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ISHKAMA GLOBAL CHANGE



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*Heal your Mind,
Body & Soul*



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

From the FOUNDER'S DESK

As we welcome the month of September, I want to extend my heartfelt gratitude to each and every one of you, especially our dedicated IGC Chairs, for your unwavering efforts and contributions towards our community. Your commitment and passion are the driving forces behind our collective success.

This past month has been filled with significant events that have left a lasting impact on our global community. It was an honor to represent IGC and support the FESTAC Africa Festival 2024, a remarkable event celebrating African Unity, Culture, and Sustainable Growth. I extend my deepest thanks to founder Grace Mumo and Chairman Engr. Yinka Obioye for their invitation. The festival was more than just a celebration, it was a powerful platform for promoting Africa's cultural diversity and sustainable development. The event underscored the vital role of culture, trade, travel, and tourism in driving Africa's progress.



Additionally, I had the pleasure of attending the International Conclave on Good Governance 2024, focused on the inspiring theme of "India: Art, Culture and Community. Where insightful discussions and exchanges of ideas took place, furthering our mission of fostering good governance worldwide.



I was also privileged to attend the 78th Independence Day of India event, supported by the High Commission of India and Indian organisations in the UK. As someone with Indian roots, it is always a privilege to participate in such significant celebrations, and this event was no exception. It was a pleasure to attend the 2024 Invogue Exhibition, the retail, lifestyle, and professional services showcase in London, at the invitation of the EEL Association.

However, this month also brings a moment of deep sadness as we mourn the loss of a dear friend and esteemed IGC Chair, Vijay Jain. Vijay was a true embodiment of Lionism, and his support at the IGC Convention 2024 was commendable. His contributions and spirit will be greatly missed.

Together, we will continue to make a positive impact on our global community.

We welcome you to Ishkama Dialogues, the podcast where we explore how creativity, collaboration, communication, and critical thinking can help build a sustainable future for everyone.

Join us as we spotlight partnerships, innovations, and solutions that have the power to inspire genuine, lasting change. Email- ishkama.igc@hotmail.com.

Thank you once again for your continued support and dedication. Your encouragement continues to motivate us.

Letter from the CHIEF EDITOR



Dr. Amb Minakshi Koch
Vice CEO, IGC

The month of September is the start of many celebrations. The 2nd annual Saree Parade in Ipswich, a vibrant celebration of culture and community, took place with great enthusiasm and participation. Ishkama Global Change (IGC) supported the event as its goals were aligned with promoting women’s empowerment and mental well-being.

Please do not hesitate to reach out. I will be more than happy to answer any questions you have.

Link-<https://ishkama.co.uk/igc-members/>
<https://ishkama.co.uk/igc/>

Find out more about the grand success of this event in the Community Page.

We would like to welcome you to Ishkama Dialogues, the podcast where we explore how creativity, collaboration, communication, and critical thinking can help build a sustainable future for everyone.

In each episode, we invite individuals, organisations, and companies to share their strategies for driving socially responsible actions that embrace respect and inclusion as universal values—transcending background, culture, status, or location.



IGC Chairs in the Saree Parade- East Anglia, 2024

We welcome youth leaders and volunteers to join IGC and become a part of the future. With great leaders guiding the youth and youth being moulded with a community spirit, we can build a better world.

At IGC, we’re more than a community; we’re a dynamic force for personal growth and positive change. Celebrating remarkable individuals, we provide a platform for members to share, connect, and initiate community projects.

The purpose is, if we as chairs with our volunteers do good work, others will join us to make their local communities and world a better place. As we believe nothing is impossible to achieve if we all unite and work together.



ISHKAMA
Global Dialogues
with Rudi Page

Rudi Page
(HOST)

Dr. Angela Soong
(SPEAKER)

Link: <https://spotifyanchor-web.app.link/e/f5Sgzq00QMb>
Tune in to hear inspiring stories of creativity, compassion & collaboration

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Join us as we spotlight partnerships, innovations, and solutions that have the power to inspire genuine, lasting change. Email- ishkama.igce@hotmail.com

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Trailblazer: *Political Leadership!*



AMEENAH GURIB-FAKIM PHD

Ameenah Gurib-Fakim Phd, has served as the 6th and First Female President of the Republic of Mauritius (2015–2018). Prior to that, she has been the Managing Director of the “Centre International de Développement Pharmaceutique (CIDP) Research and Innovation” as well as Professor of Organic Chemistry with an endowed chair at the University of Mauritius.

Since 2001, she has served successively as Dean of the Faculty of Science and Pro Vice Chancellor(2004–2010). She has also worked at the Mauritius Research Council as Manager for Research (1995–1997).

Ameenah Gurib-Fakim earned a BSc in Chemistry from the University of Surrey (1983) and a PhD from the University of Exeter, UK (1987). During her academic journey, she has participated in several consultation meetings on environmental issues organised by international organisations. Between 2011–2013, she was elected and served as Chairperson of the International Council for Scientific Union - Regional Office for Africa, and served as an Independent Director on the Board of Barclays Bank of Mauritius Ltd between (2012–2015).

As a Founding Member of the Pan African Association of African Medicinal Plants, she co-authored the first ever African Herbal Pharmacopoeia. She has authored and co-edited 30 books. She has lectured extensively across the world; is a Member of the Editorial Boards of major journals, has served on Technical and national committees in various capacities.

She has been admitted to the Order of the Chevalier dans L'Ordre des Palmes Academiques by the Government of France in 2010 and is the recipient of 7



Honorary Doctorates DSc (s).

Elected Fellow of several academies societies, Ms Gurib-Fakim received several international prizes including the 2007 l'Oreal-UNESCO Prize for Women in Science, the African Union Commission Award for Women in Science, 2009. Laureate, National Economic and Social Council (2007) - Government of Mauritius; Laureate for theCTA/NEPAD/AGRA/RUFORUM for 'African Women in Science' (2009)

On 05 June 2015, she was sworn in as the 6th President and the First Female President of the Republic of Mauritius.

She was elevated to the Order of GCSK by the Government of Mauritius, and received the Legion d'Honneur from the Government of France in 2016. In 2017, she received both the lifelong achievement award of the United States Pharmacopoeia-CePat Award and the American Botanical Council Norman Farnsworth Excellence. In 2018, she received the Order of St George at the Semperoperball, Dresden, Germany.

In 2019, she received the 'Trailblazing award for political leadership' by the World Women Leaders Council in Iceland. In 2020, she was elected Honorary President of the International and Engineering Institute and received their 2020 5th IETI Annual Scientific Award. She also received the IAS-COMSTECH Ibrahim Memorial Award from the WIAS in Jordan. In 2021, she received the Benazir Bhutto Lifetime Achievement Award, the Obada Prize, Egypt and the RUFORUM Recognition Prize 2021. In 2021, she was appointed as Distinguished Professor at the John Wesley School of Leadership, Carolina University, USA.

