learned the capitals of all those places on the globe by the time I was 12.

Tip 2: I had to learn to slow down and do one thing at a time

With chronic fatigue comes humility. Like learning to walk and talk again. One of the best things empaths and highly sensitive leaders can do for themselves is to slow down and to do one thing at a time.

The overwhelm will start to disappear.

Empaths and Highly Sensitive People truly care about others, often at the expense of their own needs.

Tip 3: Self care comes first

I had to learn self care the hard way after a burn out that took two years to recover from. I learned that my needs were just as important as someone else's. It felt counter intuitive because I had literally never done it.

I started putting self care into practice and saw that it gave me more time and energy to pursue my dreams.

And in achieving those dreams not only would I be more fulfilled but the world would be a better place because empaths and highly sensitive people are always looking for ways to create environments where everyone thrives.

This last realisation was what led to me taking the steps to work on my subconscious limiting beliefs about being a leader in the world. A leader who was being called to be more visible.

I'd been in perfectionism and procrastination mode for years.

I felt that if I stepped out to be seen and heard then I would be judged. I had to overcome not feeling good enough if I was going to leave a legacy that would help others.

In 2017 I published my first book - the fear was visceral. Would someone notice a typo or missed colon? Gulp.

No, I got lots of nice reviews and was invited to read my picture book in libraries, pre-schools and fairs. More books followed.

Then I found my voice. From only being able to speak in front of 10 people in 2017, by 2023 I was speaking on stage to 20,000 people at an ashram in India.

The limits are only in your mind.

That is why I do what I do - a mindset and wellbeing coach who guides leaders who are empaths or highly sensitive away from overwhelm and imposter syndrome towards their joyful purpose so they can leave the legacy of their dreams.

For more info about working with me contact:

hildakalap1@gmail.com

<https://www.hildakalap.com/>

Conscientious was the word that kept appearing on my school report year after year. I had to look it up as I didn't know what it meant.

The dictionary said 'Putting a lot of effort into your work' and 'taking one's work seriously' - I sure did that. My focus and concentration were high. My schoolwork and later my career underpinned my identity.

There wasn't a great deal of fun in my childhood - my mother, who was Russian and came to the UK at the age of 31, didn't speak much English and wasn't that interested in learning the language - so from the age of six when I had only just learned the language myself I was her main translator.

I carried a great deal of responsibility from as far back as I can remember. And that pattern stayed with me until I burned out at the age of 33 when I found myself an Account Director working for the largest public relations consultancy in the world - feeling responsible for everyone else's wellbeing in a job so misaligned with my core values that the energy literally sapped out of me at the thought of getting out of bed and going into the office.

The burn out was a serious wake up call.

Tip number 1: It made me realise like nothing else that to thrive, especially as an empath or highly sensitive person, you have to do something that



Indian Republic Day celebrations by IIW- Connecting British Indian Kids to Their Roots



To work that extra mile, take out that extra time and that extra travel for 'India' simply because you love your Incredible India and find it an honour and pride to be part of it. More than 300 attended IIW (Inspiring Indian Women) celebrations of Indian Republic Day. Being organised since 2017, this is one of the first and most popular among British Indians as it brings the opportunity for British born Indian Kids to express their love for the country of their ethnicity. This year it was organised at the iconic Zoroastrian Centre at Rayners lane on the 28th January.

IIW Inspiring Indian Women 'Hum aur Hamara Desh' - was a sincere effort to get all the little ones on stage and show their talent. There were absolutely no auditions, all who had 'India' in their hearts were there.

The Distinguished Guests who could make it were, Chief Guest His Worshipful Mayor of Harrow Cllr Ram ji Chauhan, Guest of Honours

MP Bob Blackman CBE, Padmashree and Respected Nandita Soni Sahu Attache Hindi and Culture represented High Commission of India, London. Others who graced were Mr Kuldeep Shekhawat, Ms Sonoo Malkani, Mr Suresh Kumar Gupta, Mr and Mrs Bharat Parmar and Smita from Eshadoot, Sister Harika from Brahmakumari Org, Ms Purnima Raval Former Met Police Officer, Warrant Officer from British Army, Mr Ashok Kumar Chauhan, Councillor Kaza, Kuldeep Kaur Gill, Cllr Anjana Patel.

The programme was hosted by Darshini Joshi and Madhurima Dass. The entire project was led by Nilanjana Paul from Indradhanush Kids. Other who worked hard behind the scenes were Sarika Handa , Rupali Ravi, Heenaba Zala , Nilanjana Paul, Priya Kainth, Betania Francis, Pushpa Makwana, Darshana Shah, Shillpi, Shilpa Choudhary, Geeta Choudhary, Shalini Jain, Gayatri Shenoy, Seema Khandelwal, Shital Kamdar, Shweta Khanna, Kalpana Doshi and Dharti Vasani.



This report would be incomplete if we don't mention the names of all these children who made special effort to show their love for India - Vishvadhika Singh, Aditi Angadi, Khrivisha Manikandan, Reyansh Mangu, Aryahi Kandukuri, Jasroop Kaur, Jaiteg Singh, Riya Shah, Siya Shah, Daviksha, Suryahkumar, Navya Goswami, Aarna Prajapati, Prachi, Saanvi, Ariana, Navya, Devika, Trishika, Reyansh Sharma,

Rupali Ravi, Aaradhya Garg, Anay Garg, Yasya Vishwanath, Vihaan Pandey, Kriyan Manikandan, Ishwar Sharma, Gaanavishetty, Dhruv Diwan , Shakti Sathyan, Jasroop Kaur 9 years, Samar Panwar 5 years, Riya Panwar 9 years, Sahana Alooru 10 years, Sagarika Barua 8 years, Krishiv Alooru 5 years, Tanvika Barua 5 years, Jaiteg Singh 3 years, Vallabh Vijay Kumar, Vedaanshi Srivastava, Riyaanshi Srivastava, Gauri Khanna, Isha Amar Yadav, Aroop Mitra, Prisha Ghimire, Aryaa Joshi, Erine Ghomes, Shreya Paul, Sneha Paul, Reyansh Mangu, Viraat Mangu, Piya Roy, Yuvraj Choudhary, Akshaj Garg, Akash Narayanan , Thiya Sharma, Maanvi Lalwala, Yash Nadhavajhala, Aavya , Mayra, Anaisha, Anukriti, Naryani, Ridhima, Saanvi and Sara, Dhriti Kalra, Ridhima Saha, Agniv Sen, Arinjoy Pandit, Srinjoy Pandit, Saanvi Chandak, Shlok Chandak, Shanaya Mookerjee , Samridh Mookerjee, Tanush Kumar, Nishka Badri, Anisha Badri, Smruthi Dev, Anjana Subash, Anirudh Vimalkumar, Akshara Vimalkumar, Saimridhni Senthilnathan, Adhiti Gopinath, Aarnav, Akash, Ashwin, Anvi, Punyakeerthi, Rithanya, Sahana, Sinchana, Shivaksha, Saranya Patil, Ganveer Jain, Adinaraiyan Singh, Kiaan Kapoor, Arjun Kapoor, Shaurya Patil, Krishna Kanodia.

The mood was upbeat as everyone saw a 'Little India' at Rayners lane. Everyone in tricolours had their eyes gleaming with a sense of missing India. It was indeed a great community cohesion with happy faces. 'Hum aur Hamara Desh' has become the much awaited annual event by IIW.

Embracing Transformation: Insights from a Landmark Leadership Workshop at Westminster

In the heart of Westminster, on that fateful 11th of December 2023, the historic and revered Houses of Parliament played host to a transformative experience that transcended the ordinary - "New Year, New You." Orchestrated by the visionary nutritionist and founder of Keep Well Mantras, Prapti Dutt, this leadership workshop was a pivotal moment in the lives of those fortunate enough to participate.

The ambiance within the walls of the room crackled with energy, as eager visionaries gathered to embark on a journey of transformative leadership, armed with a multi-dimensional perspective.

The speakers assembled for the occasion formed a constellation of commendable individuals, each contributing a unique facet to the mosaic of leadership excellence. Among these luminaries were Kul Mahay, Mandeeprai, Ashavaree Desai, Zamiha Desai, and other noteworthy figures



Kamalpreet Kaur with Prapti Dutt

who graced the stage with their wisdom and insights. Their narratives, spanning from innovative entrepreneurial endeavours to the frontlines of healthcare, wove a tapestry of inspiration and motivation.

