

ISSUE: MAY 2024

ISHKAMA GLOBAL CHANGE



**NAVIGATING NEW
HORIZONS: Global
Business Mobility and
Self-Sponsorship
Opportunities in the UK**

Page 3

**Women Can Stand Out &
Step Ahead: The Future of
Women's Empowerment
Through AI and Stylish
Shoes**

Page 5



**Self-Care & Mental
Wellness**

Page 7



**How to Overcome the
Fear of Public Speaking**


Page 9



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Body & Soul

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From the FOUNDER'S DESK

As the flowers bloom and the world awakens to the vibrant colours of May, I am thrilled to present to you the latest edition of IGC Magazine.

Each story in this issue is a testament to the resilience and adaptability that define us as a society.

Their commitment serves as a reminder that true advancement encompasses not only achieving greater milestones but also caring for and responsibly managing our collective assets and well-being.

I extend my deepest gratitude to our contributors, readers, and the entire IGC team for your unwavering support. Your voices and visions are the lifeblood of this magazine, and together, we are creating a legacy of positive change.

Let's continue to support one another, share our stories, and listen with open hearts. For, it is through understanding and empathy that we can truly grow together.

May is dedicated to raising awareness about mental health, fostering a culture that supports a mindful approach to wellness. It's a time to unite in the journey towards mental well-being and the acceptance of self-care practices.

Witnessing the Northern Lights is a rare and mesmerising experience, which recently graced certain parts of the world with their ethereal presence. It's a once-in-a-lifetime opportunity to witness such a breath-taking natural phenomenon. Whether you've seen them or dream to, they remind us of the Earth's quiet magic and the wonders that await in the embrace of the wild.

This month has been filled with numerous events, and I was honoured to participate in a fundraising Charity event for the Lions charity, jointly organised by the Redbridge Centennial and Fairlop Lions Club.



Lion Girdhar Sodhi organised the Charity Golf Day and barbecue on behalf of the London Central Lions Club. Also, LP Sonya held a Sufi event which was enjoyed by all who attended and was a great success.

Networking and connection play a pivotal role in both our professional and social lives. They serve as the invisible threads that weave together our experiences, aspirations, and opportunities. Whether in business or personal interactions, fostering meaningful connections not only enriches our existence but also propels us towards growth and fulfilment.

We are excited to invite you to the upcoming IGC Convention, scheduled from May 30th to June 1st in the heart of London. This convention is a celebration of the enthusiasm and passion that fuel our industry. It's a platform for learning, networking, and collaboration among the brightest minds.

We are thrilled by the overwhelming enthusiasm we've received for the upcoming convention, and we can't wait to welcome each one of you. Your presence will add immense value to the collective experience. If you haven't booked yet, there's still an opportunity available. For reservations to the Leadership Summit, Gala, and Award Night, kindly proceed to our website and secure your tickets- www.ishkama.co.uk

Looking forward to seeing you at the most anticipated Convention of the Year!

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

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 @ishkama1  @ishkama_01



Letter from the CHIEF EDITOR

As we are getting close to the Convention, we are happy to announce that the wait is almost over. We are eagerly looking forward to celebrating eminent speakers and felicitating the winners of Ishkama Global Change Awards.

For those who have still not booked their spot, please hurry and grab the last tickets. Bookings close on the 26th of May and registration will no longer be available. Come and witness global leaders on a single platform sharing their expertise and creating history.

Our Guests of Honour are Dr. Sandeep Marwah, Dr. Anthony Raju, Dr. June Ann Passanah, Amb. Monika Kapil Mohta, Dr. Satnam Deuchakar and Cllr. Prabhakar Kaza. Apart from these, we shall have expert talks and ideas shared on several subjects by Donya Ben Mlouka, Yvette Manong, Alison Chiwara, Barrister Gul Nawaz Khan, Pavan Nagori, Dr. Tisha Patel, Raina Kalhan, Latha Balne, Preeti Puja, Dr. Parul Begum, Dr. Alka Pandey, Dr. Parin, Neelam Chawla, Sonia D' Souza, Hina Gupta, Kamalpreet

Madaan, Dr. Neha Swami, Dr. Deepika Saini and more.

We shall also have an opportunity to meet some top industry people at the gala night who are available to network and share ideas on various subjects. Come and be a part of the most awaited Convention and witness the most spectacular gathering of world leaders.

Please continue sending us your articles. We now have a 250K+ readership. We would love you to get the exposure and partnership that can help your business stand out and flourish.

Also, do look out for the next issue of IGC Magazine. We shall be sharing about the Convention and the success stories of our dignitaries with their ravishing pictures.

Minakshi Koch
Vice CEO, IGC



ISHKAMA GLOBAL CHANGE

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Navigating New Horizons: *Global Business Mobility and Self-Sponsorship Opportunities in the UK*



**BARRISTER GUL NAWAZ KHAN,
Director, Addison & Khan Solicitor**

In an increasingly globalised world, the agility to move and establish business operations internationally is crucial. As a leading London-based solicitor at Addison & Khan, I have the privilege of guiding thousands of global clients through intricate immigration pathways. Among these, the Global Business Mobility Scheme and the Self-Sponsorship Program stand out as pivotal for entrepreneurs and businesses aiming to expand their footprint in the United Kingdom.

Global Business Mobility Scheme: A Gateway for International Business Growth

The UK's Global Business Mobility Scheme is tailored for overseas businesses seeking to establish a presence or transfer staff to the UK. This visa category is essential for companies that need to send employees to the UK to undertake specific roles within their organization. Whether it's for establishing a new branch or transferring senior personnel, this scheme facilitates temporary moves, ensuring businesses can respond swiftly to market demands and operational requirements.

What sets this scheme apart is its flexibility and focus on intra-company transfers, graduate trainees, and service suppliers. It's designed not just for large corporations but also supports small and medium-sized enterprises (SMEs) in their international growth aspirations. By allowing businesses to navigate the complexities of global expansion, the scheme acts as a catalyst for economic diversity and innovation within the UK.

Global Business Mobility Scheme: Is a Gateway for International Businesses

The Global Business Mobility Scheme is a recent initiative by the UK government aimed at facilitating international business operations. This scheme is tailored for overseas businesses to establish a presence or transfer staff to the UK. It includes five distinct routes:

Senior or Specialist Worker Visa: For employees transferring from overseas to a UK branch.

Graduate Trainee Visa: For transfers into graduate training courses for managerial or specialist roles.

UK Expansion Worker Visa: Allows senior managers or specialist employees to establish a branch or subsidiary in the UK.

Service Supplier Visa: For employees of foreign service providers contracted to deliver services in the UK.

Secondment Worker Visa: For overseas workers seconded to the UK as part of a high-value contract or investment.

These pathways not only enhance the operational flexibility of global companies but also ensure that they can deploy critical personnel to the UK with minimised bureaucratic delays.



Self-Sponsorship Program: Empowering Entrepreneurs

The Self-Sponsorship Skilled Worker Visa opens another significant avenue for individuals looking to invest and grow in the UK market. Ideal for entrepreneurs who either plan to set up or already own a UK business, this pathway allows them to sponsor themselves. This innovative approach not only simplifies the immigration process but also accelerates the establishment of a legitimate and operational UK enterprise.

To qualify, applicants must establish or already have a genuine UK company and secure a Skilled Worker sponsor licence. Once these requirements are met, the individual can sponsor themselves for a Skilled Worker visa, facilitating their move to the UK. This visa is pivotal for entrepreneurs aiming to immerse themselves in the UK's vibrant business landscape, offering the dual benefits of business development and residency.

Practical Insights from Addison & Khan Solicitors

At Addison & Khan, we have a robust track record of successfully navigating both these schemes. Our approach combines comprehensive legal expertise with a deep understanding of international business dynamics. Here are a few practical insights for potential applicants:

Preparation is Key: For the Global Business Mobility Scheme, detailed preparation and understanding of the specific requirements for each category—such as seniority levels and the nature of the proposed UK roles—are crucial. Similarly, for the Self-Sponsorship Program, ensuring that the UK business meets all regulatory requirements and is prepared for Home Office (UKVI) scrutiny is fundamental.

Professional Guidance: Leveraging professional legal advice is essential. Our team at Addison & Khan is equipped to guide businesses and individuals through the application process, ensuring compliance with UK immigration laws and maximising the chances of a

successful application.

Long-term Strategy: Both pathways should be viewed as part of a long-term strategic plan. For the Global Business Mobility Scheme, consider how the transferred employees will contribute to the UK operation and the eventual transfer of skills. For self-sponsors, it's about understanding market needs and ensuring that the business model is sustainable.

Conclusion

Navigating the complexities of UK immigration can be daunting, but with the right advice and preparation, it offers tremendous opportunities for business growth and personal development. Whether through the Global Business Mobility Scheme or the Self-Sponsorship Program, Addison & Khan Solicitors stand ready to assist ambitious businesses and individuals in turning their UK aspirations into reality.

For further information and to discuss your specific needs, Email: g.khane@addisonkhansolicitors.co.uk. WhatsApp: 07596100072. You may contact us at Addison & Khan Solicitors, where your business aspirations meet our expert legal guidance.

Women Can Stand Out & Step Ahead: *The Future of Women's Empowerment Through AI and Stylish Shoes*



DES O'CONNOR

In today's rapidly evolving business landscape, empowering women to step into leadership roles and embrace entrepreneurship is more crucial than ever. I am Des O'Connor, the UK's No. 1 Consultant for Creating Women Business Leaders Worldwide, and I'm here to share how my initiatives are making strides in promoting women's empowerment through innovative avenues like educational workshops, fashion, and artificial intelligence.

