

March 2026 - Special Edition



ISHKAMA

GLOBAL CHANGE

EXCLUSIVE INTERVIEW

Dr h.c. Anja Carron
Co-Founder & President
Europe at INLAMOBI

THE POWER OF A WOMAN

Celebrating International
Women's Day

**DR h.c. ANJA
CARRON**

TOP 3

INSPIRING STORIES

Carmel The Dog Goes to School
Coopetition - A new word for Business
Indian Heritage at Westminster Abbey

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

From the Founder's Desk

"We rise by lifting others."
— Robert Ingersoll

As we welcome the March edition of **Ishkama Global Change (IGC) Magazine**, I would like to extend my heartfelt gratitude to our incredible community—our writers, readers, collaborators,

supporters, contributors, and our dedicated team—whose passion and commitment continue to drive meaningful change across the globe. This month, we reflect on the importance of collective action and inclusive progress, especially in a world that is rapidly evolving. It is vital that we continue to amplify diverse voices, champion equality, and foster spaces where ideas can inspire action and transformation. Our shared responsibility is not only to inform but to empower, ensuring that every story we publish contributes to a more compassionate, equitable, and sustainable future.

This month has been particularly enriching, filled with inspiring engagements and milestones. I had the honour and privilege of attending the **Lions Club Diamond Jubilee of Hayes and Hillingdon**, celebrating 75 years of unwavering service and community impact—a remarkable testament to dedication and humanitarian spirit. It was also a memorable experience to attend the **Global Impact Summit & Awards 2026** in Delhi, where I was deeply honoured to receive the **Global Leadership Award at the Global Festival 2026** - "The World is Meeting in India." This recognition reflects not just personal achievement, but the collective efforts of our entire community. Additionally, I had the pleasure of attending **The**

Extraordinary Achievers event, beautifully hosted by Founder, Dr. Lady Waynett Peters who is also the Head of Advisory IGC Chairs. I had the opportunity to connect with inspiring individuals making a difference in their respective fields.

In celebration of **International Women's Day**, IGC hosted a meaningful Zoom event focused on gender equality and women issues. It was truly inspiring to witness such powerful conversations and engagement. A heartfelt thank you to all our speakers, attendees, and supporters who made this event a success. I was also privileged to receive a certificate of recognition at the **Hounslow International Women's Day MP Awards**, celebrating the achievements of women and girls in the community—an honour that I share with all those working tirelessly toward equality and empowerment.

March is a month rich with cultural and social significance. As we celebrated International Women's Day, we were reminded of the ongoing journey toward gender equality. Mother's Day offered a moment to honour love, care, and resilience. St. Patrick's Day brought joy and cultural pride, while festivals like Holi filled our lives with colour, unity, and renewal. The sacred observance of Ramadan encourages reflection, compassion, and generosity, leading toward the joyous celebration of Eid. These occasions remind us of the beauty of diversity and the importance of mutual respect and understanding in building stronger communities.

As we continue this journey, I warmly invite writers, thinkers, and change-makers to contribute their voices to IGC Magazine. We also welcome individuals and organisations to collaborate with IGC CIC, a growing network of over 300 individuals across more than 50 countries, all working together to create positive community impact and promote unity worldwide. Your ideas, partnerships, and feedback are invaluable as we strive to expand our reach and deepen our impact.

Together, let us continue to inspire, uplift, and create meaningful change.



Editor's Note

March invites us to slow down, look closer, and honour the women who shape our lives in ways both visible and unseen. On 8 March 2026, we marked International Women's Day as both a celebration and a quiet moment of gratitude for the countless acts of strength, care, courage, and leadership that happen every day, often without recognition.

The impact of women is not always dramatic or headline-worthy. More often, it is gentle, persistent, and deeply woven into the fabric of our homes, workplaces, and communities. It lives in the early mornings, the difficult decisions, the emotional labour, the mentoring conversations, and the love given without conditions.

In this special edition, you will notice splashes of pink throughout these pages – our tribute to women whose contributions may be overlooked, like ink blended into a palette of colours, essential yet not always singled out. When we step back, we see the full picture: the extraordinary power of the collective.

The 2026 theme for International Women's Day, "We Give to Gain," reflects a truth many women already live by. Giving time, wisdom, compassion, opportunity, and energy does not diminish us; it expands what is possible for everyone.

We are honoured to feature Dr. h.c Anja Carron on our cover, a visionary leader whose work invites us to rethink performance, wellbeing, and intelligence through a more regenerative, human-centred lens. This issue also celebrates accomplished leaders,



Vanessa Haripersad
Editor-in-Chief

emerging changemakers, and young women whose courage and creativity remind us that the future is already taking shape.

My sincere thanks to Bhakti, Arundhuti, Vidhit, Seshai, and the entire editorial team for their dedication, and special appreciation to Arundhuti, who runs the last mile with me every month.

To every reader, I hope these pages feel like both celebration and recognition – that somewhere within them you will see yourself, a woman you love, or a story that reminds you of compassion in action.

To every woman who gives, leads, nurtures, builds, questions, and perseveres – thank you. Your impact matters more than words can capture.

With warmth and deep appreciation,
Vanessa Haripersad



ISHKAMA GLOBAL CHANGE
Registered Office: 32 Colwyn Crescent,
Hounslow, London, TW3 4AW
Telephone: 020 8572 1412
Email: ishkama.igc@hotmail.com

Chief Editor: Vanessa Haripersad
Creative Director: Rinki Sharma
Designer: Arundhuti Dey
Editor: Broomling Technologies
Sub-editor: Sharda Patidar
Distribution: Ishkama Global Change
Founder: Abhnash Bains
Contributors: Abhnash Bains, Rinki Sharma, Vanessa Haripersad, Seshasai Kotipalli

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PROMOTING UNITY

Editor's Choice

Dr h.c. Anja Carron

**Closing the Loop: The Rise
of Circular Intelligence**

Dr. h.c. Anja Carron is an internationally recognized strategist and policy advisor shaping the transition toward circular and regenerative economies. With more than 25 years of cross-sector experience across finance, technology, sustainability, education, and bioeconomy-oriented governance, she advises governments, institutions, and industry on systemic transformation, public-private-people partnerships, and regenerative business models.

She is **Co-Founder & President Europe (strategic, non-executive) at INLAMOB**, advancing the first pancontinental cluster ecosystems that link biodiversity-based value chains, skills development, and resilient supply chains across Europe, India, and East Asia. Her cluster work connects EU innovation frameworks with India's dynamic ecosystem development, strengthening governance, competitiveness, and cooperation models in sectors such as fragrances, flavours, AYUSH, and tea, where raw materials, ethics, and innovation must move together.

She is the Founder of **EcoWise Advisory**, a global platform bridging the Global North and Global South to accelerate systemic shifts across agriculture, textiles, construction, mining, wellbeing, and waste management.

Her portfolio also includes **Y4CF - Youth for Circular Future**, a pioneering platform for circular economy education, mentoring, and employer branding, as well as **THEIA International**, a UNESCO-recognized initiative for intercultural education and regenerative leadership.

Her latest is framed as **"Circular Intelligence."** It positions intelligence as the capacity to sustain life, dignity, and cooperation in a technologically interdependent world, connecting ethical AI, circular economy principles, and governance for fair resource use.

As **Global Chair for Circular Economy at G100**, her network represents 40 countries with women leaders who contributes to global policy dialogue and women's economic participation in circular transformation, working across sectors and continents to strengthen leadership capacity and implementation readiness.

Her work is distinguished by bridging indigenous



“What is needed is leadership that can connect systems, institutions, markets, and people over time, she affirms.”

knowledge with scientific innovation and digital responsibility, turning sustainability into applied governance and actionable competitiveness aligned with **planetary health** and social equity.