Championing Inclusive Education Through ESTUDIAZ INC.



**YANELA DÍAZ MARTÍNEZ,
PUERTO RICO**

Born on September 23, 1997, in Puerto Rico, Yanela Díaz Martínez has dedicated her career to transforming the educational experience for students with special needs. With a Bachelor’s degree in Special Education for the Deaf, certifications in Autism, and a Master Degree in Educational Organization Leadership, Yanela laid a strong foundation for making a meaningful impact in education. This drive led to the creation of ESTUDIAZ in April 2020.

ESTUDIAZ INC. began as a modest initiative, offering virtual basic sign language courses and “at home tutoring” for deaf and hard-of-hearing students. Under Yanela’s visionary leadership, it quickly expanded into a dynamic organisation offering a wide range of services designed to support students with diverse needs. Just four and a half years later, ESTUDIAZ included a Reggio Emilia-inspired preschool through kindergarten inclusive school, uniquely incorporating sign language into its curriculum. This approach fosters a learning environment where communication and understanding are central to early childhood education.

In addition to the school, ESTUDIAZ provides an inclusive summer camp for children with and without autism, deafness, and Down syndrome, as well as a tutoring centre serving students from kindergarten through high school. The organisation also offers educational therapy, individualised academic reinforcement and classes, and sign language courses ranging from basic to interpretation levels. Through sign language workshops, ESTUDIAZ extends its impact into the broader community.

Yanela and her team are now preparing for their first

major event, “ESTUDIAZ, Entiendes y Comunicas,” on the last Sunday of September, a month dedicated to Deaf Community Awareness. This free event aims to educate and support parents, family members, and professionals involved with children who have special needs. The day will feature educational workshops, a showcase of deaf artisans, and information tables with psychologists, therapists, and other professionals. Activities for children, including those led by Special Olympics representatives, will ensure a day filled with learning and engagement for all.



Authenticity at Work: *What You Need to Know*



JOLENE LIN

When it comes to workplace success, it can be tempting to put on a show—fake it till you make it, right? But when it comes to making a lasting, positive impact in your career, it turns out that authenticity may be the key.

The idea of being authentic at work may be intimidating to some, but it's an essential part of building your skills and network. After all, it's hard to build trusting relationships if you're not being your true self. Plus, employers today are seeking out self-motivated, trustworthy and resilient employees—skills that cannot be faked.

Let's take a look at what it means to be authentic at work, how it can help you to be successful, and how you can become more authentic in your professional life.



What it Means to Be Authentic at Work

To be authentic at work means to communicate and present yourself truthfully and honestly—regardless of what other people think. It shouldn't feel like a performance, but come naturally and without effort. In other words, it's a true self-expression without any kind of alteration or filter. Authenticity at work also doesn't mean that you have to

give away the farm. It doesn't mean that you need to be transparent—or that you have to engage in “excessive confessionalism” as some have recommended. It also doesn't mean that you need to be one-dimensional—overly positive or negative, for instance.

Rather, authenticity is about being genuine. It's about being honest and real, even when it's challenging. It's about taking responsibility for your mistakes, communicating openly, and being true to your values.

Benefits of Being Authentic at Work

While it can be tough to stay authentic in certain situations, it is possible to reap the rewards of doing so—particularly when it comes to financial success.

Authenticity at work can make you feel more comfortable in your professional skin, develop meaningful relationships with your colleagues, and potentially command higher salaries if your reputation of honesty and transparency is strong.

Research has also found that being authentic could even affect your overall career prospects—particularly when it comes to promotions and job security.

Studies suggest that employees who exhibit “high authenticity”—defined as being genuine, honest, and open—are more likely to be promoted to leadership roles and remain in their jobs longer than those who don't. It is often thought that these employees are more trustworthy and therefore more likely to be successful overall.

How to Be Authentic at Work

Simply deciding to be authentic is only part of the process—you also need to make an effort to be true to yourself. Here are a few tips to get you started.

1. Stay Connected to Your Values

To be authentic at work, stay connected to your core values and represent them in your words and actions. This might mean getting involved in company activities that reflect your values or standing up for what you believe in, even in moments when it makes you uncomfortable.

2. Know Your Goals

Take the time to identify what you want to accomplish in your career. Doing so will remind you why you're doing what you're doing and will make it easier to focus on the right things.

3. Take Time to Reflect

To be your most authentic self, take some time to think about who you are inside and out. Ask yourself what makes you unique and how that sets you apart from others.

4. Speak Your Truth

As long as you're speaking your truth in a respectful way, don't shy away from expressing your thoughts

and feelings—even if they may be unpopular with your peers. Be mindful of how you say it and stay focused on how you can contribute to the discussion and workplace.

5. Show Your Vulnerability

Authenticity isn't about feeling confident all the time. Give yourself permission to show that you're human and make mistakes like everyone else.

For example, instead of pretending that you don't care when things don't go your way, be comfortable with your emotions and show that you can learn and grow from mistakes.

The Bottom Line

Authenticity at work is essential for developing trust, developing meaningful relationships and career success. To unlock the potential of authenticity, be sure to stay connected to your core values and commit to speaking your truth in a respectful way. Additionally, take time to reflect on your goals and practise showing your vulnerability when necessary.

By following these tips, you can become the best version of yourself and develop powerful relationships with your peers, colleagues and employers. In the end, doing so can set you up for a rewarding, successful career.



A Celestial Force Redefining Global Leadership and Empowerment



PROF. DR. PARIN SOMANI

In the illustrious halls of human achievement, there exists a luminary whose brilliance transcends earthly boundaries: Prof. Dr. Parin Somani. Her journey, an opulent tapestry woven with threads of resilience, innovation, and boundless impact, captivates the global stage, leaving an indelible mark on the annals of history.

As the visionary leader of the esteemed London Organisation of Skills Development (LOSD), Prof. Dr. Parin Somani commands the spotlight with an aura of distinction and excellence. Undeterred by the tempests of adversity, including a valiant battle with cancer, Prof. Dr. Parin Somani emerges as a cosmic conqueror, her journey illuminated by the brilliance of her unwavering spirit and relentless pursuit of excellence.

Recipient of esteemed accolades such as the coveted Lifetime Achievement Award 2023 and the prestigious Woman of the Year Award 2024, Prof. Dr. Parin Somani stands as a testament to the power

of resilience and the triumph of the human spirit.

From delivering electrifying keynote addresses at venerable institutions to spearheading educational initiatives in underserved communities, she ignites the flames of inspiration and empowerment wherever she goes.

Her celestial alliance with Guinness World Records and a constellation of other record books solidifies her status as a luminary among luminaries. Prof. Dr. Parin Somani's remarkable odyssey epitomises the boundless potential of the human spirit, a testament to the transformative power of resilience, fortitude, and an unyielding commitment to shaping a brighter future for all.

As the cosmic CEO and Director of LOSD, Prof. Dr. Parin Somani blazes a trail of enlightenment, her stellar leadership guiding the youth to unlock their cosmic potential and emerge as celestial catalysts for societal metamorphosis.

