

ISSUE: DECEMBER 2025

ISHKAMA

GLOBAL CHANGE



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

From the Founder's Desk

Change. December is always a time of reflection, celebration, and renewed purpose—and this month has truly embodied the heart of our mission.

I would like to extend my heartfelt gratitude to Amb. Dr. Minakshi Koch, who has served with dedication as our Vice President and Editor-in-Chief of IGC Magazine. Her hard work, commitment, and meaningful engagement have been instrumental in shaping our vision and strengthening our global voice. As she steps back to focus on an important priority, she will always remain an integral part of the IGC family. Her leadership, contributions, and spirit will continue to inspire our journey forward.

I am honoured to welcome our Editor-in-Chief, Vanessa Haripersad, to the IGC leadership team. My heartfelt appreciation goes to Vaneesa for her leadership, dedication, and passion for shaping meaningful narratives that inspire global change. I am also immensely proud to share that my daughter, Dr. Ishi Bains, has been honoured as GP of the Year. Balancing exceptional patient care with being a devoted mother of three, she continues to inspire with her dedication, compassion, and commitment to improving lives – including through her work as a qualified insomnia practitioner. Her passion for service reflects the very spirit of impact and excellence we champion at IGC.

This month, we proudly welcomed several new **IGC Chairs** who have joined us on our mission to inspire change, uplift communities, and champion global wellbeing. Your passion strengthens our foundation and expands our reach across continents. We are honoured to have you with us.

As we come to the close of another remarkable year, I am filled with deep gratitude for the collective spirit, dedication, and compassion that continue to define Ishkama Global

One of the highlights of December was our **#IGC End-of-Year Christmas Celebration and Fundraising Dinner**, where our IGC Chairs, Advisory Board Members, and supporters came together in unity and joy. The evening was filled with warmth, connection, and purpose.

It was also a privilege to attend the **E2E 100 Gala Reception** at the kind invitation of **Shalini Khemka CBE**, as well as the **Exclusive Women of Influence Circle CIC Awards Gala**. These events offered moments of inspiration, reconnection, and celebration of extraordinary individuals making a difference in their fields. I was humbled to be featured in Women and Men Professional Magazine and honoured to receive an award at the Exclusive Women of Influence Circle CIC Gala Night Ceremony. These recognitions are a reminder of the shared mission we carry—to uplift, empower, and create meaningful change.

As we embrace the festive season, I extend my warmest wishes to you and your loved ones for a peaceful, joyful, and blessed **Christmas**. May this season bring renewal, hope, and togetherness.

Before we step into the new year, I would love to hear your thoughts. Your feedback helps us grow, refine our work, and continue serving our global community with authenticity and purpose.

If you feel inspired by our mission and would like to join us or become a member of **IGC as a chair or board member**, we warmly welcome your interest. Together, we can continue building a world rooted in compassion, empowerment, and positive change.

Thank you for being part of our journey—whether as a reader, writer, supporter, or partner. Your presence strengthens our vision and fuels our commitment to global transformation.





November'25

Letter from the Chief Editor

I am deeply humbled and honoured to be appointed as Editor-in-Chief of IGC Magazine by Prof. Dr. Abhnash Bains. IGC Magazine is a powerful global platform for entrepreneurs and changemakers to share their expertise, amplify diverse voices, and empower communities across borders.

As a fifth-generation Indian, born and raised in South Africa, I am especially proud to serve on the editorial team of a publication that so authentically embodies the African spirit of Ubuntu – “I am, because we are.” This philosophy speaks to the interconnectedness of humanity and the collective responsibility we share in uplifting one another.

With 24 years of experience in corporate Human Resources, followed by the launch of my own coaching and HR consulting business in 2024, my professional journey has been rooted in developing people and purpose-driven leadership. Over the course of my career, I have partnered with global leaders to lead with clarity, confidence, and authenticity in increasingly complex environments.

I am deeply passionate about empowering youth and women to overcome limiting beliefs and step fully into their potential and therefore was extremely honoured to have received “The Mentoring and Talent Development Award ” in Doha and “ The Legacy Builder in Transformational Coaching in Dubai this year. 2025 also created the opportunity for me to speak on various global platforms, sharing my journey managing Lupus (SLE) a debilitating autoimmune condition. I had the privilege to speak at the IGC Annual

Convention held in Trinidad, the House of Lords, London where IGC launched The Book Of Prosperity, in which I was featured as one of the 25 contributing authors, at The Legacy Circle Global Leadership Summit in Dubai, and the PMR Business Excellence Awards in South Africa.



We are looking for two advisory board members with experience in finance and marketing. Please email me at ishkama.igc@hotmail.com.

I hope you find this edition insightful, inspiring, and empowering.

If you would like to be featured in our magazine, please send your contributions to ishkama.igc@hotmail.com. Submissions close on 5th January 2025. The Editorial team reserves the right to review, edit or decline an article for submission.

Wishing you and your family a joyous festive season.

Travel safely. Stay well. Be healthy.

Best Wishes
Vanessa



Vanessa Haripersad
Founder & CEO Shankara People Solutions
Leadership & Life Coach




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NHS Primary Care Staff Award: GP of the year and a new way of leading in healthcare



DR ISHI BAINS

Dr Ishi Bains is featured in this month's magazine following her recognition as National GP of the Year at the General Practice Awards 2025. The award reflects not only clinical excellence, but a growing shift in how healthcare is being led and redesigned, with collaboration, transparency and kindness at its core.

