

June 2026



ISHKAMA

G L O B A L C H A N G E

*Angela
Jacobs*

EXCLUSIVE INTERVIEW

Angela Jacobs
Founder Angytos
Ventures Ltd

IGC ANNUAL CONVENTION

Meet the Global Speakers
& Changemakers
The Book of Impact

Top **3**

INSPIRING STORIES

Pink Saree Walk for Cancer
Goodman Wellness for Men
FIFA World Cup Fever

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From the Founder's Desk



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

This month has been marked by recognition and meaningful engagements that reflect our collective journey of change. I am humbled to have been featured in Global Icon Review and Arabian Business Times, which highlighted my work in leadership, inclusion, and wellness. These

recognitions are not mine alone, but a testament to the shared vision we are building together.

I extend my heartfelt gratitude to our readers, writers, and collaborators whose support and contributions make this journey possible. Your encouragement and participation continue to strengthen our mission of compassion, inclusion, and resilience.

I was honoured to attend the A-Day Webinar on Effects of Stress on Health & Wellbeing by Lara the founder of Exclusive Woman of Influence. I spoke about practical approaches to managing stress for resilience and clarity and we also did mediation followed by questions from the listeners. This month we also observed important global days that remind us of our responsibilities and values: World Environment Day, World Oceans Day, and the International Day of Yoga. Each of these observances reinforces our commitment to sustainability, conservation, and holistic wellbeing.

The highlight of this season is the upcoming IGC Convention 2026 in New Delhi, alongside the launch of The Book of Impact - Change Makers of 2026. This convention will bring together distinguished leaders, innovators, and changemakers on one global stage. It is designed to be more than a gathering – it is a platform for transformative dialogue, a showcase for expertise, and an opportunity for sponsors and collaborators to

align with a movement that is shaping the future.

I warmly invite you to join the distinguished speaker panel at the IGC Convention, New Delhi India, where leading experts from diverse fields will share their knowledge and experience. This convention is designed as a premier global networking event – a place where expertise is showcased, meaningful dialogue takes shape, and collaborations are built to create lasting impact.

Your feedback is invaluable as we continue to grow together. Please share your thoughts, and most importantly, join us at the IGC Convention 2026.

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“Leadership is not about titles, but about the courage to inspire change”

Editor's Note

June marks the official start of winter in South Africa, and with the change in season comes a stark reminder of how different life looks depending on which side of warmth you stand on. A warm home is something many of us take for granted, yet for so many, it remains out of reach. Across the country, winter drives are underway, providing warm meals and blankets to those who need them most. I encourage each of you, wherever you are, to contribute where you can. Small acts of warmth carry far in the cold.

This month also brought the privilege of co-presenting with the dynamic Juchen Premlall at the L&D webinar on Upskilling vs Reskilling. It was a rich and energising conversation, and a fitting reminder that as our industries evolve, so must we. Speaking of which, LnD conference activities are gaining serious momentum, and registrations are filling fast. The conference takes place 21-23 October 2026

The Annual IGC Convention in New Delhi, India continues to steam ahead, with an outstanding portfolio of speakers preparing to take the stage. In this edition, we are proud to feature a few of them: Dr Lipika Sharma, IGC President Tammy Dawson, and renowned sports journalist Gebreegziabher Tadele, who shares his thoughts on the World Cup currently consuming the world's attention. If you have been considering joining us in New Delhi, there is still time to register as a speaker, delegate, or stall holder.

June also held space for two meaningful



Vanessa Haripersad
Editor-in-Chief

observances: International Day of Yoga and World Environment Day. Fittingly, this edition features award-winning leadership coach and founder of Goodman Wellness, Dr Adam Harrison, who speaks candidly on the importance of men's health, an area too often left in silence.

As I reflect on this edition, I am struck by the common thread running through it: warmth, in all its forms. Warmth extended to those without shelter. Warmth in conversation and shared learning. Warmth in showing up for our wellbeing and for one another.

I hope this edition warms you in turn.

Enjoy the read.

Vanessa



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Angela Jacobs

LEADING FROM EVERY SEAT AT THE TABLE

From boardroom support to boardroom leadership, training rooms to global service — a conversation on leadership, governance and purpose.



There are leaders who arrive at the table fully formed, and there are leaders who are built one seat at a time — first behind the chair, then beside it, then at its head. Angela Jacobs belongs to the second kind. Across nearly four decades spanning corporate boardrooms, training rooms and now the global stage of International Inner Wheel, her story is less a straight climb

than a patient accumulation of trust, competence and quiet conviction.

This July, Jacobs makes history as As District Chairman in District 13 London in Great Britain and Ireland at International Inner Wheel, one of the world's largest women's voluntary service organisations. It is the latest chapter in a career

that has carried her from the personal assistant's desk outside a company secretary's office, into the boardroom itself, through years as a consultant and training/compliance officer, and now into the founder's seat at her own venture, Angytos Ventures Limited. IGC sat down with her to talk about what each of those seats taught her — and what she hopes

to leave behind in this one.

A Boardroom Education, Long Before the Title

Jacobs's leadership education began not from the head of the table but from just outside it. As Personal Assistant to a company secretary at an organisation in which Shell UK held a 40 per cent stake, she discovered early that every member of staff, regardless of grade, was given both responsibility and authority – a structure that taught her influence is not determined by title, but by credibility, preparation and professionalism.

"Sitting in the boardroom with directors gave me the privilege of observing leadership at its highest level," she recalls. "The most effective leaders I observed listened carefully, sought diverse perspectives and made informed decisions." Her own views, she notes, were welcomed and considered – not despite her position, but because she had taken the time to

"Leadership is fundamentally about people. I bring out my best when I feel genuinely valued and respected, and I carry that understanding into every environment I work in."

develop a thorough knowledge of the organisation.

That principle followed her into Company Secretary roles at National Oil and later MD Angytos Ventures Ltd, where she moved from supporting board decisions to shaping them. "Leadership is often demonstrated most clearly in how well we serve before we are called to lead," she says. The shift deepened her sense of responsibility: "Every recommendation or decision carries implication for people, for governance and for the long-term sustainability of the organisation."

Where Compliance Meets Culture

As a Training/Compliance Officer, Jacobs has spent years standing at a junction many leaders find uncomfortable – the point where rules and culture either reinforce each other or collide. Her approach is to help people understand the purpose behind policies rather than simply enforce them. "Compliance and culture should complement each other, not compete," she says, a conviction sharpened by years inside organisations with zero tolerance for non-compliance. "Once people recognise that compliance exists to protect both

the organisation and themselves, they become far more willing to embrace change."

Her consultancy work in organisational effectiveness and change management has reinforced a related lesson: that announcing a decision is not the same as engaging people in it. "Sustainable change happens when people feel included, heard and empowered to contribute to the journey, rather than simply instructed to follow it," she explains – without it, she has seen three-month projects stretch to six, or stall after submission entirely.

Building Her Own Table

In 2026, Jacobs adds another dimension to that philosophy as Managing Director of Angytos Ventures Limited – a role that strips away the professional distance of consultancy and replaces it with full, personal accountability. "As a consultant, I could recommend solutions from a position of professional distance," she says. "As a business owner, I live with the consequences of every decision I make."

She describes the experience as one that has sharpened her judgement and her resilience in equal measure, reinforcing "the importance of balancing long-term vision with practical, day-to-day execution – while remaining fully accountable to clients, partners and employees."

The First Chair, Filled with Intention



Angela Jacobs at the UK Houses of Parliament, supporting Inner Wheel's "Orange the World" campaign to end violence against women and girls.

It is fitting, then, that Jacobs steps into the District Chairman role at International Inner Wheel carrying both the weight of being first and a clear sense of what she wants that distinction to mean. "Being the first is both an honour and a responsibility," she says. "It means setting a standard that others can build upon with confidence."

service, the measure is different – it is about lives touched, communities strengthened and relationships built and sustained over time." Leading without the scaffolding of salaries or an org chart has taught her, above all, how to inspire commitment through trust and recognition rather than rank – and how to answer, with patience, the question prospective members so often ask first: "What is in it for me?" Her answer, consistently, is that the reward is the service itself.

A Philosophy Earned, Not Borrowed

Asked to distil decades of boardrooms, training rooms and service into a single guiding philosophy, Jacobs doesn't hesitate:

"Lead with integrity, serve with humility, and leave every person and every organisation better than you found them."

"I want my tenure to be remembered not simply because I was the first, but because of what was achieved during that time – strengthening clubs, inspiring membership growth, developing future leaders and fostering unity across the district."

For Jacobs, Inner Wheel has offered a different metric for leadership altogether. "In the corporate world, performance is largely measured by financial outcomes," she says. "In voluntary



Representing the Inner Wheel Club of South East London, District 13, ahead of her appointment as District Chairman in District 13 London in Great Britain and Ireland.

It is a philosophy she has earned in instalments – first by learning that leadership is a marathon rather than a sprint, and that the strongest leaders delegate rather than carry every burden alone; and more personally, by protecting space for reflection, faith and family alongside the demands of public life. Her proudest moments, she says,

rarely appear on a CV at all: watching the people she has mentored “grow into confident, capable leaders in their own right.”

As she prepares to take up her new role, Jacobs credits both professional mentors – among them the first African to serve as International President of Inner

Wheel at the global level – and the unwavering support of her own family for the confidence to step forward. Her hope for readers is simple, and entirely in keeping with everything that has come before it: “That leadership is not about titles or recognition. It is about serving with purpose, remaining true to your values and creating opportunities for others to grow and flourish.”



Angela Jacobs (right, in yellow sash) representing Inner Wheel Club of South East London at the WGTIN launch, connecting women-led service with global trade and innovation networks.

