

ISSUE:
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ISHKAMA GLOBAL CHANGE



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Heal your Mind, Body & Soul



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Dr Amb. Abhnash K Bains
CEO and Founder -
IGC/ Ishkama Ltd

From the FOUNDER'S DESK

As we enter the dynamic month of July, I extend heartfelt gratitude to our readers, writers, sponsors, and the entire Ishkama Global Change (IGC) community.

Our mission extends beyond mere publication, we are a collective, committed to fostering personal growth, making a positive difference, and celebrating remarkable individuals.

In this issue, you'll find inspiring stories, thought-provoking articles, and insightful perspectives. From local initiatives to global collaborations, IGC continues to promote unity, understanding, and positive change.



I had the pleasure of being invited by Neil Sen to the Asia Cup Polo International weekend event at Winkfield Park Polo Club. A charity auction in support of the Maria Cristina Foundation was held to raise funds for this worthy cause. Additionally, I had the privilege of meeting Ashwinth Kumar (DMG Foundation) and Arshia Singh.

Furthermore, I attended the 10th International Day of Yoga organised by The Indian High Commission in London. This year's theme for Yoga Day is Vasudhaiva Kutumbakam, which signifies that we are part of a global family where compassion, harmony, and well-being transcend boundaries.



Unfortunately, I was unable to attend District Governor, Lion Kadambari's handover due to health reasons. I extend my warmest wishes for her success and health.

As we observed special days in July, we recognized their unique importance. Canada Day, on July 1st, symbolized the birth of a nation, celebrating unity and independence. The Fourth of July marked a pivotal moment in history when The United States gained Independence. On July 11, World Population Day raised awareness about global population issues and underscored the importance of understanding diverse societal needs. World Youth Skills Day, which occurred on July 15, empowered young people with essential skills for a brighter future. This day highlighted the strategic importance of equipping youth with skills for employment, entrepreneurship, and addressing global challenges. Lastly, the International Day of Friendship, on July 30, promotes peace, understanding, and solidarity among diverse communities worldwide.

I express my gratitude to the IGC Advisory Committee for their dedication and hard work. Additionally, I appreciate all the IGC Chairs for their efforts in promoting service, inspiring one another, and fostering growth. I take pride in supporting my IGC chairs in their fundraising endeavours for Baby Hithaishi treatment who is battling SMA Type-1 and for Tahreem's therapy treatment who deserve a chance at a brighter future.

As we navigate the challenges of our times, let us remember that every action, no matter how small, contributes to the larger tapestry of transformation. Together, we can create a world where compassion, innovation, and resilience thrive.

For inquiries related to contributing an article to the IGC magazine or participating in an interview on Ishkama Radio, kindly reach out to us via email at ishkama.igc@hotmail.com. Additionally, if you are interested in promoting your organisation through magazine advertisements, please feel free to contact us using the same email address. We look forward to hearing from you. Thank you for being part of this journey. Let's continue to inspire change by promoting unity.

Letter from the CHIEF EDITOR



Dr. Amb Minakshi Koch
Vice CEO, IGC

Hope you enjoy reading the July Issue of IGC Magazine. We love bringing to you new stories and perspectives and await your honest feedback. There are some amazing articles in this issue. The Editor's Choice on Page 11, is about commitment and leadership. IGC Chairs from all over the globe are working extremely hard to bring a change to the community and a ray of hope to someone in need.

has interviewed several notable guests, including:

- Amb (Dr) Abhnash K Bains, Founder and CEO of Ishkama
- Prapti Dutt, an award-winning fitness trainer and nutritionist
- Dr Maria Santiago Valentin, an environmental expert

Apart from this, I would love to mention about Ishkama Radio. Ishkama Radio is committed to leveraging its platform for impactful causes and insightful discussions. Besides fundraisers, Hilda Kalap


For those interested in guesting on the show, please reach out to Hilda at hildakalap@gmail.com. Catch all episodes of Ishkama Radio <https://ishkama.co.uk/radio/>.



ISHKAMA RADIO
Changing the World: One Interview at A Time

Hilda Kalap (HOST)
Amb (Dr) Abhnash K Bains (FOUNDER)

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Beyond Lifetime Achievement: *A Record-Breaking Wonder Woman*



PROF. DR. PARIN SOMANI

In a complex world filled with pain and suffering combined with human achievement, Prof. Dr. Parin Somani emerges not just as an academic luminary but as a living testament to the extraordinary heights that resilience, determination, and a relentless pursuit of positive global change can reach. Her journey transcends the boundaries of ordinary accomplishments, creating a narrative that inspires and motivates generations to come.

As the Director of the London Organisation of Skills Development (LOSD), Prof. Dr. Parin Somani's influence extends far beyond academia. Her roles as Chief Editor of Global Research Journal, Educator, 3 times TEDx Speaker, Author, International Motivational Speaker, Humanitarian, and Philanthropist showcase a woman of multifaceted brilliance. Her journey is not merely a catalogue of titles; it's a masterpiece of intellect, compassion, and an unwavering commitment to making a positive impact on the world.



In December 2023, Prof. Dr. Parin Somani was bestowed with the prestigious Lifetime Achievement Award 2023 at the Houses of Parliament in London. This honourable recognition was presented by MP Bob Blackman, adding a distinguished feather to her illustrious cap. She has also received the esteemed Lifetime Achievement Award in Education at the Women of the Heart Awards (WOHA), solidifying her status as a luminary in the realm of education and societal progress. However, the work Prof. Dr. Parin Somani has been carrying out for global societies has stemmed from her life's greatest challenges when Prof. Dr. Parin Somani's life took an unexpected turn. She was confronted with life-threatening aggressive cancer. A sudden loss of vision, thrust her into a life-changing battle that left scars on her spirit. Enduring three surgeries and grappling with the challenges of excessive weight gain due to steroids, Prof. Dr. Parin Somani emerged as a symbol of resilience over a long struggle.

A decade later, faced with a grim diagnosis again but this time with an expiration date, she experienced a profound awakening. This wake-up call propelled her to recognise the sanctity of life and the urgency of making a positive impact. Prof. Dr. Parin Somani emerged from the crucible of adversity with a renewed sense of purpose and two powerful mottos: "To serve mankind until her last breath" and "By working together, we can make a positive global change."

Her commitment to societal progress is not confined to words; it's a lived reality. Travelling to 127 countries, she became a global thought leader, delivering keynote addresses at prestigious institutions like Cambridge University, University of Oxford and Harvard University.

The recognitions and awards she received on 6th May 2024 WOMEN EXCELLENCE AWARD ,On 8th March 2024 International Women's Day, Prof. Dr. Somani was recognised with WOMAN OF THE YEAR AWARD 2024 including the Best Authors of the Year 2023, the Lifetime Achievement Award in Education at the Women of the Heart Award (WOHA), and the Wonder Woman Award 2023 from Woman of the World (WOW), resonate as anthems of recognition for her unparalleled dedication and unassailable spirit.

In the crucible of personal health challenges, Prof. Dr. Parin Somani not only maintained a positive attitude but surged ahead with her humanitarian work. Her resilience is not just a response to challenges; it's a guiding philosophy that challenges are opportunities cloaked in adversity. Through her saga of inspiration, she beckons others to channel their energy positively, manifest dreams into reality, and be the architects of change they wish to witness in the world.

