



ISHKAMA GLOBAL CHANGE

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Letter from the Founder



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

Welcome to the September issue of IGC Magazine! Our Magazine is born out of a passion, sharing stories that matter, ideas that inspire, and voices that need to be heard.

We believe in the power of words and images to shape our world, and we are committed to bringing you diverse perspectives, insightful analysis, and thought-provoking content in every issue.

In this edition, we present an inspiring story by Olori Ronke Ademiluyi-Ogunwusi, along with a variety of informative articles on diverse topics from around the world. We have many other contributions from writers who inspire, inform and educate. So, I hope you enjoy reading their articles.

I had the privilege of attending the Indian Independence Day celebrations in Ealing, UK and it was a delightful experience. The event was a vibrant display of India's diverse cultures and traditions. It was a memorable day filled with unity, pride, and the spirit of freedom.

I had the pleasure to attend the Hounslow chamber of business meeting. It was an enriching experience, filled with insightful discussions and networking opportunities. The event provided a platform for local businesses to connect, share ideas, and foster potential collaborations.

I had attended the Inspiring Indian Women Ladies cricket match, which was held recently. The atmosphere at the stadium was amazing, with fans cheering for their favourite teams. The players were very enthusiastic and displayed their skills. The match promised to be an exciting one, where all teams were determined to win.

Proud to be a member of London Central Host club, which was the first club in the British Isles. We have many members with long term services who are truly serving their local communities. One such member is Lion Girdhar who is passionate and committed in serving the local community. In our next edition, we will be covering his story.



I personally prefer and enjoy winter weather over summer. There's something about the crisp, cold air and the promise of snow that I find incredibly appealing. As we transition from summer to autumn, the world around us begins to change. The lively green leaves of summer gradually turn into a beautiful array of reds, oranges, and yellows. The days start to shorten, and the nights lengthen, signalling nature's preparation for winter's rest. This transformation is a reminder of the cyclical nature of life, and it's a period I look forward to every year.

In September month we had observed many global events including International literacy day, World suicide prevention day, World Alzheimer's day, World tourism day and World heart day.

We invite you to share your unique experiences and inspiring stories with us. If you have a story that can inspire or knowledge that can educate, we encourage you to share it with us. Your narrative has the power to impact lives and make a difference. We commit to featuring it in our magazine, offering our readers an opportunity to gain from your experiences. So, don't hold back - let your voice be heard!

Thank you for joining us on this exciting adventure. We hope you find our magazine enlightening, engaging, and above all, enjoyable.

Letter from the Chief Editor



Minakshi Koch
Vice CEO, IGC

This has been a most eventful month, spent with the most magnificent people. IGC for Autism is a grand success with several parents and professionals associating and getting together to make a significant difference worldwide. The sessions run to educate people and resources shared in all the different forums should be bringing a significant change to at least a few. We are hoping several others will join so that support can be extended to a wider community.

I am glad to share that Ishkama Global CIC now has over 50 Global members in the IGC Chairs and Advisory Board and many more are waiting to join. This shows the community commitment and enthusiasm in people globally, doing remarkable work but not

getting validated. IGC aims to recognise the work and efforts of all the members and influence others to join and make a difference.

I am very grateful to all the readers for their feedback. Your efforts in reaching us and giving us your valuable input is appreciated. We are trying our best to implement the changes and make IGC the best People's magazine.

This month has some beautiful and inspiring stories lined up. All the stories are remarkable but a few I would like to mention in particular are Page 3- Gitika Gorthi, an aspiring aerospace physician and astronaut, Page 4- The story of Special Olympics star Michael who is active in his support of MENCAP, Page 7- Dr. Adama Kalokoh who is the Editor's choice and Page 9-Shoaib Habib Memon and his journey as a social worker and global goodwill ambassador.

Until the next issue, have a safe and happy time but do not forget to keep writing to us and send it to ishkama.igc@hotmail.com.



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Queen of Ile Ife Kingdom!



Olori Ronke Ademiluyi-Ogunwusi

Royalty born to a scion of the royal family, is the great granddaughter of late Ooni Ajagun Ademiluyi, 48th King of the Ile Ife Kingdom in South West Nigeria & biggest tribe in Africa. She is also married to the Ooni Adeyeye Enitan Ogunwusi the 51st King of Ile Ife Kingdom. She is the Queen of Ile Ife Kingdom. She is a law graduate of West London University, a fashion expert, a Textile entrepreneur, an Ambassador of Africa culture, an author and an advocate for the education of girls in Nigeria.

She went ahead in 2011 to set up the Africa Fashion Week London, now the UK's largest annual fashion event that promotes and nurtures African and African-inspired design talent.

Her Africa Fashion Week London has showcased over 1000 designers and exhibitors from Africa and the global diaspora to over 70,000 visitors and represented designers from 27 African countries and a further 20 African-inspired designers from countries outside the African Continent, including France, Holland, USA, Brazil, China, the Caribbean, and, of course, the United Kingdom.

In 2014, she set up a sister platform in Nigeria, Africa Fashion Week Nigeria to enable her to reach out to young African designers from all over the continent who can't afford the logistics of travelling to London to showcase.

She has produced over 20 fashion shows including the Mayor of London's Africa on the Square event during every Black History Month in London, and for the past 9 years, has consistently employed over 50 BAME catwalk models every year to work with her. She produced The AFWL Business Fashion Forum, with special guest speakers that included the Mayor of London's Office, Department of Trade South Africa and The V&A Museum. She is the co-founder of Fashion Future Online Courses in partnership with Henleys Business School UK & Parsons Design School New York. She set up the AFWL Mentoring scheme for

Black fashion students in the UK in partnership with Northampton University in The UK. She is the co-author of the African fashion book "The Eyes of Originality & Creativity"

She is the producer of the documentary Ingenious Aso Oke fabric of Nigeria and founder of the Adire Oodua Textile Training Hub in Ile Ife, South West Nigeria, an indigenous handmade hub that empowers women and youth.

Her Africa Fashion Week Nigeria partnered with Afronolly Creative Hub To Style MTN Y'ello Star, the largest mobile based music reality show, where over 10,000 contestants will compete to be the next Nigerian music star.

She is the creator and producer of Queen Moremi The Musical theatre drama that has been watched by over 30,000 people.

MISSION WORK

She is the originator of the QMA international initiative that supports the rights of girls and women in Nigeria & Africa. She set up a QMA fund that educates and empowers young ladies in Nigeria and Africa. She is the founder of the QMA leadership Centre for young women. She is the publisher of the book The authentic story of the legendary Queen Moremi being used as part of the curriculum for history & literature in secondary schools in Nigeria.

She is the author of the book MAN- Maltreated Abused & Neglected having supported victims of modern day slavery and trafficking a cause close to her heart, the book is based on the true story of one of the survivors. She is the author of the book Unspoken Oba Obinrin. Yoruba woman Kings.

To know more about her MISSION PROJECTS check-
<http://www.colourfulradio.com/content/guest/41913>

25 Apr 2020 Olori Ronke uses the QMA initiative to campaign against modern day slavery and trafficking of young women in Nigeria, and Africa.

AFG x AFWL Conference 2023 Theme: "African Fashion - The Heritage Generation" October 27th - Registration Open Now!

As the international fashion industry ponders upon questions pertaining to sustainability, transparency and the rise of technology, the African fashion marketplace is leaning on the strength of its history in textiles and proving to be more ripe for business. Now the questions asked are, is Africa fashion's final frontier? Is there a growing consumer market in Africa ready to buy? Can Africa realistically serve the vast international market?

Africa Fashion Guide continues to take the bull by its horns and deliver results focused events to address these issues. This year alongside Africa Fashion Week London, it will be strategically bringing together influential stakeholders and actors from Africa's fashion supply chain, within a conference style panel talk, to discuss the new developments of Africa's fashion industry. One which is looking back to face forward with a new generation of designers and manufacturers, focusing on African heritage as part of its growth path.

Both Africa Fashion Guide and Africa Fashion Week brands have proudly been industry catalysts individually, and now are coming together collectively in changing perceptions of Africa's fashion and textile industry through this collaborative conference. And most importantly encouraging fashion business in Africa!

Join us this October 27th, for a conference event where we are extremely pleased to present professional industry speakers doing business in Africa, made in Africa, or inspired by Africa and encourage you to REGISTER NOW and not delay in securing your seat.

So if you are a fashion retailer, fashion designer, student, journalist or fashion business who is interested in sourcing and/or producing in Africa, with a strong, active interest in sustainability and ethical business practice - then you cannot miss this conference. The seminar event will act as a means to discuss and promote the full supply chain of African Fashion Design, Textiles, and Manufacturing and will be centred around the sub-topics African Fashion heritage and culture, Africa's Retail Market and the new target consumer market, The Growth of the African Designer market. It's the key platform for engagement and for social forums for all those attending. This event is a must attend event where there will be a mix of press, brands and industry influencers and insiders with a mutual involvement and vested interest in elevating African trade, design and production, and who want to be part of the wider solution to raise Africa as a trailblazer in quality design and production.

A view by the master art exhibition in honour of the Legendary Queen Moremi organised by Princess Ronke and the Alexis Galleries for art students of Obafemi Awolowo University Founder of Africa Fashion Week London/ Originator QMA International.



IgnitedThinkers: A Mission to Spread Space Education to All



Gitika Gorthi

It all started with a middle school rocketry club. As a young girl eager to explore and understand the universe, I was drawn to engineering and research. Growing up watching Star Wars and Star Trek and asking challenging questions about space, I was always greatly fascinated with aerospace; however, I never thought it was ever realistic or possible for me -- a young, female, first-generation immigrant student to dream of entering the aerospace sector and entering the aerospace industry.



However, it all changed when my Engineering and Design 7th-grade teacher Mr. Alan Anderson recognized my curiosity about space exploration and encouraged me to join his rocketry club. At first, I was hesitant... I mean, could I truly be a rocket scientist? Putting all of my doubts aside, I thought I would give the rocketry club a shot, and I was immediately hooked! I remember spending 2-3 hours every day after school tinkering with various rocket designs and launching them at the back of my school, and before I knew it, I gained the confidence to believe that I could be a rocket scientist and enter the aerospace industry.