Throughout her career, Dr. Carron has advanced **dialogue and peace as strategic enablers of sustainability**.

As a recipient of multiple leadership awards, Dr.h.c. Anja

Carron remains humble, grounded and passionate about her work. It is an honour for Ishkama Magazine to feature such a phenomenal woman this International Women’s Month.

When asked about what shaped the way she sees the world, Dr. Carron attributed her interdisciplinary mindset and strong connection to circular models to her early childhood and upbringing. A highly sensitive and deeply curious child, she spent much of her time in nature, developing an intuitive awareness of patterns, cycles, and interconnectedness long before she had the language of systems thinking. She credits an intellectually rich upbringing, encouraged by aunts who exposed her to theatre, opera, museums, and big societal questions, for her drive to understand origins, relationships, and meaning. This

early lens now underpins her strong alignment with regenerative and circular models, reflecting a belief that life, like nature, unfolds not in linear paths but through continuous cycles of transformation.

Global Insights

In her advisory role with governments and institutions, Dr. Carron shares her insights on the barriers to aligning public-private-people partnerships for scalable change. “It is the lack of real understanding of these systems, means of measurements, and definitions of success,” she says, which hinders real progress and promotes superficial alignment. Instead, Dr. Carron advocates for “bridgebuilders,” those who can translate between these worlds and shape the shared ground on which effective collaboration becomes possible.

As President of INLAMOBI



Malaysia’s First Sustainable Fashion Forum

Europe, Dr. Carron is building pancontinental cluster ecosystems. She believes that clusters are powerful when they are built as ecosystems rather than isolated industry structures. In pancontinental cluster development, internationalisation is integrated from the outset, which creates stronger market access, faster learning, and greater resilience in a complex competitive environment. Dr. Carron shares that embedding circular models in new clusters from the beginning can “drive industrial transformation and strengthen locations” as they adapt to technological and other changes. That is what makes clusters such important engines for resilient and ethical value chains today, she affirms.

Clusters have already been recognised as practical tools for both green and digital transitions, observes Dr Carron, but what has

become increasingly important is “the quality of leadership driving the transitions”. What is needed is leadership that can connect systems, institutions, markets, and people over time, she affirms. In that context, a broader leadership culture matters. This includes more systemic, collaborative, and cross-generational leadership, and it also creates more space for women in leading functions to contribute to transformation substantively.

Dr. Carron’s view of the future is not romanticised. She argues that in a geopolitically fragmented world, regenerative development is dependent on the ability to “bring together scientific capability, institutional discipline, ecological intelligence, and fair benefit-sharing” without reproducing the mistakes of the past.

Through EcoWise Advisory, Dr. Carron has focused on

converting sustainability intent into implementable transition structures. In her experience, a critical success factor for sustainability initiatives is for the organisation to embed it as part of its DNA i.e making it part of the decision-making, ownership, incentives, daily operations and not treated as a side report. Dr. Carron further shares that what she has seen in practice, is that companies that adopt a proactive approach to implementation, are often able to steer innovation very differently and strengthen their long-term future-readiness than those companies that are reactive and only respond to political pressure.

Youth for Circular Future (Y4CF)

Dr. Carron developed Youth for Circular Future (Y4CF) in 2021, when the circular economy was not part of the mainstream discussions. She recognised early on that young people would need



Back To The Future THEIA Program in GHANA West Africa

Honours & Distinctions

- Doctor honoris causa (Philosophy and Global Leadership, India (2022)
- Woman of the Decade - WICCI / Women Economic Forum, India (2022)
- Women of Heart Education Leader Award - WOHA, United Kingdom (2023)
- Outstanding Leader in Education - Global Forum for Education and Learning (GFEL), UAE (2022)
- Top 100 Leader in Trade - Global Council for the Promotion of International Trade (GCPIT), India (2021)
- Ocean Award (Partner Project) - Coral Sea Foundation, conferred by the Prince Albert Foundation, Germany, Monaco (2021)
- UNESCO "Best German Practice" & BNE Partner - for Theia International, recognized for excellence in education and intercultural collaboration (2020)
- Top 100 Leader in Education - GFEL, UAE (2019)
- Nominee - Marion Dönhoff Prize for International Understanding and Reconciliation, ZEIT Foundation, Germany (2019)
- Best Inclusive Early Childhood Model - Phineo, Germany (2017)
- Patient Information Center Award - Marketing Club Luxembourg-Trier (2014)

a different mix of capabilities to thrive in a changing economy.

Dr. Carron emphasized that the next generation will need systems thinking, resource intelligence, entrepreneurial capacity, digital confidence, and the ability to work across disciplines, cultures, and sectors. They will also need communication, collaboration, and the confidence to navigate complexity, she added. She shares that the uniqueness of the platform is that it combines transdisciplinary learning, online and offline exchange, and real exposure to transition challenges.

Dr. Carron explains that Circularity is not a niche topic. It is a different way of understanding value creation. The Current European skills policy for the green transition also emphasizes green, digital, entrepreneurial, and cross-cutting skills, as well as upskilling and

reskilling pathways.

She indicates that this also has implications for employer branding. Organisations that create meaningful learning spaces and credible pathways for younger generations position themselves very differently for the future. They become "more attractive to the talent they will need" in order to transform, she says.

THEIA

Dr. Carron's passion for the development of youth is evident when she talks about THEIA. "THEIA is the heartbeat of my work" she declares proudly. It is the wider home for the holistic development of young people. Dr. Carron shares the meaning behind the name. In Greek mythology, Theia is the mother of Helios, Selene, and Eos, the sun, the moon, and the dawn. "For me, that stands for light as

the source of life, orientation, and awareness" she explains, "without light, there is no life". That is what THEIA represents.

Dr. Carron believes that intercultural competence strengthens cooperation because it protects us from quick judgment and helps us understand other cultures more deeply. She shares how young people in her international masterclasses meet each other with curiosity, and their differences become a bond. Often, this becomes a lifelong network. She has observed that in their mindset, racism has no place, and she believes that this is the foundation for peace, innovation, creativity, and for a global society that wants to remain human and understands its role on this planet.

CIRCULAR INTELLIGENCE

Circular Intelligence begins where the usual definition of intelligence



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ends. Dr. Carron highlights that for too long, intelligence has been associated with speed, calculation, prediction, and control, but cautions that it is not enough if it produces systems that are efficient and destructive at the same time. Dr. Carron argues that digital systems, if developed with ethical boundaries, human accountability, and ecological awareness, can help us rebalance how value is created, how decisions are made, and how resources are used.

This rationale, she explains, is exactly the intention behind Circular Intelligence. On THEIA International, the framework is described as a living system and as “a code of Ethical AI that listened before acting.” It is not about placing technology above life, but about bringing technology back into relationship with life.

Intelligence, in this sense, is no longer a race for dominance. It becomes the capacity to sustain, renew, and enrich the web of life of which we are part of, states Dr. Carron.

PERSONAL PRINCIPLES

Behind the strong, analytical, and successful businesswomen, it was inspiring to learn about the heart of such a passionate and empowered woman. When asked about her personal principles, Dr. Carron’s responses truly intrigued me. She lists curiosity, intellectual learning, and the decision to stay open without rushing to judgment as important principles, but shares that, as a human being, it is her discipline that sustains her. Dr. Carron lives life with gratitude and believes that real change begins within her. This resonated deeply with my own personal philosophy.

Rhythm matters a lot to Dr. Carron. Her daily structure, sleep discipline, eating hygiene, energy work, and active martial arts are not separate from her professional life. She is very mindful of the quality of presence, clarity, and energy, she brings into a situation. Dr. Carron shares that her connection to Shaolin Temple Europe has been especially meaningful in this respect and has taught her that strength and calm belong together.