Her immense hard work to transform global societies resulted in recognition through accolades bestowed upon her, including the prestigious title of Mrs Universe 2022 where she was crowned by Bollywood Actress Mahek Chahal, Winner of Enigma Mrs World 2022 in Thailand , Winner Mrs BritAsian 2021 in London and also was crowned by Bollywood Actress Aditi Govitrikar for Winning Mrs India 2021, Winner of Mrs Universe International 2021, Winner of Mrs India Global 2021 and runner up of Mrs Queen of India 2021 and many more. Triumphs in the world of beauty pageants, serve as outward manifestations of her resilience and dedication. However, it is her academic achievements that truly sets her apart. Holding two Academic Doctorate degrees and six Honorary Doctorates, she stands as a beacon of intellectual prowess.

Prof. Somani was honoured and recognised by Lords Mayor of Oxford , Councillor Lubna Arshad , as one of the '24 Prominent Personalities in the World 2024' at a grand celebration held at New College, University of Oxford 24th March 2024.

What elevates Prof. Dr. Parin Somani into the realm of record-breaking luminaries is her association with the Guinness World Records. As a Lead editor of the Guinness World Records 'The Thickest Book in the World unpublished' and co-author of the book chapter "23 Positive Change Makers in the World

2023." Also, she was honoured by Worshipful Mayor of Harrow , Councillor Ramji Chauhan and recognised as one of the 23 positive change makers in the World 2023. She not only etched her name in the record books but also demonstrated the power of collaboration and leadership on a global scale. Her recognition in World Book of Records, India Book of Records, Asia Book of Records, Karnataka Book of Records, Golden World Book of Records, and Scholars Book of World Records is a testament to her indomitable spirit and authored 20 books to help global society with words of wisdom and literature. On 26th March 2024, her latest literary book "Alchemy of Reflections: 540 Inspiring & Powerful Quotes from a 54-year journey," was launched by the Worshipful Mayor of Hillingdon , Cllr Shehryar Ahmad-Wallana at New College, University of Oxford, UK.



Prof. Dr. Parin Somani's journey is not merely a lifetime's achievement; it's a living, breathing testament to the power of the human spirit to soar above the highest peaks of adversity and emerge as a record-breaking Wonder Woman in the chronicles of human history.

The Journey of Self-Understanding



DR ALISON CHIWARA, FRSA

Understanding who we truly are goes beyond just knowing our surface level traits, it's about

Digging deep into the very essence of our being. I will draw insights from various viewpoints with arrows all pointing to the same. It's in the magic of these insights that will lead us into understanding what it means to truly understand ourselves, one can say it's a spiritual journey of self beyond surface.

Neuroscience gives us a glimpse into how our brains shape our sense of self. Dr. Antonio Damasio talks about the self as a "neural pattern," bringing clarity on how our experiences and thoughts build this incredible web of who we are. It's like our brains are constantly weaving a story about ourselves, adding more chapters to the never ending story of discovering and understanding oneself as life happens.

But here is a twist, it's not all about neurons firing. Spiritual leaders like Eckhart Tolle point out that self understanding is more than just knowledge, it's about connecting with our innermost being and tapping into our cores. He says "Knowing yourself goes far deeper than the adoption of a set of ideas or beliefs." It's about tapping into that deep well of wisdom and awareness that

resides within us all. That sacred space where only you know well.

Psychologists bring their own insights to the table too. Carl Jung famously spoke about the "shadow self" heard of it? It references to those parts of ourselves we may not always want to acknowledge despite their obvious heads making a peep into our existence. Embracing our shadows as Jung suggests, opens a path to actually accepting our whole selves and living our authentic selves. It's about the journey of living unapologetically with all our cracks, moments of celebrations, milestones and our brokenness that also makes us unique because of our differing journeys.

Then there's the amazing Brené Brown whose views I love, she champions vulnerability as a pathway to self discovery in an uncharted way. Her research shows that by accepting our imperfections and facing our fears, it allows us to connect better with those around us tapping into our inner selves and continuously discovering our wonderful and uniquely made selves in such a profound way. "Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they are never weaknesses".

Social scientists add an even more interesting layer to the discussion,

showing us how our identities are shaped by the societies we live and thrive in. Our sense of self is said to be detected and influenced by broader social dynamics as noted by psychologists such as Hofstede. Who we are isn't just about our individual experience, it's also about the Communities and cultures we belong to, that feed into our growth and pour into our cups regularly. We are formed by the moulds we are placed in but, with self growth, we can break free from those that no longer serve us.

Research tells us that people who know themselves well tend to have better emotional balance, stronger relationships, and greater resilience when faced with challenges. It's not just about examining our own thoughts but equally about equipping ourselves with the tools to live more fulfilling and meaningful lives that are led with purpose.

Sheikh Jalaluddin Rumi said "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." How powerful!. You see, the journey isn't always easy, it takes that certain level of courage and vulnerability to help us peel back those layers and welcome our true selves with open arms and a whole understanding and acceptance of self.

Cameroon AI Regulation: *What Needs To Be Known*



OBIA SARON

Artificial intelligence is a subject of discourse due to unprecedented technological capabilities in diverse domains, such as; the medical field, security, academia and even the financial sector. So far, the negative impact is highly documented in security annuals. Governments use AI to enhance their capabilities, so as criminal also exploit it to attack states, organizations and individuals. For example, the ransomware attack on the **Colonial Pipeline in the United States in May 2021**. This should appeal to the Cameroon government to develop an AI regulation, rather than focusing on **law N° 2010/012 of 21 December 2010 relating to Cybersecurity and Cybercriminality** in policing non-conventional crimes.

China is changing the narrative of generative AI using deep learning techniques to generate output based on input data. In order to moderate and control generative AI language model technology as ChatGPT, the **Cyberspace Administration of China (CAC)** introduced specific laws to regulate AI, which are but not limited to: The Generative AI Regulation which came into force on August 15, 2023, targeting a broader scope of generative AI technologies. The regulation is essential in policing crimes as per **Article 21 of the Generative AI Regulation:**

- if any service provider (including technical supporters through APIs) violates the regulation, the relevant authorities shall impose penalties in accordance with applicable laws and regulations including the CSL, DSL, PIPL, and STPA; and

A cyber defense team will be necessary for Cameroon, to respond to future attacks, as well as a blueprint of the French pattern to regulate challenges related to AI, such as the **"National Strategy for Artificial Intelligence"** launched as part of «France 2030» agenda, and the enforcement of the law to ensure the proper conduct of the 2024 Olympic and Paralympic Games (**Law N° 2023-380 of 19 05 2023**). This correlates with the UN and

Interpol's strategy for securing major sporting events.

In as much as AI regulations are adopted, implementation remain challenging, with the emergence of new patterns by trans-national actors and states. In order to deal with such challenges, the **National Artificial Intelligence Initiative Act of 2020** (H.R. 6216), established an American AI Initiative and guidance on AI research, development and evaluation of activities at federal science agencies is a mechanism which could be adopted by the Cameroon government. The menace pose by AI, attest for the introduction of at least 75 bills during the 117th Congress in America, which six were validated.