As my passion for space grew stronger, I had a pivotal conversation in the 8th grade with my dad that changed my trajectory forever. I was flying my first large rocket, and my parents drove out to the launch site to see a rocket that I had built to fly for the first time; my parents were blown away! On the car ride back home, my dad, an immigrant from India, said, "Gitika, you are so lucky to have the opportunity to build and fly rockets at the age of 13! I mean, I am 40, and I have never built a rocket before. You are so lucky to have this opportunity; many students around the world don't -- I know if I did, I might have gotten into the aerospace industry too!" Then it all clicked in for me. My dad was right; without my middle school rocketry club, which gave me the confidence to believe I could become

a rocket scientist, I probably would have been on a completely different track. I would never dream of pursuing an aerospace career. At that moment, I knew I was going to do something to spread this middle school experience. I was so fortunate with every student across the world, and that was when I founded IgnitedThinkers, a non-profit organization to spread space education to all students (www.ignitedthinkers.org).



From free workshops, incorporating hands-on space education in classrooms, a Youtube-channel highlighting diverse space champions and their unique journeys into the aerospace sector, and international Space Education Summits, IgnitedThinkers is working to make space education accessible to all by informing, inspiring, and igniting everyone's passion for space exploration. Our most recent endeavour is the first of a series of global education summits across the world in Tanzania. IgnitedThinkers is working with Jessica Mshama, a Tanzanian entrepreneur, United Nations Youth Ambassador of East Africa, and Founder of Assumpter Digital Schools and NGO "Nakua Na Taifa Langu", to spread space education throughout East Africa, starting with a conference in Tanzania! Through this conference, we are working to provide students in East Africa the knowledge and confidence to pursue interdisciplinary careers in the aerospace industry to advance space exploration and to benefit life on Earth while also bridging them with local aerospace companies to pipeline their talent into the growing international space economy. As I navigated my own career in this growing space economy, another thing became very evident to me: space is for all disciplines.

Entering high school, I also had a growing curiosity for the human body. Just as I would ask challenging questions about the universe, I was questioning the fundamental workings of the intricate human biological system; medicine fascinated me! However, the only career I thought existed in the aerospace industry at the time was becoming an aerospace engineer. I believed if I wanted to enter the aerospace industry, I had to study aerospace engineering. I was struggling to pick between my two

interests --space and medicine--. Then one day, I put the two words together on the search engine, expecting zero results, and to my surprise, that day,



I discovered my true calling: aerospace medicine. Fast forward, I know the 8th-grade me would be gleaming to know that I, Gitika Gorthi, am an aspiring aerospace physician and astronaut aiming to be the first doctor on Mars! As an incoming sophomore at Columbia University in the College of Engineering and Applied Sciences studying biomedical engineering with a minor in economics, former NASA intern, published author with the Baylor College of Medicine Space Medicine Center, and a medical researcher at Columbia Medical School and Harvard Medical School, I am climbing closer to my goals every day.

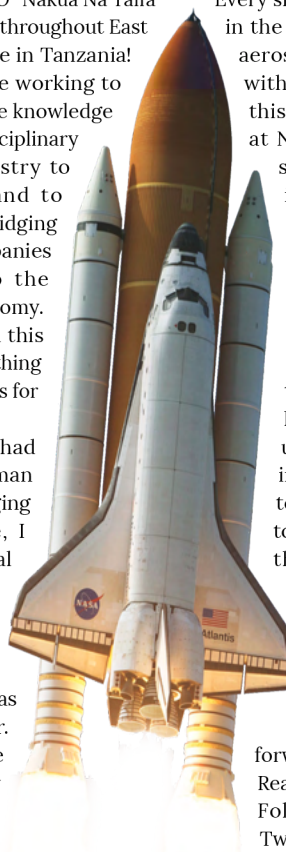
I like to think of space as its own little world. Every single career and skill set you would need in the real world, you would need in just the aerospace industry. Combine any interest with space and there is a place for you in this industry! From being a food scientist at NASA, space lawyer, space artist, to a space economist, there is a place for you in this rapidly growing space economy!

Space is for all. Space is for Earth. Space is for YOU! As we propel to Mars and beyond, let's remember to not only celebrate the older generations that have spearheaded the vision of a multi-planetary future and the foundation that the leaders of the aerospace have left before us but also acknowledge and uplift the young Mars Generation of individuals who will be leading humankind to the next level. It would be a disservice to the aerospace industry not to include this young generation in important conversations we are having today, as we will be the ones defining the future, living on Mars, and exploring further out into the cosmos. So let's work together and empower the Mars Generation that will propel humanity

forward.

Reach us at ignitedthinkers@gmail.com!

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Don't Judge Me by My Disability, Focus on My Ability!



Stephen Walker

Imagine the anguish for any parent, to be told that their child might not be able to walk/run. Then add in the added complication, that the child is disabled, so many times, we are quick to judge, and not focus on the potential ability of a person, but put them in a box, and let them and their family look after them and/or the state.

Fortunately, as we live in a more tolerant and open society, we are made aware, through media and elsewhere, about the massive potential people with disabilities, can bring to society, and how we should look at their abilities. This brief story outlines the fantastic achievements of one young person, who against all odds has achieved so much.



Picture of Michael

South Africa

Being born in South Africa, in the 1990's was an exciting time, President F.W.de Klerk, had in 1992, put forward a referendum on ending apartheid, and 2 years later, universal suffrage was introduced. Michael was born in 1995, to a white mother and black father. Besides being a very small baby, Michael also had Down's Syndrome, and for the first few months of his life spent most of his first six months in hospital during this time, that doctors informed his mother, that there was a strong possibility, that he would struggle to walk and might need assistance from an early age.

Sadly, when Michael was only four, his grandfather developed cancer, and wished to return home to Wales for his final few years. Being a single mum with 2 other children, Michael's family also decided to return to Wales.

South Wales

The first major obstacle was to get Michael into main-stream education, and showed just how far the UK lags behind many other countries in this perspective. Sadly, this also stemmed through in many other areas of Michael's young life, being of mixed race, and at that time the only person of colour in his primary school, he and his mum regularly had to deal with issues of race. Fortunately, things did get better, especially into secondary education, where with the support of a fantastic personal assistant (PA), Michael was able to leave school at the age of 16, with several GCSE's.

Preferring not to go to college, Michael asked to work in a social enterprise café in the town, which was run by people with learning and physical disabilities.

It was from working in this environment that provided Michael with his love and passion for cooking.

Outside of work, Michael also continued to confound the medical profession, by expressing an interest in taking part in sport, he was keen to have a go at anything from horse-riding and cricket to boccia & boccia and later on athletics. It was through the latter, athletics, that his mum would meet her future husband, whom Michael has known as dad now for most of his life.

Michael is very proud of his sporting achievements and continues to excel, he has also been helped and encouraged through Special Olympics and MENCAP to set his goals higher and higher.

Athletes are allowed to train with the Special Olympics from the age of 6, but not compete until 8 years old. So at the age of 10 in 2005, Michael was selected to represent Special Olympics Wales, at the UK National Games, held in Glasgow in the sport of Boccia. A feat he repeated in 2009, at the National Games in 2009. At this stage the man to be known as dad came into the families' life, and Michael took to and enjoyed athletics, and so for the next two Special Olympics National Games, (Bath 2013 & Sheffield 2017) he took part in athletics as part of the Welsh Athletics Squad, competing in sprints, team relays and standing long jump.

In addition to National UK Games, Michael has also been fortunate enough to represent Great Britain at several international events, including trips to European Games in Italy and Russia, invitation competitions in Ireland, Germany and Italy, but if you were to ask him his favourite, it is always running for Pope Francis in the Vatican Square, at a special event to recognise the benefits of sport, where representation was from abled bodied, Paralympic and Special Olympic athletes

Special Olympics Great Britain, (SOGB) offer all-year-round training in most Olympic disciplines, however, it did come as a bit of a shock when in 2018, Michael suddenly announced that he would like to have a go at Skiing! It should be remembered that not only does Michael have Down's Syndrome, but also extremely poor eyesight and melatonin in his leg.

Fortunately, within an hour of their then home in Pembrey Country Park, there is a fantastic facility for dry-slope skiing, and it is frequented throughout the week, by several groups who offer tuition to people with Special Needs. From this and through the Special Olympics pathway, Michael was eventually allowed to attend, as a novice competitor, the UK National Winter Games in Crans Montana (Switzerland). He now regularly skis in Birmingham and Llandudno, on dry runs and in Manchester on man-made snow.

Outside of the Special Olympics, Michael is also active in his support of MENCAP (The Royal Mencap Society) and in 2019, it was announced that MENCAP would be the chosen charity for the 2020, London Marathon. A request was made for as many athletes as possible to put their names forward to run this event for the MENCAP charity. Once again Michael, who had never run more than 200 metres, declared that he wanted to have a go. Fortunately, at the time he had a very good Personal Assistant (PA) who agreed to support him and help him get the miles in plodding the streets and country walks of Carmarthenshire. Unfortunately, as we are all aware in the spring of 2020, the UK went into lockdown, and for the first time ever, the London Marathon was initially delayed until October 2020 and then was to be run virtually.

So, on a very cold and wet October morning, in 2020. Michael, his family and PA set off, and over the course of the day, supported and encouraged by many friends and family completed the distance, as a result, he became the first person with Down's Syndrome from Wales to complete the distance. As previously mentioned MENCAP was the chosen charity for 2020, and as a result of Michael's and the rest of the runners supporting MENCAP raised over £2.5million for the charity.

Michael did get to run the proper London Marathon course in October 2021, when the race was allowed to go ahead again on the streets of London, and has since completed another virtual London Marathon, plodding the beautiful Llangollen Canal towpath, near to where the family now live in North Wales.

Future Plans

So, what does this remarkable young man now plan for the future? Well, his friend and fellow Downs Syndrome competitor Chris Nikic, has completed an Ironman, so who knows? He would love to have a go on proper snow at a down-hill slalom and he would like to complete the full distance (47miles) of the Llangollen Canal. As highlighted at the beginning, please don't look at his disability, look at what he can achieve!



Green Metal King- Copper!

The increase in global investment into clean technologies is bolstering demand for the commodities needed to build electric vehicles, renewable power tech and energy storage.

Green metals - aluminum, copper, nickel, lithium and cobalt - are poised to benefit from the trend throughout the decade and likely beyond.

Adding to the momentum now is the rise in strategic industrial competition between China, Europe and the U.S. as they race to attract clean-tech capital, with policy support in one region - such as the Inflation Reduction Act in the U.S. - triggering additional subsidies elsewhere. Should policy continue to converge around a "net-zero emissions" path, the world would need an additional 54% copper by 2030 on top of our analysts' base case, an amount equivalent to the last ten years' aggregate copper mine supply.

