

ISSUE: JANUARY 2024

ISHKAMA GLOBAL CHANGE



Welcome to
Southall

**Waste and Recycle
Management Project**

Page 4

**Ending Poverty is the
Responsibility of All
of Us, Women's and
Girls' Voices Matter.**

Page 6

**Want a Job Swimming
with Turtles in the
Mediterranean?
AI Can Help**

Page 8

**THE LABOUR
GOVERNMENT
DELIVERS FOR
EALING
SOUTHALL!**

Page 2



*Heal your Mind,
Body & Soul*

www.ishkama.co.uk

  @ishkama

 @Ishkama1

Letter from the **Founder**



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

Happy New Year!
 A new year is always a time for aspiration and positivity, and I hope you have set your goals and resolutions for this year as we did and are passionate to bring a positive change in the community.

At IGC magazine, we have set our goals and resolutions for 2024, and are excited to share them with you.

- Our main goal is to provide you with high-quality content that is informative,

inspiring, and engaging.

- To cover a wide range of topics and issues that are relevant to you and the world.
- To showcase the stories and achievements of individuals from different backgrounds and fields.
- To empower you to pursue your dreams and passions, and to overcome the challenges and obstacles that you may face.
- To be more interactive and responsive to your needs and preferences.
- To create a community of readers who share their opinions, perspectives, and experiences with us and with each other.
- To foster a culture of dialogue, respect, and support among our IGC family and the communities we work in.

we are passionate to bring a positive change in the community, and we invite you to join us in this mission. We believe that everyone has a voice that deserves to be heard, and we want to amplify that voice. We believe that everyone has a heart that is full of love, compassion, and courage, and we want to celebrate that heart.

We recently celebrated festivals that showcased the rich and diverse culture of India. We celebrated **Makar Sankranti, Pongal, Magh Bihu, Uttarayan and Lohri**, marking the transition of the sun into the zodiac sign of Capricorn and the end of the winter solstice. I celebrated Lohri and the birth anniversary of Guru Govind Singh, with my friends and family, and spent a pleasurable time with my loved ones. Guru Govind Singh, the tenth Sikh Guru was a warrior, a poet, and a spiritual leader. He taught us to stand for truth and justice, and to love all beings as one.

At our first meeting of Lions club of London Central Host, it was good to meet up with members and to discuss the service projects that LP Soniya wants to take forward for the rest of the year.

It was a pleasure to attend the London John's Wood Lions Club event, which my club had sponsored as a guest of Charter President Vijay Jain. It was a fundraising event for SEN children & other projects. It was wonderful to see District Governor Lesley Spence being supportive and having fun with incoming District Governor Kadu Shah at the event. I always found DG Lesley to be a true humanitarian and a very experienced Lion.



Lion Pavan, Lion Satyam and Lion Virendra

I also had the pleasure to meet **Lady Kendel Jagger**, who is the founder and CEO of Hagger Street. She is an amazing and generous person who is always willing to help and encourage others. She is a role model and inspiration for many women entrepreneurs.

It was a pleasure to talk to **Dr. Desziree Richardson**, founder and creator of **Women of Heart Awards (WOHA)**, a prestigious award that

recognizes and honours women who have made significant contributions to society in various fields. She is a visionary leader and a passionate advocate for women empowerment and education.

I am grateful to these wonderful ladies for being part of my journey and I am proud to call them my friends.

I hope you also had a fulfilling and enjoyable month, and I invite you to share your stories and insights with us.

In the next few months, we have a lot of exciting events lined up, such as radio shows, talk shows, and e-shop. Our Vice President, Minakshi Koch, will share more information in her column. If you have any questions or want more details, please feel free to email us at ishkama.igc@hotmail.com.

We welcome your feedback, suggestions, and contributions, and we appreciate your support and loyalty.

Thank you for being a part of the IGC family.

Individually, we are one drop. Together, we are an ocean. - Ryunosuke Satoro

Letter from the **Chief Editor**



Minakshi Koch
 Vice CEO, IGC

Wishing everyone a Happy New year and a year of success, joy and prosperity ahead!

As an IGC Chair, there are several goals to be achieved this New Year and I think it is a privilege because it serves the community and in building the future of our generations to follow.

As the Global Chair for Autism Awareness and Counselling, I am working to collaborate with several other organisations. I believe

that we can achieve our goals only by working with others and not competing with them. If you share a common goal then there is no competition.

I am hoping that you will soon be able to hear me on our new launch, Ishkama Radio. I will be answering common questions from parents and discussing with professionals on Autism related issues.

So, if you have any queries, get in touch on ishkama.igc@hotmail.com. We are also holding the IGC Annual Meet and Greet this year and would appreciate your involvement. If you are a business, an entrepreneur or a Charity please do get in touch. If you wish to Sponsor and wish to know the benefits, we would love to share more details with you. You could share about your work and company with the fastest growing global organisation IGC.

Keep writing to us. We love to read your comments and articles. Feedback is always the best way to give advice, if you want to see something grow and do better.

IGC for Autism is doing free sessions for parents and children in Ipswich. If you have a child who needs help, they cannot ask for it themselves. You have to get them help. Feeling sorry for them and hiding their problems shall not solve it. Please attend the sessions. When you discuss you get solutions.

IGC for Autism
 "a place of inclusion for children with ASD"



Contact: Minakshi Koch for more information on sessions and resources at igcforautism@gmail.com



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.



The Labour Government delivers *for Ealing Southall!*



MP Virendra Sharma

I am a British Member of Parliament, a Labour MP, and a British Indian. That is the identity I have developed and grown in my years. It was not passed on to me, it is the product of my life, and all those people, things and influences that fed into it. My parents, my teachers, my friends, my wife, children and grandchildren.

As Chair of the Indo-British All-Party Parliamentary Group. As a British Indian. Born and

raised in India. With family in India and in Britain. An adult life and career made in Britain. I am a proud British Citizen but also a son of India.

When I moved to Southall in 1968, most of the people here were either Indian or Pakistani because Southall was well known across South Asia for being a welcoming home. Later, this attracted more ethnicities to move to Southall as they felt they would be comfortable living in a community with other South Asian migrants, including Afghans, Somalis, Bangladeshis, and Nepalese. It wasn't all welcoming arms though, and as Indians became a larger ethnic minority in Southall, many struggled to find employment, regularise their immigration status and with housing issues. They needed support of some kind. This led to the founding of the IWA (Indian Workers Association), and I am proud to have worked closely with the IWA throughout their journey and to this day. This organisation massively helped migrants to stand on two feet and to live independently. The IWA had its obvious advantages, it created a large community in Southall, brought people together in times of struggle, made them more confident and supported them in their new area of residency. More recently I've seen new organisations run by young people doing the same work the IWA did before. Now there are more religious buildings being constructed, a positive thing as people had another part of their identity back in their motherland now in Southall. While having more religious buildings is a good thing, it fragmented the community, where once there was only one option, now there are many pathways often divided into different faiths. The options are wider, and the support is greater, but it is concerning how separated people can now be.

I came to this country in 1968 as an economic migrant, and was welcomed by many.

Not just the first-generation members of these communities, the first wave of brave leaders, but many white British people delighted to see members of the commonwealth here to help Britain.

Welcomed by my family- my two brothers had come to Britain several years before I did. Welcomed by his friends, and by the people of Britain. Even welcomed by my wife, who I met for the very first time at the airport as I arrived in this country. Arranged marriages were common then- at least I can say my parents were very good decision-makers.

But we were also welcomed with marches in the street by the National Front, founded the year before I arrived. Welcomed with speeches from politicians like Enoch Powell describing migrants like me a menace, a risk to society and presaging the collapse of Britain. I am pleased to say we didn't. We left Britain stronger, more diverse, more resilient.

As gratitude, the people of Britain elected me a Member of Parliament. The Britain that I arrived in was grappling with the loss of empire and the advent of the Commonwealth. It was divided, riddled with economic woes, unsure of its own importance in the world, unsure of its role. Clearly not much has changed!

So, Southall has also changed economically quite a lot; Southall's percentage of people claiming unemployment benefits has decreased by a considerable amount since I've been elected, however, due to Covid this number skyrocketed to a peak of 11.5% in 2021. Since then, I have been working with businesses and local governments to reduce this number and get us back on the right path, and as of the end of 2022, it is 6.2%. Southall and Ealing's economy

has also changed as places like the airport and local industry have provided high-quality, well-paying jobs.

But as online shopping has thrived and high streets have suffered, I know Southall needs help to keep shopping alive. Now people are travelling all the way into central London to buy clothes; this is partly because of changes in taste and fashion, and the lack of big-name brands in Southall. Southall is a community, it should be a place where residents are able to do the things they want to live their lives. Good jobs locally should mean popular and successful local businesses that attract shoppers, money being made and spent in Southall grows the economy. People too often travel out of Ealing Southall to buy the things they need when we already have some amazing local businesses. To counter this, I have been giving awards to local businesses and shops to share these success stories, and hopefully encourage more people to shop locally. By shopping locally, we can all reduce our use of fossil fuels and our CO2 emissions, because #smallbizbigimpact.