Cameroon needs a comprehensive artificial intelligence regulation to foster a culture of awareness, resilience, and responsibility, to better unravel crimes relating to artificial intelligence, build a more secure cyberspace.

Read:

- Dufлот, A. 2024. Artificial Intelligence in the French Law of 2024. Legal Issues in the Digital Age. 2024. Vol. 5. No. 1.
- LATHAM & WATKINS. China's New AI Regulations. August 16, 2023 | Number 3110
- Marcin Szczepański 2024 United States approach to artificial intelligence. European Parliamentary Research Service
- China's AI Regulations and How They Get Made by Matt Sheehan. HORIZONS Summer 2023, No.24

OBIA SARON is a figure of distinction in the field of international security. He studied Criminology and Security Management (PGD) and Security Studies (MSc) at the Pan African Institute for Development West Africa (PAID-WA). He is a certified Public Policy Analyst at the Nkafu Policy Institute, and certified Cyber Criminologist at the Applied Criminology Network International Academy.

RESILIENCE, LIFE AND WELLBEING IN SUB SAHARAN AFRICA



MODIKA FEMBE HILDA

There is an adage which goes like this; 'life is made of ups and downs'. The ability to challenge the setbacks of life for a better society is attached to our mind and nature. Resilience is the ability to re-integrate a society or community after overcoming several challenges in order to lead a healthy and fulfilling life. An individual is resilient when he or she is seeking new experiences and opportunities, while ensuring insurable risk.

Sub Saharan African countries are gradually adapting to resilience education. The globalization era has ushered the world into a new wave of crimes, which only the development of resilience in the academic milieu can help prevent; these problems, bullying, violence, mental health problems, depression and suicide that put young people at risk of developing problematic behaviors. Equally, the skills and attitudes that develop resilience and wellbeing also gear for academic success, better mental and physical health, and more socially responsible lifestyles.

Several scholars have raised the argument that schools, and teachers in particular are major actors for resilience and wellbeing of students. Adopting a challenging curriculum to support learning and opportunities for meaningful participation (such as presentations by each student). They can equally educate students on protective personal skills to help them integrate the society, despite hardships and frustrations caused by stratification.

Despite the contribution of schools for the wellbeing and resilience of youths, some challenges emanate from parents. Drawing from my experience, while working in different communities in Cameroon, particularly in local communities. We (Social Change and Establishment Center for Youths and Disabled

Persons) discovered that there is a need for psychologists and mental health specialists in these schools. On a daily basis, teachers deal with a range of social, emotional and behavioural challenges which impact student learning. Equally our continuous effort to promote the inclusion of people living with disabilities, also expose several challenges; discrimination, physical abuse and superstition toward them.

In order to better apprehend the issue of resilience and wellbeing in life, it is necessary to outline some key components of resilience and wellbeing within the academic milieu and as per an individual amidst society. Some of these key components are but not limited to;

- Resilience and wellbeing within the academic milieu

School principles

- A sense of belonging
- Meaningful participation and contribution
- Opportunities for strengths to be acknowledged
- Supportive, inclusive culture
- Strong rules about bullying

Teacher-student relationship

- Teacher knowledge of students and availability
- High expectations and academic support
- Knowledge sharing based approach (expose or presentations and reading culture)
- Clear, consistent boundaries

Positive family-school relation

- Family involvement with school programs
- Strong teacher-family collaboratio

- Resilience and wellbeing for individual Self-esteem

- Be dynamic or competent in several areas of life
- Awareness of factors that influence successes and mistakes
- Awareness of the interconnection between thoughts, emotions, behaviour and learning
- Realistic and positive self-knowledge of strengths and challenges

Self-management

- Self-discipline to control impulses and persevere to overcome challenges
- Creativity and adaptability
- Optimistic thinking about social challenges
- Normalising setbacks rather than personalising
- Using humour in a helpful way

Social management

- Cooperating and communicating effectively with others
- Working collaboratively to get along with peers
- Conflict resolution and negotiation skills
- Friendship skills
- Resisting inappropriate social pressure which can lead to low self-esteem

Adapted from Bounceback! – A Well-being and Resilience Program, H McGrath and T Noble, 2011.

Social Change and Establishment Center for Youths and Disabled Persons have developed robust resilience strategies to boost up students, and disabled persons in Cameroon by supporting these persons with academic fee, training them how to produce soap, sanitary pads, and equally provided capital for them to start small businesses. The organisations advocacy for persons living with disabilities gave them a program on a television station in Cameroon, precisely in the south west region, Buea, where mostly persons of the Bulu Blind centre expose their business, talent and challenges which they encounter and how they succeed to overcome these challenges.

In addition to the advocacy for wellbeing of local community and training of resilience attitude, the Social Change and Establishment Center for Youths and Disabled Persons in partnership with the Regional Representative (Mme Obia Rosaline E.) of the Chambers of Agriculture, Fishery, Livestock and Forestry of Cameroon, for the South West Region,empowered local community members and persons living with disability with agricultural tools and products to help them cultivate, taught them how to rear pigs and fowls in order to sustain the family. The Regional Representative equally facilitated the sale of these products by organising a mini- agricultural show, which encouraged other local communities and persons to bounce back into the society.

The organisation further organised counselling

Email: ishkama.igcehotmail.com

programs for youths against the consumption of drugs and the advantage of vocational training programs. The organisation discusses with youths the causes of mental health issues relating to drug consumption and how vocational training programs can boost their future career, by advising them to pick one during holidays.

In synergy with teachers of some schools, a robust strategy was developed in order to increase the performance of students in their classrooms. Teacher-parent's relation are reconfiguring the educational system of some schools. After an exam, the marks of the candidate or student are sent to their parents before the student is handed the script. Also, if the student is not seen in class the parent is alerted, and summoned with the student to justify the absence. At the end of each semester, the student record or report card is sent to the parent's mail and all parents are alerted in a WhatsApp forum created by the teacher to pull the attention of parents about the behaviour of the kids in school.

In order to have a good life, one must understand that; a person must learn to seek help, even if a problem cannot be solved it becomes a life lesson. Parents must let their kids know that difficult times are a normal trend of life and usually don't last for long. Equally when youths overcome societal challenges and understand that no-one is perfect, the latter will learn how to bounce back and be more resourceful. Parents should know that by over-protecting their kid and doing things for them, it relents important opportunities for the latter and the ability for developing a resilient lifestyle. Teachers and parents must develop a good relationship which allows children to expose their problems, in order to get different solutions. Responses must be optimistic, to make the latter understand things will be better soon. Above all, always comfort a person by talking about how you managed strong emotions in a calm way.

Disability is not inability!



“Behind the Scenes: A Day in the Life of a Food Bank Volunteer”



AURICK SARKAR

Recently, I spent some time doing work experience at the Colchester Food Bank. I got to see firsthand how food banks operate and the impact they have on the community during my DofE volunteering.

When I first arrived at Colchester Food Bank, I was welcomed by a friendly team of staff and volunteers. They were all passionate about helping people, and it was clear this was more than just a place to hand out food. It was a support system for those who needed it most.