Adaptability is a skill that most people struggle with, however for Dr. Carron it is one of her guiding principles. She believes that rigidity weakens us, while inner flexibility gives us strength. This has become essential in complex global work, where not everything can or should be controlled. Dr. Carron is a firm

“...leaderships’ real task is to create the conditions in which diverse people, perspectives, and capabilities can contribute meaningfully and carry responsibility.”



First Sustainable Fashion and Handcraft Show Malaysia



Dubai Expo

believer that much can be shaped through consciousness, discipline, and the right energy. Mentoring younger generations is also deeply connected to her sense of purpose. It keeps her in touch with what is emerging.

LEADERSHIP AND RESILIENCE

Dr. Carron’s leadership philosophy is rooted in systems thinking, cultural intelligence, capacity building, and excellence. She believes innovation only becomes meaningful when it grows from a real understanding of context, of tradition, culture, history, and the deeper logic of a place. Dr. Carron envisions that a new kind of leadership: one that can connect heritage and future, recognise diversity as a source of intelligence, strengthen human potential, and guide complexity into constructive change is required.

She asserts that leaderships’ real task is to create the conditions in which diverse people, perspectives, and capabilities can contribute meaningfully and carry responsibility. Her view is that a leader should not become the centre of the system, but the force that enables people to bring in their unique capacity and allows the system to mature.

Dr Carron holds an evolved view of resilience and stress management, grounded in deep self-awareness and disciplined wellbeing practices. She believes resilience is less about recovering after stress and more about protecting inner balance before stress takes hold. In difficult moments, Dr. Carron would choose to pause, breathe, reflect, and, if needed, take more time. She would change place. Movement, she says restores circulation and often restores perception. Resistance blocks energy, she adds, calmness reopens it.

Dr. Carron sees the biggest challenge that leaders face right now is not only complexity, but the lack of inner maturity with which complexity is being led. The problem is that we are trying to govern an interdependent world through power structures, decision cultures, and economic language that are still too narrow for the realities we face, she explains.

She adds that some challenges are visible: male-dominated boardrooms, exhausted

institutions, and younger generations showing signs of hopelessness. On the other hand Dr. Carron has observed that there are others that are still underestimated: the value of peace, the living basis of our economies, and the deeper leadership quality needed in the age of AI.

Dr. Carron is clear that the future belongs to those who can work across systems, generations, sectors, cultures, and consequences without losing direction. Subsequently she points out that a different inner composition: bravery, humility, inner steadiness, discernment, and connectedness to nature and to the long arc between generations and cultures is needed. It also means leaving behind the old DNA of power.

The most important question, Dr. Carron says is no longer who leads, but from what inner state leadership is exercised, and whether intelligence, including AI, is placed in service of life, healthy systems, and planetary health.





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BARBARA VOKATIS

About the Author:

Barbara Vokatis is a professor at the State University of New York at Oneonta, keynote speaker, award-winning author, therapy dog partner, and Get inspired with Dr. Barb podcast host. As a researcher, she studies learning in innovative courses, innovative inquiry spaces for children, and her innovative animal-assisted education lab in a local elementary school. She is an author of books in dog therapy in educational settings ("Teachers and Therapy Dog Teams: Innovative Collaborations to Make a Difference for Children") and a children's book ("Carmel Goes to School") with the therapy dog theme. Her latest book is titled "Unshakable: Parenting through Autism with Love, Courage, and Purpose."

The Healing Power of Presence: A Journey of Autism, Hope, and a Remarkable Dog Named Carmel

When my child Kalina was diagnosed with autism at the age of seven, it felt as if the ground shifted beneath my feet. I had always welcomed challenges with curiosity, but this challenge was different. It was wrapped in fear because, at that time, autism was rarely portrayed positively, and I had no experience with it.

As I learned more about my child throughout their development, my outlook on autism, parenthood, and life began to change. I also noticed how this growing knowledge was transforming me as a teacher because I began to see gaps in the educational system I had never seen before. From a confused and scared parent, I slowly became a passionate innovator in animal-assisted education and an advocate for autistic children.

Witnessing the world through my child's creative, sensitive, and kind mind, I saw the richness of skills and talents displayed by autistic individuals. These experiences shifted my understanding of parenting. It became clear that parenting means raising a unique child, and no label can fully describe that uniqueness. Expectations of predictable child development are unrealistic, and accepting uncertainty becomes easier when we welcome children with curiosity.

Throughout this journey, my child's uniqueness challenged my ideas about acceptance. Because my child is not only autistic but also gender fluid, their ideas about identity pushed us as parents to rethink our assumptions. When Kalina decided to wear a wig on days they felt more like a girl, we hesitated. But understanding the importance of self-expression allowed me to support them. When we found a wig that felt right, I watched their confidence grow, and supporting their authentic expression became one of the most important acts of love and kindness.

"Expectations of predictable child development are unrealistic."





Despite the originality and talents I saw in my child, I noticed how often systems responded with rigidity. I saw classrooms valuing compliance over creativity, communities misunderstanding difference, teachers unwilling to adapt instruction, and definitions of autism focused almost entirely on deficits. I felt these gaps every time Kalina was not fully seen. I kept asking: Why must my child constantly change? Why are neurotypical children not taught kindness toward neurodivergent minds?

During these years of searching for support, my dog Carmel stepped into our story in a way I never expected. When

Kalina consistently relaxed in her presence, I wondered what she might do for other autistic children.

This experience led me to bring Carmel creatively into schools, my research, and my teaching. The results were astonishing. Children who rarely spoke whispered to her. Students who were anxious or withdrawn found comfort and became more engaged. Carmel became a nonjudgmental learning partner, a calming presence, and a bridge connecting children to

learning.

Carmel helped me reimagine inclusive classrooms as spaces where belonging is foundational. Her presence modeled kindness, and children learned from her naturally. This journey eventually led me to write *Unshakable: Parenting through Autism with Love, Courage, and Purpose*, where I challenge deficit-focused views of autism and encourage parents and educators to celebrate children's uniqueness.

“...supporting their authentic expression became one of the most important acts of love and kindness.”



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ANNE PRATT

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About the Author:

Anne Pratt is a distinguished, multi-awarded, international businesswoman, a Harvard fellow, and co-founder of the Mandela-inspired "Global Leadership Movement for Change." She is a thought leader on leadership, serves as a member of the Forbes School of Business and Technology, UAGC BA-Business Administration Program Advisory Council, is featured in the media, and is included in the "Who's Who of South Africa." She's also the author of a new upcoming book, "Mandela's Leadership Blueprint." Currently, she hosts the podcast "Leading Boldly into the Future." Anne is an ovarian cancer and a stage 3C stomach cancer survivor and thriver.

The Power of a Mother

**Mothers, Grandmothers, and Mentors.
'Wathint' Abafazi, Wathint' Imbokodo.'
You Strike a Woman, You Strike a Rock.**

Happy Mother's Day to All Your Bold, Powerful Mothers

Mothers are mentors. Grandmothers mentor our mothers. I first met my late mother in my first week of life, and my late grandmother about a week later. I am adopted.

Growing up was often confusing, overwhelming, and lonely. At times, it was a challenging experience. What felt like strict parenting at the time later proved to be character-building. It took years and a measure of maturity to realize I had misunderstood my mentors.

- What I once saw as intransigence was boldness.
- What felt like firmness was fairness with boundaries, a quiet discipline that taught resilience.
- What I resented as a simple 'no' was a seed that nurtured backbone, integrity, and courage.

My maternal grandmother and mother, the women who raised and shaped me, were bold, principled, and unwavering in their commitment to empowering, strengthening, and uplifting others, as well as me.