Based in the London Borough of Tower Hamlets, Dr Bains is a GP and a leading figure in the development of new models of care within the NHS. Her work focuses on clinically led innovation that improves patient experience while supporting the workforce delivering care.

At the centre of this work is the Tower Hamlets Women's Health Hub, where Dr Bains is Co-Lead with Dr Rehan Khan gynaecologist consultant and Dr Janet Barter reproductive healthcare consultant. Launched in December 2023 as part of the NHS Outpatients Transformation Programme, the Hub was designed to address fragmentation in women's

healthcare by bringing primary, secondary and community services together through a single point of access. The impact has been clear – shorter waiting times, faster referrals and improved continuity of care, with patients supported in the most appropriate setting.

The success of the model has led to national and international interest, as well as being featured in the central government's 10 year plan for the NHS. Dr Bains now advises Integrated Care Boards and NHS trusts across the UK on designing scalable and sustainable services that move beyond isolated pilots and deliver system wide change.

Alongside her local role, Dr Bains holds senior leadership positions as NHS London Regional Primary Care Lead for Gynaecology and North East London Women's Health Clinical Lead. In these roles she works across organisations to support elective recovery, pathway redesign and transformation at scale, with a focus on reducing inequalities and improving access.

Her leadership approach has been shaped by strong mentorship and collaboration. She credits Rehan Khan, Consultant Gynaecologist, for early guidance in bridging primary and secondary care, and Kamilla Kammaruddin, GP Partner at the first practice where Dr Bains worked, for modelling values driven leadership in general practice. She is equally clear that progress has been driven by the collective effort of her Women's Health Hub colleagues, and by close working

with teams across North East London Integrated Care Board and NHS England, particularly within the elective recovery and transformation programmes.

Dr Bains continues to practise as a frontline GP, grounding her leadership in everyday clinical realities. As a mother of three young children, she has a particular interest in improving postnatal care, advocating for better physical, emotional and mental health support for women after childbirth. Earlier in her career she also served as Long Acting Reversible Contraception Clinical Lead, developing community based pathways that improved access and choice for women across East London.

In addition to her system leadership roles, Dr Bains is a certified CBT Insomnia therapist, working with HealthCure to deliver evidence based treatment for sleep disorders. Her work reflects a holistic view of health, recognising the link between sleep, wellbeing and performance.

Dr Bains has previously received the RCGP Inspire Award and a Healthcare Leadership Award from the Tower Hamlets GP Care Group. While the GP of the Year award marks an important milestone, her focus remains on the future. Scaling what works, empowering others to lead, and embedding compassionate, transparent leadership into healthcare systems.

"The systems we design reflect our values," she says. "If we lead with kindness and trust, we build services that are effective and sustainable."



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December'25

How Resonance Raman Spectroscopy is transforming nutritional health



SCOTT ALLEN

hope rather than know.

That changed with the arrival of Resonance Raman Spectroscopy, a Nobel Prize-winning scientific breakthrough now reshaping preventative wellness.

The technique was originally developed in eye-health research, where scientists studying the macula faced a unique challenge. Because the eye cannot be biopsied, they needed a completely non-invasive way to analyse living tissue. Their solution relied on interpreting subtle optical signals occurring naturally within the eye, rather than physically extracting samples – a remarkable step forward in non-invasive molecular analysis.

Years later, researchers realised that the same scientific principle could be applied to the skin in a different way. Instead of analysing internal light signals from the eye, a controlled beam of blue laser light at around 473 nanometres was directed at the surface of the skin. When that light interacted with carotenoid antioxidants stored in skin tissue, a tiny portion returned at a slightly longer, green-shifted wavelength. Measuring this wavelength shift allowed scientists to determine the concentration of carotenoids and express it as a Skin Carotenoid Score – a clear, painless indication of antioxidant status.

In that moment, something previously invisible became measurable. Nutrition could be assessed, not just assumed.

Pharmanex, the nutritional science division of Nu Skin, adapted this research into a practical wellbeing technology called the BioPhotonic Scanner, evolving it through three generations. The pioneering S1 proved measurement was possible beyond laboratory settings. The S2 improved sensitivity and engineering. The S3 delivered significant advances in precision, speed and portability. Although the scanner itself has never been available to purchase, it has enabled millions to understand the real-world impact of their nutritional choices.

Most of us work hard to live well. We fill our plates with colourful fruit and vegetables, invest in high-quality supplements and try to build healthier routines for ourselves and our families. Yet one question persists: is any of it actually working? We can track steps, heart rate and sleep, but the antioxidant protection working beneath the skin has remained invisible, leaving us to

The technology is exclusive to Pharmanex, and its power lies not merely in measurement but in proving the effectiveness of supplements. Products such as LifePak and Beauty Collagen+ have demonstrated their ability to raise Skin Carotenoid Scores over time, supported by a twelve-week money-back guarantee for those who do not see measurable progress.

This year marks an important milestone with the launch of Prysm IO, a palm-sized personal evolution of the technology designed for home use. It allows individuals and families to track antioxidant status regularly, observe how diet, stress and sleep influence internal balance and pursue proactive health based on clarity rather than guesswork.

What began as a tool to protect vision is now illuminating the future of holistic wellness. And for the first time, that future fits into the palm of a hand.



If you would like to learn more about the Prysm IO, or enquire about purchasing one, please contact allensr68@gmail.com.