Pioneering Women's Empowerment

My commitment to fostering women's leadership is demonstrated by my track record of putting over 1,000 individuals—primarily women, but also some men—on stage. These opportunities are crafted to boost confidence and provide participants with professional photos and video reels, enhancing their portfolios for further speaking engagements. This initiative has been a gateway for many to step into the spotlight, including international speakers who have flown in to share their insights.

Expanding Brand Visibility and Professional Growth

Through tailored services ranging from social media marketing to website and logo design, and even book launches, I have significantly boosted brand awareness for numerous clients. These efforts are paired with providing global speaking opportunities, establishing a comprehensive platform for both personal and professional growth.

Introducing Des O'Connor Shoes: A Unique Fusion of Fashion and Learning

My latest venture, Des O'Connor Shoes (DOC), merges fashion with education, personal development, and empowerment. This unique project empowers women by combining stylish footwear and matching classy handbags

with access to free online inspirational courses. These are delivered in a Netflix-style format, empowering women 24/7 to excel in both their personal and professional lives. The integration of AI personalizes the learning and inspirational experience, making it a groundbreaking approach in the fashion and personal development industries. For the first time, women can access beauty, fashion, courses, and AI mentorship anytime they need—from their devices or laptops. Plans are underway to collaborate with women's organizations and events





globally, as well as salons and the aesthetics industry, to expand this innovative concept.

Impactful Events and Future Endeavors

April marked the finale of my 15th women empowerment event. Looking forward, the launch of my shoe line with themes like Achieve, Courage, Energy, Impact, Influence, and Love underlines my ongoing commitment to inspiring women globally. Each pair of shoes is not just a fashion statement but a step towards becoming the best version of oneself.

A Platform for Continuous Learning and Inspiration

The educational aspect of Des O'Connor Shoes is particularly exciting. Women purchasing these shoes will gain free access to an exclusive online platform where they can learn and grow at their own pace. This initiative supports my belief in continuous personal and professional development—empowering women to improve all aspects of their lives.

Why Focus on Women's Empowerment?

My focus on women's empowerment stems from a noticeable gap in the representation of women in business leadership and speaking roles. By creating platforms where women can learn, grow, and showcase their expertise, I am helping to shift this imbalance and open up new opportunities for women across the globe. The increased acceptance of online learning, accelerated by the COVID-19 pandemic, has made these resources more approachable and impactful.

Your Invitation to Join Us

As we continue to expand our initiatives, we invite you to connect with us at our upcoming online and global

events, explore partnership opportunities, or simply engage with our content and products. Whether through the Des O'Connor Shoes project or our comprehensive workshops and seminars, our goal remains the same: to empower women to lead, inspire, and "Stand Out & Step Ahead," which is the DOC tagline/slogan.

For more information about our projects, partnership opportunities, or to discuss how we can help you or your organization, please visit our websites or reach out directly via email or phone. Your journey towards empowerment and leadership starts here!

- Women Empowerment: www.DesOConnors.com
- DOC Shoes: www.DesOConnorShoes.com
- AI Workshops: www.DesOConnorsWorkshop.com
- Email: Des@DesOConnors.com
- Tel: 01652 641 351

Join us as we forge ahead, championing entrepreneurship as a pathway to women's empowerment. Together, we can build a future where women are not only participants but leaders in the business world.

My presentation title: How AI Can Improve Your Life Personally and Professionally!

I will be speaking on stage about the transformative potential of AI for both life and business. My presentation will explore how AI can streamline processes, enhance decision-making, and personalize experiences, ultimately empowering individuals and businesses to achieve greater efficiency and success.

FREE Workshop

Attend my AI Beginners workshop, "How AI Can Improve Your Life Personally and Professionally," on Saturday, June 15th. This all-day event, held both virtually and live in London, focuses on enhancing your business and personal life through AI. Reserve your free ticket at www.DesOConnorsWorkshop.com.

Self-Care & Mental Wellness



DONYA SMIDA

Three years ago, I reached a crisis in my life when I realised that reaching the pinnacle of my career ladder didn't necessarily make me a happier person. I was achieving my professional goals, in addition to my role as a wife and mother. I believed my life was perfectly set (and I was proud of it). The path forward seemed like a straight one, leaping from one challenge to the next. At that point, I had a powerful awakening moment. I started to ask myself: 'Am I fulfilled with my life?' I suddenly understood that I was neglecting myself and not listening to my inner voice. I hadn't realised that the high-pressure lifestyle was actually crippling me emotionally. It became clear that I hadn't defined for myself a purpose that would give me a meaningful life.

I started to make the changes I needed to give myself a more purposeful and rewarding life. One of these was to get professional coaching to help me identify my own values and priorities. I found this so rewarding that it awakened in me a desire to bring the same sense of freedom and excitement to the forefront of my life and the lives of others. I decided to take another route to commence my own path as a professional speaker and coach specialising in stress management and leadership. This was the debut of a journey that brings me every day more fulfilment and allows me to share with others the beauty of life.

My conclusion from this journey was: **Mental well-being is the basis of all our personal development! Can you imagine a car with a faulty motor?**

Many people believe we only need our logical brain to keep everything under control, but that is a mistake. I can tell you from experience that having an amazing job, amazing family, and house, does not make you happy and fulfilled. The essence of a rewarding life is our mental well-being. The great news is that we have the power to improve our own mental well-being. We can explore so many aspects and are able to rewire, re-program, and shift our perspective. It is challenging and interesting - but most of all, it is possible to have this shift!

Mental, emotional, and physical health are related. When you are mentally unwell, it has consequences on the rest of your body and emotions. The more care you take of yourself, the more prepared you are for life's daily challenges and the greater is your potential to thrive.



Self-care is about taking the time to listen to yourself. This can mean disconnecting from demanding work, interruptions, and negativity. It's about refuelling and regaining energy: physically, mentally, and emotionally. The best self-care practices that I recommend are:

Respect your body:

Be kind to your body to improve your mind. This involves eating healthy, getting regular good-quality sleep, taking time off, and exercising regularly. Life Insurance reported that 63% of fitness program participants report being more physically relaxed, less tired, and more patient. If you don't respect your body, it will shut down when you need it most. It is your noble and holy temple. Take care of it!

Identify what stresses you and define your boundaries:

Identify your main source of stress and start learning about your internal functioning system. Once you understand this, you can better define what boundaries you need to put in place. These boundaries will give you the necessary distance to mentally and physically handle daily pressure.



As you work on your boundaries, you may want to explore issues like defining fixed working hours or creating fixed days/hours which would allow you to devote time to self-care.

Daily meditation:

Meditation has proven to be a powerful method to disconnect from the outside and connect with the inside. I'm not asking you to stay 'still' for hours but rather to cut the pattern of working on auto-pilot. As a beginner, you can start with conscious actions which allow you to embrace the moment. For example: brushing your teeth with your left hand if you are right-handed or counting the steps when you are walking. A powerful exercise is to become conscious of your breathing. 'Follow' the breath as it comes into your body and the sensations as you breathe the air out again. Doing this for just ten minutes a day can completely change your state.

Daily journaling to increase self-awareness, self-confidence, and self-love:

At the beginning, you might simply identify your basic desires and purpose. As you progress in journaling, you might list 100 things you are proud of, then you might list 100 things you are grateful for. With time, you will be able to use journaling to help you develop a clear picture of the things you want to bring into your life. This is another story in itself!



How to Overcome the Fear of Public Speaking



HILDA KALAP

Glossophobia means the fear of public speaking. Let's face it, most of us have experienced fear of public speaking at some point in our lives - it may have been in a school play or when storytelling, when giving a presentation or making a speech.

The Chapman University Survey of American Fears (2021) found that nearly 30% of Americans ranked the fear of public speaking as one of their biggest fears. This was a random sample of 1035 adults across the US.

Why does this happen?

If you grew up in a household or environment where the message was 'children should be seen and not heard' this can lead to a feeling of disempowerment and the habit of your voice being silenced.

When you're not encouraged to speak up or your views not listened to or perhaps you experienced abuse either in childhood or adulthood your self-esteem and feelings around the worth of what you have to say is of course likely to have been diminished.

Even if you were raised in an environment where your voice was listened to and encouraged you may still experience challenges speaking in public.

The imagination can run riot - your thoughts tell you 'I'm not good enough', you fear potential criticism, there's the worry about being judged and the thoughts may pop up of 'who am I to be standing here as an expert in front of these renowned people?'

The impact of this can be huge:

- You procrastinate, finding excuses not to speak in public, living in a constant state of fear. This limiting belief may mean you get overlooked for that promotion or a brilliant new job.

If you do manage to get up and speak you may feel the following physical symptoms of anxiety:

- Headaches
- Backaches
- Shoulder problems
- A racing heart
- Shortness of breath
- Chest discomfort
- Feeling nauseous
- Butterflies in stomach
- Sweaty palms



Remember you are not alone! And the good news is that there are **countless** ways to overcome your fear of public speaking and rise to the next level of your personal and professional life. After all, good communication has a positive aspect on all areas of your life.

I should know. I am a childhood survivor of domestic violence who was once muted by the trauma I endured. I turned to writing and music to express myself as I couldn't speak up.

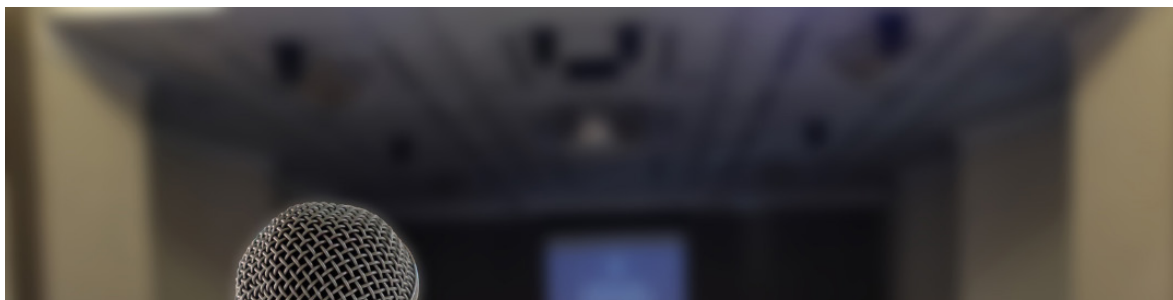
In 2017 I remember being able to speak to only 20 people at most. I felt self-conscious, judged and feared criticism. I would shake with nerves and my throat would go dry.