Personally, I found myself captivated by the stories of these accomplished individuals, attempting to absorb the wealth of knowledge they generously shared.

As I reflect on this transformative experience, my heartfelt gratitude extends to Prapti Dutt, the maestro behind the scenes.

Serving as a level 4 nutritionist and my mentor, her guidance provided the essential foundation for me to contribute meaningfully to such a significant event. The exposure gained from this collaboration has not only enriched my professional portfolio but has also instilled newfound confidence in my abilities.

The journey from the inception of the workshop idea to meticulous planning, seamless execution,

and the subsequent reception of a par excellence award was not just a testament to hard work but also a moment of immense pride and gratitude. It reinforced the belief that dedication and passion can indeed yield remarkable results.

Beyond the individual triumphs, the event stood out as a collaborative effort of passionate individuals, all of whom played a crucial role in its success. The resonance of the workshop touched every participant, leaving an indelible mark that inspired them to embrace the challenges and opportunities that lay ahead in their leadership journeys.

This immersive experience has empowered me to soar higher, unburdened by regrets and limitations. It has set the tone for a transformative new year, where the lessons learned and connections made will continue to guide our collective journey towards becoming the best versions of ourselves.

In conclusion, "New Year, New You" was not merely an event; it was a celebration of growth, resilience, and the limitless potential within each of us. As we step into the new year, may the echoes of this transformative workshop resonate within us, propelling us forward on a trajectory of continuous improvement and leadership excellence.



Deconstructing Schizophrenia - "Beyond The Brick Wall"



Christopher Molloy
@ Wealthy Minds - Change Activist
chrismolloywealthyminds66@gmail.com

I feel privileged to share my journey with those who may resonate with. It's a journey where I experienced acute distress, voice-hearing, paranoia, severe depression, isolation, and homelessness. At times I was estranged, and often ostracised from 'family', friends, and wider society.

I was initially diagnosed with Schizophrenia in 1998, with a further diagnosis of Schizoaffective Disorder, Post Traumatic Stress Disorder, Dissociative Disorder during an admission in 2011 being detained under the Mental Health Act (1983), Section 3 for a 9 nine-month period.

I'd like to share with you where this journey has taken me. I invite you to consider how we all experience distress throughout life's tapestry, and how we respond to any given life events as the unique individuals we are.

2023/24 - Present Day & Context

I'm currently working in collaboration with the NHS, Sheffield Health and Social Care (SHSC) Foundation Trust - Secondary Mental Health Teams, alongside the Outcome Measures Research Team, Community Mental Health Nurse Practitioners, the training lead for SHSC, and lived experience practitioners. I bring to the work a wide contextual Social Work knowledge, and my unique, personal, and live case study, as Lived Experience Practitioner & Consultant. Together, this meaningful collaboration has co-produced training, workshops and good practice resources.

Our small team has recently created a 'cake recipe' analogy for sharing our widely celebrated work and presented this journey of collaboration at Sheffield SHSC Clinical And Social Care Strategy wider event in January 2024.

NHS England - PROM's: Patient Recovery Outcome Measures.



"Using PROMs means that the focus becomes less about an individual's diagnosis, instead places more emphasis upon an individual's needs".

(David Clark; NHS England.)

Outcome measures can:

- Be used as a therapeutic tool that supports clinical expertise, to identify and clarify the focus of care plans and co-produce the prioritisation of therapeutic goals.
- Facilitate positive endings, enable forward planning and link pathways between services.
- Be used as a reporting tool that captures the quality of the work that is being delivered, share the detail of what has been achieved, track progress and map out an individual's journey throughout their care pathway.
- Celebrate our successes, at multiple levels, individual, clinician, team, service and as a trust. (SHSC NHS: 2023/24 Alix Smith Clinical Outcomes Lead Research Delivery Manager Coproduced Training Programme)

My Personal Journey & Considerations Beyond My Diagnosis

It's important to state that my opinions and thoughts on being presented with a diagnosis relate only to my personal experience. I do not intend to dismiss another's perspective, thoughts, or opinions regarding their personal and unique 'narrative experiences'.

Accepting very early on in my oblivion and chaos journey, that everyone's struggles are unique and personal to any given individual, for me, the quote below holds an important contextual and powerful message.

"It requires an ability to set aside models, diagnostic categories and therapeutic techniques, and a concerted effort to get alongside individual people and groups in their attempts to define their struggles in a different idiom. In fact, it requires the ability to engage critically with one's own personal and professional background" Bracken And Thomas; 2004 - The Sainsbury Centre For Mental Health

While some individuals welcome a formal diagnosis to make sense of their distressing experiences, I found being presented and prescribed with a formal diagnosis had catastrophic consequences. Personally, it resulted in poor perceived outcomes regarding quality of life, hope, lack of opportunity, poor sense of self, low sense of belonging, self-loathing, guilt, shame and low self-worth. Additionally, I felt rejected by wider society, and very much alone in the world.



"The Brick Wall"

I was left broken, feeling as though I crashed full on, into a brick wall. I was diagnosed with schizophrenia within the first 20 minutes of my first appointment with a psychiatrist. I was devastated and speechless, to hear the following words, bellowing within the room....

"Put your work diary away, and enjoy the rest of your life..."

"Beyond Recovery"

You may be thinking, how can an individual move on, make sense of such a catastrophic statement, contemplating that my life and world had exploded, arriving with an abrupt end?

As I became aware of the aftermath of self-destruction, chaos, oblivion, I was contemplating ending my life.

Somehow, the thoughts of my children being without their father allowed me to resist these urges. I was in emotional turmoil, asking the question, repeatedly:

"How would they feel?"

During my personal "storm of a journey", I slowly acknowledged that I had rejected any thoughts of a prescribed medical recovery model, and the NHS - containment and maintenance model of service delivery.

My awakening and life changer - A Very Different Approach

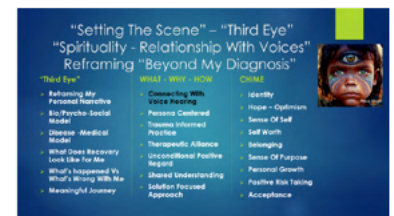
I was allocated my first Community Psychiatric Nurse, C.A.

Within a 2-year period, I began to feel more at ease and for the first time in years experienced positive self-regard and hope. I was enabled and encouraged to reframe my journey within a trauma response, exploring and adding meaning to my childhood and later events, and how I became 'ME'.

"Ill Or Blessed" - Present Day 2024 "Ongoing Journey"

Considering the reasoning and the questions we ask ourselves, when attaching meaning and making sense of the world around us, I can honestly say that I've been blessed. I try not to perceive my journey as oblivion and chaos, but rather the ways in which I've responded to events and the environment encountered throughout the tapestry of life itself.

One of the most powerful learnings I've experienced through my continued work, as a change activist, is changing perceptions associated with quality improvement, and reframing my personal narrative. I now observe life through a different lens, one I associate with spirituality, 'the third eye'.



My message to allies is.

"Individuals don't need fixing, they want to understand and share their struggles, as being valid and be acknowledged, so they can come to have a shared understanding with a significant worker."

(Chris Molloy 2023)





No more Hunger! Kids Nurture Initiative from Nigeria

SDG 2: Every Child Deserves Access to Nutritious Meals



Dr. Anne Marie Ortega
 Columnist of Women & Children Rights
 Ishkama Global Change, Argentina

Remembering the **Sustainable Development Goal 2** is about **creating a world free of hunger by 2030**. The global issue of hunger and food insecurity has shown an alarming increase since 2015, a trend exacerbated by a combination of factors including the pandemic, conflict, climate change, and deepening inequalities.

The persistent surge in hunger and food insecurity, fueled by a complex interplay of factors, demands immediate attention and coordinated global efforts to alleviate this critical humanitarian challenge.

Extreme hunger and malnutrition remain a barrier to sustainable development and create a trap from which people cannot easily escape. Hunger and malnutrition mean less productive individuals, who are more prone to disease and thus often unable to earn more and improve their livelihoods.

2 billion people in the world do not have regular access to safe, nutritious, and sufficient food. In 2022, 148 million children had stunted growth and 45 million children under the age of 5 were affected by wasting.

How many people are hungry?

It is projected that more than 600 million people worldwide will be facing hunger in 2030, highlighting the immense challenge of achieving the zero-hunger target.