My grandmother was a slight and elegant woman, a true pioneer. She was highly educated, gracious, a successful career woman, and ahead of her time,

holding a postgraduate degree in science (and graduating at the top of her class in an era when women seldom completed high school).

My mother was a medical educator and a fearless anti-apartheid activist who risked her safety and career to champion Black medical education under an oppressive regime. For eight years, the state police followed our family. Our wrongdoing?

We believed and lived out the truth that Black and White South Africans could be friends. That valuable life lesson shaped the woman I have become.

Today, I miss my mother and grandmother greatly. Today, I still talk to them in a heavenly place. Today, I am blessed with clear, solid values.

Today, I am a woman with a heart-warming connection to a global village of people from every race, religion, culture, and creed. Today, I understand the crucial, life-defining role our mothers play.

So, mothers, take heart when the going gets tough, when those teenagers rebel.

Mothers and grandmothers are mentors who shape history; they

help define children's destinies. Bold, powerful mothers shape who we are, what we become, and what we choose to enact in our lives.

Today, and every day, we celebrate all of you—mothers, grandmothers, and great-grandmothers. Today, we remember our mothers and grandmothers with gratitude and humility. We walk in your footsteps, and we walk proud. Why?

'Wathint' Abafazi, Wathint' Imbokodo.
You Strike a Woman, You Strike a Rock.

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AMB. DR. CARLOS SOUSA
IGC GLOBAL CHAIR FOR UNITED
PEACE AND GOVERNANCE

International Peace and Governance in a Changing World

Governance as the Engine of Peace

Good governance—transparent, accountable, and inclusive—is the most reliable foundation for long-term stability. When institutions fail, societies fracture. When institutions are fair and participatory, they prevent conflict before it ignites.

Examples from around the world illustrate this principle:

- Northern Ireland's Good Friday Agreement shows how power-sharing and sustained dialogue can transform violent division into political cooperation.
- Rwanda's post-genocide reconstruction demonstrates how strong institutions and community-based justice can rebuild a nation from devastation.
- Ethiopia's migration governance challenges reveal how policies on displacement can either ease tensions or intensify them.

These cases highlight a simple truth: peace is built through systems, not slogans.

New Pressures, New Governance Models

Climate change, digital disruption, pandemics, and mass migration are reshaping global security. Environmental stress fuels resource conflicts.

Cyber threats undermine trust. Displacement strains fragile states. Addressing these challenges requires

governance frameworks that are adaptive, technologically informed, and rooted in human rights.

A Vision for Resolving Today's Conflicts

To address ongoing wars—from the Sahel to Eastern Europe—governance must evolve in three ways:

- Multilevel peace processes that include local leaders, women, youth, and civil society.
- Stronger regional security systems capable of rapid mediation and coordinated humanitarian action.
- Human-centered development that tackles inequality, unemployment, and exclusion—the root drivers of instability.

The Human Dimension

Peace begins in communities. Empowering women, youth, and marginalized groups strengthens social cohesion.

Education, cultural exchange, and dialogue remain powerful tools for dismantling prejudice and building trust.

Looking Ahead

International peace and governance are practical necessities for a stable world.

By strengthening institutions, embracing inclusive development, and renewing global cooperation, we can build a future where peace is not an aspiration but a lived reality.

The world of 2026 is marked by profound instability.

Major interstate wars, rising militarization, and the spread of non-state armed groups have pushed global conflict fatalities to their highest level this century. More than one-quarter of humanity now lives in conflict-affected areas, while humanitarian needs exceed 200 million people.

In this turbulent environment, peace is no longer defined by the absence of war but by the strength of the institutions that protect human dignity.

A Multiplex Global Order

The post-1945 multilateral system is giving way to a multiplex world—where power is distributed across states, regional blocs, corporations, and civil society networks. Alliances are fluid, and crises in one region quickly reverberate across continents. This interdependence makes effective governance not just desirable but essential.



H.E. AMBASSADOR DR. ANDREW RAMJOHN

About the Author:

H.E. Ambassador Dr. Andrew Ramjohn is an internationally recognized peace advocate and human rights leader. He serves as a Goodwill Ambassador for the United Nations Peace Ambassadors Foundation (UN-PAF), an Ambassador for International Human Rights and Gender Equality with FIGHR, and Ambassador of the global think tank Senatus Consultum. Honored with multiple global awards, including the "World Symbols of Peace" and "Kings of Peace" award, and an Honorary Doctorate with Distinction, he is widely acknowledged for his dedication to promoting peaceful coexistence, compassion, cultural advancement, and the rejection of violence and racism worldwide.

The Crisis of Wars

My friends...
War is not just fought on battlefields.
It is fought in the cries of children
who will never see their parents
again.
It is fought in empty kitchens,
where families sit with no food, no
medicine, no hope.
It is fought in the rubble of cities,
where dreams once stood.

When war breaks out, it is not
generals who pay the price.
It is the innocent.
It is mothers who bury their sons.
It is fathers who cannot protect their
daughters.
It is children who grow up too
fast—because war has stolen their
childhood.

And war does not only destroy
people.
It destroys nations.
Schools collapse. Hospitals burn.
Markets fall silent.
An entire generation loses its future
before it even begins.

Worse still, war poisons our hearts.
It teaches us to hate.
It makes cruelty look normal.
It erases compassion until we no
longer see human beings—only
enemies.

And in today's world, no war is far
away.

A single conflict shakes economies,
fuels extremism, displaces millions,
and sets the whole world on edge.
While we spend trillions on weapons,
we starve justice.
While we build bombs, we neglect
peace.

So I ask you:
How long?
How long will humanity bleed for
the pride of a few?
How long will we repeat the same
mistakes, ignoring the lessons
written in blood?

The truth is this—
Wars do not end with weapons.
They end when human beings
choose dialogue over division.
When we choose reconciliation over
revenge.
When we choose peace—over pride.

The crisis of wars is really the crisis
of us forgetting who we are.
One human family.
One shared future.
And if we cannot remember that
now, then the ruins of tomorrow will
remind us.

So let us rise.
Let us stand for peace, not as an
ideal—but as a duty.
Because in the end...
Wars do not define us.
Our courage to stop them does.





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ISHKAMA GLOBAL CHANGE

March '26

Global Advisory Board Member Series

This month it is: **Dr Lady Waynett Peters**



Q1: As the Chairperson of the Ishkama Global Change Advisory Board, what inspired you to take on this role, and what does the mission of Ishkama mean to you personally?

A: I was drawn to Ishkama because it recognises that the challenges of our time require courageous thinking and collaborative leadership. Its mission reflects a belief I hold deeply, that sustainable change happens when we connect insight with action and place people, purpose, and responsibility at the centre of decision-making. For me, serving as The Head of The Advisory Group and Chairperson it is both an honour and an opportunity to help shape conversations that lead to meaningful global progress.

Q2: From your perspective, what are the most pressing global challenges today that leaders and organisations must address to create meaningful and sustainable change?

A: The defining challenges of our era, inequality,

climate responsibility, and the ethical governance of technological advancement, are deeply interconnected. Addressing them requires leaders to move beyond transactional leadership and embrace long-term stewardship. Organisations must recognise that true progress is measured not only by economic growth, but by the wellbeing of societies, the protection of our planet, and the integrity of the systems we build.

Q3: Advisory boards play an important role in shaping strategy and vision. How do you see the Ishkama Global Change Advisory Board supporting the organisation's long-term impact?