Angela Jacobs takes office as District Chairman in District 13 London in Great Britain and Ireland, International Inner Wheel, on 1 July 2026.

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THEME: ADVANCING SDGs THROUGH LEADERSHIP, ACTION, AND EQUITY.

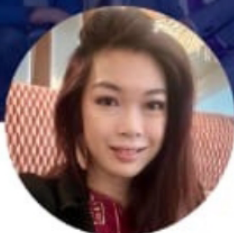
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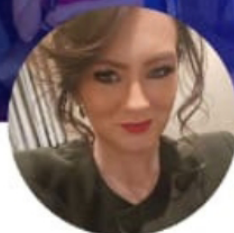
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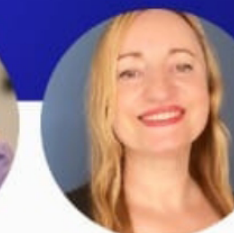
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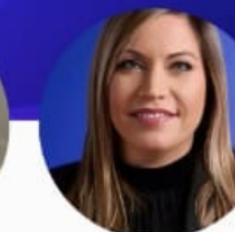
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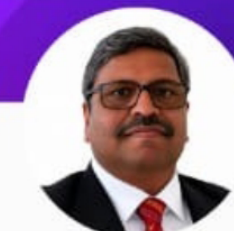
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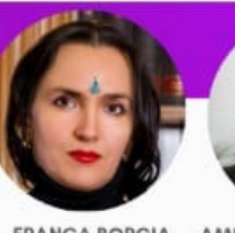
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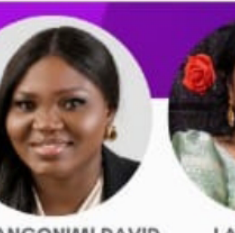
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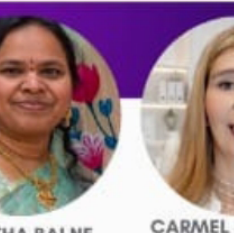
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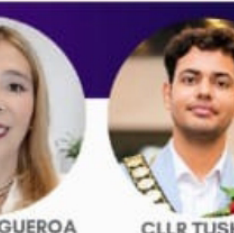
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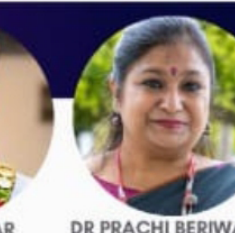
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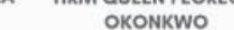
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“By embracing the principles of global citizenship, we strengthen our collective ability to address common challenges and create a more peaceful and harmonious world.”

HUMANITARIAN DIPLOMACY: BUILDING BRIDGES OF PEACE, SERVICE, AND GLOBAL CITIZENSHIP

The twenty-first century presents humanity with extraordinary opportunities and unprecedented challenges. Technological advancements have connected nations and societies more closely than ever before, yet conflicts, humanitarian crises, climate change, poverty, displacement, and social inequalities continue to affect millions across the globe. These realities remind us that while nations may be separated by borders, humanity remains united by common aspirations for peace, dignity, security, and progress.

In this rapidly evolving global landscape, humanitarian diplomacy has emerged as one of the most effective instruments for fostering international cooperation and strengthening human solidarity. Unlike traditional diplomacy, which often focuses primarily on political and economic interests, humanitarian diplomacy places human welfare at the center of international engagement. It seeks to build bridges among nations, communities, and institutions through compassion, dialogue, service, and mutual understanding.

At its core, humanitarian diplomacy recognizes the intrinsic value of every human being. Regardless of nationality, faith, ethnicity, language, or social status, every individual deserves respect, opportunity, and protection. This philosophy encourages governments, civil society organizations, educational institutions, humanitarian agencies, and global leaders to work collectively in addressing challenges that no nation can solve alone.

The importance of humanitarian diplomacy has never been greater. The interconnected nature of today's world means that challenges affecting one region often have consequences far beyond national boundaries. Climate-induced disasters, public health emergencies, food insecurity, migration, and humanitarian crises require coordinated responses based on cooperation rather than competition. Such challenges call for leadership that values collaboration over confrontation and service over self-interest.

Equally important is the growing concept of global citizenship. While we remain proud of our national identities and cultural heritage, we must also recognize our shared responsibility toward humanity. Global citizenship encourages individuals to think beyond geographical boundaries and appreciate the interconnectedness of

our world. It promotes respect for diversity, cultural understanding, social responsibility, and collective action for the common good.

The future belongs to societies that cultivate citizens who are not only professionally competent but also socially conscious and globally aware. Education, dialogue, and international engagement play a vital role in developing such citizens. By embracing the principles of global citizenship, we strengthen our collective ability to address common challenges and create a more peaceful and harmonious world.

Throughout history, service has remained one of the noblest expressions of leadership. True leadership is not measured merely by authority or position but by the positive impact created in the lives of others. Humanitarian diplomacy embodies this principle by placing human dignity and welfare above narrow interests. It reminds us that the most enduring achievements are those that uplift communities, reduce suffering, and strengthen social cohesion. My own professional journey in public administration and international humanitarian operations has reinforced these convictions. During my deputation as a Haj Mission Official in the Kingdom of Saudi Arabia under the Ministry of External Affairs, Government of India, I had the privilege of participating in the welfare and management of thousands of pilgrims from

diverse linguistic, cultural, and social backgrounds. These experiences offered invaluable lessons in humanitarian service, crisis management, intercultural engagement, and collaborative leadership.

The annual Haj pilgrimage represents one of the world's most remarkable examples of international humanitarian coordination. Millions of pilgrims from different nations gather in a spirit of faith and unity, requiring extensive planning, transportation management, healthcare services, accommodation arrangements, crowd management, and emergency response systems. Such operations demonstrate that effective cooperation, disciplined administration, and compassionate service can successfully unite people from diverse backgrounds toward a common purpose.

The lessons derived from such large-scale humanitarian engagements extend far beyond pilgrimage management. They highlight the importance of empathy, cultural sensitivity, responsiveness, and teamwork in addressing complex human challenges. They also demonstrate that sustainable solutions emerge when institutions and individuals work together with a shared commitment to service.

Another essential pillar of humanitarian diplomacy is ethical leadership. The world today requires



leaders who are guided by integrity, accountability, transparency, and moral courage. Ethical leadership creates trust, strengthens institutions, and inspires confidence among citizens and stakeholders. Such leadership is especially critical during periods of uncertainty and crisis when difficult decisions must be made in the broader public interest.

Ethical leaders recognize that governance and diplomacy are not merely exercises in administration but responsibilities toward humanity. They understand that policies gain legitimacy when they are rooted in fairness, inclusion, and respect for human dignity. By promoting ethical standards and responsible decision-making, leaders can help build resilient societies capable of addressing both present and future challenges.

The empowerment of women and youth also remains central to sustainable development and social progress. Women continue to play transformative roles in governance, diplomacy, education, entrepreneurship, healthcare, and community development. Likewise, young people represent innovation, creativity, and hope. Investing in their education, leadership development, and active participation in public life strengthens societies and prepares future generations to assume positions of responsibility and service.

Technology has further expanded opportunities for humanitarian engagement and international collaboration. Digital platforms now facilitate communication, knowledge-sharing, disaster response coordination, and citizen participation on an unprecedented scale. While technological innovation offers immense potential, it must always be guided by ethical principles that protect human rights, ensure accessibility, and promote inclusion. In this context, international platforms that encourage dialogue and cooperation have become increasingly important. The International Governance Council (IGC) serves as a bridge connecting governance, diplomacy, business, academia, humanitarian action, and civil society. By bringing together distinguished leaders, diplomats, professionals, scholars, and social visionaries from across the world, IGC contributes meaningfully to the advancement of global understanding and collaborative problem-solving.

The vision established by **H.E. Prof. Amb. Dr.**

Abhnash Kaur Bains, Founder of IGC, continues to inspire the organization's mission of promoting governance excellence, humanitarian values, leadership development, and international cooperation. Her recent international recognition and decoration stand as a testament to her remarkable contributions toward institution-building, global engagement, and the advancement of meaningful dialogue among nations and communities.

The continued growth and success of IGC are further strengthened through the dedicated leadership and contributions of **H.E. Dr. Minakshi Koush, Vice President, IGC**, whose commitment to inclusive leadership, professional excellence, and organizational development supports the Council's expanding global presence and impact.

Special appreciation is also due to **H.E. Vanessa Haripersad, Chief Editor of IGC Magazine**, whose editorial vision and commitment to excellence have transformed the publication into a respected international platform for thought leadership, governance discourse, diplomacy, innovation, and humanitarian engagement. Through her efforts, the magazine continues to provide a meaningful forum for diverse voices and constructive global conversations.

As humanity advances deeper into the twenty-first century, the need for compassionate leadership has never been greater. The future will not be determined solely by economic strength, technological advancement, or political influence. It will be shaped by our collective ability to uphold human dignity, foster understanding, and work together in pursuit of common goals.

Let us therefore strive to build institutions that inspire trust, societies that embrace inclusion, and partnerships that transcend borders. Through humanitarian diplomacy, ethical leadership, and global citizenship, we can transform challenges into opportunities and create a world that is more peaceful, equitable, resilient, and prosperous.

The future belongs not merely to the most powerful nations or organizations, but to those who place humanity at the center of their mission. By embracing service, compassion, and cooperation, we can leave a lasting legacy of peace, dignity, and hope for generations to come.



GEBREEGZIABHER TADELE

About the Author:

Gebreegzabher Tadele is a sport journalist from Tigray Television, Tigray, Ethiopia. He has more than 12 years of experience. He is certified by World Athletics, FIFA, and participated in different organizations. He is also a global peace ambassador that certified by Institute for Economics and Peace, Global Peace Chain ambassador, UNPAF and received more 130 international certificates.