People experiencing moderate food insecurity are typically unable to eat a healthy, balanced diet on a regular basis because of income or other resource constraints.

Why are there so many hungry people?

Shockingly, the world is back at hunger levels not seen since 2005, and food prices remain higher in more countries than in the period 2015–2019. Along with conflict, climate shocks, and rising cost of living, civil insecurity and declining food production have all contributed to food scarcity and high food prices.

Investment in the agriculture sector is critical for reducing hunger and poverty, improving food security, creating employment, and building resilience to disasters and shocks.

Why should I care?

We all want our families to have enough food to eat that is safe and nutritious. A world with zero hunger can positively impact our economies, health, education, equality, and social development.

It's a key piece of building a better future for

everyone. Additionally, with hunger limiting human development, we will not be able to achieve other sustainable development goals such as education, health, and gender equality.

How can we achieve Zero Hunger?

Food security requires a multi-dimensional approach – from social protection to safeguarding safe and nutritious food, especially for children to transforming food systems to achieve a more inclusive and sustainable world. There will need to be investments in rural and urban areas and social protection so poor people have access to food and can improve their livelihoods.

What can we do to help?

You can make changes in your own life—at home, at work, and in the community—by supporting local farmers or markets and making sustainable food choices, supporting good nutrition for all, and fighting food waste.

You can also use your power as a consumer and voter, demanding businesses and governments to make the choices and changes that will make Zero Hunger a reality.

To achieve zero hunger by 2030, urgent coordinated action and policy solutions are imperative to address entrenched inequalities, transform food systems, invest in sustainable agricultural practices, and reduce and mitigate the impact of conflict and the pandemic on global nutrition and food security.

Source: [The Sustainable Development Goals Report 2023](#)

All the wonderful readers have read in my last article in January the amazing story of Mary Kevin, CEO & Founder of the NGO "**Future a Girl**", **Kampala-Uganda** working strongly for girls' rights.

This month, I want to share with all of you the extraordinary commitment of Oluwaseun Grace Kolawole, the founder of Kid's Nurture Initiative And passionate about low-income communities' kids's nutrition and education.

She has a MSc degree in Food Microbiology and she is currently pursuing her Doctorate in the field.

Driven by a poignant encounter with a malnourished child she once taught in a rural village, her passion for nutrition advocacy ignited.

Witnessing the devastating toll of malnutrition firsthand, she resolved to make a difference. Tragically, the child Oluwaseun Grace once knew succumbed to the harsh realities of malnutrition and died. His death fueled her determination to act.

In response, she founded the **Kid's Nurture Initiative**, a heartfelt endeavour aimed at nourishing the minds and bodies of low-income community school children. Guided by the belief that **every child deserves access to nutritious meals**, their initiative strives to alleviate food insecurity and foster healthier futures. Through collaborative efforts and unwavering dedication, they endeavour to empower children with the

sustenance they need to thrive, one meal at a time.

This initiative aims to rewrite the narrative of hunger and ensure that no child is left behind.

Their priority is food, however other items like books and clothes are welcome.

About the Project

Nigeria has an **estimated 10.5 million out-of-school children**. Of these, an estimated 2.5 million are out of school due to **malnutrition** and hunger.

Nigeria has the second highest burden of stunted children in the world, with a national prevalence rate of 32 percent of children under five.

Malnutrition is a direct or underlying cause of 45 percent of all deaths of under-five children.

Our research showed that 35.71% of children aged 0–5, 9.09% of them aged 6–10, and 10.5% of kids aged 11–15 go to school on empty stomachs in low-income communities.

A high percentage of pupils do not take breakfast and a greater percentage take low-nutrient food which has created a nutrient gap and thus interferes with concentration, critical thinking ability, and IQ level.

This NGO helps schools in vulnerable low-income communities to reduce the number of malnourished learners aged 3–8 years so that the children can be nourished while learning for holistic physical, mental, emotional, and intellectual well-being.

Kid's Nurture Initiative provides nutrient-rich meals including fruits to improve learners' brain development and foster healthy body mass index and classroom attentiveness which directly impacts their academic performances.

The overall goals we hope to achieve with our project are:

- An increase in school attendance of the pupils
- Better health and fewer sickness episodes.
- Increased weight and healthier body mass index.
- A rise in school enrollment rate.
- Proper brain development of learners
- Healthy-looking and mentally sharp kids
- Emotionally-stable kids
- Engaging classes
- Children have fewer/no reason(s) to miss school
- Happier parents

People, organizations, and donors can contact us for partnerships or donations via our Email - kidsnurtureinitiative@gmail.com.

Phone number: +2348130829465

Here is our gofundme account - <https://lnkd.in/d/HneNuK>



And remember this:
ENDING POVERTY is the RESPONSIBILITY OF ALL OF US
<https://www.linkedin.com/in/grace-oluwaseun-kolawole-msc-bsc-422b38128>



Empowering Women Through the Lens: *Beauty is more than skin-deep*



Belinda Burton

As a woman and a portrait photographer of women, I believe that while external beauty is important, internal beauty is too. Beauty is more than skin-deep.

What is 'inner beauty'?

Inner beauty is related to our personalities, behaviours and individual qualities. It is demonstrated in the kindness we

show to others, the way we carry ourselves and how we interact. It is also about the self-assurance we demonstrate, and being comfortable in the skin we are in.

When we feel good about ourselves, that confidence shines through. People can see it, and it draws others to us. That is when external beauty comes into play; it strengthens our confidence in ourselves. When we look good and feel good about ourselves, it shows.

Beauty in a digital world

The proliferation of digital and social media means we are now never far away from the influence of the media and public opinion. We are constantly bombarded with images of 'favourable' and 'idealistic' females, and certain body types, looks and ethnicities are positioned as most desirable.

Stick-thin models in their youth are often preferred by the fashion industry and are featured extensively in commercial advertisements in promotions of their clothing and products. Celebrities are frequently airbrushed, digitally manipulated and portrayed with flawless features. They never seem to age.

This distortion of female body images in the media plays a significant role in influencing women's confidence and contributing to the societal definition of beauty. This definition is not only narrow but also unrealistic. It sets an unattainable benchmark that women feel pressured to meet.

Body confidence

As a result, women may think less favourably about their appearances – since most of us don't live up to these unrealistic beauty ideals – and we give ourselves less

credits than we deserve. We deem ourselves less than desirable.

This is amplified more with the growth of the beauty aesthetics industry. The omnipresence and promotion of beauty treatments, such as lip fillers and Botox, only serve to persuade us that we should conform to society's narrow standards. Is it any surprise then that a survey conducted by the Women and Equalities Committee in 2020 suggested that 6 out of 10 women in the U.K. feel negatively about their bodies? In my opinion, it's a big problem that women feel they are not 'enough' or up to society's standards.

Adding a further blow, many women feel that they don't look great on camera. They see what they consider to be an unflattering photograph of themselves and then decide that they are not photogenic. They shy away from having photos taken, as a result.

Empowering women through photography

That's why I discovered my mission in empowering women through photography.

As I explain often to the women I work with, photography compresses three-dimensional human beings into two dimensions and not all compressions present the subject favourably. However, this is not bad news all through.

Through the right posing, lighting, styling, equipment and photographic techniques, this can be mitigated.

Magazine-style portraits

Do you often stare at a magazine's front cover and wonder if it could be you? If you were given a team of stylists, a makeup artist, a hairstylist and a great photographer, it could be!

That is what I aim to provide to the clients: a transformation, a moment dedicated to themselves and for their self-care, and a resurgence of confidence. You will conclude: "Yes, I can be magazine-worthy too!"

Guided portrait sessions

My portrait sessions start with styling advice (as part of the planning consultation), professional hair and makeup, followed by full posing guidance suited to make the best of your individual shape and features. It is about putting in the best effort to create stunning images that women are proud of. It is also about taking a day out for you.

As women, we all tend to multi-task. As nurturers, we have a tendency to serve others and put everyone else in front of us. Being in the photographic studio and being given attention is a self-care and self-love act I believe that all women deserve.

Spreading Love with Crochet, *One Stitch at a Time*

Crochet is like using a magic wand made of a hook and colourful yarn! In crochet, you create amazing things by making loops with the hook.