She has already delivered a keynote speech at Cambridge, University of Oxford and now her upcoming keynote address at Harvard, USA will inspire within the esteemed

Global Research Conferences 2024, is a cosmic event of cosmic proportions—a testament to her cosmic brilliance and unwavering dedication to illuminating the pathways of knowledge and enlightenment.

Beyond the celestial realms of academia, Prof. Dr. Parin Somani's stellar impact reverberates through the cosmos of societal change. Her cosmic pledge to serve mankind until her last breath and her cosmic call for collective action resonate as cosmic imperatives, inspiring a cosmic renaissance of global empowerment and compassion.

In the cosmic annals of human history, Prof. Dr. Parin Somani emerges not merely as a record-breaking Wonder Woman but as a celestial luminary—a supernova of inspiration, blazing a cosmic trail toward a future filled with cosmic promise, cosmic prosperity, and cosmic possibilities.

In honouring Prof. Dr. Parin Somani, we pay homage to a celestial superstar whose cosmic brilliance lights up the cosmic firmament—a cosmic beacon guiding humanity on its cosmic quest for cosmic greatness and cosmic enlightenment.

The Qualities of a Good Manager



DANIELLE SIGNE

As I reflect on my first professional experience, I've learned that maintaining a positive attitude and finding comfort in my work environment is crucial, even in challenging situations, such as working in a toxic environment or facing negative treatment. It's essential to be respectful, focus on personal growth, and never doubt your abilities. Finding a comfort zone in a work sphere is far from being a comfortable exercise, but it's vital to remain positive and focused on my objectives. It's not always easy to separate emotions from personal situations that affect us and our role in the organisation that we are working and responsible for. Nevertheless, it's essential to give our best because; as employees, managers, leaders, and teammates, we are responsible for the feelings, growth, and success of those around us, and for contributing to a positive and productive work environment.

If you're working in a toxic environment, remember that their behaviour is a reflection of themselves, not you. Don't let it affect your self-worth or make you doubt your abilities. Instead, focus on developing your skills with positivity and optimism. Trust that you'll find better opportunities to showcase your talents elsewhere.

To me, being a good manager means embodying certain qualities that inspire and motivate teams to achieve greatness. These qualities include:

- **Objectivity:** Prioritising the organisation's goals and avoiding bias in decision-making.
- **Leading by Example:** Demonstrating a strong work ethic, integrity, and a commitment to excellence.
- **Teamwork and Collaboration:** Fostering an environment where team members feel valued, heard, and encouraged to contribute.
- **Empathy and Approachability:** Creating a safe

and supportive environment where team members feel comfortable sharing concerns and ideas.

- **Effective Communication:** Clearly and concisely communicating objectives, expectations, and feedback.
- **Adaptability and Resilience:** Navigating challenges with ease and finding solutions to unexpected problems.
- **Development and Empowerment:** Providing opportunities for growth, training, and mentorship to help team members reach their full potential.
- **Understanding our Role in the Organization:** Recognizing our position within the organisation and our responsibility to work towards fulfilling its goals and objectives.



By embracing these qualities, I strive to create a positive and productive work environment where my team can thrive. Remember, trust the process, and never give up on your aspirations. Stay positive, respectful, and focused on your goals, even in challenging situations. Maintain good interpersonal relationships, and always keep in mind your role in the organisation and your responsibility to contribute to its success. With positivity and optimism, you can overcome any obstacle and achieve greatness.

Behind the Scenes: *My Work Experience at St James Surgery*



**AKHILTEJ
MUDIYALA**

My work experience at St James Surgery in Clacton-on-Sea was both enjoyable and educational. Over the course of five days, I gained a behind-the-scenes view of how the Surgery operates. This learning experience was far more enriching than simply watching an informative video.

taught me how to use the equipment properly. It was a 10/10 experience.

Insight into Patient Consultations

The most interesting part of my experience was in the consulting room with Dr. Tulika. Most patients came for regular check-ups, but one case stood out: a middle-aged woman suffering from alcohol withdrawal and suicidal thoughts, accompanied by her mother. Even without prior information, it was evident she was struggling with drug dependency, as she exhibited severe tremors, fatigue, and paranoia.

Day 1: Introduction and Orientation

On the first day, I was greeted by Dr. Beegan, who facilitated my placement at the Surgery. Throughout the week, I spent most of my time with Dr. Praveen, who introduced me to the software used at the Surgery. It was fascinating to see how patient data was organised in the database.

Although the Surgery didn't specialise in mental health therapy, Dr. Tulika handled the situation with great care, making the patient feel comfortable. Dr. Tulika then worked to find a rehabilitation centre for the patient, successfully referring her to the Phoenix Rehabilitation Center after three phone calls.

Highlights and Hands-On Experience

A highlight of my week was spending time in the nurses' room with Nurse Poppy supervising me. I observed various nursing procedures, including administering injections and performing check-ups, often conducted behind curtains for privacy. Contrary to my expectations, the nurses encouraged this hands-on learning and even

Reflections on Mental Health Treatment

This case highlighted the inadequacies in mental health treatment in the UK, as pointed out by Dr. Tulika. She stressed the need for better mental health services and encouraged anyone considering a career in Rehabilitation Consulting to pursue it, as it would greatly benefit patients and their families.

Sea Settlements



HIMAVARSHA

Weymouth, Bournemouth and Lulworth will always hold a place in my heart.

Weymouth's sea is calm and scenic, it lulls you into going for a long paddle in the sea. The sea is always a pleasant cold feeling washing over you. Bournemouth's action-packed beach has lots to do, including taking a trip into an upside-down house, and no, I'm not pulling your leg, the house really is upside-down! Not to be beaten by Bournemouth, there's lots of other upside-down houses in Bristol, Liverpool, Brighton, Lakeside, London and Shanklin!

Lulworth's village is the ticket to getting away from everything. Its cove has a beautiful sunset. You'll come back from holiday leaving your heart at those stunning evenings at the cove. The fish and chips shops in the village add a secret ingredient: fish directly from the cove. No wonder it tastes so good!

Most people love the beach but they forget about the villages and towns and miss the traditional and heart-warming culture of these peaceful areas by the sea. Don't ignore the culture of these dwellings, don't miss these moments of pure bliss.

