

ISHKAMA GLOBAL CHANGE

Issue: May 2025



Look out for the
June issue
featuring King
Paul and Queen
Grace!

Power of perseverance!
page 3

**Shaping the future of
business and technology**
page 5

**A voice for the
voiceless in
gynaecological health**
page 8

**International Nurses
Day: Celebrating
the Heartbeat of
Healthcare**
page 13



*Heal your Mind,
Body & Soul*



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

*"Individually, we are one drop.
Together, we are an ocean." –
Ryunosuke Satoro*


As we welcome the vibrant month of May, I extend my deepest gratitude to each of you. Your continuous support, dedication, and commitment makes Ishkama Global Change a driving force for unity, empowerment, and positive transformation.

I am thrilled to announce the IGC Convention, set to take place in Trinidad from 17th –20th July 2025. Under the theme "New Horizons: Charting the Future Direction of Global Trade", this convention will bring together thought leaders, industry experts, and visionaries to explore the evolving landscape of global commerce. It will be a remarkable occasion for networking, knowledge-sharing, and fostering partnerships that drive meaningful change. Sponsors and speakers eager to collaborate are warmly invited to join us—together, we can shape the future.


Additionally, we are inviting individuals to contribute to our upcoming coffee table book, 25 Prominent Personalities in the World 2025. If you have a story that deserves to be shared, we would love to feature you. For more details, please contact us at abhnashbains@hotmail.co.uk or ishkama.igc@hotmail.com.

May also brings important observances that remind us of the values we cherish. Mental Health Week is a time to reflect on the significance of mental well-being and the need for continued support and awareness in our communities. On 1st May, we recognize International Workers' Day, celebrating the invaluable contributions of workers worldwide. Additionally, International Nurses Day reminds us to honor the dedication and compassion of nurses, whose tireless efforts make a profound difference in people's lives.

From the Founder's Desk




25 Prominent Personalities in the World 2025 CoffeeTable Book



- Your story (400 words) with two high-resolution photos
- Social media promotion to boost visibility
- Pre- and post-event promotion for maximum impact
- Exclusive feature on Ishkama Radio
- Price after May 30: £599

Share your inspiring Story
Early Bird Offer £399 Until May 30!

Contact Us: Prof. (Amb) (Dr.) Abhnash K Bains
(Founder) or VP Dr. Minakshi Koch +44 7440191633


www.ishkama.co.uk

This month, I was delighted to attend the Asian Baisakhi event as a guest of Cllr Amarjit, as well as the Inspiring Indian Women Awards event. I also had the privilege of participating in the Inauguration & Symposium in the UK.

I would like to thank you all for being an integral part of our journey in promoting unity. Your voices, stories, and efforts fuel our mission, and together, we will continue to inspire change.

Let's move forward with strength, unity, and purpose!



Letter from the Chief Editor



Dr. Amb Minakshi Koch
Vice CEO, IGC

It gives me immense pleasure to bring to you the May Issue of IGC Magazine. We are overwhelmed by our readers' responses and the number of articles we receive.

I am also delighted to share about our upcoming IGC Convention 2025. Ishkama Global Change (IGC) Business Convention 2025 - where innovation meets inspiration in the vibrant setting of Trinidad and Tobago. This year, we gather under the theme:

"Co-Operatives build a Better World"

Join global visionaries, industry leaders, and changemakers in an exclusive space designed to elevate your work, exchange ground-breaking ideas, and drive meaningful impact. Your presence is a vital note in this symphony of progress, shaping a future of innovation and collaboration.

Get ready to ignite transformation - the journey begins here!



CONVENTION DATES

17th July- Welcome and Networking Event

The IGC Convention 2025 will be in collaboration with TTMA. So our Speakers will network with all businesses.

18th July- Leadership Summit

This will be for Speakers from around the globe talking on several topics that are in alignment with SDGs.

19th July- we shall have an awards, dinner and dance gala night with eminent personalities. We are also launching our coffee table book having 25 eminent personalities who will be honoured in the gala.

ANNUAL ISHKAMA GLOBAL CHANGE (IGC) AWARDS 2025 CATEGORIES

Join us for a prestigious awards night honouring the most distinguished businesses and visionary leaders. This celebration recognizes their creativity, innovation, and resilience across diverse industries, showcasing excellence and ground-breaking achievements.

<https://docs.google.com/forms/d/1gUmpMw9OmKQiGR6FA60f43MPMehjIPdY5ASakbWygTE/>

- Gender parity pioneer award
- Male Ally award
- Cultural champion
- Chapter Ambassador for the year
- International Changemaker Award
- IGC super connector award
- IGC Business collaborator of the Year
- Mentor Magnate
- Healthcare advocacy Excellence
- Environmental stewardship Award

EMPOWERMENT PACKAGE OPTIONS

SPEAKER SLOT - £599

- Speaking slot (3-5 minutes)
- Standee
- Promotion on all IGC social media platforms (2 Posts)
- Opportunity to distribute your branded merchandise
- Positioning of your logo in the brochure
- Tea/ Coffee Included

BOOK LAUNCH £399

- Your Story (400 Words) with two Hi-Res Photos
- Social Media promotion to boost visibility
- Pre and Post event promotion for maximum impact
- Exclusive feature on Ishkama Radio / Podcast

SPONSORSHIP - £499

- Coverage of 2 of your articles in the IGC Magazine
- Positioning of your logo in the brochure & awards page
- Speaking slot (2 minutes), Stall and Standee at the event
- Promotion across all IGC social media platforms
- Opportunity for 1 interview with CEO on Ishkama Radio
- Opportunity to distribute your branded merchandise.