My journey into the world of crochet began as a personal hobby, with the aid of online tutorials on YouTube. Starting with simple creations like purses, ponchos, and head ribbons, I soon discovered the therapeutic joy of transforming yarn into beautiful functional items.

The pivotal point in my crochet journey came in 2017 when our family moved to South Africa for a year. It was during this period that I delved deeper into the craft, specifically exploring the world of Amigurumi, the Japanese art form involving crafting toys using crochet techniques.

This newfound knowledge opened up a world of infinite creative possibilities. I began crafting Amigurumi toys ranging from charming animals, cartoon and movie characters, and highly in-demand customised dolls resembling beloved ones. The other very popular items were gifts meant for babies like colourful squeaky rattles, snugglers, cosy pillows, and crib hangings to name a few. These child-friendly, and washable creations quickly gained popularity within my social circle, becoming sought-after as personalised and exclusive gift articles.

Upon our return to India in 2018, I transformed my passion into a small-scale business. Leveraging the power of social media platforms such as Instagram and Facebook, I established a virtual storefront to showcase

and share my Amigurumi creations. In 2022, my family and I embarked on a new chapter, moving to the city of London. After our move to London, I continued to participate in seasonal exhibitions, arranged during festivals like Diwali and Christmas, and summer fairs in the schools.



Urvi Panchal
87urvi@gmail.com



Recently, I extended my love for crochet to young kids by actively teaching crochet. I initiated an after-school club in the local school, introducing young students to the wonders of crochet.

Additionally, I've also conducted online and in-person crochet sessions, fostering a sense of community among crochet enthusiasts.

The benefits of crochet and Amigurumi extend beyond the finished creations. The rhythmic and repetitive nature of crocheting has proven to be a therapeutic and stress-relieving activity, offering a mindful escape from the demands of daily life.

So, grab a hook, pick your favourite yarn, and let the magical world of crochet begin!



Stitching Young Girls' Futures



Anu Nadimpalli

Fashion Becomes An Engine For Women's Upliftment.

This brand-new year, I would like to start off our roller-coaster journey, that is life, in a deliberately optimistic note. At the least, my story is about fashion, and at the most, it is a celebration of resilience and creativity nurtured by the unwavering dedication of my parents, particularly my mom, (fondly called 'Amma' by those around her), in Hyderabad,

use one.

What they brought with them was a childlike eagerness to learn and their passion to convert the new-found knowledge into something wearable and liveable and yes, fashionable. And some of them even brought in their own traditional methods in creativity, such as handcrafting, natural dyeing, reusing, upcycling etc. Careful direction and promotion of these sustainable fashion practices resulted in these young women's communities preserving not only their own cultural heritage but also contributing to environmental conservation.

Slowly And Steadily, We Change The Face Of Fashion:

Kate Fletcher, of the 'Slow Fashion' fame, opines that in the end, it "... is about choice, information, cultural diversity and identity. Yet, critically, it is also about balance. It requires a combination of rapid imaginative change and symbolic (fashion) expression as well as durability and long-term engaging, quality products. Slow fashion supports our psychological needs (to form identity, communicate and be creative through our clothes) as well as our physical needs."

It is this author's opinion that Kate Fletcher and other pioneers like her are

India. And I would like to do it with my newest Collection aptly called "Amma's Atelier". It is a vibrant testament to the transformative power of mentorship, education, and sustainability. For over three decades, my mother, Ramana, with steadfast support from my father, and our entire family, has been a beacon of hope for underprivileged young girls and women in our neighbourhood. Witnessing the societal neglect and familial disregard that these young girls were facing, she took it upon herself to make a difference in their lives in her own small way. What began as a simple act of inviting them into our home, quickly evolved into a profound journey of empowerment.

Giving Wings To A Lifelong Passion:

Being a lifelong seamstress, Ramana started this journey by imparting her knowledge of sewing to these young women. Gradually, her vision went beyond, to teaching these young impressionable girls and women, how to thread the needles of their often-troubled lives. She extended her guidance to counselling and mentoring, focusing on life skills that would help them unleash their potentials in various aspects of life – from education and careers, to ultimately, their overall societal standing.

The "Amma's Atelier" Collection is a tribute to this transformative journey. It showcases the remarkable evolution of these young women, once relegated to menial tasks for survival, into creative fashion artists and designers. What sets this collection apart is its steadfast commitment to responsible waste reduction, recycling, and upcycling, epitomising the essence of sustainable and 'slow fashion'.

Under her careful guidance, these women have not only learned the art of innovative upcycling but have also collectively redefined and reimaged the intersection of art and sustainability. The result is a dazzling array of apparel and products – scrunchies, bouquets, makeup kits, handbags, vests, table runners, wall hangers, bed covers, and much more. Each piece carries the vibrant imprint of my intuitive and joyful artwork, a kaleidoscope of colours reflecting the resilience and creativity fostered through this empowering journey.

Threading The Personal Story Into Design:

Fashion designers often draw inspiration from their cultural heritage, infusing their creations with symbols, motifs, and colours that carry specific meanings. By incorporating these elements into contemporary designs, they help keep the local narrative alive. For example, a designer might use indigenous patterns to tell a story or celebrate a cultural event through their collections. Fashion serves as a medium through which different cultures can influence and inspire one another. Through cross-cultural exchanges in the fashion world, diverse traditions and aesthetics merge creating a global tapestry of styles. This not only fosters appreciation for cultural diversity but also encourages a dialogue between different communities.

Rags Re-Imagined:

When my mom started helping these young girls, she began with the simple act of creating something special from leftovers hanging around the house. Rags and scraps were used as teaching materials and media for her young impressionable students, most of who had never seen a sewing machine in their lives, let alone



showing us the incredible value of what my mom and so many others like her are doing silently, in their own small ways, via her:

- Tips to slow down your wardrobe:
- Repair your clothes with a smile (it's easier than going shopping);
- Or ask stores about repair services, that may get them thinking.
- Ask your friends for new ideas about how to wear the garments you already have as it's always good to wear things in a new way."

As you explore the "Amma's Atelier" Collection, you are not just acquiring fashion. You are becoming a part of a narrative that celebrates the triumph of the human spirit and the limitless possibilities that arise when mentorship, education and sustainability go hand in glove. The "Amma's Atelier" Collection is a world where every stitch tells a story of self-empowerment, where fashion becomes a force for positive change.





Amazing Experience with Young Minds Filled with Wonderful Plans for Their Future.



Latha Balne with The Assistant Head teacher, Mr Rav Samjawon

Being a STEM ambassador for the Year 10 mock interviews at the secondary school was an extraordinary experience filled with enthusiasm and diverse aspirations. The students I interviewed showcased a broad range of interests, from sports and personal training to electronics, mechanicals, photography and more.

Special thanks to Nasstar Managers, David Hutton Lewis and Sean Reeve, for this volunteering opportunity to encourage future generations

driven by their love for physical activity and wellness. Others were interested in technical trades like electricians and mechanics, showcasing a hands-on approach to problem-solving.

Among the students, there were those with a keen eye for photography, expressing their creativity through the lens. It was evident that they were exploring artistic avenues within STEM-related fields. However, not all students had a clear plan for their future, and that is standard. Some were still exploring options in Design and Technology (DT), law, writing, psychology, automobiles, entrepreneurship, soliciting, and even aspiring to be commercial pilots.

The mock interviews provided an excellent platform to delve into the specifics of each student's aspirations. It was not just about the technical aspects of their chosen fields but also understanding the underlying motivations and personal connections they had with their career choices. Through thoughtful questioning and active listening, I was able to extract valuable details about their ambitions and dreams.

Providing feedback and guidance was a fulfilling aspect of this experience. I offered insights into the steps they could take to explore their interests further, suggesting relevant work experience and educational pathways. For those with more concrete plans, I provided encouragement and advice on navigating the challenges they might encounter on their journey.

The collaborative effort between the students, the school, and myself as a STEM ambassador highlighted the importance of such initiatives in shaping the future workforce. It was a pleasure to contribute to the students' understanding of their potential career paths and to witness their excitement about the possibilities that lie ahead.

This experience affirmed the significance of mentorship and guidance in helping young minds navigate the complexities of career choices. I am grateful for the opportunity to have been a part of this impactful event and look forward to continuing my role as a STEM ambassador to inspire and support the next generation of professionals.