I know people locally want better policing; we need more beat officers to minimise dangers. Just last week I challenged the Metropolitan Police Commissioner on the topics of responsiveness to crime, antisocial behaviour, and domestic burglaries. Only a few days ago, I was talking to a newly married couple who had just bought a house, sadly their house was broken into. The couple reported the crime as they are supposed to do, the police said that they would come to investigate, yet they never did. By ignoring these deeply personal crimes the Police create a separation between themselves and the public, eroding trust and leaving people unwilling to call the police, as they think it is pointless. As an MP I don't want that, I want trust in our public sector and public services.

13 years of Tory Government has eroded trust in services, been an assault on the strength of our communities and stretched our health services. We need a Labour victory for Ealing Southall and for communities just like it across the country.

In 2024 we will have a choice, face a general election, and a chance to change government. For me it will be my sixth General Election standing to be the Member of Parliament for Ealing Southall. I have won each time so far, and I intend to win again. It is the greatest honour to have those letters, MP awarded to you by your constituents, by the men and women who entrust you with their future. The greatest days lie ahead of us, not behind, and I want to see a Labour Government deliver for Ealing Southall, London, Britain and keep our nation's promise to the world.



Unravelling The Myths and Realities of Organisational Culture: A Journey Towards Business Transformation



Luisa Bernhardt Franco
Email: info@luisabernhardt.com
Web page: <https://luisabernhardt.com/>

Organisational culture is a concept that has been surrounded by beliefs and myths throughout the history of business. Often, its significance has been underestimated, considering it a mere ornament or something that doesn't have a tangible impact on an organisation's success. However, in today's rapidly evolving business landscape, understanding and managing organisational culture is crucial for maintaining competitiveness and the well-being of a company. In this article, we will unveil some common myths surrounding organizational culture and explore why it is critical for business success.

Myth 1: Organizational culture is only a matter of perception

One of the most prevalent myths is that organizational culture is subjective and solely about how employees perceive the company. While perception plays a significant role, organizational culture goes much deeper. It refers to shared values, beliefs, and behaviors that drive how things are done within an organization. Organizational culture influences decision-making, collaboration, innovation, and ultimately, business outcomes.

Myth 2: Organizational culture does not impact employee retention

Another common myth is that organizational culture does not significantly impact employee retention. However, numerous studies have shown that a strong and positive culture can play a crucial role in talent retention. Employees who identify with an organization's values and mission are more likely to stay and contribute to long-term success.

Myth 3: Organizational culture is secondary to financial Results

Many business leaders have mistakenly believed that organizational culture is less important than financial results. However, culture is not a consequence of results but a determining factor in creating those results. A robust culture can drive productivity, efficiency, and innovation, which, in turn, translates into better long-term financial outcomes.

Myth 4: Organizational climate is the same as

organizational culture

Another frequent myth is the confusion between organizational climate and organizational culture. Organizational climate refers to the atmosphere or mood within an organization at a given time, whereas culture is more profound and rooted in shared values and beliefs over time. Both are essential, but culture forms the foundation upon which organizational climate is built.

The role of organizational development and human resources professionals

The management of organizational culture is a critical task that falls on the shoulders of Organizational Development and Human Resources professionals. These experts play a pivotal role in identifying the current characteristics of an organization's culture and defining the desired culture consistent with business objectives.

Organizational development and human resources professionals also lead the cultural change process. This involves implementing strategies and actions to align culture with business goals. It may include effectively communicating the organization's values and mission, promoting employee involvement in decision-making, and creating training and development programs that reinforce the desired culture.

Managing cultural change in the current business context

In today's business environment characterized by rapid technological advancements, globalization, and workforce diversity, managing cultural change has become an imperative. Organizations that cannot adapt their culture to embrace these changes risk falling behind and facing significant challenges in terms of talent retention and competitiveness.

An agile and adaptable organisational culture allows an organisation to respond effectively to shifting challenges and fosters innovation. Moreover, an inclusive culture that values diversity and equity can attract and retain a broader and more diverse talent pool.

The success of cultural change management

Success in cultural change management translates into a stronger, more agile, and ultimately more successful organization in the long run. It means that employees feel connected to the organization's mission and values, driving collaboration and productivity. It also results in higher talent retention, as employees feel engaged and valued.

In summary, organizational development and human resources professionals play a crucial role in managing cultural change and ensuring that the culture aligns with the organization's objectives. Understanding and effectively managing organizational culture is not just a trend; it is a fundamental pillar of success in the modern business landscape.

Biography

Business administrator with a Master's degree in Social Responsibility, Business, and Economic Relations, as well as in Human Resource

Management. I also hold the role of Chief Happiness Officer, and I am passionate about sharing my knowledge as an international speaker.

I have had the honor of writing articles for publications such as "El Dinero Mujer" magazine, "Esquina Mujer" magazine, and the "Diario Libre" newspaper, addressing topics related to human resource management and well-being at work. One of my proudest achievements is being recognized as the #1 HR influencer in 2022 for Central America and the Caribbean.

Throughout my career, I have had the opportunity to work on defining organizational cultures in various companies. Additionally, I have led activities and consultancies focused on culture, well-being, and development within organizations.

My main objective is to promote the well-being of individuals in their workplaces, fostering an environment where employees can grow and reach their full potential, in line with my motto: "Creating incredible places to work." I firmly believe in the importance of a strong organizational culture based on ethical values and diversity of ideas and opinions.

Beyond my professional background, I have a strong commitment to inclusion and diversity in the workplace. I am also deeply devoted to social issues and firmly believe that everyone possesses innate talents that, when nurtured, can drive us to develop knowledge, skills, and abilities that have a positive economic and social impact, even without advanced educational levels.

My goal is to continue contributing to the creation of extraordinary workplaces and the sustainable growth of companies, always advocating for a people-centred approach that values their unique talents and abilities.





Waste And Recycle Management Project



Prince Kitumaini Kamundala

Here in Africa in general, especially in the Democratic Republic of the Congo, people suffer with the problem of waste. People do not respect the environment and the environment that surrounds us has living and inert beings. Cleanliness is the basis of all healthy human life. The presence of rubbish in neighbourhoods, avenues, roads, public parking,

constitute an acute danger for the survival of the population. When we visit certain places we find ourselves in depots, waste and refuse in public and these deposits are raised like mountains, closure of water channels etc. This waste can be the origin of several contagious diseases such as cholera, typhoid fever, amebiasis, etc.

Some people, street children and orphans for lack of food come to stock up in this deposit which promotes the dissemination of microbes and the colonisation of our environment. The causal agents include diseases and dispersion of waste vaguely, which could be avoided if everyone would respect them scrupulously. We are witnessing despicable practices such as throwing rubbish in the avenues, streets and gutters. Depending on the results of the surveys carried out throughout the Congo, we do not have a place to deposit or throw waste and prefer to deposit in the streets and in front of the neighbour's fences. Of the 5000 people surveyed, it is noted that the problem of waste refusal requires a lasting solution in order to relieve the rotten population from diseases due to dirt. The situation is even worse in the markets and factories which pile up several wastes in their working environment without consequences reserved for their removal.

This project is purely social and community oriented because it aims to clean all the areas of the country and also fight against diseases contagious to the population and have a healthy environment. We promote cleanliness and safeguard the environment in order to save several human lives of the

to the problem of the environment on the framing of the population, women, girls, young boys in countries that have created jobs and make the city clean. What do we do with the waste?

Plastic waste: we make cobblestones, bricks, pebbles, stones, tars, houses, etc. Green waste or agricultural waste: we manufacture charcoal, briquette, embers, etc.

Food, agricultural and toilet waste: we make compost and seed for cultivators.

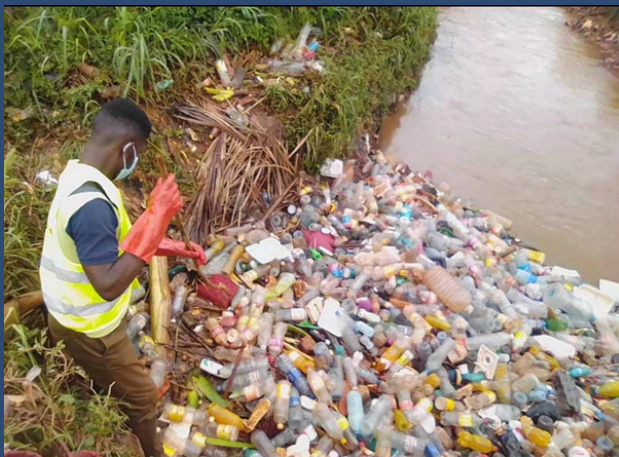
Bone waste: we feed animals, cattle, fish, etc.

Metal and iron waste: we manufacture improved stove, oven, stove, lamp, etc.

Tire waste for vehicles: we manufacture chairs, tables, lamps, bouquets of flowers, children's play, shoes, etc.

waste of husee clothes and shoes: we manufacture rugs, pavers.

Waste with the bodies of cows: shoes, etc.



population, fight against contagious diseases, avoid the erosion due to waste water throwing in runoff, avoid blockage of channels, change the image of the country, attract visitors etc. The beneficiaries of these projects are the people!