The demand for metals critical to building green technologies has much more room to run, our commodities analysts say. Electric vehicles, renewable power and energy storage will stoke demand for green metals and should help counteract the drag on demand from cyclical weakness in the West and the property slowdown in China.

Among clean-tech use cases, electric vehicles (EVs) and charging stations should continue to account for the largest share of demand for key metals through 2025. Among the green metals, copper has the widest range of end markets, including EVs, wind and solar power, and energy storage.

Green demand should represent nearly half of all additional copper demand through the rest of the decade, placing it at the heart of the metal's supercycle. Without demand from green sources, copper would be facing a multi-year surplus as a result of peaking demand in the Chinese property market.

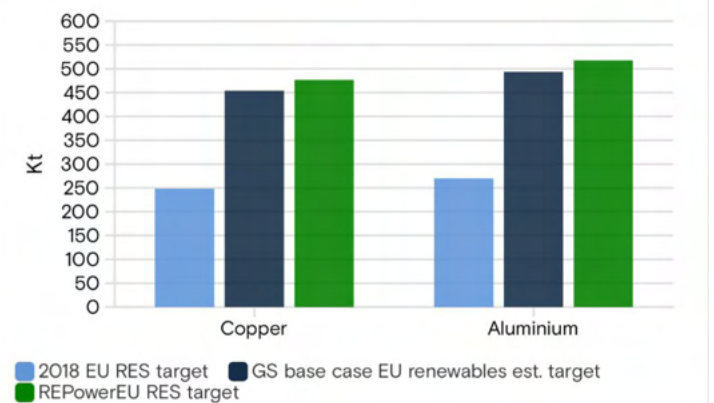
The rise in use of EVs will support demand for battery metals lithium, nickel and cobalt. Lithium demand is poised to grow the most in 2023 as China's rapid adoption of LFP batteries - which combine lithium with iron instead of with other metals - could limit demand for nickel and cobalt.

The U.S.'s Inflation Reduction Act will increase energy spending by \$264 billion through 2030, according to our analysts' estimates. This investment should

drive higher solar and wind deployments, battery storage additions and faster EV adoption, resulting in elevated demand for copper and aluminum through the end of the decade.

Renewable targets in Europe have boosted demand for green metals

Annual average EU renewable demand over 2023 - 2030



In Europe, the increase in renewables targets

over the past decade has boosted green metals demand. Full compliance with REPowerEU, Europe's plan to reduce its dependence on Russian energy, would increase demand both for copper and aluminum.

While stronger levels of green capex and regulatory support globally are helping incentivize the localization of supply chains, the majority of all refining capacity for green metals remains located in China.

Impact of Rising Energy Prices on Consumers and Companies

European citizens are overwhelmingly in support of steps the EU has taken over the past year to protect consumers and companies from volatile energy prices, according to a new official.



Europeans also approve of the EU's measures to boost energy security, the green transition and competitiveness in the tech industry, in addition to the bloc's continued support of Ukraine against the Russian invasion.

The war in Ukraine and the energy crisis have battered the EU's post-pandemic recovery, slowing efforts to boost the economy, pushing up costs and exacerbating inflation.

Asked how important they considered various European-level initiatives from the past year to be, a combined 87% of respondents to the survey said they thought it was 'very important' or 'fairly important' that the EU take measures to limit the immediate impact of rising energy prices on consumers and companies.

Another 86% said it is important that the EU promote sustainable use of natural resources, while 76% of those asked said it is important that the bloc reinforce the resilience of its economy.

The European Commission announced earlier today that it had revised down its economic forecast, lowering predicted growth this year to 0.8%, down from 1%. It blamed high prices for goods and services that are "taking a heavier toll than expected".

Europeans want to keep supporting Ukraine

In terms of future action, 85% of Europeans believe the EU should bolster its manufacturing of clean technologies to improve competitiveness on the world stage, with another 79% saying Brussels should bring in measures to reduce energy consumption.

Europeans were also asked about how much the EU should continue supporting Ukraine against Russia's invasion, with a clear majority wishing to keep providing assistance to Kyiv.

Economic sanctions on Russia are supported by 71% of EU citizens, while 65% want to see Ukraine integrated into the European single market.

Since the full-scale invasion began, Ukraine has been ramping up efforts to join the EU and its single market as quickly as possible, achieving candidate status in March 2022.





What is Craniosacral Therapy?



Dr Shahla Shamsa, MD, RCST, CNHC registered

Craniosacral therapy (CST) is a gentle, safe, and effective treatment for a wide range of health problems. It triggers the body's natural healing systems, leading to increased coherence and balance in the body and improves overall health and function.

Craniosacral therapy addresses the root cause of the problem, so helps with the recovery of a variety of conditions.

Craniosacral Therapy evolved from osteopathic medicine in the early 1900s, by American osteopathic physician Dr William Garner Sutherland. His findings show that every cell in the healthy body expresses a rhythmic motion, which is produced by the body's inherent Life Force. It is considered that there are formative forces that are an expression of an Original Motion and that all of life is orchestrated by a Creative Intelligence at work. In the cranial field we refer to this Intelligence as the Breath of Life.

The Breath of Life organises physical forms from the form and motion of a cell, to the spiralling, swirling dance of a galaxy.

The same Breath of Life that creates our form and function is the deepest expression of Health within us, and expresses itself as rhythmic fluid and tissue movements.

The ability of tissues to express their rhythmic motion is a critical factor in determining their state of health and vitality.

How does CST work? Craniosacral therapy is a holistic therapy where a person is viewed as one unit, interacting with the environment.

The therapist's attention and field of awareness is whole. They hold the whole of the patient's system within their perceptual field. With the listening, diagnosing and treating touch of the therapist, the patient's Inherent Treatment Plan unfolds, finally leading to a State of Balance and holistic shift where necessary changes will take place in the patient's body.

Every accident and traumatic event, physically or emotionally, is associated with some degree of shock, which creates imbalanced forces in the body. Body tissues contract and tighten up and flow of the rhythmic motions may become restricted. If not addressed, these tensions and restrictions can

accumulate and cause various problems in the body. According to Dr Andrew Taylor Still, the American founder of osteopathy, the body has all the resources and capacities to do what it needs, if it is in a physiological balance. Craniosacral therapy assists the body to utilise these resources for their particular health pattern to get into that state of physiological balance.

CST is performed with the client fully clothed and lying on the treatment table, or sometimes in a sitting position. The therapist makes a light touch on the head, base of the spine and other parts of the body. This touch is both diagnostic and therapeutic and encourages the inherent healing potential of the body. Patterns of restriction and inertia within the body are resolved and actual healing takes place. Hands of a trained and practised cranial therapist are extremely sensitive instruments. They have learned a particular sense of touch that detects areas of normal and altered function in the body. Their touch is light and sensitive but definite and receives information.

The therapist listens through their hands to the story of the patient's body and what it holds within at any level, superficial or deep. This is communicated through the language of the body: the motion patterns of the tissues, the tide-like expressions of the fluid body, and restrictive forces and obstacles in the system.

It has been said that healing takes place when we are heard, and the more deeply we are heard the more deeply we are healed.

Who is it for?

Because Craniosacral therapy is so gentle and non-invasive, it is suitable for people of all ages from babies to adults and the elderly. It is effective for the majority of acute and chronic conditions and is also a wonderful preventative treatment. The therapy boosts the immune system and helps to enhance the functions of the organs and systems in the body.

It helps with the recovery from majority of cases that involve pain (for example those following accidents, falls and strains, back pain, headaches and migraines), restrictions, lowered energy, Chronic Fatigue/ME, recurrent infections, stress related conditions, birth trauma, babies' problems such as colic, feeding and sleeping difficulties.

During the session patients usually feel a deep sense of relaxation, interconnection and support and may have a sense of awe, light and great space.

About Dr Shahla Shamsa, MD, RCST, CNHC registered.

I have been in the field of health and healing for over 35 years. I am a qualified medical doctor, specialist in Internal Medicine.

During the years of practising medicine, I have always had a holistic view towards the physiologic system and health problems and believed that to maintain health and vitality, one should look far beyond the physical cellular structures. I have also had a natural ability to sense the subtle energy field of the body. My desire to learn a holistic method of treatment led me to study Craniosacral therapy, as it addresses the health problems in a holistic yet scientific approach and bridges the gap between the orthodox and alternative medicine. I completed professional training in Biodynamic Craniosacral Therapy in 2004 in London. I have since been working in private practice in London. I have also worked in a charitable organisation, providing craniosacral therapy to people with various disabilities.

I pioneered the first Craniosacral Therapy Association (CSTA) clinic in 2006 in London that ran for 2 years in conjunction with the City of London Corporation's 'Young atHeart' programme.

I am a member of Craniosacral Therapy Association of the UK (CSTA), and Complementary and Natural Healthcare Council (CNHC).

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How my Desire to Serve Impacted My Journey as a Non-Profit Leader



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We have all heard the saying, 'Kindness Matters', but what's more powerful is that Kindness doesn't cost a thing. A kind heart serves with no expectations in return but the effect on one's heart lasts a lifetime. There is a servant leader inside all of us, but we must allow it to be unleashed. From an early age, I always liked helping people and bringing smiles to faces. There is something beautiful about helping someone who is in despair find a reason to be hopeful, to be joyful, and to keep going no matter what. Many kind souls mentored me and planted seeds in me to always serve others along my journey. Many of whom spoke to me saying, you are very special and will become a great woman one day. I learned the value of service early on and it became a part of my story, my journey and led me to my life purpose. There is so much power in service, and I am excited to share that serving others has helped me reach my greatest potential as a Global woman leader. In this article, I will share three areas of service that transformed my life: Service in the military, Service in Americorps and Service as a Leader of Impact Sierra Leone.

I am Dr. Adama Kalokoh, a proud 1st generation born descendant of Sierra Leone who has a passion for helping others and working in international development. I am the Founder and Director of Impact Sierra Leone, organization founded to reduce socio economic challenges in Sierra Leone and beyond through skills training, sustainable agriculture, education and building partnerships with the Diaspora community. My parents instilled in me a deep sense of pride and appreciation for their Sierra Leonean heritage. As a former active-duty member of the U.S Air Force who honourably served for 4 years, I believe in the value of serving and achieving the mission. I hope that my mission will inspire other descendants of Africa to embrace their culture and positively impact their home country.

