



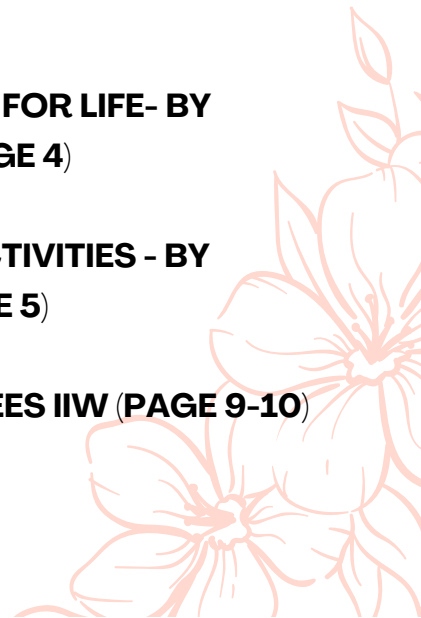
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LETTER FROM FOUNDER



ABHNASH K BAINS
FOUNDER & CEO
ISHKAMA LTD.

I am proud to be launching the first issue of our Ishkama Global Magazine (IGM). It has been a fun week with communities getting together to celebrate 70 years of the Queens' reign, especially after the last two years we had.

Like most people, I respect her majesty for the image she presents to the world and has given hope to many over the years. Regardless of one's originality and roots, there was a sense of pride and happiness seen in the entire public in celebrating her Majesty's birthday.

Like any human being, she too has faced a lot of pain and loss in her life but cannot express it due to her position and responsibilities.

In my community, we have a saying "Kara Kara kanhani" which means "every family has problems"

So it was fitting and pride for us as a country to show our appreciation to her Majesty as the longest-serving monarch. Prince Charles with his foresight into organic farming was ahead of his time.

I hope you enjoy reading the magazine and we welcome your feedback. This is your magazine and I and my team look forward to receiving your articles.

70TH JUBILEE CELEBRATION

There were many events and activities celebrating the Jubilee across the UK Commonwealth and beyond in the months leading up to the special extended bank holiday weekend from Thursday 2nd to Sunday 5th June 2022. More than 1,400 parading soldiers, 200 horses and 400 musicians came together in the traditional Parade to mark The Queen's official birthday, usually held on the second Saturday in June. Beginning at Buckingham Palace, the Parade moved down The Mall to Horse Guard's Parade, joined by members of the Royal Family on horseback. The Platinum Jubilee Pageant had all the excitement and spectacle of an international parade and carnival - awe-inspiring and filled with marvel and delight. The Pageant comprised of street arts, theatre, music, circus, carnival and costume to celebrate Her Majesty's unwavering duty, love of the natural world and dedication to the Commonwealth.

During the ceremony, there was an opportunity to watch the event via large screens, set up in St James' Park and others were able to watch the spectacle live on BBC and Sky television, not just in the UK but overseas too. Once the parade had ended and the Royal Procession had returned to Buckingham Palace, the Royal Family's balcony appearance happened as usual.

The Queen has thanked Britain for her spectacular Platinum Jubilee celebrations, hailing the "renewed sense of togetherness" that left her "deeply touched".

In a 130-word personal message to the nation, Her Majesty said "there is no guidebook to follow", noting that "it really is a first".



LETTER FROM CHIEF EDITOR

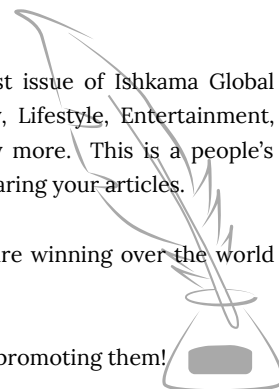
As the Editor in Chief, I am pleased to announce the release of the first issue of Ishkama Global magazine. We will be covering exciting articles covering Health, Beauty, Lifestyle, Entertainment, World economy, Community involvement, Science, Horoscope and many more. This is a people's magazine covering your stories and interests, so please feel comfortable sharing your articles.

In this issue, we have covered about three most influential women who are winning over the world through their selfless contribution towards women empowerment.

My heartfelt thanks to these ladies for recognizing the talent in others and promoting them!



MINAKSHI KOCH
VICE CEO- ISHKAMA LTD





TERESA WICKHAM- CO-FOUNDER OF WOMEN'S FARMING UNION



I met Teresa Wickham at the Farmers Club, an exemplary pioneer, and wanted to know her story as she is an inspiration to women who made a huge impact on the fruit and food business. She co-founded the Women's Farming Union with Anne Humphreys and Margaret Charrington to revitalise the UK fruit industry. She protested "against apple imports and provided evidence that the French were getting illegal help in the form of promotional support. This evidence was accepted by both MEP and the English Growers Selborne Report which gave the campaigning WFU credibility. The main aim for the WFU was to reach out to the UK consumer, not in a complaining way but by giving a clear message that if the UK Apple industry disappeared consumers would lose their freedom of choice"

When I asked her how it all started she said "The UK had just joined the European Common Market (or EEC) and British apple growers hadn't realised what impact that would have and were under threat.

This would mean French grower co-operatives could export their fruit to the UK without restrictions on quotas and the smaller British growers would need time to adjust which would give them an unfair disadvantage.

UK growers felt that as there did not appear to be transparency and their livelihood was affected they had no choice but to protest. Prior to 1979 women typically worked behind the scenes in English farming. Teresa rallied mass protests in London and Brussels against French apple imports which gave them exposure to the national headlines.

By 1990, she was the first woman divisional director of UK retailer Sainsbury's, where she initiated the Strathclyde Food Project. She got the growers and retailers together to close the UK's trade gap. Soon after, Teresa became an adviser to Sainsbury's on its £1 billion corporate responsibility programme. She has held numerous roles managing and developing areas of business, primarily in food, agriculture and the retail industry. All her efforts lead to the 'Woman of the Decade in Food Farming and Innovation' accolade, awarded in India by the Women's Economic Forum in 2018. She is also on the advisory board of the Women Economic Forum.