We thank our readers and followers for their continued support. It is our pleasure to bring you the Inspiring story of King Paul and Queen Grace in the next issue. Do keep sending us your feedback and articles. We would love to share your story.

Power of perseverance!



DR. MAHINDRA RAMDEEN

Dr. Mahindra Ramdeen is currently the Chief Executive Officer of the Trinidad & Tobago Manufacturers' Association (TTMA). He is also a former Director of Global Trinidad and Tobago. He was a Director at National Entrepreneurship Development Company Limited (NEDCO) and a member of the National Tripartite Advisory Council (NTAC). He was also a Director, on behalf of the TTMA, on the Board of the Metal Industries Company Limited. He has worked as the Trade Development Specialist with the TTMA; previous to that he worked at the Ministry of Trade and Industry in the capacity of a Fair Trading Investigator for approximately four years, where his specialty was in the area of Trade Remedies and Competition Policy and Law. Dr. Ramdeen was also an Economist for a period of six years in the said Ministry as well as an Economist with the Ministry of Foreign Affairs.

Dr. Ramdeen is also a part-time lecturer at the Arthur Lok Jack Graduate School of Business in the Executive MBA program. Dr. Ramdeen has a PhD in International trade. He has completed 2 Masters Degrees: one in the area of International Trade Policy and the other in International Relations. His first degree is in Economics and he possesses a post graduate diploma in International Relations.

Dr. Ramdeen has completed a full program in Export Marketing and is fully certified as an Export Marketing Trainer. He has

engaged in training of various CEOs of SMEs within T&T and the wider Caricom region in Export Marketing and Business Strategy. He has also completed a certified course in Train the Trainers with GIZ and Caribbean Export Development Agency. Dr. Ramdeen possesses numerous certificates in International Trade, Trade Negotiations, Competition Policy and Law and Trade Remedies.

Join the Trade and Investment Convention (TIC) 2025—the largest international business-networking trade show in the Anglo-Dutch Caribbean! With over 20,000 participants from more than 30 countries every year, TIC is the premier platform for forging powerful business connections.

This all-encompassing forum brings together every facet of business engagement, from vibrant exhibitions and strategic B2B meetings to an insightful Business Education Series.

Whether you're looking to expand your reach, discover new opportunities, or connect with industry leaders, TIC 2025 is where business happens.



For more information, visit www.ttma.com/tic.

Space pathways ecosystem and partners: Beyond our boundary



RUDI PAGE
SPACE PATHWAYS
ECOSYSTEM AND A
MEMBER OF THE BRITISH
INTERPLANETARY SOCIETY
www.spacepathways.london

policy development, and widening participation to support skills growth and transformation across all levels of the space sector.

Space Pathways Ecosystem was recently invited by Dr. Claire Nelson, Founder of the Caribbean Space Society, to participate in a Hackathon. I was especially honoured to serve on the judges' panel. The feedback and assessment process was rigorous yet fair, providing meaningful value to the students who took part.

I also shared a brief preview of the upcoming "Space

We recently collaborated with Otilia Dogaru, supported by the British Interplanetary Society, to deliver a "Women in Space" event. Joel Singh's personal commitment and inclusive leadership were instrumental in hosting and sponsoring the event at the Canary Wharf Space Innovation Hub.

The panel's collective experience and diverse perspectives were impressive, offering clear, forward-thinking strategies for institutional leadership,

Pathways Ecosystem Creativity Awards 2025", supported by the British Interplanetary Society, Odyssey Magazine, and Commonwealth Digital Initiatives.

In this inaugural year, submissions will focus on three pilot projects supported by the newly established Caribbean Space Skills Hub. This initiative is designed to build capacity for Knowledge Mobilisation and Communities of Practice (CoPs), with a focus on Institutional Development, Resource Management, and Policy Implementation:

1. Barbados Futures Blue Space Project
2. Jamaica Futures Sustainability Space Project
3. Montserrat Futures Volcano

SPACE is TOMORROW'S ECONOMY

This approach provides strategic direction for space education and aims to build public support for the sector through inspiring outreach activities.

The Space Pathways Ecosystem Creativity Awards aim to empower young people and their mentors to identify challenges within their neighbourhoods and to co-create solutions that strengthen families and support long-term sustainable livelihoods.

These initiatives are also advancing the UK's International Trade and Development objectives across the Commonwealth Caribbean, laying the groundwork for space-enabled institutions, systems, and structures focused on sustainability.



Shaping the future of business and technology



IFIOK UKOSEN

In a world where industries are constantly being redefined by innovation, leaders who can see the bigger picture and act on it are rare. Ifiok Ukosen stands out as one of those rare individuals. With over a decade of experience across business development, product management,

digital transformation, and corporate strategy, he has built a reputation as a visionary force who knows how to turn ideas into lasting results.

Today, as the Country Head for Nigeria at the Eurasia AfroChamber of Commerce, Ukosen is more than a leader; he's a bridge between opportunity and execution. His journey from earning a BSc in Performing Arts to leading complex business initiatives across financial services, consulting, technology, and international trade speaks volumes about his versatility and relentless pursuit of excellence.

What sets Ukosen apart is his ability to blend strategic thinking with hands-on execution. He doesn't just talk about change, he drives it. Throughout his career, he has led digital transformation initiatives that have helped companies streamline their operations, adopt next-generation technologies, and sharpen their competitive edge. His background in product management and process automation gives him a unique advantage in a market that rewards speed, innovation, and efficiency.