My military service began on November 20, 1996, the same year I graduated from high school.

Although my going into the military as a woman was not popular amongst my parents and relatives, this would soon change further into my military career. The military was all about order and discipline from making beds with rulers, precision in uniform presentation, walking in cadence with my platoon, shining boots with perfection, surviving

a difficult obstacle course, and firing my first rifle. The leader in me was slowly being formed, the seeds of leadership were taking shape. I was a member of Flight #321 platoon and carry the Air force values for life. During this time with my platoon, we all built bonds and developed. The Air Force core values are integrity first, service before self, and excellence in all we do." I have carried these values with me beyond the Air Force, into my local community and outreach. Nonetheless, we all built bonds and developed what many lack, the ability to work with people of all backgrounds to meet a common goal. Basic training was mentally and physically challenging. There were times I wanted to give up but that was no option as I was extremely proud to serve my country as a member of the Armed Forces. I served for four (4) years specialising in dietetics and nutrition and acquiring many other technical and life-skills training. My thirst for public health and wellness was born during my military service and has been a major part of my leadership journey. The military brought out skills in me I never knew existed. The military taught me keen leadership and organisational skills that would later be a great benefit to my future career.



My military career supported my dream to go to college and expand my knowledge. I developed a deep passion for my education and saw I had a deep love for writing. I also loved to engage with others and learned the value of networking. This was recognized by many of my teachers, and it gave me a lot of confidence. I joined the Student Government and served as the Volunteer coordinator for campus activities. The seed of community service was truly born during this time. I was awarded a scholarship from the Thurgood Marshall Scholarship Fund (TMSF) which helped me fully pay for my college education. I was so honoured to receive such an award named after one of our most memorable figures of the Civil Rights Movement, Honourable Thurgood Marshall. This was an incredible

experience that helped carve my character and train me for the working world. The valuable mentorship provided by the TMSF contributed to the person I am today.

In addition to serving in the military, I was fortunate to serve in the AmeriCorps under the Corporation for National Service. This was considered like the American version of the Peace Corps, an initiative started by former President John F. Kennedy. I served as a Volunteer Coordinator and then was hired by the organisation as Volunteer Director, supervising incoming AmeriCorps fellows. I learned so many valuable leadership tools while in this role and started to see a glimpse of where I would thrive most in the world, serving as a Non-profit leader. It wouldn't be long that my service in the United States would then transform into a love for serving Africa. My seed of service began in the military, continued in college, and eventually led me to a lifetime of serving others. After graduating with Honours with a bachelor's degree in public health, my next chapter propelled me into my greatest destiny.

I am a proven example that when you connect your roots, your culture, and your passion, your true purpose is born. I had to remember who I was to dive into what was inside of me, therefore becoming the true woman leader I was destined to become. My status as a first generation born West-African positioned me with having unique skills to be a leader in international development. I could serve as a bridge between the US and Africa and be a powerful force! I visited Sierra Leone for the first time in December 2003 and my life was forever changed. I began volunteering with DMV organisations connected to Sierra Leone but soon realised I had to strike out with my own organisation to reach my greatest potential as a leader. After many years of wondering what my purpose was, it was crystal clear that I needed to use my skills and strengths to empower, uplift, inspire and transform the minds of those in extreme poverty with focus on Sierra Leone and within the United States. In 2019, after letting go of my fear of failure and learning so much about the Nonprofit sector, I launched 'Impact Sierra Leone' so I could better serve communities at greater capacities. I hope that my efforts will inspire other descendants of Africa to embrace their culture and positively impact their home country. Since launching, I have led several donation drives, coordinated several workshops, shipped over 45 barrels of clothing, shoes, supplies and have used my voice on several platforms to share the value in global leadership at the organisation level. My efforts have garnered me numerous awards and accolades over the years including an Honorary doctorate for my Missionary work in 2020 for which I am extremely proud. As a devoted mother of two children, I hope people will not just see me as an individual but a valuable stakeholder and change agent that is making a difference for future generations to come. I have no regrets in my life of service for serving in any capacity truly allows you to be a beacon of light the world so needs.



Life Coaching to Sportspeople- A necessity!



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I studied Law at the University and I worked for 10 years in the Litigation Department of a construction company in Paris.

I decided to make a career change in 2019 because I wanted to move into a profession that would combine 3 important criteria for me and my personal fulfilment:

- Passion: doing a job that I'm happy to get up for every morning
- Freedom: the freedom to manage my own working hours to achieve the right balance between my work, my family and my hobbies,

the freedom to choose people with whom I want to work.

- Focused on people: because I'm passionate about people, I have a deep love of people and helping them to achieve their goals through my expertise. It's a mission I've set for myself.

I needed to be aligned with my needs, my values and my ambitions! So in 2020, after being supported by an organisation called APEC in Paris, I carried out a Skills Assessment to make a point about my professional skills and my soft skills, and I went back to school to take a Coach Consultant course. I got my Master's level certification in July 2021.

Today, I've been a personal development coach for two years, working with individuals, entrepreneurs and top-level athletes.

As far as individuals are concerned, 80% of my clients are women aged between 18 and 50 years old, 10% are men aged between 30 and 40 years old and 10% are between 14 and 17 years old.

With women, we generally work on objectives focusing on self-confidence, letting go, work/life balance, mental health linked to well-being, and career development. With men, we work on objectives focused on their professional career, surpassing themselves, performance and project development. For teenagers, parents ask me to help them achieve goals that are linked to their child's personality, such as shyness and lack of self-confidence, as well as educational guidance.

I chose to work with entrepreneurs because in 2015 I found Ladybeconsulting, a consulting firm that helped entrepreneurs structure their business. During that experience, clients asked for coaching sessions that I couldn't provide, as that wasn't my expertise at the time. What's more, in 2017 I joined Entrepreneurs Francophones as co-founder, with whom we promote entrepreneurs' career paths and organise training sessions to boost entrepreneurs' business.

Today, I work with a few entrepreneurs, but they represent only a tiny proportion of my clientele.

As a result, I work more as a training coach for this target group, at the request of organisations. In this capacity, I'm a training coach for KINSTARTUP ACADEMY, a pre-incubator that trains and supports young entrepreneurs and STARTUPS in the Democratic Republic of Congo.

Last but not least, my final target group is top-level athletes.

The reason I chose this target group to coach is that I'm particularly sensitive to it. In my friendships and family life, I've worked with top-level athletes, more specifically footballers and basketball players. It's a lot of investment, questioning, doubts and sacrifices, all aimed at constant performance in order to be among the best, to stand out, to earn your place and to prove to yourself and to others that this place is deserved, whether the athlete is a professional or not! It's a challenging state of mind and becoming a professional is the key to all this investment.

In society, top-level athletes are seen as people with a mentality of steel, physically strong and efficient, and value judgements are therefore based on their performance. They are either winners or losers.

He's not spared, sometimes adulated, sometimes denigrated, his status makes us forget that we're talking about men and women with emotions, needs, beliefs, family, friends, qualities, faults, quite simply human beings!

Based on what I've seen and observed as I've grown up with these profiles, and the lessons I've learnt as a professional coach, I've found it necessary, even essential, to offer life coaching to sportspeople! To make my contribution alongside the professionals who already support sportspeople, such as mental preparation coaches and psychologists.

My coaching with sportspeople is life coaching. The subjects I work on are mainly the following:

- Getting rid of toxic family and friendships
- Maintaining motivation and morale following a break-up or disappointment in a

relationship

- Self-confidence and stress management
- Intercultural coaching

Mental health problems among professional athletes in all sports have come to light more and more in recent years, and some even dare to talk about them. Football is obviously no exception.

First of all, there are the causes directly linked to the profession: the pressure of the stakes, stress, injuries, deteriorating relationships with coaches or team-mates, no longer having a club and the media are just some of the non-exhaustive examples that can lead to mental health problems.

Then, there are the causes linked quite simply to life: emotional wounds, a problematic or toxic family or entourage, a difficult relationship, fears or ingrained beliefs that prevent you from surpassing yourself.

According to several studies carried out since 2013 by FIFPRO, the international union of professional football players, symptoms linked to depression and anxiety are widespread among professional footballers.

Although every effort is made by sports psychologists and other professionals with expertise in mental health issues to break the taboo surrounding mental health problems, it is still difficult for athletes to talk about it!



So, you have to bear in mind that I got my certification 2 years ago and the 1st year I devoted to structuring myself, reading and documenting myself on personal development and I continued to train, to create a network to get to know my target better by coaching of course but also by canvassing to get interviews with players. The aim? To make sure that I'm useful to them and that I can help them with the problems they face.

The world of top-level sportsmen and sportswomen, particularly football, is a very closed environment and I would like to thank those who have enabled me to learn about new tools in this field, such as M. LABBE Arnaud, Founder of Coach PLUS, a tool that enables me to analyse players' profiles with finesse and provide them with better support in achieving their objectives.

Exchanges with M. David LAUBERTIE, when he was Sports Director of AS DAKAR Sacré Cœur Football, got me interested in intercultural coaching for African players newly arrived in Europe. But I am particularly grateful to the footballers who put their trust in me and who revealed to me what was already a certainty for me: the professional life coach plays a role, and not the least important one, in the mental health of sportsmen and women.

I spoke to you about the difficulty of entering the business and offering your services, but that's not all.

As far as I'm concerned, the approach is by word of mouth, it's an environment where discretion is very important and you also have to 'deal' with agents when it's not possible to get in touch with the athlete directly.

What's more, top-level athletes have a busy schedule and it's not always easy to fit in coaching appointments, so you have to adapt.

My support consists of offering the athlete a space for reflection and a sympathetic ear where they can express themselves without judgement, take a step back, question themselves, clarify their thinking and find their own answers so that they can move forward with more energy and motivation and continue to perform.

Freeing up your voice with a professional life coach helps you to progress!

And I think that this should be popularised in clubs and training centres from an early age, so that talking about your difficulties is taken for granted and not seen as a weakness!

Aligning the head (the mind), the heart (the emotions) and the body (the action) is beneficial for all those who want to evolve and feel better in their lives!

Cordialement,

Madame MALONGA Badeela Eurline

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Ipswich celebrating South Asian Heritage Month! A Thought that Counts...



Bhargavi Guvvala with the Mayor of Ipswich Cllr Lynne Mortimer

Everything great first begins with an idea. The idea of one person can change into an event if we work together. It is the intention that counts which makes the impossible happen.