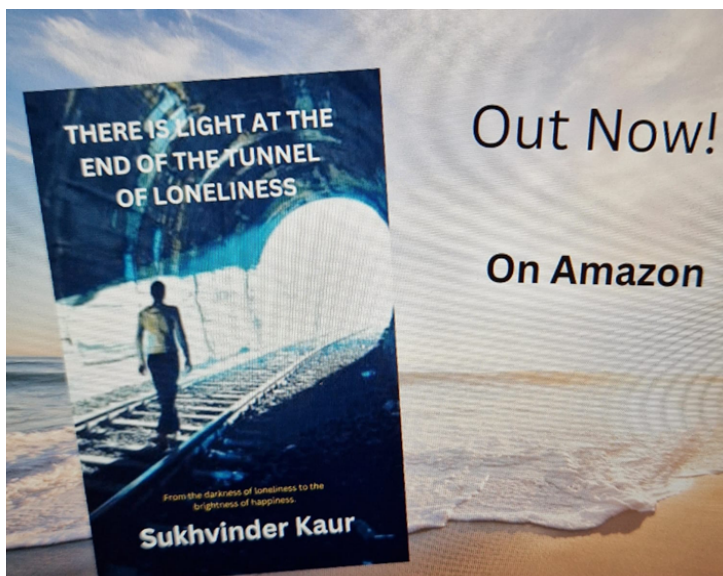
There is Light at The End of The Tunnel of Loneliness!



SUKHVINDER KAUR

Sukhvinder Kaur is a qualified integrative counsellor with a range of experience regarding physical and mental health. She is very caring and has lots of compassion for anyone who is experiencing short-term or long-term feelings of isolation. However, Sukhvinder believes everyone can learn to manage their feelings and avoid illness and she is sharing everything that has helped her so that others can have happier lives too. Sukhvinder Kaur works as a generalised counsellor for adults and has worked in the retail industry for over 20 years in customer service where she has developed her communication skills. Alongside, Sukhvinder has six years as a volunteer befriender with the Imago community charity in Southeast Kent working with adults over 18 years. She has received an award for her contribution towards her services and helping her clients. Although Sukhvinder enjoyed a very

happy childhood and was raised by loving parents she experienced many disturbing challenges during her adult life. She became isolated because of low self-esteem and sorrow. Sukhvinder needed support and eventually found it and her life improved having studied counselling and coaching and having been a volunteer befriender. For many years Sukhvinder has gained valuable insight into the psychology of loneliness. She has focused her heart and energy on helping other people with poor physical/mental/emotional health or illness. She helps to receive support from charitable organisations and other health services. Sukhvinder's enthusiasm and commitment to helping lonely people find the support they desperately need has a positive impact. Many lonely people have become stronger, self-protective and self-aware so that they overcome loneliness and enjoy happier lives.



ABOUT HER BOOK

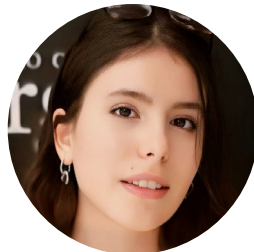
Sukhvinder believes everyone can learn to manage their feelings and avoid illness.

In this book, she is sharing all the things that have helped her so that others can have happier lives too.

This means that when lonely people use specific skills and strategies they can understand their feelings of loneliness and they find clear ways to make their own lives more content and peaceful.

Sukhvinder has included some top tips, helpful support and inspiring resources so that anyone who is experiencing loneliness can find peace of mind and the answers they need to feel confident and connected.

Feminists Effort for Women's Rights: How Objectification in the Digital Age Affects Women's Progress in a Patriarchal Society



**MELANY CASTAGNOLO,
ARGENTINA**

Throughout history, women have often been treated unfairly and viewed in a disrespectful way. Many times, people have only focused on women's appearance rather than their abilities and intelligence. Fortunately, feminism has played a very important role in changing these harmful ideas, helping women be seen as equals and fighting for their right to be fully involved in all parts of society, especially in the workplace.

Feminism has always worked to break down the belief that women should only be valued for how they look or for staying at home. The first waves of feminism helped women win important rights like the right to vote, access to education, and legal rights. However, the fight didn't stop there. As more women joined the workforce during the 20th century, they continued to face stereotypes that judged them based on outdated ideas.

All the work of feminists has made a big change in society, but there's still challenges as a woman in a patriarchal community.

During the history of humanity, women were objectified, they could not be seen in any other way than as a simple object to be used by men. This type of treatment towards women never changed, but the machismo that was so installed in society had been reduced.

As the years went by, technology advanced more and

more, but the "jobs" where women gave their entire body were still valid, until there began to be streaming platforms for adult content. People had easy access to the Internet and these websites were gaining more and more popularity. It was no longer necessary to hand over your physical body to someone, now with just one click, it is possible to expose yourself on the Internet and earn money in a very easy and fast way. This is clearly a very big problem, because for many years, feminists had managed to change things and ensure that more and more women could have the right to have a decent job, where they are honoured for their abilities, intellectuality and where it will be shown that they are just as capable as men.

So many years of effort to stop being objectified went overboard. More and more websites with explicit content grew, more young girls and adult women became interested in creating content to make money. The saddest thing about this is that the type of person sought for this "job" is the person who does not have enough resources to live, vulnerable people who have suffered some type of violence, even now these types of platforms induce younger teenagers to create content.

A few years ago a particular platform became very popular, it was so successful that it even began to be considered as a social media.

The person who wants to sell content, all she has to do is create an account, post photos or videos and wait for someone to buy. That's how easy it is to be exposed by technology.

This topic is very delicate and it saddens me every time I think about it because I met many girls between 13 and 16 years old who began to generate money in this unpleasant and dehumanising way. The most worrying thing is how companies where they are supposedly in charge of managing publications on this "exclusive content social media" induce many more women and teenage girls to expose themselves in an obscene way on the Internet. The worst of all this is not the companies or the same platform, but many girls think that doing that type of "work" is much better than going to study or getting a good job.

So why did feminists try so hard to fight for human rights? If other women and teenage girls choose this easy way to earn money? In this way we enter a vicious circle and we will never be able to get out of a patriarchal society, where women are just a mere object of desire.

This phenomenon not only causes women to be objectified, but also affects a woman's performance at work. Many girls have probably already thought, "Why put in so much effort into studying to get a good job if I can work from the comfort of my home?" I just need a cell phone, take intimate photos of myself, publish them and wait for them to pay me." It's true, sadly money is generated much easier and faster this way, because why should we work between 8 and 12 hours a day if you can earn even more money from home?

It is completely understandable why many women would prefer this option, but you also have to take into account the serious consequences that this entails, for example, once something is posted on the internet, it will NEVER be deleted. This decision can also harm the way a woman is perceived, normally when a person decides to do this, the perspective of others will completely change and it can become uncomfortable for both parties.

From my perspective, having a good job is a reason to feel proud, honored and respected, especially in a society where an arduous effort was made so that women have the right to work and make their lives without depending on men.

Unfortunately, with this new modality, we continue to depend on men in the same way as decades ago, only now in a virtual way.

Unfortunately, societies are making it increasingly difficult for girls, adolescents and women to achieve a good education and motivate them to get a good job, because sadly they have to choose to work or to study.

In many cases, the situation is worse, since it is the parents who exploit their daughters and induce them to work in this way.

Fortunately, there are many women, girls and adolescents who have not yet lost hope and think that a better future is possible.

