

July 2026

ISHKAMA

GLOBAL CHANGE



**IGC Business
Convention 2026**
SPECIAL GOLD EDITION

Contents

- 9.**
MESSAGE FROM THE PRESIDENT OF IGC
– Tammy Dawson-Doughty
- 10.**
FROM AMBITION TO ACTION
– Natasha Bouwman
- 12.**
A SEAT IS NOT ENOUGH
– Sanchita Gairola
- 14.**
THE MIRACLE OF MEDITATION
– Dr. Binny Sareen
- 16.**
THE QUESTION THAT CHANGED MY LEADERSHIP
– Karen Hall
- 18.**
BEYOND AID
– Florence Okonkwo
- 20.**
THE SILENT EPIDEMIC OF SELF-ABANDONMENT
– Dr. Poonam Sharma
- 22.**
FROM DEGREES TO DIRECTION
– Dr. Ruhi Banerjee
- 24.**
HARD WORK IS NOT ENOUGH TO ACHIEVE SUCCESS
– Ambreen Nadeem
- 26.**
UNDERSTANDING ENTREPRENEURSHIP
– Ishita Luthra
- 28.**
THE ARCHITECTURE OF HOPE
– Rev. Dr. Marella Titus Nirmal Kumar
- 30.**
THE ENTREPRENEUR’S GREATEST INVESTMENT ISN’T CAPITAL
– Dr Sanya Sharma
- 32.**
HEALTHY WOMEN, STRONG LEADERS
– Hon. Dr Leela Ramsingh
- 34.**
EDUCATING FOR HUMANITY
– Dr. Prachi Beriwal
- 36.**
THE STORY OF A VENETIAN REVOLUTIONARY
– Franca Borgia
- 38.**
LEADING TOGETHER
– Dr. Carlos Sousa
- 40.**
THE BHAGAVAD GITA AND COGNITIVE BEHAVIOURAL THERAPY
– Dr Roop Sidhana
- 43.**
BEYOND CONSCIOUSNESS
– Carmen Figueroa

45.
NEURODIVERSITY IS THE GAME CHANGER

- Dr. Valeriya Hjertenaes

47.
ONE HEALTHY CHOICE CAN CHANGE A GENERATION

- Parimala Jaggesh

49.
DESIGN YOUR OWN DISRUPTION

- Natalie Alcantara

51.
ETHICAL LEADERSHIP IN PUBLIC SERVICE

- Shaik Mohammed Tajuddin Aref

53.
AFRICA'S AGENDA 2063

- Amb Angonimi David-Imeh

55.
BRIDGING THE GAP

- Dr. Geeta Khubchandani

57.
WHAT IF YOUR GREATEST LIMITATION ISN'T YOUR CIRCUMSTANCES... BUT YOUR FREQUENCY?

- Dr. Angela Soong

59.
THE GROWING CRISIS OF DEPLETING WATER RESOURCES IN INDIA

- Anil K. Choudhari

61.
PREPARING STUDENTS FOR A WORLD THAT DOESN'T EXIST YET

- Kaushaki Sondhi

63.
GENDER & ARTIFICIAL INTELLIGENCE

- Dr Lipika Sharma

65.
CLIP-KNIX

- Funmi Lawal MBE

67.
HOW ONE THERAPY DOG CHANGED MY UNDERSTANDING OF EDUCATION

- Dr. Barbara Vokatis

69.
THE POWER OF PRANIC HEALING

- Dr. Shruti Agarwalla

70.
DESTROYING THE MYTH OF THE UNBREAKABLE CHILD

- Vanessa Haripersad

72.
DIGITAL TRUST

- H.E./HRM Amb. Queen Dr. Shariza Umira Puteri Binti Kamarozzaman

74.
FINANCIAL AUTONOMY

- Virginia Rivera Rios

76.
FROM HEALING MINDS TO HUMANISING SYSTEMS

- Dr. Aninda Sidhana, MD

...and more

From the Founder's Desk



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

Every edition of Ishkama Global Change Magazine is shaped by the people who make this journey possible. To our readers, writers, contributors, collaborators, partners and supporters, thank you for continuing to believe in and be part of the Ishkama journey.

This month have been filled with meaningful events, inspiring encounters and opportunities to connect with people working across different communities and sectors.

I had the pleasure of attending the Asian Polo Match in Winkfield, followed by the opportunity to speak at an event organised by Nilia, founder of Small Drops. The Lady Kendall event in Dover was another memorable occasion, set in beautiful surroundings and filled with wonderful people and conversations.

I was also pleased to support the IGC Cancer Walk in Ipswich, organised by Dr Manishki and her dedicated team in collaboration with The Little Princess Trust. It was a meaningful initiative bringing people together to raise awareness and support children affected by cancer and treatment-related hair loss.

It was a pleasure to attend the installation of my dear friend Angela Jacobs as Rotary Chairperson and to meet so many individuals dedicated to serving their communities.

I was grateful to join a leadership panel organised by the Euro-Knowledge Institute and Richmond College. My sincere thanks to the organising committee for the opportunity to connect and exchange ideas with professionals from a variety

of industries.

I would also like to thank Sunil and, especially, his lovely wife for inviting me to their event. Meeting Papachorn Meepa, founder of Phuket9, was a particular highlight. Her passion and enthusiasm made Phuket sound so fascinating that I may now have to plan a visit!

The event that the IGC team has been meticulously preparing for is around the corner. The IGC Convention 2026, taking place from 6-8 August in New Delhi, brings together over thirty global voices to one stage. I would like to express my heartfelt appreciation to the entire Ishkama team for their hard work and dedication, and to our sponsors, speakers, collaborators and the authors of The Book of Impact: Change Makers of 2026: Leaders Creating Impact and Change.

Every connection, conversation and collaboration strengthens our shared commitment to creating positive change. Thank you for continuing to be part of this journey.

Finally I would like to thank every delegate attending the IGC convention for their support of IGC and its mission. May the speakers inspire you to take deliberate action and create positive change in the world around you.



Editor's Note

July has been a month of quiet intensity for the Ishkama Global Change community, as a dedicated team worked tirelessly to prepare for this convention in India – a gathering of the voices shaping how we lead.

Before anything else, I must acknowledge Prof. Abhnash Bains, Founder of Ishkama Global Change, who has carried the torch for IGC since the beginning. This is her passion. Her desire to see the world changed through collective effort, rather than isolated ambition, is the foundation everything we do is built on. Every page of this magazine, every speaker on that stage, every volunteering member flows from her vision.

It is also my privilege to share a message from our newly appointed President of IGC, Tammy Dawson Doughty, as she sets out her vision for the organisation's road ahead. Her appointment marks an exciting new chapter for IGC, and I know you'll find her words as energising as I did.

I am honoured to bring you this special edition, dedicated entirely to the speakers who took the stage at the IGC Convention. Over 30 global voices – leaders, practitioners, and change-makers across a remarkable range of industries – share their thinking, expertise, and guidance, alongside industry articles submitted by the speakers themselves.

I am also honoured to take the stage virtually this year, speaking on Resilient Leadership. In this edition, I've contributed an article close to my heart, "The Myth of the Unbreakable Child," exploring how we build genuine resilience in the children we raise – not by shielding them from difficulty, but by equipping them to meet it. I also share my personal story of resilience in The Book of Impact.

July also holds a date that means a great deal to



Vanessa Haripersad
Editor-in-Chief

me as a South African: Mandela Day, 18 July, when every organisation, team, and individual across South Africa is called to give 67 minutes in service of others, honouring Nelson Mandela's legacy. A fitting reminder that the truest leadership is always an act of service.

Which brings me to my deepest thanks. This event and this edition exist because of people who gave their time voluntarily, with no expectation beyond the belief that this work matters. To every Ishkama member who contributed a late night, a careful edit, a follow-up email: thank you. Your commitment is the quiet infrastructure beneath everything visible in these pages.

To our speakers, thank you for trusting us with your voice. To our readers, I hope this edition offers not just information, but inspiration – a reminder that leadership, at its best, is a collective act.

A special thank you to Arundhuti Dey and Dr. Minakshi Koch for their dedication to bringing this special edition to life.

With gratitude and admiration,
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	DISCLAIMER: The contents of IGC Magazine are the responsibility of the authors. None of the subjects or matter are intended to hurt the sentiments or beliefs of any community. IGC respects and treats everyone with dignity and equality. Also the the editorial team do not take responsibility of any endorsements presented by the authors. The Magazine and its publishers do not agree to any claims or disputes under any circumstances.
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A Word of Gratitude

To our esteemed well wishers,

Every gathering of purpose stands on the shoulders of those who believe in it before it fully takes shape. The IGC Annual Convention in Delhi is no exception. To the partners, patrons, mentors, and friends who lent their time, wisdom, and encouragement to bring this vision to life — thank you.

Your belief in the power of transformational leadership, resilience, and human potential is woven into every session, every conversation, and every story this convention will hold. It is your quiet, steadfast support that gives platforms like this the strength to matter.

To those who opened doors, offered counsel, championed our speakers, or simply cheered us on from the sidelines — this moment belongs to you as much as it does to us.

With heartfelt appreciation,

Prof Amb Dr Abhnash Bains
Founder Ishkama Global Change



Her excellency Dr. h.c Bibi Ameenah Firdaus Gurib-Fakim

Dr. Bibi Ameenah Firdaus Gurib-Fakim is a Mauritian politician and biodiversity scientist who served as the sixth president of Mauritius from 2015 to 2018. In December 2014, she was selected to be the presidential candidate of the Alliance Lepep. After Kailash Purryag resigned on 29 May 2015, both Prime Minister Sir Anerood Jugnauth and Leader of the Opposition Paul Berenger positively welcomed her nomination, which was unanimously approved in a vote in the National Assembly.



Lady Amb. Dr h.e. Robbie Motter

Lady Amb. Dr. h.e. Robbie Motter leads the Global Society for Female Entrepreneurs, championing women's empowerment worldwide. With deep expertise in leadership, coaching, and small business development, she has built a global network that connects female entrepreneurs across borders — instilling the confidence to lead and the courage to ask for what they need.



Padmashree Dr Kalpana Saroj

Kalpana Saroj — Padma Shri awardee and entrepreneur best known for rescuing Kamani Tubes from near-liquidation, clearing crippling debt and worker dues to restore the company's financial health. Born into hardship in rural Maharashtra, she rose to build a business empire spanning real estate and film production, later serving on the Bhartiya Mahila Bank board.