The FIFA World Cup 2026 is set to become one of the most historic tournaments in football history. More than a competition for the world title, it represents a major transformation in how international football is organized, experienced, and expanded across continents.

For the first time ever, the World Cup will be hosted by three countries jointly — the United

FIFA World Cup 2026: A New Era for Global Football

States, Canada, and Mexico. This new hosting model reflects the growing international nature of football and demonstrates how large-scale sporting events increasingly depend on regional cooperation and shared infrastructure.

Another defining feature of the tournament is the expansion from 32 teams to 48 participating nations. Introduced during the presidency of FIFA's Gianni Infantino, this reform aims to make football more inclusive by creating opportunities for countries that previously had limited chances to qualify for the world's biggest sporting stage.

The expanded format increases the total number of matches to 104 games, hosted across 16 cities in the three host nations. More teams and more matches mean broader global representation, stronger fan engagement, and increased economic opportunities for host communities.

One of the most exciting aspects of the 2026 World Cup is the possibility of seeing emerging football nations compete alongside traditional powers. Countries such as Jordan, Uzbekistan, Cape Verde, and Curaçao have attracted international attention through their pursuit of qualification. Their progress highlights a changing football landscape where competitive growth is extending beyond historically dominant regions.

Supporters of expansion argue that football should reflect its global popularity and provide equal opportunity across continents. More participating nations can encourage investment in youth development, improve football infrastructure, and inspire future generations.

However, the larger format also raises important questions. Some analysts believe that increasing the number of teams may reduce the competitive intensity of the group stage and place additional physical demands on players. Tournament scheduling, travel distances, and maintaining match quality will remain key challenges for organizers.

Another issue expected to remain under discussion is the role of Video Assistant Referee (VAR) technology. While VAR has improved accuracy in major decisions, critics continue to debate its consistency, interruptions to match flow, and influence on the emotional rhythm of football.

Ultimately, FIFA World Cup 2026 will be remembered not only for determining the next world champion but also for testing football's future direction. The tournament represents a bold experiment in expansion, inclusion, and international cooperation. Whether it fully succeeds or not, it is already changing the history of the world's most popular sport.





TAMMY DAWSON DOUGHTY

Meet the President of IGC - Tammy Doughty

Why I Accepted the Role of President of IGC

Throughout my career, I have been fortunate to work across public affairs, international engagement, education, community development and business leadership. Whilst these roles have differed in scope and sector, they have all been united by a common theme: bringing people together, creating opportunities, and helping communities thrive.

For some time, I have been seeking a voluntary position that genuinely reflects those values. A role not driven by commercial objectives, but by service, connection and the belief that strong communities are built through collaboration and mutual support.

The opportunity to serve as President of IGC presented exactly that.

What particularly impressed me was not only the scale of the community that has been created, but the passion, commitment and vision that have enabled it to grow into a truly international network. Building any organisation

is challenging; building one that spans borders, cultures and backgrounds while retaining a genuine sense of community is a remarkable achievement.

IGC represents something increasingly rare in modern society: a platform where individuals can connect, support one another, share knowledge and build meaningful relationships that extend beyond geography or profession. In a world that often feels divided, organisations that foster understanding, belonging and opportunity have never been more important.

My decision to accept the presidency was therefore straightforward. I believe strongly in the organisation's mission and in its potential for future growth. I see an opportunity to help strengthen its foundations, broaden its reach, enhance its impact and ensure that it continues to create value for its members for many years to come.

Importantly, this role complements rather than replaces my professional responsibilities. My work at Stream Bioenergy remains unchanged and continues to be a role that I thoroughly enjoy. However, I have always believed that leadership carries a responsibility to give something back, and the presidency of IGC provides a meaningful avenue through which to do so.

I am honoured by the confidence placed in me and excited to work alongside the founder, leadership team and wider community as we guide IGC into its next chapter.

The strongest organisations are built not by individuals, but by collective purpose. I look forward to helping shape that future together.



Opening address at the House of Lords



THE BOOK OF IMPACT

CHANGE MAKERS OF 2026:
Leaders Creating Impact and Change

IGC CONVENTION 2026

BOOK YOUR PLACE

AND GET YOUR STORY
AMONGST WORLD
LEADERS AND
WINNERS



**ONLY FEW
AUTHOR SPOTS
REMAINING**

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15TH JULY 2026

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Dr. Minakshi Koch (VP)



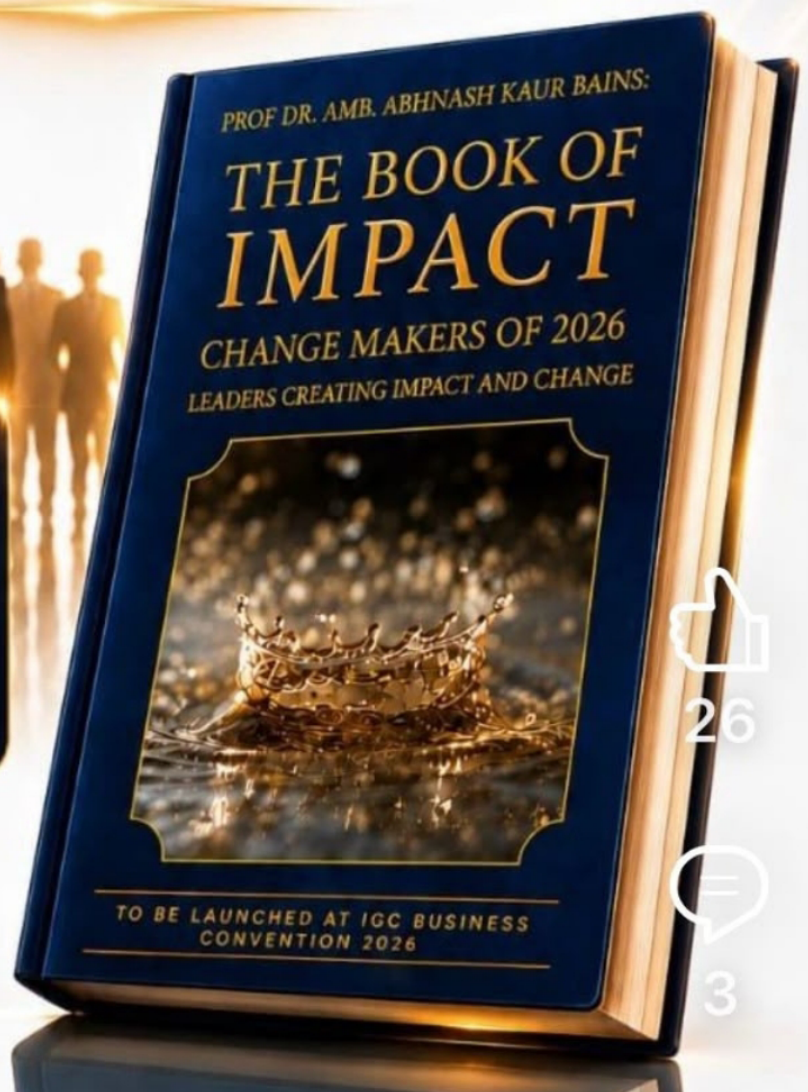
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DR LIPIKA SHARMA

Meet Dr Lipika Sharma - IGC Convention Global Speaker

Dr Lipika Sharma, an Indian licensed attorney deeply rooted in the timeless wisdom of one of the world's oldest civilizations, represents a powerful redefinition of prosperity for the modern world. Her journey is not merely a story of professional success, but a profound reflection of conscious leadership where prosperity is measured not by accumulation alone, but by impact, empowerment, and the ability to elevate humanity.

In an era where achievement is often equated with material success, Dr Sharma embodies the deeper Indian understanding of prosperity: one rooted in Seva (selfless service), Dharma (righteous duty), and Vasudhaiva Kutumbakam (the world is one family). Her life stands as a reminder that true prosperity is the harmony between external accomplishment and inner purpose; between ambition and compassion; between influence and responsibility.

With more than 26 years of

distinguished experience as an Advocate and Mediator at the Supreme Court of India, Dr Sharma has built a career defined by legal excellence, moral courage, and transformative leadership. Highly qualified and internationally revered, she has consistently used her knowledge not as an instrument of power but as a catalyst for justice, dignity, and collective progress. Her work reflects the enduring Indian civilizational belief that leadership becomes sacred when exercised with humility, wisdom, and service to society.

Her philosophy of life resonates deeply with the timeless wisdom of the Bhagavad Gita: "Karmanye vadhikaraste ma phaleshu kadachana" – "Focus on your actions, not on the rewards."

This sacred verse beautifully mirrors Dr Sharma's life journey. Every role she has embraced, advocate, mediator, advisor, United Nations consultant, trainer, coach, and humanitarian, has been guided by purposeful action rooted in integrity and higher consciousness. For her, prosperity has never been about personal recognition alone; it has always been about creating pathways for others to rise with dignity and confidence.

Dr Sharma holds the distinction of being the only Indian on the UN Women International Register of Experts as a Gender and Climate expert. Among seventy global

experts, she graciously showcases how prosperity can drive social transformation and advance human progress. Despite receiving more than sixteen prestigious awards and international recognition, she remains deeply connected to grassroots realities through her NGO VidAikyam Foundation (Knowledge+Harmony) initiatives focused on empowering women and communities.

Her contribution toward creating safer and more equitable workplaces has been extraordinary. By training and sensitising over 50,000 individuals on the prevention of sexual harassment and advising government bodies on strengthening legal frameworks, she has translated awareness into systemic change. Through this work, she reinforces a critical truth for modern societies: no nation can truly prosper unless its women feel safe, respected, empowered, and heard.