Currently, UK growers are once again faced with crises because of Brexit-induced labour shortages leading to supermarket price deflation and rising production costs. We would think this is the end for British fruit growers but Teresa thinks not.

She says "Things are very challenging for people now and I'm not certain the government really appreciates the effect of the worker shortage. But I see huge opportunities for the horticulture sector thanks to huge public and private sector focus on getting the population to eat more fruit and veg."

In her view, the produce sector needs to seize this opportunity and secure its future through greater industry cooperation, collaboration and communication. "The British fruit industry has still failed to build a brand, and a brand adds huge value," she says. "We tried to get the 'Kingdom' fruit brand going in the 1980s, but we failed. Growers need to really understand the market, which products work and why, and who their real consumer is."

Growers must also connect more with the end consumer, to engage them, Teresa continues. "They've got to find a message that consumers feel strongly about, and they've got to get the consumer to understand the value of their fruit and veg without lecturing them," she says. "The difference from 42 years ago is the impact of the digital age and the opportunities this presents for direct grower-to-consumer communication."

Teresa continues to encourage and impact the industry as president of the National Fruit Show (NFS), a member of the Harvard PAPSAC Committee, and a regular broadcaster for the BBC on retail and consumer issues.

"My focus is helping the next generation," she says. "I don't think you ever retire in this industry. You just do what you want to do rather than what you have to do. My job now is opening doors for people."

"I think there are huge challenges, but agriculture technology will help both with sustainable production and hopefully the labour problem, so the sector does have a good future."

"I think it's amazing," she says. "It's great to see what they are doing. Women offer a different perspective and are very good at juggling. It's in their nature."



INSPIRING WOMEN...PROMOTING OTHER WOMEN

Dr Harbeen Arora Rai is the Founder of G100, ALL Ladies League (ALL), Women Economic Forum (WEF), and Women's Indian Chamber of Commerce & Industry (WICCI). These empowering ecosystems are among the largest global communities of women entrepreneurs and leaders, organising and on-boarding women worldwide on various platforms for maximum inclusion, inspiration, innovation and impact.

Mrs Rashmi Mishra is the Director of INSPIRING INDIAN WOMEN (IIW). The members are based all over the world, rising to reach its objective as support by sharing inspirational stories of women in all fields be it in performing arts, entrepreneurship, children's talent or even creating awareness against any gender bias issue. IIW organized the Indian Women global award at The Houses of Parliament, UK Hosted by Honourable MP Padmashree Bob Blackman on 23rd May 2022. The judges included Seema Anand (London-based Mythologist and a storyteller), Dr M N Nandakumara (Bharatiya Vidya Bhavan, Manch UK, Former Director), Mira Mira Koushik (OBE, Executive Director, Artistic Director Co-Founder), Krishna Pujara (CEO of Saheli & President of UK India, Business of WICCI), Dr Randi. D Ward (Educator, Coach/Editor, Author, Honorary Doctorate (Humanitarianism), Anita Goyal MBE (Chair and trustee of The Hemra Goyal & Hallmark Foundation), Shehla Hassan (Executive Director, Manchester Indio Partnership), Naomi' Canton (Freelance journalist who covers the UK for Times of India, Jas Uppal (Solicitor and the founding trustee of Justice Uppal).

It is an award to acknowledge the ordinary women who have done extraordinary work. There were 150 Nominations from 25 countries for various categories.

Abhnash K Bains- our Company/ Magazine founder was one of the awardees in this prestigious award ceremony. She won the award for being a spirited fighter. Mrs Abhnash Bains is the owner of BHI Homes Ltd, Ishkama Ltd and KIA beauty salon Ltd. She is the Past District Governor of Lions International club, District 105 A. Her aim is to help women from all sections of society in being successful and achieving their dreams.



She started KIA Beauty with the aim of employing girls coming from a foreign land to help them gain confidence and speak English fluently. She also provides them with the information and guidance needed to pursue further studies and get a job of their interest. She started the AmChange magazine with the same intention of promoting and helping everyone express their ideas and sell their business free of cost. Mrs Abhnash Bains has been honoured with several other awards as she is multifaceted and deserves many more accolades.



FIND YOUR GOD IN YOUR MOTHER

BY RITA SANTISH

It is very rightly said " You will find God in your mother"
We women are one beautiful creation of God. The creator created us to continue the legacy and there we are giving birth with a smile on our faces. No matter how Grievous it is we wait for it, in fact, we prepare ourselves. Then the time comes when we are judged by people on Caesarean and normal.

Able to lactate or not. I had a Caesarean after 8 n half hours of labour. Every contraction was like someone squeezing my uterus.

I can never forget the 6 weeks of excruciating pain that I had post-delivery

I also believe normal or C both are the same. We, women, are nothing but a miracle of God! to give one life we can go through anything just to hold your creation in your hand. Isn't that some kind of supernatural power?

Caesarean is a lifelong disability. Your spine goes for a toss after birth. Time and again you feel it.

One who says " Oh, it's not Normal delivery pain is nothing!!!" Pain is nothing? SERIOUSLY!!!



The baby is brought into this world by cutting 8 curtains of our body. The epidural part spine injection through an anaesthesia-thick syringe given before the surgery may have lifelong after-effects. You can't turn yourself into bed for the first 24 hours, you can't even imagine walking yourself to the washroom... After the effect of anaesthesia, It felt like being stabbed a hundred times in the abdomen. The next 24 hours are so throbbing. Surviving that pain for 48 hours it's enduring. With that sore state, you get up and breastfeed. Have heard some say with the c section the baby is close to the mother as compared to normal. I wonder how the father is connected. LOL. Mother connects with the child when it's a fetus.



The mood swings in the PPD (postpartum depression)stage. So much we mothers go through no matter what type of birth it is.

Virginal Pain or Caesarean the torment is the same. Awe! to all the women that go through this wonderful phase. The pain might be excruciating but you get a gift for life.

If you wanna know what magic is experience motherhood every stage is miraculous. You laugh while you cry, You prepare yourselves to reach the death bed. You survive and Raise your child.

SALUTE to all the women!