Dr Manju Lodha

Dr. Manju Mangal Prabhat Lodha, Chairperson of the Lodha Foundation and Vice-President of the Maharashtra Hindi Sahitya Academy, is an eminent philanthropist, author, poet, and motivational speaker. Author of 14 books and recipient of 100+ awards, she has driven impactful initiatives in healthcare, education, women's empowerment, and sanitation, inspiring nation-building.



**HRH Princess
Kendal Aminat**

About the Speaker:

Lady Kendal Jaggar — Executive Advisor, Business Expansions (UK & Europe). Commander in Chief, Central Investigation Agency (UK, missing children); UN' Peace Ambassador; Editor in Chief, CXO Magazine & Trauma Chronicles. Founder, Jaggar Street. Serial entrepreneur advising Soul Script Global's expansion. Has addressed British Parliament, former PMs, and global CEOs.



**Dr. Hiteshwari
Joshi**

About the Speaker:

Dr. Hiteshwari Joshi is a legal professional practicing before the High Court of Ahmedabad and District Court of Nadiad, Gujarat. For three decades, she has advocated for farmers, securing fair compensation for land acquired for infrastructure projects. A dedicated single mother, she has empowered rural women through education and self-reliance.



**Dr. Amb. Diplomat
Shaymaa Abdel Nabi**

About the Speaker:

Founder & CEO of Dr. Beauty Care; International Advisory Board Member Gandhi-Mandela Foundation (Spain); Egypt Country Advisory Council for MSMEs, G100; Global Advisory Board Member, World Femme Parliament; African Integrity Diplomatic Ambassador; Sectorial Head of Beauty, Fashion & Jewellery, IWDC-2130; GSFN Enterprise Global Chair (Cosmetics)



**Dr. Mayur D.
Joshi**

About the Speaker:

Dr. Mayur D. Joshi is CEO and Managing Trustee of Udgam Charitable Trust, a distinguished social worker championing women's empowerment, rural education, water conservation, and community development across India. His dedication to social transformation, self-reliance, and nation-building has earned widespread recognition, including a national award presented by Shri Nitin Gadkari.



**Dr. Assem
Mousa**

About the Speaker:

Dr. Assem Mousa is Chief Engineer and E-Commerce Tech Support Systems Manager at EgyptAir, holding a PhD from Bristol (2015). He is President of SCR-Africa and ASDF, a UN' SDG High-Level Meeting member, and Global Ambassador for Peace and Human Rights. A recognized global CIO award winner



**Dr. Priti
Srivastava**

About the Speaker:

Priti Srivastava, Senior Vice President – Advocacy at Reliance Industries Limited, brings 40+ years of experience across Telecom, Sustainability, Energy, and Sports. A respected strategist, mentor, and changemaker, she founded DayaRani Wellness, a mental health think tank, and inspires the next generation through purpose-driven leadership.



**Dr . Neha
Swami**

About the Speaker:

Dr. Neha Swami is a mental health professional with over nine years of experience in academic and healthcare settings. Holding a PhD in Psychology, she is committed to fostering positive thoughts, feelings, and behaviors. Since 2014, she has played an instrumental role in managing Ishkama Ltd.



**Dr. Sandeep
Marwah**

About the Speaker:

Dr. Sandeep Marwah, holder of nine world rec-ords, founded Noida Film City, Marwah Studios, and AAFI. Recognized with 1000+ awards, he has mentored 30,000+ students from 145 countries. As Global Cultural Minister and Chancellor of AAFI University, he advises Indian government ministries on education, skills, and youth affairs.



**Adv. Peeyush
Pandit**

About the Speaker:

Adv. Peeyush Pandit is Chairman and CEO of a diversified business group spanning solar energy, hospitality, education, logistics, and real estate since 2009. A social activist and entrepreneur, he created the World Education Policy (WEP) and pioneered E Village, the world's first Metro Village.



**Dr. Satnam
Deuchakar**

About the Speaker:

Founder of Deuchakar Trust, is a philanthropist, businesswoman, & CAM practitioner holding numerous global titles including Vice President of the Council of International Chambers of Commerce and Diplomatic Ambassador for Atlantis. An environmental activist and humanitarian, she promotes naturopathy and has served on 200+ international forums.



**Edward
Kacal**

About the Speaker:

Edward Kacal, BSc, MBA, PMP, CFM, specializes in engineering, project, and business management, driving strategic transformation and process reengineering. He lectured at UWI in Project Management for seven years and chairs the T&T Chamber of Commerce FM Committee. As President of IFMA's Caribbean Chapter, he advises firms on performance and change management.



**Councillor
Parveen Rani**

About the Speaker:

Mayor of Hertsmere Borough Council, UK Cllr Parveen Rani is Mayor of Hertsmere for 2026/27, representing Borehamwood Kenilworth. Elected to the Council in 2023, she previously served as Deputy Mayor, Cabinet Member for Streetscene, Parks, Leisure and Culture, and Global Envoy for Film and Television.



**Councillor
Tushar Kumar**

About the Speaker:

Tushar Kumar was sworn in as Mayor of Elstree and Borehamwood Town Council on 13 May 2026, becoming the UK's youngest Indian-origin mayor at 23. He was first elected as a councillor at 20 while studying BSc Politics at King's College London, and became Deputy Mayor in 2023. His mother, Parveen Rani, is Mayor of Hertsmere.



**Prof Gagan
Deep Sharma**

About the Speaker:

Prof. Gagan Deep Sharma, Director-International Affairs and Professor at GGSIPU, is a Clarivate Award-winning scholar with 110+ Scopus publications, an h-index of 52, and global visiting roles across Hungary, Poland, and Malaysia. Also an acclaimed Punjabi poet, he won the Sahitya Akademi Yuva Puraskar (2014) and authored three poetry books.

Speech by the Vice CEO of Ishkama Global Change (IGC)



Dr. Minakshi Koch
Vice President IGC

It is both a privilege and an honour, as the Vice CEO of Ishkama Global Change, to welcome this distinguished gathering of lead-ers, visionaries, philanthropists, and change-makers.

On behalf of our organization, I extend my heartfelt congratulations and a warm welcome to everyone who has joined us for this remarkable event.

I sincerely hope that each of you leaves the Convention with valuable knowledge, meaningful connections, and inspiring experiences that will continue to guide and enrich both your personal and professional journeys.

Ishkama Global Change is not merely creating a platform for collaboration and recognition; it is creating lifelong memories, inspiring positive change, and building a legacy that will be remembered and celebrated for generations to come.

My heartfelt congratulations and deepest gratitude go to our incredible team, who have worked tirelessly, day and night, to bring this event to life. Your dedication, passion, and unwavering commitment have been truly inspiring. I am immensely proud to be part of

such an exceptional team and to contribute to this prestigious occasion.

A special tribute goes to Prof. Amb. Dr. Abhnash K. Bains, whose visionary leadership has transformed what once seemed impossible into reality. She has not only mentored and empowered countless individuals to become confident leaders but has also shown us that when we walk together, support one another, and give back to society, we create greater success—not only for ourselves but for our communities and the world around us.

As we celebrate this special occasion, let us continue to inspire, empower, and uplift one another. Together, we can shape a future built on leadership, compassion, unity, and service.

Thank you all for your presence, your commitment, and your belief in our shared vision. I wish each and every one of you a memorable experience, a highly successful event, and continued success in all your future endeavours.

Thank you, and may we continue to make a meaningful difference together.



IGC

CONVENTION

2026

2 DAYS TO GO



6TH - 8TH
AUGUST, 2026

RADISSON BLU HOTEL,
DWARKA,
NEW DELHI, INDIA



Tammy Dawson-Doughty

Message From The President Of IGC: My Vision for IGC

My vision for IGC is to build on what already makes it special: an international community of people who want to connect, create opportunities and make a positive difference.

I want us to grow IGC into a stronger global platform that brings together business leaders, entrepreneurs, professionals, policymakers, academics, community leaders and emerging talent. Through the magazine, events and our wider network, we can create meaningful conversations around leadership, sustainability, innovation, business and social impact.

But ambition also needs a sustainable foundation.

A key part of my vision is therefore to grow our network of professional members, corporate partners and sponsors who believe in what IGC is trying to achieve. Their support can strengthen our function, extend our reach and, importantly, enable us to create more opportunities for others.

Sponsorship should be more than placing a logo

on an event. We should build genuine partnerships with organisations that want to contribute expertise, open doors, support initiatives and connect with an increasingly diverse international network.

Likewise, professional membership should have real value: access to relationships, events, knowledge, collaboration and opportunities to contribute to the wider IGC community.

The stronger that network becomes, the more we can do — expanding the magazine, developing events and roundtables, creating opportunities for members, supporting emerging leaders and building partnerships across countries and sectors.

I don't want to change the heart of IGC. I want to professionalise it, grow it and give it the partnerships and resources to fulfil its potential.

The principle is simple: build the network, strengthen the platform, create opportunities and use that growth to support positive change.



Natasha Bouwman

**From ambition
to action:**
How Integrated
governance
makes the SDGs
business-ready

About the Author:

Natasha Bouwman is IGC Global Chair for Integrated Governance and Responsible Business and Corporate, Risk & ESG Lead at Catawiki, the leading online marketplace for special objects. A corporate governance and responsible business leader with 15+ years advising boards and senior leadership, she helps organisations embed governance, accountability, and integrated thinking into strategy and risk oversight.

Originally from South Africa and now based in the Netherlands, Natasha also serves on the boards and advisory committees of several nonprofit organisations.

As we approach the target deadline for the United Nations Sustainable Development Goals (SDGs), business leaders face a challenge. On one hand, commitment to sustainability and responsible business has never been higher. On the other hand, many boards and executive teams struggle to translate high-level global goals

into daily operational realities.

The origin of this challenge is structural: the SDGs were not originally designed for corporate execution. Conceived primarily for governments and multilateral institutions, their macro-level targets do not easily map onto corporate key performance

“Integrated governance is the bridge between intention and impact.”

indicators (KPIs) or quarterly operational reviews. Over the past decade, investors and forward-thinking enterprises have rightly embraced the SDGs to guide capital allocation and strategy. Yet, for many purpose-led businesses and entrepreneurs, a fundamental question remains: How do we move from high-level ambition to practical, resilient execution?

The answer lies in integrated governance.

Moving beyond siloed sustainability

For corporate responsibility and sustainability to be genuinely effective, they cannot be treated as a standalone topic or an isolated function. True responsible business cannot sit beside the business as a separate exercise; it must be embedded directly within how an organisation is led, governed, and grown.

Integrated governance is the bridge between intention and impact. It is the practice of connecting strategy, risk management, ethical oversight, sustainability, and stakeholder impact into a single decision-making architecture. It shifts the corporate conversation from mere regulatory compliance to a proactive focus on building resilient organisations capable of creating long-term value for all stakeholders. It ensures that environmental and social impacts are evaluated alongside financial performance with rigor, discipline, and strategic weight.