As a Supreme Court-accredited mediator, Dr Sharma views mediation as a form of meditation, a process of restoring balance, understanding, and human dignity. Rooted in the Indian ethos of coexistence and harmony. She believes sustainable prosperity emerges when compassion, inclusion, and respect remain at the centre of every dialogue.

Dr Lipika Sharma, a respected gender equality advocate and policy strategist, as a key voice

in driving meaningful global change by turning commitments into actionable results, will speak at the ISHKAMA GLOBAL IMPACT CONCLAVE: CALL FOR ACTION 2026, and deliver a timely and thought-provoking address examining SDG 5, the future of global gender governance and the evolving role of multilateral institutions in protecting and advancing women's rights. Her presentation will explore the implications of the United

Nations Secretary-General's UN80 Initiative and discussions surrounding potential institutional restructuring involving UN Women and the United Nations Population Fund (UNFPA). She argues that gender equality is not merely a cross-cutting issue but a specialized field requiring focused expertise, political advocacy, accountability mechanisms, and dedicated resources.

In a rapidly fragmented world,

Dr Lipika Sharma stands as a luminous global symbol of prosperity with purpose, where intellect is balanced with empathy, achievement with humanity, and success with service. Her legacy is being written not only through accolades and accomplishments but through lives transformed, communities empowered, and hope restored. And in that lies the highest form of prosperity – the prosperity of the human spirit.



IGC BUSINESS CONVENTION 2026
ISHKAMA GLOBAL IMPACT CONCLAVE

SPEAKER SPOTLIGHT
Inspiring Perspectives. Driving Impact.

Dr. LIPIKA SHARMA
Advocate, Supreme Court of India

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THE BOOK OF PROSPERITY
25 LESSONS FROM EXTRAORDINARY ACHIEVERS WHO LEAD FROM WITHIN

6TH TO 8TH AUGUST 2026
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**DR AMB. DIPLOMAT SHAYMAA
ABDEL NABI**

About the Author:

**Ranked #5 | Top 10 Women Leaders
in the UAE (2026)**

**Founder of Dr. Beauty Care a
science driven wellness and
beauty Brand / Global Health
Advocate / Beauty Entrepreneur /
International Relations & Public
Diplomacy to foster sustainable
global development.**

**International Advisor Board
Member @ Gandhi-Mandela
Foundation in Spain/ Egypt
Country Advisory Council Member
for MSMEs @G100/ Global
Advisory Member @world femme
Parliament/ Women Intech Global
Ambassador & African Integrity
Diplomatic Ambassador.**

The Evolution of Skincare: How Technology and Digital Education Are Transforming Skin Health

1. Introduction: How skincare has changed over the decades.

Skincare has evolved dramatically over the past few decades. What was once largely based on traditional beauty rituals and basic cosmetic products has become a science-driven industry powered by innovation, technology, and personalized solutions. Today, consumers are more informed than ever before, seeking evidence-based treatments that support not only beauty but also long-term skin health and healthy aging.

2. Traditional skincare vs. Science-based skincare.

Historically, skincare focused primarily on cleansing, moisturizing, and protecting the skin from environmental damage. While these fundamentals remain important, modern skincare has expanded to include advanced diagnostic tools, non-invasive treatments, biotechnology, and personalized skincare regimens designed to address individual skin concerns with greater precision. This shift has fueled significant innovation within the skincare industry, creating opportunities for more effective treatments and personalized approaches.

3. Latest technologies:

- AI skin analysis
- Personalized skincare
- LED light therapy
- Non-invasive skin rejuvenation
- Biotechnology and growth factors

- Smart beauty devices

One of the most significant developments in recent years has been the integration of technology into skincare. Artificial Intelligence (AI) and digital skin analysis tools can now assess skin conditions, identify concerns such as pigmentation, dehydration, fine lines, and acne, and recommend customized skincare solutions. This personalized approach helps individuals better understand their skin and choose products and treatments that meet their unique needs.

Another major advancement is the growing popularity of non-invasive skincare treatments. Procedures such as LED light therapy, radiofrequency treatments, ultrasound-based skin tightening, and advanced facial technologies provide visible results with minimal downtime. These innovations offer effective options for individuals seeking skin rejuvenation without surgery.

Biotechnology is also reshaping the future of skincare. Scientists are developing innovative ingredients based on peptides, growth factors, stem-cell research, and advanced delivery systems that help active ingredients penetrate the skin more effectively. These breakthroughs are supporting healthier skin function while addressing signs of aging, uneven skin tone, and

environmental damage.

4. The role of digital education in skincare.

Equally important is the rise of digital education within the beauty and wellness industry. Through online platforms, webinars, virtual consultations, and social media, skincare professionals can now educate individuals about skin health, preventive care, ingredient awareness, and treatment options. Digital education empowers consumers to make informed decisions and avoid misinformation, which remains a growing challenge in today's digital world.

As someone working at the intersection of public health, wellness, and beauty innovation, I believe education is one of the most powerful tools for improving skin health outcomes. Skincare should not be viewed solely as a cosmetic concern but as an essential component of overall well-being and self-care. By combining scientific advancements with accessible education, we can help individuals develop healthier habits and more realistic expectations regarding skincare treatments and results.

The conversation around skincare has also shifted from correction to prevention. Today's consumers are increasingly interested in maintaining skin health before significant concerns develop. Preventive skincare focuses on protecting the skin from environmental damage, supporting healthy aging, and establishing sustainable habits that contribute to long-term wellness. This approach aligns closely with public health principles, emphasizing prevention as a powerful tool for improving quality of life.

Another major factor shaping the industry is the rapid growth of digital education. The rise of social media, virtual consultations, webinars, online learning platforms, and digital health tools has transformed how consumers access skincare information. Individuals now have unprecedented access to educational resources that help them understand ingredients, treatments, skin conditions, and preventive care strategies.

5. Why consumers need expert guidance.

However, this increased access to information also presents challenges. The digital landscape is saturated with beauty advice, trends, and product recommendations that are not always supported by science. As a result, there is a growing need for qualified professionals to provide evidence-based education and help consumers navigate misinformation. Digital education is not simply about promoting products; it is about empowering people with knowledge so they can make informed decisions about their health and wellbeing.

Through my work I have witnessed the positive impact that education can have on individual outcomes. When consumers understand the science behind skincare, they become more engaged in their own wellness journey and are better equipped to select treatments that align with their needs and goals.

6. Future trends in skincare.

Looking ahead, the future of skincare will likely become even more intelligent, personalized, and data-driven. Emerging technologies such as wearable skin-monitoring devices, AI-assisted treatment planning, digital health integration, and customized formulations may redefine how skincare is delivered and experienced. These innovations have the potential to improve accessibility, enhance treatment outcomes, and support preventive health on a broader scale.

By combining scientific innovation with responsible digital education, we can create a future where skincare supports not only appearance but also long-term health, confidence, and quality of life.

As professionals, educators, and innovators, we have a responsibility to ensure that technological progress is accompanied by accurate information and ethical guidance. When science, technology, and education work together, the result is a more empowered and healthier society—one person, and one skincare journey, at a time.





DR ADAM HARRISON

About the Author:

Dr Adam Harrison is the founder of Good Man Wellness (GMW) and the Good Man Network (GMN). Dr Adam is also a former Family Physician; Barrister-at-Law; (Award-winning Leadership Coach and Organisational Trainer); Charity Trustee; Advisory Board Member; He is married and he is the very proud co-parent of two daughters, (dr.adam@goodmanwellness.co.nz), or via his website (www.goodmanwellness.co.nz/).

Male Mental Health: Connection is Protection

When we talk about male mental health, we often end up talking about crisis. That is understandable. Male suicide is a serious global issue, and in many countries men die by suicide at significantly higher rates than women.

I often wonder whether the public conversation starts too far downstream. Much of the focus is on men who are already in acute distress: suicidal, severely depressed, addicted, or homeless. Many men do not begin there though.

They begin with relationship breakdown, financial problems, redundancy, business failure, custody disputes, bereavement, loss of identity after retirement, and other serious life challenges. They often don't see these as mental health problems. Instead, they will say they are tired, stressed, under pressure, busy, frustrated, or "just getting on with it", and for a while, they often do get on with it, but that can be a very lonely space to occupy. Loneliness and social isolation are now recognised as major public health issues. The World Health Organisation has reported that one in six people globally is affected by loneliness, which is linked to poorer physical and mental health, including depression, anxiety, self-harm and suicidal thoughts.

This is not only a male issue. Women experience loneliness too and often carry enormous

emotional burdens of their own. There are, however, particular reasons why male loneliness can be harder to see. Many men have plenty of contacts, but few confidants. They have workmates, clients, customers, gym acquaintances, teammates, or people they know through their children, but nobody with whom they can be completely honest.

Male friendship is often built around activity, usefulness, humour and shared history. This can be a wonderful thing, but when the activities stop, or life changes, or the man moves away, separates, retires or becomes unwell, the friendship can quietly fade away without anyone quite knowing how to resurrect it. There is also a long history of cultural dogma telling men that they need

“There is also a long history of cultural dogma telling men that they need to be strong and that self-reliance is a feature of that.”

to be strong and that self-reliance is a feature of that. There is nothing wrong with resilience; the problem arises when that becomes conflated with silence, isolation and shame.

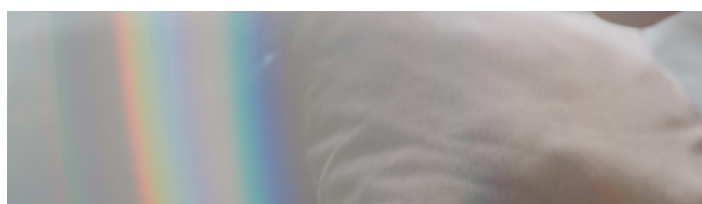
In my work with Good Man Wellness in Tauranga, New Zealand, I am convinced that we need more places for men to connect before they reach crisis point. One example is the Good Man Network, a business networking group for local professional men. On the surface, it looks like a regular business network, but its underlying purpose is deeper than that.