REIKI

BY RAJIV CHOPRA



Reiki Healing as per the prevalent medical science helps in curing signs and symptoms of disease in the body and the Mind. Allopathy treatment by using medicines, surgery, transplant of organ, Bone marrow. To achieve that end many healing therapies have evolved since the inception of civilisation. To state it further use of love, Light, Sound, Energy healing, vibrational therapy, Reflexology, sacred chanting, prayers, laughter crystals, stones, plants, colours, elements, and spiritual guides are in use. Reiki is nothing mystic but the healing of body, mind and soul with the help of sacred Symbols, and mantras that have been used for ages, been used by seers, sages, and monks over the centuries. Reiki is different in its scope of healing- healing the body, healing the mind, healing emotions, healing the souls, healing within and without- spiritually. It augments the natural healing ability of the body. It does not require intensive training or technique or tools or time-consuming strenuous efforts or qualifications or any specific age limit. It is simply channelling and accelerating the life force of higher energy through the hands or mind of the healer into the healee. So sheer focused attention and good intention to help relieve the sufferings of the sick triggers the natural healing ability of the body and necessary healing takes place of its own. This flow of energy through the healer via his mind or body brings in the wellness of both - the healer and the healee. One can say it is the essence of divinity.

With that brief introduction, it will be very befitting to suggest that please make use of the teachings and experiences of innumerable past Reiki masters and save your time, effort and energy to attain this healing power by just following what is outlined hereinafter. The aim is, as Lord Buddha - the Master healer said - Be a Light and light up others. That is the purpose of each human Soul born on this Earth. That is what the spiritual teachers of present-day religions have done - Be it Guru Nanak Dev, Lord Christ, Prophet Mohammed, Sai Baba or Mahatma Buddha. Taking this cue, remember always that you are born different, you are unique, incomparable and so you must also have this unique quality to access this infinite divine energy of healing others simply with your bare hands and sole good intent of love, kindness and compassion.

Dr Mikao heralded King Meiji's doctrine. By practice, He experienced Reiki as an infinite, incredible holistic healer. To HIM, Reiki was an art of inviting happiness by healing imbalance, and sickness at any of the four levels be it physical, mental, emotional or spiritual. He helped by teaching whenever anyone asked for it. His teachings evolved from Shinto, Mikkyo and to some extent Martial arts and Shungedo. He taught mantras in 1910 and introduced symbols around the year 1923. Dr Usui created a healing system with tools of mantras and symbols called Jumon and Shirushi respectively Reiki as revealed through clairvoyance by Indian Sages is mentioned with the explanation of each symbol.

No matter, how little one knows. By learning Reiki only, one can experience the inner joy and contentment in healing others. Not only that, it improves the efficacy of other therapies, shortens their healing time, and saves the sick of any negative medicinal effects. It leads the person to spiritual awakening and experiences. Initiation or Attunement of this power uplifts the soul level to access even the past, present and future. It helps to eradicate any karmic effects that accentuate chronic diseases. At its very higher level, twenty-six methods of healing as guided by Master Healer Lord Buddha are used.

INVISALIGN

BY DR. RINKI SHARMA



Nowadays people are more concerned about their aesthetics, and having a beautiful smile and this has surged the use of clear aligners. Conventionally, fixed metal brackets are the only method to straighten the teeth which goes for months or years. However, the development of removable clear aligners has changed everything.

WHAT IS INVISALIGN TREATMENT: This is the treatment which allows one to transform their smiles more comfortably with almost invisible aligners.

Invisalign aligners are completely transparent, and custom-made for patients to straighten their teeth without any wires or braces. These aligners are more like removable and flexible retainers so you can take them out when eating or brushing your teeth. In contrast to metal brackets which include the use of special implements to keep their teeth clean.

HOW INVISALIGN WORKS:

It is 3 step process to transform the smile

Step 1: Meet your orthodontist who will decide the course of treatment. Take 3D digital scans to map out a custom treatment plan to get you the desired smile.

Step 2: Making and receiving of custom-made series of clear and removable aligners. They can be as many as 48 in the series or as few as 12, depending on the requirements.

Patients are given their first set of aligners and then follow up every 6-8 weeks to check the progress of treatment and give the next series of aligners. It is expected that patient wears their aligners for 22 hours a day and carry on their usual routine with these transparent Invisalign aligners.

Invisalign treatment takes an average of 6 months to complete the course of treatment. However, it depends on the Orthodontist and patient's requirements.

Step 3: You will get your desired smile. To help keep a new straighter smile, one must wear retainers at night for at least 6 months.

into a different position, but the results are worth this discomfort.

BENEFITS OF INVISALIGN:

Comfortable

Flexible and custom-made

Virtually invisible

Digital representation of final smile before the start of treatment

Is Invisalign treatment painful?

Invisalign treatment isn't painful, but when one first puts their aligners in one can expect to feel some discomfort as one gets used to wearing them. As one wears the aligners more, they will feel more comfortable and natural.

In simple words, it requires some tooth movements to gradually move them into a different position, but the results are worth this discomfort



A LIMITLESS APPETITE FOR LIFE

BY ANUMEHA GUPTA

NUTRITION & LIFESTYLE COACH,
CERTIFIED NLC, IHS IRELAND



Disclaimer: This article is for informational purposes only. It is not intended to constitute or be a substitute for professional medical advice, diagnosis, or treatment.



A man walks 3 miles each day to tend to his goats. He enjoys walking and it's usually his preferred mode of transport. His neighbour goes about her daily chores, gardening, cooking, and planting her own vegetables. They, like others in their village, like to mingle and have strong social bonds, both within their families and with the community around them. They enjoy a laugh or two with their friends and family and, as is their custom, they round off each day with a glass of wine made from a local variety of grapes.

An Idyllic Life? Definitely. But is it something you'd want to emulate? If you're like most others, that's either got you secretly yearning for it or wondering if such a lifestyle is actually for you. But wait, there's more. What if I told you that the man and the woman were both in their nineties, with their physical and mental faculties and their zest for life still intact?