Asking the right questions

Good governance is not all about charters, committees and administrative processes. At its best, governance is a holistic discipline that empowers leaders to ask better questions. For organisations seeking long term sustainability and to align

“True credibility begins at the roots: in leadership, organisational culture, governance structures, risk awareness, and the daily discipline of focusing on what really matters.”

pressure?

When boardrooms and leadership teams ask these questions, abstract sustainability goals transform from passive commitments into active operational strategy.

Substance over form

In today's global landscape, credibility is currency. Stakeholders, regulators, and consumers are increasingly adept at distinguishing between superficial reporting and authentic practice. A polished report is not always the same as a responsible business.

Reporting matters, but it must reflect the substance beneath it. True credibility begins at the roots: in leadership, organisational culture, governance structures, risk awareness, and the daily discipline of focusing on what really matters. When governance is integrated, transparent disclosure becomes the natural byproduct of good management rather than a performative exercise.

A Collective Imperative

Achieving the 2030 agenda is not a challenge any single sector can solve alone. It requires leaders across industries to align strategy, risk, and corporate responsibility in everyday decision-making.

By making integrated thinking practical and proportionate for organisations of every size, we unlock the crucial shift. Governance ceases to have a compliance focus but it becomes the foundation that enables responsible businesses to thrive, innovate, and shape a sustainable future.

“At its best, governance is a holistic discipline that empowers leaders to ask better questions.”



Sanchita Gairola

A Seat Is Not Enough: Why Women's Voices Must Shape Climate Decisions

About the Author:

Sanchita Gairola, Co-Founder & Director (Strategy and Operations) at Vision360 Management Consulting, advises governments and corporations on ESG, climate strategy, and trade frameworks like CBAM and India-EU/EFTA/Australia agreements. As Director - Global Outreach and Impact Management at Northpole, she channels capital into climate investments. Founding Trustee of Bodhi Foundation, she champions mental health awareness, women's leadership, and governance-led climate action across global forums.

The challenge is no longer getting women into the room. The challenge is ensuring their voices shape what happens inside it.

I have spent years working in sustainability, climate action, and policy conversations. I have sat in conference halls, boardrooms, government meetings, and international forums where climate change was discussed with urgency, intelligence, and conviction. Yet I often leave those rooms with the same lingering question: whose voice was missing?

The conversation around climate change has evolved

dramatically over the last decade. We have become better at talking about emissions, carbon markets, adaptation, resilience, climate finance, and net-zero approaches. What we have not become equally good at is listening to the people who experience the consequences of climate change most directly. Women are among those voices. This is not simply a question of representation. It is a question of perspective. Over the years, I have often found myself as one of the few women in conversations shaping sustainability strategies, climate programmes, and business responses to environmental challenges.

What struck me was not the absence of women in the audience. It was how often their perspectives entered the discussion late, if at all. Women were

present. They were accomplished, knowledgeable and deeply invested in the outcomes. Yet too often, the decisions had already begun taking shape before their voices were fully heard. I remember a discussion on environmental sustainability where experts debated technology strategies, compliance frameworks, and investment requirements. The conversation was technically sound, but something was missing. A woman entrepreneur in the room spoke about how communities around her were already adapting to water stress, changing agricultural practices, and finding ways to survive with fewer resources. In a few minutes, she brought a dimension to the discussion that hours of presentations had overlooked. She was not speaking from a report. She was speaking from lived reality. It reminded me that expertise does not always arrive wrapped in technical language.

Sometimes it arrives through experience, observation, and an intimate understanding of how change is actually felt on the ground. The numbers reflect this broader reality. Across climate ministries, parliamentary committees, and international negotiating delegations, women continue to remain underrepresented. Despite years of discussion about inclusion, progress has been slow and uneven. The irony is difficult to ignore. Around the world, women are often the first to experience the realities of a changing climate. They manage households through water shortages. They adapt family budgets when crops fail or food prices rise. They carry the responsibility of caring for children and elderly family members during climate.

In many communities, they are not merely affected by climate change; they are managing its consequences every single day. Yet when climate policies are drafted and climate investments are prioritised, their experiences are frequently absent from the decision-making process.

What is lost when women are not part of these conversations? More than most people realise. Climate action is often discussed through the language of technology, infrastructure, and finance. All of these are important. But climate resilience is also built through communities, households, local

knowledge, and social systems. Women bring insights from these realities that cannot be captured in spreadsheets or policy briefs.

Some of the most practical and effective climate solutions I have encountered have not emerged from large institutions. They have come from women working silently within communities, adapting agricultural practices, managing scarce resources, creating local enterprises, and finding ways to protect livelihoods in difficult circumstances. Their solutions may not always make headlines, but they are often grounded in lived experience rather than theory. This is why the conversation must move beyond the idea of simply giving women a seat at the table.

A seat, by itself, changes very little. True inclusion begins when women's voices influence decisions, shape priorities, and determine outcomes. It begins when participation is measured not by attendance but by impact. The climate crisis is too complex and too urgent for half the world's experience to remain underutilised.

We do not need women in climate leadership because diversity is fashionable or because inclusion looks good in annual reports. We need women in climate leadership because better decisions emerge when different experiences, perspectives, and realities are brought into the room. The challenge before us is not only environmental. It is also institutional. We must build systems that recognise expertise in all its forms and leadership in all its voices.



“We need women in climate leadership because better decisions emerge when different experiences, perspectives, and realities are brought into the room.”

Climate change is often described as the defining challenge of our century. If that is true, then listening more carefully may be one of the most important climate actions we can take. A seat at the table is a beginning. It is not the destination. The destination is a world where women's voices are not invited as an afterthought, but valued as an essential part of shaping the future.

Because the missing voice in climate leadership is not missing because women have nothing to say. It is missing because too often we have failed to listen.



Dr. Binny Sareen

The Miracle of Meditation

About the Author:

*Peace & Goodwill Ambassador | Founder, Global Initiative for Peace and Well-being
PhD in Spirituality & Universal Values | Global Speaker & Wellbeing Advisor, Author of "Awakening Spirituality"
PR & Wellbeing advisor at Brahma Kumaris Global Hospital Mount Abu; Senior Management Consultant, Internal Security Academy; -Recipient of the Mahatma Gandhi Seva Medal, Global Peace Awards, Pride of Nation Award, Women of Courage Award, and Lifetime Achievement Award (Australia)*

बुद्धयुक्तो जहातीह उभे सुकृतदुष्कृते ।
तस्माद्योगाय युज्यस्व योगः कर्मसु
कौशलम् ॥ 50॥

Srimad Bhagavad Gita

One who prudently practices the science of work without attachment can get rid of both good and bad reactions in this life itself. Therefore, strive for Yoga, which is the art of working skillfully (in proper consciousness).

Yoga is honoured as an ancient heritage and one of the most extraordinary power, of wisdom, through which equilibrium is maintained in the midst of opposite situations. Meditation is one of the great arts in the life. The word meditation comes from the Latin word "meditari" which is a probable cognate of the word "mederi" meaning 'to heal'. The words Yoga and Meditation may differ but the essence and meaning is more or less similar. The writer herself started practicing Rajyoga Meditation at the age of eight, when she came in contact of The Brahma Kumaris World Spiritual University Mount Abu. She shared her wonderful divine experiences of Meditation and Spiritual experience in her PhD thesis book "Awakening Spirituality" including role of meditation on Mind & Body and Holistic Wellbeing. Regular practices of meditation promotes overall Wellbeing & mental health. Positive results are found

on mind & brain activities, when Rajyoga Meditation is practiced is by different groups. Science of meditation is well known as a technique to reduce stress and anxiety, it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills.

The Miracle of Meditation

Transforming the Mind, Empowering the Life
Meditation is not an escape from life—it is a powerful inner science that awakens peace, clarity, resilience, and higher consciousness. When the mind becomes still, hidden strengths emerge, and life becomes peaceful from within.

“Regular meditation practice improves Self-awareness, attention span and concentration, which can strengthen cognitive functions.”

Meditation strengthens areas of your brain responsible for memory, learning, attention and self-awareness

- 1. Enhance Self-awareness and Focus:** Regular meditation practice improves Self-awareness, attention span and concentration, which can strengthen cognitive functions.
- 2. Stress Reduction & Lifestyle Changes:** Meditation strengthen our mind powers and reduces stress and anxiety, which can negatively impact cognitive health. Lower stress levels are linked to better cognitive function.
- 3. Improve Emotional health & Memory:** Rajyoga Meditation can enhance working memory and overall health. By practicing positive thinking it reduces negatively and waste thoughts.
- 4. Increases Happiness:** Improves Relationships, Promotes compassion, forgiveness, and understanding.
- 5. Creates a Meaningful Life:** Inspires values, gratitude, and purposeful living.

I am immensely grateful to Dr.APJ Abdul Kalam Past President of India who inspired me to do Doctorate in Subject of *“Spirituality and Universal Values”* including Rajyoga Meditation. He said **“Apart from mind-body- social synergy to attain good health, we need to add the fourth dimension, that of Spiritual health. Keeping this in the mind the DRDO took the Initiative of formulating a project in collaboration with the Global Hospital and Research Center, Mount Abu an Institution of the Brahma Kumaris. They added the fourth dimension of Spiritual health to take care of total health”.**





Karen Hall

The Question That Changed My Leadership: A Lifetime of Curiosity Led Me to the Science of Psychological Safety

About the Author:

Karen Hall is passionate about helping leaders improve their emotional intelligence to create psychological safety in the workplace. A keynote speaker and broadcast journalist, Karen serves as Editor-in-Chief and Executive Producer for the Los Angeles Tribune, a Grammy-nominated storytelling company. She interviews influential leaders from around the world and shares practical insights on trust, psychological safety, resilience, and leadership. Her work equips organizations to build stronger, more engaged cultures where people contribute their best thinking and innovation thrives.

The challenge is no longer getting women into the room. The challenge is ensuring their voices shape what happens inside it.

I've been asking the same question my entire life.

Why do people do what they do?

As a little girl, I was fascinated by human behavior. I watched people around me and constantly asked

my parents why people behaved the way they did?

Why did one teacher suddenly yell at the class while another patiently encouraged her students? I noticed how one teacher inspired confidence while another left students hesitant to share their thoughts.

The questions never left me.

I became an entrepreneur at nine years old and continued observing people throughout school, university, personal and business relationships, and eventually leadership.

I watched people blossom when they felt seen, heard, and valued. When they felt judged or criticized, they became guarded and held their thoughts back.