I invited my friends to join a Saree Walkathon in London but many could not come. As women we are committed to several responsibilities and we overlook many of our own needs and desires. This led me to thinking as to what could be done. I proposed this to my friends with whom I have volunteered for Autism awareness as IGC Chairs. Sakshi Kasurde and Minakshi Koch quickly agreed to having a saree walkathon in Ipswich whereby no one would need to travel or spend anything. We approached the Vice Chair and Trustee of Ipswich Hindu Samaj(IHS) Mayuri Patel who offered to help host it under the Ipswich Hindu Samaj banner.

We were very lucky it turned out to be a sunny day and each participant looked ravishing. We decided the purpose of the Saree walkathon should be to celebrate the South Asian heritage month. South Asian Heritage Month is the name given to the month-long celebration in the South Asian diaspora to celebrate the heritage of people with roots in the South Asian countries of India, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Nepal, Bhutan, and the Maldives. It runs from 18th July to 17th August each year.

The event was even more special as it was attended by The Mayor of Ipswich, Cllr Lynne Mortimer and was covered by several media like BBC News, EADT and BBC Radio. The saree walkathon not only brought the community together but also mesmerised the spectators. The walk was very peaceful and done with great care. It did not interrupt any businesses or



Sakshi Kasurde leading the Saree walkathon in green Nauwari saree, traditional wear of Maharashtra, India

obstruct the traffic. It was wonderful to witness a walk of over 60 participants in beautiful shades which made the day sunnier and more colourful. Amongst these beautiful ladies, three did an outstanding volunteering job of leading their groups and completing the walk most gracefully. My special thanks to Prachi Katdare, Co-Founder and Director of Ipswich Community Media(ICM), Kiranmayee Reddy and Sowmya Chinnam, Secretary of Ipswich Telugu Association.

A Global Citizen with a Heart of Gold!



Shoaib Habib Memon

Shoaib Habib Memon was watching the news one day when he saw a report about the devastating floods in Sindh 2010. He felt a surge of compassion and decided to do something to help the affected people.

That was the beginning of

his journey as a freelance social worker and a global goodwill ambassador.

Shoaib Habib Memon was born and raised in District Thatta, Province Sindh, Pakistan. He obtained his M.A. and LLB degrees from the University of Sindh. He always had a passion for learning and helping others. He said, "I believe that education is the key to success and social change. I wanted to use my knowledge and skills to make a positive difference in the world."

Shoaib Habib Memon owns and operates a successful business in his hometown. He said, "I believe that entrepreneurship is a way of creating value and opportunities for myself and others. I wanted to contribute to the economic development of my community and my country." He also dedicates his time and resources to various charity projects. He supports deserving families and orphaned children with food and humanitarian projects, such as installation of hand pumps and wells for clean drinking water, supporting

students in financial need, providing clothing and shelter, women's empowerment initiatives, and support to impoverished and disabled patients. He said, "I believe that charity is a way of expressing gratitude and compassion for others. I wanted to share my blessings and happiness with those who are less fortunate."

Shoaib Habib Memon has received many awards and recognition for his social work and humanitarian efforts. Some of them are:

- The "Book for Peace" award from FUNVIC Foundation Italy in 2019.
- The Humanitarian Awards Global (HAG) from the Republic of Ghana (West Africa) in 2021.
- The certificate of appreciation as a humanitarian (Ambassador Books For Peace Award) in 2022 from FUNVIC Europe, which is part of the UNESCO Club of Brazil.
- The Shaheed Benazir Bhutto Talent Award 2022 for his voluntary social welfare work in Sindh.
- The HBL PSL8 HamareHeroes Award on 21 February 2023 on Match 10 at National Stadium Karachi Pakistan for his contributions to the society.

He said, "I am humbled and honoured by these awards and recognition. They motivate me to continue my work and inspire others to join me in making the world a better place."

Shoaib Habib Memon is not only a successful Development Professional but also a generous



philanthropist and a Social Worker. He has touched the lives of many people with his kindness and generosity. He has also shown that anyone can make a difference in the world with passion and dedication. He said, "I believe that we are all connected as one human family. I want to spread love, peace, and harmony among all people." What will you do today to make the world a better place?



World Patient Safety Day: A Necessity

In the realm of healthcare, safety is paramount, and World Patient Safety Day stands as an unwavering beacon of protection. The stakes in healthcare are immense, and the consequences of errors or oversights can be life-altering. Join us on this enlightening journey as we emphasize the necessity of World Patient Safety Day. It's not just a day on the calendar; it's a rallying cry for a safer, more reliable healthcare system that benefits us all. Discover how this observance influences healthcare policies, inspires innovative practices, and ultimately safeguards the most precious thing of all: your health.

A Silent Scream: In the quiet of sterile hospital rooms, there exists a silent scream - the agony of patients who suffer due to preventable medical errors. Every day, lives are forever altered by medication mix-ups, surgical oversights, and diagnostic mistakes. Families endure the heartbreak of seeing their loved ones suffer needlessly. World Patient Safety Day gives voice to their silent anguish, demanding a world where such pain becomes the exception, not the rule.

The Battle Against the Grim Reaper: Across the globe, an invisible battlefield rages on - the battle against medical errors. These errors mercilessly claim countless lives, making them one of the leading causes of death. Imagine the enormity of this tragedy, the unbearable grief that befalls families, and the void left by the loss of a loved one. World Patient Safety Day compels us to acknowledge this grim reaper and confront it head-on, with the hope that no more lives will be lost in vain.

The Universal Cry for Help: Patient safety is not confined by borders, language, or cultural differences. It's a universal cry for help that transcends geographical boundaries. Whether you're in a state-of-the-art urban hospital or a modest rural clinic, the need for patient safety remains the same. World Patient Safety Day reminds us that, as a global community, we must join hands in safeguarding every life that enters the healthcare system.

A Beacon of Hope: Amidst the despair, World Patient Safety Day emerges as a beacon of hope. It stands as a reminder that we can do better, that we must do better. Through this observance, healthcare providers, policymakers, and patients



themselves come together in an emotional pact to prioritize safety above all else. It's a day that stirs our hearts with the belief that, with collective effort, we can create a world where medical errors are rare and lives are cherished.

The Tears That Nourish Change: World Patient Safety Day is a tribute to those who've suffered, to those who've endured the unimaginable, and to those who've lost the battle against medical errors. Their tears are the nourishment for change, the fuel for a relentless pursuit of a safer healthcare system. It's a day when we channel our emotions into action, vowing never to let their pain be in vain.

In conclusion, the need for World Patient Safety Day is not just a matter of statistics and policies; it's a deeply emotional plea. It's the heartache of lives lost too soon, the resilience of survivors, and the collective hope of a better tomorrow. It's a day that challenges us to transform our healthcare systems, to ensure that every patient's journey is one of healing, not harm.

World Heart Day: Pumping Up the Fun!



Ahoy there, folks! Guess what day is just around the corner? It's not your neighbor's cat's birthday or National Pickle Appreciation Day (although that does sound like a gherkin-good time). No, it's the day we celebrate our unsung hero, the heart! September 29th marks World Heart Day, a day dedicated to all things cardiovascular and aorta-nominal. So, let's dive headfirst into the cardiac fun-fest, shall we?

First off, let's talk hearts. Not the heart-shaped chocolates you sneak into your cart when no one's looking, but the real deal - that squishy, rhythmic, life-sustaining pump residing in your chest. The heart has a demanding job, working harder than a stressed-out barista during a caffeine rush. It pumps blood, oxygen, and love (well, maybe not love, but we like to think it does) throughout your body, keeping you alive and kicking.

Now, here's the kicker - despite being one of the hardest-working organs in the human body, we often take our ticker for granted. We clog it up with cheeseburgers and donuts, stress it out with Netflix cliffhangers, and generally forget that it's

working tirelessly to keep us going. So, World Heart Day swoops in like a caped crusader to remind us to be heart-healthy, and it's doing it with a sense of humor! Imagine this: a heart-shaped parade with marching cholesterol molecules, cheerleading platelets, and a brass band playing "Staying Alive" by the Bee Gees. Picture a heart-shaped mascot, Cardio Charlie, high-fiving kids and handing out celery sticks instead of candy (okay, maybe that's taking it too far). But you get the idea - World Heart Day is all about making heart health fun, approachable, and engaging.

Now, let's talk about heart-healthy habits, but we'll do it in style. You see, taking care of your ticker doesn't mean giving up all the tasty things in life. You can still have your cake (occasionally) and eat it too, as long as you balance it with leafy greens and regular exercise. Think of your heart as a demanding pet that needs walks, playtime, and some veggies in its kibble.

Speaking of exercise, why not celebrate World Heart Day with a heart-shaped Zumba class? Picture yourself grooving to the beat, shaping your moves like a heart, and sweating off those extra cheese fries. Who says workouts can't be whimsical? And what's a celebration without a bit of humor? Cardiac-themed stand-up comedy nights could be all the rage, with jokes about arteries that are more blocked than rush hour traffic and pacemakers that are the real heartthrobs of the party. Laughter, as they say, is the best medicine, and it's free of charge!

Let's not forget about heart-healthy recipes that don't taste like cardboard. How about heart-shaped veggie burgers that you can wash down with a beetroot smoothie? Trust us, your heart will thank you, and your taste buds won't file a complaint either.

But World Heart Day isn't just about fun and games; it's about raising awareness. Heart disease remains a leading cause of death worldwide, and knowing the signs, symptoms, and risk factors is crucial. So, amidst all the quirkiness and humor, there's a serious message: Take care of your heart because you've only got one (unless you're Time Lord, Doctor Who).

In conclusion, World Heart Day is not just any old holiday; it's a chance to celebrate the magnificent organ that keeps you alive while having a hearty good time. So, this September 29th, let's give our hearts a standing ovation (figuratively, of course, because we don't want them to work even harder). Raise a glass (of water) to your heart, dance like nobody's watching (unless you're a heart-shaped Zumba instructor), and above all, spread the love for World Heart Day! Remember, the heart wants what the heart wants - and that's a healthy, happy you.

A "GLOBAL ICON – GREEN QUEEN By Heart"



Amb. Dr. Smily Mukta Ghoshal

Be Inspired to Inspire Others on a Continuous Mission to Inspire, Educate & Empower Millions...