Such people do exist, and if you ever find yourself in a place where they are more the norm than the exception, chances are you've landed in a blue zone. Blue zones are those happy places where the world's oldest and healthiest people live.

There are 5 such geographical areas, Sardinia (Italy), Okinawa (Japan), Icaria (Greece), Nicoya (Costa Rica) and Loma Linda (USA). These areas contain statistically the highest number of centenarians and were termed 'blue zones' by author and explorer Dan Buettner. Along with Michel Poulain and Giovanni Mario Pes, he 'discovered' these places as part of a study on people around the world who live longer and better. People in these areas regularly sail into their nineties and beyond, often evading cancer, cardiovascular and other lifestyle diseases.

So what makes them special? Is there something about them that contains the elixir of life? And, more importantly, is there anything we can incorporate from blue zones to bring their magic into our own lives, short of actually moving to one?

The answer, thankfully, lies more in the people, their customs, practices, beliefs and diet than in the places themselves. While genetics do have a small role to play, their longevity is primarily attributed to their way of life.

A common trend across all blue zones is that their diets are primarily plant-based. Their diets are rich in vegetables, fruits, greens, herbs & spices, legumes, beans, nuts and grains. Sugary, processed foods and fizzy drinks, the bane of many a nutritionist, are completely absent. Which is no surprise really, given that whole food plant-based foods are well-proven to possess anti-inflammatory properties and are rich in antioxidants that are key to a long life. A healthy & diversified plant-based diet provides good amounts of fibre, carbs, protein, polyunsaturated and monounsaturated fats and many different vitamins and minerals.

While not meat-free, meat constitutes a minor portion of their diet and primarily comprises locally caught fish. This is to be expected given that 4 out of 5 blue zones are islands or coastal areas. Fish is a good source of omega-3 fats that are associated with reduced brain decline in old age. Also, calorie restriction and eating until 80% full is a common practice in Okinawa, which prevents weight gain and wards off diseases associated with excess weight.

Alcohol is typically consumed in moderation. While wine is a regular feature in the Sardinian and Icarian diets, it's usually brewed at home from a local variety of grenache grape that has an extremely high amount of antioxidants compared to other grapes.

It's not all diet, though, not by a long way. Active lifestyles play a huge role in their health and longevity.

What's notable about these centenarians is that they do not typically indulge in any form of formal exercise, but that's more than adequately compensated by the movement they have on a daily basis. Activities like walking, biking, gardening and housework are woven into their daily lives and an integral part of the blue zone way of life. Sardinia, as an example, is a mountainous region where the practice of rearing livestock on steep slopes ensures that vigorous activity is an intrinsic part of the daily routine. While food intake and physical activity are key cornerstones to long-lasting wellness, an aspect that's arguable of even greater importance is mental health, and that's largely dependent on social connections and on living a life driven by meaning and purpose. It's crucial that one doesn't wake up and spend the day rudderless, especially as one ages. In blue zones, elders are revered and often looked up to for their advice and wisdom. Far removed from the modern-day concept of early independence and a focus on nuclear families, they thrive on a healthy social network and live in extended families where the young and old lean on each other, and people continue to remain active and productive well into old age.

This aspect of living a fulfilling life has two other benefits – sound sleep and a lack of stress – both associated with longevity. Numerous studies have shown a strong link between the triad of sleep, stress and exercise. People in blue zones tend to get eight hours a day of sleep, and short daytime naps are common in Sardinia and Icaria. Work-life, in fact, tends to revolve around family and sleep schedules, and the chronic stress associated with the modern 9-5 job and the culture of being an overachiever at work at the cost of all else is largely absent. (contd. on page 5)



So what then are the lessons learnt? Take your pick, but for me, it's that the 'blue zone magic' can be distilled down to a set of healthy, sensible practices that have been carried down through generations. While this is no doubt aided to an extent by geography, with their relative isolation protecting these zones from the corrosive impact of globalization, it's no impossible task for any of us to adopt aspects of these lifestyles.

It begins, perhaps, by consciously prioritizing health and happiness. And understanding that the answer lies not in our perennial quest for diet pills, protein powders, energy shakes, serums, supplements or other quick fixes, but by adopting small, simple and sustainable practices aided by the right environment, and sticking with them until they become a habit.

In addition, blue zones reiterate the fact that long-lasting health is a holistic concept. The pillars of nutrition, exercise, sleep, stress and emotional well-being play an equal role in supporting one's health and focusing excessively on one or two of these pillars is bound to create an imbalance.

We all desire a life filled with health, happiness and well-being. While we may not be able to choose how or when we enter or exit this world, the power to live and age well is definitely within our grasp and the blue zone way of life could light the path to show us how.

AUTISM: SENSORY ACTIVITIES

BY MINAKSHI KOCH

MPHIL (BIOCHEMISTRY), PGDCRCMD,
VICE CEO, ISHKAMA

What are Sensory Activities?

A sensory activity is any type of play or action that gives stimulation to our senses. There are 8 senses in us. The 5 that we are aware of- sight, sound, smell, touch, and taste and the three additional senses are our sense of movement, called our vestibular sense, our sense of body awareness, or the proprioceptive sense, and our sense of all our internal sensations, called interception.

What are the benefits of Sensory Activities for Toddlers?

Basically, toddlers are participating in a sensory activity anytime they are moving, jumping, touching, tasting, hearing, seeing, and smelling. A clue that your child might have sensory needs is if they seek out or avoid sensations more than the typical child, which can interfere with their ability to calm down, focus and learn. For instance, sensory issues in toddlers may look like difficulty transitioning (quitting one activity and starting another) or finding difficulty walking or touching different textures or on the other hand, being hyperactive and bouncing from wall to wall.

Mentioned below are a few sensory exercises and activities:

1. Make Play Dough – Messy Play

Toddlers love getting involved in this process and it stimulates multiple senses. Besides playdough, other messy plays include finger painting, playing in the sandbox, mixing cake ingredients, mixing soap and water for bubbles, playing with foam, etc

2. Bouncing on a therapy ball

Both by sitting on the ball and also by putting their tummy on it with hands out, feeling the pressure on their palm.