Entrepreneurship

Architect of global progress and next-gen leadership



MUHAMMAD ALI

Muhammad Ali is a committed civil engineer and social entrepreneur driving innovation and youth empowerment. As the founder of Al Nadha a youth-focused social startup and a leader engaged with programs such as OMLAS and the Aspire Leadership Program, Muhammad

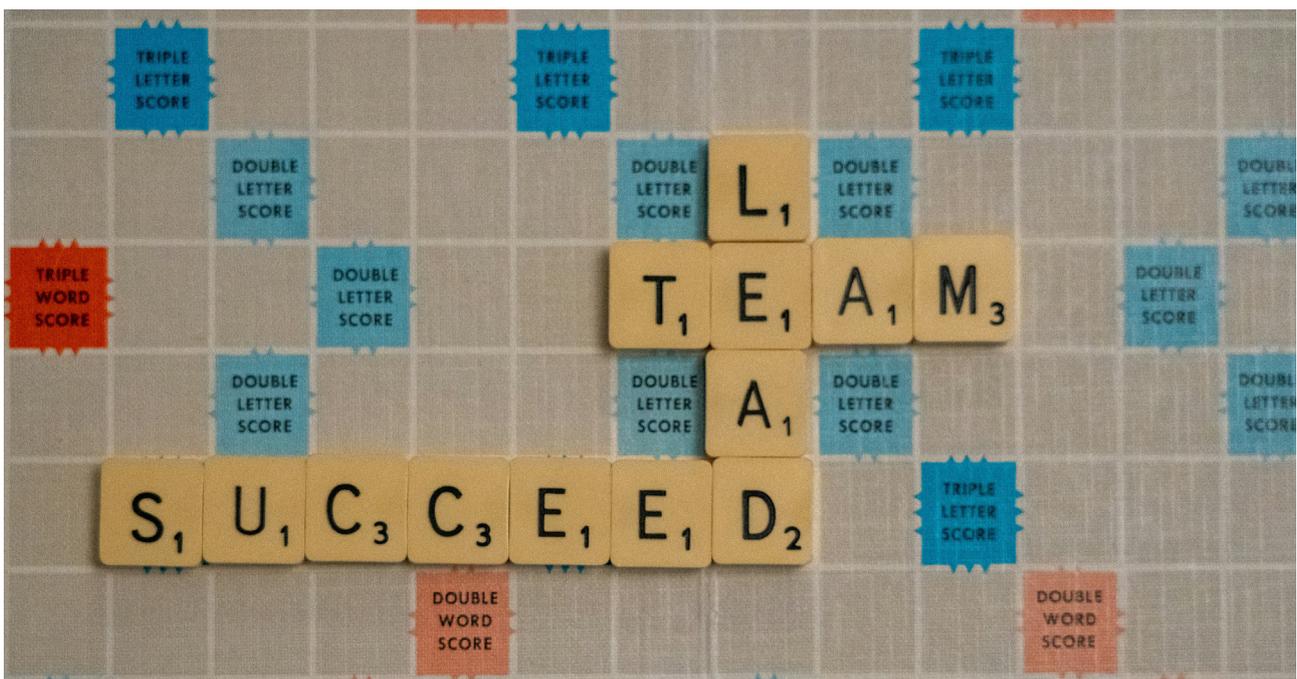
combines technical expertise with impactful leadership to foster sustainable development and social change. Currently serving as Chief Operating Officer at AES Associates Engineering Services, Muhammad oversees complex projects, leveraging his in-depth knowledge of civil technology gained through his Bachelor's degree from Indus University.

Alongside his technical career, he champions leadership development through roles like Deputy Secretary of Entrepreneurship in the Sindh Shadow Cabinet Youth Parliament, where he advocates for youth entrepreneurship and policy innovation. Muhammad's multifaceted experience includes marketing, public relations, event management, and social media direction, enabling him to effectively connect with diverse communities and stakeholders. He has demonstrated his ability to lead teams, manage campaigns, and organize events that promote youth participation and

empowerment nationwide.

His volunteer work as a Global Peace Ambassador and founding member of Digital Hub Karachi underscores his dedication to fostering peace and digital inclusivity. Muhammad is passionate about bridging gaps between technology, education, and social entrepreneurship, aiming to create opportunities for underrepresented youth. Certified in leadership, emergency preparedness, entrepreneurship, and climate change by prestigious organizations like UNICEF, WHO, and the United Nations Institute for Training and Research, Muhammad continuously seeks to expand his competencies to better serve his community. Among his notable projects is the investigation of the Industrialized Building System (IBS) within Pakistan's construction industry, highlighting his commitment to innovation and sustainability in engineering. Muhammad approaches challenges with critical thinking and collaboration, striving to implement creative and practical solutions for community development.

With a proactive mindset and a vision for inclusive growth, Muhammad Ali is dedicated to empowering the next generation of leaders and entrepreneurs. His ongoing efforts through Al Nadha and participation in global leadership initiatives such as the Aspire Leaders Program reflect his belief in youth as catalysts for lasting social impact. This concise bio encapsulates Muhammad Ali's professional journey, leadership ethos, and social commitment, illustrating why he is a visionary in both the engineering and youth empowerment arenas.





The power of choosing yourself every day



MARICARMEN VELASQUEZ
INTERNATIONAL SPEAKER ON
ISSUES OF EMPOWERMENT AND
EQUAL OPPORTUNITIES

In a world where decisions are made at high speed and external expectations seem endless, choosing yourself might sound selfish. But it's quite the opposite: it's an act of responsibility, maturity, and personal leadership.