Amb. Smily Mukta Ghoshal is an Indo-American plant biologist, Environmentalist from Dallas, Texas, USA, worked for over 12 years as a corporate business trainer, plugged in her childhood passion As a Nature Lover and started her own "green beauty line" called "#1NaturalBeauty," customised skin and hair products. She has a strong sense of self-motivation, is ambitious, tenacious, keen, aggressive focus on a continuous mission to encourage people worldwide to Go-Green and introducing natural products with a vision to create a sustainable greener world away from synthetics to live healthy Lifestyle Naturally & Passionately in protecting Mother Earth. Champion of the Sustainable Development Goals, intuitive wellness educator, Intl motivational speaker, transformational coach, certified trainer and above all World record holder. She is a role model for women's empowerment and Youth leadership.

Apart from Highest Achievers of receiving more than 600 awards worldwide in the fields of education, wellness, green entrepreneurship, women's empowerment, leadership, and positive influencer as a lead keynote speaker in Global Summits and Conclaves. She has been recently Titled : Excellence Global Green Champion", "Humanitarian & Peace Queen", "Mother of the environment" & Above All to Mention on Rekordbreakers News Prestigious Hall of Fame 2023. to name a few of her long list of accolades, which is definitely commendable.

Her ongoing work "bringing nature back to our modern busy lifestyle" and passion for protecting mother earth by inspiring others to Go Green, Make Nature our best friend by planting more trees to increase oxygen production and carbon sequestration. Her Continuous effort Inspiring on different Platforms towards creating a better future where everyone can lead naturally healthy lives. In her opinion, there is no need for synthetic products when nature has abundantly provided for us in its purest form.

Focussing on Ayurvedic heritage, she developed a more distinctive brand with a distinct focus point in order to continue championing the cause of serving humanity and inspiring & empowering others.

Amb. Smily stands to inspire all to rise and shine through her inspirational journey in remaining optimistic and believing in herself is what is enabling her to be a successful EntLeader-GLOBAL ICON LUMINAIRE today from Go Green Passionpreneur to GLOBAL ICON ,World record Holder & Brand Ambassador to Various Non Profit Organizations, Edu Institutes, Global Publication , Magazines as more cards keeps opening on as she stand to Uplift, support connecting people globally with business opportunities.

Among her Future Goals, Her global green revolution campaign which is a global movement to rekindle the spirit of go-green in saving the earth, humanity, and environment, while educating and empowering the young people, are just a few of the projects and initiatives she supports. It acts as a starting point for incorporating sustainability into all endeavours.

In order to restore the planet to its pre-human state free of environmental degradation, it is imperative that she continue her green revolution campaign - GO GREEN CELL to Create a Sustainable Better Future.

Amb. Smily's global green revolution campaign is critical to support because it is her means of advancing the concept of green chemistry, which offers principles, a framework, and real-time analysis for pollution prevention, designing for energy efficiency. Leading to sustainability from your home to move forward.

Few Amb. Smily Mukta Ghoshal's lineup of Green Projects through a lot is being set for the future.

- 1) Global green revolution campaign.
- 2) Women Empowerment Pageant.
- 3) Global women Greenpreneurs club to encourage Green Startups.
- 4) Establishment of Green Modelling and Fashion University,
- 5) Environmental Safety awareness and Sustainability Campaign Across Globe
- 6) Sustainability lifestyle Workstation.
- 7) Natural healing temple tourist centre.

These are just few drops of her Oceanic Projects though more lined up.

Her mission is to positively influence the world while doing all she can to support people, the environment, and not to mention all creatures especially animals. Despite the fact that everything we do in business ultimately results in profit, we should focus on serving mankind as a global citizen to act responsibly & enjoy responsibility rather than constantly Chasing after Money. The fight to save the planet, the earth, and humanity, in her opinion, is one in which everyone can contribute to have a better Life to live in peace highlighting Core Values of Life which is missing out on a materialistic world. & in the human Race.

Few Highlights on her Awards and Recognition from across Globe out of 600 Accolades.

- As Green Initiative Leader,
- Global Green Queen,
- Outstanding Leadership Award,
- Global Influencer,
- Golden Legend Award,
- Mother Teresa Peace Award,
- Award and Recognition from kingdom of West Timor Indonesia &
- Royal Kingdom of Ghana.
- 100 inspirational women
- Global Glory Icon
- Best green initiative leader
- Top women in business
- Women's World record
- Intl Women icon
- Best social activist
- Global peace award
- Top 20 woman outstanding leader
- Global Influencer women ,
- Top Inspirational Woman and many more .

On more of her journey in life: on Global Positions/Title :

- Honorary Doctorate- Social Work/ Humanitarian Law , Women Empowerment. & Green Leadership.
- "Advisory Board" of the Asian-African -Chamber of Commerce and Industry (AACCI) ,
- President of Rotaract Asia, a philanthropic business organisation (under Rotary International)
- International Board Member of Intl Women Empowerment Forum
- Sp Envoy – Humanitarian Services – African Diaspora Union.
- Africa Real Estate – Ambassador

Apart from above Accolades she has been on Various Book of Records & As an Intl Convener....

- Influencer Book of Record
- World's Greatest Record.
- OMG Book of Records
- World Book of Records London,
- State Book of World Records
- Netaji World Records
- The Book of World Records.
- The Exclusive World Records.
- Transoceans World Records, USA
- Amazing Book of World Records.

Her inspirational words and Vision:

"I want to urge everyone to join My Projects which is my millennium quest to save the planet and humanity. We are all one people despite our colour, skin and languages. Let's champion sustainability. and let sustainability lead the millennium generation."

"My goal is to make a positive impact on the world while doing what I can to help communities, the environment, and both. even though there is self satisfaction at the end of the day in everything we do. But in my opinion, everyone can contribute to the effort to save the planet, the earth, and humanity. Let's pursue sustainability for all by making wise use of our abilities, imaginations, and professionalism. So, pursue your own passion, make the most of each circumstance, and seize the numerous opportunities the world has to offer exiting from ego, compare, compete & hatred."





Oh Happy ways Africa!



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OPPORTUNE HAND is an associate lecturer at Essec Douala in the Human Resources Management Department at postgraduate level and in several courses, particularly in the online and face-to-face MBA programme.

After working in companies as a consultant, coach and mentor, and as Managing Director, Deputy Managing Director and Director of Administration and Human Resources, she turned her attention to managing Romhuard Human Resources Sarl, a company set up in 2016.

www.romhuard-rh.com

Business Relations Day on 11 September 2022, sponsored in France by the Ambassador of Cameroon and in Cameroon by the Ministry of Employment and Vocational Training, represented by the Delegate for Employment for the Littoral region, a day that brought together job seekers, project leaders, entrepreneurs and company directors with a view to finding a synergy aimed at financing project leaders, the professional integration of young people and B-to-B relations. The event was called "employment Africa" and was the first of its kind in Cameroon. Partners included enable 4u ANDERS

www.fefipa.continental-wotking.com.

In the same vein, they will be organising an international symposium in Cameroon, the first "oh happy ways Africa" symposium, from 24-26th April 2024, under the patronage of the Minister of State and Minister for Higher Education and Chancellor of the Academic Orders, Jacques Fame Ndongu.

"Oh Happy ways Africa" is being set up by a group of four speakers to popularise benevolence in companies in Africa, given the wars, political instability, severe tensions and crisis, and the first edition will be held in Cameroon. The group is made up of:

Jean ANGE Lallican, Lecturer at the University of Rennes, French lecturer on Benevolent Management, Christian Jumelet of Enable4you, promoter of employment in Africa, and Dimitri Mfoumou TITI, promoter of FEFIPA ADRNS, Opportune Hand, passionate about benevolence, who has led several conferences on benevolence at Unicef Yaoundé, here in the Republic of Cameroon.

This symposium, which will bring together national and international speakers, will be of interest to all organisational leaders, managers, students, HR managers, university teachers and lecturers, and anyone with a passion for caring attitudes.

Women's management and leadership would give women an idea of their leadership and management style with a view to enhancing their organisational skills and developing the company or organisation and the ecosystem in which they operate.

The problem with organising this conference on benevolent management is financial. We're looking for funding to complete the conference, and the organisations we've approached still haven't given us a reply, and it's hard to find any in Cameroon with four months to go before the event.

The ecosystem in which most Cameroonian companies operate calls for a benevolent attitude.

What's more, there is still a shortage of jobs in Cameroon, with demand outstripping supply. Professional courses have been set up in universities, and entrepreneurs have been given the opportunity to set up training centres, but young people still don't have access to jobs.

When it comes to executing certain public contracts, the difficulty lies in the advance payment for the work, which is still not paid to the contractors, who in turn have to register this service with the tax authorities and pay the amount requested by the taxpayer.

Why Women Empowerment is Still a Challenge in India



Dr. Prachi Beriwal

Razina is a working woman with two children and a joint family. She is a teacher by profession. Every morning before going to work, she does all household chores which also includes cooking two meals and getting her children ready for school. Her husband works for an IT company and is working from home. She rushes to work while dropping both her children to school. In the evening once she is back, she again starts with preparation of dinner & serving tea- snack for all in the evening. Right from purchasing groceries to teaching her children she has been managing everything on her own. Her husband who is also at home 24 X7, does not share any of her responsibility and enjoys all the rights that a typical Indian man gets by birth. Though Razina is a strong woman, financially independent but still she has to undergo the same thing that a typical Indian woman undergoes.

In India, women have been greatly praised in the literature and religion as 'Devi' or 'shakti' or 'ardhangini' and a portion of a man, however, by the contrivance of this civilisation, this slice or part of man has assumed a very little proportion of the whole of man by reducing woman to an appendage of his life, a parasite, a domestic animal, a pleasure resort. This is a true story of man-made civilization wherein the tragedy of woman lies. The Indian woman still lives under a lot of taboos. They still do not have access to hygienic methods like sanitary napkins and during menstruating days they are prohibited from participating in day - to - day activities. More than 77 percent of girls and women in India use old recycled cloth, ashes, newspaper, dried leaves and husk sand during periods. Still many parts of the country do not allow a menstruating woman to enter the house. All this results in Reproductive tract infection, which has become a silent epidemic. Though the Government has been taking a lot of initiative, still menstruation is not treated as an important topic and is not discussed at home or educational institutions.