Fast forward to 2019 and I won an award for humanitarian services speaking in front of 400 entrepreneurs, leading business people, government Ministers and Nobel Prize winners at a women's business event in New Delhi.

And then in 2023 I was proud to be able to speak in front of 20,000 villagers at an ashram in Maharashtra, India. The theme was **Waking Up Our Common Humanity**. It was about how our common humanity overrides caste, colour, race and gender and to live humanely and peacefully. I even sang in Hindi!

How did I make this transformation you might ask?

It starts with your mindset. If you change the way you think



you'll change the way you feel.

Here are six mindset tips for public speaking anxiety:

1. Anxiety and nervousness are NOT signs of trouble. In fact they are signs that you are doing something important. Reframe your mind to think in this way and the anxiety reduces. Even professionals get nervous – and that nervousness is partly excitement.
2. Those butterflies in your stomach are actually about 50% nerves and the rest is excitement – challenge yourself to focus on the excitement part and that you are doing something special.
3. You look less nervous than you feel – in my experience I've felt an 8 out of 10 on a scale of nervousness, yet people coming up to me afterwards to compliment me on my speech have said they thought I looked calm.
4. The peak of nervousness is in the 30 seconds before making your speech – whilst you're waiting – and in those first 30 seconds into the speech. After that the anxiety goes down. Remind yourself that this is what's going to happen and accept it. Acceptance makes things easier.
5. Even with anxiety and nervousness you can still do an incredible job. It's par for the course. Again, adopting a mindset of acceptance about this will be of huge benefit.
6. And finally, assume that everyone is supporting you. There will be a small percentage who don't resonate with what you have to say however most people have had some experience of public speaking – they know what you're going through and want you to succeed. Believe in that!

Once you have made the mindset changes these recommended behavioural changes for overcoming public speaking anxiety will become a lot easier too:

1. Get to know your audience inside and out – ideally meet them beforehand, mingle, find out their names,

- shake hands, and focus on them.
2. Practise like crazy – ideally 10 times over a couple of weeks beforehand – and trust that you've prepared enough.
3. Focus on your audience and the message – not yourself. This means you'll overcome perfectionism and the fear of being judged. Think always about how best you can help your audience and their needs with your examples and storytelling.
4. If you can get to the venue early and walk the room beforehand – make the space feel like familiar territory – it helps to calm the nerves.
5. Visualise the first 30 seconds as all positive – see yourself walking into the room, everyone smiling and excited to hear you and really listening intently to what you have to say and you're saying it with ease and grace.
6. Breathe deeply in and out through the nose – this will calm you down.

And remember there are many forms of therapy that can accelerate your public speaking journey. These include hypnotherapy, Emotional Freedom Techniques (EFT), aromatherapy, herbal medicine and cognitive behavioural therapy (CBT).

Look into them and find ones that you are drawn to. Invest in your growth by booking some sessions. Here's to your public speaking success!



Hilda Kalap is a Public Speaker and Mindset & Wellbeing Coach. She has over 20 years' experience as a Communications Consultant and is an advanced practitioner of Emotional Freedom Techniques (EFT) and Energy Healing.

You can book her to speak at your organisation, at your event or as your 1:1 coach.

More info here: <https://www.hildakalap.com/>

Spotlight on Skills: *Myland Primary School's Quarterly Productions Illuminate the Path to Life Mastery*



LATHA BALNE



**HEADTEACHER
MISS D.GRIGGS**

Teachers Mrs. Watts, Mr. Rands, Mr. C. Fulcher, Miss A. Lee, Miss H. Martin, Mrs. L. Reed, and lovely students.

The Myland Primary School in Colchester, Essex, recently brought the enchanting tale of "What's The Crime, Mr. Wolf?" to life in a spectacular production that left audiences spellbound. Under the guidance and dedication of the school's head teacher, staff, and talented students from Years 3 and 4, the production showcased the magic of storytelling and the power of teamwork.

The journey to stage this production was no small feat. With a cast of 90 enthusiastic students, the staff worked tirelessly to coordinate rehearsals, fine-tune performances, and ensure that every detail, from singing to costumes to dialogues, was perfected.

Despite the challenges of managing such a large ensemble, the dedication and passion of the teachers and students shone through. With regular practices held twice a

week, the students were able to hone their skills and deliver outstanding performances that captivated audiences.

From the moment the curtains rose, the Myland Primary School community was treated to a spectacle filled with laughter, suspense, and heart-warming moments. The children's acting and singing talents were on full display, drawing cheers and applause from the audience.

The success of the production was a testament to the collaborative efforts of everyone involved, including the supportive parents and carers who contributed to the success of the show by assisting with costumes and helping their children learn their lines.

As the head teacher Miss D. Griggs expressed, the pride felt by all - students, teachers, and families - was palpable. The production of "What's The Crime, Mr. Wolf?" not only showcased the creativity and talent within the school but also fostered a sense of community and camaraderie that will endure long after the final curtain call.



Congratulations to the Myland Primary School in Colchester for staging such a remarkable production! Your hard work, dedication, and passion have brought joy and inspiration to all who had the privilege of witnessing the magic of "What's The Crime, Mr. Wolf?"

Your Inherited Wealth Is At Risk!



PAVAN NAGORI

Distributing assets to Beneficiaries directly exposes those assets to risk.
Assets not protected by a Trust face attack from:



- ! Further Inheritance Tax (Generational IHT)
- ! Divorce or Separation Settlements
- ! Creditors or Bankruptcy Claims
- ! Long Term Care Fees
- ! Marriage After Death

Planning how the assets are distributed by your parent's Will can ensure that your inherited wealth is protected!

Generational IHT

Whilst wealth inherited from overseas estates will not be taxed in the UK, assets inherited from a Will directly will add to your estate and impact the Inheritance Tax payable on your death.

See Video for more details
<https://youtu.be/FoAxPf4Xmw0>

Marriage After Death

On first death all the assets are then solely owned by the surviving spouse/partner. What if the surviving spouse/partner remarries?* The inherited estate could be passed to new spouse and thus disinheriting your children.

* Did you know that Marriage automatically revokes a will that has been made previously, leaving it invalid?

Long Term Care fees

If the Inheritance has been passed to your spouse, then these assets will be assessed for their own Care Costs.

Divorce Settlements

If your children/chosen Beneficiaries are subject to Divorce proceedings then half of what you intended them to receive is at risk to Divorce Settlements.

Creditors and Bankruptcy

Similarly, if any of your Beneficiaries are subject to Creditor Claims or Bankruptcy, then the inherited estate is fully at risk

CASE STUDY

You are expecting an inheritance of £200k (circa Rs 2cr.) from family. Between you and your spouse, your existing net worth is £800k. (Net worth is defined as your assets: residential property, BTL, ISA, savings, deposits, Jewelry, etc. minus liabilities). In addition, you have life insurance (£400k) and pensions (£200k) that are not assigned to trust and will be paid out to the spouse on death adding to his/her estate. This means on second death, IHT payable will be £240,000!

You wish to protect the incoming inheritance from adding to your IHT bill (40% of the estate) and other attacks as highlighted above.

SOLUTION

There are multiple options to address this and the right choice will depend your particular circumstances – whether you need this monies and/or the income on these assets; what is your age and retirement plans; what is age of your children; what are needs and concerns. A full estate planning is strongly recommended to get to the right planning. I have highlighted just a few options here along with their implications:

Options

Considerations/Implications

Ask the family to bequest the inheritance to a trust in India

Trusts are getting popular in India and widely used in HNIs. Assets gifted to the trust will not form part of wealth and hence protected from future inheritance tax.

Finawis Advisors has a tie with Indian advocates to draft the trust deed and help you execute it here in the UK

Ask the family to bequest the inheritance to UK family trust

Family Trusts are well established construct in UK and there is adequate guidance regarding the legal and tax positions. It may be easier to manage for future generations with limited or no links to India. Any income accrued to the trust can be assigned to you as a beneficiary, if needed, to simplify income tax for trust.

If the assets are retained in India and earn an income, there will be tax considerations in both jurisdictions.

Ask the family to bequest the inheritance to your children

Assuming your children are more than 18 years old, their income will not be clubbed with yours. However, you lose control of the assets and the income. Further, the assets are not protected from thier future divorces or bankrupties.

Reduce your existing estate with lifetime planning

This will in essence create capacity for take the inheritance into your estate without incurring higher IHT. Lifetime planning will require taking a wholistic view of your financial position and needs to plan your estate to be tax efficient and not disadvantage your beneficiaries (children).

It's easier than you think! Call us for free consultation
Contact number: 07587 126486 Email: info@finawis.com

Navigating the Nutritional Landscape: *Why Choose a Dietitian over a Nutritionist?*



ALKA PANDEY

Specialist Dietitian

Tel 07725990256

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In the ever-growing world of health and wellness, navigating the landscape of nutritional guidance can be confusing. Two titles often pop up: dietitians and nutritionists. While both professionals offer expertise in food and its impact on health, crucial distinctions exist between their qualifications and scope of practice. Understanding these differences is crucial when seeking personalised nutritional advice. Choosing the right professional to seek help and advice regarding diet and nutrition can be a daunting task given the load of (mis) information and information overload available online via varied platforms and social media channels.