But Ukosen's approach to transformation goes beyond technology. He firmly believes that real innovation starts with people. Under

his leadership, organizations have not only adopted new tools but also embraced a culture of collaboration, continuous learning, and adaptability. His leadership style, empathetic yet strategic, inspires teams to think boldly and act decisively.

Equally impressive is Ukosen's impact on business development and growth strategy. He has a proven track record of identifying emerging opportunities, crafting customer-centric solutions, and building strong partnerships that fuel long-term growth. His ability to navigate complex markets and deliver measurable outcomes has made him a trusted advisor to both startups and established firms.

His insights into financial services particularly in risk management, compliance, and investment strategy further enhance his ability to guide organizations through uncertainty. It's this well-rounded expertise that positions him not just as a leader for today, but as a forward-thinker shaping the future of business.

Beyond the boardroom, Ukosen is passionate about mentorship and thought leadership. Through his activity on LinkedIn and involvement in professional communities, he openly shares his experiences and lessons learned, offering valuable advice to emerging leaders. His commitment to empowering others is as evident as his own career success.

Ifiok Ukosen's journey is a masterclass in resilience, strategic insight, and authentic leadership. At a time when businesses are seeking stability amid constant change, professionals like Ukosen remind us that success is not just about keeping up, it's about leading the way.

For anyone looking to understand what the future of business leadership looks like, following Ifiok Ukosen's work offers both inspiration and a blueprint for impactful growth.



Sustainable livelihood for 20 internally displaced women Northern Nigeria



AMB MRS. ANGONIMI DAVID-IMEH
EXECUTIVE DIRECTOR - HOPE
RAISERS GLOBAL FOUNDATION,
NIGERIA

As part of its mission to foster a culture of hope, resilience, and self-sufficiency, Hope Raisers Global Foundation, in partnership with Darlingeliot Home of Mercy Foundation, Enitangrowthhub Foundation, and Ipadyou Foundation, conducted a six-day training program on liquid soap and bleach production for 20 internally displaced (IDP) women in Kabusa, Abuja.

The training, held from April 21 to April 26, 2025, equipped young women aged 18 to 35 with hands-on training in liquid soap, bleach, Izal, vim production, safety, packaging, and small business management.

Speaking on the impact of the training, Amb Mrs. Angonimi, Executive Director of Hope Raisers Global Foundation, shared that 98% of the participants were mothers, and the training was not just a skill acquisition opportunity but a stepping stone towards financial empowerment and a better future for their families. She commended the participants for their dedication, attentiveness, and commitment throughout the training.

She said, "I am grateful to the organizations that partnered with us. Their support made this possible. I hope more grassroots organizations will come together to invest in the future of marginalized groups through

sustainable interventions."

The training ended joyfully, with each participant receiving a certificate of completion. The moment brought giggles and smiles as the women saw their names proudly printed. They expressed deep gratitude for the opportunity and shared plans to start their liquid soap, Izal, bleach and vim businesses, sell within their communities, and support their children's education.

One of the participants got a contract while the training was ongoing as the manager of the public rest room, which is situated in the community, approached the woman leader for supply.

She expressed so much joy stating that this could be the hand of God pointing towards their direction.

Another of the participants with excitement asked that we watch out for her on tiktok as she's about to digitalise her business.

The products were distributed to the women for sale which will form part of their funding to commence business immediately.

Hope Raisers Global Foundation is committed to supporting Internally Displaced Women and Children to attain sustained livelihood by educating them in areas of mind shift, financial literacy, digital skills from their current reality to a possible beautiful future of actually having a business that can fund their livelihood day by day.

We are also concerned about their digital knowledge because we are in a world that has evolved where there are no excuses in knowing how to navigate the social media space(s).

We will continue to foster a progressive shift by transitioning from analogue to digitalising their business skills.



Arklifestyle Lounge



ESTHERLYNNE OSEI BONSU

In a world where luxury is often defined by material excess, Arklifestyle Lounge stands out as a beacon of purposefully living in a place where elegance meets empathy, and community care shapes every experience. Founded on the belief that true lifestyle is not just about spaces but about the people within them, Arklifestyle has become a sanctuary dedicated to enriching the lives of the elderly.

Under the inspiring leadership of CEO Estherlynn, Arklifestyle Lounge

has redefined what it means to age gracefully. More than just a premium lifestyle brand, it is a movement bridging the gap between comfort, dignity, and social connection for senior citizens. Recognizing that the elderly deserve more than care, they deserve a life of purpose, engagement, and respect. Arklifestyle creates environments where they are celebrated, not sidelined.

From curated social gatherings to wellness-focused experiences, Arklifestyle Lounge offers the elderly a vibrant community where they can thrive. Every initiative, whether within the lounge or through outreach programs, is designed to combat isolation, promote active living, and restore the joy that often fades with age in today's fast-paced world.

One shining example is Arklifestyle's partnership with organizations like Oswal Investments Group, where the focus extends beyond the walls of the lounge to touch the broader community by

mobilizing support for the elderly during key moments like Easter. Arklifestyle reinforces its mission: to make purposeful living accessible to those who built the foundations of our society.

As society evolves, Arklifestyle Lounge remains steadfast in its commitment to ensuring that the golden years are truly golden filled with connection, care, and a sense of belonging.

Join us in celebrating a lifestyle that values humanity as much as elegance. We believe that, "GROWING OLD IS MANDATORY, BUT GROWING UP IS OPTIONAL!"