Nasstar's Volunteer Day of Giving: Empowering Employees to Make a Difference

In the bustling corridors of Nasstar's headquarters, a culture of growth and support thrived. As an employee, I was fortunate to be part of a company that not only valued its employees' professional development but actively encouraged and facilitated opportunities for growth. When I expressed my interest in participating in mock interviews to enhance my skills and support local schools as a STEM ambassador, I was met with enthusiastic encouragement from my managers and colleagues. Without hesitation, Nasstar fully supported my decision, recognizing the value of investing in my personal and professional growth. With their unwavering support behind me, I eagerly enrolled myself for the mock interview volunteer day, knowing that I had the backing of a company that truly cared about my development and the community we served. On the day of the event, I arrived at the school, brimming with excitement and gratitude for the opportunity ahead. Armed with Nasstar's support and my own determination, I was ready to make a meaningful impact on the students' lives. Throughout the day, I engaged in mock interviews with the students, providing constructive feedback,



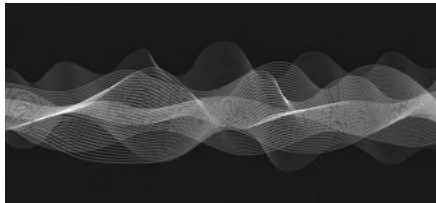
Nasstar team in Ipswich with CEO Paul Cosgrave

and sharing insights gleaned from my own experiences in the STEM field. With each interaction, I witnessed the students' confidence grow, knowing that they were better prepared for the challenges that lay ahead. As the day drew to a close, I couldn't help but reflect on the incredible support I had received from Nasstar. Their willingness to invest in my growth and support my endeavours had not only enriched my own professional journey but had also allowed me to give back to the community in a meaningful way. Returning to Nasstar, I was met with warm smiles and words of appreciation from my colleagues and managers. Their recognition of my efforts reaffirmed the supportive and nurturing environment that Nasstar fostered, where employees were

empowered to reach their full potential. In the weeks that followed, I continued to benefit from Nasstar's support, leveraging the skills and confidence gained from the mock interview experience in my daily work. And as I looked ahead to future opportunities for growth and development, I knew that I could always count on Nasstar to stand behind me, opening doors to new possibilities and helping me reach greater heights in my career.



Radio Waves: Connecting Hearts Worldwide



In an era where flashy gadgets and cutting-edge technology often steal the limelight, there's one humble invention that continues to quietly weave its magic: the radio. Every February 13th, we celebrate World Radio Day, an occasion that reminds us of the profound impact this simple device has had on our lives.

Radios have been around for over a century, and despite the rise of television, the internet, and smartphones, they remain relevant. Why? Because they offer something unique: a connection that

transcends boundaries. With just a flick of a switch, you can tune in to voices from across the globe, breaking down barriers of distance and language.

Think about it. Whether you're driving down a lonely highway, cooking in the kitchen, or lying in bed late at night, the radio is there, a faithful companion filling the airwaves with music, news, stories, and laughter. It's a constant presence, comforting in its reliability.

One of the radio's greatest strengths lies in its simplicity. Unlike other forms of media that require expensive equipment or internet access, all you need to enjoy the radio is a basic receiver. This accessibility makes it a lifeline for millions of people in remote areas or regions with limited resources.

But World Radio Day isn't just about celebrating the technology itself; it's also about recognizing the vital role that radio plays in promoting dialogue and understanding. In an era where misinformation spreads like wildfire, radio serves as a trusted source of news and information, keeping communities informed and empowered. Moreover, radio has a unique ability to give voice to the voiceless. It provides a platform for marginalized groups, allowing them to share their stories, advocate for their rights, and participate

in public discourse. Whether it's a community radio station broadcasting local news or a podcast amplifying unheard perspectives, radio empowers individuals to make their voices heard.

Beyond its role in communication, radio is also a cultural touchstone. From iconic music programs that shape musical tastes to talk shows that spark conversations about politics and society, radio reflects the diversity of human experience. It's a medium that brings people together, fostering a sense of belonging and shared identity.

So, on World Radio Day, let's take a moment to appreciate the humble radio and the extraordinary impact it has on our lives. Let's celebrate the DJs who spin our favorite tunes, the journalists who keep us informed, and the listeners who tune in day after day, forming a global community united by the power of the airwaves.

In an age of constant connectivity, where we're bombarded with information from all sides, radio reminds us of the simple joy of tuning in and listening. It's a reminder that sometimes, the most powerful messages come not through flashy screens or high-tech gadgets, but through the timeless magic of a voice on the radio. So here's to World Radio Day, a day to celebrate the unsung hero of communication. Turn up the volume, tune in, and let the waves of sound wash over you.

The Renewable Energy Revolution

World Sustainable Energy Day isn't just another date on the calendar; it's a momentous occasion that highlights the remarkable progress we're making in reshaping our global energy landscape. At the heart of this movement lies the renewable energy revolution – a transformative force that's steering us away from our dependence on fossil fuels and towards a more sustainable future. Let's delve into the intricacies of this revolution and how sustainable energy sources like solar, wind, hydro, and geothermal power are leading the charge.

Think about the sun – it's an abundant source of clean, renewable energy that we're harnessing more than ever before. Solar panels made up of photovoltaic cells, capture sunlight and convert it into electricity. Whether they're installed on rooftops or in vast solar farms, these panels are revolutionising the way we generate power. Solar energy is not only environmentally friendly but also increasingly cost-effective, making it an attractive option for communities and businesses around the world.

Similarly, wind energy has emerged as a prominent player in the renewable energy sector. Wind turbines, with their towering blades, harness the kinetic energy of the wind to generate electricity. Whether situated on land or offshore, these turbines are a testament to human ingenuity and our ability to harness the power of nature. Wind power is rapidly becoming a mainstream energy source, capable of competing

with traditional fossil fuels on both economic and environmental fronts.

Hydropower, another stalwart of renewable energy, harnesses the energy of flowing water to produce electricity. Dams and hydroelectric plants strategically capture the energy of rivers and streams, providing a reliable and renewable source of power. While concerns about environmental impact and habitat disruption exist, ongoing advancements in hydropower technology aim to minimise these effects and maximise the potential of this abundant energy source.

Then there's geothermal energy – a lesser-known but highly promising renewable energy source. By tapping into the Earth's natural heat, geothermal power plants produce electricity and heat for homes and businesses. This sustainable energy source offers significant potential for reducing greenhouse gas emissions and promoting energy independence. With advancements in drilling technology and resource exploration, geothermal energy is poised to play a more significant role in our transition to a sustainable energy future.

The shift towards renewable energy isn't just about reducing carbon emissions; it's about building a more resilient and sustainable energy infrastructure for the future. Diversifying our energy sources and reducing our reliance on finite fossil fuels are essential steps towards achieving this goal. Moreover, the renewable energy sector presents opportunities for job creation, economic growth, and technological innovation.

However, the journey towards a sustainable energy future is not without its challenges. Despite the rapid growth of renewable energy sources, fossil fuels still dominate the global energy mix. Transitioning to a renewable energy economy requires significant investment in infrastructure, policy support, and public awareness.

On World Sustainable Energy Day, it's essential to recognize the progress we've made in harnessing the power of sustainable energy sources. From solar panels gleaming in the sun to wind turbines spinning gracefully in the breeze, the renewable energy revolution is reshaping our world for the better. By embracing clean, renewable energy, we can build a brighter, more sustainable future for generations to come. Together, let's celebrate the strides we've made and recommit ourselves to the journey towards a cleaner, greener planet.





Valentine's Revival

Valentine's Day, oh sweet Valentine's Day! It's like a burst of sunshine on a chilly winter day, warming our hearts and reminding us of the beauty of love. In a world filled with hustle and bustle, this special day is a gentle reminder to pause, breathe, and appreciate the people who fill our lives with love and joy.

When you think of Valentine's Day, you might conjure up images of heart-shaped chocolates, roses, and lovey-dovey cards. And sure, those things are part of the fun. But Valentine's Day is about so much more than just romantic gestures. It's a celebration of all kinds of love – from the fiery passion between partners to the steadfast bonds of friendship and family.



In today's fast-paced world, where we're constantly glued to our screens and rushing from

one thing to the next, Valentine's Day offers us a precious opportunity to hit pause and connect with the people who matter most. It's a day to slow down, look around, and appreciate the love that surrounds us in all its forms.