Dietitians: The Gold Standard in Nutritional Care

The title Dietitian is protected by law- only those registered with the statutory regulator, the Health & Care Professions Council (HCPC) can use the title of Dietitian/Registered Dietitian (RD).

Minimum requirement to qualify is a BSc Hons in Dietetics, or a related science degree with a postgraduate diploma or higher degree in Dietetics. All courses require a period of supervised practice including NHS settings, where an individual must demonstrate clinical and professional competence before being eligible to apply for registration. Uniquely, dietitians use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

This comprehensive training equips them with a deep understanding of:

- Food Science and Nutrition: RDs possess a thorough understanding of the science behind food, its

composition, and its impact on the human body. This knowledge allows them to create personalised dietary plans based on individual needs and health conditions.

- Metabolism and Physiology: RDs are well-versed in human metabolism, the intricate processes by which the body utilises nutrients for energy and overall health. This knowledge enables them to tailor dietary recommendations to optimise bodily functions.
- Disease Management: RDs play a vital role in managing various health conditions through dietary intervention. They understand the specific dietary needs associated with diabetes, heart disease, kidney disease, and other chronic conditions.
- Counselling and Communication: RDs are skilled in counselling and communication, effectively translating complex nutritional information into practical, actionable steps for their clients. This ensures that dietary recommendations are understood, achievable, and sustainable.

Scope of Practice: A Wide Range of Services

They work in the NHS, private practice, food industry, education, research, sport, media, public relations, publishing, government and Non-Government Organisations (NGOs).

Other care pathways they work in include mental health, learning disabilities, community, acute settings, public health, as integral members of multidisciplinary teams to treat complex clinical conditions such as diabetes, food allergy and intolerance, Irritable bowel syndrome (IBS), eating disorders, chronic fatigue, malnutrition, kidney failure and bowel disorders. They also advise on diet to avoid the side effects and interactions between medications.



Dietitians interpret the science of nutrition to improve health and treat diseases and conditions by educating and giving practical advice to clients, patients, carers and colleagues. They advise and help to maintain nutritional status when individuals want to trial dietary interventions such as exclusion diets, nutritional supplementation or dietary interventions in areas such as autism for which evidence is still emerging.

Myth about being a Dietitian:

They are going to tell me to cut this out, cut that out and reduce weight.

Dietitians advise people about their health and health of those around them, managing chronic disease as well as disease prevention. Dietitians are not 'Food Police'. They can tell you about food you can eat, not what you can't eat- Read that again!!

Choosing the Right Professional for Your Needs

When seeking personalised nutritional guidance, opting for a Registered Dietitian offers several advantages:

- Rigorous Training and Licensure: RDs undergo a standardised, comprehensive educational and licensing process, ensuring a high level of knowledge and expertise.
- Evidence-Based Practice: RDs base their recommendations on scientific research and evidence-based practices, ensuring the effectiveness and safety of their dietary plans.
- Scope of Practice: RDs are qualified to address a wider range of health conditions and provide medical nutrition therapy, making them suitable for individuals with specific medical needs.

Conclusion: RDs Offer a Higher Level of Expertise

While both dietitians and nutritionists can provide valuable insights into healthy eating, choosing a Registered Dietitian guarantees a higher level of expertise, standardised training, and a broader scope of practice. RDs are equipped to address complex health conditions, provide personalised medical nutrition therapy, and ensure the safety and efficacy of their dietary recommendations. Therefore, when seeking personalised nutritional guidance, particularly for managing specific health conditions, opting for a Registered Dietitian is the most informed and beneficial choice.

So next time you have a query about food, diet and health- get in touch with a Dietitian. You can check their accreditation on the HCPC website.

Feeling Drowned in Stress and Anxiety? Find Calm: *How Hypnotherapy, NLP, and Life Coaching Can Help*



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I'm Raina Kalhan, founder of Bestofmenlp and I'm thrilled to share with you what I'm all about. As a Master NLP Practitioner, Clinical Hypnotherapist, Timeline Therapist, and Life Coach, my passion lies in helping people break free from anxiety, panic attacks, emotional trauma, relationship complexities and body image concerns.

Through my work, I aim to empower individuals to foster healthier connections and discover inner peace. I am a specialist in stress and anxiety-related issues, particularly panic attacks, guiding many on their journey to overcome these obstacles.

I'm deeply committed to mental wellbeing, especially among school children. As a life coach, I tackle crucial issues like bullying, peer pressure, exam stress, academic performance, and body image confidence. I have been supporting many at Rickmansworth-based schools. I am DBS-checked and ACCPH-accredited.

My approach is all about self-discovery and mind education. Whether through online 1-1 therapy sessions, group workshops or insightful social media posts, I'm here to guide you on a transformative path towards self-



improvement and overall wellbeing. Let's embark on this journey together!

Do you ever feel like the weight of the world is on your shoulders? Are you constantly stressed, anxious, or even experience panic attacks? If so, you're not alone. Millions of people around the world struggle with anxiety and its effects on their daily lives.

But there is hope! There are a number of techniques that can help you manage stress, reduce anxiety, and overcome panic attacks. In this article, we'll explore three powerful tools: hypnotherapy, NLP (neuro-linguistic programming), and life coaching.

Understanding Stress, Anxiety, and Panic Attacks

Stress: We all experience stress from time to time. It's the body's natural response to a challenge or threat. However, chronic stress can have a negative impact on our physical and mental health.

Anxiety: Anxiety is a feeling of worry, nervousness, or unease. It's normal to feel anxious in certain situations, but for some people, anxiety can become overwhelming and interfere with daily life.

Panic Attacks: Panic attacks are sudden surges of intense fear or discomfort that come on quickly and reach their peak within minutes. Symptoms can include rapid heart rate, shortness of breath, chest pain, dizziness, and feeling detached from reality.

How Hypnotherapy Can Help

Hypnotherapy is a safe and effective technique that uses guided relaxation and focused attention to access the subconscious mind. During a hypnotherapy session, you'll be in a deeply relaxed state, but still fully aware. In this state, you're more receptive to positive suggestions that can help you:

- Reduce stress and anxiety
- Identify and address the root causes of your anxiety
- Develop coping mechanisms for dealing with panic attacks
- Learn self-hypnosis techniques for ongoing stress management

How NLP (Neuro Linguistic Programming) Can Help

NLP (Neuro-Linguistic Programming) is a communication and personal development model that focuses on the relationship between thoughts, language, and behaviour. NLP techniques can help you:

- Reframe negative thought patterns that contribute to anxiety
- Develop a more positive and empowering self-image
- Improve your communication skills to better express your needs and manage conflict
- Set and achieve goals to increase your sense of control and reduce stress

How Life Coaching Can Help

Life coaching is a collaborative process where you work with a coach to identify your goals and develop strategies to achieve them. A life coach can help you:

- Develop a personalised plan for managing stress and anxiety
- Identify and overcome limiting beliefs that hold you back
- Build resilience and coping skills for dealing with challenges
- Improve your overall well-being and create a more fulfilling life

Combining These Techniques for Powerful Results

While each of these techniques is effective on its own, using them together can create a powerful and comprehensive approach to managing stress, anxiety, and panic attacks.

Here's how:

Hypnotherapy can help you address the root causes of your anxiety at a subconscious level.

NLP can help you change your negative thought patterns and develop more effective coping mechanisms.

Life Coaching can provide support and accountability as you implement new strategies for managing your well-being.

Taking the First Step

If you're struggling with stress, anxiety, or panic attacks, you don't have to go it alone. By exploring hypnotherapy, NLP, and life coaching, you can take control of your mental health and create a calmer, more fulfilling life.

Remember, you are not alone. There is help available, and you deserve to feel your best.



SDG16: PEACE-JUSTICE & STRONG INSTITUTIONS



DR. ANNEMARIE ORTEGA

Women's Rights are Human Rights and every woman knows that. But, did you ask yourself how many types of violence exist, if you are living one of those and have not realised it yet?

Women around the world strongly believe that each human being must be respected, have dignity, and live a life free of violence and discrimination, including men.

Magazines, newspapers, and portals on the Internet give insights to defend ourselves. Also, the **International Treaties on Human Rights** are an important guide to follow, showing us the real importance and the effective role that each of us should play in our civil society in defending our rights.

Also, different Non-Governmental Organisations, the public and private sectors and the government should dive into the fight against this scourge.

But does anybody ask what happens when it is the Government, State, or Public Servants who commit any type of felonies?

Several International Organizations call upon all of us to **BREAK the SILENCE and DENOUNCE GENDER VIOLENCE**, moving forward and asking for **more legislation**, taking **CONCRETE ACTIONS**, especially from **ACTIVISM**.

This is exactly what I do. I am a victim but I am an activist, unmasking many public servants who lie every single day to the women in my country.

Is it easy? No, absolutely not. It is a long way of suffering, silences, and discrimination, and more injustice. But it is not impossible!

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Currently, the vast majority of us know about domestic violence, gender violence, physical, economic and psychological violence. At the same time, most of us know about the devastating consequences of these cruel acts on women's lives and children's well-being. Because when one woman is a victim of violence, her children suffer with her.

Nowadays, we know the WHAT and HOW effects of violence against women and girls but we should pay more attention to show who is responsible for those inhuman acts and of course denounce those.

I always say that it is very common when we are analysing cases of gender violence, to see the perpetrators are **ENDOGENOUS**, in our familiar circle but it is **not common** to talk when the perpetrators are **PUBLIC SERVANTS** in connivance with **Judicial Branch: judges, prosecutors, officials, and police forces, in complicity with Executive Branch. Nobody wants to talk about it.**

Women victims of any type of violence, are re-victimized over and over again if they do not have **ACCESS TO JUSTICE**: whether **LOCAL or INTERNATIONAL JUSTICE**, and in **Argentina to access to Justice is an uthopy. The chain of complicities and the traffic of influences are a true scandal.**

The most vulnerable victims of corruption and impunity are older women and girls, TAKING THEM INTO POVERTY through many illegal mechanisms: illegal appropriations of their heritage, banking accounts, false embargoes, scams and fraud, and other corrupted practicals between the connivance among **Judicial Power And Political Power**, financing their political campaigns.