Many professional men are dealing with significant personal and work-related pressures. They are worried about debt, marriage, divorce, fatherhood, ageing parents, burnout, loneliness, and the fear that they aren't coping or leading as well as people think they are, to name a few.

The Good Man Network is not a clinical service, and it does not replace proper mental health care. It is a structured place where men can build trust, talk honestly, and form relationships that may help them long before they need a crisis intervention. This is why male connection should be seen not as an optional extra, but as a vital part of prevention. It protects men by allowing them to share their worries with other men in similar situations before things reach crisis point.

We often tell men to open up, but do not always build environments where doing so feels safe, normal or valuable. Men are more likely to talk when the setting makes sense to them, when there is a clear purpose, and when they do not feel they are being turned into a problem to be fixed.

I accept that better male mental health requires clinical care, suicide prevention, addiction support, housing, employment, financial advice, family support and cultural change. It will also require something quite ordinary and deeply human: communities where men feel they belong, and where some crises may be averted before they begin.





TAKA SANDE

About the Author:

Taka Sande is the Managing Director of Fasford and Principal at Anvil Advisory, where he supports boards, executives, and aspiring non-executive directors to strengthen governance effectiveness, ethical leadership, and board readiness. He is a Certified Director®, Project Management Professional®, and author of Roadmap to Non-Executive Directorship – The Essential Handbook.

Part 2 of 2: The Work of Becoming Board-Ready

Beyond the Board Seat: What Mentoring 100+ Aspiring Directors Has Taught Me

1. Mentorship accelerates board readiness

Many capable leaders waste years trying to navigate the board journey alone. They guess, imitate, assume, polish the wrong things, and chase the wrong signals.

Mentorship changes that.

Not because it provides shortcuts, but because it provides perspective. It helps aspiring directors understand the unwritten realities of the boardroom. It sharpens self-awareness. It challenges blind spots. It helps leaders develop language around their contribution. In my experience, coachability is often a stronger indicator of future board effectiveness than confidence.

2. Confidence without humility is dangerous

Some aspiring directors are held back by self-doubt. Others are held back by overconfidence.

The boardroom does not need people who speak the most. It needs people who think well, listen carefully, and intervene wisely.

The best aspiring directors are not timid, but neither are they performative. They are confident enough to contribute and humble enough to learn. They understand that governance is collective work, and that maturity is often revealed

through restraint.

Humility is not weakness in governance. It is strength under control.

3. Ethics is not a side issue

Many people approach the boardroom through the language of influence, strategy, and prestige. But real board work is often tested in moments of ethical tension.

When misconduct surfaces. When interests conflict. When leadership must be challenged. When silence is easier than intervention. When legal compliance exists, but moral clarity is absent.

That is where true directors are tested.

The boardroom tests competence. But it also tests courage.

4. Serious board readiness is built deliberately

The strongest aspiring directors do not leave their development to chance.

They study governance. They reflect on their value. They learn how boards and committees work. They seek relevant exposure. They engage experienced directors. They refine how they think, speak, and contribute.

They treat board readiness as a discipline.



And it shows.

Their confidence is calmer. Their contribution is sharper. Their presence is more credible. They arrive not merely as people seeking appointment, but as leaders prepared for responsibility.

5. The journey changes the leader

This may be the most meaningful lesson. When board aspiration is approached seriously, it changes people. Not only their profile, positioning, or opportunities. It changes how they think.

They become more reflective, more measured, more strategic, more aware of consequences, and more conscious of the responsible use of power.

That is why the journey matters. The true goal is not merely to secure a board appointment. It is to become the kind of leader who can carry governance responsibility well.

After mentoring more than 100 aspiring directors, I have come to believe that board readiness is more internal than external. It is less about title and more about temperament. Less about ambition and more about stewardship. Less about visibility alone and

more about substance. Less about arriving and more about becoming.

So, to every aspiring director: do not prepare for the boardroom as though it is a badge. Prepare for it as though it is a burden of trust. Because that is what it is. A board seat should be approached with enough humility to learn, enough discipline to prepare, and enough integrity to serve well once appointed.

That, in my view, is the real work of becoming board-ready.

RECAP Part 1 of 2: The Mindset Shift

1. Wanting a board role and being ready for one are different things
2. Executive success does not automatically create board effectiveness
3. A polished profile is not enough
4. Governance maturity shows up before appointment
5. Visibility may open doors, but substance keeps you in the room

Global Advisory Board Member Series

This month it is: **Susana Ecclestone**



Q1: What drew you to join the Ishkama Global Change Advisory Board, and how does this platform align with the change work you are most passionate about?

A1: I was drawn to Ishkama Global Change because it brings together something I deeply believe in: the idea that meaningful change happens when people with shared values find each other and take action together.

Much of my work focuses on encouraging and supporting women in trade, investment, and leadership—not simply to participate, but to actively pursue opportunities, create them, and support others along the way. Too often, talented women operate in isolation, despite facing many of the same challenges. Platforms like IGC create the conditions for collaboration, connection, and practical problem-solving.

What resonates with me most is that IGC does not simply discuss change as an abstract concept. It provides a space where purpose-driven individuals can exchange ideas, challenge assumptions, and develop solutions with tangible impact. This aligns closely with my passion for sustainability, women's economic empowerment, and a more proactive approach to global trade and investment. Real progress happens when we stop waiting for ideal conditions and start building the networks and systems that allow people to succeed together.

Q2: In your view, what is the most urgent and underaddressed global challenge facing leaders and organisations today – and what does meaningful action look like?

A2: One of the most urgent and underaddressed challenges today is the growing disconnect between education

systems and the realities of the modern workforce.

We are preparing young people for a world that no longer exists, while asking them to navigate one that is increasingly globalised, technologically complex, and, in many ways, unforgiving. Many talented individuals are entering the workforce without the practical skills, resilience, adaptability, or support structures needed to thrive.

Meaningful action requires leaders to stop treating education and talent development as someone else's responsibility. Businesses, governments, and educational institutions must work together to create clearer pathways between learning and employment. This means investing in mentorship, practical experience, entrepreneurial thinking, and lifelong learning.

The future of work is not simply about preparing people for jobs. It is about preparing people to continuously adapt, contribute, and create value in a rapidly changing world.

Q3: IGC sits at the intersection of people, purpose, and transformation. How do you see the role of human-centred leadership evolving in response to the complex, rapidly shifting world we are navigating?

A3: Human-centred leadership is no longer a leadership style; it is becoming a business necessity.

As technology advances, there is a tendency to assume that efficiency and automation should replace human contribution. I believe the opposite is true. Technology should amplify human potential, not diminish it. Machines can process information and optimise systems, but they cannot replace empathy, judgment, creativity, or the ability to inspire others.

The leaders who will succeed in the coming decades will be those who invest deeply in people—developing talent, fostering adaptability, and creating environments where individuals can thrive alongside technological innovation.

The conversation should not be about people versus technology. It should be about equipping people to lead in a technology-enabled world. At the centre of every transformation strategy should remain a simple truth: organisations succeed because of people.

Q4: What does “global change” mean to you

personally – and where do you draw your own inspiration, resilience, and sense of purpose when the work feels heavy?

A4: For me, global change begins with local action and individual responsibility.

The phrase itself can feel overwhelming because it suggests that transformation must happen on a massive scale. However, most meaningful change starts much smaller—with a conversation, an opportunity offered, a barrier removed, or someone choosing to support another person when they need it most.

I draw inspiration from reflecting on my own journey and recognising the moments where guidance, encouragement, or access to opportunities could have made a significant difference. Those experiences have shaped my commitment to becoming that source of support for others.

Resilience comes from understanding that progress is rarely immediate. Change is often incremental and sometimes invisible in the short term. But small actions compound over time. If each of us commits to improving the lives and opportunities of those within our reach, the collective impact can be extraordinary.

Q5: What is the one insight, provocation, or call to action you would want every Ishkama reader to carry with them after reading your story?

A5: Focus on outcomes, not just intentions.

Purpose matters. Vision matters. Storytelling matters. But none of them create change without action. We live in a world rich in narratives and poor in execution.

The most effective leaders understand that meaningful progress is built through consistency rather than grand gestures. When challenges feel too large or ambitions seem overwhelming, break them down. Focus on achievable short-term objectives, align them with a larger vision, and continue moving forward.

We often celebrate people who think big. I believe we should also celebrate those who think practically and act persistently.

Global transformation does not happen because someone had a brilliant idea. It happens because people commit to taking the next step, and then the one after that.



DR. MINAKSHI KOCH

“The initiative is intended to become an ongoing project under the banner of ‘IGC for Cancer’.”

Saree Walk in Pink to Support Cancer Patients

Fundraising through a saree walk may be unusual, but on 12 July, a remarkable event will bring together women dressed in pink sarees to raise awareness and funds for The Little Princess Trust. The walk will start from the Christchurch Park to The Town Hall where we are hoping The Mayor of Ipswich, Councillor Pat Bruce-Browne would be able to join us.

The walk is being organised by Ishkama Global Change Chairs (IGC Chairs), whose members and volunteers are joining forces to inspire others to support this meaningful cause. Through the event, they hope to increase awareness of the challenges faced by cancer patients while raising much-needed funds for children affected by cancer.

The cause is deeply personal for the organisation’s leadership. IGC Chief Executive Officer, Prof. Abhnash Bains, lost her father to cancer, while Vice CEO Dr. Minakshi Koch lost her cousin to breast cancer last year. Their experiences have shaped their understanding of cancer and its devastating impact on families.