Oh, sure, we fought for decades to stop objectifying women, only to create platforms where they can voluntarily do it themselves. Progress, right?



Legacy of a Trailblazer: *What Made the Journey of Siddhi Johri So Inspiring?*



SIDDHI SOMANI JOHRI

With victories in prestigious national and international pageants such as Mrs. India International 2019 and Mrs. Galaxy Queen India 2019, Face of India 2023, her magnetic personality, confidence, and dedication made her represent Rajasthan at the national stage.

A multidimensional & multi talented personality from Kathmandu and now settled in Jodhpur, she is a beacon of inspiration and empowerment.

Siddhi's exceptional abilities and her rare combination of beauty with brains set her apart from a young age, shaping her into a determined and passionate individual, an epitome of compassion and empathy.

As a clinical biochemist and guest faculty for nursing students, Siddhi's commitment to healthcare and health education shines through. She contributes to the growth of the medical profession and advances healthcare as she starts devoting her services and expertise for the welfare of the mankind.

Siddhi's role model spirit and leadership acumen are evident in her successful ventures and influential roles as National Brand Ambassador for Women Empowerment, Health Education ambassador of India, Brand Ambassador of Indo-Nepal Green Mission bestowed by United Nations Executive Director, International Peace Ambassador for India, advisory board member to many organisations and role Model for youth.

Siddhi's commitment to social philanthropy and youth empowerment takes center stage. As a motivational speaker, writer, and influencer, she dedicates herself to



empowering women and fostering positive change which makes her heartthrob for many.

Esteemed National and International organisations and influential personalities have recognized Siddhi's outstanding achievements, further validating her contributions to society and various domains with national & international laurels.

Siddhi's captivating presence as a public figure and influencer is explored, with approx seven thousand appearances as a celebrity guest, Chief Guest, Guest of Honour, Special Guest, panelists, jury, etc. She leaves an indelible impression on society and inspires others.

This memoir chronicles Siddhi's extraordinary journey, showcasing her versatile accomplishments and profound impact on society.

Ingenious Women of East Anglia



BHARGAVI GUVVALA

The 2nd annual Saree Parade in Ipswich, East Anglia, a vibrant celebration of culture and community, took place with great enthusiasm and participation. The event was graced by The Mayor, Councillor Elango K. Elavalakan, Madam Mayoress Manchula Elavalakan, and Deputy Mayor Mrs. Lynne Mortimer. A remarkable 105 women took part in this year's parade, including eight elderly women who were visiting their children.



This tradition of showcasing the saree in Ipswich began with the vision of us three friends - Bhargavi Guvvala, Dr. Minakshi Koch, and Sakshi Kasurde and was

supported by Mayuri Patel and The Ipswich Hindu Society (IHS). Inspired by the desire to flaunt sarees in a way reminiscent of their hometowns, we initiated this unique event, which has now flourished in its second year with participation more than doubling.

The event received strong backing from various organisations such as Ishkama Global Change (IGC), Ipswich Community Media (ICM), Ipswich Suffolk Indian Association (ISIA), Colchester Indian Association (CIA), Ipswich Telugu Association (ITA), IFCF, Ipswich Borough Council, and Marathi Mandal UK. Sponsors who contributed to the event included Kip McGrath Ipswich West, Emily Kendall 11+, SHiNELL, Pranathi Collections, Aishwarya Collections UK, Enticing Colours, Svaakriti, Avika collections and Optimal Financial Services.

The event was expertly organized by a dedicated team comprising Padma Swetha Kolisetty, Mayuri Patel and Latha Balne along with me. We brought together women

from Ipswich, Colchester, and Norwich, successfully doubling participation this year.

The significance of South Asian Heritage Month (SAHM), which runs from July 18 to August 17 each year honours the history, culture, and contributions of South Asian communities in the UK and the wider diaspora. First launched in the House of Commons in 2019, SAHM also aims to foster a deeper understanding of the heritage shared between the UK and South Asia. The theme for 2024, "Free to be Me," encourages people to embrace their identity, celebrate similarities, and respect differences.

The event also featured a quiz, with the winners proudly receiving the title of "Ingenious Women of East Anglia." All participants were given brooches, while the elderly women received bangle boxes in recognition of their presence. The event left everyone feeling joyful and fulfilled, with a strong sense of community spirit.

Special thanks to Vishnu Kaparathi and Vishnu Ram for capturing this event so beautifully and Om Joshi who volunteered for the whole event.



Ingenious Women of East Anglia Winner- Mrs. Seema Srivastava. Ingenious Women of East Anglia-Runners Up- Mrs. Priya Modi and Ingenious Women of East Anglia 2nd Runners Up- Mrs. Atiya Zehra.

We hope to make next year's event even bigger and further expand the reach and excitement of this beautiful celebration!

Important Dates

Charity in Action

Celebrating International Day of Charity on September 5th offers a great opportunity to contribute to meaningful causes and make a difference. Whether through small acts of kindness or larger charitable efforts, this day can inspire everyone to do their part for the greater good. Here are some simple yet impactful ways to celebrate this year:

1. Donate to a Charity

One of the most direct ways to celebrate is by making a financial donation to a cause you believe in. Countless organisations are working on issues like poverty, education, health, and environmental conservation. Choose a charity that aligns with your values and contribute as much as you're able. Even small donations can make a significant difference when combined with others.

2. Volunteer Your Time

Not everyone can donate money, but giving your time can be equally valuable. Consider volunteering at a local food bank, homeless shelter, animal rescue centre, or any organisation in need of help. Whether it's a few hours or a full day, your presence can brighten someone's day and support important community efforts.

3. Organise a Fundraiser

You don't have to be a professional event planner to organise a successful fundraiser. Gather friends, family, or coworkers and host a bake sale, virtual run, or garage sale. You could also set up an online crowdfunding campaign for a cause that's close to your heart. Fundraisers bring people together and multiply the impact you can make.

4. Spread Awareness

Raising awareness can amplify charitable efforts beyond donations and volunteering. Use your social media platforms to share information about International Day of Charity and highlight organisations that are making a difference. You can share personal stories, and charity initiatives, or even start conversations on issues like poverty, hunger, and social inequality.

5. Practice Random Acts of Kindness

Small gestures can create a ripple effect of kindness. On this day, practise random acts of kindness such as paying for someone's coffee, leaving a kind note for a colleague, or offering a helping hand to a neighbour. Acts like these not only brighten someone's day but also encourage others to spread positivity.

6. Host a Charity Event in Your Community

If you're feeling ambitious, consider organising a charity event in your community. It could be a benefit concert, an auction, or a community clean-up project where participants can contribute donations or help a local cause. Community-based events like these bring people together, create lasting memories, and raise much-needed funds for local or global charities.



7. Donate Items to a Shelter or Nonprofit

Many organisations rely on donations of goods like clothing, food, and hygiene products. Go through your closet, pantry, or storage and find items that are in good condition but no longer needed. Homeless shelters, women's shelters, and food banks are often in need of these essentials. This is a simple yet effective way to support those in need.