As part of the fight against global warming caused by mismanagement of the environment, since 2009 we have been looking for ways to find a solution

After a long and painful experience following the lack of tools to initiate the work, the motivation of agents and others linked to the proper functioning of the organisation, we decided to seek out help. This was to play our role well and to seek funds to help us achieve our objectives and improve our work because we had a lot of difficulty building a place for waste recycling and treatment here in Africa and in Dr Congo, mainly because people are suffering with waste problems here.

To achieve this our objectives are:

- purchase of land for the works
- Purchases of vehicles for works
- Purchases of work clothes
- administrative and office expenses
- constructions of ovens, feed and animal feed
- purchase of machines for recycling waste.
- purchase of machines for recycling metal and iron waste
- , purchase of machines for recycling plastic pavements
- purchase of machines for recycling green waste into embers
- Purchases of machines to recycle waste into grain.

We ask the people to help us with our objectives, that we are able to help the people who suffer according to their will, together for a better world. Thank you for your support!



Gyan Bhumi: India's Educational Influence

Embark on a fascinating journey through time as we celebrate the International Day of Education, peeling back the layers of India's profound influence on global learning. From ancient sages to the digital age, India's legacy in education is a rich tapestry woven with the threads of wisdom, innovation, and cultural diversity.

Join us on this exploration, where we delve into the stories of ancient teachers, the wisdom embedded in sacred texts, the revered institutions of the past, and the groundbreaking contributions that continue to make India a perpetual source of inspiration.

Ancient Wisdom: Gurukuls and Sages

The roots of India's educational heritage lie deep within the annals of time, where ancient gurukuls, or traditional schools, played a pivotal role in shaping the minds of generations. These centers of learning were not merely institutions but vibrant ecosystems where knowledge was imparted through intimate teacher-student relationships. Renowned sages like Chanakya, the mentor of Chandragupta Maurya, and Panini, the grammarian whose work laid the foundation for Sanskrit grammar, emerged from these hallowed halls.

One of the earliest and most revered texts in education, the Vedas, encapsulates the spiritual and philosophical essence of ancient Indian wisdom. The Upanishads, part of the Vedas, provided a philosophical framework that transcended the boundaries of time and space, influencing thinkers globally. The emphasis on holistic education, combining physical, mental, and spiritual well-being, became a cornerstone of India's educational philosophy.

Universities of Antiquity: Nalanda and Takshashila

India boasts two of the world's oldest universities, Nalanda and Takshashila, which flourished between the 5th and 12th centuries. Nalanda, situated in present-day Bihar, was a center of excellence for Buddhist studies, attracting scholars and students from as far as Greece, Persia, Korea, and China. The curriculum covered many subjects, including astronomy, medicine, and philosophy.

Takshashila, located in present-day Pakistan, was a renowned center for political, military, and economic studies. Students from various corners of the ancient world flocked to Takshashila to learn from eminent teachers like Chanakya. These universities were not just regional hubs but global centers of knowledge exchange, setting the stage for India's future as an educational powerhouse.

Timeless Teachings: The Bhagavad Gita, a sacred text within the Indian epic Mahabharata, has transcended its religious context to become a timeless guide for moral and ethical living. Comprising a dialogue between Lord Krishna and the warrior Arjuna, the Gita delves into profound philosophical concepts while offering practical guidance for navigating the complexities of life.

The Gita's teachings on duty, righteousness, and the pursuit of knowledge have resonated globally, finding relevance in diverse cultural and educational contexts. Its emphasis on the holistic development of an individual's character has left an enduring impact on the philosophy of education, inspiring educators and students alike to seek wisdom beyond the confines of textbooks.

Medieval Period: Persian and Islamic Influences

During the medieval period, India experienced a confluence of cultures with the advent of Persian and Islamic influences. The establishment of madrasas, educational institutions under Islamic patronage, contributed to the synthesis of knowledge from diverse traditions. Notable scholars like Al-Biruni, who studied Indian science and philosophy, exemplify the cross-cultural exchanges that enriched India's intellectual milieu.

The Mughal emperors, particularly Akbar, recognized the importance of education and created a pluralistic environment where scholars from different religious backgrounds could contribute to the growth of knowledge. This inclusive approach fostered an atmosphere of creativity and innovation, laying

the groundwork for India's continued prominence in the realm of education.

Colonial Legacy: Resilience and Adaptation

The colonial era brought significant challenges to India's educational landscape. The imposition of Western education systems aimed to undermine traditional knowledge systems, but India's resilience was evident as it adapted to the changing times. The establishment of universities like the University of Calcutta and the University of Madras marked the beginning of a new chapter in India's educational journey.

Post-independence, leaders like Jawaharlal Nehru recognized the importance of education in nation-building. The establishment of the Indian Institutes of Technology (IITs) and the

Indian Institutes of Management (IIMs) in the mid-20th century catapulted India into the global arena of technological and managerial education. These institutions have since produced countless leaders and innovators who have made groundbreaking contributions on the world stage.

Contemporary Landscape: Innovation and Research

In the 21st century, India's educational landscape continues to evolve, with a strong emphasis on innovation and research. Leading institutions like the Indian Institutes of Technology (IITs), Indian Institutes of Management (IIMs), and the Indian Statistical Institute (ISI) consistently rank among the world's best. The emphasis on science, technology, engineering, and mathematics (STEM) disciplines has propelled India to the forefront of global research and development.

India's contributions to space exploration, are exemplified by the Indian Space Research Organisation (ISRO), which has garnered international acclaim. The Mars Orbiter Mission (Mangalyaan) in 2013 marked India's successful entry into interplanetary exploration, making it the first Asian nation to reach Martian orbit and inspiring scientists and students worldwide.

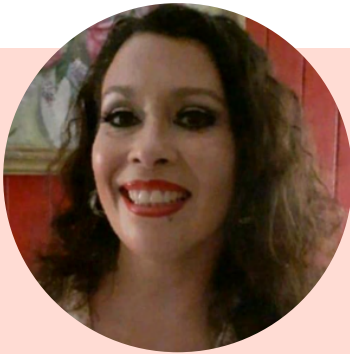
As we celebrate the International Day of Education, it is imperative to acknowledge India's enduring legacy as a hub of education and innovation. From ancient gurukuls and universities to contemporary institutions and groundbreaking discoveries, India's journey has been marked by resilience, adaptability, and a steadfast commitment to knowledge.

The international community can draw inspiration from India's holistic approach to education, which integrates spiritual, moral, and intellectual dimensions. As the world faces complex challenges, India's rich history serves as a reminder that education is not merely a means to an end but a lifelong pursuit that transcends borders, fostering a global community of enlightened individuals committed to the pursuit of knowledge and the betterment of humanity.





Ending Poverty is the Responsibility of All of Us, Women's and Girls' Voices Matter.



Anne Marie, from Argentina

Every State, Republic, Nation, City, or community faces different challenges to change the sad reality, lack of opportunities, and poverty of many citizens.

It is undoubtedly poverty affecting more women & girls than men, this is called: "Poverty Feminization".

This means or implies human rights violations, discrimination, and more violence; a vicious cycle that women and girls are not able to overcome without help needed. More yet indifference also means violence.

This is a call on citizens to show how much they care about ending violence against women and girls by sharing the actions they are taking to create a world free from this scourge.

Creating awareness and concrete actions for governments worldwide to share how they are investing in gender-based violence prevention is also important.

To all my wonderful readers and followers of Ishkama Global Change -and all my gratitude to its founder Dr. Abhnash Bains and the Chief Editor Minakshi Koch, you know I always write as regards topics such as Corruption, Gender Violence from other looks: Violence against women and girls is not merely from private life. Attention please! It will be able to come from public servants and you did not know it.

Do not miss out on my next article in which I will return to this topic and the NO ACCESS to JUSTICE of many vulnerable women.

Currently, I feel honoured to be part of the Country Chair Argentina, G100: Wing Philanthropy, Business, and Poverty Eradication.

I also belong as Coordinator to the Think Tank SDG1 "Ending Poverty" at "Fundación Ciencias de la Documentación", in Spain with a wonderful interdisciplinary professional team of many countries working strongly to contribute to generating positive impacts for those more vulnerable.

Starting this new year 2024, I had the opportunity to see other women empowering women and girls. It touched my heart and encouraged me to write about them. It is imperative to visualise stories of real women to enlighten others to do the same.

Today I would like to share with all of you the great commitment of the NGO: "Future a Girl" in Kampala, Central Region-Uganda. Its FOUNDER & CEO is Mary Kevin who is followed by an extraordinary team.

She shares with each of us her enthusiasm and hopes to build strong opportunities for women and girls.

The Mission and initiative of this NGO, Future A Girl is to develop self-confident girls through education, community development, and other skills development using a holistic approach. They believe girls are strong, powerful, and full of potential.

They work to provide each girl with guidance to help her succeed in her education. Mentor and counselling programs are run by Future A Girl staff.



NUTRITION

This NGO has a food program, dedicated to nourishing communities and making a positive impact. ...**"We provide nutritious meals to those in need, offering support and sustenance. Our mission is to alleviate hunger and promote well-being. Join us in the fight against food insecurity and be a part of something truly meaningful. Together, we can make a difference, one meal at a time"**...they explained.