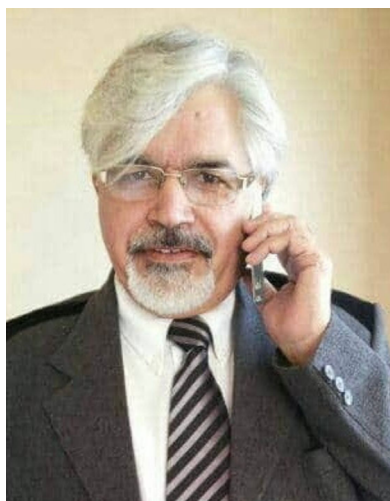
A: An effective advisory board provides perspective, foresight, and constructive challenge. Our role is to ensure that Ishkama's work remains visionary while grounded in practical impact. By bringing together diverse expertise and global insight, the board helps guide strategy, strengthen partnerships, and ensure that the organisation continues to evolve in ways that maximise its long-term contribution to positive global change.

Q4: Throughout your leadership journey, what key experiences have most influenced your approach to leadership and service?

A: My journey has consistently reinforced one central truth: leadership is ultimately about service. Working across different sectors and communities has shown me that sustainable change emerges when leaders listen deeply, act with integrity, and remain committed to empowering others. Those experiences have shaped my belief that leadership is less about authority and more about responsibility.

Q5: What advice would you offer to emerging leaders and changemakers who want to contribute meaningfully to their communities and the world?

A: Lead with clarity of purpose and a commitment to lifelong learning. The world needs leaders who are willing to think courageously, act ethically, and collaborate across boundaries. Meaningful change is rarely immediate, but those who remain principled, resilient, and focused on service will ultimately shape the future.



DR. ROOP CHAND SIDANA
 GLOBAL CHAIR FOR SPIRITUALITY
 AND PSYCHIATRY

About the Author:

- IGC Global Chair for Spirituality and Psychiatry
- Director, Tek Chand Sidana Memorial Psychiatric Hospital
- Pioneer in rTMS, Addiction Psychiatry, and Community Mental Health
- Advocate for holistic healing through science, compassion, and spirituality

The Role of Spirituality in Mental Health: An Indian and Global Perspective

Mental health is not merely the absence of illness—it is the presence of resilience, meaning, and connectedness. Across cultures, spirituality has long been recognized as a vital dimension of human well-being. In India, spirituality is woven into the fabric of everyday life, offering a unique lens through which psychiatry can be enriched. This article explores the role of spirituality in mental health, drawing on Indian research and global perspectives, and proposes pathways for integration into modern psychiatric practice.

Spirituality as a Dimension of Mental Health

Spirituality is the human quest for meaning, purpose, and transcendence. Unlike religiosity, which is tied to specific doctrines, spirituality is broader and inclusive. Research consistently shows that spirituality contributes to mental health in several ways:

- **Resilience and Coping:**

Meditation, prayer, and chanting enhance resilience against stress and trauma.

- **Life Satisfaction:**

Spiritual engagement correlates with happiness, reduced depressive symptoms, and greater emotional stability.

- **Community Support:**

Spiritual traditions foster communal bonds, protecting

against isolation and loneliness.

“Spirituality is not an optional add-on but a vital dimension of mental health.”

Indian Research and Practice

India’s contributions to spirituality and psychiatry are profound:

- **Holistic Models:**

Studies from Ranchi and Chandigarh emphasize that spirituality and religiosity are inseparable from socio-cultural factors in mental health.

- **Meditation and Neuroscience:**

Combining meditation with neuromodulation techniques like rTMS shows promise in treatment-resistant depression.

- **Addiction Recovery:**

Rehabilitation centers report that yoga, mindfulness, and spiritually adapted 12-step programs significantly improve recovery outcomes.

- **Community Psychiatry:**

Initiatives in Rajasthan and Kerala integrate spiritual counseling into community mental health, reducing stigma and encouraging help-seeking.

- **Global Perspectives:**

Globally, spirituality is gaining recognition as a legitimate



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dimension of psychiatric care:

• **WHO Framework:**

The World Health Organization endorses a “bio-psycho-social-spiritual” model of health.

• **Systematic Reviews:**

International studies confirm spirituality enhances coping, reduces suicidal ideation, and fosters post-traumatic growth.

• **Cross-Cultural Relevance:**

While expressions differ, the quest for meaning is universal, making spirituality a powerful bridge across cultures.

Challenges and Critiques

Integrating spirituality into psychiatry is not without challenges:

• **Scientific Validation:**

Measuring spirituality remains complex.

• **Boundary Issues:**

Clinicians must respect diverse beliefs without imposing their own.

• **Training Gaps:**

Few psychiatric curricula formally train professionals in spiritual assessment.

Pathways for Integration

As Global Chair for Spirituality and Psychiatry, I propose several strategies:

1. Spiritual Assessment Tools:

Develop culturally sensitive instruments to evaluate patients’ spiritual needs.

2. Training Modules:

Incorporate spirituality into psychiatric education.

3. Collaborative Care:

Build partnerships between psychiatrists, spiritual leaders, and community healers.

4. Evidence-Based Practices:

Promote research on meditation, yoga, and mindfulness as adjuncts to conventional care.

5. Policy Advocacy:

Urge governments and professional bodies to recognize spirituality as a core dimension of mental health

India’s Contribution to Global Psychiatry

India’s spiritual heritage offers lessons for the world:

• **Yoga and Meditation:**

Now globally mainstream, validated by neuroscience.

• **Community Healing:**

Collective well-being models rooted in Indian traditions.

• **Integration of Tradition and Innovation:**

From Ayurveda to rTMS, India demonstrates how ancient wisdom and modern science can coexist.

Spirituality is central to mental health. In India, it is cultural; globally, it is emerging as essential.

By embracing spirituality, psychiatry can heal the whole person—mind, body, and spirit. As rates of depression, anxiety, and addiction rise worldwide, spirituality offers resilience, meaning, and hope. The task is clear: integrate spirituality into mental health systems with scientific rigor, cultural sensitivity, and compassion.

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**DR. ANINDA SIDHANA**

PSYCHIATRIST | COUNTRY CHAIR
(INDIA), IGC | MEDICAL ADVISOR,
HEALCYCLE

About the Author:

- Medical Advisor, MD Psychiatry
- Hon. Asst. Secretary General,
Indian Psychiatric Society Northern
Zone

- Fellowship in Psychosexual
Medicine
- 10+ years of experience
- Women's mental & sexual health

Hormonal Justice: Why Everyone Holds the Baby, But We Must Hold the Woman

“Everyone holds the baby, but who holds the mom?”

As a psychiatrist, I hear this heartbreak every day. We cheer for the new life, we celebrate the “vessel,” but we walk away from the woman whose body and mind have just been through a war. Whether it’s the needles and “havoc” of IVF, the weight gain we are told to hide, or the silent, confusing slide into perimenopause, women are expected to just “keep it together.”

But here is the truth: between menstruation and motherhood, our hormones are constantly shifting the ground beneath our feet. For too long, this journey has been a lonely one.

The Confusion: Sad, Seasonal, or Situational?

Most women I talk to are exhausted by the guesswork. They don’t know if they are crying because of a bad day, the change in weather, or a hormonal drop. Because they don’t have the answer, the world labels them as “dramatic.”

I’m here to tell you: You aren’t dramatic. You are neurobiological. When your estrogen or progesterone drops, your “feel-good” chemicals like serotonin go with them. This is why PMS feels

heavy and PMDD (Premenstrual Dysphoric Disorder) feels like a crisis. Dismissing this as “just a phase” isn’t just rude—it’s a violation of your dignity.

Giving Power to Gain a Better World

This International Women’s Month, the theme is “Give to Gain.” I believe we must give women the power to track their cycles so we can gain a world that actually understands us.