Visit Arklifestyle Lounge to experience lifestyle with purpose - where every day is a testament to dignity, joy, and community care.

We will appreciate support and partnerships. Please reach out to us via +233 264 352 993 or care@arklifestylelounge.com.



A voice for the voiceless in gynaecological health



ELIZABETH AMOAA

Elizabeth Amoa's life story is a powerful testimony to resilience, self-discovery and advocacy.

Born in Ghana, Elizabeth spent her early years experiencing unexplained health issues that would later shape her life's purpose. At the tender age of six, she began to experience recurrent vaginal infections, chronic abdominal pain and persistent headaches.

These symptoms, although distressing, were often dismissed or misunderstood, a reflection of the broader societal silence around women's reproductive health, especially being in Ghana, Africa.

Around the age of 12 or 13, Elizabeth relocated to France. The move offered new experiences, but her health struggles continued.

Unlike her peers, Elizabeth entered puberty late, only beginning her menstrual cycle at 15. When it arrived, her periods were painful, irregular and extremely heavy yet no definitive medical diagnosis could explain her suffering. This lack of clarity and consistent dismissal by doctors became an unfortunate theme in Elizabeth's life.

In her early adulthood, Elizabeth moved to the United Kingdom to pursue higher education. Despite academic pursuits and the promise of a new chapter, her health challenges worsened. The pain became chronic, her mood

swings intensified and anxiety started to shape her social and emotional well-being. Visits to healthcare professionals offered little reprieve. She felt isolated in her pain, often suffering in silence due to the stigma surrounding gynaecological conditions.

It wasn't until 2015 that Elizabeth finally received a diagnosis: uterus didelphys, a rare congenital condition in which a woman is born with two uteruses, sometimes two cervixes and rarely two vagina canals. Hence, Elizabeth possesses two wombs, two cervixes and two vagina canals.

This revelation began to untangle the mystery of her lifelong symptoms. Yet, the journey didn't end there. A year later, she was further diagnosed with stage four endometriosis, a severe and often debilitating condition in which tissue similar to the lining of the womb grows outside the uterus.

The diagnoses were life-changing not only did they validate her experiences, but they also ignited a passion in Elizabeth to ensure other women would not suffer the same fate. She turned her pain into purpose, becoming a fierce advocate for women's health and using her voice to raise awareness of rare gynaecological conditions.

In 2017, Elizabeth founded Speciallady Awareness in Ghana, a non-profit organisation dedicated to educating the public and supporting women living with complex reproductive health issues.

Through this platform, she has reached thousands globally, offering educational resources, organising medical outreach programs in Ghana, and challenging the cultural stigmas that often prevent women from seeking help.

Her work has gained international recognition, and she has become a sought-after speaker at medical conferences and women's health forums. Elizabeth has been featured in numerous media outlets and continues to campaign for better diagnostic practices, greater medical training in recognizing rare conditions, and the importance of listening to women's health concerns.

In 2024, she set up a charity called Speciallady Awareness Global in UK.

Today, Elizabeth Amoa stands not just as a survivor but as a pioneer, bringing visibility to invisible illnesses. Her journey marked by pain, perseverance and purpose serves as an inspiration to countless women who are still searching for answers.



Speaking about your achievements matters



DR. TISHA PATEL
IGC COUNTRY CHAIR FOR
COACHING, HEALTH AND
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is a skill. Whether you're navigating your life and career, growing a business, or simply striving for personal development, being able to acknowledge and communicate your successes can open doors.

Confidently Talking About Your Strengths

For some, this can help create the breakthrough you require from Imposter Syndrome. Many talented individuals doubt their accomplishments and feel like frauds despite evidence of their skills. Speaking confidently about your successes can help you internalise and proudly own your achievements.

Your openness can inspire others. When people from underrepresented backgrounds openly share their achievements, it paves the way for others to follow and make a place for themselves.

If you articulate your contributions, you are more likely to gain opportunities, receive promotions, be considered for leadership roles, and expand your influence.

Furthermore, reflecting on past achievements encourages the development of a growth mindset that sees challenges as opportunities rather than setbacks.

This is where the #IAmRemarkable initiative supports individuals in openly embracing and vocalising their achievements for benefits in multiple areas.

The Origin of #IAmRemarkable

The #IAmRemarkable initiative was launched at Google in 2016. What started as an internal workshop for women quickly became a global movement,

Throughout many cultures and workplaces, self-promotion can have the aura of being unacceptable or bragging in nature, leaving the achiever feeling uncomfortable. You may have grown up being often taught that humility is a virtue, and discussing your achievements may seem boastful or self-serving. However, this reluctance to highlight your strengths can hold you back, especially in professional settings where visibility is often the key to advancement.

Confidence in one's abilities and the ability to articulate them openly and proudly

empowering all underrepresented groups to celebrate their accomplishments and develop the confidence to advocate for themselves.

What Happens in an #IAmRemarkable Workshop?

An #IAmRemarkable workshop creates a safe space where individuals can explore and overcome self-promotion barriers. These sessions typically help participants understand the bias around self-promotion, as well as cultural and societal pushback when speaking about their accomplishments. The workshop explores these biases and helps participants understand and challenge them.

Participants are guided through the power of owning their achievements and learning to overcome fear through deep reflection and reframing. Attendees leave with actionable strategies to advocate for themselves in the workplace, networking settings, and personal life.