HEALTH

Health, entrepreneurial skills, self-esteem, confidence, shelter, and counselling for pregnant girls will be in place since these girls are always forced into early marriages. There they are allowed to continue school. In order to avoid school dropouts for those who had a chance to have school, they will also sensitise them about the repercussions of early sex. Yes, some girls are raped but some are being told what early sex can do to their lives and the future all those will be in place.

Furthermore, the girls will be taught how to make reusable sanitary towels to help other girls who cannot afford them.

Currently, they have the following goal **"Ending Period Poverty"**: is one of the ambitious programs of "Future a Girl"

Many times, women have to think twice if they buy food or pads.

You will able to watch on the following link: <https://youtu.be/s2qIWWjudHc>

Nowadays, they need to buy about 20 sewing machines that cost about US\$100 (one hundred dollars) per machine.

The NGOs "Future a Girl" needs people in solidarity to deeply engage with women and girls to overcome poverty. Maybe you can contribute to achieving this goal. **EDUCATION**

Future a girl team would like to build a girl's school to provide free education, and empower them in different aspects of life.

Their comprehensive scholarships include all of her school materials, healthcare, transportation, and a deep belief in her future. Each woman or girl needs to know that there will be steps beyond their education and it will be possible to reach their dreams. They need opportunities!!! They need to be heard and helped.

TEENAGE MOM PROGRAM & COMMUNITY DEVELOPMENT

This program empowers teen mothers, creating employment opportunities. The purpose is to provide them with the necessary skills and support needed to secure meaningful work. Doing so enables them to build a brighter future for themselves and their children.

In the Future, a Girl Initiative knows that education will not provide everything she needs. When a girl is selected for a program, so is her family. To engage in supporting a girl child, it must also include her family and the community.

One woman empowered, is her family being empowered!

"In the Future, a Girl Initiative and their wonderful team, hope to ignite sustainable growth and economic stability for each girl in our program and her family.

SPORTS for GIRLS' EMPOWERMENT

This initiative empowers girls, fosters teamwork, and benefits communities.

Using sports to provide girls with free education involves diverse benefits: identifying talented female athletes, securing scholarships or sponsorships to invest in more education, balancing sports and academics, **promoting gender equality, community engagement, mentorship, and life skills training**; celebrating their achievements and ensuring long-term program sustainability.

BIG SISTER 'S NETWORK

Big Sisters Network is another important goal, fostering solidarity and Engagement; ensuring that Adolescent Girls Program alumni continue to access girl-friendly education and stay involved and engaged after they have graduated from the year-long training program. The network offers the space and support for emerging girl leaders to continue to develop their self-confidence and positively transform their lives and communities through knowledge, leadership, mentorship, and skills building.

How you can help those amazing women:

Mobile: +256 (0) 760174256

Telephone: +256 (0) 704859928

Email: info@futureagirl.org

P. O. Box: 109816 Kampala

On the website: www.futureagirl.org

Please share it..



Reawakening: A Journey through Illness to Resilience



Neelam Chawla

In the annals of my existence, life had been a finely orchestrated symphony—a harmonious and a melodious blend of professional triumphs and the warmth of familial bonds. Now at 61 years of age, I stand at the juncture of retrospection, my identity not solely defined by the accolades of a successful career or the intricate web of familial responsibilities, but by a journey through the abyss of a few life-threatening illnesses. This is the story of my journey from darkness to light, a testament to resilience, hope, and the power of the human spirit.

Before the storm, I was the epitome of independence, navigating the intricate balance between a thriving business and the complexities of a large joint family. My days were painted with the strokes of entrepreneurship, each decision a testament to my determination and unwavering pursuit of excellence. My career was not merely a vocation but a canvas where I painted the colours of ambition, resilience, and strategic foresight.

Simultaneously, my role within the joint family was a labour of love and hard work. A complex and a challenging dance where I managed the threads of familial relationships with finesse. From the joyous chaos of family gatherings to the quiet moments of shared understanding, my life was a beautiful narrative woven with the threads of personal connections.

However, the narrative took an unforeseen turn, an unexpected detour into the abyss. At 58 years, I found myself standing on the precipice of a journey that would challenge the very core of my being. The first tremor of change arrived unannounced, a ripple in the otherwise calm waters of my existence.

A sudden and severe brain stroke!! leading to life's abrupt detour into vulnerability!!!

The stroke, a formidable adversary, an uninvited intruder left me grappling with the partial paralysis where the left side of my body completely froze from head to toe. My body, once a well-coordinated instrument in the symphony of life, now moved to a different, uncertain, unpredictable and painful rhythm.

Now, In the grand tapestry of life, I found myself standing at the crossroads of triumph and vulnerability. I was ushered into a realm where feelings, emotions, and fear coexisted, creating a complex tapestry of experiences that I never anticipated, imagined or dreamt of.

I grappled with the stark contrast between the woman who had confidently orchestrated the symphony of her life and the frail, paralysed figure, confined to a hospital bed.

This started my long and arduous journey into the unknown.

The initial shock was an electric current that jolted through each and every fibre of my being. I felt I had fallen deep into a ditch from the pinnacle of independence, to a spiral descent into a world where I became totally dependent!!

There, in the stark confines of the hospital room, feelings of uncertainty were on the high and continuously climbing up.

The hospital room became my cocoon, a space where time moved differently and overwhelming emotions surged to the forefront.

Fear, that unwelcome companion, cast shadows across the walls of resilience I had so carefully built. Fear of the unknown, fear of losing control, and the fear that this chapter might redefine the very essence of who I was. The symphony of my existence, once harmonious, now played discordant notes, and I found myself grappling with the silence between them.

The journey through paralysis was not just a physical battle but an emotional odyssey. Frustration, helplessness, and a profound sense of loss wove their threads into the fabric of my daily life. The mirror, once a reflection of a confident and independent woman, became a canvas that showcased not just the physical toll but also the emotional scars etched by the struggle against an unyielding adversary. I was a woman known for my articulate expression, now found myself rendered nearly speechless. Words, once my trusted companions, became elusive prisoners within my mind, causing a frustration that echoed through my very core.

The silent struggle to convey thoughts and feelings, trapped behind a wall of impaired speech, added another layer of anguish to an already challenging journey.

This was a fundamental aspect of my identity—my ability to communicate. It wasn't just a loss of words; it was a loss of a vital connection to the world around me. This silent battle became an integral part of my narrative, a testament to the multifaceted nature of the challenges faced by strong women confronting the fragility of their own existence.

As I navigated this unfamiliar terrain, an unwavering desire to collapse under the weight of it all clawed at the edges of my consciousness. The initial instinct was to surrender to the enormity of these illnesses. The idea of giving up loomed large, a shadow that threatened to eclipse the feeble flicker of hope within.

Mixed feelings and emotions surged, creating a storm within me. A cacophony of doubt, sadness, and an unsettling vulnerability engulfed my thoughts. In the quiet moments of solitude, I grappled with the overwhelming sense of loss, the mourning of a life that once felt invincible.

Adding to this symphony of pain, the constant, unrelenting presence of fibromyalgia introduced

a new layer of challenge. Chronic pain became an unwelcome companion, an ever-present reminder that my body, once a temple of strength, had become a battleground of relentless discomfort. Every step was accompanied by a symphony of pain, a reminder that the fight extended beyond the visible scars.

There were days when the temptation to surrender to the darkness was overpowering. The inclination to give up was not just a fleeting thought but a persistent whisper, a seductive call to relinquish the fight. The strength that had defined me seemed elusive, and the prospect of battling against these relentless illnesses appeared insurmountable.

I DID not want to Live!!!

I was breaking down!!!

But it seems that while I was fighting with the new ME, I was totally unable to accept the new ME! God had extensive plans to test me even more.

As the pages of my narrative turned, a new chapter unfolded—this one marked by the presence of an uninvited guest, a brain tumour. The diagnosis hung in the air, my new adversary. The day I received the diagnosis, time seemed to stand still. A brain tumour—an unwelcome intruder threatening to alter the course of my life. Fear, uncertainty, and a whirlwind of emotions engulfed me.

Shocked! This breaking news threatened any semblance of courage, hope or positivity that remained in me. Anxiety, sorrow, hate for my physical body and wheelchair became my constant companions.

The businesswoman who had faced down challenges in boardrooms was now confronted with the complexity of decisions regarding her own well-being.

The mere mention of brain surgery sent shivers down my spine, prompting an internal struggle between the desire for survival and the paralysing fear that accompanied the prospect of going under the knife.

As a strong woman, accustomed to facing life head-on, the realisation that even strength has its breaking point became painfully apparent. Each step away from the hospital echoed the weight of an agonising decision—opting for an uncertain fate rather than the perceived certainty of surgical intervention.

The dichotomy of choosing between life and the unknown depths of fear revealed the fragility that resides within resilience. It's a raw, unfiltered exploration of the human spirit grappling with mortality, and in my case, the profound choice to navigate the turbulent waters of my own destiny, regardless of the outcome.

In the chapters that unfold, I invite you to traverse this emotional landscape with me. It's a journey not just through illness but through the kaleidoscope of feelings that define the human experience. From the depths of despair to the soaring heights of resilience, this is a story of triumph over the symphony of emotions that threatened to drown the melody of survival. Welcome to the heart of vulnerability, the crucible of emotions, and the triumph of resilience in the awakening from the abyss.