Every day we face countless choices: replying to emails after hours or prioritizing rest; saying "yes" to please others or saying "no" to protect your boundaries; doing what's urgent or making time for what's truly important. And behind all of these, there's a deeper decision we often overlook: **am I choosing myself?**

Choosing yourself doesn't mean ignoring others.

It means remembering that you matter too. It's refusing to betray who you are just to meet what others expect. It's being able to look in the mirror peacefully, knowing you act from a place of honesty with yourself.

Choosing yourself isn't easy—but it's necessary.

Most successful people we admire have learned to make hard decisions. And many of those involve prioritizing themselves—not to shut others out, but to walk with purpose. Not to disconnect, but to remain grounded and authentic.

Choosing yourself daily is saying:

- I respect myself enough not to accept everything.
- I know myself enough to recognize

- when I need to pause.
- I value myself enough not to justify the unjustifiable.

Because professional success is also personal. And in any field—healthcare, education, tech, law, arts or business—the most valuable asset is still the human being who is self-aware.

How to know if you're choosing yourself—or not

Sometimes we think we're being "committed," when in fact, we're just neglecting ourselves. A simple way to check if you're choosing yourself is to ask:

- Do my decisions bring me closer to what makes me feel well?
- Do I respond or just react?
- Am I living my purpose, or just surviving routines?

Choosing yourself doesn't mean shouting it. It's a quiet practice. And it shows—in how you speak, how you decide, how you relate. It's the kind of energy that needs no explanation: it radiates peace.

Choosing yourself is also leadership. In professional environments, we often talk about leadership as something external: goals, teams, results. But leadership begins within. A leader who never chooses themselves, who is constantly exhausted or absent, eventually becomes reactive. And how can you inspire others when you're disconnected from yourself?

That's why the **first act of real leadership is choosing yourself.** Not just once, but every single day. Even when it's not applauded. Even when there's noise. Even when you don't know what comes next.

Because at the end of the day, your greatest project isn't a report or a presentation.

It's you.

Choose with courage, act with alignment

Choosing yourself is a habit, built one brave act at a time:

- Stop comparing and focus on your own progress.
- Set clear boundaries—without guilt.

- Make space for what nourishes you, not only for what demands from you.
- Trust that quiet inner voice. It always knows.

The alignment between what you think, say, and do is your most authentic source of power. And that power is not bought—it's cultivated.

One last reminder

You didn't come into this world to fulfill everyone's expectations.

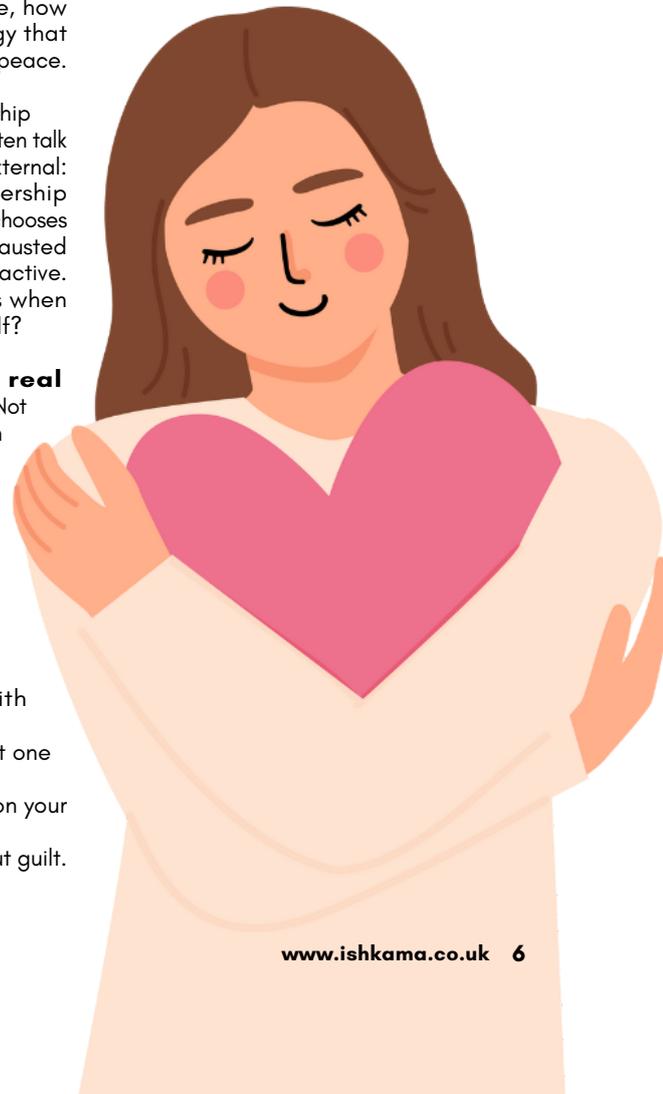
You came to **fulfill yourself.**

To take ownership of who you are and what you can become.

To live from purpose—not from approval.

So each morning, before you reply to the first message, **ask yourself in silence: "Am I choosing myself today?"**

That answer will change everything.