One of my first tasks was sorting and categorising donations. We went through a lot of food, making sure everything was in good condition and organising it by type and expiry date. These would be gradually moved onto the packaging area when it is needed. I was told in the foodbank that this system that they use was adopted from the military as it is a very efficient way of organising food.

It also showed me how generosity may be a weak point in Colchester as the foodbank was buying food low in stock over the 3 months that I was there spending the funds that they have. A major part of my experience was learning about the harsh realities people face. I heard stories of individuals having to live in their cars

with the only way to cook food being a kettle.

Another task I took on was packing food parcels for clients. The parcels were packed with a balanced range of foods which can help keep a healthy lifestyle. Food would be put in bags and weighed out before being stored. It was done in 2 ways: family and standard. A standard is for a couple or a person and would have less food as compared to that for a family. In the foodbank, I also learned about the administrative work that keeps the foodbank running. This included managing inventories, coordinating with local businesses for food. Additionally, there were also other small companies such as an old school uniform providing company which provides for parents struggling to buy clothes for their children.



Overall my experience with food bank was an eye opening

experience which taught me how important it is for the community to come forward to help each other and it felt rewarding to be able to give something back to the society.

I would definitely look for other opportunities in future to volunteer in different parts of the city which helps our community.

Bharathanatyam: *Teaches Discipline, Patience, Focus, and Perseverance*



Bhadram School of Dance, under the guidance of Bharatha Natyam teacher, Seema Gopinath, is a place where dedication and commitment to the art form are truly valued. Teachers like Seema Gopinath play a crucial role in nurturing the talents of their students, and it's wonderful to hear about the amazing performances by the students during the yearly annual day every year.

Teaching classical dance from a young age to adults is a remarkable endeavour that not only preserves the rich heritage of the art form but also imparts invaluable life skills to students. Classical dance, like Bharatha Natyam, goes beyond just physical movements; it teaches discipline, patience, focus, and perseverance.

Performing in various shows in East Anglia provides students with opportunities to showcase their hard work and dedication to the art form. These performances not only serve as platforms for students to display their talents but also contribute to the cultural enrichment of the community.

The skills learned through dance, such as coordination, expression, and stage presence, are transferable to many aspects of life, including academics, careers, and personal relationships. Moreover, classical dance fosters creativity and self-expression, nurturing well-rounded individuals who are confident and poised.

The support from parents must indeed be appreciated; it's often a significant factor in the success and growth of young dancers. With such a supportive environment, it's no wonder that the students can showcase their

talent and skills so beautifully. It's heartening to see such passion for Bharatha Natyam and the arts being fostered in the community.

It's lovely to hear that Bhadram School of dance pupils enjoy classical dance and have a positive relationship with their teacher. Developing a passion for classical dance is not only enriching culturally but also personally fulfilling. It's a testament to the beauty and depth of the art form that pupils find joy in practising.

Having a good relationship with their teacher is crucial for a student's growth as a dancer. A supportive and inspiring teacher like Seema Gopinath can make all the difference in nurturing her learner talent and helping them reach their full potential. The bond between a student and teacher in the realm of classical dance often extends beyond the studio, fostering mentorship and guidance that can shape a disciple's life in profound ways.

It's heartening to know that Akshara Mudiya (Daughter of Latha) has found such a positive experience in her journey with classical dance and her teacher. This connection can serve as a source of motivation and inspiration for her continued dedication to the art form.

Instructors like Seema Gopinath play a pivotal role in shaping the lives of their students, instilling in them a love for dance and a deep appreciation for tradition and culture. Their dedication and passion for teaching are truly commendable, as they guide their students on a journey of self-discovery and artistic expression.

“It Always Seems Impossible Until it’s Done” - Nelson Mandela

This month has witnessed tremendous hard work and dedication from the IGC Chairs. Several projects are running simultaneously and few are getting very good responses. The efforts of the IGC Chairs as per their projects are being listed and we hope to catch the attention of the readers to make any contribution that may be possible.

1. Hilda Kalap, IGC Chair UK Ishkama Radio Lends Support to Urgent Gene Therapy Fundraiser



The newly-launched Ishkama Radio is using its platform to raise awareness and funds for a critical cause. The station is highlighting the plight of 10-month-old baby Hitaishi and her family from Andhra Pradesh, India. Hitaishi, diagnosed with Spinal Muscular Atrophy (SMA) Type 1—the most severe form of the disease—is in dire need of a life-saving gene therapy drug, Zolgensma.

Parents Preetham and Gayathri, who are friends with one of Ishkama's Chairs, Latha Balne, shared their emotional story in an interview with host Hilda Kalap. Due to SMA, Hitaishi is unable to swallow food or crawl, and her condition is

progressively worsening. Without treatment, SMA Type 1 is always fatal. The gene therapy Zolgensma, which offers hope for Hitaishi, comes with a staggering cost of \$2 million. The family faces a race against time to secure the funds by August 15, the critical deadline for administering the treatment before it's too late.

How You Can Help

- **Listen to the Interview:** Gain insights and hear directly from Hitaishi's parents about their journey and urgent needs by listening to the episode on Ishkama Radio <https://podcasters.spotify.com/pod/show/ishkama-podcast/episodes/Urgent-Gene-Therapy-Fundraiser-for-Baby-Hitaishi-e2lfej1/a-abd8poq>

- **Watch the Video:** Get a quick overview of the situation and the urgent call for help by watching a short video <https://www.youtube.com/watch?v=iePsO42JeEU&t=5s>

- **Donate:** Support the fundraiser by contributing to the crowdfunder on Impact Guru <https://www.impactguru.com/fundraiser/help-hitaishi>

Your support can make a life-saving difference for baby Hitaishi.

2. Latha Balne, IGC Chair UK

Raised funds for 10-month-old baby Hitaishi and her family from Andhra Pradesh, India. Hitaishi, diagnosed with Spinal Muscular Atrophy (SMA) Type 1—the most severe form of the disease—is in dire need of a life-saving gene therapy drug, Zolgensma.



**Urgent Help Needed:
Save Baby Hitaishi's
Gene Therapy**

Missing Gene
(SMA TYPE1)

Together
we can



Donate via Bank Transfer:

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Sort-Code: 30-99-50
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IBAN: GB06LOYD30995078982768
BIC: LOYDGB21287



Latha has raised £3000 by supporting the Gofundme campaign and £410 through stalls. It is a commendable effort as she went out of her way to make this possible. She is a true humanitarian. There was a group of volunteers who helped her. She found events in Colchester local to her to raise funds for Hitaishi. She found the Colchester carnival and sawan mela were scheduled for 13/14 July weekend and immediately connected and enquired with the organisers explaining about Hitaishi and then the fund needed for her treatment. She checked with close friends and got 5 ladies volunteers with their kids happy to join the stall. A day before the event, Akshara, Akhil and Tanvi prepared all the games and items needed for the stall starting at 7:30 pm after their school and evening classes and finished at 10:30pm. First few hours were only games managed by the kids—Akshara, Nayana, Akhil, Chandra, Jyothisri, Samarth and Samridh.

Swetha, Prathibha, Anuradha Jyothisri and Latha did henna and generated good funds. IGC offered bracelets which along with the henna stall raised £275 on Saturday.