To be continued...



Want a Job Swimming with Turtles in the Mediterranean? AI can help


Daniel Sillett

I'm going to start by presenting a vision to you. What if, in a few years' time, you could get out of your stuffy office job and instead have a job swimming with sea turtles in the sunny Mediterranean?

Your initial reaction might be to laugh. You may think this is an utterly bonkers suggestion which could never ever happen in a million years. Well, let me explain why it could actually be perfectly possible.

The first thing to note is things like this are already happening. In the final episode of Sir David Attenborough's Planet Earth III, we saw researcher Katharina Huchler become a foster mother for Northern Bald Ibis chicks – some of the rarest birds in the world. Katharina fed and talked to the chicks every day – a process called imprinting, which meant the chicks recognised Katharina as their mother.

Now, remember what I said about getting a job swimming with sea turtles? Well, Katharina's final assignment was to teach the chicks to migrate to the warm feeding grounds of Italy. This meant flying over the Alps. This meant flying in a microlight – a rickety engine-powered parachute – so that the ibis chicks could fly to Italy, following their foster mother.

The point of this long-winded anecdote is this. If you can get a job caring for and flying with birds, why can you not get a job swimming with sea turtles?

You might scoff yet again at this point, because what the hell does swimming with sea turtles – or indeed flying with birds – do for our economy? Perhaps you should be asking what buying and selling random numbers on a foreign exchange market does for our economy instead. The stock market and its associated financial complexities, like much of society, is simply made up by humans. Nature, wildlife and the climate, on the other hand, are not made up. They are real. So why should working on made up things create more value for our economies than working on things which we depend on for our survival?

At this point, it is important to consider how AI might affect all of this. AI – once it gets going – is as uncontrollable as a box of frogs. But it is also very clever and, to some extent, useful.

People are extremely scared of AI because they are worried it will cost them their jobs. This is probably true. If it doesn't make people redundant, AI will surely enable us to work less hours – or at least it will respond to all of our emails for us (thank goodness) or monitor systems without anyone even knowing. In doing so, AI will likely make people redundant because it can write the Magna Carta in three seconds at barely any cost – as opposed to a human taking a toilet break every hour, a coffee break every half an hour, and demanding a £1 million salary for the privilege.

There are two ways to approach the AI question. One way is to be scared of it, get extremely depressed because it will make your job pointless, and so spend the rest of your life being sad. The other – much better – way of thinking about AI is to recognise its potential to free up human creativity.

AI cannot save the planet. AI cannot stop climate change. AI cannot jump in a microlight and fly birds to Italy. Humans, on the other hand, can.

If we don't have to spend our lives getting square eyes and stiff backs sitting in front of a screen all day because AI is doing all those boring tasks for us, just imagine how much time you'd have to do something useful. The job market could be revolutionised. Instead of advertising a lifetime of sitting in a call centre or processing invoices, Indeed and recruitment agencies can offer people the chance to care for wildlife, plant trees, harvest crops and arrest poachers. How much better does this sound?

Armed with AI, we have a chance to make a real change in the world. Computers streamlined our work, taking us away from time-consuming filing cabinets and moving us towards the world of email. This gave us a chance to get more work done. Now, if we choose to do so, we can let AI do the donkey work for us – doing less work, and more world-saving. That sounds more fulfilling to me.

So I return to my original question: what if you could ditch your office job for a job swimming with sea turtles in the Med? It doesn't seem so silly now, does it?

Deaf to Self-Doubts & Embrace Success.

Success is a journey, not a destination. It's not just about achieving goals but also about the appreciation and understanding of the path taken. The true essence of success lies in the ability to value it, not just as an outcome but as a continuous process of growth, learning, and fulfilment.

To begin with, it's essential to recognize that success is a subjective concept. It varies from person to person and is not always measured by external achievements. While professional accomplishments and material wealth are often considered markers of success, they represent only a fraction of the whole picture. True success encompasses personal development, emotional well-being, and meaningful connections with others.

My Own journey towards success was paved with challenges, setbacks, and moments of doubt. However every time it requires resilience & perseverance to bounce back. Those who know how to value success understand that failures are not roadblocks but stepping stones. Each stumble offers an opportunity to learn, adapt, and grow stronger. Success is not about avoiding obstacles but navigating through them with courage and Strong determination.

Moreover, the ability to value success involves appreciating the importance of continuous & consistent learning. The world is dynamic, and success is often linked to staying relevant and adaptable. A growth mindset, where challenges are viewed as opportunities for self-improvement, is a key element in the journey towards success.

Another crucial aspect of valuing success is maintaining a balance between ambition and well-being. Success should not come at the expense of physical and mental health. Those who truly understand the significance of success prioritize self-care, stress management, and a healthy work-life balance. In

the long run, sustainable success is not just about reaching the top; it's about staying there with a sense of fulfilment and joy.

As per me the ,Success is also deeply connected to interpersonal relationships. Building a network of meaningful connections, supporting others, and being supported are integral parts of the success equation. Those who value success recognize the importance of collaboration, empathy, and effective communication.

Success is not a solo journey; it's a collective effort that involves lifting others as you climb.

In conclusion, success is not just about reaching a destination; it's about the entire expedition and the lessons learned along the way. Those who know how to value success recognize its multi-faceted nature – encompassing personal growth, resilience, continuous learning, well-being, meaningful relationships, and gratitude. As we navigate the complexities of life, let us not just chase success but, more importantly, learn to value it in all its dimensions. Success is not just an achievement; it's a holistic and enriching experience that transforms individuals and communities alike. Addition to that being deaf to those who demotivate you is a powerful act of self-preservation. Shield your spirit from negativity, allowing only the constructive whispers of encouragement to resonate. In this silence, find strength, focus, and the resilience to pursue your goals undeterred by the noise of scepticism. Your journey is yours to define.


Dr Deepika Saini

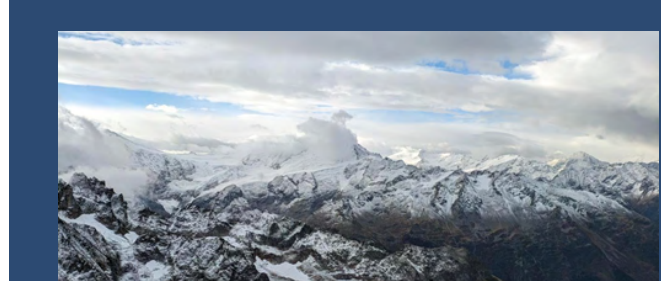
My Amazing European Trip!



Hariharan Regulavalasa, 7 Years old

It all started on a gloomy day on 21 of October 2023 when I woke up and found my parents were already awake. We started from Ipswich at 2 O'clock in the morning. I was super excited about the trip and couldn't wait to see the places in Europe. We reached London at 5 am and were waiting for our Tour Bus. Our's was a 5-day Panoramic trip with Star Tours. We started our journey from London Wembley to Brussels, the starting point of

We visited the famous Lion monument which has a history of the French Revolution. The soldiers were massacred and it is considered a sad monument. It also has a funny history. We can also see pig in the Lion monument. The artist got angry when he was not paid properly so to represent this he carved a pig.



Mount Titlis, Switzerland

On the 3rd day we went to Mount Titlis which is 10,000 feet high. We travelled by train followed by cable car and enjoyed the snow view on the mountain. At the top of the mountain I enjoyed the huge snowman but it was too cold there. Later we went to the city Interleken and played in the park and headed towards Geneva and saw the building **United Nations of Geneva(UNOG)** also saw a broken chair opposite of the UNOG.

Day 4 started with Paris from Geneva. The trip was very long and almost travelled for 6 hours and finally reached one of the wonders of the world – The **Eiffel Tower**.



our journey.

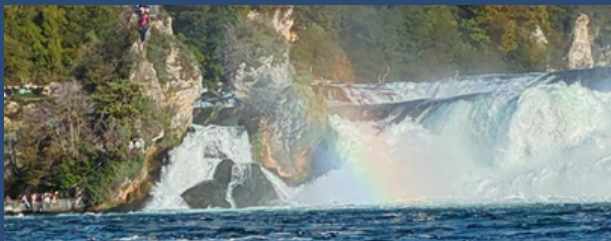
We headed towards Dover for crossing the Dunkerque canal by ferry. We did immigration and security checks and went inside the ferry along with the bus. That was really an amazing experience as I never saw such a big ferry which carries cars and buse. The ferry crossing took about 90 minutes. After lunch, we continued driving towards Brussels, the capital of Belgium. The first spot in Brussels was The Atomium which is a 102 metres tall building with huge spheres connected to poles made in 1958. Later, we went to see the city centre and it is surrounded by beautiful architecture.

There we also saw the 7th century bronze statue Mannikin Pieis, one of the most famous statues in the city and the most disgusting statue that is based on peeing, also made as a fountain in 1618 and four times around the town centre .