Light in every culture: What December teaches us about unity



**TONYA L. WHITESIDE,
FOUNDER/CEO
THE WHITESIDE GROUP**

I love the month of December! Across the globe, December is a month where light shines in many forms. In some nations, winter brings early sunsets, and people fill their homes with candles, lanterns, and glowing decorations. In other places, warm weather and vibrant landscapes reflect a different kind of brightness. But no matter where you live, December carries a universal theme, hope, warmth, guidance, and unity.

This is a season when cultures celebrate what they cherish most. In Christian communities, Christmas honors the birth of Jesus, the Light of the World. Jewish families celebrate Hanukkah, the Festival of Lights. In parts of Africa and the African diaspora, Kwanzaa uplifts unity, faith, creativity, and community. Latin American families honor tradition through Las Posadas, while New Year celebrations worldwide reflect the shared desire for renewal and better days ahead.

These celebrations may look different, but they speak the same message: light overcomes darkness. Community matters. Hope is universal.

This year, my own family and friends have walked through deep valleys. We have suffered significant losses: loved ones gone too soon, unexpected grief, and the quiet ache that lingers long after the world moves on. Many of us are facing "first traditions" without people who once filled our celebrations with laughter and familiar comfort. The empty chair, the

missing voice, the ornament with no hand to place it: these moments make the season feel different and more tender. Yet even in these transitions, December's message remains: light still appears. Sometimes it shows up as a memory that warms the spirit. Sometimes it comes through a friend who checks in, a community that surrounds you, or a tradition that reminds you you're not alone. Light does not erase grief, but it gently illuminates the path forward.

Across continents and cultures, people lean on light in times of loss: through candles lit in remembrance, songs sung in honor, prayers whispered for comfort, or gatherings that hold space for both joy and sorrow. The beauty of December is that it makes room for both celebration and healing. It acknowledges that life is joyful and fragile, hopeful and painful, sacred and human all at once.

Unity becomes even more powerful in seasons of grief. When we show compassion, when we listen, hold space, or acknowledge someone's loss: we reflect the very essence of light. Light multiplies when shared. It becomes a bridge between people who may speak different languages, hold different beliefs, or live thousands of miles apart.

As the year closes, let this month remind us that unity begins with presence, with choosing to be a light in someone's

darkness. Whether you are celebrating with joy or navigating the quiet weight of first traditions, may you feel supported, surrounded, and lifted by the truth that hope is never lost.

May the light of this season meet you where you are and carry you gently into the year ahead.





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December'25

Africa Economic Forum 2026: The African Table shaping a new world order



DR. BILLY ISSA
FOUNDER & PRESIDENT,
AFRICA ECONOMIC FORUM
ARCHITECT OF "THE AFRICAN
TABLE"

table where global priorities are negotiated – on African terms.

This is the vision behind the Africa Economic Forum (AEF).

The Africa Economic Forum is not a one-off conference. It is a perpetual Pan-African strategic platform—designed as a continuous forum where African governments, institutions, investors, and global partners think together, align strategies, and negotiate Africa’s role in the world with clarity and sovereignty.

We call this platform The African Table.

At this table, Africa sets the agenda. Africa defines its priorities. Africa convenes the world as an equal strategic partner.

As the Africa Economic Forum announces its 2026 Agenda, the mission is clear: to consolidate Africa’s economic sovereignty, accelerate industrialization, mobilize large-scale investments, and reposition Africa as a continental power rather than a collection of fragmented markets.

The 2026 cycle will focus on strategic investment partnerships, value-chain control, industrial and infrastructure development, and the strengthening of continental coordination between African states. This agenda is not symbolic. It is operational, structured, and forward-looking.

The world is changing – irreversibly.

Global power structures are being reshaped by geopolitics, supply chain disruptions, strategic competition, and the rise of the Global South. A multipolar world is no longer emerging; it is already here. In this new order, Africa can no longer afford to be a passive arena where global agendas collide. Africa must become the

A key pillar of the Africa Economic Forum model is the concept of Host Country Partners. Host countries do not “own” the forum. They act as custodians of Africa’s continental agenda – providing leadership and diplomatic facilitation on behalf of the continent. This rotating stewardship ensures that Africa’s destiny is shaped collectively, beyond borders and political cycles.

The Africa Economic Forum is a neutral platform for balanced global engagement—working with Europe, BRICS nations, the Gulf countries, the Americas, Asia, and, crucially, fostering deeper cooperation within Africa itself. AEF is neither anti-West nor pro-East. It is pro-African sovereignty, balance, and co-creation.

Africa is not merely a provider of raw materials. Africa is a future industrial, technological, demographic, and strategic power. Stability in regions such as the Great Lakes, Sudan, or the Horn of Africa will not come from military solutions alone, but from jobs, production, infrastructure, and economic dignity.

Africa is not a project.
Africa is a power.

And the Africa Economic Forum is the table where this future is being designed.

For More Information
Website: www.africaef.com
Email: info@africaef.com



From employee to industry voice: The new era of 'Internal Creators'



VIKAS SACHDEVA

Vikas Sachdeva is a senior media leader with 20+ years of experience across India and international markets. Currently serving as Business Head & Executive Vice President at ZEE Entertainment. He drives global brand partnerships, revenue strategy and market expansions across TV, digital and influencer ecosystems. A self-made professional known for his thought leadership, Vikas has been featured on Josh Talks and in media campaigns like the MG Hector ad. He also hosts high-impact leadership podcasts and regularly speaks on personal branding, leadership psychology and the future of media.

The definition of a "creator" inside an organisation is changing- and changing fast.

Earlier, only marketing teams or official spokespeople shaped a company's narrative.