Older women cannot resist the extreme power and economic stress along with the psychological violence against them.

Gender-based violence, economic harm, intimidation through false denunciations, financial asphyxia immobilising heritages or legacies, provoking suffering, and more violence.

For years I have alerted many **Coordinators to the United Nations** in my country and others because I know the efforts of some of them to achieve **The Sustainable Development Goals**.

Abroad, many of them encouraged me to continue despite our sufferings.

Working hard, we discovered other Human Rights violations in Argentina. Empowerment of women & girls should be through education.

WE NEED HONEST GOVERNMENTS to give WOMEN and GIRLS the opportunity to live a life with DIGNITY, and their rights to be respected completely.

Corruption continues to be one of the greatest challenges in Latin America, and ACCESS to JUSTICE is a big problem to solve.

We can not achieve **SDG 5, GENDER EQUALITY, overcome Poverty (SDG1)**, and to achieve **Agenda 2030** if we allow situations of **gender violence against women** of any age, whose responsibilities are in the private or public sphere, and if we tolerate this corruption, impunity will win against our rights.

Civil society in every nation should firmly work to demand Strong Institutions, and the real accomplishment of **SDG16: PEACE-JUSTICE & STRONG INSTITUTIONS**.

Women and girls need to find Justice and Peace.

Strong Institutions depend on you and me. Our rights should never be negotiated.

We must persevere, and act right now!

How to Master the Art of Positive Self-Talk: *Boosting Confidence Daily!*



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The role of our inner dialogue cannot be overstated in the pursuit of personal development. Today, we embark on a journey into the transformative realm of positive self-talk—a practice that is the bedrock for daily confidence-boosting. How well do you practise positive self-talk? Is there a preference for negative self-talk, and has it become a habit you wish to break?

The Psychology Behind Positive Self-Talk

Did you know that our thoughts hold incredible power? The way we speak to ourselves influences our emotions and actions. Positive self-talk operates on the principle that changing our internal narrative can lead to positive external outcomes. Understanding this psychology lays the foundation for the journey ahead.

Identifying Negative Patterns

Before we can cultivate positive self-talk, we must identify and challenge negative thought patterns. Common culprits include self-doubt, negative assumptions, and harsh self-criticism. Recognising these patterns empowers us to break free from their constraints.

- **Ideas for Your Growth:** Explore the common negative self-talk patterns that hinder your confidence. You can start by noting these down in a journal. Creating a daily emotions journal at the end of the day may benefit you. You must learn to challenge these detrimental thoughts, which may occur more frequently than you imagined. The first step in this process is raising your awareness of them; this is where the journal method comes in.

Crafting Affirmations for Confidence

Positive affirmations are the building blocks of constructive self-talk. Crafting personalised affirmations tailored to your goals and values is a crucial step in growth. When repeated consistently, these statements are powerful tools to rewire your mindset and boost confidence.

- **Ideas for Growth:** By creating affirmations, we can change the thoughts shaping our emotions and actions. Try giving it a go and see where it takes you. Create a forward-thinking positive statement about yourself. Look at it daily and say it aloud multiple times.

Integrating Positive Self-Talk into Daily Routine

Consistency is key. Integrating positive self-talk into your daily routine steadily reinforces empowering beliefs. Whether through morning affirmations, midday reflections, or evening mantras, find a rhythm that aligns with your lifestyle.

- **Ideas for Growth:** Experimentation is critical here. You must try different methods and timings to find a practice that suits you and your life. Do not beat yourself up if it does not work on the first effort. Perseverance and growth will soon arrive.

Overcoming Challenges in Self-Talk

Even the most optimistic individuals face challenges in maintaining a confident internal dialogue. Addressing self-doubt and scepticism requires self-compassion and resilience. Acknowledge the difficulty yet persist in cultivating positivity despite the hurdles.



- **Ideas for Growth:** Be kind to yourself. Recognise when you return to negative self-talk and make the needed changes. Congratulate yourself when others can see your positive self-talk, feel it through your work and actions, and commend you.

Real-Life Success Stories

To illustrate the tangible impact of positive self-talk, we turn to real-life success stories. Individuals who transform their lives through the power of affirmations serve as beacons of inspiration. Their journeys underscore the profound effect of a confident mindset on one's trajectory.

- **Ideas for Growth:** This has worked well for many successful individuals, such as the media mogul Oprah Winfrey, who speaks about the power of positive affirmations and maintaining a positive mindset. The Tennis champion, Serena Williams, also mentioned incorporating positive self-talk and visualisation into training routines. The former First Lady, Michelle Obama, has discussed the importance of confidence and positive self-talk, especially in the face of challenges. Create your success by learning from others, taking small steps to change yourself, and creating considerable changes in your confidence and growth.

Practical Exercises for Immediate Results

Theory transforms into practice with guided exercises. Engage in activities that encourage positive self-talk in real-time. These exercises serve as tools for maintaining a positive dialogue, even during challenging moments.

- **Ideas for Growth:** Here are a few to help and guide you. Daily journaling and the creation of positive affirmations can help. Emotions journaling takes you one step further and enables you to understand the negative self-talk. Visualising your success is also essential to replacing the negative with more positive practice. Create a Vision chart or a Vision board showcasing your desires and positive outcomes. Mastering the art of positive self-talk is not merely a skill;

it's a daily practice. This journey contributes to personal growth and cultivates a more confident, resilient version of ourselves. As we conclude this exploration, let's carry forward the empowering tools and insights gained—building a foundation for a brighter, more self-assured future. Join us on this transformative path and embrace the confident and empowered version of yourself waiting to emerge.

Tisha is an EMCC-accredited Executive Coach and Mentor with experience in healthcare leadership, wellness, and education. In addition to her part-time work as a Medical GP Director in the UK, Tisha coaches' career and leadership development within the NHS and externally. Group coaching programs run in addition to her Arena of Success Course, which aims to enhance productivity for organisational benefits. She finds joy in writing a weekly blog for the IIW (Inspiring Indian Women) Global Network and her website. Leveraging her medical and health knowledge, Tisha conducts Wellness workshops and Leadership retreats and facilitates Strategy meetings to promote Organisational Success.

Coaching is her passion, and she showcases her superpower strength of Motivation to empower clients to transform their mindset and skill set to embody the person they wish and can be. Rising higher has never been easier with her Self-Coaching **Arena of Success** Course.

Tisha launched the **"ARENA OF SUCCESS"** Course in December 2023. This six-week digital program helps clients shift from self-doubt, low confidence, and inertia to a transformative state where they gain self-awareness, develop a positive mindset, and are propelled by their unique strengths. This transformation paves the way for personal and career advancement.

*Dare to dream big and soar high!
To your Successful Growth and Rising Confidence*



Expressing Joy In A Grand Colourful Display Celebrating India's Cultural Heritage In The Heart Of London



IIW Inspiring Indian Women in partnership with NCGO (National Council of Gujarati organisations UK) in association with BWIS (British Women in Sarees) presented **THE BIG GARBA!**

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Purpose of this grand celebrations was to create awareness about the Garba to Gen next, to tell the world about Garba and showcase the ethnic costume, to celebrate our cultural heritage, to bring British Indians together and show

oneness, to celebrate inclusion of Garba as an Intangible Heritage by UNESCO, to bring opportunity for the various dance schools as well as ladies to make a difference to the society and express pride in their ethnicity.

The celebrations started from **King's Cross station, the 14th** of April. The following Dance Schools participated on the day -Dance to inspire by Angelique Pervez, Nina Choreography, SSGD Sonal's School of Garba dance, Neha Sachin's Sarjan Nritya Academy, Harrow care plus and BWIS.

Next was at **'The Scoop at More' near London Tower Bridge** on 21st April. The participating groups were, British Women in Sarees (BWIS), D Bolly Dance by Dhruvil Chauhan and Dimple Agarwal, IIV North India Global led by Sunita Chaubey and Rhythm Academy.

Finale was at **Piccadilly Circus/ Leicester Square** on 1st May (Gujarat Day) Performances by London School of Garba, Sagar Group Hounslow and British Women in Sarees.

Special Mention for support- Namaste Kingston, SEEFI (Socio Economic Environment Education Foundation Initiative) Ujjwal Banga, IDUK (Indian Diaspora in UK) Hirdesh Gupta, Andrea Santoni, NACHA UK (NRI Association of Chattisgarh), VishvUmiya Foundation, GCS Brighton, Vimal Odedara NCGO, Krishna Pujara's Enfield Saheli, LuitporiaNasoni (Chinu Kishore) , Pink Pearls Photography, Kranthi Roy, Blue Drapes Photography, Gargi Sequira from Richy Gargi Music, Women 2 Women (Geeta Shah), National Patidar Samaj (Pravin Amin), Jitubhai Patel - Sojitra Samaj, Longest serving Hindu Met Police Officer Purnima Raval, Vandana Joshi and Bharat Sachania.