The Atomium, Brussels

Our next destination was Germany. Germany is a place where major cars are manufactured and also wooden cuckoo clocks. In Germany we went to the place called Black forest and travelled along the greenlands which were very relaxing and reached Lake Titisee which extends about a mile. I enjoyed the view of the lake and also played with the ducks which neared the shore. There I also ate my favourite Black Forest cake. From there we entered in to the most beautiful country and my parents said costliest country Switzerland. We saw the Europe's Largest open waterfall Rhine waterfalls.



Rhine waterfalls, Switzerland

We enjoyed the 45 minute boat trip around the falls and spent some time there. Later we crossed several lakes and mountain regions and reached **Chapel Bridge** which is a 204m long wooden bridge with flowers on both sides of the bridge. Also observed many famous watch brands.

It is a very tall tower and has the interesting facts that the tower shrinks in winter and expands in summer. There are 3 different shades of brown to counteract atmospheric haze , and make the entire tower uniform. We stood around 3 hours in line to enter the tower. The tower has 3 floors and I saw the beautiful view of Paris tower from the Third floor. I really enjoyed watching the Eiffel tower. From 8pm there will be illumination of the tower for every hour. When the Prime Minister of any country arrives in Paris the lights illuminate in their country's Flag. Isn't it amazing?

Day5 of the tour was a cruise trip to Paris and later started back to London via Calais. At Calais we crossed the Dover canal through Eurostar. The entire bus entered inside the compartment of the train. This is also a wonderful and first time experience. We reached London- Wembly at around 9 pm and reached Ipswich by 12 pm. This is how my amazing European trip ended.



Mind Molecule - Travel and Wellness



Dr Avlokita Sharma
 Career guide & counselling psychologist
 Forty Winks @
anaverageindianwoman.blogspot.com

Travel is a great way to maintain work life equilibrium and lead a happier and more fulfilling life. By interacting with individuals from diverse backgrounds, one becomes aware that there is still much to discover, learn, absorb and assimilate. The pleasure of travel lies from the experiences one gains rather than the souvenirs one brings back home. Travel allows one to connect with nature and understand that we

humans are a small part of this cosmic grandeur. Knowledge gained through experiences is significantly superior to knowledge acquired through Google search. Happiness is what most of us want, regardless of our cultural differences.

India serves as a canvas for a montage of diversified experiences. The vast history, rich heritage, ethnic diversity, and innumerable attractions of India make it a popular tourist destination. India has plenty to offer every traveller, from the carefree vibe of Goa to the backwaters of Kerala, Ganga aarti at the Varanasi Ghats, Pushkar mela in Rajasthan, and Holi at Shantiniketan.

Although the northeast of India is picturesque, even Indian travellers have not explored it yet. The region is a great destination for tourists interested in tribal art, music, and ancient rituals. Wildlife photographers, trekkers and anthropologists can find paradise in NE.

Nagaland is located in the extreme northeastern part of India. The state is surrounded by Indian states of Arunachal Pradesh in the north, Assam in the west, Manipur in the south, and neighbouring country Myanmar in the east. Nagaland's status as the 16th State of the Union in 1963 is marked by the annual Statehood Day celebration on December 1.

The Hornbill festival is held December 1 to December 10 every year. December 2000 marked the debut of the festival. The government of Nagaland aims to encourage and promote inter-ethnic interaction through the festival. 16 major ethnic groups attend "The Festival of Festivals". Both tourists and locals enjoy colourful presentations, crafts, ethnic sports, and Naga cuisine. An estimated 1.5

lakh tourists attended the 10-day long festival this year.

Visiting Nagaland for the Hornbill Festival in December 2023 was a pleasurable and rewarding experience for me. Despite modernization dominating the local culture, Nagas are proud to exhibit their practices and traditions during the festival. The locals have a way of winning hearts with their warmth and pleasant demeanour.

In Naga folklore, the hornbill, a colourful bird, represents fidelity, splendour and elegance. The bird's ability to traverse long distances makes it "farmer of the forests". These robust birds help in the dispersal of seeds and plant reproduction. They were hunted for meat and medicine, and their vibrant plumes were used as charms. The species is listed as vulnerable and spotting of birds is limited to deeper woods.

The nearest airport is at Dimapur. For Kohima, self-driven cars and taxis are widely available. The road is good and it is a 2-hour commute.

The Kisama heritage village hosts the Hornbill festival every year. The village is 12 km away from the capital city of Kohima.

One finds a kaleidoscope of colours, scents, and sounds in the heritage village.



On Day 1, there is an opening ceremony for the festival. Invited dignitaries are from a range of fields. Attendees include young social media influencers, business tycoons, and politicians.

The mornings are reserved for indigenous groups and troupes.

Every day, remarkably new performances are offered.

The Hornbill Festival offers a multi-hued synthesis of dances, enactments, crafts, food fairs, and ceremonies. The festival highlights the culture and tradition of Nagaland while also reaffirming its uniqueness. Performers dressed in traditional attire through the medium of folk songs, dances, and indigenous games take us back in time to a time when life

was simpler, resources were sparse, and tribal conflicts were common.

Morung is the characteristic feature of the Hornbill Festival. These Morungs were social institutions where young men learned about tribal dialects, religious practices, folk music, woodcarving, blacksmithing, bamboo weaving, and even headhunting techniques. The conventional concept of Morungs is slowly disappearing. In the cottage, there are traditional pieces on display that depict the way of life in a tribal house, making it a mini museum in itself. Visitors are served authentic Naga meals and rice beer. It is interesting to note that every tribe has a distinct culinary style, taste, and palate.

As dusk descends and the rugged Naga Hills become darker, rock bands take the stadium by storm. The International Rock Festival is a major highlight of Hornbill festival. Padmabhushan awardee, mohan veena maestro Pt. Vishwamohan Bhatt performed this year. It is a delight to witness live performances by artists from all over the globe.

I returned from Kohima revitalised and relaxed, but not without some life lessons. The 3-day stay made me understand that there is a world beyond the cacophony of city life. A life of luxury does not necessarily mean a fulfilling one. The true happiness lies in everyday moments. Self-actualization can only be attained by embracing authenticity and leading a life that is consistent with one's actual values and beliefs.

Remember that past generations have sacrificed much to ensure that our lives are comfortable. It is our responsibility to protect and nurture it. It is high time that we tore down racial, ethnic, and linguistic barriers.



PC- Shantanu
 Kuveskar

My Artistic Exploration



Nandita Amre

In the vibrant tapestry of my life, art has been the constant thread, intricately woven by my mother's nurturing guidance since my childhood. What began as crafting heartfelt gifts for friends and family blossomed into a profound passion, one that would later transform into a thriving business venture.

The turning point came when my daughters ventured off to college, prompting me to

reconsider my artistic pursuits from a new perspective. Enrolling in a jewellery course, I crafted pieces that not only delighted my friends but also sparked a revelation—they suggested I sell my creations. Thus marked the commencement of my professional journey, a journey fueled by creativity, innovation, and a newfound entrepreneurial spirit.

Amid the ebb and flow of life, my artistic exploration expanded beyond jewellery. Weavid, my small business, emerged as a platform for crafting sustainable upcycled fashion accessories—a testament to my commitment to environmental consciousness.

Our main objective is to use the discarded fabric scraps from boutiques and convert them into wearable art. Potlis, totes, book marks, key covers, hair accessories, buntings, table mats, travel kits are made from these scrap fabrics.

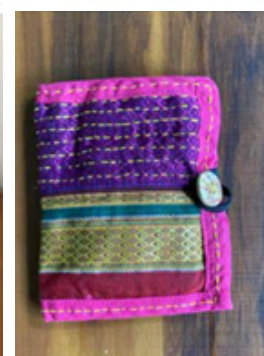
My journey reached new heights when I participated in the Guinness World Record for both the longest crochet scarf and the largest crochet blanket. These milestones not only validated my skills but also fueled a desire to share the transformative power of art with others.

Teaching became a natural extension of this passion, leading me to Signal

school and various NGOs, where I imparted the joy of creation to eager minds. As a mentor at Mann Deshi Foundation and a contributor to organisations like MACCIA and WIMA, I found fulfilment in empowering women through the language of art.



Pride swells within me as I reflect on the impact of my mentorship—having guided over 5000 women in Maharashtra on their own artistic journeys. Today, I extend my reach further by conducting both online and offline workshops, sharing the intricacies of art and craft, including macrame, crochet, and embroidery.





A Contemporary Perspective on Non-Resident Indians



Amidst the quiet corridors of global influence, the Non-Resident Indian (NRI) community gracefully etches its mark on the canvas of international connectivity. NRI Day, celebrated annually on January 9th, holds special importance in recognizing the achievements, challenges, and evolving role of the Indian diaspora. In today's times, NRI Day goes beyond mere festivities; it serves as a platform to delve into the intricate dynamics of diaspora engagement, economic partnerships, and the cultural amalgamation that characterises the global Indian identity.

Historical Context

The origins of NRI Day can be traced back to 2003 when it was first celebrated to commemorate the Pravasi Bharatiya Divas, an initiative by the

Government of India to recognize and celebrate the achievements of the Indian diaspora worldwide. Over the years, this day has evolved, reflecting the changing dynamics of the global landscape and the increasing influence of NRIs in various fields.