This is the vision my dear friend Ananya Grover had. As the founder of HealCycle, Ananya created a digital sanctuary where women don’t have to wonder “why” anymore. And I loved her vision. So, together, we are bridging the gap between clinical psychiatry and daily life. We want to ensure that when a woman feels the “havoc,” she has the data to stand her ground.

To help you navigate this, I’ve created the H.E.A.L.C.Y.C.L.E. guide for every woman to reclaim her mental wellness:

- **H** – Hormonal Honesty: Stop apologizing for the havoc.
- **E** – Evidence: Turn “I feel crazy” into “I have the data.”
- **A** – Advocate: Show your doctor your tracker. Demand to be heard.
- **L** – Lived Experience: Your IVF or menopause journey is real and



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valid.

- **C** - Catch the Pattern: Is it the cycle, the season, or the situation? Know the difference.
- **Y** - Your Sanctuary: A safe space for your moods and weight without judgment.
- **C** - Clinical Connection: Bringing psychiatric science to your fingertips.
- **L** - Literacy: Knowing your body is the first step to leading your life.

- **E** - Empowered Ending: Stop the silence. Use your WINGS and rise.

Flipping the Script Together

Through my work with Ishkama Global Change (IGC) and the Indian Psychiatric Society, I am fighting for "Hormonal Justice." We need a world where a woman's mental health is just as important as the child she carries or the job she does.

With partners like Ananya and tools like HealCycle, we are making

sure no woman has to be an "unreliable narrator" of her own pain. We are holding the mother. We are holding the woman.

When words get stuck, I start to write. Today, I write for you. Don't let anyone tell you your struggle isn't real because it's "just hormones." Your cycle is your rhythm, not your cage. Let's give women the power to track.

Let's gain a world that finally understands.

*Heal, come
what may.*





SHIVEE SINGH GEHLOTE

Where Culture Meets Crown: A Young Dancer's Unforgettable Royal Moment

With Namaste and Bindi – I showcased Indian heritage on Commonwealth Day.

On 9th March 2026, at the Commonwealth Service held at the historic Westminster Abbey, I had the honour of participating and representing Indian culture on that prestigious stage.

For me to be part of such a grand and historic ceremony, attended by representatives of the Commonwealth of Nations (a group of 56 countries), VVIP guests, diplomats, renowned personalities, and distinguished attendees, was an extraordinary moment.

With the sound of a live orchestra and graceful movements, my fellow dancers and I from Sapnay School of Dance and the Royal Ballet School presented an elegant and captivating fusion of Indian dance and ballet performance. Led by choreographer Prabhleen Oberoi, I greeted the audience with "Namaste" and adorned a traditional bindi, showcasing my Indian culture and tradition. Members of the royal family, and a strong congregation of around 1,800 guests made an appearance at the annual event. This memorable moment became even more special when HRH King Charles III, HRH Queen Camilla, Prince William, Prince of Wales and Princess Catherine, Princess of Wales, along with other

members of the royal family and distinguished guests, applauded our performance.

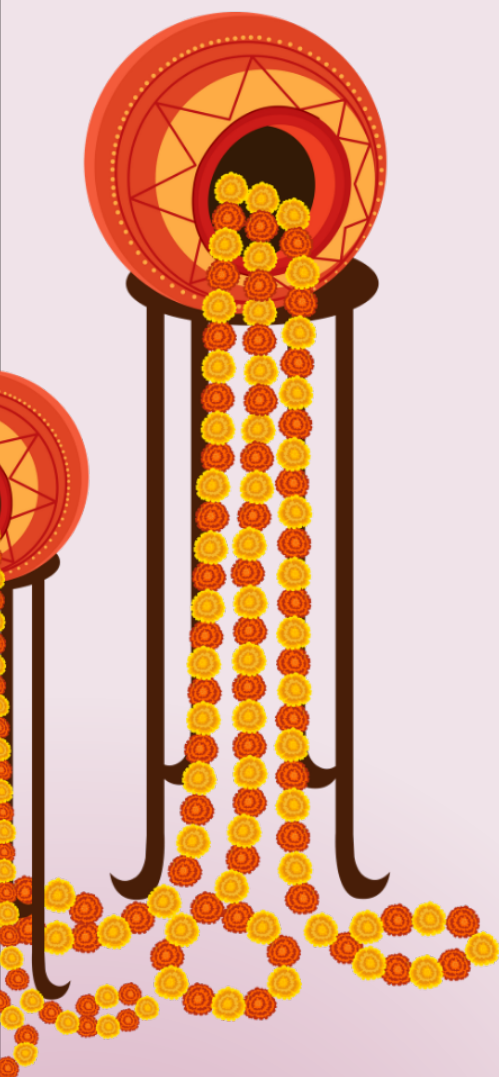
Entering such a prestigious venue with centuries-old heritage, where royal weddings and coronations have taken place, was an unforgettable experience. Until now, I had only seen it on television, and being able to present Indian culture in that historic setting was incredibly special.

Adding to the joy, photos of my fellow dancers and I were also shared on the official social media pages of the Royal Family.

This experience was a proud and emotional moment that my family and I will cherish for a lifetime.

I have been participating in dance competitions and performances since the age of four. Born in Rajasthan, India and raised in the UK, I now work in Finance in London, while continuing to participate in traditional and cultural programs from time to time, keeping my connection to my roots alive.

As I have been dancing for over 15 years now, a multitude of dance styles have been of interest to me. I am always keen to understand and learn more about traditional dance styles such as kathak and ballet as I never had any classical training.





Dance is a performance-based sport. It helps me express myself and enhance my creativity, pushes my body to channel new personas and different emotions. It is also a phenomenal way to keep the body moving and active, which is especially required now that I work in a corporate lifestyle. It is the best way to showcase your personal freedom of expression. There are no rules and new adaptations can be made

everyday by anyone. That is the key thing that makes any dancer unique: their personal pathway to expression. It definitely helped me become better at time management as I had to manage the two hats delicately. Though one was a passion, the other also had to remain a priority. I was also able to take it further to my university education and share my passion for dance as President of my Dance Society, in my final year. There have

been times where I had to give it up in order to focus on my studies as I am nearing close to the final exam. Even in those times, I would still watch dance choreographies in my free time and try to learn them. It has had a cyclical routine in my life thus far, increasing and decreasing depending on my other priorities. It will always remain close to my heart though, and my number one passion in life.



**DR. LEÏLA AYABA
KOSSOU TAZARO**

About the Author:

Dr. Leïla Ayaba Kossou Tazaro is a Strategic Intelligence and Information Security Governance expert with a focus on global systems, cooperation, and human-centered innovation. With a PhD background and extensive research in interorganizational dynamics, she specializes in understanding how complex systems evolve through the interplay of competition and collaboration. She is a co-creator of the EQORIA vision, a global initiative exploring the transition toward collective intelligence and planetary-scale cooperation. Her work integrates strategic analysis, systems thinking, and cross-sector collaboration to address complex global challenges.

Through her writing and thought leadership, she contributes to advancing new frameworks for cooperation, positioning it not as an alternative to competition, but as its evolution in increasingly interconnected systems.

From Competition to Co-Creation: Rethinking How Humanity Moves Forward

Years ago, during my PhD research, I explored a concept known as “coopetition”.

At first glance, it appears contradictory. Organizations competing with one another, yet choosing to cooperate. However, within complex systems, this dynamic is not only logical, but increasingly necessary. Airlines compete, yet form alliances. Technology companies compete, yet collaborate on shared standards. Research institutions compete, yet build knowledge networks together.

This raises an important question: Why would competitors choose to collaborate? Because some challenges exceed the capacity of any single organization. That realization became a foundation for a broader reflection: What if humanity itself is entering a similar phase? A phase in which competition alone is no longer sufficient, and where cooperation at a planetary scale becomes essential.