Looking back, I realize I wasn't simply observing people.

I was observing how people responded in different environments.

More than 45 years later, after studying human behavior and interviewing hundreds of leaders and executives around the world, I'm still asking the same question:

What is it about certain leaders that consistently brings out the best in their teams?

Then I read Google's Project Aristotle.

I felt something I didn't expect. Relief.

Project Aristotle confirmed what decades of observation had been teaching me.

Google's researchers spent two years studying approximately 180 teams, expecting to discover that the highest-performing teams were made up of the smartest people, the most talented people with the strongest résumés, or those with the greatest technical expertise.

Instead, they found that the single greatest predictor of a high-performing team was psychological safety.

People performed at their best when they felt safe enough to ask questions, admit mistakes, respectfully challenge ideas, and contribute without fear of embarrassment or punishment.

As I read the study, I smiled. "That's exactly what I've been seeing my whole life."

Years before I had the research to explain it, I experienced it firsthand.

My business partner and I purchased a bankrupt business. We sat down with the remaining employees and asked simple questions:

"Tell us what happened."

"What caused your clients to lose confidence?"

"If you were in our position, what would you do first?"

At first, people answered cautiously. They were trying to determine whether it was truly safe to be honest. So we listened.

We asked more questions than we answered. We thanked people for every suggestion and responded as quickly as we could, reinforcing that their voices mattered.

Gradually, things began to change.

Employees stopped protecting themselves and started protecting the business. Ideas flowed. Creativity returned. People became invested in finding solutions because they knew they were being heard.

Looking back, we weren't simply rebuilding a company.

We were rebuilding trust.

Harvard professor Amy Edmondson's research gave language to what I had witnessed firsthand. Psychological safety creates the conditions for learning, coll-

aboration, and innovation. When people trust that their ideas will be heard rather than dismissed, they contribute their best thinking.

Today, whether I'm leading, speaking to an executive team, or interviewing a leader, I'm still asking the same thing I wondered as a girl:

Why do people respond so differently with different leaders?

Do they become quieter?

Or more courageous?

Do they protect themselves?

Or freely share their ideas?

When people feel psychologically safe, they engage.

They speak up.

They challenge assumptions

They ask difficult questions.

They brainstorm creative solutions.

They innovate together.

After a lifetime of asking why people do what they do, I've come to understand that much of the answer lies in psychological safety.

And psychological safety doesn't happen by accident. It grows in an environment of trust.

This is what I believe global change depends upon. Every shift—cultural, economic, or political – happens when someone feels that it's safe enough to speak the truth.

That's why I believe trust is the currency of leadership and the force behind all global change.



FLORENCE OKONKWO

Beyond Aid: Why Sustainable Humanitarian Action Is the Legacy We Owe Our World

About the Author:

HRM Florence Okonkwo is a UK-based actress, film producer, author, entrepreneur and philanthropist whose influence spans the Nollywood and British film industries, global publishing, and philanthropy.

She holds a B.Sc. degree in Banking and Finance from Lagos State University, a Certificate of Specialization in Book Publishing from Pure Thoughts Publishing, USA, and a Hollywood Film School Training Certificate in Filmmaking and TV Directing. She is also an Ambassador of the British Film Festival and has received over 50 awards and certifications across four continents.

A multiple global award winner, HRM Florence has been recognized for her contributions to the film industry and her community. She is also the celebrated author of bestsellers like 54 Flavors of Africa and Date Smart and over ten other titles.

For decades, humanitarian assistance has saved countless lives. Individual or organised emergency relief remain indispensable in moments of disaster, war, terrorism, and public health emergencies. Yet, as vital as such efforts are, they cannot become the destination. Relief without resilience creates dependency. Compassion without sustainability struggles to transform lives. If we truly desire a more just and peaceful world, we must move beyond temporary intervention towards sustainable

humanitarian action that restores dignity, builds capacity, and empowers communities to thrive long after emergency support has ended.

The communities most affected by today's crises deserve more than survival. They deserve tangible opportunities. Children displaced by armed conflict deserve uninterrupted education. Families rebuilding after natural disasters such as floods, fires and earthquakes deserve sustainable livelihoods. Women

The defining question of our generation is no longer whether humanitarian crises exist. They do. Every day, millions of people wake up to the harsh realities of conflict, displacement, hunger, disease, environmental degradation, and deep social inequality. The greater question is this: What kind of legacy will we leave in response?

and young people recovering from violence deserve access to healthcare, skills, and economic empowerment. Communities devastated by terrorism deserve renewed hope through strong institutions, social inclusion, and pathways to lasting peace.

This vision aligns with the United Nations Sustainable Development Goals (SDGs), which provide a shared global blueprint for addressing the root causes of human suffering. I believe firmly that humanitarian work is not separate from sustainable development: it is one of its strongest foundations. But, the responsibility for creating greater impact through sustainable humanitarian work cannot rest solely on governments or international agencies. Businesses, faith communities, civil society organisations, philanthropists, academic institutions, innovators, and ordinary citizens each possess unique resources capable of creating meaningful change. The greatest humanitarian movements in history have always been driven by collaboration. When diverse sectors unite around a shared purpose, isolated acts of kindness become powerful ecosystems of impact.

Technology has also expanded what is possible. Digital education platforms, telemedicine, climate-smart agriculture, mobile financial services, data-driven early warning systems, and community-led innovation now offer unprecedented opportunities to reach vulnerable populations with solutions that are scalable, measurable, and sustainable. The challenge before us is not a lack of ideas but a willingness to invest consistently in solutions that endure beyond news headlines and funding cycles.

Sustainable humanitarian action begins by recognising that the wellbeing of children is inseparable from the future prosperity of our societies. Every child

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protected today becomes a stronger citizen to-morrow. Every young person educated today becomes a future leader, entrepreneur, innovator, or peacebuilder. Every vulnerable child given hope today changes the trajectory of an entire family and, ultimately, a nation.

This conviction inspired a journey that my colleagues and I began in Africa through the Support for Vulnerable and Less Privileged Children Initiative (SULPCHILD). Founded in Lagos, Nigeria, with an expanding Pan-African vision, SULPCHILD is committed to uplifting vulnerable children through direct action, advocacy, and strategic partnerships. Our work focuses on child welfare and protection, access to education, health and nutrition, youth development, and social advocacy—creating practical, community-based solutions that deliver measurable and lasting impact.

History will not remember us merely for the resources we possessed, but for the lives we transformed. The true measure of our success will be found in communities restored, children empowered, futures rebuilt, and hope sustained across generations. I invite you to become part of this movement. Support the mission of SULPCHILD by partnering with us, sponsoring programmes, volunteering your expertise, or making a financial contribution that will help extend sustainable opportunities to vulnerable children and underserved communities across Africa.

Together, we can move beyond aid and build a legacy of lasting impact—one that future generations will proudly inherit.

Visit www.sulpchild.org to learn more, partner with us, and help shape a future where every child has the opportunity not merely to survive, but to flourish.



Dr. Poonam Sharma

The Silent Epidemic of Self-Abandonment: Why So Many Successful People Feel Empty

About the Author:

Dr. Poonam Sharma is a TEDx Speaker, Emotional Healing Expert, and Founder of Awakening With Dr. Poonam. She helps people heal root emotional wounds using Inner Child Healing, EFT, NLP, and Chakra Healing. After leaving a government career, she now creates safe healing spaces—featured on TEDx, News18, and CNN Digital.

When I left a decade-long government career to follow my calling in emotional healing, many people believed I was taking the biggest risk of my life. But the real risk wasn't leaving a secure job. The real risk would have been staying in a life that no longer reflected who I truly was.

That decision transformed not only my career but also my understanding of human suffering.

As an Emotional Wellness Coach and healer, I have worked with people from remarkably different backgrounds—corporate leaders, entrepreneurs, homemakers, students, professionals, and high

achievers. Their stories are different, but beneath the surface I repeatedly encounter the same invisible wound.

It is not failure.

It is not heartbreak.

It is self-abandonment.

The greatest emotional crisis of our time is not that people don't know how to succeed. It is that many have forgotten how to stay connected with themselves while chasing success.

I meet individuals who are financially secure

but emotionally empty. People admired for their confidence who privately question their worth. Couples who share a home yet feel emotionally miles apart. Professionals who have built successful careers but no longer recognise the person staring back at them in the mirror.

Over the years, I realised something profound: people rarely come to healing because of the event they describe. They come because somewhere along their journey, they stopped listening to themselves.

Self-abandonment rarely begins with one dramatic decision. It begins quietly.

The first time a child learns that expressing emotions is "too much."

The teenager who changes their personality just to fit in.

The employee who repeatedly says "yes" despite feeling exhausted.

The woman who spends years putting everyone else's happiness before her own.

The man who has been taught that vulnerability is weakness, so he buries every emotion beneath achievement.

These moments seem insignificant on their own. Together, they create a lifetime of emotional disconnection.

One observation has stayed with me throughout my years of practice: almost every emotional struggle has a deeper question hidden beneath it.

"Why don't I feel enough?"

"Why do I keep attracting unhealthy relationships?"

"Why am I successful but not fulfilled?"

"Why do I constantly seek validation?"

More often than not, the answer is the same.

Somewhere along the way, they abandoned themselves.



Today's world unknowingly reinforces this pattern. We celebrate productivity over peace, perfection over authenticity, and external applause over inner alignment. Social media encourages comparison, workplaces reward overextension, and many families unintentionally pass down generations of emotional suppression instead of emotional literacy.

We are taught how to perform. Rarely are we taught how to feel.

Healing, therefore, is not about becoming someone extraordinary.

It is about returning to the person you were before fear, conditioning, rejection, and expectations convinced you that your worth depended on pleasing everyone else.

Through my work, I have witnessed extraordinary transformations—not because people changed their personalities, but because they finally gave themselves permission to honour their emotions, establish healthy boundaries, heal unresolved wounds, and choose authenticity over approval.

The moment someone stops abandoning themselves, everything begins to shift. Their relationships become healthier because they communicate honestly. Their work becomes more meaningful because it reflects their values. Their confidence no longer depends on validation.

Most importantly, they begin experiencing a peace that success alone could never provide. If there is one message I hope readers carry with them, it is this: "Your greatest responsibility is not becoming who the world expects you to be. It is remembering who you were before you learned to betray yourself for acceptance."

Because every time you choose your truth over fear, your boundaries over guilt, and your authenticity over approval, you don't just heal yourself—you change the generations that follow. And perhaps that is the most powerful transformation of all."