As per India skills report 2022, "dichotomy in the world of work" the survey was conducted on the Aspiring young professionals who have passed the National Employability Test (WNET) the gap between employability and employment of a woman has been widening from 2016 to 2022 when compared to men. One more report by LinkedIn Opportunity Index 2021 states that the majority (85%) of Indian women have missed out on a raise, promotion or work offer because of their gender. Getting into the details and going through various published research work a statement has been framed that women don't take enough action to move up the job ladder (What Women Want, Harappa Insights, 2022).

In spite of legal protections and affirmative action programmes, discrimination against women persists in a number of spheres of life, including employment, education, and property rights.

In India, women frequently have limited access to healthcare services. Due to lack of adequate medical facilities, qualified healthcare workers, and knowledge of maternal health, maternal mortality rates continue to be high. Empowerment is seriously hindered by violence against women, which includes trafficking, sexual harassment, and domestic violence. Due to societal stigma, a lack of support systems, and inefficiencies in the legal system, many cases remain unreported or unresolved despite legal reforms and awareness campaigns. Women still have a low participation rate in the formal economy, and they frequently earn less money than men do. Numerous women work in the informal economy, which lacks job security, benefits, and legal protection. Additionally, women continue to have limited access to credit and financial resources, which hinders their ability to start their own businesses and achieve economic independence.

Women are given seats in local governing bodies under the Indian Constitution, but their representation at higher levels of political authority is still insufficient. Women are frequently discouraged from pursuing political careers by ingrained stereotypes and societal norms, which reduces their influence over decision-making. Early marriage frequently results in early pregnancies, endangering the health of both the mother and the unborn child. Additionally, it interferes with education and restricts the chances for women to acquire crucial life skills. There is a sizable digital divide in India, despite the fact that technology has the potential to empower women by giving them access to information and markets. Many women, particularly those living in rural areas, lack internet access and digital literacy, preventing them from taking advantage of the opportunities provided by the digital age.

Government, civil society, and individuals all need to take a comprehensive and cooperative approach to women's empowerment because it is a difficult and multifaceted journey. To truly empower women in India, it is imperative to address issues like gender inequality, poor access to education, disparities in healthcare, violence against women, economic inequality, political underrepresentation, child marriage, and the digital divide. India can work to create a society where women have the freedom, agency, and resources to shape their own lives and contribute to the advancement of the country by tearing down patriarchal norms, promoting education, passing and enforcing progressive laws, and creating welcoming environments.



'From Farm to Table'

"From Farm to Table: Sustainable Food Practices for a Healthier Planet" is not just a trendy catchphrase; it's a mantra for change. In the wake of World Environmental Health Day, let's embark on a journey that explores the connection between our plates and the planet. We'll delve into the importance of sustainable food practices and how they can contribute to a healthier planet.

When it comes to environmental health, what we put on our plates is pivotal. The conventional food production system, with its heavy reliance on synthetic pesticides, excessive water use, and monoculture farming, is taking a toll on our planet. Deforestation, soil erosion, and water pollution are just a few of the consequences.

So, what can we do about it? Enter sustainable food practices.

Sustainability in food production is about maintaining a delicate balance between meeting current needs without compromising the ability of future generations to meet their own. It's a holistic approach that considers the social, economic, and environmental aspects of food production.

Here are some sustainable food practices that can make a difference:

- **Organic Farming:** Say goodbye to chemical pesticides and fertilizers. Organic farming promotes soil health, reduces water pollution, and helps preserve biodiversity.
- **Local Sourcing:** Opting for locally sourced food reduces the carbon footprint associated with long-distance transportation. It also supports local farmers and economies.
- **Seasonal Eating:** Embracing the seasons means fresher produce, fewer resources used for artificial

climate control, and reduced energy consumption.

- **Reducing Food Waste:** A significant portion of our food ends up in landfills. By reducing food waste, we can conserve resources and lower greenhouse gas emissions.

- **Plant-Based Diets:** Shifting towards plant-based diets reduces the environmental impact of animal agriculture, including deforestation and methane emissions.

The Ripple Effect

Implementing these practices can have a ripple effect on our planet's health. Healthy soil retains more carbon, mitigating climate change. Local economies thrive when we support nearby farmers. Reduced food waste means less methane in landfills, further aiding in climate stabilization. Choosing plant-based options reduces pressure on forests and reduces greenhouse gases.

A Healthier You, A Healthier Planet



Sustainable food practices aren't just about saving the planet; they're also about personal health. When you consume locally sourced, fresh, and organic produce, you're nourishing your body with nutrient-rich foods. A plant-based diet can reduce the risk of chronic diseases, such as heart disease and diabetes. It's a win-win situation for your health and the environment.

The Role of Technology

Technology plays a vital role in promoting sustainable food practices. From precision agriculture that optimizes resource use to food-tracking apps that help reduce waste, innovation is paving the way for a greener food system. Vertical farming and hydroponics allow us to grow crops efficiently in urban areas, reducing the need for vast agricultural expanses.

Getting Involved

Now that you're armed with knowledge about sustainable food practices, how can you get involved? Start by making conscious choices when you shop for groceries. Support local farmers' markets and embrace seasonal produce. Experiment with plant-based recipes and reduce food waste by planning meals and properly storing leftovers.

As we celebrate World Environmental Health Day, let's remember that our food choices have a profound impact on the health of our planet. "From Farm to Table: Sustainable Food Practices for a Healthier Planet" is not just a catchy slogan; it's a call to action. By adopting sustainable food practices in our daily lives, we can contribute to a healthier planet while also nourishing our own well-being. It's a small step for each of us, but a giant leap for the future of our planet.

Capture the World Through the Lens

World Ozone Day – a celestial celebration of Earth's natural sunscreen, the ozone layer. In this cosmic tale, we'll traverse the ethereal realms of ozone, exploring how it's not just an environmental concept but a celestial protector of human health.

Unmasking the Ozone Veil

Before we plunge into this celestial journey, let's demystify the enigma known as the ozone layer. It's a diaphanous shield, gently nestled in the stratosphere, adorned with ozone molecules (O₃). These molecules are cosmic heroes, gallantly absorbing and deflecting the Sun's malevolent ultraviolet (UV) rays.

A Cosmic Couture: Skin's Ultimate Safeguard

Picture your skin as a fragile tapestry, delicate yet resilient. However, the Sun's relentless UV radiation can unravel this masterpiece, leaving it sunburnt, prematurely aged, or marred by sinister skin cancers. Enter the ozone layer, the cosmic couturier. With grace, it weaves a protective cloak, shielding us from the Sun's scorching fashion faux pas.

But there's a cosmic catch – the ozone layer's designer fabrics are dwindling, and we're to blame. Human-made ozone-depleting substances (ODS) have left the ozone layer threadbare, leaving our skin exposed to the Sun's brutal fashion statements.



Hence, every time your skin basks in the Sun's embrace without fearing an epidermal catastrophe, remember to raise a cosmic toast to the ozone layer! Eyes: Portals to Cosmic Wisdom, Guarded by the Ozone

Our eyes, the cosmic windows to our souls, are equally susceptible to the Sun's cosmic calamities. Prolonged exposure to UV radiation can blind our cosmic vision, causing cosmic cataracts and cosmic macular degeneration. Fortunately, the ozone layer moonlights as our celestial aviator sunglasses, shading our eyes from the Sun's cosmic glare.

Imagine a universe where sunglasses are as essential as oxygen, a cosmic existence where our eyes yearn for the cosmic protection of the ozone layer. Thankfully, we dwell in a world where our cosmic corneas are cocooned from the celestial storm, all thanks to the ozone layer's cosmic vigilance.

Heed the Cosmic Call: Ozone Layer Conservation Now, the cosmic question arises: What can we do to shield this celestial sentinel? The answer lies in our cosmic conduct. The 1987 Montreal Protocol, an international cosmic treaty, has been our cosmic compass, guiding us away from cosmic calamity. By curbing the production and use of ozone-depleting substances, we've begun the cosmic dance of ozone recovery.

Yet, cosmic complacency is our nemesis. To protect this cosmic guardian, we must continue our cosmic endeavors. Employ cosmic-friendly sunscreens, wear cosmic sunglasses with UV guardianship, and remember that every cosmic footprint matters in preserving this celestial sentinel.

In Celestial Reverie

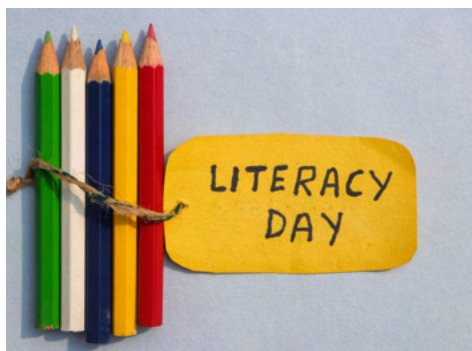
On this World Ozone Day, let us embark on a celestial reverie. Amidst the stars and galaxies, let's honor the unsung cosmic hero, the ozone layer. It's easy to overlook its cosmic embrace, but without it, our cosmic skin and eyes would be adrift in the cosmic abyss of UV chaos. As we celebrate this cosmic day, let's rekindle our cosmic commitment to safeguarding the ozone layer, ensuring that it continues its cosmic dance of protection for generations to come.



Why Literacy Matters



It is impossible to live in a world without words, where the pages of books lie barren, and pens remain untouched. It's a place where minds are confined, voices are silenced, and opportunities are limited. Such a world exists for millions of people who lack the invaluable gift of literacy. As we commemorate International Literacy Day on September 8th, we embark on a journey to explore the profound significance of reading and writing, not merely as skills but as instruments of transformation, empowerment, and boundless human potential.



In this article, we'll delve into why literacy matters by exploring the myriad benefits of reading and writing.

- **Cognitive Enhancement**

Literacy is the gateway to cognitive growth. When we read, our brains are engaged in a complex dance of decoding words, comprehending context, and forming mental images. This mental workout sharpens our cognitive abilities, enhancing memory, critical thinking, and problem-solving skills.

- **Empowerment and Communication**

Literacy empowers individuals to express themselves, share their stories, and communicate with others. It is a tool for self-advocacy and personal development. Whether it's writing a resume, sending an email, or participating in online discussions, literacy plays a pivotal role in bridging gaps and connecting people from diverse backgrounds.

- **Lifelong Learning**

In a rapidly evolving world, literacy is the foundation of lifelong learning. It enables individuals to adapt, acquire new skills, and stay informed. The habit of reading nurtures curiosity and a thirst for knowledge, fostering personal growth and resilience in the face of change.