3. Angonimi David-Imeh, IGC Chair Nigeria HRGF's Vocational Training Drives Economic Empowerment for 20 Women at Abuja IDP Camp"



In a bid to promote sustainability and self-reliance among women,

Email: ishkama.igc@hotmail.com

the Hope Raisers Global Foundation (HRGF) has pledged ongoing support for 20 women empowered through their skill acquisition program.

Initiated in May 2024, this project equipped participants with vocational skills and materials for liquid soap making, with backing from Convexity Humanitarian Aids Transfer Solutions (CHATS).

Its Founder, Angonimi David-Imeh, during the second and final phase of the training held on Friday at the Area 1 IDP camp in Durumi, Abuja, emphasised the organisation's commitment to transforming the narrative of unemployment. She highlighted the foundation's vision of fostering local economic production and providing these women with the tools needed to achieve financial independence.

Mrs. David-Imeh explained that the training not only aimed to reduce unemployment but also sought to empower women to become economically productive members of their communities. This initiative, she noted, is a critical step towards promoting sustainable livelihoods and ensuring that these women can support themselves and their families.

David-Imeh shared the foundation's commitment to equipping internally displaced women with accessible and practical skills, empowering them to support themselves and their families.

She stated, "Following the initial training, we provided seed funds to the participants. This marks the second and final phase of our skill acquisition program.

"We specifically targeted women with no prior experience in skill acquisition, as many of them are the primary breadwinners. This camp was selected after a round of testing and vaccine distribution for individuals diagnosed with Hepatitis.

"Recognizing the high cost of Hepatitis treatment and management, our funding partners prioritised women who tested positive for the disease,

prompting this targeted intervention at the camp."

"Our organisation chooses skill acquisition for sustainability, this is the only thing that can sustain them in the sense of continuity. After the first phase we had to give a break to monitor what they were doing, how far they had gone, watch and see if they were making progress and then to add to what they were doing.

"This training is purely business to enable them to have financial resources to tackle basic needs.

"From time to time we will continue to contact and engage with them to see if their businesses are sustained. This is very important, as we do not want the beneficiaries to have the notion that this is charity, for them to spend up their capital and go back to square one.

David-Imeh also disclosed that a savings scheme in collaboration with Jaiz bank was organised for the women to enable them save their money.

Chief Business Officer of Convexity Tech Limited, Ogedegbe Uyoyo, highlighted the transparency of the relief distribution process, explaining that each participant's name was scanned with a code to ensure accountability.

"We implemented this system to ensure complete transparency," Uyoyo explained. "By scanning the participants' names, donors in the US can see in real-time exactly where their contributions are going. When we call out Hauwa Mohammed's name, the donors can see and verify who is receiving their support."



One of the participants, Naomi Godiya, expressed her gratitude to the organisers for maintaining the intervention. She shared that the proceeds from her soap production have helped her feed her family and enrol her two children in school.

**4. Shoaib Habib Memon,
IGC Chair Pakistan
Urgent Request for Funding -
Tahreem Fatima's Autism Therapy**



<https://gofund.me/39bd50ab>

Tahreem is an 8-year-old child diagnosed with autism. Her parents, unfortunately, cannot afford the necessary behaviour change therapy and weekly sessions required for her treatment. Additionally, Tahreem urgently needs medical attention at Aga Khan Hospital.

Our Request:

We kindly request your support in fundraising €600 for Tahreem's treatment. Your contribution will directly impact her well-being and development. Tahreem deserves a chance at a brighter future, and your generosity can make that possible.

Tahreem's family has faced financial hardships due to the cost of her therapy. Despite their best efforts, they struggle to provide the specialised care she needs. As a community committed to positive

change, we believe that every child deserves access to essential healthcare services.

**5. Padmini Koch,
IGC Chair India
Sibsagar Autism Friendly
Emphasis(SAFE) continue
functioning**



<https://gofund.me/43667825>

Autism is a disorder that affects many aspects of a child's life from social interactions to communication skills. Unfortunately, many families in our district of Sibsagar are facing financial hardships to provide the necessary support and care for their autistic children.

They have more than 10 students that are undergoing treatment and therapy sessions. However, it is becoming very difficult for them to sustain and provide them with proper resources.

They have been dealing with parents below poverty level as they are not being able to give their child special education, speech therapy, as well as occupational therapy. Parents have been facing financial hardship due to the cost of the therapy. Despite the best of their efforts, they struggle to provide specialised care that their child needs as a community committed to positive change. SAFE believes that every child deserves access to essential healthcare services.

We kindly request your support in

fundraising for SAFE autistic children. Your contribution will directly impact their well-being and development. Every child deserves a chance at a brighter future and your generosity can make that possible.

Currently, they are struggling to even afford the rent and keep the place running. There are no funds available. Together we can keep the place running and open to these children with no other hope and place to turn to.

Please have the heart and donate even the minimum possible. The children need us!

**6. Kamalpreet Madaan,
IGC Chair UK**



She lost her dear Aunt (Bua) to cancer. Although her aunt passed away in India, when Kamalpreet came to the UK, she saw first hand the amazing work Macmillan does and how many people benefit from their support. Inspired by their impact, she decided to get involved and help spread the word about this incredible organisation.

Every year, she participates in this trek to honour her aunt's memory and to support those still fighting their battles with cancer. She has taken up the project to fundraise every year for this cause and if anyone would like to join, they are most welcome!

“The Plastic Problem”

Plastic, ubiquitous in our daily lives, has become one of the most significant environmental challenges of our time. Its durability and versatility, once celebrated, are now cause for concern as we grapple with the repercussions of plastic waste on ecosystems, wildlife, and human health. The convenience of plastic has led to a disposable culture, exacerbating pollution and environmental degradation. Plastic is made through a process called polymerization, where small molecules, or monomers, bond to form long chains known as polymers. This manufacturing process, involving heat and pressure, creates versatile materials molded into countless products. However, the convenience of these durable items comes at a significant environmental cost, contributing to pollution and ecological harm. With growing awareness of these issues, individuals and communities are seeking ways to mitigate their plastic footprint. Understanding these impacts and taking actionable steps to reduce plastic use is crucial for a sustainable future.

The Environmental Impact of Plastic

- 1. Pollution:** Plastics are a major source of land and water pollution. Every year, millions of tons of plastic waste enter the oceans, forming massive patches of debris that disrupt marine life. Sea turtles, birds, and marine mammals often mistake plastic for food, leading to ingestion that can cause injury or death.
- 2. Microplastics:** As plastics degrade, they break down into microplastics—tiny particles that infiltrate the environment. These particles are ingested by marine organisms, entering the food chain and potentially impacting human health through seafood consumption.
- 3. Chemical Leaching:** Plastics often contain harmful chemicals such as bisphenol A (BPA) and phthalates, which can leach into food and water. These chemicals are associated with various health issues, including hormonal disruptions and cancer.
- 4. Landfill Overload:** Plastics take hundreds of years to decompose. Landfills, overflowing with plastic waste, contribute to soil and groundwater pollution. The slow decomposition process releases methane, a potent greenhouse gas, exacerbating climate change.