8. Sponsor a Child or Family

Sponsoring a child through organisations like Save the Children or World Vision can provide long-term support to a young person in need. Sponsorship often includes educational assistance, healthcare, and necessities, making a lasting difference in their life. This is a wonderful way to create a personal connection and see the impact of your charitable efforts.

This year's International Day of Charity can be as personal or community-driven as you'd like. Whether you choose to volunteer, donate, organise an event, or simply perform acts of kindness, every contribution counts. The essence of this day is giving back, and there are countless ways to make a positive impact. By taking even small steps, you can help build a better, more compassionate world.

India: *A Global Model of Democracy*

Democracy, often defined as governance “of the people, by the people, and for the people,” stands as a pillar of freedom and equality. It empowers citizens by giving them a voice in decision-making, ensuring transparency and accountability. At its core, democracy promotes participation, representation, and the rule of law, creating a system where power is vested in the hands of the people. Across the globe, democratic systems have become symbols of freedom, allowing for peaceful transitions of power, citizen activism, and the protection of individual rights.

India: A Global Democratic Leader

India is the world’s largest democracy, a title it has proudly held since its independence in 1947. With a population of over 1.4 billion, India’s democratic system is a massive and intricate framework that involves every citizen. The Election Commission of India (ECI) ensures that elections are free, fair, and accessible to all eligible voters, even in the most remote areas. The principle of universal adult suffrage, which grants every citizen over the age of 18 the right to vote, showcases India’s commitment to democratic inclusivity.

India’s electoral process is a testament to the nation’s dedication to democracy. The use of electronic voting machines (EVMs) and efforts to make voting accessible to every individual ensure that elections are conducted smoothly and fairly. This allows India’s incredibly diverse population to have a say in governance, reflecting the true spirit of democracy.

A Celebration of Diversity

India’s democracy thrives on its diversity. The country is home to various religions, languages, and cultures, all of which find representation in its political system. India’s federal structure allows for decentralisation, giving regional governments autonomy while maintaining national unity. Political parties, ranging from regional to national,

compete in elections, ensuring that every group has a voice.

This diversity of representation strengthens India’s democracy, allowing it to accommodate a wide range of perspectives and opinions. The peaceful coexistence of different ideologies within the democratic framework ensures that governance reflects the will of all people.

Peaceful Transitions and Constitutional Strength

A key feature of India’s democracy is its peaceful transition of power. Since its independence, India has witnessed various political parties with differing ideologies come to power through elections. These transitions occur smoothly, demonstrating the maturity of its democratic institutions.

India’s democracy is also deeply rooted in its Constitution, which guarantees fundamental rights such as freedom of speech and equality. The separation of powers between the executive, legislature, and judiciary ensures that no branch of government holds too much power, preserving the balance and integrity of the system.

Challenges and Resilience

India’s democracy, while strong, faces challenges such as corruption, economic disparities, and regional tensions. However, its democratic institutions, backed by an active judiciary and free press, help address these issues. Continuous efforts are being made to educate voters and improve participation, further strengthening India’s democracy.

India’s title as the world’s largest democracy goes beyond its size. Its commitment to inclusivity, peaceful transitions of power, and the protection of individual rights makes it a global beacon of democracy. As the world celebrates International Day of Democracy on September 15th, India stands as a shining example of how democracy can thrive in even the most diverse and complex environments.



Fight Alzheimer's with Lifestyle Changes

Taking care of your brain is just as important as caring for the rest of your body, especially as you grow older. With World Alzheimer's Day on September 21st reminding us of the impact of this condition, making a few lifestyle changes today can go a long way in protecting your brain and reducing the risk of Alzheimer's disease. Although there is no guaranteed way to prevent Alzheimer's, some simple habits involving diet, exercise, and mental activities may help keep your brain sharp and healthy.

Brain-Boosting Foods

What you eat has a big impact on how well your brain functions. A healthy diet rich in vitamins, minerals, and antioxidants can help protect brain cells from damage and inflammation, which are linked to Alzheimer's. Experts often recommend the Mediterranean diet, which focuses on fresh fruits, vegetables, whole grains, nuts, and fish.

Here are some brain-friendly foods to include in your diet:

- Leafy greens like spinach and kale, are packed with vitamins like folate and antioxidants.
- Fatty fish such as salmon and mackerel, are high in omega-3 fatty acids, which are known to support brain health.
- Berries, especially blueberries, contain antioxidants that may help delay brain aging.
- Nuts and seeds provide healthy fats and vitamin E, which help protect brain cells.
- Whole grains like oats and quinoa promote good blood flow to the brain.

Eating well isn't just about

what you include but also what you avoid. Try to limit processed foods, excessive sugar, and unhealthy fats, as they can lead to inflammation and may negatively affect brain health.

Stay Active, Stay Sharp

Regular physical activity doesn't just keep your body fit; it also benefits your brain. Exercise increases blood flow to the brain, which helps nourish brain cells and promotes the growth of new ones. It's also been shown to reduce the risk of developing Alzheimer's and other forms of dementia.



You don't need to spend hours at the gym to support your brain. Simple activities like brisk walking, cycling, or swimming for 30 minutes a day can make a big difference. Even moderate exercise a few times a week is enough to improve memory and cognitive functions. Plus, it's a great way to reduce stress, which can also impact brain health.

Mental Stimulation: A Workout for Your Brain

Just like your muscles, your brain needs exercise to stay strong and healthy. Keeping your brain active can help maintain cognitive function and potentially slow the onset of Alzheimer's.



There are many fun ways to give your brain a workout.

Reading books, solving puzzles,

playing card games, or learning a new skill can all stimulate different parts of the brain. Engaging in activities that require thinking, strategy, and memory—like chess, crosswords, or learning a new language—keeps your brain sharp. Even social activities like chatting with friends or volunteering can help keep your brain engaged.

Incorporating some of these mentally stimulating activities into your daily routine can improve focus, memory, and overall cognitive function, making them essential for long-term brain health.

Sleep and Brain Health

Getting enough quality sleep is essential for maintaining brain health. During sleep, your brain clears out toxins and consolidates memories, which are vital processes for cognitive function. Poor sleep or lack of it can increase the risk of Alzheimer's and other memory problems.

Try to establish a regular sleep routine by going to bed and waking up at the same time each day. Avoid screens, caffeine, and large meals close to bedtime to ensure a restful night. Aim for 7-9 hours of sleep each night to give your brain the rest it needs.

Conclusion

Promoting brain health is something we can all do with a few small changes in our daily lives. A healthy diet, regular exercise, mental stimulation, quality sleep, and stress management are key steps in keeping your brain sharp and reducing the risk of Alzheimer's disease. On this World Alzheimer's Day, let's take the opportunity to prioritise our brain health and embrace these simple yet effective habits to support long-term cognitive well-being.