Dr. Ruhi Banerjee

From Degrees to Direction: Why Career Guidance Is the Missing Link in Building Emotionally Intelligent Global

About the Author:

Dr. Ruhi Banerjee is an International Licensed Career Development Professional (ICCC, UK), education strategist, leadership mentor, and advocate for Viksit Bharat. With over 25 years of experience in education leadership, she has empowered thousands of students, graduates, educators, and working professionals through career guidance, mentoring, and transformational learning. Her work focuses on aligning education with purpose, employability, and nation-building by nurturing emotionally intelligent, values-driven leaders. She is the Founder of The Woman, a platform dedicated to empowering women through connection, collaboration, and growth. A sought-after keynote speaker and thought leader, Dr. Banerjee believes that while degrees create qualifications, it is direction that creates meaningful lives, impactful leadership, and lasting societal change in Nation building.

Leaders in This AI Era?

In an era of artificial intelligence and limitless information, the world's greatest shortage is not talent—it is direction. Career guidance and mentoring may well be the most powerful investment any nation can make toward sustainable leadership and human development.

For over twenty-five years in education leadership, I have had the privilege of interacting with thousands of students, graduates, professionals, educators, and parents. Across classrooms, boardrooms, universities, and leadership forums, one truth has remained constant: people do not fail because they lack

ability; they falter because they lack direction.

Today, the world is producing more graduates than ever before, yet many remain uncertain about their purpose, disengaged at work, or disconnected from their true potential.

According to the World Economic Forum, analytical thinking, resilience, leadership, curiosity, and lifelong learning are among the most critical skills for the future. Gallup continues to report that only a small proportion of employees worldwide are truly engaged in their work.

These are not merely statistics — they are a reflection of a deeper crisis. We are investing in education and skilling, but not enough in helping individuals discover where they truly belong. The future does not simply demand skilled professionals. It demands emotionally intelligent, ethical, adaptable, and purpose-driven leaders.

Career guidance, therefore, is no longer about choosing a profession. It is about discovering purpose, nurturing potential, and aligning an individual's strengths, values, and aspirations with meaningful contribution. It is the bridge between education and employability, between ambition and fulfilment, and ultimately, between personal success and national progress.

In an age where artificial intelligence can deliver information within seconds, human qualities such as empathy, integrity, critical thinking, collaboration, and ethical decision-making have become our greatest competitive advantage. These qualities cannot

be downloaded or automated. They are cultivated through years of upbringing, grooming, reflection, mentoring, meaningful conversations, and value-based guidance.

A mentor does far more than recommend a career path. A mentor inspires confidence, develops self-awareness, strengthens resilience, and helps individuals navigate uncertainty with clarity. Leadership begins not with authority but with identity, confidence, clarity, and dignity — knowing who you are, what you stand for, and how you wish to contribute to the world.

As an International Licensed Career Development Professional, I have witnessed remarkable transformations when young people are empowered with the right guidance at the right time. Career clarity reduces anxiety, enhances confidence, improves decision-making, and enables individuals to pursue excellence with conviction. It creates not just successful professionals but responsible citizens who understand that achievement carries the responsibility of giving back.

This is particularly significant for India. With one of the world's youngest populations, our demographic dividend can become our greatest demographic advantage only if our youth are guided with intention. A developed nation is not built solely through infrastructure, technology, or economic growth. It is built by people who possess both vision and values—leaders who innovate with empathy, lead with integrity, and measure success not only by personal accomplishments but by the positive impact they create for society.

This belief also inspired me

The challenge is no longer getting women into the room. The challenge is ensuring their voices shape what happens inside it.

to establish The Woman — an ecosystem where women support, celebrate, care for, and empower one another. Sustainable leadership flourishes in communities that value collaboration over competition and compassion alongside competence. The same philosophy applies to every young learner and professional we mentor.

The conversation around education must now evolve. We must move beyond preparing students merely to earn a livelihood. We must prepare them to lead meaningful lives. Degrees may open doors, but direction determines the destination. Knowledge may create opportunities — values define legacy.

As educators, mentors, policy-makers, industry leaders, and parents, we share a collective responsibility to nurture a generation that is not only career-ready but character-ready. Because the leaders who will shape tomorrow's world will not simply be those with the highest qualifications; they will be those with the deepest purpose, the strongest values, and the courage to serve humanity.

The future belongs not to those who know the most, but to those who understand themselves the best. And that journey begins with one powerful gift—direction.



Ambreen Nadeem

Hard Work is Not Enough to Achieve Success

About the Author:

Ambreen Nadeem is a psychologist and marketing research consultant, accredited Master Neuroplastician (M.NPN), currently pursuing a Doctorate in Applied Neuroscience in Leadership at Swiss Monarch Business School. She is the CEO and Founder of Rigel Mark LLC& Psychology Talks and Co-Founder of Save Lives Project and Impact Activators. An Amazon bestselling author and keynote speaker.

Since 2024, Ambreen has been consistently recognized among the Top 100 Global Thought Leaders, honoring her commitment to meaningful leadership, mental wellness, and generational impact.

There is a general notion that if you want to succeed, you have to work hard. Think again! If this is really true, then why do we see so many unsuccessful people working hard day and night just to make ends meet? Over the years, we have been taught that, "Just work hard, and things will work out for you." This is actually a half-truth. Hard work is one of the most important ingredients for achieving success, but it is dangerous to assume that it is the only requirement for success. It appears that you need more than just hard work. In today's world, hard work alone is not enough to succeed. There is more to success than simply working hard every day.

Let's examine some of the factors, other than hard work, that are important for achieving success.

Work Smart!

Successful people do not only work hard, but they also work smart and differently. In order to succeed, one has to make an impact, be creative, and stand out from the rest. Many people think that the mindless repetition of any task brings mastery, but unfortunately, that is not true. In reality, to gain mastery, one needs to practise continuously while learning from mistakes and constantly improving one's strategy.

Rafael Nadal, one of the greatest tennis players of all time, said:

"There are people who have talent, but there are others who have the ability to improve. And those who have more capacity to improve are usually those



“Those who continue to overcome obstacles are the ones who become successful because the truth is that obstacles never stop; people stop trying.”

who have more options to succeed. It's always the same story.”

Self-Determination Is the Key to Success

Everybody dreams of achieving success, but very few actually do. Why? Because it requires hard work, sacrifice, patience, and, most importantly, perseverance and self-determination. A common mistake many people make when pursuing their goals is procrastination. They say they want to achieve their goals, but they do not take any action.

There's an old Haitian proverb that goes, “Beyond mountains are more mountains.” Those who continue to overcome obstacles are the ones who become successful because the truth is that obstacles never stop; people stop trying. They lose hope and give up far too soon when they face failures and rejection. Only those who persist in pursuing their dreams until they become reality truly succeed.

Colonel Sanders faced 1,009 rejections before his chicken recipe was accepted and eventually became the world-famous Kentucky Fried Chicken (KFC). Jack Ma, one of the wealthiest people in the world, could not find a job early in his career. These rejections did not stop him, and today, according to Forbes, his net worth is over \$36 billion.

Burnout Is Real, Avoid It

Working hard continuously drains your energy, leaving you frustrated and exhausted. When people work unreasonably long hours, they become completely consumed and are unable to see opportunities. It is of utmost importance to take breaks in between to keep up the momentum. These breaks are essential for replenishing your energy so that you can continue the journey with renewed spirit. Just imagine that even your phone needs to be recharged at least every 24 hours. Then how can a human being continue working without re-energising?

Reaching your goals is not easy by any means. It requires a great deal of hard work, courage, and determination. Follow your dream, become obsessed with it, and turn it into reality.



Ishita Luthra

Understanding Entrepreneurship: Ambition, Responsibility and Legal Risk

About the Author:

Ishita Luthra is the founder and principal lawyer at Lexone Consulting, a UK-based legal consultancy. A corporate and commercial lawyer qualified in both India and England and Wales, she advises start-ups, founders and established businesses across a range of industries. Her practice focuses on helping growing companies navigate commercial transactions, corporate governance and legal risk. Ishita also serves as Country Chair for Ishkama Global Change and advises several start-ups at board level, contributing legal, commercial and strategic insight. author of The Inner Circuit,

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Entrepreneurship is often associated with big ideas, investment rounds and rapid growth. In reality, it usually begins much more simply: someone identifies a problem and believes they can solve it better.

That person may be building a technology company, opening a small business, launching a social enterprise or creating a service for an underserved community. The scale may differ, but the entrepreneurial instinct is the same. It involves initiative, judgement and a willingness to operate without complete certainty.

As a lawyer dual-qualified in the United Kingdom and

India, with experience working as a start-up lawyer, I have advised founders at different stages of that journey. Some arrive with a detailed business plan and an experienced team. Others have little more than a strong idea, a prospective co-founder and the determination to begin. Both can succeed. What matters is whether the founder can turn enthusiasm into a sustainable organisation.

This is where legal risk becomes important. Many entrepreneurs see legal work as something to deal with later, perhaps after the first major customer or investment. That approach is understandable. Early-

stage businesses must watch every expense, and legal documents can appear less urgent than product development, recruitment or sales. However, some of the most difficult legal problems begin with decisions made informally at the very start.

Two friends may agree to build a company together without discussing ownership. A freelance developer may create valuable software without a clear agreement confirming who owns it. A business may collect personal data from customers without understanding the rules that apply. These matters may seem minor while the venture is small, but they can become serious obstacles when the business seeks investment, expands internationally or faces a disagreement.

Managing legal risk does not mean becoming overly cautious. Entrepreneurship requires risk. The aim is to distinguish between commercial risks that a founder may consciously choose to take and legal risks that can be reduced through sensible preparation.

One of the first decisions is the legal structure of the venture. Depending on the country and the nature of the organisation, this may involve operating as an individual, partnership, company, charity or social enterprise. The choice can affect personal liability, tax, governance, fundraising and reporting obligations. A structure that is appropriate for a local consultancy may not suit a business intending to raise institutional investment.

Founders should also discuss their working relationship openly. Who owns what percentage

“A company’s brand, software, designs, written materials or inventions may eventually become its most valuable assets.”

of the business? Who makes important decisions? What happens if one founder stops contributing, wishes to leave or disagrees with the direction of the company? These are not pessimistic questions. They are practical ones. A clear founders’ or shareholders’ agreement can prevent uncertainty and preserve relationships. Intellectual property is another area that deserves early attention. A company’s brand, software, designs, written materials or inventions may eventually become its most valuable assets. Yet ownership is not always automatic.