- **Cultural Preservation**

Literacy preserves cultural heritage. Through written language, generations pass down stories, traditions, and history. It ensures that our rich tapestry of cultures and languages endures, promoting diversity and tolerance.

International Literacy Day serves as a powerful reminder that literacy is not just about reading and writing; it's about empowerment, opportunity, and progress. Let us remember that promoting literacy is not only a matter of education but a commitment to building more inclusive, informed, and thriving communities worldwide.

'You Are Not Alone'

In the midst of our busy lives, it's easy to forget that we are all interconnected, woven together by the threads of humanity. World Suicide Prevention Day serves as a poignant reminder that in times of despair, isolation can be the most dangerous adversary. It is a day that compels us to recognize that we are not alone, and that realization is a lifeline in the fight against suicide.

Suicide is a global crisis, affecting individuals from all walks of life, irrespective of age, gender, or background. It thrives in the shadows of silence, stigma, and despair. Yet, it is vital to understand that each of us plays a crucial role in preventing suicide, and the first step is acknowledging that we are not solitary beings in this endeavor.

Life often presents us with challenges that seem insurmountable, causing us to feel adrift in a sea of hopelessness. However, it is during these very moments that reaching out to friends, family, or professionals can make an immense difference. Sometimes, a heartfelt conversation can be the beacon of light that guides us through the darkest of tunnels.

World Suicide Prevention Day reminds us that vulnerability is not synonymous with weakness but rather a testament to our shared humanity. Sharing our stories, our pain, and our triumphs can be the catalyst for forging bonds that provide unwavering strength in the face of adversity.

Connection is the antidote to despair. It is a reminder that even when we feel utterly alone, someone cares. It is the realization that there is a community of compassionate souls who are willing to listen, empathize, and offer support without judgment.

This World Suicide Prevention Day, let us pledge to reach out to those around us. A simple act of kindness, a heartfelt conversation, or a reassuring gesture can serve as a lifeline for someone in need. By embracing the power of connection and recognizing that we are not alone, we can create a world where every individual knows that their life is cherished, and help is always at hand.



Let's Get Peaceful!



Embracing the beauty of unity and harmony, International Peace Day on September 21st stands as a global beacon of hope. This year let us all embrace the tranquility of the International Day of Peace with this innovative guide! Discover distinct and captivating ways to commemorate this global event, spreading goodwill and fostering a culture of harmony worldwide.

- **Hug it Out:** Start your day with a good ol' hug-a-thon. Hug your family, your friends, your pets, and maybe even that neighbor you never talk to. Spread peace one hug at a time. Just make sure to get consent first; not everyone's a hugger!

- **Chuckle for Charity:** Host a comedy night or a laughter yoga session. Laughter is the universal language of peace. Invite your friends over, tell your funniest jokes, and if they're not funny, well, that's okay; it's the effort that counts.

- **Random Acts of Kindness:** Challenge yourself to perform random acts of kindness throughout the day. Buy a coffee for a stranger, compliment your coworkers, or leave a positive note in a public place. Remember, kindness is contagious!

- **Peaceful Art:** Get creative! Host a paint night or craft party with friends. Express your inner peace through art. Who cares if your masterpiece ends up looking like a Picasso-inspired abstract? It's all about the fun!

- **Peace of Mind Meditation:** Dedicate some time to meditation or yoga. Find your inner zen and spread those peaceful vibes to everyone around you. Plus, it's an excellent excuse to wear comfy yoga pants all day!

- **Movie Night:** Screen a peace-themed movie at home with friends and family. "The Pursuit of Happiness" or "Gandhi" are great options. Don't forget the popcorn and tissues for those heartwarming moments.

Remember, celebrating International Day of Peace isn't just about making the world a better place; it's about having a blast while doing it! So, go ahead, spread peace like confetti, and let your inner peace shine bright. Happy International Day of Peace, everyone!



Runic Horoscopes For The Month Of October

By Dr. Sanjhna Nayarr



ARIES

LOVE: - A happy, romantic and passionate month. People might confess their love and propose for marriage. Weddings may be fixed. It's time to restart your marriage. Fights will be resolved creating better understanding. Celebrations are on the cards.

FINANCES: - Refrain from over spending. Be wary of any loan or debt. Be cautious while signing documents. Selling or mortgaging properties/jewellery is predicted.

Work: - Much awaited recognition or promotion is finally received. Avoid any personal conversation at the workplace.

Lucky Colour: - Blue

Lucky number: - 9



TAURUS

LOVE: - It's time for some major revelation. Relationships will present challenges. Loyalty and honesty might be questioned. Misunderstanding may trigger stressful situations, so avoid confrontations. Can have obstacles in travels, may have arguments in the car.

FINANCE: - Restructure your finances and your expenses and be careful of your money and other valuable possessions. Help will always be at your disposal as a blessing.

WORK: - Refrain from sharing your ideas with your colleagues. Highly competitive time which may lead to stress, headaches. Control your anger. Can have obstacles in travel. Cars/automobiles may need repair.

LUCKY COLOUR: Yellow

Lucky NUMBER: 3



GEMINI

LOVE: It's a new dawn in relationships. People will rejoin hands. Someone from your past is watching you closely, regretting his/her actions. They want to return and start afresh. Pregnancy and childbirth is predicted.

Finance: - You'll play safe in managing finances. Pretty optimistic view attracts positive results and prosperity. An expense regarding your health treatment and a hospital visit is predicted.

WORK: You're shining this month. You are being noticed for your hard work. Some of you may change your profession. Follow your calling.

You'll succeed. Some will receive an appointment or appreciation via email/ message.

Lucky Colour: Purple, Black

Lucky number: 2



CANCER

LOVE: - Lovey- Dovey season it is!! You've faced extreme climates in relationship but stood strong. You aren't scared of challenges. You've blossomed into your best version. Marriage for some and for others your soulmate has finally arrived. Enjoy the moment.

Finance: - A rainbow awaits you at the horizon. An abundant time is right at your door steps. You'll receive a lump sum amount of money. Travel may be required to receive abundance.

Work: - Personal and professional ties and connections are foreseen. Some are getting titles to your names. Business collaborations and partnerships are possible. Beauty related professions will experience great success.

Lucky Colour: - Red, Orange

Lucky Number: - 8,2



LEO

LOVE: - Emotions will play tricks. Communication is the key. A holiday can spice up relationships. It's alright to let go of control at times. Travel and gifts are foreseen. Receive these changes with an open heart.

Finance: - New investments will be successful. Lottery or a surprise win attracts money blush. New deals are signed. Take time to open / start any new venture.

Work: - You are an influencer. People love your style and work culture. However, you need a break. Take a vacation for a few days. Relax and rejuvenate.

Lucky Colour: - Green

Lucky Number: - 5



VIRGO

LOVE: - A progressive time. It's time for celebration, love and passion. Past forgotten relationships will again breathe. New start. New beginnings.

Finance: - Finances look in a happy shape. Stuck money will be released. New investments and gains are predicted. You will take risk. Believe in your inner voice. Health requires attention. Be careful while driving.

Work: - A promotion is possible. Overseas travel for work is foreseen.

Projects and businesses related to animals and their wellbeing will be successful. Self-introspection may be a good tool for self-development.

Lucky Colour: - Pink

Lucky number: - 2,5



LIBRA

LOVE: - Money in mind then love feels no kind. Your love for your beloved

is beyond any materialistic needs or thoughts. For some, discussions and expressing one's emotions may be required. Sometimes letting go works wonders in relationships. Stay positive and in love.

Finance: - Tiny gains of money results in celebrations. Plant a tree and nurture it during this time to attract prosperity. Refrain from over spending.

Work: - It's a slow and steady phase. Keep going. Pessimism or living in the past will delay your abundance. Materialistic pleasures will be undertaken.

Lucky Colour: - yellow, green

Lucky Number: - 1,4



SCORPIO

LOVE: - Family is your priority. Working on your family relationships can be stressful. An elderly member may require health care.

Finance: - Plan your finances for the month. Control your expenses. Invest wisely. Future looks bright financially.

Work: - An argument with superiors may cause stress. Keep the eyes on the price. Strategic thinking helps you win trust at workplace.

Lucky Colour: Blue, Turquoise

Lucky Number: - 1



SAGITTARIUS

LOVE: - You are a manifestor. Slowly life is coming together for you. Clarity in relationships is happening. Community plays an important role, trust can be challenging during this time. Proving yourself may be difficult. Lady luck will shine in your path.

Finance: - Overspending, partying and socialising may be controlled. You can be stubborn in your approach. Speculation, gambling should be avoided.

Work: - People working with soil, construction, archaeology has a promising time. An encouraging group debate may result in new opportunities and offers.

Lucky Colour: - Golden, Cream

Lucky Number: - 7



CAPRICORN

Love: - Online dating may lead to marriage. Love is in the air. Little confusion may cause stress. Listen to soulful music or sit in nature. Love will blossom.

Finance: - Sharing may be a tool for peace of mind, planning and control your relationship with money. Investing for the future will be helpful.

Work: - Multi-tasking will be beneficial. New job offers will be promising. Gossips may be avoided. It will be a vicious circle. Be careful of what you say. It's a cold please. Stay calm and patient.

Lucky Colour: - White, Blue

Lucky Number: - 6,1



AQUARIUS

Love: -It's time to negate everything that is not serving you in your life.

Open communication, trusting each other, and watching a happy picture will be helpful. Strong bonds will be made. Court marriages are possible. Beware of frauds/betrayal in love.

Finance: -Financial loss may be incurred. Secluding yourself from social gathering may be needed. A helping hand may be expected. It's a transformative phase. Stay patient.

Work: A happy and contented time at work place. Team playing will be beneficial. Fruits of labour will be delivered. Promotions and bonuses on its way. A celebration or team outing is predicted.

Lucky Colour: - Brown, orange

Lucky Number: - 1,5



PISCES

LOVE: - A adamant behaviour may cause trouble in handling relationships. Emotionally charged in handling relationships. Emotionally charged up phase, little caution of falling in accidents. Be careful of people gossiping. Trust what you believe in. Stay blessed, positive and in love.

Finance: All pending dues will be received. Celebrations may incur expenditure. Plan your finances.

Work: - Delegate your work. You have manifested your dreams. New project maybe stressful. Eyes may need medical attention causing stress and strain. Your team will support you.

Lucky Colour: - Pink, Purple

Lucky Number: - 8,4



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