While many people believe that early-stage cancer can always be successfully treated, the reality is often far more complex. Cancer can be unpredictable and aggressive, and in some cases even a Stage 1 diagnosis can progress rapidly despite treatment and determination.

As heartbreaking as these experiences are for adults, it is even more difficult to imagine children facing cancer. Young girls undergoing treatment often lose their hair, a visible reminder of the battle they fight every day. Many struggle with their confidence, avoid looking in the mirror, and lose some of the joy and self-esteem that every child deserves.

To help make a difference, IGC Chairs are raising funds for The Little Princess Trust, a charity that provides real-hair wigs to children and young people who have lost their hair due to cancer treatment and other medical conditions. The charity also supports vital childhood cancer research.

The initiative is intended to become an ongoing project under the banner of “IGC for Cancer”. The programme will be led by IGC Chairs Sakshi Kasude, Om Joshi, Mayuri Patel and Bhargavi Guvvala with other dedicated IGC Chairs who are committed to supporting cancer patients and their families.

We thank our Sponsors and Supporters for their kind contribution. Without them it would not have been possible to reach the target.

Ishkama Ltd, Emily Kendall 11+ Emily Kendall, Kip McGrath Education Dr. Reenu, Ipswich Community Media Cic, Ipswich Hindu Samaj, Haircut by Om Om Joshi, Shankara solutions Vanessa Haripersad, Soul and soul wellbeing Parveen Smith,

Ipswich Marathi Mandal , Studio Starling , Modi and Makery Sonal Agarwal Modi ,Rianka's Saree Boutique Rianka Kumar, Raw Creativity Poonam Vyas, Rama's House of Spices- Mitali

Link to support - <https://fundraise.littleprincesses.org.uk/teams/ingenious-women-of-east-anglia>




In the picture : IGC Chairs Sakshi Kasurde, Om Joshi, Dr. Minakshi Koch (VP-IGC)



IGC FOR CANCER



Saree Walk

 SUNDAY 12TH JULY 2026

 CHRISTCHURCH PARK

FLAUNT YOUR PINK SAREES
OR ACCESSORISE IN PINK...

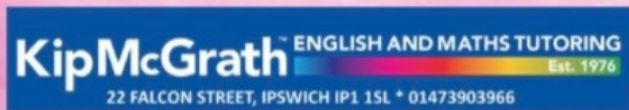
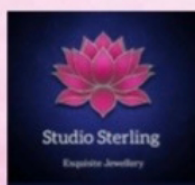
EVERYONE WELCOME!

Haircuts for **£15** by **Om Joshi** (IGC Youth Chair) –
- proceeds donated to **Little Princess Trust**

Hair donation! 1st July Ipswich | 8th July Colchester
Minimum length: 12 inches



PROUD SUPPORTER



IGC Convention 2026 Set for New Delhi as Prof. Amb. (Dr.) Abhnash K. Bains Continues to Inspire Global Change

With its growing reputation for distinguished participation and purposeful engagement, the Ishkama Global Change (IGC) Convention has emerged as an influential international platform dedicated to entrepreneurship, humanitarian service, and global collaboration. As New Delhi prepares to host the 2026 edition, attention naturally turns to its visionary founder, Prof. Amb. (Dr.) Abhnash K. Bains, a British-Indian philanthropreneur whose commitment to empowerment, service, and social impact continues to inspire communities across the world.

Prof. Bains has established herself as a respected leader whose work spans business, education, humanitarian initiatives, and holistic wellbeing. In an era where leadership is increasingly measured by purpose and meaningful contribution, she exemplifies a model of influence grounded in compassion, innovation, and service.

Empowering Entrepreneurs and Communities

The mission of Ishkama Global Change is to support entrepreneurs by providing global visibility, strategic opportunities, and meaningful networks that enable sustainable growth regardless of gender or background. Beyond entrepreneurship, IGC is committed to delivering humanitarian services that enhance health, wellbeing,

and resilience within communities.

The organisation actively promotes international peace, cross-cultural understanding, equality, and inclusivity while addressing critical global challenges, including environmental sustainability, hunger alleviation, vision care, accessible education, and disease prevention.

IGC's vision is to cultivate a vibrant and inclusive global community where entrepreneurs, leaders, and changemakers unite around shared values and common goals. Through collaboration with local and international leaders, businesses, and associations, IGC seeks to create lasting social and economic impact while championing equal opportunities for all.

A Multifaceted Legacy of Leadership

As Founder and Chief Executive Officer of Ishkama Ltd, Ishkama Global Change CIC, Ishkama Global Change Magazine, Ishkama Radio, KIA Beauty Salon, and BHI Lettings, Prof. Bains has built a diverse network of organisations dedicated to empowerment, entrepreneurship, education, wellbeing, and community engagement.

Prof. Amb. (Dr) Abhnash K. Bains made a remarkable mark in the UK Civil Service, where

she established the Hounslow Ethnic Language and Literacy Office, later integrated into the Department for Work and Pensions. Her leadership extended into the Lions Clubs International, rising to Past District Governor of District 105A, and becoming the first Zone Chairperson in the district to receive the prestigious Melvin Jones Fellowship. These journeys reflect her dedication to both public service and global humanitarian leadership.

Her leadership reflects a rare combination of strategic vision and social responsibility, creating platforms that empower individuals while fostering meaningful connections across sectors and cultures.

Building Momentum Through Successful Global Conventions

The IGC Convention 2024 held in London, held under the theme "Harmonizing Perspectives: Bridging Worlds, Inspiring Change," successfully united diverse viewpoints to stimulate innovation, collaboration, and positive change. The event strengthened global partnerships and expanded the visibility of the IGC brand through initiatives such as Ishkama Radio and the Ishkama e-shop.

Building on this success, the IGC Convention 2025 was hosted in the vibrant twin-island nation



of Trinidad and Tobago under the theme “Co-operatives Build a Better World.” The convention brought together global visionaries, industry leaders, and changemakers in an environment designed to encourage collaboration, exchange groundbreaking ideas, and create meaningful impact.

A notable highlight of the 2025 convention was the launch of IGC’s first Coffee Table Book, featuring 25 eminent personalities who were recognised and honoured during the gala evening.

The gathering comprised of eminent personalities like Hon. Minister Philip Edward, Hon Deputy PA Mr. Kishore Lutchman for Min. Videsh Maharaja for Foreign Affairs, Hon Mr. Sateesh Ramsaran and Dr. Mahindra Ramesh Ramdeen , the CEO of TTMA.

International Recognition and Honours

Prof. Bains’ contributions have been acknowledged by respected national and international institutions. Among her most distinguished recognitions are:

- British Citizen Award for exceptional contribution to society.
- Shakti Special Recognition Award, presented at

the UK House of Parliament in 2024.

- Global Ambassador for Peace Award from the All India Council for Human Rights, Liberties & Social Justice.
- AYN Award of Excellence in Humanitarian Services 2025.
- Recognition on two occasions among the prestigious High Flyers 50, celebrating leading Indian and Non-Resident Indian achievers worldwide.
- These accolades reflect her enduring commitment to humanitarian service, community development, and global engagement.

IGC Convention 2026: New Delhi Welcomes the World

As anticipation builds for IGC Convention 2026, Prof. Amb. (Dr.) Abhnash K. Bains is once again set to convene an inspiring gathering of professionals, academics, entrepreneurs, authors, policymakers, and community leaders from around the globe.

The convention will take place in New Delhi, a location of both professional and symbolic significance. For Prof. Bains, whose British-Indian heritage bridges two dynamic cultures, India’s capital provides

an ideal platform for strengthening international dialogue while celebrating shared aspirations in leadership, education, enterprise, wellbeing, and social responsibility.

Scheduled to be held from 6–8 August 2026 at the Radisson Blu Hotel, Dwarka, New Delhi, the convention promises an engaging programme focused on innovation, collaboration, and sustainable impact.

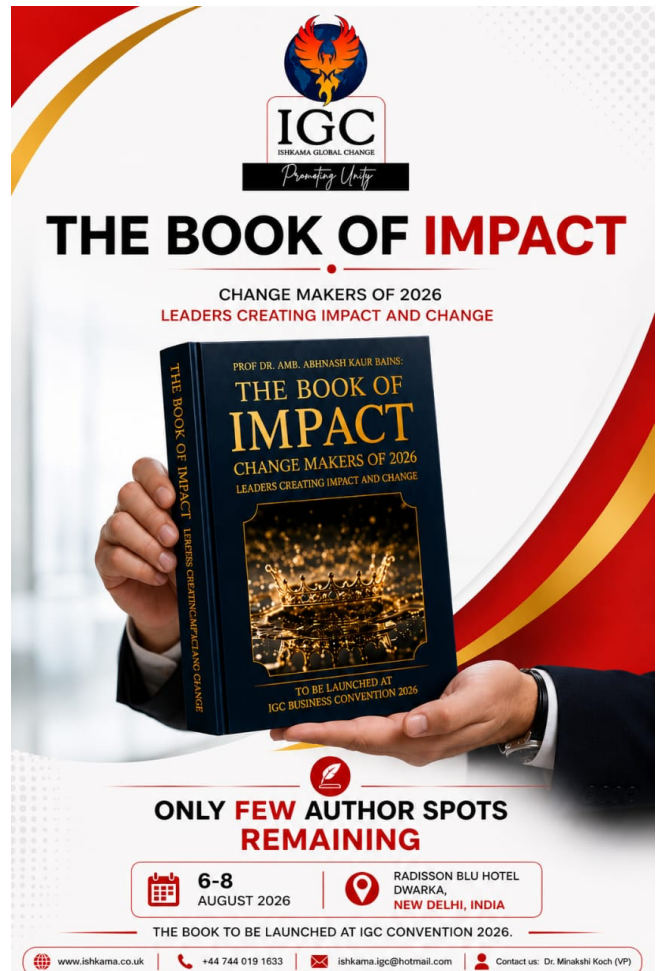
Participation Opportunities

IGC Convention 2026 welcomes:

- Sponsors
- Speakers
- Exhibitors and Stall Holders
- Volunteers
- Delegates and Attendees

Individuals and organisations interested in participating, partnering, or obtaining event passes are encouraged to get in touch and become part of this growing global movement dedicated to positive change.