Other organisations which extended their moral support were Kadwa Patidar Samaj, . , Anjie Chhapi's Harrow Care, CamCareUK Registered Charity, Asian Foundation for Help, Brent Indian Association, Daalia's IBUK Indian Bengali's Association, Anirban Mandal's Heritage Bengal Global, Gyan Sharma's Sangam UK, Bihari Connect, International Dogra Society, Nilesh Joshi's Sanatan Shakti, MA TV UK, Rajasthan Association UK, WellbeingOn CIC, Shree Jagannatha Society UK, Odisha society of UK, Haryana Association in UK, IndiansVoice.co.uk, Sutton Friends, Healing Our Earth, United Assam Association UK, London Indian Elder Group- Sumantra Desai, Gujarati Culture Society: Brighton - Hove, Joydeep Das' EEL (Entrepreneurship Entertainment, Lifestyle), Suresh Gupta's India Welfare Society- Registered Charity, Sanatan Santha UK (SSUK), Chaa Gaam Nagrick Mandal UK, VedicaLondon, Vedic Cultural Association, INSA Indian National Students Association, Lyca Gold, Chelmsford Hindu Society, Palan Foundation, Oshwal Association of the UK, Jharkhand Network UK, Dhun (Made for music), Lohana community North Harrow, Give- Mental Health & Well-being Charity www.givesurrey.org, Himachali Link UK, SmadFun - fundraising 'not for profit' for education, Bengali Hindu Adarsha Sangha BHAS, UP Girls in UK, International

Khattri Mahasabha, Friends of Madhya Pradesh - UK Chapter, Hindu Cultural Center, Voice of Dogra, 'Indian Heritage Centre UK' <https://indianheritagecentre.com/>, Global Kashmiri Pandit Diaspora, Laughter Yoga Kalpana Doshi, Mangalam UK, Leading London to a better tomorrow, Kala Utsav.

For the first time the British Indians - Non Gujaratis, Gujaratis, non-performers, Home Makers, Professionals unite in the biggest of its kind in the History of UK and Europe!! Volunteers behind the scenes were Rashmi Mishra, Shweta Khanna, Jay Desai, Neha Premgi, Yashma Bakshi, Anjali Sharma, Neha Gupta, Seema Khandelwal, Rajashree Vyas, Sarika Handa, Soniya Joshi, Darshana Shah, Heenba Zala, Shipra Gomes, Betania Fernandes.

The entire celebrations were an amazing show of unity and a great team work at display. Everyone was part of this in some way or the other, morally or physically as the series of Garba celebrations continued, each of the community organisations and the various enthusiastic performers joined in support to show their cultural pride.

As the world stopped to see and feel the traditional Indian folk galore, a sense of 'mission accomplished', engulfed the hearts of those participating.



Fair Wages: The Backbone of Justice

Fair wages and decent work are the cornerstones of a just and equitable society. As we commemorate World Labor Day on May 1st, it's crucial to reflect on the significance of these principles in ensuring the well-being of all workers. In a world where economic disparities persist and labor rights are often disregarded, advocating for fair wages and decent working conditions is not just a moral imperative but also essential for fostering social cohesion and sustainable development.

Imagine a scenario where individuals toil tirelessly to make ends meet, yet their earnings barely cover the cost of living. This is the harsh reality for millions of workers worldwide who are trapped in low-wage jobs with little or no job security. In such circumstances, not only do these workers struggle to provide for themselves and their families, but they are also deprived of the dignity and respect they deserve. Fair wages go beyond just

compensating workers for their labor; they reflect a commitment to recognizing the inherent value of every individual's contribution to society. When workers are paid fairly, they are more motivated, productive, and engaged in their work. This, in turn, leads to better organizational performance and overall economic prosperity. Moreover, fair wages help reduce income inequality, which is a significant driver of social unrest and instability.

Decent working conditions are equally essential for safeguarding the rights and well-being of workers. No one should have to endure unsafe or exploitative working environments in the pursuit of a livelihood. Decent work encompasses not only physical safety but also aspects such as reasonable working hours, access to social protection, and opportunities for personal and professional growth. By prioritizing decent working conditions, we uphold the dignity

of labor and promote a culture of respect and fairness in the workplace. Policies and practices that prioritize worker well-being are essential for creating an environment where everyone can thrive. Governments play a crucial role in setting labor standards and enforcing regulations to ensure that employers adhere to fair labor practices. Additionally, businesses have a responsibility to uphold human rights and ethical labor practices throughout their operations and supply chains. By adopting fair wage policies, providing adequate benefits, and fostering a supportive work culture, employers can attract and retain talent while contributing to the overall welfare of society.

Furthermore, collective action and advocacy are instrumental in driving systemic change and advancing the cause of fair wages and decent work. Labor unions, grassroots organizations, and social movements have historically been at the forefront of championing workers' rights and demanding better working conditions. By amplifying the voices of marginalized workers and holding decision-makers accountable, these groups have been instrumental in shaping labor laws and policies that benefit the broader workforce.

On this World Labor Day, let us reaffirm our commitment to building a more just and inclusive society where every worker is treated with dignity and respect. It is incumbent upon all of us - governments, employers, workers, and civil society - to work together toward achieving fair wages and decent work for all. By prioritizing the well-being of workers, we not only uphold fundamental human rights but also lay the foundation for a more sustainable and equitable future for generations to come.



Motherhood and Activism

Mothers in India have always been the backbone of families, but their influence extends far beyond the confines of their homes. Through their resilience, compassion, and unwavering commitment to social justice, mothers have historically played pivotal roles in driving change and shaping the course of Indian history.



Take, for instance, Rani Lakshmbai of Jhansi, also known as the "Rani of Jhansi." While she is celebrated as a valiant warrior and a symbol of Indian resistance against colonial rule, her motherhood is often overlooked. However, during the Indian Rebellion of 1857, Rani Lakshmbai's maternal instincts were palpable as she tied her young son, Damodar Rao, securely to her back before leading her army into battle against British forces. This act of maternal protection not only ensured her son's safety but also symbolized her unwavering commitment to defending her kingdom and preserving her people's rights and freedoms.

Similarly, Savitribai Phule, the pioneer of women's education in India, is another exemplary figure whose contributions to social change were deeply rooted in her role as a mother. Despite facing immense opposition and social ostracization, Savitribai's advocacy for girls' education was driven by her maternal instinct to provide her own children and future generations with opportunities for learning and empowerment. By establishing the first school for girls in Pune in 1848, Savitribai not only transformed the lives of countless young women but also laid the foundation for a more equitable and inclusive society.

In the realm of environmental activism, mothers have also played a significant role in driving change. During the Chipko Movement of the 1970s, women from local communities, including mothers, embraced trees and formed human barricades to protect the forests from deforestation and commercial exploitation. Their actions were not only motivated by a desire to preserve the environment for future generations but also by a deep sense of maternal responsibility to safeguard the natural resources that sustain life.

Moreover, the "Mothers of Manipur,"

or the Meira Paibis, are another poignant example of maternal activism in India. Many of these courageous women, who have lost sons to violence and conflict, have been at the forefront of protests against militarization and human rights abuses in Manipur. Driven by their maternal instincts to protect their children and communities, the Meira Paibis have tirelessly advocated for peace, justice, and accountability, demonstrating the transformative power of maternal love in the face of adversity.

Closer to home, mothers continue to make a difference in their communities through acts of kindness, compassion, and solidarity. Whether it's organizing self-help groups to empower women, advocating for better healthcare and education facilities, or mobilizing support for environmental conservation, mothers play a vital role in building stronger, more resilient communities.

As we celebrate International Mother's Day, let us honor the countless mothers in India who have dedicated their lives to creating a more just, equitable, and compassionate society. Their courage, resilience, and unwavering commitment to social change serve as an inspiration to us all. From Rani Lakshmbai to Savitribai Phule, from the Chipko Movement to the Meira Paibis, the stories of these extraordinary women remind us of the transformative power of maternal love and the potential for positive change when individuals come together for a common cause.

Today and every day, let us celebrate and honor the invaluable contributions of mothers to Indian society and recommit ourselves to carrying forward their legacy of hope, resilience, and activism.



Athletic Icons: A Global Legacy

The excitement of the crowd, the determination evident on the athletes' faces, and the incredible displays of skill—all come together in athletics. It's where records are broken, and dreams come true. As we celebrate World Athletics Day, let's honor the greatest athletes of all time who have made history and inspired us all.

First, let's talk about the significance of athletics in light of World Athletics Day. This annual celebration, observed on May 7th, aims to promote the importance of sports and physical activity in our lives. It serves as a reminder of the role athletics plays in fostering camaraderie, discipline, and a healthy lifestyle. From sprinting to marathon running, from high jumps to pole vaults, athletics encompasses a wide array of disciplines that test the limits of human endurance and strength. It's not just about winning medals; it's about pushing oneself beyond boundaries, inspiring others, and embracing the spirit of sportsmanship.

Now, let's delve into the ambit of legendary athletes who have left an ineradicable mark on the world stage. From the bustling streets of New York to the serene fields of rural India, these athletes have captivated the hearts and minds of millions with their extraordinary talent and unwavering determination.

1. **Usain Bolt (Jamaica):** Known as the "Fastest Man on Earth," Bolt's dominance in sprinting is unparalleled. He holds multiple world records in the 100m and 200m events and is an eight-time Olympic gold medalist, captivating audiences with his electrifying speed and charismatic personality.

2. **Serena Williams (USA):** Widely regarded as one of the

greatest tennis players of all time, Williams has redefined the sport with her powerful serves and relentless determination. With 23 Grand Slam singles titles to her name, she has shattered records and inspired generations of athletes around the world.

3. **Michael Phelps (USA):** A swimming phenomenon, Phelps is the most decorated Olympian in history with 23 gold medals and 28 Olympic medals overall. His unparalleled success in the pool has cemented his legacy as one of the greatest athletes of all time, inspiring countless aspiring swimmers.

4. **Pele (Brazil):** Regarded as the king of football, Pele's mesmerizing skills and goal-scoring prowess made him a global icon. With three FIFA World Cup titles and over 1,000 career goals, he remains one of the most celebrated figures in the history of the sport.

5. **Milkha Singh (India):** Fondly known as the "Flying Sikh," Milkha Singh's journey from poverty and the trauma of partition to becoming one of India's most celebrated athletes is truly inspiring. His fourth-place finish in the 400m at the 1960 Rome Olympics remains etched in the annals of Indian sporting history.