Five years ago, I encountered the vision of EQORIA, United Earth. Rather than presenting itself as an entirely new concept, it resonated with patterns I had already observed through research and professional experience. Not as a finalized model, but as an evolving framework exploring how collective intelligence might

“Because some challenges exceed the capacity of any single organization.”

emerge at scale; an exploration I now contribute to as a co-creator of the EQORIA vision.

Historically, many of our systems have been structured around competition. This has driven innovation, efficiency, and growth. However, it has also contributed to fragmentation, silos, and, at times, solutions that optimize individual components at the expense of the broader system.

Today, we are increasingly confronted with interconnected global challenges: Climate change. Global health. Technological disruption. Social inequality. These challenges cannot be effectively addressed in isolation. They require integrated approaches and coordinated action. This is where the concept of collective intelligence becomes particularly relevant. Not as an abstract idea, but as a practical framework for leveraging diverse perspectives to generate more effective outcomes.

Collective intelligence does not imply uniformity. Rather, it depends on the ability to align diverse actors toward shared



“It will require a shift in mindset, one that recognizes the interdependence between individual success and collective wellbeing.”

objectives while preserving their distinct contributions. It requires trust, transparency, and a shift in how value is perceived and created. Importantly, systemic transformation does not begin with structures, it begins with perception.

As awareness evolves, so too do the frameworks through which we organize and collaborate. There are already early indicators of this transition. Across industries and sectors, collaboration is increasingly recognized not as a compromise, but as a strategic advantage. The question is no



longer whether cooperation is beneficial. The question is whether

we are prepared to operationalize it at scale. Achieving this will require more than new tools or policies. It will require a shift in mindset, one that recognizes the interdependence between individual success and collective wellbeing.

This may represent the next phase of systemic evolution. Not only for organizations, but for humanity as a whole. A transition from isolated intelligence to interconnected intelligence. From competition as the dominant paradigm to cooperation as a foundational principle.

**AMB. (DR.) MINAKSHI KOCH*****About the Author:***

Amb. (Dr.) Minakshi Koch is the Founder of the IGC for Autism Project in Ipswich, UK. She serves as an Autism Family Support Practitioner and Specialist Teacher, and holds the position of IGC Global Chair for Autism Awareness. In addition, she is a dedicated counsellor, educator, and social activist committed to supporting children with autism and their families. Dr. Koch is the author of "Star Autism Mums – Teach Themselves," a book focused on early intervention. It is designed as a practical and empowering tool for exceptional mothers raising extraordinary children, inspired by her own journey. In recognition of her impactful work in raising awareness and advocating for autism and children's rights, she has been awarded an Honorary Doctorate in Education and International Diplomacy. She is also a recipient of the Inspirational Leadership Award from the All India Council of Human Rights, Liberties & Social Justice

When Systems Fail: How the Withdrawal of School Transport Ended My Son's Education

In England, under the Education Act 1996 and the Children and Families Act 2014, local authorities must ensure that children receive suitable full-time education, especially if they have special educational needs (SEN). My son was attending a special school in Witham, about 45 minutes away from our home. He is profoundly autistic and experiences significant sensory challenges, which make it difficult for him to adjust to his surroundings on a daily basis.

Despite these challenges, he was learning and thriving at school. Routine is very important to him, and even on difficult days he would still attend and spend the day there because he relied on that structure. He loved his teachers and looked forward to seeing them each day.

He was also very fond of his travel assistants and would become excited whenever the school van arrived. Transport was an important part of his routine and helped him feel secure about going to school. During travel he used a harness, which could be uncomfortable for him due to his sensory sensitivities. However, despite this difficulty, he never removed it and continued to travel safely to school and back.

One day we were suddenly informed that transport would no

longer be provided. This decision came without warning. I tried to explain that breaking my son's routine would be extremely detrimental for him. I also suggested a simple solution, that I could travel with him so that the journey would be easier for him to manage.

Unfortunately, the transport department ignored my suggestions. As a result, my son was unable to attend school for almost two months while the situation remained unresolved.

During this time, the disruption to his routine significantly affected his behaviour. When transport was finally reinstated and he returned to school, he was suspended on the very first day due to what was described as challenging behaviour.

Autistic children are protected under the Equality Act 2010. Public bodies (including councils and schools) must:

- Avoid discrimination because of disability
- Make reasonable adjustments
- Consider how decisions affect disabled people (called the Public Sector Equality Duty)

Is it a crime to be autistic?

My son has now been at home for five months. During this time, he has barely left the house. He is



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confused and does not understand why the school van no longer comes. He cannot understand why he is unable to see his teachers or what he has done wrong that prevents him from returning to school.

Using his AAC device, he tries to form short, broken sentences asking about school, the van, and his teachers. He is searching for answers that I struggle to give him.

In December, I made the difficult decision to quit my

job so that I could spend more time with my son and support him through this situation. But what he truly needs is not simply more time with his mother. What he needs is his school, his routine, and the structure that helped him feel safe and able to learn.

I do not know how to explain to him that he may never return to that school.

As someone who advocates for autism and tries to support other families with the little knowledge and experience I have, I never imagined that I would find myself in this position. Right now, I feel as though I am failing my own child. Despite all my efforts, I feel helpless in the face of decisions that have taken away the one place where he was happy, learning, and understood.

Many parents of autistic children face similar battles with systems that move slowly or make decisions without fully understanding the child. My son asking for the van, school and teachers shows how meaningful that environment was for him.

I struggle to understand how this can be considered fair. How can decisions that affect a child's entire life be made without properly consulting the parents who know that child best? Why are parents' suggestions and practical solutions ignored, even when they are clearly in the best interests of the child?

Where are the safeguards and regulations when a disabled child has effectively been pushed out of education? When a child is discriminated against because of their disability, who is there to hold the system accountable?

In the end, it is the parents who are left heartbroken and struggling to cope. We are expected to care for our children without the support and services they are legally entitled to. But when those essential services are taken away, how are families supposed to continue?

Too often it feels as though the very systems designed to protect vulnerable children fail them instead. When decisions are made behind closed doors, responsibility becomes unclear, and families are left searching for answers.

So the question remains: who will take responsibility, and where are families like ours supposed to turn for help?

Important Dates of March:

- **1 MARCH:** Zero Discrimination Day
- **3 MARCH:** World Wildlife Day
- **8 MARCH:** International Women's Day
- **20 MARCH:** International Day of Happiness
- **21 MARCH:** World Poetry Day
- **21 MARCH:** International Day of Forests
- **21 MARCH:** World Water Day
- **24 MARCH:** World Tuberculosis Day

International Women's Day

8 MARCH

“A strong woman is not the one who never falls, but the one who rises every time life tries to push her down.”

Women have always been the silent strength behind families, societies and nations. Yet their stories are often told in small moments rather than loud headlines. A woman wakes before the world is thinking about everyone she loves. She plans the day, manages responsibilities and still carries hope in her heart.

Being strong does not always mean speaking loudly or showing power in dramatic ways. Often strength appears in patience, in kindness and in the quiet determination to keep going even when life feels heavy. Women handle personal challenges, emotional responsibilities and professional goals all at the same time and still try to smile for the people around them.

A woman may be a daughter who supports her parents, a friend who listens without judging a mother who sacrifices sleep for her child or a professional who works tirelessly to prove her abilities. Every role she plays requires courage, patience and endless effort. Yet she rarely asks for recognition; she simply continues doing what needs to be done.

In personal life women often become the emotional center of the family. They remember birthdays, solve conflicts, encourage dreams and comfort others during difficult times. Their ability to understand feelings and care deeply creates homes filled with warmth and stability. Even when they feel tired or worried they still try to be the source of strength for everyone.