Economic Contributions

One of the most palpable aspects of the relevance of NRI Day in today's times is the substantial economic impact of the Indian diaspora. NRIs play a pivotal role in shaping the global economy through investments, entrepreneurship, and remittances. In an era where economic interdependence is paramount, the financial contributions of NRIs have become a driving force in fostering economic growth back home. From Silicon Valley to Wall Street, NRIs are at the forefront of innovation, creating jobs, and fostering cross-border collaborations that transcend geographical boundaries.

Diaspora Diplomacy

NRI Day is not merely a celebration of success stories; it is also an occasion to acknowledge the diplomatic influence wielded by the Indian diaspora. In an era of soft power diplomacy, NRIs act as cultural ambassadors, fostering a positive image of India on the global stage. The Indian government has recognized the potential of diaspora diplomacy, leveraging the connections and influence of NRIs to strengthen bilateral ties, promote trade, and foster a sense of belonging among the diaspora.

Cultural Synthesis

Beyond the economic and diplomatic realms, NRI

Day underscores the evolving nature of the global Indian identity. As NRIs navigate the complex tapestry of multicultural societies, they bring with them a rich cultural heritage that transcends borders. The celebration of NRI Day provides an opportunity to reflect on the unique challenges faced by NRIs in preserving their cultural roots while embracing the diversity of their adopted homelands. The cultural synthesis that occurs within the diaspora is a testament to the resilience and adaptability of the Indian identity in the face of globalisation.

Challenges and Opportunities

However, the contemporary relevance of NRI Day is not without its challenges. The diaspora grapples with issues of identity, assimilation, and at times, xenophobia. The celebration of NRI Day also serves as a platform to address these challenges, fostering a sense of community and solidarity among NRIs worldwide. Additionally, it opens avenues for collaboration on issues such as skill development, education, and healthcare, where the expertise of the diaspora can be harnessed for the benefit of both India and their adopted countries.

NRI Day indeed has transcended its initial purpose of celebrating the achievements of the Indian diaspora to become a multifaceted observance that reflects the dynamic interplay between global and local influences. It serves as a call to action, urging the diaspora and the homeland to forge stronger bonds, overcome challenges, and collectively contribute to a more integrated and harmonious global society.

India's Heartfelt Influence on Strengthening Family Ties Worldwide

In the hustle and bustle of our modern lives, there's a day that quietly nudges us to hit the pause button and celebrate something truly universal - family. Global Family Day, marked on January 1st each year, brings people from all corners of the world together to cherish the ties that bind us. In this global celebration, India's distinctive touch is felt, as it continues to champion family ethics and values with a unique blend of tradition and innovation.

Global Family Day is more than just a date on the calendar; it's a gentle reminder to appreciate the warmth and strength that family brings into our lives. It encourages everyone, regardless of nationality or background, to take a moment and connect with their loved ones. It's a day when laughter, love, and shared moments take center stage, fostering a sense of togetherness that transcends borders.

India, with its rich tapestry of traditions, has always placed family at the core of its cultural values. This emphasis on family is not just a local phenomenon; it resonates globally, making India a key player in promoting family ethics on an international scale. The country's cultural heritage,

steeped in values like respect for elders and collective responsibility, has a universal appeal that extends far beyond its geographical boundaries.

The celebration of family in India is not limited to Global Family Day alone. Vibrant festivals like Diwali and Holi have become global phenomena, attracting people from various cultures to join in the festivities. These celebrations are not just about lights and colors; they embody the essence of family, community, and shared joy. In a world often marked by differences, India's festivals serve as bridges, bringing people together in the spirit of familial love and unity.

India's commitment to family values is not confined to cultural expressions alone; it's woven into the fabric of the nation's policies and initiatives. The government's focus on healthcare, education, employment, and social welfare reflects a holistic approach that recognizes the family as a crucial building block of a thriving society. By prioritizing family well-being, India

sets an example for the world, emphasizing the need for policies that strengthen the family unit.

Beyond its own borders, India actively engages in global conversations about family-related issues. Through diplomatic channels and cultural exchanges, the country shares its experiences and insights, contributing to the formulation of policies that resonate on a global level. India's involvement

in international forums underscores its commitment to fostering strong, supportive, and loving families worldwide.

As we celebrate Global Family Day, it's essential to acknowledge India's heartfelt influence on promoting family values. In a world that often races ahead, India's unique blend of cultural heritage and progressive policies serves as a gentle reminder that,

at the core of it all, we are bound by the ties of family. Let us take a moment to appreciate and learn from India's approach, as we strive to strengthen family bonds and create a world where love and understanding transcend borders.





World Day for Young Survivors



In the quiet spaces of our shared world, there's a day we set aside to think about something important—the World Day for Kids of War. It's a time for us to take a simple pause and recognize the kids who've faced tough times because of wars. Their stories are a mix of tough moments and strength, and on this day, we're saying, "We see you, and you're not alone."

Kids of war live a different kind of life. They've been through a lot—separated from family, dealing with loss, and facing challenges that most kids shouldn't have to. The World Day for Kids of War reminds us to keep it simple—to acknowledge their struggles and show some kindness.

In the quiet moments, let's understand the impact of wars on these kids. They're like unsung heroes, facing the ups and downs without the support of family. Today is about realizing that, in our own

simple ways, we can make a difference.

Simple actions mean a lot. On this day, let's reach out with kindness, understanding, and a commitment to education. These small things create a foundation for change.

The World Day for Kids of War is a reminder to build a world where these kids aren't defined by their tough pasts but are instead seen for the potential they have. It's a day to support their dreams and create an environment where they can grow, despite the tough times.

May this day be filled with the simplicity of compassion, crossing borders and cultures. Let it be proof of our shared humanity, where a simple thought about kids of war turns into a worldwide understanding that no child should go through tough times alone. Instead, they find comfort in a world that cares.

January 26th: A Double Celebration

Every year on January 26th, the world witnesses a unique convergence of celebrations – International Customs Day and Indian Republic Day. This date holds special significance for both customs officials worldwide and the people of India, marking the foundation of their respective institutions.

International Customs Day, observed globally, pays homage to the men and women who work tirelessly at customs agencies, ensuring the smooth flow of goods across borders. The backdrop of this day lies in the establishment of the World Customs Organization (WCO)



on January 26, 1953. The WCO, based in Brussels, Belgium, plays a crucial role in promoting international cooperation, establishing standards, and fostering best practices among customs administrations. As countries grapple with the challenges of globalization, International Customs Day serves as a reminder of the vital role customs officials play in facilitating trade and maintaining economic stability.

Simultaneously, January 26th holds deep-rooted significance for India as Republic Day. The backdrop here is historical – on this day in 1950, the Constitution of India came into effect, formally declaring the nation a sovereign, socialist, secular, and democratic

republic. The day also commemorates the moment when India adopted its constitution, paving the way for the end of British rule. Every Republic Day, the country showcases its rich cultural diversity and military prowess through a grand parade in the capital, New Delhi. The celebrations are not just a display of national pride but also a reaffirmation of the democratic principles that form the bedrock of the Indian nation.

As the world reflects on International Customs Day and India rejoices in its Republic Day festivities, January 26th becomes a symbol of both global cooperation and national identity. The juxtaposition of these two celebrations on the same date is a testament to the interconnectedness of nations in an era where borders are traversed by the exchange of goods and ideas, on this double celebration day, let's appreciate the harmony between nations and the strength of democratic values that bind us all together.

Holocaust Remembrance

In the quiet corners of history, January 27th stands as a day of somber reflection – International Holocaust Remembrance Day. While the world collectively bows its head to remember the millions lost, let us zoom in on the overlooked fragments, the intimate stories that paint this tragic canvas with a unique brushstroke.

Picture this: a tattered diary hidden beneath floorboards, its pages filled with the hushed hopes and fears of a young soul navigating the horrors of the Holocaust. These personal relics tell tales beyond numbers, offering a profound glimpse into the lives that were forever altered. International Holocaust Remembrance Day beckons us to explore these whispers of resilience, dig beneath the surface of historical facts, and encounter the individual narratives etched in the margins.

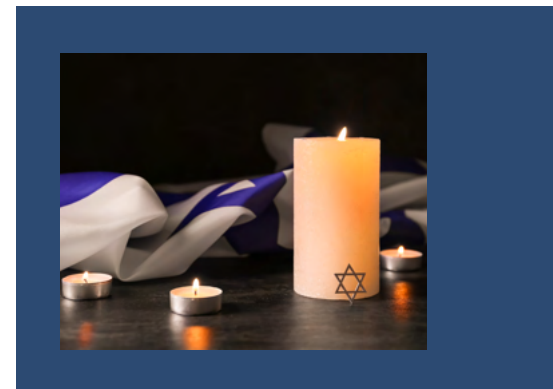
One such narrative unfolds in the worn-out

shoes of survivors who, against all odds, danced back to life. These are the untold stories of post-war resilience, where the spirit, though scarred, found solace in rebuilding shattered communities. It's a testament to the human capacity for renewal and the unwavering belief that a new dawn can emerge even in the darkest hours.

Let us delve into the artistry born from anguish – the clandestine sketches, the clandestine songs. Amid the despair, the creative spirit persisted. Paintbrushes and melodies became silent rebels, offering a flicker of humanity in the face of inhumanity. International Holocaust Remembrance Day invites us to witness this artistic defiance, urging us to appreciate the beauty that emerged from the bleakest of circumstances.