Think about it – when was the last time you told your best friend how much they meant to you? Or thank your parents for all the love and support they've given you over the years? Valentine's Day is the perfect excuse to shower the people we care about with affection and gratitude.

And let's remember self-love! In a world that often tells us we're not good enough, Valentine's Day reminds us to treat ourselves with kindness and compassion. Whether it's indulging in a bubble bath, treating ourselves to a delicious meal, or simply taking a moment to bask in our own awesomeness, self-love is an essential part of the Valentine's Day equation.

Now, I know what some of you might be thinking – isn't Valentine's Day just a big marketing ploy designed to sell greeting cards and chocolates? Well, yes and no. While it's true that businesses capitalize on the holiday to boost sales, at its core, Valentine's Day is about something much more meaningful – it's about celebrating love in all its glory.

Sure, you could spend a small fortune on extravagant gifts and elaborate dates. But the beauty of Valentine's Day lies in its simplicity. It's about the little moments – a heartfelt hug, a kind word, a shared laugh – that make life worth living. And those moments don't cost a thing.

So this Valentine's Day, let's forget about the pressure to plan the perfect date or find the ultimate gift. Instead, let's focus on what really matters – spreading love, kindness, and joy wherever we go. Whether you're celebrating with your sweetheart, or your friends, or flying solo, remember that love is all around us, just waiting to be celebrated.

Valentine's Day is as relevant today as it has ever been. In a world that can often feel cold and disconnected, this special day serves as a beacon of warmth and connection. So let's embrace the spirit of Valentine's Day and make this year's celebration one to remember!

The Journey of NGOs

As World NGO Day dawns, it offers a moment to reflect on the vital contributions of non-governmental organizations (NGOs) worldwide. However, amidst their noble endeavors lie a myriad of challenges, from funding constraints to political obstacles and logistical hurdles. Yet, within these challenges also lie opportunities for innovation and collaboration to address pressing global issues.

Foremost among the challenges faced by NGOs is the perpetual struggle for funding. Many NGOs rely heavily on grants, donations, and sponsorships to sustain their operations and initiatives. However, securing consistent funding remains a daunting task, particularly in an increasingly competitive landscape where donors may prioritize certain causes over others. Moreover, economic downturns, geopolitical instability, and donor fatigue further exacerbate funding constraints, forcing NGOs to constantly seek alternative sources of financial support to sustain their mission-driven work.

In addition to funding challenges, NGOs often encounter political obstacles that hinder their ability to operate effectively. In some regions, governments impose restrictive regulations, censorship, or outright bans on NGOs, limiting their autonomy and ability to advocate for social change. Furthermore, political instability, corruption, and conflicts pose significant risks to the safety and security of NGO personnel,

jeopardizing their humanitarian efforts and development projects.

Logistical hurdles also present formidable challenges for NGOs, particularly those engaged in international operations or working in remote and underserved areas. Limited access to infrastructure, transportation, and essential resources can impede the delivery of aid and services to communities in need. Moreover, navigating complex bureaucratic procedures, cultural sensitivities, and linguistic barriers adds another layer of complexity to NGO operations, requiring strategic planning and adaptability to overcome logistical challenges.

Despite these obstacles, NGOs have demonstrated remarkable resilience and resourcefulness in addressing global issues. Amidst funding constraints, NGOs have embraced innovative fundraising strategies, such as crowdfunding, social entrepreneurship, and strategic partnerships with businesses and philanthropic organizations. These approaches not only diversify revenue streams but also foster greater collaboration and sustainability within the NGO sector.

Moreover, NGOs have seized opportunities for collaboration and collective action to maximize their impact on global challenges. Through networking platforms, coalitions, and alliances, NGOs share resources, expertise, and best practices, amplifying their collective voice and influence on policy-making processes. By fostering synergies and leveraging each other's strengths, NGOs can achieve greater efficiency and effectiveness in addressing complex social, environmental, and humanitarian issues.

In conclusion, as we commemorate World NGO Day, it is crucial to recognize the challenges faced by NGOs while also acknowledging the opportunities for innovation and collaboration within the sector. Despite funding constraints, political obstacles, and logistical hurdles, NGOs continue to play a vital role in



advancing social justice, promoting human rights, and addressing global crises. By harnessing the power of innovation, collaboration, and collective action, NGOs can overcome challenges and create positive change that transcends borders and transforms lives.



Embracing Equality: *World Day of Social Justice*

In a world where fairness and equality are often elusive, there shines a beacon of hope every February 20th—the World Day of Social Justice. It's a day that transcends borders and cultures, calling on humanity to stand together in the pursuit of a more just and equitable society.

At its core, social justice embodies the principle of fairness, where every individual is treated with dignity, respect, and equality. It's about ensuring that all members of society have equal opportunities and access to basic rights, regardless of their background, identity, or circumstances. Social justice encompasses a broad spectrum of issues, from poverty and inequality to discrimination and human rights abuses. It calls attention to systemic injustices that perpetuate disparities in education, healthcare, employment, and beyond. It's a reminder that no one should

be left behind or marginalized in the quest for a better world.

On the World Day of Social Justice, we are called to reflect on the state of our societies and recommit ourselves to the principles of equality and solidarity. It's a day to raise awareness about pressing social issues, advocate for policy reforms, and take meaningful action to address injustices wherever they exist.

In a world plagued by division and strife, social justice offers a path forward—a vision of a society where compassion triumphs over indifference, and empathy guides our actions. It's a vision that requires collective effort and unwavering dedication from individuals, communities, and governments alike.

As we observe the World Day of Social Justice, let us reaffirm our commitment to building a more inclusive and equitable world. Let us strive to break

down barriers, challenge prejudice, and stand up for the rights of the marginalized and oppressed. For in the pursuit of social justice lies the promise of a brighter, more compassionate future for all.



Celebrating Wetlands Day

Imagine a tranquil landscape, where water meets land in a harmonious blend of biodiversity. This is the essence of wetlands—diverse ecosystems that encompass marshes, swamps, and mangroves. Despite their often-overlooked status, wetlands are vital hubs of life, supporting countless species and providing essential ecosystem services. World Wetlands Day, observed annually on February 2nd, is a momentous occasion that highlights the critical importance of wetlands in our ecosystem. As we mark this day, it's a reminder of the invaluable role wetlands play in sustaining life on Earth.

Wetlands act as nature's filters, purifying water and improving its quality. They serve as breeding grounds for fish and other aquatic life, supporting both marine and terrestrial ecosystems. Moreover,



wetlands play a crucial role in flood control, protecting communities from natural disasters. Yet, despite their importance, wetlands are

under threat. Human activities such as urban development, agriculture, and pollution have led to the degradation of these ecosystems. As a result, many wetlands face loss of habitat and a decline in biodiversity.

World Wetlands Day serves as a call to action—a reminder of the urgent need to conserve and restore these precious ecosystems. Through education, awareness, and collaborative efforts, we can work together to protect and preserve wetlands for future generations. On this day, let us reflect on the beauty and significance of wetlands. Whether it's a local marsh or a vast mangrove forest, every wetland deserves our attention and care. By embracing sustainable practices and supporting conservation initiatives, we can ensure that wetlands continue to thrive, serving as vital lifelines for both nature and humanity.

Rejoicing Diversity: *Mother Language Day*



Enter the enchanting world of languages, where every word is a melody and every dialect a unique story. As we embrace International Mother Language Day on February 21st, let's embark on a journey to uncover some fascinating facts about the languages that shape our world in delightful ways.

Did you know there are more than 7,000 languages spoken worldwide? That's like having a whole universe of words to explore! From the clicks of Xhosa to the flowing tons of French, languages come in all shapes and sizes, each with its charm and character.

But here's the cool part: languages are like living organisms—they grow, change, and adapt over time. Just like how new slang words pop up in English or how accents vary from place to place, languages are constantly evolving, keeping us on our toes with their surprises.

Now, here's a secret: languages aren't just about words—they're also about culture. Think about all the stories, songs, and traditions passed down through generations in different languages. Whether it's the ancient tales of the Aztecs or the modern-day rap lyrics in Korean, languages are like magical portals to different worlds.

But here's the best part: languages bring people together. When we learn someone else's language, it's like we're unlocking a special door to their heart. Suddenly, we can share jokes, swap stories, and build connections in ways we never thought possible.

So, as we celebrate International Mother Language Day, let's revel in the wonder of languages. Whether it's the language of your grandparents or a new one you're eager to learn, each one is a treasure waiting to be discovered. After all, in the world of languages, every word is a tiny miracle waiting to be heard.