3. Play in a Sensory Bin

Sensory bins can be large storage containers, water tables, or tubs filled with different materials that could range from cotton balls, water beads, pom poms, sand, dry beans, dough, bubbles etc

4. Shaking a Sensory Bottle

Fill an empty bottle with water, oil, or a mix, adding some food colouring, glitter, and smaller objects. Toddlers like to watch the water swirl and shake it gives a lot of giving sensations that are calming too.

5. Swinging

Swinging in the playground or using a blanket. Two adults can hold each end of the blanket and keeping the child at the centre can swing the child.

Alternatively, one can consider rocking the child back and forth on rocking chairs or a wooden horsey.



6. Push Toy or Shopping Cart

Pushing and pulling activate proprioceptive sense and can be very calming to lots of toddlers. If one has a push toy or toy shopping cart they work perfectly. But one can even take it a step further and load them with books for extra weight and input.

7. Carry or Use a Weighted bag pack

A weighted bag can have books or a weighted blanket. It is commonly used in classrooms to prevent the child from moving around and helps them cope with their senses.

8. Jumping on a trampoline

This is safer and prevents them from jumping on furniture. Also, it installs the practice of jumping only on appropriate objects.

9. Smelling different spices and essence sticks

Sometimes the smell of essential oils used in a diffuser works miracles in the calming process and reduces meltdowns greatly. Smelling spices and other food items can help build their smelling senses and cope better with different smells.

10. Kicking a Ball

Kicking a ball is a fun activity for the whole family and a really good way to encourage playing together and helpful in building social skills.

11. Tossing a Bean Bag

Throwing bean bags gives extra input because they're a little heavy, this is generally calming and organizing to the sensory system.

12. Climb Through a Tunnel

Climbing up, through, or over things is one of the best sensory activities. This can be made at home by putting chairs on both sides and keeping a cloth over covering such that it looks like a tunnel.

13. Walking on balance beams or on Bubble Wraps

Just lay the bubble wrap on the floor and let them enjoy the sensations and sounds.

14. Feel and Find

A great way to work on your child's tactile processing is to put some simple hidden objects into a box or bag and fill them with rice or lentils. They experience a different touch while discovering these objects.

If a toddler doesn't want to participate one can always try it in their own way. These are just ideas and what method one uses is entirely upon their creativity and their kid's preferences.

FASHION IS A MOOD

BY SAKSHI KASURDE

Can I first get a cheer from everyone who believes their day is determined by what they wear in the morning?

The current work-from-home schedule typically means you are in loungewear most days and I don't know about you but I just feel relaxed and lazy! So on some odd days, I just dress up to lift my spirits. Fashion is different for different people. For me, it's like art, like painting on a blank canvas. Over the years, I have experimented with colours, textures, shapes and fits. But the true revolution happened for me after I turned 30. The 30s are liberating when it comes to your dressing style because you leave behind any fear of judgement and anxiety. The key is to find your own style. It may affirm the latest trends or it may not. It just needs to keep you happy, comfortable, and confident.

1. A makeover party

If you have not tried one of these lately, I strongly suggest one. It takes you back to your school days when you got together with your friends to try on different clothes, accessories and makeup. This, with a lot of gossip, laughter and hugs made a sleepover perfect. Years later we tried one recently with the added indulgence of gin and wine that is a perfect way to unwind after a hectic week.

A few of my other mommy-friends got together on a Friday night to dig into each other's closets and try on some outrageous stuff. A bunch of size 12s and 14s who had all grown so insecure about our bodies and our flaws decided it was all right to look and feel silly. But the results were astounding. The pictures don't do justice to the evening we had. We all felt and looked amazing. It was just that simple encounter that reminded us all that fashion is for everyone.

A happy mother equals a happy family. So the need to maintain a positive frame of mind by owning the chaos around us, work, family and children related is not easy. Some do it with food, some with music and art. For me, it's the therapeutic act of dressing up...

2. Colour palette to suit your mood

Over the years I have realised that colours are emotion and can map to your mood and of course the occasion. My serious work colours are Blue, brown, white and grey. Vacation favourites are pastels. Night parties demand red or black. Festive are yellow, orange and green. And the list continues. Obviously, everything in between and a combination of all can be mixed and matched to dress up or down depending on how you feel or how you want to make others feel about you.

3. Layering is the secret to looking chic

I bless the day somebody added blazers outside work to everyday life. The long and short of it literally and figuratively is that they uplift any ensemble. Throwing it over a blouse and trousers to switching it to a dress takes me from the office during the day to drinks with colleagues at night. Needless to say, I love how they cover flaws and are so forgiving to the ever-growing waist size.

4. Inspiration from the east

I feel very lucky to have spent my earning years across the world to be exposed to the fabrics and styles in each. Obviously, once you have grown up in India, every other place fails in comparison. I don't think you have a variety of prints and fabrics anywhere else in the world. So even though I currently live in the UK, I take inspiration from my past in the east to mix and match some age-old handloom classics.

If I sound prescriptive through any of my comments, please note that my intent is to do the exact opposite. All I would like to say in conclusion is that you ought to experiment and have a little fun doing it. That's all that matters!





Speculating about how the month of July is going to treat you? Let's glance at the horoscope for all zodiac signs for the month of July 2022.

Aries: The month of July will be advantageous for Aries natives in different ways. Though the month will be moderately average in terms of career, you should not back off from hard work. The students of this sign will have to work hard in their studies and this will impart good results. The family environment will be positive. There might be a rift between you and your life partner, so be careful.

Taurus: The folks born in the sign of Taurus will have a nice month in each way. You will obtain full assistance from luck in issues related to career and employment advancement. You will accomplish success in the field of education. This period will be predominantly advantageous for students preparing for competitive exams. The natives' love lives will also be incredible and income will rise

Gemini: The month of July is going to be encouraging for the natives of the Gemini zodiac sign. People in service will get promotions and the unemployed natives too will get a job. Students aspiring for higher studies will be benefited. This month, the family atmosphere will be satisfying and you will have assistance from your brothers.