6. **Simone Biles (USA):** A gymnastics prodigy, Biles' gravity-defying stunts and unparalleled athleticism have revolutionized her sport. With multiple Olympic gold medals and a slew of world championship titles, she is widely considered the greatest gymnast of all time.

7. **Carl Lewis (USA):** A track and field legend, Lewis' remarkable feats in sprinting and long jump

have earned him multiple Olympic gold medals and world records. His dominance on the track during the 1980s solidified his status as one of the greatest athletes of the 20th century.

8. **Sachin Tendulkar (India):** Revered as the "God of Cricket," Tendulkar's masterful batting technique and unmatched records have made him a cricketing legend. With 100 international centuries and over 34,000 runs, he remains the highest run-scorer in the history of the sport.

9. **Dhyan Chand (India):** The wizard of hockey, Chand's sublime stickwork and unmatched goal-scoring prowess earned him the title of "Hockey Magician." His legendary performances on the field, including three Olympic gold medals, continue to inspire generations of hockey players in India and beyond.

10. **Roger Federer (Switzerland):** A tennis maestro, Federer's graceful style of play and record-breaking Grand Slam titles have captivated tennis fans around the world. With 20 Grand Slam singles titles to his name, he is regarded as one of the greatest players in the history of the sport.

11. **Cristiano Ronaldo (Portugal):** A football icon, Ronaldo's athleticism, and goal-scoring prowess have made him one of the most recognizable athletes on the planet. With numerous league titles and five Ballon d'Or awards, he has left an indelible mark on the world of football.

12. **Allyson Felix (USA):** A track and field sensation, Felix's speed and versatility have earned her multiple Olympic gold medals and world championship titles. Her resilience

and determination both on and off the track make her an inspiration to athletes everywhere.

13. Muhammad Ali (USA): The greatest boxer of all time, Ali's charisma, and boxing skills made him a cultural icon. Beyond his accomplishments in the ring, Ali was a passionate advocate for social justice and civil rights, leaving a lasting legacy far beyond the world of sports.

14. Katie Ledecky (USA): A swimming prodigy, Ledecky's dominance in distance events has earned her numerous world records and Olympic gold medals. Her relentless work ethic and dedication to her craft make her a role model for aspiring swimmers worldwide.

15. Diego Maradona (Argentina): A football legend, Maradona's unmatched skill and flair on the field made him a hero in his native Argentina and beyond. His iconic "Hand of God" goal and stunning solo effort against England in the 1986 World Cup remain etched in footballing folklore.

16. Rafael Nadal (Spain): A tennis powerhouse, Nadal's tenacity and dominance on clay courts have earned him numerous Grand Slam titles and the title of "King of Clay." His epic rivalries with Federer and Djokovic have produced some of the greatest matches in tennis history.

17. Nadia Comaneci (Romania): The first gymnast to score a perfect 10 at the Olympic Games, Comaneci's flawless routines captivated audiences and revolutionized her sport. Her unprecedented success paved the way for future generations of gymnasts to push the boundaries of excellence.

18. Lionel Messi (Argentina): Widely regarded as one of the greatest footballers of all time, Messi's dribbling skills and goal-scoring prowess have earned him numerous accolades and adoration from fans around the world. His ability to single-handedly change the course of a game makes him a true footballing genius.

These are just a handful of the countless athletes who have etched their names in the annals of sporting history. From Jesse Owens' triumph at the 1936 Berlin Olympics to Nadia Comaneci's perfect 10 at the 1976 Montreal Olympics, each athlete has left an enduring legacy that continues to inspire generations to come.

Athletics is not just about physical competence; it's about resilience, perseverance, and the relentless pursuit of excellence. It teaches us invaluable lessons about teamwork, dedication, and the importance of pushing our limits. On World Athletics Day, let's celebrate the spirit of athleticism and pay tribute to the remarkable individuals who have elevated the world of sports to unprecedented heights.





Small Changes, Big Impact

When it comes to our health, sometimes it's the small, seemingly insignificant changes that can make the biggest difference. World Hypertension Day serves as a reminder of the importance of taking proactive steps to manage our blood pressure and reduce the risk of heart disease, stroke, and other cardiovascular complications.

One of the simplest and most effective ways to lower blood pressure is to adopt a balanced and nutritious diet. This means filling our plates with plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats while minimizing processed foods, sugary snacks, and excessive salt. By making gradual adjustments to our eating habits—such as swapping out sugary drinks for water, incorporating more plant-based meals into our diet, and limiting our intake of high-sodium foods—we can help lower our blood pressure and improve our overall health.

Staying active is another key component of a healthy lifestyle and can have a significant impact on blood pressure management. Regular physical activity not only helps strengthen the heart and improve circulation but also helps lower blood pressure by reducing stress, promoting relaxation, and supporting weight management. Even small changes, such as taking the stairs instead of the elevator, going for a brisk walk during lunch breaks, or incorporating short bursts of exercise into our daily routine, can add up to significant improvements in our cardiovascular health over time.

In addition to diet and exercise, reducing salt intake is crucial for maintaining healthy blood pressure levels. Excess salt consumption can lead to fluid retention and

high blood pressure, increasing the risk of heart disease and stroke. By reading food labels, cooking meals at home using fresh ingredients, and seasoning foods with herbs and spices instead of salt, we can gradually reduce our sodium intake and support better heart health.

Moreover, managing stress and prioritizing mental well-being are essential components of any comprehensive approach to blood pressure management. Chronic stress can contribute to high blood pressure and other cardiovascular risk factors, so finding healthy ways to cope with stress—such as practicing mindfulness, deep breathing exercises, yoga, or spending time in nature—can help promote relaxation and reduce the burden on our cardiovascular system.

It's important to remember that small changes add up over time and can have a profound impact on our health and well-being. By taking proactive steps to improve our diet, stay active, reduce salt intake, and manage stress, we can lower our blood pressure, reduce the risk of heart disease and stroke, and enjoy a healthier, happier life.

As we observe World Hypertension Day, let us commit to making small, sustainable changes to our lifestyles that promote better heart health and overall well-being. Whether it's swapping out unhealthy snacks for nutritious alternatives, scheduling regular exercise into our daily routines, or practicing relaxation techniques to manage stress, every small step we take brings us closer to a healthier future. Let's harness the power of small changes and embrace a heart-healthy lifestyle for ourselves and our loved ones.

Inhale Life, Not Smoke!

Have you ever heard of World No Tobacco Day? It's like a global high-five to everyone who says "no thanks" to smoking and tobacco. Yep, it's the day when we give a big shout-out to our lungs and say, "Thanks for keeping us breathing easy!"

Now, I know what you're thinking. "Why do we need a whole day just for saying no to smoking?" Well, let me tell you, it's a big deal! Smoking might seem like a cool thing to do in the movies, but in real life, it's more like having a smelly dragon living in your lungs. No, thank you!

So, let's talk about why saying no to tobacco is as awesome as finding a winning lottery ticket in your old jeans pocket. First off, let's address the elephant in the room: smoking stinks! I mean, who wants to smell like an ashtray? Not me, that's for sure. And don't even get me started on the health stuff. Smoking can turn your lungs into crispy bacon and make your heart do the cha-cha in all the wrong ways. Who needs that drama? Not us! We'd rather be out there living our best lives, not coughing up a lung every time we laugh too hard.

But you know what's really funny? Watching people try to quit smoking. It's like a comedy show in itself! They go through all these phases, from chewing on pens like they're gourmet cigars to wearing nicotine patches that make them look like undercover spies. And let's not forget about the cravings. I've seen people raid the fridge at 2 AM like they're on a mission to find the last slice of pizza on Earth. It's pure entertainment!

But hey, quitting smoking isn't all laughs and giggles. It's a tough journey, and anyone who's tried it deserves a round of applause. It takes guts, determination, and a whole lot of willpower to kick that nasty habit to the curb. So, if you're thinking about quitting, know that you're not alone. We're all rooting for you!

Now, let's switch gears and talk about the cool kids who never picked up a cigarette in the first place. They're the ones who know that being smoke-free is the ultimate power move. They're the ones who can climb a flight of stairs without feeling like they just ran a marathon. They're the ones who can taste food the way it's meant to be tasted, without everything tasting like, well, smoke.

So, how can you join the smoke-free squad? It's simple, really. Just say no to tobacco! Instead of lighting up, try picking up a new hobby like painting or gardening. Trust me, your lungs will thank you. And if you need some extra motivation, just think about all the money you'll save by not buying cigarettes. You could treat yourself to a fancy dinner or even plan a weekend getaway. The possibilities

are endless!

So, my friends, let's celebrate World No Tobacco Day with a big cheer for everyone who's saying no to smoking. Whether you're a seasoned quitter or you've never touched a cigarette in your life, you're all rock stars in my book. Keep being awesome, keep being smoke-free, and let's show tobacco who's boss!

And remember, life is too short to be spent puffing away in a cloud of smoke. So, let's raise our glasses (of water, of course) to a healthier, happier, smoke-free world. Cheers to us, cheers to our lungs, and cheers to saying no to tobacco!



Monthly Horoscope for June 2024

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



Aries: Professionals might not be able to undertake any creative work because it is unlikely that their peers will cooperate with them. The month is ideal for beginning new endeavours and growing ongoing ones. There will be religious rituals and festivities in a friendly family atmosphere. Good health is supposed to be joyful. Chronic illness recurrence is not likely. Address minor issues with quick medical attention.

Cancer: Discord with superiors and colleagues could be the cause of unsatisfactory career advancement. With partners' and colleagues' cooperation, business prospects are favourable. In matters of love, singles will have luck before the end of the month. Health prospects are favourable. Travelling, both domestically and internationally, will benefit professional advancement and business growth.