Tips to Avoid Plastic

- 1. Bring Your Own Bag:** One of the simplest ways to reduce plastic use is to carry reusable shopping bags. This small change can significantly decrease the demand for single-use plastic bags.
- 2. Opt for Reusable Water Bottles:** Instead of purchasing bottled water, invest in a durable, reusable water bottle. Many public places now offer water refill stations, making it convenient to stay hydrated without contributing to plastic waste.
- 3. Use Glass or Stainless-Steel Containers:** For food storage, choose glass or stainless-steel containers over plastic ones. These materials are not only more sustainable but also free from harmful chemicals that can leach into your food.
- 4. Avoid Plastic Straws:** Many establishments now provide paper or metal straws as alternatives. Consider using these options or simply going straw-free.
- 5. Choose Products with Minimal Packaging:** When shopping, select products with minimal or biodegradable packaging. Support companies that prioritize sustainability and reduce unnecessary plastic use.
- 6. Buy in Bulk:** Purchasing in bulk can significantly reduce plastic packaging waste. Bring your own containers or bags to refill items like grains, spices, and nuts.
- 7. Switch to Bar Soap and Shampoo:** Instead of liquid soaps and shampoos in plastic bottles, opt for bar versions.



These alternatives often come in paper packaging and last longer, reducing waste.

8. **Say No to Single-Use Utensils:** When ordering takeout or delivery, request no plastic utensils and use your own cutlery at home. Carry a set of reusable utensils when eating out.
9. **Use Cloth Diapers:** For families with infants, switching from disposable diapers to cloth ones can significantly reduce plastic waste. Cloth diapers are reusable, cost-effective, and better for the environment.
10. **Choose Natural Fiber Clothing:** Opt for clothing made from natural fibers like cotton, linen, or wool instead of synthetic materials. This helps reduce the shedding of microplastics during washing and lessens plastic pollution.

Alternatives and Substitutes for Plastic

1. **Biodegradable Plastics:** Made from plant-based materials, biodegradable plastics break down more quickly and have a reduced environmental impact compared to traditional plastics.
2. **Bamboo Products:** Bamboo is a highly renewable resource that can be used to make utensils, toothbrushes, and even clothing. It's a sustainable alternative to many plastic products.
3. **Silicone:** Durable and heat-resistant, silicone can replace plastic in kitchenware, such as baking mats, food storage bags, and straws. It's reusable and safer for the environment.
4. **Beeswax Wraps:** An excellent substitute for plastic wrap, beeswax wraps are reusable, washable, and biodegradable. They are perfect for covering bowls or wrapping food.
5. **Recycled Materials:** Many companies now offer products made from recycled materials, including clothing, shoes, and home goods. Supporting these products helps reduce the demand for virgin plastic.

International Plastic Bag Free Day

International Plastic Bag Free Day, celebrated on July 3rd, raises awareness about the environmental impact of single-use plastic bags and encourages global action to reduce their use. This day serves as a reminder of the collective responsibility to combat plastic pollution.

How to Celebrate:

Community Cleanups: Organize or participate in local cleanups to remove plastic waste from beaches, parks, and neighborhoods. This not only beautifies the area but also prevents plastic from entering waterways.

1. **Host Educational Workshops:** Raise awareness about plastic pollution and alternatives by hosting



workshops. Educate community members on the importance of reducing plastic use and provide practical tips for making sustainable choices.

2. **Challenge Yourself:** Commit to a plastic-free challenge, reducing or eliminating plastic use for a day, week, or month. Share your journey on social media to inspire others.
3. **Support Local Legislation:** Advocate for policies that limit plastic use, such as bans on single-use plastic bags or straws. Supporting these initiatives helps create lasting change in your community.
4. **Shop at Zero-Waste Stores:** Visit or promote local zero-waste stores that offer products without packaging. These stores encourage sustainable shopping habits and reduce reliance on plastic.

Conclusion

The pervasive use of plastic has led to an environmental crisis that affects ecosystems, wildlife, and human health. However, by making conscious choices and adopting sustainable practices, individuals can significantly reduce their plastic footprint. Embracing alternatives such as reusable bags, bottles, and containers, as well as supporting eco-friendly products, can help mitigate the impact of plastic pollution. Celebrating initiatives like International Plastic Bag Free Day reminds us of our role in protecting the planet and encourages collective action toward a more sustainable future. By working together, we can make a substantial difference in the fight against plastic pollution and pave the way for a healthier, cleaner environment.

Positivizing Population

Ever noticed how crowded the world feels lately? It's World Population Day, and while more people might conjure images of traffic jams and packed grocery aisles, there's a sunny side to this bustling planet, what if we flip the narrative and look at the bright side? Contrary to common belief, a rising population isn't necessarily a bad thing—it's a sign of progress, potential, and opportunity. Let's take a whirlwind tour through the perks of a growing global population, with a shout-out to India's vibrant communities and bustling streets.

India, with its 1.3 billion-strong squad, proves that more isn't just merrier—it's a powerhouse of potential. Economically, it's a hub of innovation and entrepreneurship, fueled by a youthful, tech-savvy population. From startups to space missions, every entrepreneur and scientist adds to the nation's economic momentum.

Culturally, India's diversity is its crown jewel. With over 1,600 languages and a kaleidoscope of festivals, it's like having a global carnival in your backyard! This blend isn't just cool; it's a lesson in harmony and the power of sharing stories across borders.

Environmentally, more people mean more demand for resources, but necessity is the mother of invention. India's leap into renewable energy and sustainable practices isn't just a trend—it's survival mode at its finest. When you have a billion minds thinking green, eco-friendly solutions aren't just a dream; they're a mission.

Education and healthcare? With a growing tribe, there's a growing need for top-notch schools and hospitals. India's focus on education and healthcare access is leveling up faster than a TikTok challenge. When you have more students hungry for knowledge and more families demanding better healthcare, innovation becomes the only way forward.

So, as we celebrate World Population Day, let's embrace the perks of a packed planet. India's journey reminds us that behind every number is a story, and within every challenge lies an opportunity. With optimism and innovation, a rising population isn't just a number game—it's our ticket to a brighter, bolder future.

World
Population
Day



Future-Ready Youth



Let's talk about skills—it's not just about textbooks and exams anymore. As we celebrate World Youth Skills Day, it's time to think outside the classroom and embrace innovative ways to empower our youth.

Instead of lectures, imagine interactive workshops where young minds dive into real-world challenges. Hands-on experiences in fields like technology, entrepreneurship, and sustainability spark creativity and problem-solving skills.

Platforms like online courses and virtual mentorship break down barriers, connecting aspiring youth with experts worldwide. It's like having a global classroom at your fingertips, where knowledge flows freely and ideas know no bounds.

Games and simulations aren't just for fun—they're powerful tools for learning. From business simulations to coding challenges, gamified learning makes mastering new skills engaging and rewarding.

Community-driven initiatives bring local talents together, fostering collaboration and leadership. Youth-led projects tackling community issues not only solve problems but also

nurture civic responsibility and empathy.

Let's not forget the arts! Creative expression through music, art, and theater builds confidence and communication skills. It's not just about talent—it's about unleashing potential and embracing individuality.