Today, real impact comes from internal creators- professionals who share honest insights, industry learnings and on-ground experiences through their own voice.

I realised this shift very strongly while creating a video around ZEE TV's new show Ideabaaz. The show is a celebration of real entrepreneurs and real stories. In its first week, it touched 31 million viewers, proving one simple truth- people crave authenticity. When I spoke about the show on my own LinkedIn page, the response wasn't just appreciation for the content, it was connection. People related to the passion behind my words, not the polish of a campaign.

That's exactly what internal creators bring to organisations today.

A logo can tell you "what" a brand does.

But a human voice can tell you "why it matters."

Across industries, leaders and teams are becoming storytellers. Not because it's a trend, but because audiences no longer engage with faceless communication. They want perspective. They want honesty. They want someone on the inside who understands the culture, the challenges, the journey.

For companies, this is a massive opportunity. Empowering internal creators- whether a business head sharing market shifts, a product manager talking about innovation, or a sales leader breaking down consumer behaviour- builds trust faster than any corporate script ever could.

For professionals, it's even more powerful. Your work gives you knowledge; your voice gives you influence. When you create content around your experiences, your brand grows beyond your designation. You become an industry voice, not just an employee.



Having spent over two decades in media, I've seen one thing consistently- audiences lean toward authenticity. Ideabaaz is proof. LinkedIn is proof. The new media consumer is proof.

The organisations that will win tomorrow are the ones that encourage their people to speak today.

Because the most trusted storytellers of a brand are not outside it- they're already inside.

Uniting for change: The true spirit of World AIDS Day

The world pauses on December 1 each year, not in silence, but in a collective heartbeat—a reminder that the fight against HIV and AIDS is deeply human. World AIDS Day is more than a date; it is a call that echoes across communities, urging us to remember, to learn, and to care. Behind every statistic lies a story of courage, grief, resilience, and hope.

For decades, HIV has challenged families, healthcare systems, and global understanding. While science has transformed HIV from a fatal diagnosis into a manageable condition, millions still face barriers to treatment, fear of stigma, and the emotional weight of living with the virus. Awareness becomes essential not just for protection, but for compassion. Knowing how HIV is transmitted, encouraging regular testing, and supporting treatment can save lives and replace fear with clarity.

World AIDS Day also compels us to confront prejudice. Stigma remains one of the strongest obstacles in the fight against HIV. By choosing empathy over judgment, we create safer spaces for people to seek help, share their stories, and live openly.

This day is a promise—one that belongs to all of us. A promise

to support those affected, to educate future generations, and to push for accessible healthcare everywhere. It reminds us that progress is real, but the journey is not over.

As we light candles, wear red ribbons, and raise our voices, we affirm our shared responsibility. Together, we can build a world where knowledge triumphs over fear and every person is treated with dignity and hope.



Humanity in every ability: International Day of Persons with Disabilities



A single ramp, a simple gesture, or a thoughtful conversation can change someone's entire day—and on the International Day of Persons with Disabilities, we are reminded just how powerful inclusion can be. This day, observed on December 3, calls us to pause and truly see the world through a more compassionate lens. It is a moment to recognize not only the challenges faced by persons with disabilities, but also the immense strength, creativity, and resilience they bring to our communities.

Disability is not a limitation in potential; often, it is society's

barriers—physical, social, and emotional—that restrict opportunities. From inaccessible buildings to unspoken biases, these obstacles highlight the need for deeper understanding. When we shift our focus from disability to ability, we begin to appreciate the unique perspectives and talents that enrich workplaces, classrooms, and public spaces.

Education plays a vital role in creating this shift. Learning about different disabilities, promoting respectful language, and advocating for equal access help build a world where everyone can thrive. Empathy is not pity; it is recognition of shared humanity. It means listening, supporting autonomy, and valuing each person's dignity.

The International Day of Persons with Disabilities is not just a date—it is a call to action. It urges us to challenge stereotypes, support inclusive policies, and celebrate the accomplishments of individuals who continue to break boundaries despite societal hurdles. When we commit to accessibility and respect, we create a community where difference is not just accepted but embraced.

Together, we can build a world that welcomes everyone.

Important Dates

Strength unbroken: National Day of Remembrance and Action on Violence Against Women

Women have always stood as pillars of strength, courage, and resilience, shaping the world with determination that refuses to be shaken. It is this enduring strength that lies at the heart of the National Day of Remembrance and Action on Violence Against Women. This day honors women whose lives were taken by gender-based violence and urges society to confront a reality that remains deeply alarming. It reminds us that every woman deserves to live without fear, without silence, and without the threat of harm.

The significance of this day traces back to a tragedy that shocked a nation and exposed the violent consequences of misogyny. Young women pursuing their dreams were targeted simply because of their gender, their ambitions, and their right to exist freely. Their lives, full of possibility, were cut short by an act of hate that continues to echo through time. Remembering them is essential, yet remembrance alone is not enough. This day calls upon each of us to reflect, educate, and act.

Violence against women continues in many forms. It may appear as physical harm, emotional abuse, psychological manipulation, harassment, stalking, coercion, or digital intimidation. It can occur in public places, workplaces, online spaces, or within the supposed safety of home. Far too often, survivors remain silent because of fear, judgment, or a lack of support. This is why an alert tone is necessary. Violence against women is not a distant problem; it is an ongoing crisis demanding constant attention and action.