Transformative Innovations in Cancer Treatment

The journey through cancer treatment is often fraught with challenges, but recent advancements in oncology have illuminated a path of hope and progress. On World Cancer Day, we commemorate the relentless efforts of scientists, clinicians, and patients in the fight against this formidable disease. It serves as a poignant reminder of the ongoing battle against cancer, a disease that continues to affect millions of lives worldwide. Amidst the challenges, there's a glimmer of hope fueled by remarkable advancements in cancer treatment. In this article, we delve into the transformative innovations in cancer treatment, including targeted therapies, immunotherapy, and precision medicine, and their profound impact on patient outcomes and quality of life. These innovations are not just changing how we treat cancer; they're transforming outcomes and quality of life for patients, offering hope on this significant day of commemoration.

Targeted Therapies: Precision in Action

Traditional cancer treatments such as chemotherapy have long been characterised by their broad-spectrum approach, affecting both cancerous and healthy cells. However, the advent of targeted therapies heralds a new era of precision medicine, where treatments are tailored to the specific molecular alterations driving cancer growth.

One of the most notable advancements in targeted therapy is the development of tyrosine kinase inhibitors (TKIs). These drugs selectively block the activity of specific enzymes involved in cancer cell proliferation, leading to more targeted and effective treatment. For instance, in chronic myeloid leukemia (CML), TKIs like imatinib have revolutionized patient outcomes by targeting the BCR-ABL fusion protein, resulting in improved survival rates and enhanced quality of life.

Monoclonal antibodies represent another key innovation in targeted therapy. By precisely targeting cancer-specific molecules on the surface of tumor cells, monoclonal antibodies can inhibit tumor growth while minimizing damage to healthy tissues. For example, trastuzumab has transformed the prognosis for patients with HER2-positive breast cancer, demonstrating the power of targeted therapies in combating specific cancer subtypes.

Immunotherapy: Unleashing the Body's Defenses
Immunotherapy represents a groundbreaking approach to cancer treatment, harnessing the power of the body's own immune system to recognize and eliminate cancer cells. At the

forefront of this revolution are immune checkpoint inhibitors, which release the brakes on the immune system, allowing it to mount a more robust attack against cancer.

Checkpoint inhibitors such as pembrolizumab and nivolumab have shown remarkable efficacy across various malignancies, including melanoma, lung cancer, and renal cell carcinoma. By blocking inhibitory pathways that cancer cells exploit to evade immune detection, these drugs enable the immune system to recognize and destroy tumours, leading to durable responses and prolonged survival.

Another promising avenue of immunotherapy is adoptive cell therapy, particularly chimeric antigen receptor (CAR) T-cell therapy. This approach involves genetically engineering a patient's own T cells to recognize and attack cancer cells expressing specific antigens. CAR-T cell therapy has demonstrated unprecedented success in treating hematologic malignancies such as acute lymphoblastic leukemia (ALL) and non-Hodgkin lymphoma, offering new hope for patients with refractory disease.

Precision Medicine: Personalized Approaches to Treatment

Precision medicine represents a paradigm shift in cancer care, allowing for the customization of treatment based on individual genetic, environmental, and lifestyle factors. Advances in genomic sequencing technologies have enabled clinicians to identify actionable mutations driving cancer progression, guiding treatment decisions, and improving outcomes.

By conducting molecular profiling of tumors, clinicians can match patients with targeted therapies tailored to their unique molecular signature. For example, in non-small cell lung cancer (NSCLC), the presence of EGFR mutations informs the selection of EGFR tyrosine kinase inhibitors such as erlotinib and Osimertinib, leading to improved outcomes compared to conventional chemotherapy.

Liquid biopsies represent another promising tool in precision medicine, offering a non-invasive means of monitoring disease progression and detecting treatment resistance. By analysing circulating tumour DNA (ctDNA) shed into the bloodstream, liquid biopsies enable clinicians to make real-time adjustments to treatment regimens, optimising therapeutic efficacy and minimising adverse effects.

Impact on Patient Outcomes and Quality of Life

The integration of targeted therapies, immunotherapy, and precision medicine has led to significant improvements in both patient

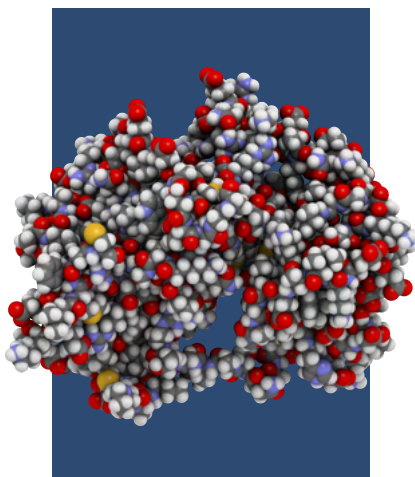


outcomes and quality of life. By targeting cancer cells with greater precision, targeted therapies minimise systemic toxicity and reduce the burden of treatment-related side effects, allowing patients to maintain a higher quality of life during therapy. Immunotherapy, with its potential for durable responses and long-term disease control, offers renewed hope for patients with advanced or refractory cancers who have exhausted conventional treatment options. Additionally, the personalised approach of precision medicine allows for more effective therapeutic interventions, optimising outcomes and survival rates across diverse cancer types.

The landscape of cancer treatment is evolving rapidly, driven by groundbreaking advancements in targeted therapies, immunotherapy, precision medicine, and emerging technologies. These innovations are revolutionising how we approach cancer care, offering patients personalised treatment options tailored to their unique molecular profiles. From the precision strikes of targeted therapies to the body's own immune system unleashed through immunotherapy, and the promise of AI-driven insights from emerging technologies, the future of oncology holds unprecedented potential to transform outcomes and quality of life for cancer patients worldwide.

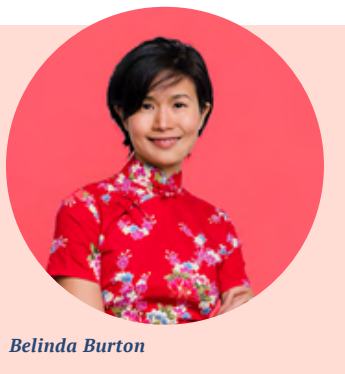
As we commemorate World Cancer Day, we celebrate the remarkable advancements in cancer treatment that continue to redefine the oncology landscape. Targeted therapies, immunotherapy, and precision medicine represent transformative innovations that have ushered in a new era of hope and progress for cancer patients worldwide.

Moving forward, it is imperative that we continue to support research, innovation, and access to cutting-edge treatments, ensuring that all individuals affected by cancer have the opportunity to benefit from these life-saving therapies. Through continued investment in research, innovation, and access to cutting-edge treatments, we can realise a future where cancer is no longer a devastating diagnosis but rather a manageable condition. Together, we can strive towards a future where cancer is no longer a source of fear and despair, but rather a testament to the resilience and determination of the human spirit.





Chinese New Year is Around The Corner!



Belinda Burton

New Year in Chinese culture is the biggest event in the annual calendar, with its significance parallel to that of Christmas in the Western culture. It is the time we put all our work and daily chores aside, get together as families, celebrate and greet each other over good food. For the Chinese, it is much more than one day of celebration and rest – for most people it is a week-long affair.

For some, they may even stretch the celebration to two weeks!

We start celebrating on New Year's Eve. It is an evening that everyone returns home to his or her immediate families to have that sumptuous dinner together, catching up over the dinner table about adventures that happened over the years.

As we wake up for New Year day, it starts with a lot of hope and enthusiasm. People sprinkle blessings in their households as they greet each other. The most popular greeting 'Gong Hey Fat Choi' means 'Wish You Wealth'. Wealth, good health and prosperity are among the popular themes of New Year blessings. We start a daylong of eating with all kinds of New Year specific snacks. Children get most excited as they receive red packets from adults, with money inside.

My childhood memory of Chinese New Year

We always spent the first day of Chinese New Year with my grandparents when I was a child growing up in Hong Kong. We had a large extended family and my grandmother was very sociable, so there were always a lot of visitors at their home over the festive period. We also called our relatives in other parts of the world over the phone to exchange greetings. Back then FaceTime

and video calls didn't exist! We then went door-to-door over the next couple of days, bringing gifts (often in the form of food, chocolate and candies) with us to visit other families and friends.