Cancer: The month is going to fetch mixed results for the Cancer zodiac sign. Those who are in service will tackle more challenges. Students will accomplish success in the field of education. A good understanding will be sensed among family members. Though; certain differences might take place between lovers. There is a great likelihood of stress.

Leo: Venus will see positive results in the area of education. You will create good plans with the help of elders of the family and might organize a propitious function. Regardless of love and fondness in your relationship with your love mate, there will be a sense of egotism and this may lead to a few problems. Some old diseases might turn out to be difficult for you.

Virgo: The month of July 2022 will fetch positive results in some fields of Virgo people. There will be development and promotion at the workplace. You will monetarily sound like the complete feature of Jupiter and Mars will be on the eleventh house. You will obtain money from the government sector. All kinds of health problems will reduce.

Libra: The month of July 2022 is going to impart mixed results. You will get fine results at work and those looking for jobs will accomplish success. Students might have some problems and this may make you put in hard efforts. An incompatible atmosphere will prevail in the family. Some clashes in the family may disrupt the environment of the family.

Scorpio: Natives will be flourishing in getting overseas jobs. Good results will be perceptible so far as business is concerned. Students will be blessed with an excellent concentration in their studies. A conducive surrounding will reign in the family. Existing conflicts will fade away. Not only love life will stay wonderful but natives will get monetary benefits.

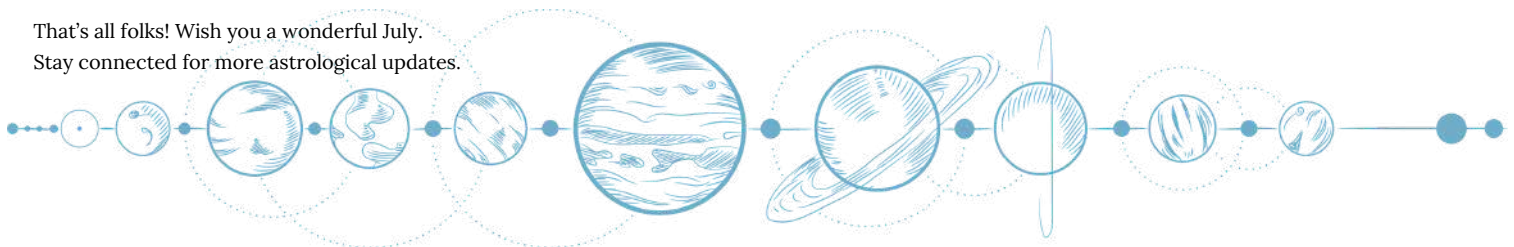
Sagittarius: This month will toss mixed results for the people of the Sagittarius zodiac sign. There is an achievement in business ventures. Along with this, new employment possibilities will open. Time can be complex for the students. There will be an environment of happiness and peace in the family. Though, love life will remain anxious during this period.

Capricorn: This month is going to be heartening for the natives of the Capricorn zodiac sign. Those occupied in business and jobs will enjoy immense benefits. Tension will exist in the family due to which family atmosphere will be roughly affected. On the romantic front, the natives of this zodiac sign will have a pleasurable time and the presence of Venus will add more attractiveness and power to your relationship.

Aquarius: Those linked with jobs will attain progress and move forward in their career. Likewise, the students of this zodiac sign will get fine results. Mutual understanding and conviction will improve among family members. You will earn admiration in the family. Your love life is going to be pleasurable and might as well plan to tie the knot with your lover.

Pisces: This month is going to fetch success for Pisces natives. The chart of your career will scale up. The period is going to be heartening for students. Family differences will come to an end. There will be prospects of strange relations with your lover. Though your financial status will be constant, your expenses will amplify.

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





TOP GUN MAVERICK REVIEW



The Tom Cruise-Starrer is an unsurprising and vaguely clichéd offering but one that is enclosed intensely with some of the best action sequences in modern times.

Top Gun: Maverick is a visually-startling, well-made film that harks back to us all why Tom Cruise is a superstar. The film has its blemishes--principally that it uses conventional tropes--but not for one moment does it get mind-numbing. It is a splendid film that is a throwback to the epoch of megastars and blockbusters before both these terms were surpassed by superhero films. And at its heart is the radiance and strong screen presence of Tom Cruise.

The 1986 movie *Top Gun* propelled Tom to superstardom. It illustrated his character Maverick joining *Top Gun*--an influential training school for US Naval aviators and how he initiates to trust his intuitions and work with a team. It introduced us to his buddy Goose and rival-turned-friend Iceman. *Top Gun: Maverick* is placed years after the 1986 original. The hero Pete 'Maverick' Mitchell is a veteran in the US Navy currently. With his service record, he must have been an admiral by now, except the remains a Captain. His old mate Iceman (Val Kilmer) is now an admiral and allocates him on a mission that seizes him back to *Top Gun*. Now, Maverick must guide a batch of young *Top Gun* graduates on a near-unattainable mission. The catch--the group comprises Bradley 'Rooster' Bradshaw, son of Maverick's late wingman Goose and someone he shares a burdened history with.

The performances of the supporting cast are proficient. But the downside is that Tom surpasses them, partially because of his natural screen occurrence and partially because the writing doesn't permit them to do much. This is one unit in which the film wraps behind the prequel.

Nevertheless, the valid USP of the film is the eye-catching airborne sequences and the cinematography. In an era where we have been so acclimatized to CGI magic, it was revitalizing to see some authentic action, and that also in fighter jets. *Top Gun: Maverick* effortlessly exceeds its predecessor in concern to the visual aesthetic and kick of dogfights.

The film is, in a manner, a meta honour to Tom Cruise's life and career. It might puzzle the existing generation why he is a big deal except at one point; he was possibly the most identifiable face in the world, a screen icon.

No doubt, *Top Gun: Maverick* is superstar Tom Cruise's last-ditch attempt to stay in the game. But is a film that one won't get disappointed watching!