Businesses should confirm that work created by employees, consultants and contractors is properly assigned and that trade mark, copyright, design or patent protection is considered where appropriate. Contracts should also be viewed as working tools rather than documents kept in a drawer. A useful contract explains what each party is expected to do, when payment is due, how confidential information will be protected and how the relationship may end. Clear terms reduce misunderstandings and help businesses deal with problems before they escalate. For ventures operating internationally, the position can

become more complex. Data protection, employment law, consumer rights, advertising rules, anti-bribery requirements and sector-specific regulations differ between jurisdictions. A legal approach suitable in India may not be sufficient in the United Kingdom, and the reverse is equally true.

Entrepreneurs should therefore understand where their customers, staff and operations are located and obtain local advice when necessary. Good legal risk management is not a one-time exercise. Businesses change. Teams grow, products develop and regulations evolve. Founders should review their arrangements regularly, keep proper records and seek advice before major transactions rather than after difficulties arise. Entrepreneurship is ultimately an expression of confidence in an idea. Legal planning should not suppress that confidence. It should give the founder a stronger foundation from which to act.

Working with start-ups in both the United Kingdom and India has shown me that the legal questions may differ across jurisdictions, but the underlying concerns are often the same. Founders want to move quickly, preserve cash and avoid unnecessary complexity. The lawyer’s role is therefore not to slow the business down, but to help identify which risks genuinely need attention before they become expensive distractions.

The objective is not to remove every risk. It is to ensure that avoidable legal problems do not distract from the work of building something worthwhile.



Rev. Dr. Marella Titus Nirmal Kumar

The Architecture of Hope

About the Author:

Rev. Dr. Marella Titus Nirmal Kumar is a Bishop , International director of Loani and Founder & Director of Abiding Hope Trust, India, a humanitarian organisation dedicated to community health, nutrition, education, poverty alleviation, leadership development and social transformation. Besides Dr. Titus is a Professor, Member of Rotary club, India, Patron of Red Cross India and an international speaker on humanitarian leadership, Drug addiction, sustainable development and the role of value-based leadership in building resilient communities.

Civilisations are seldom remembered for the monuments they erected or the wealth they accumulated. They are remembered for the ideas that outlived them. Stone erodes, economies fluctuate and political systems evolve, yet ideas possess an extraordinary capacity to transcend geography, generations and governments. Among the most enduring of these ideas is hope—not as sentiment, but as civilisation's invisible architecture. Every epoch of human advancement has first been imagined before it has been engineered. Long before history records visible achievement, hope drafts its blueprint.

The twenty-first century is defined by profound paradox. Humanity has achieved unprecedented advances in science, medicine, artificial intelligence and global connectivity, yet continues to confront widening inequality, geopolitical instability,

ecological degradation, forced migration and an alarming erosion of social cohesion. Beneath these visible crises lies a deeper challenge: the depletion of collective hope. This is not merely a psychological concern but a civilisational vulnerability. Societies rarely decline because they exhaust material resources; they decline because they lose confidence in their capacity for renewal.

Hope, therefore, deserves recognition not as an emotional luxury but as strategic infrastructure. Economists measure financial capital, governments invest in physical infrastructure and universities cultivate intellectual capital. Yet history demonstrates that societies ultimately flourish through another form of capital that is seldom quantified—moral capital. Hope is its most dynamic expression. It enlarges the human imagination beyond immediate constraints

and enables institutions to pursue possibilities that once appeared unattainable.

Every landmark achievement in public health, democratic governance, scientific discovery and humanitarian reform originated in individuals who refused to accept prevailing assumptions as permanent realities. The abolition of slavery, universal education, international humanitarian law and campaigns against infectious diseases emerged because visionary leaders possessed the moral imagination to conceive a more just world. Hope has always preceded history.

Authentic hope must never be confused with naïve optimism. It neither denies adversity nor romanticises suffering. Rather, it confronts reality with disciplined conviction, refusing to concede that present conditions constitute permanent destiny. Like architecture itself, hope depends upon foundations that are largely unseen. Trust, integrity, justice, compassion and shared responsibility are the structural pillars that sustain resilient societies. Remove these foundations and even the most prosperous institutions become structurally fragile.

The defining challenge before contemporary leadership is therefore architectural rather than administrative. Our generation has demonstrated remarkable competence in constructing systems but considerably less proficiency in cultivating meaning. We have accelerated communication without necessarily deepening understanding, expanded prosperity without ensuring equity, and multiplied information while often impoverishing wisdom. Technological sophistication cannot compensate for ethical deficiency. Indeed, innovation detached from moral responsibility frequently magnifies the very inequalities it seeks to resolve.

Leadership, consequently, must be reimagined as fiduciary stewardship rather than institutional authority. Its highest purpose is not the accumulation

“Perhaps the truest measure of a civilisation is neither the sophistication of its technology nor the magnitude of its wealth, but the breadth of its compassion.”

of influence but the preservation and expansion of the common good. Such leadership measures success not solely through economic growth or political achievement, but through the enlargement of human capability, institutional trust and social cohesion. It recognises that every public decision either strengthens or weakens the moral ecology upon which democratic societies depend.

Equally indispensable is the principle of interdependence. Contemporary challenges transcend political boundaries. Pandemics, climate change, organised crime, food insecurity and economic volatility are intrinsically global phenomena. Durable solutions therefore require collaborative intelligence rather than institutional isolation. Governments, academia, healthcare systems, businesses, philanthropic foundations, civil society and faith-inspired organisations each contribute distinctive strengths. Sustainable transformation emerges not from unilateral action but from principled collaboration anchored in human dignity.

Perhaps the truest measure of a civilisation is neither the sophistication of its technology nor the magnitude of its wealth, but the breadth of its compassion. Prosperity acquires legitimacy only when it enlarges opportunity. Power acquires legitimacy only when it protects the vulnerable. Knowledge acquires legitimacy only when it serves humanity. These are not abstract ideals; they are the structural beams upon which enduring societies are built.

History will ultimately judge this generation not simply by what it invented, accumulated or consumed, but by whether unprecedented knowledge was matched by unprecedented wisdom; whether influence became stewardship; and whether progress remained genuinely human. The architecture of hope is therefore neither rhetorical aspiration nor sentimental philosophy. It is the invisible framework through which justice acquires permanence, institutions preserve legitimacy and humanity continually rediscovers its highest possibilities. Every generation constructs something that will outlive it. The enduring question is whether we are building monuments to power or foundations for hope.

“Knowledge acquires legitimacy only when it serves humanity.”



Dr Sanya Sharma

The Entrepreneur's Greatest Investment Isn't Capital: It's the Next Generation

About the Author:

Dr. Sanya Sharma is an educator, researcher, social entrepreneur and the Founder & Director of AAIS Learning and Sahyog Samvridhhi Foundation. Dedicated to empowering lives through education, innovation and social impact, she is passionate about nurturing young minds with the skills, confidence and entrepreneurial mindset needed to become tomorrow's innovators and changemakers.

Her work focuses on creating meaningful opportunities for young people by bringing together education, industry and community to inspire creativity, critical thinking and leadership. She envisions building a collaborative ecosystem where educators, entrepreneurs and professionals mentor and empower the next generation to transform ideas into impact.

Dr. Sharma is a recipient of the IIW She Inspires Award, presented at the British Parliament, and the Excellence in Education Award. She also serves as the Smile Ambassador for Chhanv Foundation, reflecting her commitment to creating positive and lasting social change.

"The next billion-dollar idea may already exist. It may simply be waiting in the mind of a young person who has never been given the opportunity to explore it." Every entrepreneur understands the value of investment. We invest in ideas, people, technology and businesses because we believe they have the potential to create a better future. But what if the greatest investment we could ever make isn't financial at all? What if it is an investment in the next generation?

The world is evolving faster than ever before. Artificial

intelligence, automation and emerging technologies are transforming industries at an unprecedented pace. Many of the careers that today's young people will pursue haven't even been created yet. In this rapidly changing world, academic excellence alone is no longer enough.

The future doesn't need fewer degree holders—it needs more problem solvers, innovators and creators. Knowledge will always matter, but the ability to think critically, solve problems, adapt to change and create value will define tomorrow's leaders.

Innovation is not born in boardrooms. It begins with curiosity.

Unfortunately, curiosity is often replaced by the pressure to memorise, compete and simply find the right answers. Yet every innovation that has transformed our world began because someone dared to ask a different question.

Imagine if we encouraged young minds not only to prepare for careers but also to solve real-world problems.

“The future doesn’t need fewer degree holders — it needs more problem solvers, innovators and creators.”

Imagine if success was measured not only by examination scores but by creativity, resilience, leadership and the courage to turn ideas into action. An entrepreneurial mindset is not about encouraging every young person to start a business. It is about developing the confidence to recognise opportunities, embrace challenges, learn from failure and create meaningful solutions—qualities that benefit every profession and every community.

Throughout my journey in education and social impact, I have discovered one simple truth: talent is universal, but opportunity is not. When young people are trusted with real challenges instead of ready-made answers, they consistently surprise us with their creativity, empathy and ability to think beyond limitations.

That is why I believe business leaders have a responsibility that extends beyond building successful organisations.

Imagine if every entrepreneur and industry professional mentored just a few young minds each year.

Imagine if experienced leaders shared not only their achievements but also the lessons they learned through failure.

Imagine if businesses partnered with educators and communities to nurture innovation, curiosity and

leadership long before young people entered the workforce.

The collective impact would be transformational.

My vision is to help create a collaborative ecosystem where educators, entrepreneurs, professionals and innovators come together to mentor, inspire and empower young minds. A place where experience meets curiosity, ideas are encouraged without fear of failure, and future leaders develop the confidence to become innovators, creators and changemakers. This is not a vision that belongs to one individual or one organisation. It is a movement that requires people who believe that shaping the future begins long before a career does.

If you are a business leader, entrepreneur, educator or professional who believes in empowering the next generation, I invite you to become part of this journey. Share your knowledge. Mentor a young mind. Encourage an idea. Your experience could inspire the innovation that transforms a community, an industry or even the world.

The companies we build may shape today’s economy, but the young minds we inspire will shape tomorrow’s world.

The greatest return on investment is not measured in profit. It is measured in the lives we inspire, the ideas we nurture and the future we choose to build.





Hon. Dr Leela Ramsingh

Healthy Women, Strong Leaders: Why Investing in Women's Health Shapes the Future

About the Author:

Hon Dr Leela Ramsingh is the CEO of LSA Healthcare Services Ltd and the Founder of the Share Dignity Foundation, a nonprofit organization dedicated to advancing menstrual health, hygiene education, and dignity for women and girls. With more than two decades of leadership experience in the Commercial Hygiene Industry, she is a passionate advocate for women's empowerment, preventive health, and community development. Dr Ramsingh has received an Honorary Doctorate in Humanitarianism for her contributions to social impact initiatives and continues to work across schools, businesses, and communities to promote healthier, more inclusive environments for women and future leaders.