Education is one of the most powerful tools for prevention. When communities understand the signs of abuse, challenge harmful stereotypes, and promote healthy relationships, the foundation for safety becomes stronger. Teaching respect, empathy, and consent encourages a culture where women's boundaries and voices are honored. Conversations that address sexism, power imbalances, and harmful attitudes help break the silence that allows violence to persist.

But awareness must lead to meaningful action. Supporting survivors requires accessible resources such as safe shelters, counseling, legal support, and crisis response services. It demands policies that prioritize women's safety and systems that respond quickly



and effectively when violence is reported. Communities must take responsibility, not remain passive. Speaking up when witnessing inappropriate behavior, challenging demeaning comments, and supporting survivors are crucial steps toward lasting change.

Men and boys also play an essential role in building safer communities. By promoting equality, rejecting harmful forms of masculinity, and becoming allies rather than bystanders, they help reshape cultural norms. Violence against women is not solely a women's issue; it is a societal issue that affects families, communities, and the future we hope to build.

The National Day of Remembrance and Action on Violence Against Women is also a warning. When society dismisses early signs of inequality, deeper harm can grow. Every sexist remark, every act of silencing, every dismissal of a woman's experience contributes to a culture where violence can take root. Remaining alert means recognizing these patterns and refusing to ignore them.

This day urges us to honor the women we have lost by protecting those who are still here. It calls us to advocate, to listen, and to take responsibility for shaping safer spaces. Women's strength should never be overshadowed by fear. Their dreams should never be threatened by violence. Their lives should never be reduced to cautionary stories.

The message is clear and powerful: remembrance carries weight, but action brings change. When we commit to learning, supporting, and intervening, we help create a world where every woman can live with dignity, hope, and freedom.



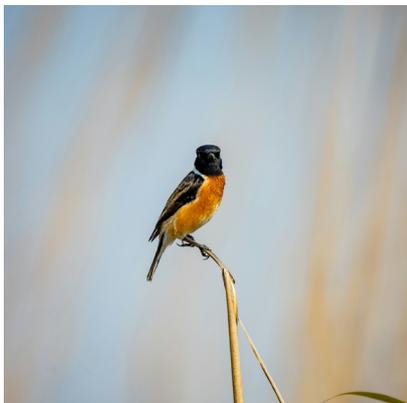


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December'25

Where the wild lives on: Celebrating Wildlife Conservation Day

"The wilderness holds answers to more questions than we have yet learned to ask." These words by Nancy Newhall capture the spirit of Wildlife Conservation Day—a day that reminds us how deeply connected we are to the animals and ecosystems that share our planet. For many people, wildlife is a source of wonder. Whether watching elephants roam freely on a safari, spotting a rare bird in a forest, or observing marine life swirling beneath turquoise waves, the thrill of these encounters stays with us forever. But the excitement we feel must also inspire responsibility, because the future of wildlife depends on what we choose to do today.



Wildlife Conservation Day is not just a date on the calendar; it is an invitation to understand how every species plays a vital role in maintaining ecological balance. From pollinating insects and forest-shaping elephants to apex predators that regulate entire food chains, each creature contributes to the health of our planet. When one species disappears, the impact ripples far beyond what we see. Sadly, habitat loss, climate change, illegal wildlife trade, and pollution continue to threaten countless animals. Yet awareness is the first step toward meaningful change.

Education transforms admiration into action. When people learn why forests matter, why coral reefs must be

protected, or how endangered animals can be saved, they are more motivated to support conservation efforts. Visiting wildlife sanctuaries, national parks, and eco-friendly tourism destinations allows us to experience nature respectfully while also contributing to local conservation initiatives. These visits can be magical, but they become even more meaningful when we understand the fragile balance that allows such beauty to exist.

One of the most inspiring aspects of Wildlife Conservation Day is its celebration of the success stories that prove change is possible. Species like the giant panda, the Arabian oryx, and certain tiger populations have shown remarkable recovery due to dedicated global efforts. These victories remind us that conservation works when communities, scientists, governments, and travelers unite. Every donation, every awareness campaign, and every responsible choice matters.

Still, conservation is not only about protecting majestic animals; it is about preserving the natural spaces that give life to all beings. Healthy forests regulate climates, wetlands filter water, and oceans produce much of the oxygen we breathe. Protecting wildlife means safeguarding the systems that sustain humanity too. When we protect nature, we protect ourselves.

So how can individuals contribute? Small shifts create big ripples. Supporting ethical tourism ensures that animals are viewed respectfully, not exploited. Reducing plastic use helps keep oceans safe for marine life. Planting trees, volunteering in clean-up programs, and advocating for stronger environmental policies all make a difference. Even sharing knowledge with friends and family plays a role in building a world

that values conservation.

Wildlife Conservation Day encourages us



to dream about a future where children can still hear the roar of lions, marvel at the grace of sea turtles, or watch flocks of vibrant birds color the sky. It asks us to imagine a planet where humans and nature thrive together, not in conflict but in harmony. The excitement of exploring jungles, deserts, mountains, and oceans will remain only if we protect the wonders that fill them.

Let this day be more than a reminder—let it be a promise. A promise to respect the wild, to speak for the voiceless, and to ensure that the breathtaking diversity of life continues to flourish. As the famous saying goes, "We do not inherit the Earth from our ancestors; we borrow it from our children." May our actions reflect the responsibility that truth carries.

Wildlife Conservation Day is a celebration, a lesson, and a call to action. Together, we can keep the wild alive.