In professional life the journey of a woman is often not easy. She may face doubts, unfair expectations or people who underestimate her potential. Yet she keeps learning, improving and moving forward step by step. She balances meetings, deadlines, responsibilities and ambitions while also caring about family relationships and her own dreams. This balance itself is a powerful achievement.

What makes women truly inspiring is not perfection but resilience. They fall, they struggle, they question themselves but they rise again with deeper wisdom. Every challenge becomes a lesson, every failure becomes experience and every small success becomes motivation to move further ahead. Their strength grows quietly like roots of a tree strong unseen but holding everything steady.

Society is slowly beginning to recognize the value of women's contributions but the truth is that women have always been leaders in their own ways.



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Whether managing homes leading teams teaching children building businesses or supporting communities women create change every single day. Their strength lies in their ability to care and still continue growing beyond limits placed on them.

A strong woman is not defined only by success but by the courage to keep trying. She understands that life will bring both joy and difficulty but she chooses hope anyway. She learns to adapt, supports others and keeps building a life filled with meaning, purpose and quiet pride in who she is becoming each day. For many people the strength of women becomes visible only

during big achievements but the real power lies in everyday actions waking up again after a hard day continuing responsibilities offering kindness choosing patience and believing that tomorrow can be better. These simple acts of persistence create extraordinary lives over time.

International Women's Day is not just a celebration but a reminder to notice these quiet strengths. It encourages us to respect, support and appreciate the women around us mothers sisters friends teachers leaders and colleagues. Each woman carries a story of effort, sacrifice, learning and courage that deserves to be heard and valued.

When we truly look at the women in our lives we realize that strength is not always loud. Sometimes it is gentle, patient and quietly powerful. A woman keeps moving forward holding responsibilities, dreams,

love and hope together with remarkable grace. Her journey reminds us that resilience, compassion and determination can change families, workplaces, communities and the world itself every single day we witness her strength.

Their courage inspires generations and strengthens the future of humanity.

“Their strength grows quietly like roots of a tree strong unseen but holding everything steady.”





World Tuberculosis Day: Why Awareness Still Matters

24 MARCH

Every morning millions of people wake up, get ready for work or school, and continue their daily routines without thinking much about their health. But for some people, something as simple as breathing, walking a short distance, or even speaking for long periods can feel exhausting. Behind these struggles, there is sometimes an illness that many people have heard of but do not fully understand—tuberculosis.

Tuberculosis, commonly known as TB, is a disease that mainly affects the lungs. It is caused by bacteria that spread through the air when an infected person coughs, sneezes, or speaks. Although it has existed for centuries, tuberculosis is still present in many parts of the world today. To bring attention to this disease and encourage people to learn more about it, World Tuberculosis Day is observed every year on March 24.

For many people, TB begins with symptoms that seem small and easy to ignore. A cough that does not go away, mild fever, tiredness, weight loss, or night sweats are some common signs. Because these symptoms can look similar to other minor illnesses, people often delay going to a doctor. Unfortunately, this delay can allow the disease to grow stronger and spread to others around them.

What makes tuberculosis particularly challenging is that it does not only affect a person's body. It can also affect their

emotions, confidence, and social life. In some communities, people who have TB may feel ashamed or worried about how others will react. Some may even hide their illness because they fear being judged. This stigma can make the journey of recovery more difficult than it should be.

However, it is important to remember that tuberculosis is not something to be ashamed of. It is simply a disease that needs proper medical care and understanding. Today, TB can be diagnosed with tests and treated with medicines. When patients follow the treatment carefully and complete the full course of medication, many of them recover completely and return to their normal lives.

Treatment for TB usually lasts several months. During this time, patients need patience, support, and encouragement from their families and communities. Taking medicines regularly is extremely important. If treatment is stopped too early, the bacteria can become stronger and more difficult to cure. That is why doctors and health workers always emphasize completing the full treatment.

World Tuberculosis Day reminds us that awareness is one of the most powerful tools in fighting this disease. When people know the symptoms, they are more likely to seek help early. Early detection not only protects the patient but

also prevents the infection from spreading to others.

Governments, doctors, and health organizations around the world are working hard to reduce the number of TB cases. Many countries provide free testing and treatment so that people can get help without worrying about the cost. Health campaigns, community programs, and educational efforts are helping more people understand the importance of early diagnosis and proper care.

At the same time, ordinary people also play an important role. Supporting someone who is going through treatment, encouraging friends or family members to see a doctor if symptoms persist, and spreading accurate information about tuberculosis can make a real difference.

“TB begins with symptoms that seem small and easy to ignore.”

World Tuberculosis Day is not only about remembering a disease that exists. It is also about recognizing the people who are fighting it every day—patients, doctors, nurses, researchers, and health workers who continue working toward a healthier future.

The message of this day is simple but powerful: tuberculosis can be prevented, treated, and cured. With awareness, compassion, and collective effort, communities can move closer to a world where no one has to suffer from this disease. Understanding TB is the first step toward ending it.



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April 2026 Horoscope: A Month of Fresh Energy and Gentle New Beginnings

April comes with a feeling of fresh energy and quiet confidence. After a slow and calm March, this month encourages you to take small but meaningful steps forward. You may feel more clear about your goals and ready to act on your ideas. Some days may feel busy, while others remind you to pause and rest. This month teaches you how to balance work and peace. It shows that progress does not always need to be fast. Even small efforts can lead to something important. April 2026 reminds you to trust yourself and move ahead with patience.

Aries: This month fills you with energy and motivation. You may feel ready to start something new or take a bold step. Stay confident, but avoid rushing. Thinking calmly before acting will help you succeed.

Taurus: April brings peace and comfort. You may enjoy simple moments and focus on building stability. Money matters stay steady. Your slow and careful approach will keep things balanced and secure.

Gemini: You may feel more talkative and curious this month. Meeting people and sharing ideas will bring joy. Just make sure you do not overwork yourself. Taking breaks will help you stay fresh.

Cancer: This month helps you feel more settled emotionally. You may understand your feelings better and feel less confused. Support from loved ones will

make you feel safe and relaxed.

Leo: Your confidence grows stronger this month. You may get noticed for your efforts. This can bring happiness and motivation. Stay humble and remember to rest when needed.

Virgo: You may feel more organized and focused. Tasks will feel easier to manage. This is a good time to plan and work patiently. Your efforts will bring steady progress.

Libra: Peace returns to your relationships. Conversations become easier, and problems begin to settle. This is a good time to spend quality time with people who matter to you.

Scorpio: You may feel stronger and more in control of your emotions. Let go of past worries and focus on what lies ahead. New opportunities may slowly appear.

Sagittarius: Your adventurous side becomes active. You may feel excited about trying new things or making plans. Stay positive, but also stay organized to move forward smoothly.

Capricorn: Your hard work begins to show results. Progress may be slow but meaningful. Stay patient and keep going. Do not forget to spend time with loved ones.

Aquarius: Your creative ideas flow easily this month. You may feel inspired to share your thoughts. Others may appreciate your unique way of thinking. Be confident in yourself.

Pisces: You may feel calm and emotionally balanced. This is a good time for self-reflection. Trust your inner voice. Quiet moments will help you feel stronger and more clear.

April 2026 is a month of steady growth and quiet progress. It may not bring sudden changes, but it brings small improvements in many areas of life. Each sign gets a chance to learn, heal, and move ahead. Stay patient, trust yourself, and keep going. The efforts you make now will slowly build a better and more peaceful future.



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MARCH 2026

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Founder: Abhnash K Bains

Editor: Broomling Technologies, **Chief Editor:** Vanessa Haripersad, **Director:** Dr. Rinki Sharma **Advisory Board:** Pavani Ladiwal, Pankaj Ladiwal, **Content Writer:** Sharda Patidar

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