For generations, women have carried the weight of families, businesses, and communities, often placing their own wellbeing at the bottom of the priority list. Yet one truth has become increasingly clear through my work in hygiene, leadership, and humanitarian advocacy: when women's health is neglected, leadership suffers, productivity declines, and communities lose one of their greatest sources of strength.

Women's health is not simply a medical issue it is an economic, educational, and leadership issue. A healthy woman is more likely to pursue opportunities, remain engaged in the workforce, contribute confidently to decision-making, and inspire others around her. Conversely, when women struggle with

untreated health conditions, chronic stress, poor access to healthcare, or the stigma surrounding issues such as menstruation and menopause, the impact extends far beyond the individual. Families, workplaces, and entire communities feel the effects.

One of the most overlooked aspects of women's health is menstrual health. Across many communities, girls still miss school because they lack access to proper hygiene products, adequate sanitation facilities, or accurate information about their bodies. This is not merely an inconvenience it is a barrier to

"The ripple effect of healthy women is extraordinary."

education and future leadership.

Every missed day of school represents a lost opportunity for learning, confidence building, and personal growth. When we provide girls with the tools and knowledge to manage their menstrual health with dignity, we are not just meeting a basic need; we are investing in the next generation of leaders.

“The future will be shaped by the women who are healthy enough to lead, courageous enough to speak, and empowered enough to create change.”

The conversation must also include women in the workplace. Too often, leadership environments are designed without considering the realities of women's health. Long hours, high stress, and the expectation to constantly perform can lead to burnout, anxiety, and physical exhaustion. Many women continue to lead teams, manage households, and support aging parents while silently dealing with hormonal changes, menopause symptoms, or chronic health conditions.

True leadership culture is not measured only by profits or performance metrics; it is measured by whether organizations create environments where women can thrive without sacrificing their health.

As a CEO, I have learned that sustainable leadership begins with self-awareness and wellbeing. A leader who is constantly depleted cannot make the best decisions, mentor others effectively, or innovate with clarity. Investing in

women's health means encouraging preventive care, promoting mental wellness, supporting work-life integration, and creating policies that acknowledge the different stages of a woman's life. These are not special privileges they are practical strategies that strengthen organizations and improve long-term outcomes.

The ripple effect of healthy women is extraordinary. When a woman is physically and emotionally well, she is more likely to raise healthier children, participate actively in her community, and pursue economic opportunities. Her confidence influences her daughters, her resilience inspires her peers, and her leadership creates pathways for others. Communities with healthier women experience better educational outcomes, stronger family stability, and increased economic participation. In many ways, women's health is one of the most powerful indicators of a society's overall wellbeing.

This is why investing in women's health must become a shared responsibility. Governments must prioritize accessible healthcare and sanitation infrastructure. Employers must create supportive workplace policies. Schools must provide comprehensive health education. Community organizations must continue to challenge stigma and advocate for dignity. Most importantly, women must be encouraged to view their health not as an afterthought, but as a foundation for their leadership and purpose.



The future will be shaped by the women who are healthy enough to lead, courageous enough to speak, and empowered enough to create change. When we invest in women's health, we are not simply improving individual lives we are strengthening families, building more resilient organizations, and creating communities that are better prepared for the challenges ahead. Healthy women do not just survive; they lead. And when women lead from a place of health and dignity, the future becomes stronger for everyone.



Dr. Prachi Beriwal

Educating for Humanity: Why Character Matters More Than Curriculum

About the Author:

Dr. Prachi Beriwal is an educator, certified counsellor, and motivational speaker with 22+ years of academic experience in finance. She is currently working as an Associate Professor at Presidency University, Bangalore. She has authored five books on Accounting & finance, published widely in Scopus and ABDC journals, and holds five patents. A regional leader for the mental-health initiative "Ear to Hear", Country advisor for Groo, a member of Ishkama and volunteer at GYMHA, she champions empathy-driven teaching and women's empowerment.

"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela

Think about a school report card. It tells you how a child did math, science, and language. But nowhere on that card does it say whether the child is becoming kind, honest, or fair. We are particularly good at measuring what a student knows, but we are not exceptionally good at noticing who a student is turning into. That is the real problem with education today. We teach subjects well but miss teaching characters at all.

Marks Are Not Enough

Nobody is saying subjects do not matter. We need

doctors who understand the body, engineers who understand infrastructure, accountants who can read a balance sheet, and entrepreneurs to boost the economy. But knowledge by itself does not tell a person what to do with it. History has shown us, repeatedly, that a person can be brilliant and still cruel. A person can top every exam and still make terrible, selfish choices. If knowledge is like a tool, the character is the hand that holds the tool. If we only sharpen the tool and ignore the hand, we are not really educating but training.

Compassion Can Be Taught

We often think compassion is something you are either born with, like a talent, which is not true. Compassion is a habit, and habits are built through practice. When a child is repeatedly asked to think about someone else's hunger, fear, or struggle,



something changes inside them and they naturally become caring. Schools that give children real chances to meet people different from themselves – people who are from low economical background, physically challenged, or from another culture – are doing something far more important than ticking a box on “values of education.” They are training them on empathy.

“A curriculum teaches a child what to think about. The character teaches a child how to live.”

Right and Wrong Is not a Lecture

Ethics are not lessons but a way of thinking. Children do not need to just be told what is right. They need to practice figuring it out for themselves – weighing two good options, sitting with a tricky question, defending their view, and then realizing they were wrong. A classroom where every moral question has one quick, easy answer produces students who stop thinking for themselves. A classroom where children are allowed to discuss, disagree, and struggle a little produces adult who can make good decisions later in life, when there is no teacher around to give them the “correct” answer.

Leaders Who Serve, Not Just Lead

Every generation grows its own leaders. The real question is what kind of leaders we are growing. If we only teach children how to win, how to convince people, how to give orders, we get leaders who are good operators but nothing more. If we teach them that leadership means responsibility – carrying the weight of people who trust you, taking the blame instead of passing it on, choosing the harder right thing over the easier wrong thing – we get something far more valuable. The most dangerous person a school can produce is not someone who knows too little. It is someone who knows a lot and was never once asked who that knowledge is meant to serve.

What Education Is Really For

Real education was never about making people capable, it was about making people who could be trusted with that capability, power, kindness and to do the right thing when no one is watching. A curriculum teaches a child what to think about. The character teaches a child how to live. If we keep getting better at the first and keep ignoring the second, we will keep producing clever people and calling it success – while quietly failing at the one lesson that matters: teaching our children how to be good human beings.

“Education is the manifestation of the perfection already in man.” – Swami Vivekananda



Franca Borgia

The Story of A Venetian Revolutionary

About the Author:

Franca Borgia is an artist, Mudra Yōga master, and astrologer with a passion for painting, interior design, and the written word. She has given talks at major thought-leader events, meeting with fellow motivational speakers, including Bob Proctor. Her interest in philosophy extends to its practical application in the fields of personal growth and leadership. In February 2026 Franca Borgia was conferred an honorary doctorate in Psychology.

When I get asked what my main focus is this is my response:

I am a Venetian revolutionary and a female Buddha. As a Venetian revolutionary I am driven by the realisation that in today's world the only revolution is that of conscious awareness, and as a female Buddha it is my mission to free the hearts and minds of my fellow humans from unnecessary and often painful illusions because all human suffering comes from ignorance. What do I mean by that?

Your life experience is the accurate reflection of your level of consciousness. I like to simplify things. Why are contemporary humans so addicted to confusion? It is a sad fact that many people are outsourcing their thinking to AI, they don't trust their own judgement and their intuition.

We have countless ramifications of specialized knowledge. But we are losing sight of the bigger

scheme of things. Issues can be solved before they even arise when we are genuinely confident in the choices we make, staying committed to our values. Are you confident in your own ability to make decisions? Are you thinking with your own brains or are you merely reiterating your semi-conscious, unconscious and subconscious conditioning?

The issues we are facing in today's world are not caused by a lack of information but by a lack of discernment.

Never before in human history has it been easier to access vast reservoirs of information. And never before in history has humanity been more complacent.

None of the issues we are facing as a collective organism can be solved by perpetuating the type of behaviour that has caused them. Conflict, confusion, aggression, fear, doubt, shame, worry, apathy and indecision are an expression of ignorance.

Leaders who claim that they wish to enhance peace and understanding while, at the same time, investing massive amounts of resources into weapons and defense systems, are intellectually incoherent and emotionally immature. If they prioritised education, people wouldn't grow into criminals or charity cases.

As long as massive amounts of resources are being squandered on weapons and defense systems, our collective level of consciousness is going to stay stuck in a state of primitivity that is best described as a prehistorical mindset where a lack of knowledge and understanding leads to the reiteration of self-destructive behaviour.

No amount of technological advancement is going to elevate the quality of life on this lovely medium

“The issues we are facing in today's world are not caused by a lack of information but by a lack of discernment.”

size planet if humans don't learn how to use their own brains confidently, consciously, creatively and constructively, honouring and respecting themselves and others and proactively transforming the structures that shape our collective narrative.

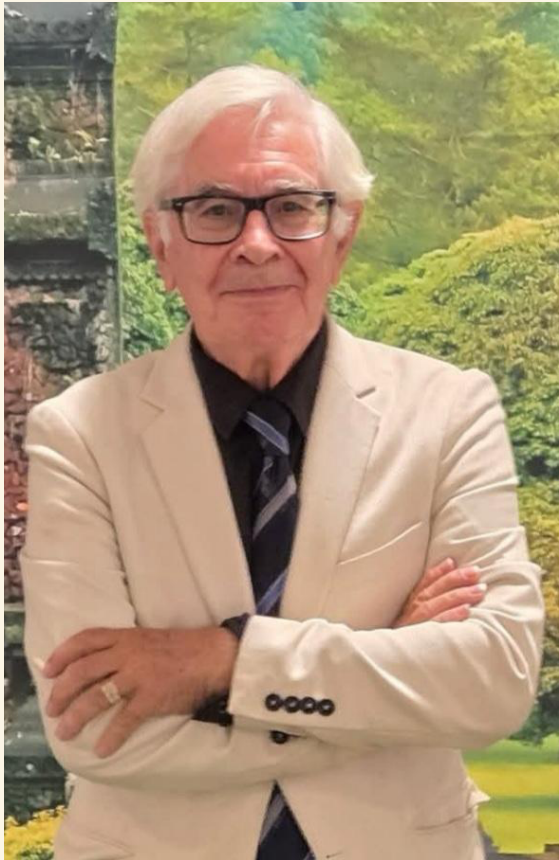
What's the point of colonizing other planets when humans approach those other celestial bodies with the same low-vibrational level of consciousness that has devastated their home planet?