The Impact of #IAmRemarkable

Recent data shows the workshop has impacted over 700,000 people across more than 170 countries. It has helped participants by increasing their confidence in discussing their achievements, enhancing their visibility, leading to career advancement, and overcoming societal and cultural barriers.

Studies and testimonials from past attendees show that these workshops effectively shift mindsets and empower people to take control of their narratives.

The initiative is open to everyone, including underrepresented minorities, introverts and quiet achievers, professionals seeking growth, entrepreneurs, and business owners. Everyone can benefit from its offering.

IGC's #IAmRemarkable Workshops

As a trained #IAmRemarkable facilitator and IGC Country Chair for Coaching, Health and Wellness, Dr Tisha Patel has had the privilege of running these workshops for IGC and witnessing firsthand their transformational effect on participants. Quarterly workshops are available to all IGC members worldwide and help spread the word of this fantastic and inspirational movement.

If you would like to attend a workshop, then check out our future events or reach out to the IGC team directly via: info@ishkama.co.uk.

If your team, organisation, or company would like a #IAmRemarkable workshop, don't hesitate to contact Dr Tisha Patel directly. Remember, the workshop doesn't just boost confidence - it provides practical skills that can be applied in everyday life.

Remember, Self-Promotion Opens Doors

Vision, courage, and creativity: The story of Pasham Photography's founder



SOWMYA GOUD

When people think of photographers, they often envision someone behind a camera, framing the perfect shot. But the most successful creative ventures are not only built by those who stand behind the lens — they are built by those who have the vision, the drive, and the courage to make it all happen.

Hi, I'm Sowmya, the founder of Pasham Photography Ltd, a UK-based visual storytelling company that's earned the trust of hundreds of families, organizations, and cultural institutions both across the UK and internationally. But when I started, I didn't begin with a camera in hand; I started with clarity, communication, and courage, and a quiet yet fierce determination to create something that mattered.

The Beginnings

What started as a freelance role supporting a small photography business quickly grew into something much bigger. While others saw obstacles, I saw opportunities. I began taking charge — not only handling photography but overseeing everything from client communication and bookings to legal processes and operations. I was thrust into leadership early on, and despite being surrounded by much larger, more established players, I wasn't intimidated. Instead, I leaned in — learning fast, thinking long-term, and carving out a space for Pasham Photography in an industry that wasn't easy to break into.

Overcoming Challenges and Building Resilience

The road to success wasn't always smooth. There were moments of doubt, moments where people tried to undermine our progress, and moments when failure seemed imminent. But rather than backing down, I doubled down. I kept pushing forward, determined to deliver consistently high-quality service and to build meaningful connections. I faced uncomfortable situations, defended my team fiercely, and turned every conflict into an opportunity for growth. It wasn't because I had no fear — but because I believed deeply in what we were building.

A Brand that Resonates

Today, Pasham Photography has evolved into a leading name in visual storytelling. From destination weddings to high-profile corporate events, political tours to sold-out cultural concerts, we've had the privilege of capturing not only the moments of film stars, business leaders, and community icons, but also the deeply personal, meaningful moments of families who

entrusted us with their most cherished memories.

Our growth has been supported by a diverse, talented global team of editors, creatives, and cutting-edge AI-powered project support. Together, we ensure that every story is told with authenticity, emotion, and excellence. This is the standard we hold ourselves to, whether we're working with A-list clients or the everyday hero.

The Bigger Picture

But beyond the success of the business, there's something I'm even more proud of — building a brand that people trust. A brand that empowers more women to rise in creative industries, proving that leadership doesn't always look like what the world expects. Leadership isn't just about authority or titles — it's about vision, resilience, and a willingness to fight for what you believe in.

If you're someone out there chasing a dream, starting small, or simply refusing to give up — I hope my story reminds you that you don't have to fit the mold to build something extraordinary. Your journey might look different, but that's exactly what makes it powerful.

I've always believed in the power of storytelling, and Pasham Photography is not just about capturing images — it's about creating narratives that inspire, empower, and leave a lasting impact. So, if you're ready to tell your story, we're here to make sure it's told with the care, creativity, and excellence it deserves.

Let's connect.



PASHAM PHOTOGRAPHY

PRESERVING LIFE'S BEAUTIFUL MEMORIES

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Functional foods: Nourishing health from the inside out



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"Let food be thy medicine and medicine be thy food." — Hippocrates

In an era filled with fleeting diet trends and flashy wellness gimmicks, one timeless truth continues to ring clear: what we eat has a profound impact on our health, energy, and overall well-being. As a dietitian passionate about helping people thrive through nutrition, I believe it's time to shine a spotlight on an often-overlooked cornerstone of long-term wellness—functional foods.

What Are Functional Foods?

Functional foods are more than just fuel. While all

foods provide basic nutrition, functional foods offer additional health benefits that go beyond the standard. They contain bioactive compounds—like antioxidants, fibre, or probiotics—that actively support immunity, heart health, mental clarity, and disease prevention.

Take oats, for example. They're rich in beta-glucan, a type of soluble fibre known to lower cholesterol. Turmeric contains curcumin, a powerful anti-inflammatory. These aren't exotic or expensive; they're often everyday items already in your kitchen.

The Science Behind the Benefits

What makes these foods "functional"? It's their natural compounds—phytochemicals, antioxidants, and beneficial bacteria—that work with your body to reduce inflammation, support gut health, balance hormones, and even protect your brain.