So, on this International Holocaust Remembrance Day, let's lean in, listen closely, and allow the unheard stories to echo in our collective memory.

In the nuances of these narratives, we find not just sorrow but also the enduring strength of the human spirit, reminding us that even amidst the darkest chapters, stories of resilience can emerge as beacons of hope.





Advocacy Against Leprosy Stigma

Leprosy, or Hansen's disease, has cast its shadow on humanity for centuries, not only as a medical condition but also as a source of discrimination and stigma. In the face of medical advancements, individuals affected by leprosy continue to confront social isolation and human rights violations. This article aims to delve deeper into the human rights aspects related to leprosy, with a particular focus on discrimination, stigma, and the relentless efforts of advocates to safeguard the rights and dignity of those affected, especially in the context of World Leprosy Day. We will explore the historical roots of prejudice and discrimination, the contemporary challenges individuals with leprosy face, and the role of advocacy in promoting human rights.

Historical Prejudice and Discrimination

Leprosy's history is intertwined with pervasive misunderstanding, fostering fear and discrimination. Across diverse cultures, leprosy has been associated with sin, impurity, and divine punishment, perpetuating harmful stereotypes that persist today. Societies historically ostracized individuals affected by leprosy, relegating them to leper colonies and subjecting them to inhumane treatment.

These historical prejudices have left an indelible mark on human rights. The fundamental right to live free from discrimination, as enshrined in international law, has been routinely violated for individuals affected by leprosy. Discrimination against people with leprosy encroaches upon their rights to education, employment, and access to healthcare.

Contemporary Challenges and Rights Violations

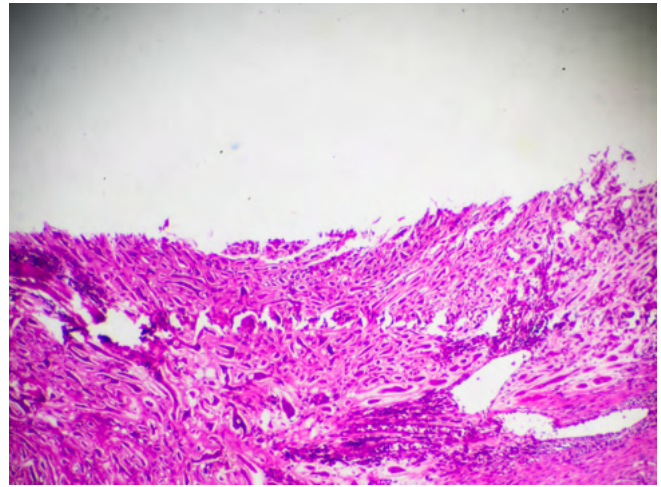
Despite significant progress in understanding and treating leprosy, discrimination, and stigma persist in contemporary society. Many individuals affected by leprosy face exclusion from their communities, leading to social isolation and mental health challenges. This isolation of leprosy and their family members provide a framework for governments to adopt measures that eliminate discrimination.

Efforts to combat leprosy-related discrimination also align with the Sustainable Development Goals (SDGs), particularly Goal 3: Good Health and Well-being. Achieving universal health coverage and eliminating discriminatory practices are integral components of the global agenda to promote health and well-being for all.

Success Stories and the Path Forward

Numerous countries and organizations have made significant strides in combating leprosy-related discrimination. India, for instance, has witnessed successful advocacy campaigns that challenge stereotypes and promote inclusivity. The Leprosy Society, an international organization, works tirelessly to eliminate the social and economic impact of leprosy and has played a vital role in promoting human rights.

The path forward involves a multifaceted approach, combining medical advancements with sustained advocacy efforts. Comprehensive education programs, both at the community and institutional levels, are essential to dispel myths and reduce stigma.



Additionally, integrating the experiences and voices of individuals affected by leprosy into advocacy efforts ensures that their perspectives are accurately represented.

Challenges and Opportunities for Global Collaboration

While progress has been made, the challenges of combating leprosy-related discrimination persist. A global collaborative approach is essential, where nations, NGOs, and communities work hand in hand to eradicate deeply entrenched prejudices. International cooperation can facilitate the exchange of best practices, ensuring that successful strategies are implemented across borders.

Moreover, continued research into leprosy, its transmission, and treatment is paramount. A comprehensive understanding of the disease can contribute not only to improved medical care but also to the dismantling of myths that fuel discrimination.

As we commemorate World Leprosy Day, it is imperative to reflect on the human rights aspects related to leprosy and the ongoing advocacy for dignity. Discrimination and stigma remain significant barriers to the full enjoyment of human rights by individuals affected by leprosy. Advocates play a pivotal role in challenging these barriers, working towards a world where leprosy is understood with compassion, and the rights and dignity of every individual are upheld.

The international community must continue to collaborate, leveraging legal frameworks and committing to the principles of equality and inclusivity. Through collective efforts, we can eradicate the historical prejudices that have plagued individuals affected by leprosy, fostering a world where human rights are universally respected, and the inherent dignity of all is recognized.



Monthly Horoscope for February 2024

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



Aries: For Aries, February looks fantastic! Positive energy seems to be in harmony with the stars. You can accomplish a lot if you play your cards well. It's a great time to try new things, travel, and engage in hobbies. In the middle of the month, work and family obligations may conflict, forcing you to make a decision. But don't make snap decisions. Make sure you give it careful thought and discuss it with your family before deciding.



Libra: Now, the 2024 Libra February horoscope advises you to make decisions quickly. While caution and composure are important, occasionally you need to exert some force to seize the possibilities that present themselves. Even though you have a lot of work ahead of you, you will put off uncomfortable situations. Additionally, you might strike up interesting talks with interesting folks.



Taurus: For the Taurus, this month will be full of passion, wealth, and a little controversy. Your finances may appear tight at first, but as February goes on, things start to improve. You may make some well-considered and profitable risks. There may be a brief period in your relationship where rumours cause you to question your spouse, but it won't stay. After all, your relationship will triumph.



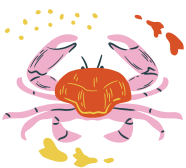
Scorpio: Scorpio, fortune is on your side. Simply plan ahead, make wise decisions, and follow through on your strategy. You have the support of your pals in case of an unforeseen situation. The unfriendly Sun in Aquarius may cause some turmoil in your life, but don't lose hope—you can handle this. Your professional life is picking up steam around the middle of February. By mid-February, the business moves you made earlier will begin to pay off.



Gemini: Gemini may see some tension in February. You can be dealing with financial difficulties as well as personal ones. Fortunately, things should improve as the month goes on. Spending more time with your family and friends will help to maintain things strong through difficult times. Early February appears to be a good time financially, but be cautious about overpaying. You must manage your finances wisely.



Sagittarius: It's wise to avoid chaos and save money in February. Give affection to those in your vicinity, particularly those in romantic partnerships, by going on dates and offering praises. You should think about investing in startups and use caution when spending money. Maintaining good health is equally crucial, and it's simpler to do it now. Burnout may occur in mid-February as a result of time commitments to work and duties.



Cancer: For Cancer, February looks promising! You may have some pleasant surprises in your personal life. You feel more confident since people are recognising you, but don't overdo it. Use caution in both your words and actions. You will feel better when you spend time with your family. Your professional future appears bright.



Capricorn: This will be a bit of a rollercoaster for Capricorns. They might be lucky in love, but be cautious with money and be wary of impulsive feelings. It's advisable to refrain from making high-risk investments and luxury purchases. The start of February brings challenges and adjustments for Capricorns. You will be instructed to work hard and establish high standards for them, particularly in their careers.



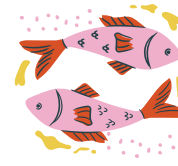
Leo: It appears like Leos will have an amazing February. They will probably discover interesting stuff and make new pals. Avoid the negativity around you because it is depressing and instead concentrate on being creative and positive. To give yourself vitality, spend time with your family in the first part of February. Never be scared to attempt new things! The moment to reap what you have sown will be towards the end of February.



Aquarius: Your life is beginning to flow more smoothly, Aquarius. Any problems are being resolved, and your relationships are becoming quite apparent. It appears to be going well financially. You have more money coming in than going out. adore your life? It's ablaze! You could embark on an amazing new love journey, or an old flame could flare up again. When it comes to money, spend less and avoid making impulsive purchases.



Virgo: You Virgos love to be in charge, don't you? Well, occasionally, letting things unfold naturally may present opportunities. The choices you make now may have long-term effects. Consult an experienced person if you're unsure. Somewhat emotional around the beginning of February? Put it down to those love vibes. Avoid stirring any trouble in a relationship if something feels wrong.



Pisces: Happiness in your personal life, particularly in romance, is what February promises. It won't be simple, though. It's possible for the Sun to cast some shade, so be careful and don't push yourself too hard. By the conclusion of the month, your relationships should gather up steam, according to the Pisces monthly horoscope.

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





IGC
ISHKAMA GLOBAL CHANGE

YOUR WELLBEING EDITION

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



Heal your Mind, Body & Soul

JANUARY 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