As IGC continues to expand its international footprint, the 2026 convention is poised to be another landmark gathering—bringing together influential voices, fostering meaningful partnerships, and advancing a collective vision for a more inclusive, empowered, and sustainable future.



IGC
ISHKAMA GLOBAL CHANGE
Promoting Unity

THE BOOK OF IMPACT

CHANGE MAKERS OF 2026
LEADERS CREATING IMPACT AND CHANGE

PROF. DR. AMB. ABHNASH KAUR BAINS
THE BOOK OF IMPACT
CHANGE MAKERS OF 2026
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TO BE LAUNCHED AT
IGC BUSINESS CONVENTION 2026

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6-8 AUGUST 2026 | RADISSON BLU HOTEL DWARKA, NEW DELHI, INDIA

THE BOOK TO BE LAUNCHED AT IGC CONVENTION 2026.

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Bridging Skills and Soul: Revolutionizing Talent Development and Leadership in Africa

The landscape of corporate learning and development (L&D) is shifting beneath our feet. Driven by technological disruption and rapidly changing demographic realities, organizations are realizing that traditional training methodologies are no longer enough to support a volatile corporate market. In a recent, highly engaging panel session, industry professionals gathered to unpack what it takes to build a future-ready workforce. The session challenged traditional corporate paradigms, offering attendees a profound exploration of human potential. It bridged the gap between building deeply rooted personal resilience and leveraging the massive, community-driven talent across the African continent.

Part 1: Reskilling to Resilience Introducing Vanessa Haripersad

As an award-winning transformational leadership coach and the Founder and CEO of Shankara People Solutions, Vanessa Haripersad brings a wealth of expertise in organizational development, neuroscience-based coaching, and holistic wellness. Known for her ability to guide leaders through highly complex organizational shifts, Vanessa has dedicated her career to unlocking human potential. Her work focuses heavily on building sustainable

“Leaders are consistently promoted based on technical merit alone, without the adaptive capacity to handle pressure, leading to rampant organizational burnout.”

cognitive and emotional resilience to counter modern corporate challenges like burnout.

Moving Beyond the Technical “Update”

During the session, Vanessa clarified a critical distinction often lost in corporate HR departments: the difference between upskilling and reskilling. While upskilling polishes existing capabilities for an evolving current role, reskilling is a deliberate, intentional pivot—the acquisition of entirely new skill sets to transition into fundamentally different functions.

According to Vanessa, organizations are currently navigating a dangerous “dual crisis”:

- 1. The Skills Crisis:** The shrinking shelf life of technical competence means hard skills erode faster than ever.
- 2. The Resilience Crisis:** Leaders are consistently promoted based on technical merit alone, without the adaptive capacity to handle pressure, leading to rampant organizational burnout.

Rather than running siloed technical bootcamps and wellness workshops, Vanessa argued that reskilling programs should serve as the training ground for resilient leadership. Stepping into a completely new domain creates a state of “structured discomfort.” In this safe-to-fail environment, leaders can practice being beginners, cultivate curiosity, and build emotional stamina.

To guide this transformation, Vanessa highlighted her proprietary SCCR Framework, which anchors sustainable leadership culture on four distinct pillars:

- Self-awareness
- Compassion
- Curiosity
- Resourcefulness

Part 2: Activating African Talent via Upskilling Introducing Juchen Pramlall

Bringing a highly strategic, localized lens to the discussion was Juchen Pramlall, an experienced



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isolated, individual e-learning modules in favor of tapping into ancestral wisdom and community cohesion—the spirit of Ubuntu. He emphasized a three-pronged strategy for high-impact talent activation:

- **Communal Learning Circles:** Shifting training into peer-to-peer, collaborative spaces.
- **Localized Storytelling:** Replacing Eurocentric case studies with authentic, relatable African corporate success stories.
- **The Mobile Leapfrog:** Recognizing that smartphones are the primary access point for the workforce, L&D frameworks must be data-light, mobile-first, and delivered in micro-learning bursts of 3 to 10 minutes to maximize retention and ensure immediate on-the-job application.

Conclusion

The intersection of Vanessa’s internal resilience framework and Juchen’s community-driven, mobile-first talent strategies highlights a powerful truth: the future of work requires organizations to be as invested in human adaptability as they are in technological integration.

The session was exceptionally well received by attendees, who lauded the speakers for moving past standard corporate jargon to provide deeply actionable, culturally resonant frameworks. By successfully blending cognitive resilience with localized, accessible training methodologies, this panel provided a powerful blueprint for cultivating a workforce that is not only highly skilled but deeply sustainable for the future.

L&D strategist and professional business moderator. Juchen has been deeply involved in shaping pan-African talent conversations, championing approaches that align educational outcomes with industry needs while remaining heavily attuned to the unique cultural and socioeconomic nuances of the African continent.

The Communal Power of African L&D

Juchen shifted the lens to the massive scale of the African continent, asserting that upskilling in this context cannot be treated as a cold, individualistic corporate task. Instead, it must be viewed as

an engine for inclusive economic growth—where elevating one professional inherently lifts families, communities, and entire regional economies.

The continent faces a massive demographic challenge: while Africa’s youth population is projected to boom by 132 million this decade, youth underemployment and unemployment hover stubbornly around 45%. Traditional academic curricula simply cannot adapt quickly enough, leaving an immense digital skills deficit.

To bridge this gap, Juchen advocated for moving away from

Theme: Reshaping Africa's collective image: Global access and opportunities through Learning and Development

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MICHELE BARISON

About the Author:

Michele Barison is a member of the Lions International Club - central London host club district 105A. He is also a specialist in the Tourist and Investment markets and writes frequently about life in Italy.

Italy offers what many modern cities can no longer guarantee: human rhythm. People still talk to each other in cafés. Shops close for lunch because lunch matters. Children walk to school. The fishmonger knows your name. In a world where everything is fast, Italy is a rare place where “slow” is a luxury that everyone can afford.

Sun and daily wellbeing

Weather is not a small detail. Sunshine changes the body and the mood. In large parts of Italy, even winter has light. In spring and autumn, terraces are full, jackets disappear, and people live outdoors. A simple espresso at a sunny table can feel like medicine, especially if you come from a city where rain is the most consistent visitor.

“Why Italy Still Offers a Better Lifestyle for Less”

The Mediterranean climate makes healthy living natural. People walk. Markets sell seasonal vegetables picked that same morning. Fish is fresh, not frozen. Olive oil replaces heavy sauces. The body responds without effort.

Quality of life without a luxury salary

Compared to London, Paris, or even Dubai, Italy remains surprisingly affordable. Eating well does not require fine dining. Some of the best meals in Italy cost less than a takeaway in the UK. In small towns, rent can be a fraction of London prices. Even major cities like Rome or Turin offer far more space and beauty for less money.

Healthcare and education, both public and private, are strong and respected. For Indian families thinking long-term, raising children, studying in Europe, retiring with dignity, Italy is not only charming, it is practical.

A feeling of safety and belonging

Italy is one of the safest countries in Europe. Crime rates are low, and neighborhoods feel lived-in, not anonymous. Elderly people sit in the square in the evenings. Teenagers walk home with gelato at midnight. There is an unspoken social network of eyes, voices, and kindness.

Many Indian families say that Italy reminds them of home: traditional values, strong family bonds, food

made from scratch, warmth, respect, and hospitality. It feels familiar, but calmer.

The reason people stay

A red car, who wins the Formula 1 championship, for 10 people, not consuming a lot and named Ferrari, doesn't exist. Life in Italy is not perfect, public offices are slow, local trains are sometimes late, bureaucracy is a national sport, but the trade-off is worth it. You gain health, time, and humanity. The world here is still shaped around living, not rushing.

For professionals who work remotely, entrepreneurs, families planning for the future, or those dreaming of a peaceful retirement, Italy proves a simple truth: a beautiful life should not be a privilege. In Italy, beauty is a right.

For many Indian families living in the United Kingdom, the idea of a warmer, calmer, more affordable life is not just a dream-it is a plan. And Italy, more than any other European country, has quietly become the chosen destination. The surprise is not that life here is beautiful; the surprise is how accessible it still is.

Important Dates of June:

- **1 JUNE:** Global Day of Parents
- **3 JUNE:** World Environment Day
- **8 JUNE:** World Bicycle Day
- **7 JUNE:** World Caring Day
- **21 JUNE:** International Day of Yoga
- **22 JUNE:** International Being You Day
- **26 JUNE:** World Drug Day

“Education helps build a generation that values sustainability and understands the consequences of environmental neglect.”

World Environment Day: Protecting Nature for Future Generations

3 June

The greatest threat to our planet is the belief that someone else will save it.” – Robert Swan

World Environment Day is celebrated every year on 5 June to remind people about the importance of protecting nature and preserving the resources that support life. The day was established by the United Nations in 1972 and has since become a global movement that encourages environmental awareness and action. Governments, organizations, schools, businesses, and individuals participate in activities that promote a cleaner, healthier, and more sustainable world. The celebration highlights environmental challenges and inspires people to take responsibility for the planet.

The environment includes air, water, soil, forests, wildlife, and all natural systems that make life possible. Human beings depend on these resources for food, shelter, energy, and health. However, increasing population growth, industrial development, and unsustainable consumption have placed significant pressure on the environment. As a result, many ecosystems are being damaged, and natural resources are being depleted at an alarming rate. Protecting the environment is therefore essential for maintaining

balance and ensuring a better future.