- Berries are packed with flavonoids that help fight oxidative stress.
- Fatty fish like salmon and sardines are high in omega-3s for brain and heart support.
- Fermented foods such as yogurt, kefir, and kimchi help balance your gut microbiome, which is closely tied to both physical and mental health.

Once you understand the impact of these nutrients, your kitchen becomes a wellness hub, not just a place to prepare meals.

From Pantry to Plate: Everyday Uses of Functional Foods

The good news? You don't need a complete diet makeover to benefit from functional foods. Small, intentional choices can

make a big difference.

- Start your day with Greek yogurt, berries, and chia seeds.
- Swap refined grains for whole grains like quinoa or millets.
- Add turmeric to your soups or morning lattes.
- Snack on nuts and seeds instead of processed snacks.

These little changes, when done consistently, can transform your health from the inside out.



Functional Foods and Holistic Wellness

True wellness goes beyond physical health. It includes mental clarity, emotional balance, and a sense of vitality—and functional foods support all of it.

- Green tea promotes calm.
- Magnesium-rich foods like dark leafy greens help reduce anxiety.
- Probiotic-rich foods support the gut-brain axis, influencing mood and cognition.

When you eat with intention, you nurture not only your body but also your mind and spirit.

Accessible, Everyday Nutrition

Contrary to popular belief, functional foods aren't costly or exclusive. Lentils, flaxseeds, broccoli, garlic, and sweet potatoes are nutrient-dense and affordable. Planning meals, buying seasonal produce, and cooking at home make this lifestyle sustainable for any budget.

A Simple Start: Add, Don't Restrict

Start small. Add colour to your plate. Add fermented foods to one meal. Add a handful of nuts to your afternoon snack. Over time, these small additions create lasting habits and lead to meaningful change.

Food as a Foundation for Wellness

Functional foods aren't just a trend—they're a return to the original purpose of food: to heal, sustain, and energize. In a world filled with complex advice, this truth remains simple and powerful: every meal is an opportunity to support your health.

International Museum Day: Embracing the past, inspiring the future

Every year on May 18th, we celebrate International Museum Day—a moment to pause and appreciate the spaces that quietly hold our history, creativity, and identity. This year's theme, "The Future of Museums in Rapidly Changing

Communities," reminds us just how important museums are as the world around us changes.

Museums aren't just places filled with old things—they're windows into the past, and bridges to the future. They tell us stories of how people lived, what they believed, and what they left behind. In a world where everything moves so fast, museums help us slow down, reflect, and reconnect with where we've come from.

For today's generation, museums are evolving. With interactive displays, digital experiences, and even virtual tours, they're becoming more exciting and relatable. One part that truly fascinates young visitors is archaeology. There's something magical about seeing

ancient tools, pottery, or jewelry that once belonged to someone thousands of years ago. It sparks imagination and makes history feel real.

As communities grow more diverse and technology keeps advancing, museums are becoming more inclusive, engaging, and accessible. They're starting to tell stories that reflect everyone's experiences—not just those from textbooks.

In the end, museums are about people. They help us understand the world and ourselves a little better. This International Museum Day, let's celebrate these incredible spaces—not just for what they've preserved, but for how they continue to inspire future generations.



International Tea Day: A toast to our first love

Let's raise our cups—because May 21st is International Tea Day, and honestly, what better reason to celebrate? For many of us, tea isn't just a drink. It's comfort in a cup, a morning ritual, an excuse for gossip, or that much-needed hug after a long day.

From the first sip that kickstarts our brain to the late-night chai breaks with friends, tea has been a silent companion in our happiest and messiest moments. Whether you're a fan of masala chai, green tea, lemon ginger, or just a good old strong brew with two sugars—there's a cup out there with your name on it.

Tea connects us. It's offered to guests, shared during family catch-ups, and even helps spark new friendships. In



some cultures, it's a ceremony; in others, it's street-side therapy served in small glass cups.

This day is also a nod to the hardworking tea farmers and communities around the world who make sure our favorite leaves reach us fresh and flavorful. So while you sip, send a little gratitude their way too.

In today's fast-paced world, tea reminds us to slow down. To take a breather. To just... be. That's the real magic of tea—it holds space for us when we need it most.

So today, whether you're having your fifth cup or just your first, smile a little wider and take an extra-long sip. It's tea's special day, and we're all invited to the party!

International Nurses Day: Celebrating the heartbeat of healthcare

Every year on May 12th, we come together to celebrate International Nurses Day—a day dedicated to honouring the incredible nurses who are the true heart and soul of healthcare. More than just professionals in scrubs, nurses are caregivers, listeners, supporters, and everyday heroes who touch lives in the most profound ways.

The Unsung Heroes of Healthcare

When we think of hospitals or clinics, doctors often come to mind first—but it's nurses who are constantly by a patient's side. From the first "good morning" of the day to the last comforting word before sleep, nurses are the ones who truly carry the emotional and physical weight of care. They check vitals, administer medication, offer emotional support, and often become a lifeline for patients and families alike.

Nurses are not just caretakers; they are compassion in action. Whether it's holding a patient's hand during a tough moment or cheering for them when they finally get better, nurses show up every single day with unwavering strength, empathy, and patience.

Why Nurses Matter—Now More Than Ever

In today's fast-paced and often overwhelming world, the importance of nurses has only grown. The recent global health crises have shown us how critical nurses are to the healthcare system. They were on the frontlines, working long hours, putting themselves at risk, and still showing up with a smile—because that's what they do. They heal, they help, and they hold hope even when times are tough.