On World Youth Skills Day, let's champion these innovative approaches. By empowering our youth with diverse skills and opportunities, we're not just preparing them for jobs—we're shaping future leaders, innovators, and change-makers.



Understanding Human Trafficking

Human trafficking is a complex issue that involves the exploitation of vulnerable individuals for various purposes, including forced labor, sexual exploitation, and organ trafficking. This crime thrives on deception, coercion, and manipulation, exploiting those who are most vulnerable in society.

Traffickers often target individuals in precarious situations, such as those living in poverty, experiencing domestic abuse, or lacking access to education and employment opportunities. They may promise better lives, jobs, or education, luring victims with false hopes. Many victims are recruited through fake job advertisements or deceptive offers of marriage, only to find themselves trapped in a cycle of exploitation.

The methods of control used by traffickers are brutal and varied. They often isolate victims, confiscate identification documents, and threaten violence against them or their families. Psychological manipulation and physical abuse are common tactics, ensuring victims remain compliant and unable to seek help.

Trafficking networks are highly organized and operate across borders, making detection and prosecution challenging. They utilize sophisticated methods to transport and conceal victims, often moving them through multiple locations to avoid detection. Corruption and complicity among officials can further hinder efforts to combat trafficking, allowing these networks to operate with impunity.

Technology also plays a role in modern trafficking, with traffickers using social media and online platforms to recruit and exploit victims. These platforms offer anonymity and a vast reach, making it easier for traffickers to connect with potential victims and evade law enforcement.

Efforts to combat human trafficking require a multifaceted approach, involving prevention, protection, and prosecution. Raising awareness, strengthening laws, and supporting victims are essential components in the fight against trafficking. Collaboration between governments, NGOs, and communities is crucial in dismantling trafficking networks and providing support to survivors.

World Day Against Trafficking in Persons serves as a reminder of the ongoing battle against this grave violation of human rights. It emphasizes the need for continued vigilance and action to end human trafficking and support its victims.



Tragedies in Water

Drowning remains a significant global issue, claiming the lives of countless individuals each year. Real-life incidents from various parts of the world illustrate the urgent need for heightened awareness and prevention measures.

In Bangladesh, where rivers are a lifeline for many communities, ferry accidents are all too common. In 2014, the MV Miraj-4 ferry capsized during a storm on the Meghna River, leading to the tragic deaths of over 100 passengers. Overcrowding and a lack of life jackets were major factors. This heartbreaking incident highlights the critical need for stricter safety regulations, enforcement, and public education on water safety.

The United States also faces numerous drowning incidents, often involving children. One particularly tragic case occurred in Texas when a young boy drowned in a backyard pool during a family gathering. Despite the presence of adults, the boy slipped away unnoticed, and his absence was only realised minutes later. This incident underscores the importance of constant vigilance, proper fencing, and pool alarms to prevent such tragedies.

In Australia, a country known for its beautiful beaches, rip currents pose a significant danger to swimmers and surfers alike. The death of a young surfer in New South Wales after being caught in a rip current serves as a stark reminder of the ocean's unpredictable nature. Many beaches now have warning signs and educational programs aimed at teaching visitors how to identify and escape rip currents, but awareness and respect for these natural forces are crucial.

South Africa has its share of drowning incidents, often in rivers and dams. One notable case involved a group of children on a school trip who ventured into a seemingly calm river. Tragically, one girl was swept away by an unexpected current. This incident brought attention to the importance of proper supervision, risk assessment, and the need for safety measures during outdoor activities, especially when involving children in unfamiliar environments.

In Europe, cold water shock is a significant risk in many lakes and rivers. An incident in the UK involved a teenager

who jumped into a lake during a hot summer day and succumbed to cold water shock. This phenomenon, where sudden immersion in cold water causes involuntary gasping and potentially cardiac arrest, highlights the need for public awareness campaigns about the dangers of cold water and the importance of acclimatization.

These real-life incidents serve as a somber reminder of the diverse risks associated with water environments worldwide. World Drowning Prevention Day, observed annually, aims to raise awareness about these dangers and promote preventive measures.



Prevention efforts must include:

1. Education and Awareness: Public education campaigns are essential in informing communities about the dangers of water and safe practices. Teaching children

and adults about swimming, recognizing hazards, and basic lifesaving techniques can significantly reduce drowning incidents.

2. Safety Regulations:

Governments and local authorities must enforce safety regulations, such as mandatory life jackets on boats, fencing around pools, and proper signage at beaches and waterways.

3. Supervision and Vigilance:

Constant supervision, especially of children around water, is critical. Designating a responsible adult as a "water watcher" can prevent unnoticed accidents.

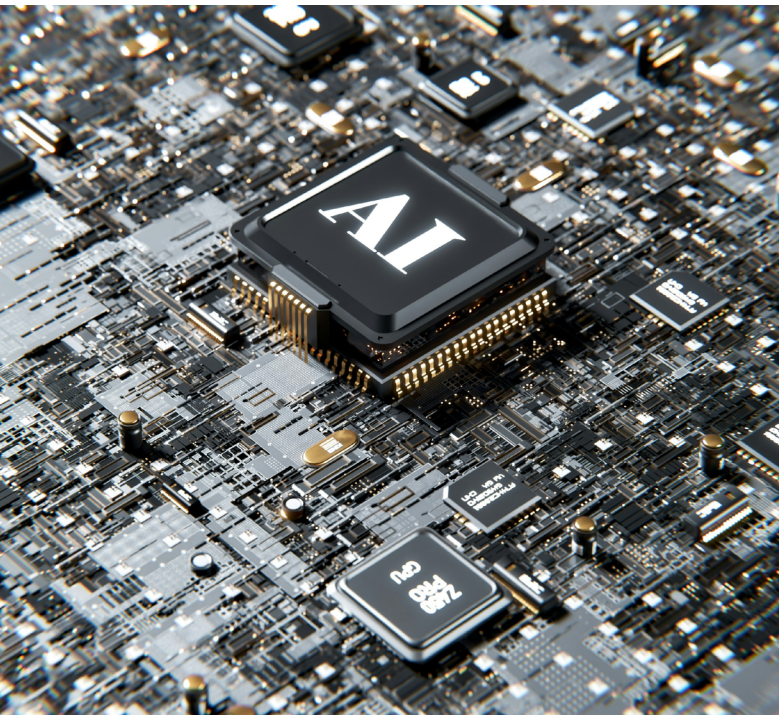
4. Infrastructure and Equipment:

Providing lifeguards at public swimming areas, ensuring access to rescue equipment, and maintaining safe facilities are crucial in preventing drownings.

By reflecting on these incidents and taking proactive measures, communities can work towards a safer environment around water. World Drowning Prevention Day serves as an essential reminder of the collective responsibility to protect lives and prevent future tragedies. Through education, regulation, and vigilance, we can significantly reduce the risk of drowning and save lives.

AI-Powered Hepatitis Diagnostics

Artificial Intelligence (AI) is at the forefront of revolutionising healthcare, particularly in the realm of hepatitis diagnosis, as World Hepatitis Day approaches. This technology promises significant advancements in early detection, personalised treatment strategies, and overall management of hepatitis, marking a crucial milestone in global health efforts.