Awakening in stillness: The meaning of Bodhi Day

Bodhi Day arrives like a gentle dawn, inviting us to pause and rediscover the quiet spaces within ourselves. It marks the enlightenment of Siddhartha Gautama beneath the Bodhi tree, a moment that revealed the power of awareness, compassion, and inner balance. Yet this sacred day is not only a tribute to the Buddha's awakening—it is a reminder of how stillness continues to guide our lives today.

In a world filled with constant pressure, noise, and endless responsibilities, many people find themselves overwhelmed or disconnected. The calmness symbolized by Bodhi Day offers a healing contrast. Just as Siddhartha found clarity through deep meditation, individuals today discover that moments of stillness help reduce stress, sharpen focus, and nurture emotional well-being. Taking even a few breaths in quiet reflection can create space for understanding, patience, and renewed strength.

People celebrate Bodhi Day by meditating, lighting candles, or reading sacred teachings that inspire inner peace. Others practice generosity or compassionate acts, recognizing that calmness is not only an internal state but a gift we extend to others. These traditions remind us that enlightenment is not distant; it unfolds gradually as we learn to observe our

thoughts with gentleness and respond to life with mindfulness.

The message of Bodhi Day remains timeless: peace grows when we slow down, listen inwardly, and open our hearts. As we honor this day, we embrace the possibility of awakening within our own lives—one moment of calm, one mindful breath, and one act of compassion at a time.



Tea, togetherness, and joy: International Tea Day

"A cup of tea is a cup of peace." And on International Tea Day, that peace comes wrapped in joy, aroma, and the warm comfort that tea lovers around the world cherish. Celebrated with smiles and shared cups, this day honors not only a beloved beverage but also the cultures, traditions, and hardworking communities behind every leaf.

Tea has an extraordinary way of bringing people together—whether it's friends catching up over steaming mugs, families sharing evening chai, or travelers sipping new blends in distant places. Each cup carries a unique story. From the rolling green hills where tea is grown to the bustling kitchens where it is brewed, tea connects people across continents with its simple, soothing magic.



The joy of this day is not only in drinking tea but in discovering it. People celebrate by exploring new blends, hosting tea-tasting sessions, or sharing favorite recipes. Green, black, white, herbal—each type offers its own delight, its own mood, its own moment of happiness.

Tea teaches us to slow down, breathe deeply, and savor life's gentle pleasures. On International Tea Day, we lift our cups in celebration of warmth, connection, and the simple joy found in every brew.

Here's to tea—the drink that brightens hearts everywhere.



International Tea Day also shines a light on the farmers and workers who cultivate and process tea with dedication. Their skill transforms tender leaves into the vibrant flavors we enjoy daily. Honoring their contribution reminds us to appreciate the journey behind every sip.

January 2026 Horoscope: A Fresh Start for Every Sign

January feels like a new door opening. The air is calm, the days feel lighter, and there is a quiet hope that comes with the beginning of a new year. This month gives everyone a chance to reset, breathe, and move forward at their own pace. It's a time to think about what truly matters, let go of old stress, and take simple steps toward a better year. No pressure—just gentle encouragement.



Aries: January gives you new energy. You feel ready to start things you've been thinking about for a while. Your confidence grows, and people notice. Just remember to rest when you need it. Not every day needs to be fast and busy.

Libra: Your relationships feel smoother. Misunderstandings fade away, and you feel more at peace. You may enjoy decorating your space or doing something creative. Joy comes naturally when you allow yourself to relax.



Taurus: This month feels steady and warm. You may enjoy time at home, good food, and simple comforts. Money and long-term plans look stable, especially when you move slowly and think things through. Let calm moments guide you.

Scorpio: You feel stronger inside. The changes you went through last year start to make sense. You trust yourself more. Little by little, things improve—both in your heart and in your daily life. Keep believing in yourself.



Gemini: Talking helps you this month. You may reconnect with someone or have a helpful conversation that clears your mind. Ideas come fast, but try not to rush. Focus on what truly matters instead of jumping in too many directions.

Sagittarius: Your love for adventure returns. You may learn something new, plan a trip, or meet people who inspire you. Your bright spirit brings others joy. Follow what excites you—it leads to good things.



Cancer: Your emotions feel softer and lighter. You may feel more hopeful about the future and more supported by the people around you. Home brings comfort. Make time for rest—it helps you more than you know.

Capricorn: This is a strong month for you. Hard work starts to pay off, and people notice your efforts. Still, don't forget to celebrate yourself. Let loved ones support you. You deserve a moment to enjoy how far you've come.



Leo: Your natural charm shines this month. You may get attention at work or from friends who enjoy your warm energy. Creative ideas come easily. Just remember to slow down sometimes and let others take the lead too.

Aquarius: New ideas fill your mind. You may start a fun project or connect with people who understand you. Your creative spark is strong. Trust your unique way of thinking—it will guide you well.



Virgo: You start the year feeling organized and clear. It's a good time to sort out plans, clean up old tasks, or set simple goals. Someone may share advice that helps you move forward. Trust steady steps.

Pisces: January feels calm. You reflect, create, and feel closer to your inner voice. Your intuition is clear, and loved ones bring comfort. Let your heart lead the way this month.



As January begins, each sign gets a gentle reminder: you don't need to rush into the new year. Take it step by step. Trust the quiet, trust yourself, and let hope guide you toward a brighter, more peaceful year ahead.



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