Your Heart: A Silent Hero

The human heart is an extraordinary organ that works tirelessly to keep us alive, beating around 100,000 times a day! Despite being the size of a fist, it has a mighty job to do. Let's explore some fun facts about this fascinating organ in celebration of World Heart Day.

The Heart is a Super Pump

The heart pumps about 1.5 gallons (6 litres) of blood every minute. Over the course of a day, that's about 2,000 gallons! If you were to add up all the blood your heart pumps in a lifetime, it could fill more than three large Olympic-sized swimming pools. It's pretty impressive for something that weighs less than a pound!

Your Heart Loves a Good Workout

Ever wondered how exercise benefits your heart? During exercise, your heart can beat up to 200 times per minute, ensuring your muscles get all the oxygen they need. Regular physical activity, even just walking, strengthens your heart and helps it pump more efficiently. So, next time you're tempted to skip that jog, remember your heart will thank you.

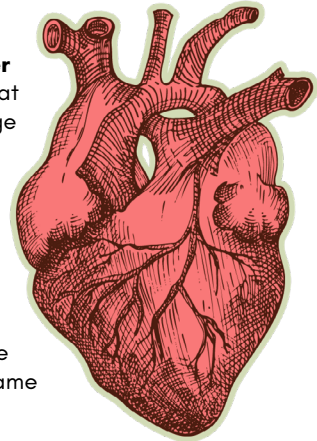
Heartbeats are Different for Everyone

Did you know your heart creates a unique sound? Just like fingerprints, no two people's heartbeats sound exactly the same. The heart's sound, often heard as "lub-dub," varies slightly in rhythm and tone depending on the individual.



Women's Hearts Beat Faster

Women's hearts generally beat faster than men's. The average heart rate for a woman is 78 to 82 beats per minute, while for men, it's 70 to 72 beats per minute. This difference is mostly due to the size of the heart, as women generally have smaller hearts, which require them to pump more frequently to circulate the same amount of blood.



Your Heart Can Sync with Music

Ever noticed your heart rate changing when you listen to different kinds of music? Studies have shown that our heart rate can sync up with the tempo of the music we're listening to. Slow, calming music can reduce your heart rate and help you relax, while fast-paced tunes can get your heart racing. So, next time you need a heart-healthy boost, put on some uplifting music!

The Heart is Full of Emotions

People often associate the heart with love and emotions, but did you know there's science behind it? When we experience strong emotions like love or excitement, the brain sends signals to the heart that can cause it to beat faster or slower. The connection between the brain and heart is so strong that stress or heartbreak can even affect heart health, leading to a condition called "broken heart syndrome."

Laughing is Good for Your Heart

If you love a good laugh, you're doing your heart a favour! Laughing can increase blood flow by up to 20%, reducing stress and lowering the risk of heart disease. So, go ahead, watch that funny movie or tell a joke—it's great for your heart!

The Heart Never Sleeps

While you sleep, your heart doesn't. It slows down a bit, but it continues to work hard, pumping blood and keeping your body running smoothly. Getting enough sleep is crucial for heart health. Poor sleep can lead to high blood pressure and other heart-related issues.

On World Heart Day observed on September 29th, take a moment to appreciate your heart for all the hard work it does. From syncing with your emotions to keeping your body going 24/7, it's truly one of the most remarkable organs. Stay active, eat heart-healthy foods, and don't forget to laugh—it's the best medicine for your heart!

Language Wonders of Europe

The European Day of Languages, celebrated on September 26, promotes the rich linguistic diversity of Europe, encouraging people to appreciate and learn different languages. Europe is home to over 200 languages, from widely spoken ones to smaller regional tongues, each with its unique history, culture, and sound.

French

Around 77 million native speakers of French speak French, primarily in France, Belgium, Switzerland, and parts of Canada. Known as the "language of love," it's also a top diplomatic language, used in international organisations like the United Nations. Its elegant phrases make it a favourite for learners worldwide.

German

With about 90 million native speakers, German is the most widely spoken native language in Europe. Germany, Austria, and Switzerland are its primary hubs. German is known for its long compound words and precise grammar, making it a fascinating language for those who enjoy linguistic challenges.

Spanish

Spanish, with over 460 million speakers globally, is not only the official language of Spain but also widely spoken in Latin America. It's one of the easiest languages for English speakers to pick up due to its relatively simple pronunciation and grammar. Plus, learning Spanish opens the door to a vibrant cultural experience, from flamenco to tapas.

Italian

Italian is synonymous with art, music, and cuisine. With around 67 million speakers, it's mainly spoken in Italy and parts of Switzerland. Its melodic flow, often considered the most musical language, complements its rich cultural heritage, making it irresistible to language lovers.

English

As the world's lingua franca, English is spoken by millions across Europe, often as a second language. While its grammar can seem tricky, English is versatile, and mastering it opens doors to global communication, media, and business.

Russian

Though mostly spoken outside the European Union, Russian is widely spoken in countries like Latvia, Estonia, and Lithuania. It's one of the hardest languages for English speakers to learn, with its Cyrillic script and complex grammar. Yet, it's rewarding for those interested in Russian literature and history.

Portuguese

Portuguese, mainly spoken in Portugal, is also the official language of Brazil. With over 250 million speakers worldwide, it's a beautiful, rhythmic language. Learning Portuguese connects you not only to Europe but also to the vibrant cultures of South America and Africa.

Dutch

Spoken by around 23 million people, Dutch is the official language of the Netherlands and Belgium. It shares similarities with both German and English, making it relatively easier for those who know either language. Dutch culture, from tulips to windmills, adds charm to the language.

Greek

Greek, one of the oldest languages in the world, is spoken by around 13 million people, mainly in Greece and Cyprus. Its alphabet and grammar may seem daunting, but learning Greek connects you to the foundations of Western philosophy, literature, and science.

Swedish

Swedish, spoken by 10 million people, is the official language of Sweden and parts of Finland. Its grammar is relatively simple compared to other European languages, and it has a musical intonation, making it fun to learn. Swedish culture is deeply intertwined with nature, adding an interesting cultural context.

Why Celebrate Languages?

Learning a new language is a fun way to connect with different cultures, expand your horizons, and even improve cognitive skills. On European Day of Languages, people are encouraged to explore languages through games, music, and conversations. Even learning a few phrases can bring you closer to the cultural diversity that makes Europe so unique. So, why not pick up a new language today?



Underrated Tourist Spots Around the Globe

As World Tourism Day arrives, it's the perfect moment to escape the well-trodden paths and uncover some of the world's best-kept secrets. While the Eiffel Tower and the Great Wall of China are iconic, many lesser-known destinations offer equally enchanting experiences with a touch of mystery and charm. Ready to step off the beaten path? Here's a guide to some hidden gems, including a few remarkable spots in India, that will add a sense of adventure to your travel plans.