But their importance isn't limited to emergencies. Nurses are an essential part of everyday healthcare. They ensure smooth recoveries, manage chronic conditions, educate families, and are often the first to notice when something is wrong. Their intuition, skill, and ability to multitask under pressure make them truly irreplaceable.

A Nurse's Touch Stays Forever

Many of us remember a nurse who helped us through a rough patch—maybe someone who made us feel safe in a scary hospital room, or who patiently explained medication instructions when we were too overwhelmed to focus. That kind of kindness stays with you forever. It's not just about the treatments; it's about the human connection. Nurses bring a warmth and understanding that machines and medicines simply can't replace. Their presence alone can ease anxiety and build trust in difficult times.

Let's Celebrate Their Light

International Nurses Day isn't just about thanking nurses (although they absolutely deserve it)—it's about recognising their endless dedication, their daily sacrifices, and their deep impact on health and healing. It's about shining a light on the work they do quietly behind the scenes, without expecting applause.

It's also a great time to encourage more young people to explore nursing as a career. It's not just a job—it's a calling. For those who want to make a real difference, nursing is one of the most rewarding paths to take, filled with purpose, growth, and heartwarming stories.

How We Can Show Our Appreciation

While a simple "thank you" goes a long way, there are many ways we can support nurses. Share kind words, respect their time and care, listen to their stories, and advocate for better working conditions and resources. Whether you're a patient, a family member, or just someone who values kindness, your support matters. Let them know they're seen, appreciated, and loved.

A World Without Nurses? Unimaginable.

Nurses are the gentle strength of healthcare. They bring not only skill but soul to their work. They remind us that healing is not just about medicine—it's also about empathy, comfort, and care. This International Nurses Day, let's celebrate the millions of nurses around the world who go above and beyond—every single day. Let's honour their service, their smiles, and the silent strength they bring into so many lives.

To every nurse out there: thank you for being the heartbeat of healthcare.



World Hypertension Day: Take a pause, your heart needs it

Ever feel like the pressure is just... too much? From constant deadlines to life's everyday chaos, we all carry a little too much weight on our shoulders—and our hearts feel it too. That's why World Hypertension Day, observed on May 17th, is so important. It's a gentle nudge to check in on our blood pressure and, more importantly, the way we live.

Hypertension, or high blood pressure, often creeps in without warning. But rather than treating it like a scary diagnosis, think of it as a wake-up call. It's your body asking for slower mornings, deeper breaths, more greens on your plate, and fewer reasons to stress. Often, it's the smallest changes that make the biggest difference.

What's beautiful is how small changes can bring big relief. A bit of daily movement, laughter with friends, fewer processed foods, more water, and even just switching off your phone for a while—it all adds up. It's not about perfection; it's about balance. Taking time to relax and de-stress can do wonders for lowering blood pressure.

And if you're already living with hypertension, know that a joyful, healthy life is still completely within reach. Regular monitoring, a positive mindset, and a support system can turn

things around.

So today, let's talk about the kind of pressure that doesn't belong in our lives. Let's celebrate living a little slower, lighter, and kinder—to ourselves and our hearts. Make every day a chance to prioritize your health and well-being



World No Tobacco Day: “The first step toward change is awareness”

“The first step toward change is awareness. The second step is acceptance.” — Nathaniel Branden.

Tobacco might seem like just a habit—but its impact runs far deeper. It silently harms lungs, hearts, and lives—not just of smokers but of everyone around them. That's why World No Tobacco Day, observed every year on May 31st, matters more than ever. It's a reminder to pause, reflect, and act.

This day is a global call to action—to spread awareness about the health risks of tobacco and to encourage people everywhere to choose life over addiction. Tobacco remains one of the leading causes of preventable deaths, contributing to heart disease, stroke, cancer, and chronic lung conditions.

But here's the good news: change starts small.

Talk to loved ones. Share real

stories. Post facts on your social media. Join awareness campaigns. Attend local events. Schools, colleges, and workplaces can become powerful platforms to educate people and support those who want to quit. Awareness builds community—and community builds strength.

And if you're trying to break free from tobacco—know this: you're stronger than any craving. With support, patience, and small daily wins, freedom is absolutely possible. Replace a smoke break with a walk, a deep breath, or a laugh with a friend.

Clean air is not a luxury—it's a right. Let's protect it for ourselves, our children, and generations to come.

On this World No Tobacco Day, let's inspire one person, one choice, one breath at a time.



Important Dates

Europe Day: A celebration of unity and peace

"Unity in diversity" isn't just a phrase—it's the heartbeat of Europe. On Europe Day, we celebrate not just a continent, but a shared dream of peace, cooperation, and togetherness.

Observed on May 9th, this day marks the anniversary of the Schuman Declaration in 1950, which laid the foundation for what we now know as the European Union. But more than treaties and policies, Europe Day is about people—millions of citizens from different cultures, backgrounds, and languages coming together with one goal: unity without losing identity. Europe Day reminds us how nations that once stood divided by war now work together for prosperity, environmental sustainability, education, and human rights. It's a powerful symbol of how collaboration can overcome conflict.

For young people, it's an invitation to explore European history, values, and opportunities—like studying abroad, cultural exchanges, or simply understanding our shared heritage. And for all of us, it's a reminder that peace is not passive; it's something we build every day through tolerance, dialogue, and respect.

As the world changes rapidly, Europe Day becomes even more important. It pushes us to reflect on what we can do—big or small—to foster solidarity across borders. Whether it's learning

a new language, celebrating cultural differences, or supporting policies that unite rather than divide, every effort counts.