AI's ability to process vast amounts of medical data swiftly and accurately is transforming how hepatitis is diagnosed. By analysing complex patterns in medical images and laboratory results, AI algorithms can detect subtle signs of liver damage or the presence of hepatitis viruses that may elude human observation. This capability enables healthcare providers to initiate interventions earlier, potentially preventing the progression of liver disease to more severe stages.

Early detection is paramount in hepatitis management, as timely intervention can significantly improve patient outcomes. AI not only speeds up the diagnostic process but also enhances its accuracy, reducing the risk of misdiagnosis and ensuring that patients receive appropriate treatment promptly. This is particularly

Email: ishkama.igcehotmail.com

crucial in regions where access to specialised healthcare professionals may be limited, democratising access to high-quality diagnostic capabilities.

Moreover, AI empowers personalised medicine in hepatitis care. By analysing genetic profiles, treatment histories, and real-time health data, AI algorithms can predict individual responses to antiviral therapies with unprecedented accuracy. This tailored approach minimises trial-and-error in treatment selection, optimises therapeutic outcomes, and reduces adverse effects, thereby improving patient quality of life.

The learning capabilities of AI further bolster its utility in hepatitis diagnosis and management. AI algorithms continuously adapt and improve as they encounter new data, refining diagnostic models and staying abreast of emerging trends in hepatitis research. This adaptive learning process not only enhances diagnostic precision over time but also holds promise for uncovering novel insights into hepatitis pathophysiology and treatment efficacy.

Beyond diagnosis, AI contributes to comprehensive hepatitis management by supporting healthcare providers in decision-making processes. From recommending personalised treatment plans to monitoring disease progression and therapeutic response, AI-based systems provide invaluable support in delivering patient-centred care.

As we observe World Hepatitis Day, the integration of AI into hepatitis diagnosis underscores a paradigm shift towards more precise, efficient, and accessible healthcare solutions. While challenges such as data privacy, algorithm transparency, and integration into existing healthcare infrastructures remain, the potential of AI to revolutionise hepatitis care is undeniable. Collaborative efforts among healthcare professionals, researchers, policymakers, and technology developers are essential to harnessing AI's full potential in combating hepatitis and improving global health outcomes.

In conclusion, AI stands as a transformative force in hepatitis diagnosis, offering unprecedented capabilities in early detection, personalised treatment strategies, and ongoing disease management. As technological advancements continue to unfold, the future of hepatitis care holds promise for enhanced efficiency, efficacy, and equity, paving the way toward a world where hepatitis is more effectively controlled and ultimately eliminated.

Monthly Horoscope for August 2024

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



Aries: During the month, Jupiter and Mars will support professional advancement. In order to reach your goals, the management and your coworkers will support you. Your ability to manage finances and your diligence are what drive financial actions. The outcomes will become visible eventually. It will be exciting for singles to start new romantic partnerships. The family setting might not be harmonious. There can be ongoing arguments between family members. Address all issues diplomatically. A healthy diet and exercise regimen will improve your health tremendously.

relationships. When family members fight, things in the family may not run smoothly. It can take a lot of time and work to resolve these discrepancies. Excellent health will continue. It could be difficult for students to perform effectively in their academics. There can be a lot of travel for both vacation and work.



Taurus: The effects of Mercury and the Sun are likely to stifle career advancement. Professionals of the Taurus sign would succeed if they got along well with their peers. Approach every issue diplomatically. The planets Mars and Jupiter will help with finances. Consider investing in the long run. Venus offers you encouragement in your marriage. It's possible that Taurus people will have to accede to their demands. It's likely that singles will find compatible people with whom to start a romantic connection. Relationships within the family are probably very friendly. Students' academic development will be great throughout the month. Students studying engineering and commerce should fare much better.

Cancer: Career progress may be hindered by lack of commitment and communication issues. Venus can help with finances and improve marital harmony. Family environment may be affected by conflicts and finances, but efforts should be made to restore harmony. Health is likely to be good without major illnesses, but regular fitness and diet regimens are essential. Travels for professional and business purposes may not yield positive results.



Gemini: With the assistance of Jupiter and Mars, professionals are expected to see significant job advancement. If singles can persuade their potential partners, they can enter into romantic

Leo: Career professionals can expect good progress due to their dynamism and charm. Finances will improve with star support and harmony with colleagues and contacts will boost profits. Marital harmony is good, and singles should be selective in choosing partners. Family happiness and support from elders will prevail. Health prospects are good, but educational progress may face challenges due to planetary disturbances.



Virgo: Career growth may be hindered by a lack of planetary help, and communication with colleagues may be subpar. Venus may boost finances and investments, while overcoming negative spouse attitudes may improve marital



harmony. Health can be improved through exercise and diet, and mental health can be improved through exercise and diet. Academic progress may be below expectations.

Libra: Career progress is expected to be commendable, with harmonious relationships and promotions. Businessmen can expect increased profits from investments. Marital harmony improves with commendable qualities. Holidays may attract love mates, but family affairs may be disturbed. Health is good, with control of chronic diseases and minor issues. Academic progress may be hindered by planetary disturbances, and travel plans may not yield benefits.

Scorpio: Professional growth may be impacted by disharmony with colleagues and seniors, but hard work and tact can help. Business people may make progress in projects, and it's a good time to start new ones. Marital harmony is ensured by avoiding conflicts, and family affairs are cordial. Health prospects are good, but challenges may arise in educational activities. Planetary help is missing for travel benefits.

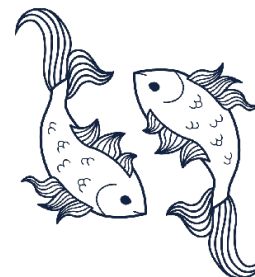
Sagittarius: Career progress may fluctuate due to opposing planetary influences. Finances may face challenges due to Saturn's negative influence. Marital relationships may be good if shared interests exist. Family happiness may be disturbed by conflicts and expenses. Health conditions are good, but students may need help from the stars. Travel activities are favourable, with professional and business travel

resulting in significant benefits.

Capricorn: Professionals can execute projects with determination and enthusiasm, gaining praise from seniors and management. Promotions and bonuses may come, but financial issues may arise. Workplace harmony may be lacking, and new investments may not be suitable. Good communication can improve marital relationships, and family conflicts may arise. Health is good with regular exercise and diet, and students excel in creative, engineering, and medicine subjects.

Aquarius: Career growth can be achieved through challenges and hard work, with Mars and Jupiter providing help. However, businesses may face challenges due to workplace harmony and potential losses. Marital relationships will be harmonious, and family relationships will be excellent. Health will remain good, and students can excel in their studies. Career advancement and business advancement may be possible through travel.

Pisces: Career professionals can achieve success through good relationships, Jupiter and Mars assistance, and saving for future needs. Marital happiness can be achieved through clear communication. Singles may not commit to partners, leading to disharmony and financial instability. Health prospects may be bleak, with acute diseases recurring. Students may struggle with academics, while travel for career advancement and business expansion can yield benefits. Enjoyable trips may also be beneficial.



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



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PROMOTING UNITY

JULY 2024

YOUR WELLBEING EDITION

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Founder: Abhnash K Bains
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X @ishkama1

  @ishkama_01