\$15 MILLION TO JOHNNY DEPP IN DEFAMATION CASE AGAINST AMBER HEARD



A Jury has ruled in accord with Johnny Depp in the defamation action against Amber Heard after innumerable weeks of testaments.

The judge declared that the jury awarded an amount of \$10 million bones to Depp (58), in compensatory damages and \$5 million bones in corrective damages on Wednesday, June 1. Depp wasn't present at the court. Heard (36) for her part, was awarded \$2 million in compensatory damages in her complaint against her ex-husband.

The tourist star firstly took legal action against his ex-wife two times after their divorce was settled in 2016. Heard penned an op-ed in December 2018 about her once a history of abuse for *The Washington Post*. In response, Depp claimed that the composition affected his career in Hollywood -- indeed though it didn't mention him by name.

The Kentucky native preliminarily filed a libel action against the U.K. review *The Sun* for pertaining to him as a "woman beater" in a 2018 composition. After two years, the High Court of Justice ruled that *The Sun's* composition wasn't scandalous because Heard's allegations were "mainly true." During his spring 2022 trial against the Texas native, Depp argued that he lost out on multiple places amid their split -- and her allegations. The Aquaman actress made captions when she indicted Depp of domestic violence and attained a temporary restraining order days after filing for divorce in May 2016.

"It's been six long years of trying times," the Oscar nominee alleged during his substantiation evidence in April. "It's actually strange when one day you're Cinderella, so to speak, also 0.6 seconds you're Quasimodo. I didn't earn that, nor did my children, nor did the people who have believed in me for all these times. I didn't want any of those people to believe that I had done them wrong or wronged them or that I was a fraud. I flatter myself on honesty." The *Alice in Wonderland* star, who shares children Lily-Rose, 22, and Jack, 20, with partner Vanessa Paradis, noted that his attempts to "clear the record" came from the "complete shock" that he faced when the allegations came out. "No way did I myself reach the point of striking Ms Heard in any way, nor have I ever struck any woman in my life," he added at the time.

Heard, for her part, recalled several cases when Depp got violent with her during their marriage when she took the stage. "As a woman, I had no way been hit like that," she told the jury in May. "I struggle to find the words on how painful this is. This is horrible for me to sit then for weeks and relive everything then with people that I knew -- roughly well, some not. This is the most painful and delicate thing I've ever gone through for sure."

The *Drive Angry* actress moreover asserted that Depp was jealous of her filming romantic scenes for work.

"He'd formerly been upset with me and indicted me in numerous arguments about not telling him about scenes that I had, if I had a kissing scene," she said. "Any kind of romantic scene, and I wasn't unequivocal about what I was going to do, also I was indicted of having withheld information and hiding it from him. So I didn't want the fight, of course, I didn't want the argument, but I had to kind of eggshell slide around how to tell him when I had any kind of scene like that."



G100 LIST

Global chairs and advisory committee of G100 include-

1. HE. ROSALÍA ARTEAGA SERRANO, Former Constitutional President of Ecuador
2. Dr Maya Morsy, President of Egypt's National Council for Women
3. H.E OUIDED BOUCHAMAOU (Nobel Peace Laureate 2015)
4. H.E VIOLETA BULC, Curator of Ecocivilisation Former EU Commissioner & Deputy Prime Minister Of Slovenia
5. PROF. DR. LIZBETH GOODMAN, Chair of Creative Technology Innovation University College Dublin.
6. ALEX OKOROJI, Artiste, Media Personality & President The BRAG Media Group
7. BEEN UNNIKRISHNAN CEO, Iris Green Films. Curator Economically Independent Artists, Painter, Artpreneur & Filmmaker, India
8. SONIA BASHIR KABIR, Founder, SBK Tech Ventures & SBK Foundation
9. YASMINA AZHARI Founder, Mira Group for Mall management
10. DR. ANITA DAVIS DEFOE, Founder & CEO, Upshift Global and The Circle of 99 Global Foundation
11. MICHELLE FERRARI, CEO Great Culture to Innovate Partner
12. CAROLINA GARCÍA, Founder of the first Women's Soccer Clinic, and Pioneer of Women's Soccer Sponsorships, Argentina
13. KAREN DUYS Foundation, Netherlands
14. DR. BARBARA BAARSMA (Dutch Economist CEO, Rabo Carbon Bank Netherlands),
15. DR. PETRA KUENKEL, Executive Director, Collective Leadership Institute, Germany
16. YANIRE BRANA, President, MET Community, USA
17. MERLEE CRUZ-JAYME, Global President, Dentsu McGarry Bowen, Philippines
18. LAKSHMY SHANKAR, CEO & Founder, Kaizen Consult, India
19. DR. ANITA CAPRICE POWELL (Founder & Creative Director Engai Poetry & Music Publishing Academy
20. MAR INTROINI (Political Analyst Thesustainabilityreader.com, Spain
21. MIREILLE TOULEKIMA (Managing Director, MT Energy Resources Ltd
22. LINDA PEREIRA, CEO, CPL Events President, L& I Communications Portugal
23. SHARON CITTONE, Founder & CEO, Edible Planet Ventures, Italy
24. ANNABELLA NASSETTI (Luxury Interior and Product Designer Founder, A Living Concept, UK)
25. BODIL VALERO (Member of the European Parliament, Politician & Member of the Green Party, Sweden)



LIST OF AWARDEES- IIW

THERE WERE 150 NOMINATIONS FROM 25 COUNTRIES FOR VARIOUS CATEGORIES.