One of the most serious environmental problems today is pollution. Air pollution from vehicles, factories, and fossil fuels affects human health and contributes to climate change. Water pollution caused by industrial waste, chemicals, and plastic debris harms rivers, oceans, and marine life. Land pollution from improper waste disposal damages soil quality and affects agriculture. Reducing pollution requires collective effort, including recycling, waste management, cleaner technologies, and responsible consumer choices.

Another major concern is deforestation. Forests play a vital role in maintaining ecological balance. They absorb carbon dioxide, release oxygen, regulate rainfall, and provide habitat for countless species. Yet forests are being cleared for agriculture, urban expansion, and industrial projects. This loss of tree cover increases greenhouse gas emissions and threatens biodiversity. Planting trees and protecting existing forests are important steps toward environmental conservation and climate stability.

Climate change is one of the greatest challenges facing

humanity. Rising global temperatures, extreme weather events, melting glaciers, and rising sea levels are clear indicators of environmental stress. Human activities, especially the burning of fossil fuels, have increased greenhouse gas emissions in the atmosphere. To address climate change, countries must invest in renewable energy sources such as solar and wind power while promoting energy efficiency and sustainable development practices.

World Environment Day encourages people to take simple yet meaningful actions in their daily lives. Conserving water, reducing electricity consumption, avoiding single use plastics, using public transportation, and supporting ecofriendly products can significantly reduce environmental impact. Small actions performed consistently by millions of people can create positive change and contribute to a healthier planet.

Educational institutions play an important role in spreading environmental awareness. Schools and colleges organize tree plantation drives, debates, workshops, and awareness campaigns to help students understand environmental issues. These activities encourage young people to develop responsible habits and become active participants in environmental protection. Education helps build a generation that values sustainability and understands the consequences of environmental neglect.

Communities around the world

“Every effort, no matter how small, contributes to preserving the planet for future generations and ensuring a better quality of life for all.”

celebrate this day through clean up campaigns, environmental exhibitions, nature walks, and public awareness programs. These events encourage citizens to connect with nature and understand the impact of their actions. Businesses are also increasingly adopting sustainable practices by reducing waste, improving energy efficiency, and supporting green initiatives. Technological innovation is helping develop cleaner solutions for transportation, agriculture, and manufacturing. When governments, industries, and citizens work together with a common purpose, environmental protection becomes more effective and long lasting, creating benefits for both people and ecosystems for future generations everywhere.

In conclusion, World Environment Day is not only a celebration but also a reminder of our shared responsibility toward Earth. Protecting the environment requires commitment, cooperation, and action from everyone. By making sustainable choices and respecting nature, we can help create a cleaner, greener, and safer world. Every effort, no matter how small, contributes to preserving the planet for future generations and ensuring a better quality of life for all.



International Day of Yoga: A Journey Towards Harmony & Well-Being

21 June

“Yoga is the journey of the self, through the self, to the self.” - Bhagavad Gita

Imagine beginning your day with a calm mind, a healthy body, and a sense of inner peace. In today's fast-paced world, where stress, anxiety, and unhealthy lifestyles have become common, finding balance can seem difficult. Yet, there is an ancient practice that offers a simple and effective solution—Yoga. Recognizing its immense value, the world celebrates the International Day of Yoga every year on 21st June.

The International Day of Yoga was officially declared by the United Nations in 2014 following a proposal by India. The resolution received overwhelming support from countries across the globe, reflecting the universal appeal of yoga. Since then, millions of people have come together every year to practice yoga and spread awareness about its benefits. The date of 21st June was chosen because it is the longest day of the year in the Northern Hemisphere and holds special significance in many cultures.

Yoga originated in India more than five thousand years ago. The word “Yoga” is derived from the Sanskrit word “Yuj,” which means to unite or join. It symbolizes the union of mind, body, and spirit. Contrary to popular belief, yoga is not merely a form of physical exercise. It is a holistic way of life that combines physical postures, breathing techniques,

meditation, and ethical values to achieve overall well-being.

One of the greatest advantages of yoga is its ability to improve physical health. Regular practice enhances flexibility, strengthens muscles, improves posture, and increases stamina. It also supports the proper functioning of vital organs and helps maintain a healthy weight. Many health experts recommend yoga as a natural way to manage lifestyle-related diseases such as obesity, hypertension, and diabetes. Unlike many fitness routines, yoga can be practiced by people of all ages and fitness levels.

The benefits of yoga extend far beyond physical fitness. It is equally powerful in promoting mental and emotional well-being. In a world filled with constant distractions and pressures, yoga provides a much-needed opportunity to slow down and reconnect with oneself. Breathing exercises and meditation help calm the mind, reduce stress, improve concentration, and foster emotional stability. People who practice yoga regularly often report feeling happier, more confident, and better equipped to handle life's challenges.

The significance of yoga became even more evident during recent global health crises when people sought ways to maintain their physical and mental health while staying indoors. Yoga emerged as a practical and accessible solution, helping individuals cope with uncertainty, anxiety, and isolation.

Virtual yoga sessions and online wellness programs further expanded its reach, making it accessible to millions around the world.

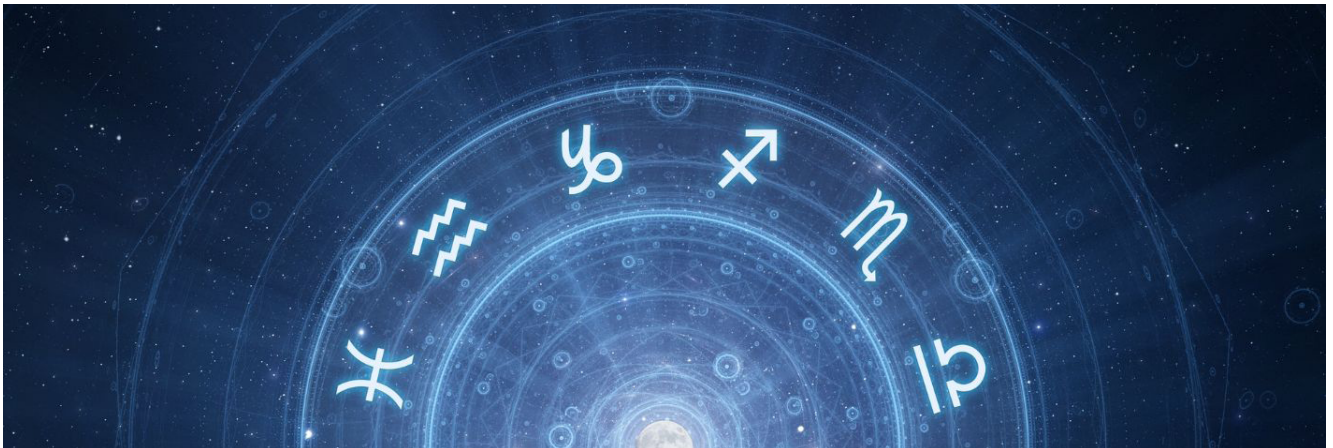
The celebration of International Day of Yoga includes mass yoga demonstrations, workshops, awareness campaigns, and community events. Schools, colleges, organizations, and governments actively participate in promoting the importance of yoga. These celebrations encourage people to adopt healthier lifestyles and understand the deeper values of discipline, mindfulness, and self-care.

What makes yoga truly unique is its universal nature. It transcends boundaries of age, nationality, religion, and culture. Whether practiced in a bustling city, a quiet village, a park, or a living room, yoga connects people through a shared pursuit of health and harmony. It reminds us that true wellness is not just the absence of illness but the presence of balance in every aspect of life.

In conclusion, the International Day of Yoga is more than a global observance; it is a celebration of a timeless practice that enriches lives. As the world continues to face physical, mental, and environmental challenges, yoga offers a path toward resilience, peace, and well-being. By embracing yoga, we take a meaningful step toward creating healthier individuals, stronger communities, and a more harmonious world for generations to come.

July Star Predictions

July 2026 brings fresh energy, new opportunities, and valuable life lessons. While astrology serves as a guide rather than a certainty, it can help you understand the possibilities that lie ahead. Here's what this month may have in store for each zodiac sign.



Aries: Your confidence is high this month. Take initiative at work but avoid making impulsive decisions in personal matters.

Taurus: Financial stability improves gradually. Focus on saving wisely and spend quality time with loved ones to maintain emotional balance.

Gemini: Your communication skills open new doors. Networking and meaningful conversations may bring exciting career opportunities.

Cancer: This is your time to shine. Trust your instincts, prioritize your health, and enjoy memorable moments with family and friends.

Leo: Patience will bring success. Continue working hard, as recognition for your efforts is closer than you think.

Virgo: Stay organized and focused. Learning something new or upgrading your skills will benefit your future.

Libra: Relationships become stronger through honesty and understanding. Balance your professional and personal responsibilities carefully.

Scorpio: Your determination helps you overcome challenges. Stay calm during disagreements and avoid unnecessary stress.

Sagittarius: Adventure and learning are highlighted. New experiences, travel, or educational opportunities will prove rewarding.

Capricorn: Your dedication brings steady progress. Think about long-term goals and avoid making rushed financial decisions.

Aquarius: Creativity and innovation work in your favor. Express your ideas confidently, as they may earn appreciation and support.

Pisces: Emotional clarity helps you make thoughtful decisions. Meditation, relaxation, and time in nature will refresh your mind.

Every month brings new beginnings, and July is no exception. Let these predictions inspire you to stay positive, work towards your goals, and embrace every opportunity with confidence. Remember, your future is shaped not only by the stars but also by your actions and determination.



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