1. Luang Prabang, Laos

Imagine a city where time seems to stand still, where golden temples shimmer in the sunlight and the air is filled with the aroma of local delicacies. That's Luang Prabang for you. This serene city in Laos blends traditional Laotian and French colonial architecture seamlessly. As a UNESCO World Heritage site, it's home to spectacular temples like Wat Xieng Thong and the breathtaking Kuang Si Falls. The night market is a vibrant showcase of local crafts and delicious street food.

2. Valletta, Malta

Picture a fortified city perched on the edge of the Mediterranean, with narrow streets steeped in history and stunning views at every turn. Valletta, Malta's capital, is a treasure trove of baroque architecture and rich heritage. The grand St. John's Co-Cathedral and the Grand Master's

Palace are architectural marvels, while the Upper Barracca Gardens offer panoramic vistas of the Grand Harbour.

3. Medellín, Colombia

Once notorious, Medellín has reinvented itself into a vibrant metropolis full of innovation and warmth. Ride the Medellín Metrocable for stunning views of the city and its mountainous backdrop. Explore the Museo de Antioquia to see intriguing art collections or wander through Plaza Botero, where oversized sculptures bring a playful touch to the city's cultural scene.

4. Gimmelwald, Switzerland

If you're dreaming of a serene escape amidst breathtaking alpine scenery, Gimmelwald is your haven. This car-free village in the Swiss Alps offers unrivalled mountain vistas and traditional Swiss charm. Hike through lush meadows, enjoy the cool mountain air, and savour local cheese in this peaceful retreat.

5. Matera, Italy

Step back in time with a visit to Matera, a city famous for its ancient cave dwellings, or "Sassi." Carved into the cliffs, these historic homes offer a fascinating glimpse into the past. Recently revitalised, Matera now boasts charming accommodations and eateries, making it a unique destination for history buffs and romantics alike.

6. Sapporo, Japan

While Tokyo and Kyoto may steal the spotlight, Sapporo in Hokkaido offers its own magical experiences. Known for its spectacular snow festival, Sapporo also features excellent skiing and hot springs. The city's ramen is legendary, and the nearby Shikotsu-Toya National Park is a natural wonderland waiting to be explored.

7. Munnar, India

Escape to the lush, rolling hills of Munnar in Kerala, India, where tea plantations stretch as far as the eye can see. This hill station, with its cool climate and scenic beauty, is perfect for nature lovers. Explore Eravikulam National Park to spot the endangered Nilgiri tahr or enjoy a peaceful boat ride on Mattupetty Dam.

8. Udaipur, India

Udaipur, often overshadowed by other Indian cities, is a jewel in Rajasthan's crown. Known as the "City of Lakes," it dazzles with palatial architecture and serene waters. The City Palace and Lake Pichola offer stunning views and tranquil boat rides, making Udaipur a must-visit for those seeking a blend of culture and romance.

These underrated destinations are perfect for travellers eager to discover something new and extraordinary. This World Tourism Day, venture beyond the ordinary and immerse yourself in these hidden gems for an unforgettable journey.

Monthly Horoscope for October 2024

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



Aries: With their charm, single Aries people can find romantic partners among their friends. Now is a great time to take your partner on a romantic vacation. Promotions and pay raises will be given to professionals. Accept improvisation in your conversations and permit yourself to investigate novel joint venture opportunities. Opportunities that fit with your long-term objectives should be kept an eye out for since they might lead to interesting endeavours. In October 2024, financial intelligence will boost sales.

problems aside for the time being.

Cancer: Married life will be quite charming, but it will depend on how the other person feels. The family atmosphere will be one of warmth and kindness. Reach a deeper connection with your loved ones, building understanding and trusting relationships. As you handle the complexities of your closest relationships, pay attention to the insight that comes from your heart. Social contacts can aid in improving one's career prospects. Growth in finances will be gradual.



Taurus: You may enjoy time with your partner and put your troubles aside. There will be a nice atmosphere at work. The power of multiple planets is at work to make you uncertain about how to spend your massive windfall. There are excellent professional and health prospects. Take care of your physical health by including wholesome foods and low-impact exercise in your daily routine.

Leo: In the second half of the month, life with your partner will be passionate, with potential for pregnancy. There are excellent health prospects and rapid career progress. Take part in interesting discussions that broaden your horizons and strengthen your bonds. Keep your mind open to fresh perspectives and chances since you never know what amazing experiences await you. The rise of financial investments will be slower. It is not a good month to handle family matters.



Gemini: Individuals involved in marketing and creative fields are going to have an amazing month. Let your creativity run wild and accept your distinct voice and artistic abilities. Take part in things that make you happy and give you the chance to share your talents with others. You and your spouse will have a complicated love relationship. People who are focused on their careers might anticipate big benefits. You may set money

Virgo: Venus and Mars are not beneficial to a happy marriage. Making concessions is necessary to maintain the marriage. Emotional conflicts will cause disruptions in health. Your financial success will be aided by assisting others in their financial development. Spend some time reviewing your financial



objectives and budget, and make sensible choices that will contribute to your long-term stability. .



Libra: Romance and passion will alternate in your love with your spouse. Relationship status decisions must be made by committed couples. There will be a wonderful family environment. Social networks facilitate professional development. Recognise your individuality and take the stage, for you are worthy of love and respect.

Career and business travel may not yield the desired happiness.

Capricorn: Marriage will experience significant improvements. This is the perfect month to grow your social circle. Your career will advance very well, but you will need to work very hard. Financial flows will improve with suggestions from pals. Everything will be normal in terms of health. Accept the value of self-control and diligence in achieving your objectives.



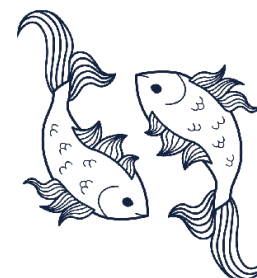
Scorpio: The final week of the month will see an improvement in health. Your extra money might be used to pay down outstanding loans. There will be a setback for career opportunities. There will be financial gain from travel. Family disputes will hinder your love life. Take some time to ponder and spend time alone yourself during this period so that you may connect with your inner wisdom and intuition.

Aquarius: October 2024 is a lucky month for those in the marketing, academic, and communication fields. Venus and Mercury will promote marital contentment. The latter half of the month will show improvements in the finances. Travelling for work and professional purposes will be advantageous. Accept chances for learning and self-improvement because they can bring forth important realisations and insights.



Sagittarius: October promises to be a month of paradoxical circumstances. If you and your spouse don't argue, your married life will be enjoyable. There will be a great family atmosphere. Friends and social networks play a major role in improving finances. Seize the chance to work with like-minded people and widen your social network. Students should anticipate making good academic progress.

Pisces: Family matters paint a nice picture. Stress related to money will affect your life with your spouse. Financial and professional factors are not supported by planetary aspects. Your health will be spotty, but your academic future seems bright. Navigating the depths of your subconscious mind requires you to have faith in the wisdom of your intuition.



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





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PROMOTING UNITY

SEPTEMBER 2024

YOUR WELLBEING EDITION

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