<p><u>FOR BEING A SPIRITED FIGHTER</u></p> <ol style="list-style-type: none"> Ms Raga Olga D'silva Ms Kamala Seth Padmashree Kalpana Saroj Ms Ritika Jaiswal Ms Geeta Shah Ms Chinu Kishore Kalpana Doshi Tarla Mashru Abhnash Bains <p><u>BEST ENTREPRENUER</u></p> <ol style="list-style-type: none"> Ms Shweta Shalini Ms Rama Chande <p><u>COMMUNITY SPIRIT</u></p> <ol style="list-style-type: none"> Ms Bhawna Arora Manju Kumari Sinha for Divyang (Differently abled Community) Ms Vaishali Shah Jai Verma Meeta Joshi <p><u>PROMISING PROFESSIONAL</u></p> <ol style="list-style-type: none"> Dr Sarala Ravindran Dr Pushpinder Chowdhary MBE Adv Seema Samridhi Dr Nirmala Murthy <p><u>BRIGHT ARTIST</u></p> <ol style="list-style-type: none"> Darshini Joshi 	<p><u>Bright Artist (Art, Music, Drama, Media, Creative, age 40+)</u></p> <ol style="list-style-type: none"> Anjie Chhapia(Peer Leader - Volunteer) 1st Prapti Dutt Runners up Neelam Bharat Sarda Runners up Tanushree Agrawal 2 nd Runners up <p><u>Rising Star (All Abilities)</u></p> <ol style="list-style-type: none"> Uma Devi Ashok Kumar 1st PAROMITA GOSWAMI 2nd Akalya Krishna 2nd Dharti Vasani 2 nd Runners up <p><u>Special Mom/Best Homemaker</u></p> <ol style="list-style-type: none"> Meena Joshi Jean Olexa <p><u>Best Entrepreneur</u></p> <ol style="list-style-type: none"> Dr. Jaya Sajnani Joint Winner Dr Rashmi Mantri Joint winner AnGele Cade Runners up <p><u>Champion Of the Earth (Environmentalist)</u></p> <ol style="list-style-type: none"> Mittal Kothari Purva Tavri <p><u>Outstanding Educational Role Model</u></p> <ol style="list-style-type: none"> Jayeeta Ghosh 1st Kashmea Wahi Runners up Mrs Santhakumari Runners up
<p><u>WINNERS IIW SHE INSPIRES AWARDS 2022</u></p> <ol style="list-style-type: none"> <u>Bright Artist (Art, Music, Drama, Media, Creative, age 3-20)</u> <u>Gia soni</u> <u>Aditi Gollapudi</u> <u>Harini Ganesan</u> <p><u>Bright Artist (Art, Music, Drama, Media, Creative, age 40+)</u></p> <ol style="list-style-type: none"> <u>Dr Apurna Jeggannathen 1st</u> <u>Swathi Nahar 2nd</u> <u>Nithya Sowmy 2nd</u> <p><u>Bright Artist (Art, Music, Drama, Media, Creative, age 40+)</u></p> <ol style="list-style-type: none"> <u>Vinothini.G Joint Winners</u> <u>Neha Patel Joint Winners</u> <u>Sneha Ramu Runners up</u> <u>Manorma Joisi Runners up</u> <p><u>Community Spirit (Welfare or Social Worker, Level 1 Age - 16 to 35)</u></p> <ol style="list-style-type: none"> <u>Ishwari Kotecha 1st</u> <u>Merlin Dalmeida 2nd</u> 	<p><u>Promising Professional</u></p> <ol style="list-style-type: none"> Dr Neha Sharma Joint Winner Dr Raaji Anand joint Winner Deepika Ganesh Runner up Pinky akash Runner up <p><u>SPIRITED FIGHTER</u></p> <ol style="list-style-type: none"> Miss Priya Thirugnajarajah Winner Mrs. Kalpana Bhatt Winner Angelique Parvez- Runners up Antara Tallam Runners up Sandhya Aaytee -2 Runners up Kara Maldonado - 2 nd



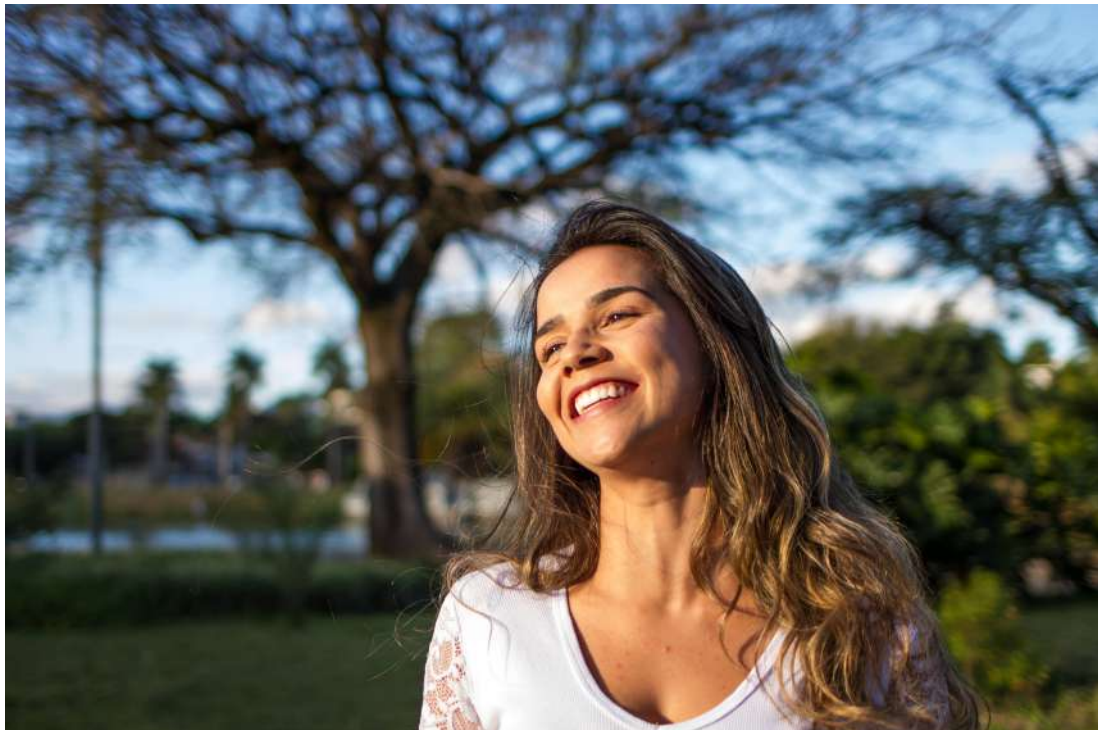
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