Taurus: Colleagues' and management's lack of collaboration can potentially stall career advancement. Financials will be positive and supported by business activity. There will be room to grow current initiatives and launch new ones. A married person's mood swings may have an impact. Problems with finances are likely to arise in the family setting. The planets will assist you in having excellent health. A healthy diet and fitness program will be essential.

Leo: Workplace relationships will be enjoyable. As a result, the career will advance well and goals will be completed more easily. Business people's growth is likely to be hindered by Saturnian aspects. You could restrict your activity to prevent significant losses. Personal involvement in business and jobs can be detrimental to love relationships. It could be difficult for singles to find new partners. You'll have outside help and family affairs will be rather progressive.



Gemini: Astrological factors are probably not going to be good for Gemini workers looking to advance in their careers. The time is ideal for growth and new initiatives. Personal issues would cause complications in love partnerships. By the end of the month, things will turn around. There could be disputes among relatives. The family's financial situation is probably going to cause more issues. The state of health will be excellent.

Virgo: Professionals can expect excellent career progression. There will be abundant rewards for diligence. Having contacts will be useful. Problems may arise for business people when they are operating. There should be no extensions or new initiatives undertaken. Singles will have plenty of opportunities to form romantic relationships. Good family ties may be hampered by disputes with elder family members. Approach every issue diplomatically. Excellent health will result from well-managed recurrent illnesses.





Libra: Negative interactions at work could prevent Libra professionals from moving forward in their professions. Unfavourable star influences could cause disruptions in finances. Expansions and new initiatives might not be the best idea at this moment. Frequent arguments between partners would be detrimental to married life. Due to their focus on their jobs, singles may find it difficult to discover new romantic companions.

Capricorn: Professionals are likely to be impacted by senior diffidence and conflict. Their job advancement may be impacted by this. Ineffective communication with your spouse can cause problems in your married life. By the end of the month, singles will be fortunate to fall in love. There can be a lot of disputes in the family, especially among the older family members. Creating an environment of calm is crucial.



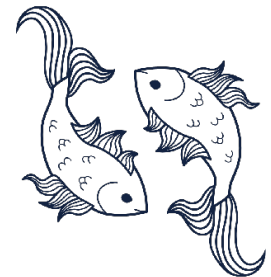
Scorpio: Professionals will benefit from creativity in their job progress. Professionals will advance with the aid of experts and contacts. Financial losses could be a recurring problem for Scorpio entrepreneurs. To limit losses, keep your peace with partners and coworkers. It's unlikely that losing zeal will improve marital contentment. Because of a lack of interest, single people would not find romantic relationships. Family ties are extremely friendly. Family members will help you with your activities.

Aquarius: Professionals will advance in their endeavours with the assistance of peers. It is also a good month to change jobs after giving it some thought. Business prospects would be poor, and disagreements with partners and coworkers would cause income to decline. It's best to stay away from conjecture. Your financial outliers may have an impact on your marital harmony. It might be difficult for single people to find compatible romantic companions. The family setting is favorable.



Sagittarius: Career pros will find June to be a favourable month. The workplace will be harmonious, and you'll have the backing of your connections. Profits from business operations might be negatively impacted by conflicts between partners and colleagues. It is possible to attain marital harmony by the end of the month. If singles are persistent, they will be fortunate. A lot of local travel is anticipated for professional advancement and business expansion.

Pisces: Excellent career advancement will be achieved with the help of seniors and colleagues. Project execution will be rather simple. Investing on the edge has a risk of losing money. To turn a profit, keep the business environment harmonious. Family bliss is likely to be tarnished by conflicts. Another potential source of conflict could be money issues. The recurrence of acute health issues may pose health risks. To lessen anxiety and sadness, it is preferable to avoid stress. can address minor issues.



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

IGC Annual Global Convention 2024



AMB (DR) ABHNASH K BAINS
(MBSCH, DIP.COUNS)

4x LinkedIn Top Voice | Founder Ishkama LTD, KIA Beauty, BHI Homes, IGC| Ex-Sr. Executive Civil Services | Reiki Master & Counsellor | Peace Amb | National & International Awardee for Community Services & Businesses.

Convention Committee who are working together to make the event a grand success also include Neelam Chawla, Kamalpreet Madaan, Vijay Jain, Hina Gupta, Broomlings and Sonia D’Souza. IGC has created an environment that encourages collaboration and supports the unique journey of each member.

The IGC Convention is a distinguished and transformative event, providing an exceptional platform for networking, knowledge exchange, and well-deserved recognition.

The Ishkama Global Convention is being held in The Holiday Inn Kensington, London from the 30th of May to the 1st of June. Ishkama Global Change came into existence first with the release of its magazine in the Year 2022. Today it is one of the most top rated digital International Magazines with over 250,000 readers.

Ishkama Global CIC started soon after. Driven by empowerment, the company mission is to provide platforms, services, and support that facilitate personal growth, community impact, and equality worldwide. Ishkama is dedicated to empowering individuals to contribute meaningfully to their own development and the betterment of society. The vision at Ishkama is to create a world where connections empower and where every individual can thrive. It aspires to build a global community where unity, growth, and positive change intersect, shaping a future where each person achieves their fullest potential.

The passionate team behind Ishkama that is dedicated to fostering growth and positive impact within the community include The CEO and Founder- Amb. Dr. Abhnash K Bains, the Vice Chair-Minakshi Koch, Dr. Rinki Sharma, Dr. Neha Swami and Seshasai Kothipalli- IT Head. The

The Awardees, stall holders and attendees can engage with Industry Leaders, connect with esteemed speakers and thought leaders from around the world, gaining invaluable insights and perspectives to propel their success forward.

It is an opportunity to forge meaningful connections with professionals and experts from diverse backgrounds, paving the way for collaborative opportunities and global growth.

It also unlocks Speaking Opportunities, establishing one as a thought leader by participating in engaging panel discussions, workshops, and presentations and amplifying influence within the industry.

The prestigious IGG GLOBAL Awards, honors excellence and innovation within the community showcasing the achievements on a global stage and receiving the recognition people deserve.

The IGC Convention 2024 shall be a huge success with Global Partnerships & Visibility. The Company is aimed at elevating its brand’s visibility in the upcoming months through Ishkama Radio and holding a bigger Convention in the year 2025.

Guests



Dr. Sandeep Marwah
Producer, Director,
Educationist & Creative
Luminary,
Founder-President of AAFT
& Noida Film City



Dr. Yvonne Thompson CBE
Founder Wintrade
Global Women Intra &
Entrepreneurs Network:
Exec Coach In Leadership,
EDI: KCIII Deputy
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Sunil Chopra
Ex Mayor of London
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MP Virendra Sharma
Member of Parliament
for Ealing Southall

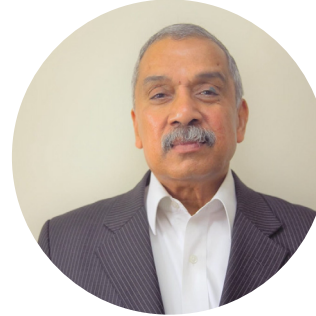
Speakers



Prof. Caroline Makaka
 Founder/ President Leaders
 of All Nations International,
 Creator of We Are The
 Change World Movement
 UN Women Official Delegate



Satnam Deuchakar
 Royal family UAE business
 advisor, UN Women U.K.,
 Hora group, INT Partner U.K.
 WBAF, BJP leader



Prabhakar Kaza
 Hertsmere Borough
 Councillor
 CEO, Hamilton Reserve
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Dr. Maria Santiago Valentin, Ed.D
 Dr. Maria Santiago-Valentín-
 International Peace Corps
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Software Engineer at
Nasstar/Ishkama Global
Chair and Awardee /Board
member for IGC for Autism
Project/ Lead Volunteer and
community worker



Dr. Deepika Saini
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Digital Convenor-Social Activist-Legal,
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Raina Kalhan
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Phobias, Obsessions,
Confidence, Relationship,
Body Positivity Support
& More/ UK Registered
Hypnotherapist, Master NLP
Practitioner, Life Coach &
Time-Line Therapist



**Dr. Manju Mangalprabhat
Lodha**
Chairperson- Lodha
Foundation, Poet, Author,
Philanthropist



Dr. Parul Begum
Life and Leadership
Coach



Joydeep Kumar Das
Project Management |
Change Management |
Transformation Lead |
Business Leader | Dream
Catcher



**Acharya Vinod Kumar
Ojha**
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ASTROLOGER



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International Senior Advisor,
IHRCC Forum, Help to Grow:
Management Course, Deputy
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Biomedical Scientist and
Fortune 369 Director | Bamboo
Bedding Solutions for Asthma
Relief & Menopausal Comfort |
Sustainable & Hypoallergenic



Alka Pandey
Specialist Dietician & Owner
of Nutrivibes with Alka



Dr. Neha Swami
Psychologist,
IGC County Chair for
Psychology and Mental
Health

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Founder & Director of Addison Accounts
& business consultants|ACMA | CGMAI
CIMA, UK| Chartered Accountant (FCA)
| Management Accountant (CMA)|
Financial Management | Financial
Advisory | Account & Finance Director,
IGC



Preeti Puja
DELHI BASED
JOURNALIST AND
ENTREPRENEUR



Minakshi Koch
Vice CEO, Ishkama Ltd
Director/ Chief Editor-
Ishkama Global Change
(IGC) Magazine/ Advocate
and Lead- IGC for Autism
Project/ Author- Star Autism
Mums



Sonia D' Souza
AI | Web3 | Digital Wellness |
Sustainability | Courses | Learning |
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| Effortless Workouts, Nutritious
Living, and Pain-Free Movement
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Abhha Sandill
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| Ex Infoscion | Delivery
Manager | Social Media
Designer | Content Creator
| Parent Governor at St
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Riya Gupta
Digital marketing and
brand management
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