The global recognition of Chinese New Year

With globalisation and recognition of diversity, I am glad to see that in the United Kingdom we are also embracing New Year in other cultures, such as Diwali and Rosh Hashanah. Increasingly the festivities of Chinese New Year in the country become more and more impressive. This is especially the case in London, where I am based. In Central London, the dragon dances are no longer limited to Chinatown, but we have a full parade from Trafalgar Square into the West End. There are also celebrative activities in different boroughs and suburbs. May it be the rise of China as a global powerhouse, or the attraction of the vibrant colours (red is definitely the dominant celebrative colour) and fun traditions, let's soak in the festive mood and embrace the value of being with your loved ones together.



Rio de Janeiro, Brazil



This image was originally posted to Flickr by Sergio Luiz at <https://www.flickr.com/photos/35699605@N00/399791856>. It was reviewed on 25 August 2007 by [FlickreviewR](#) and was confirmed to be licensed under the terms of the cc-by-2.0.

Rio de Janeiro was celebrated between February 9 –February 14 this year. Rio's Carnival, the world's grandest festival, transforms the Brazilian capital into a 10-day whirlwind of samba, floats and unquenchable enthusiasm of celebration. The Sambodromo's paid parades are a must, with Sunday and Monday showcasing

the finest performances. For a star-studded experience, Copacabana Palace's Magic Ball is elite, though expensive. Pick the lively Scal club galas or participate in the vibrant blocos for free street revelry, with Banda de Ipanema and Carmelitas as the top attractions. Immerse in the world's most spectacular carnival with unforgettable moments and infectious energy.

The typical Rio carnival parade is filled with revellers, floats, and adornments from numerous samba schools which are located in Rio. There are more than 200 approximately and divided into five leagues/divisions. A samba school is composed of a collaboration of local neighbours that want to attend the carnival together, with some kind of regional, geographical and common background.

There is a special order for every school to follow with their parade entries. Each school begins with the "comissão de frente" (meaning "Front Commission"), that is the group of people from the school that appear first. Made of ten to fifteen people, the comissão de frente introduces the school and sets the mood and style of their presentation. These people have choreographed dances in elaborate costumes that usually tell a short story. Following the "comissão de frente" is the first float of the samba school, called "abre-alas" ("Opening Wing"). These are followed by the Mestre-sala and Porta-Bandeira ("Master of Ceremonies and Flag Bearer"), with one to four pairs, one active and three reserve, to lead the dancers, which include the old guard veterans and the "ala das baianas", with the drumline battery at the rear and sometimes a brass section and guitars. This brass section was included in the early 20th century as part of a more diverse musical ensemble which began to be offered at this time.



Monthly Horoscope for March 2024

Speculating about how the month of March 2024 is going to treat you? Let's take a glance at the horoscope for all zodiac signs for the month of March 2024.



Aries: According to the Aries monthly horoscope, those born under the sign of Aries will experience an emotional roller coaster. Even though they will have excellent prospects in their careers, relationships, and finances, they will constantly feel anxious. You will be able to get over your issues by spending time with your lover. But before you can get positive news about the company concept you've been considering for a while; you have to wait a while.



Taurus: The March Taurus horoscope states that this month will be difficult and full of ups and downs for them. Due to the Sun's negative influence on Pisces, they will feel anxious and their self-worth will be impacted. They will find it difficult to communicate with others as a result. They will flourish in their careers and find love despite the many obstacles they must overcome.



Gemini: March's Gemini monthly horoscope indicates some exciting developments regarding your job and romantic relationships. It will provide singles the chance to meet their potential spouses. In the meanwhile, the married pair or those in a relationship will figure out how to work through issues with their partners. You may be able to use your passion as an extra source of cash when it comes to your work.



Cancer: For those under the sign of Cancer, March appears to be a fruitful month. You should anticipate fresh starts and positive life transitions. According to their career horoscope, Cancerians may have a bright future in the workplace. You may notice changes about your residence at the conclusion of this month.



Leo: Leos will have the chance to accomplish more in both their personal and professional lives this month. To succeed, all they have to do is get over their self-doubt. Some Leos may fall in love, and others may discover solutions to issues in their marriages. You should take care of your money by not making any significant purchases or investments in the middle of the month.



Virgo: For Virgos, March 2024 is a good month with prospects for love, professional advancement, and financial achievement. This month, Virgos who follow their feelings are more likely to discover love. They may encounter some professional setbacks in the middle of the month, but by overcoming those setbacks, they will make significant progress.



Libra: For Libras, this month will be lively and erratic. Because this month will offer a spectrum of emotions, from exhilaration to despair, Libras should brace themselves for emotional ups and downs. Your professional life will be impacted by this



emotional upheaval as well, but you can overcome it by prioritising your work. Steer clear of risks when it comes to your finances because one poor choice can have a major effect.

Scorpio: For Scorpios, March 2024 will be a pivotal month full of chances for development on all fronts—personal, professional, and financial. Scorpios should use this period to concentrate more on their personal growth, perhaps through art therapy or journaling. Scorpios should expect to succeed in their professional pursuits in March as a result of their hard work and perseverance. Scorpios have solid financial situations due to their strong intuition and possible for new sources of revenue.



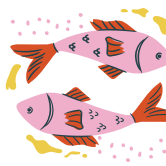
Sagittarius: March 2024's Sagittarius monthly horoscope indicates that there will be moments of intense happiness and joy as well as moments of doubt and uncertainty. The first part of this month will be a productive and energetic time for you. You should use caution when making significant decisions in the second half of this month to avoid issues. Maintaining a schedule will help you prevent problems with your physical and emotional well-being. The month has been good overall, but maintaining your optimism and goal-focused attitude is crucial.



Capricorn: The horoscope for March 2024 indicates that it will be a turning month for Capricorns. An upbeat and vibrant environment will present chances for development and achievement. In addition to experiencing an increase in passion and romance, Capricorns will succeed professionally and in business. They should, however, exercise caution, refrain from making snap judgements, and take good care of their health, particularly their skin.

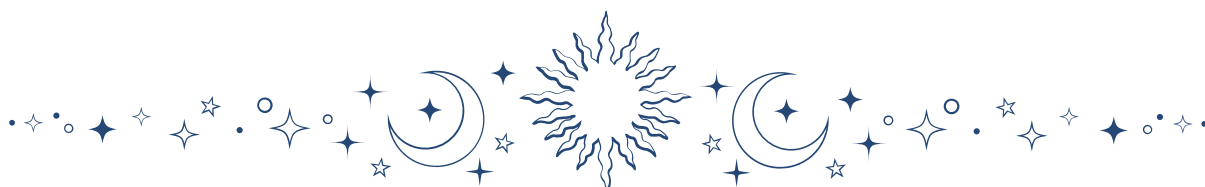


Aquarius: The Aquarius These people are expected to have successful personal and professional lives according to March's horoscope. According to the Aquarius monthly horoscope, Aquarians will have the chance to move on from the past and welcome the future, which includes harmony, tranquilly, and a secure financial situation.



Pisces: March is going to be a big month for Pisces, according to their monthly horoscope. While some astrological factors may make the beginning of the month difficult, these difficulties may be addressed by visualising your goals and concentrating on your good aspects. A fashionable work outfit will make you feel more confident, but Venus in Aquarius can cause restlessness and a yearning for change, upsetting your routine.

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





IGC ANNUAL CONVENTION



**30th May: Welcome &
Networking**

4:00 PM - 6:00 PM

**31st May: Business Met
& Speakers**

9:30 AM - 5:30 AM

**1st June: Dinner, Dance
& Awards**

6.30 PM onwards



For more information, please mail
igc@ishkama.co.uk

Stay Tuned For More Details



IGC
ISHKAMA GLOBAL CHANGE

**YOUR
WELLBEING
EDITION**

FOR MORE INFORMATION, VISIT US AT
WWW.ISHKAMA.CO.UK



Heal your Mind, Body & Soul

FEBRUARY 2024

©ISHKAMA GLOBAL CHANGE
All Rights Reserved

**Founder- Abhnash K Bains, Editor- Broomling Technologies, Chief Editor-
Minakshi Koch, Director- Dr. Rinki Sharma, Advisory Board- Pavani Ladiwal,
Pankaj Ladiwal, Content Writer- Sharda Patidar**