So today, let's celebrate not just a day, but an idea—a united, peaceful Europe built on hope, understanding, and shared progress.



World Red Cross Day: Celebrating humanity in action



In a world that often feels divided, there's something powerfully unifying about kindness. That's what World Red Cross Day, celebrated on May 8th, is all about—a global reminder of the importance of compassion, courage, and care.

This day honors the birth of Henry Dunant, the founder of the Red Cross and the first Nobel Peace Prize laureate. More than just a day on the calendar, it's a celebration of the millions of volunteers and staff who serve people in crisis—no matter who they are, where they're from, or what they believe.

The Red Cross doesn't just respond to disasters. It provides clean water, healthcare, shelter, emotional support, and protection during emergencies—offering hope when it's needed most.

What makes it special is that anyone can be part of it. Whether it's donating blood, spreading awareness, volunteering your time, or simply checking on a neighbor in need—every act of kindness counts.

In today's fast-paced world, this day reminds us that humanity isn't just a value—it's a daily action. Especially in challenging times, the smallest gesture can make a big difference.

So, on this World Red Cross Day, let's not just celebrate the organization but embrace its spirit. Let's be a little more helpful, a little more kind, and a lot more human. Because together, compassion can be the most powerful force of all.

World Press Freedom Day: Because the truth matters



know what's really going on.

A free press isn't just about newspapers or TV stations. It's about giving people access to truth. It's about allowing journalists to ask tough questions, uncover injustice, and share stories that matter—even when it's risky.

In many parts of the world, reporters are silenced, threatened, or even jailed for doing their job. Imagine not being able to tell the truth, or fearing for your life just because you reported a story. That's a daily reality for many journalists. And still, they carry on—because they believe that truth matters.

But here's the thing: press freedom isn't just their fight. It's ours too.

When the media is censored or controlled, people lose their voice. Lies spread. Power goes unchecked. But when the press is free, societies are stronger. We get to learn, question, and act based on real information.

So, what can we do to support press freedom?

We can start by reading and sharing news from credible sources. We can push back against fake news. We can teach young people to think critically about the information they consume. And we can speak out when freedom of speech is under threat.

Today's world moves fast. With social media, blogs, videos,

and podcasts, information travels in seconds. That's powerful—but it also means misinformation spreads just as quickly. Press freedom means making room for facts in this digital noise. It means lifting up voices that inform and challenge—not just the ones that entertain.

And let's not forget the local journalists—the ones attending school board meetings, reporting on city issues, or telling neighborhood stories. Their work may not go viral, but it keeps communities informed and engaged. They deserve just as much support and appreciation.

World Press Freedom Day is also a moment to say thank you. To the reporters in the field, the editors behind the scenes, the photographers capturing truth in a single frame. These people make it possible for us to know, to understand, and to care. Let's remember: a free press keeps us informed, and being informed is the foundation of a healthy society. It means we're not in the dark. It means we can hold those in power accountable. It means we can stand up for what's right.

So today, take a moment. Read a thoughtful article. Share a story that opened your eyes. Support independent journalism. Talk to your kids about the importance of truth. And remember that behind every headline is a person doing their best to help you see the world more clearly.

Because when the press is free, so are we.



June 2025 Horoscope: A calm month to breathe and reflect

June brings a slower, softer feeling. It's not a month of big changes, but small moments that help you understand where you are and what really matters. It's a time to take care of yourself, make gentle choices, and feel more connected with your own life. Let's see how June feels for each zodiac sign.



Aries: You've been busy lately. June is asking you to slow down a little. Rest doesn't mean you're lazy—it helps you stay strong. Take a break when you need it, and don't feel bad about it.



Taurus: You've been thinking a lot about what makes you feel good and what doesn't. This month is about letting go of things that no longer bring you peace. It's okay to choose simple, quiet happiness.



Gemini: It's your season, and you're feeling more like yourself. But instead of rushing into many things, you're taking time to really think about what you want. Trust your ideas. They are leading you somewhere good.



Cancer: You may feel more emotional this month, and that's okay. Let yourself be soft. You don't always need to be strong. Stay close to people and places that make you feel safe and cared for.



Leo: You are looking for deeper connections now. You want people around you who understand you, not just admire you. Be honest about how you feel, and you'll build stronger relationships.



Virgo: This is a good time to look at your daily routine. Are you taking care of yourself? Are your days bringing you peace? Try to make small changes that make life easier and more balanced.

Libra: June brings new ideas and new ways of seeing things. You might want to travel, learn something new, or try something different. Don't rush—just stay curious and enjoy the process.



Scorpio: Old feelings may come up this month. Don't hide from them. This is a chance to heal and move forward. Take time for yourself and don't be afraid to ask for support.



Sagittarius: Your relationships are in focus. You may want to speak more openly with someone or think about what's really working in your connections. Honest talks can bring you closer to the people who matter.



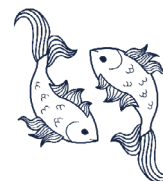
Capricorn: You're being reminded to take better care of yourself—not just with work and goals, but in daily life. Are you sleeping enough? Eating well? This month is about balance and slowing down a bit.



Aquarius: You're being called to enjoy life more. Do things that make you smile—without worrying if they're useful. Create, play, and rest. Joy matters, even if it seems small.



Pisces: You'll feel most at peace when you're close to home or with people you trust. Let yourself rest and feel calm. This isn't a time to rush—listen to your heart and take it slow.



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