If we wish to improve our life experience on our lovely medium size home planet we have to think and communicate clearly, coherently, creatively and constructively for the greater good of everyone involved.

The Venetian Forum is more than a conference. It is a platform where brilliant minds gather to discuss the topics that are not covered anywhere else: how we can understand the Universal Principles of Success to elevate our collective level of consciousness, updating the global agenda.

It is entirely possible, and it starts with you.





Dr. Carlos Sousa

Leading Together: Why Human Connection Is the New Competitive Advantage in the Age of AI.

About the Author:

IGC Global Chair for United International Peace and Governance

Amb. Carlos Sousa is a globally respected leader and advisor with key roles in Canada and internationally. He currently serves as Chair of the Nearsoft International Advisory Board and is recognized for his strategic leadership, global expertise, and the Doctorate Award in Leadership and Governance (GLISPA 2025). He is widely respected for his impact and commitment to continuous education.

In an era defined by rapid technological advancement, global complexity, and constant change, the ability to work effectively in teams has become one of the most critical determinants of organisational success.

As generative AI reshapes workflows and decision – making, the human capacity to collaborate – to listen, connect, and build together – is emerging as the true differentiator.

Deloitte's "Leadership Excellence in the Age of Generative AI" report underscores this reality, describing effective leaders as collaborators who harness the collective power of teams and machines, and connectors who bridge divides, break down silos, and unite people around shared purpose.

This shift signals a profound truth: technology may accelerate progress, but human connection sustains it.

Collaboration as a Core Leadership Competency

The modern workplace is no longer a collection of isolated roles; it is an interconnected ecosystem.

Leaders who thrive today understand that collaboration is not a soft skill – it is a strategic capability.

They create environments where diverse perspectives are welcomed, psychological safety is prioritised, and individuals feel empowered to contribute their best thinking. Collaboration also requires humility. In a

world where AI can analyse data at unprecedented speed, leaders must be willing to say, "I don't have all the answers," and instead focus on facilitating collective intelligence.

This mindset transforms teams from hierarchical structures into dynamic problem-solving units capable of navigating complexity with agility.

Connection: The Foundation of Resilient Teams

Connection is the invisible thread that holds teams together. It is built through trust, empathy, and shared experience – qualities that cannot be automated or outsourced. Leaders who cultivate connection understand that people perform best when they feel seen, valued, and understood. Breaking down silos is central to this work. Silos limit creativity, slow decision-making, and weaken organisational resilience.

Connectors dismantle these barriers by encouraging cross-functional collaboration, fostering open communication, and creating opportunities for people to learn from one another.

In doing so, they build teams that are not only more cohesive but also more adaptable in the face of change.

The Human Skills That Matter Most.

The 2025 Skills Horizon report highlights several capabilities that will define successful teams in the coming years.

These skills are deeply human and increasingly essential:

- **Communication:** Clear, empathetic communication enables teams to align quickly and act decisively.
- **Collaboration:** Working across boundaries is vital in a world where problems rarely sit within one department.
- **Critical thinking:** As AI handles routine tasks, human judgment becomes even more important.
- **Creativity:** Innovation thrives when people feel safe to explore new ideas.
- **Adaptability:** The capacity to adjust, learn, and evolve is indispensable in a fast-changing environment.

These skills are not abstract ideals; they are practical tools that strengthen teams, enhance performance, and support long-term organisational health.

Building Teams for the Future

Leaders who embrace collaboration and connection are better equipped to navigate the complexities of the 21st-century workplace.

They understand that high-performing teams are built intentionally – through shared experiences, open dialogue, and a commitment to continuous learning.

Practical steps include creating spaces for meaningful conversation, encouraging cross-team projects, celebrating collective achievements, and modelling the behaviours they wish to see.

When leaders invest in these practices, they cultivate teams that are more effective, more resilient, and more aligned.

A New Era of Leadership

As generative AI continues to evolve, the human element becomes more important, not less.

The leaders who will shape the future are those who recognise that collaboration is power, connection is strength, and people – working together – are the engine of progress.

In this new era, leadership is no longer about standing at the front. It is about standing with others, building bridges, and creating environments where everyone can rise.





Dr Roop Sidhana

The Bhagavad Gita and Cognitive Behavioural Therapy: A Culturally Responsive Model for Mental Health

About the Author:

Franca Borgia is an artist, Mudra Yōga master, and astrologer with a passion for painting, interior design, and the written word. She has given talks at major thought-leader events, meeting with fellow motivational speakers, including Bob Proctor. Her interest in philosophy extends to its practical application in the fields of personal growth and leadership. In February 2026 Franca Borgia was conferred an honorary doctorate in Psychology.

Mental distress may be universal, but the way people understand it is shaped by culture.

Anxiety, depression, guilt, indecision, and loss of purpose are experienced across societies, yet their meaning is influenced by family, faith, social expectations, and personal values.

“One of the Gita’s most useful psychological ideas is the distinction between action and outcome.”

Psychotherapy is therefore most effective when it addresses not only symptoms, but also the cultural world in which those symptoms are experienced.

Cognitive Behavioural Therapy, or CBT, is one of the most widely used evidence-based approaches in mental healthcare. It helps people understand how thoughts, emotions, physical reactions, and behaviour affect one another. A person who thinks, “If I fail once, my future is over,” may become intensely anxious and start avoiding opportunities. CBT helps that person examine the thought, test whether it is accurate, and replace it with a more balanced response.

In India, the Bhagavad Gita can offer a culturally familiar way of supporting this process. The Gita begins with Arjuna in a state of deep emotional conflict. He is overwhelmed by fear, responsibility, attachment, and uncertainty. He experiences physical distress, confusion, and an inability to act. Krishna does not dismiss his suffering. Instead, he helps Arjuna look at the situation differently, clarify his responsibilities, and recover the courage to move forward.

One of the Gita's most useful psychological ideas is the distinction between action and outcome.

Many anxious people feel they must be certain of success before they begin. But no one can fully control results. A student can prepare sincerely, but cannot control every examination question. A doctor can offer careful, ethical treatment, but cannot remove all uncertainty. A professional can work hard, but cannot control every decision made by others.

This idea fits closely with CBT. Patients can be helped to separate what is within their control from what is not. The thought, "I must succeed," can be reframed as, "I will prepare carefully and act responsibly. The outcome matters, but it is not entirely in my hands." This reduces helplessness without encouraging passivity.

The Gita's teaching on equanimity is also valuable. Equanimity does not mean becoming cold or emotionless. It means remaining steady through success and failure, praise and criticism, hope and disappointment. In therapy, this may help a person say, "I feel anxious, but I can still act," or, "I am disappointed, but this experience does not define my whole identity."

Another useful principle is self-observation. Instead of saying, "I am a failure," a patient may learn to say, as fact, "I am having the thought that I am a failure." That small change creates distance between the person and the thought. It allows the thought to be examined rather than accepted. The idea of dharma may also support values-based therapy. It can help patients reflect on responsibility, dignity, purpose, and ethical action. However, it must be used carefully.

Duty should never be used to justify abuse, coercion, or unhealthy self-sacrifice.

A practical therapy session may therefore move through four stages: grounding the person, identifying thoughts and emotions, testing interpretations through evidence and culturally meaningful reflection, and taking one concrete, values-based action. Insight becomes useful when it leads to healthier behaviour. Such integration may improve trust, engagement, treatment adherence, and communication between clinicians, patients, and families.

This approach must remain collaborative and inclusive. Not every patient is religious, and no spiritual text should ever be imposed. The therapist should ask whether the patient finds such ideas meaningful and seek permission before using them.

The Bhagavad Gita is not a replacement for psychiatric assessment, medication, or evidence-based treatment. Rather, it can serve as a bridge between modern psychology and culturally familiar wisdom. Used ethically, it may help Indian patients understand

therapy in a language that feels natural, respectful, and personally meaningful.

The future of mental health-care need not choose between East and West. It can combine scientific discipline with cultural understanding, creating a model that is humane, evidence-informed, and deeply connected to lived experience.

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The future of mental healthcare need not choose between East and West. It can combine scientific discipline with cultural understanding, creating a model that is humane, evidence-informed, and deeply connected to lived experience.



Carmen Figueroa

Beyond Consciousness: Reborn in 21 Days

About the Author:

Life Coach, Founder of Women's Rebirth Program

Carmen Figueroa is a Life Coach, Growth Marketing Specialist, Producer, and Director of eyespointeproduction.com. She helps entrepreneurs, women leaders, educators, and small businesses grow through visibility strategies, communication, and human development — using coaching, marketing, documentaries, and editorial work to strengthen brands, share stories, and create community impact.

"I help people grow, stand out, and transform their stories into opportunities."

Everything we create—a word, a decision, a silence—has an impact on someone else. This is the first truth we must accept before we can speak about transformation: there is no such thing as a neutral action. That is why, when we talk about consciousness, we are not referring to an abstract concept or a fashionable spiritual idea, but to a tangible responsibility for the influence we have on others. Consciousness means recognizing that everything we build—a relationship, a business, or even the way we speak to ourselves—creates real consequences in the world we inhabit.

Consciousness, however, is not a single destination. It is a journey through seven levels, a staircase where each step reveals a deeper layer of understanding about who we are and what we are creating. Most

"There is no such thing as a neutral action."

people remain trapped on the first steps, reacting from fear, habit, or survival, unaware that a greater version of themselves is waiting to be discovered. When a woman begins to climb that staircase, something remarkable changes: she stops repeating inherited patterns and starts choosing her reality with intention and awareness.

This is where the second pillar enters: leadership. Leadership is not about giving orders or holding a title. True leadership begins with overcoming the ego, and this is only possible through consciousness. Leadership without consciousness becomes control, a



constant search for validation, and an endless struggle to prove one's worth. Conscious leadership, on the other hand, is born from inner strength and daily practice: the ability to support yourself even when no one else does. It is the strength that allows you to discover—or rediscover—your purpose, the one that is often buried beneath life's demands, family expectations, or childhood wounds.

The third pillar is perhaps the most misunderstood: justice. Justice is not a moral judgment about right and wrong. It is the ability to observe the complete picture before you—your history, your wounds, your possibilities—and, from your own values, make conscious decisions. It is setting healthy boundaries. Closing a chapter. Saying, "This is where it ends," without guilt. Conscious justice is organized action rather than revenge or chaos. It is love expressed through structure.

These three pillars form the foundation of my 21-day program for women who are navigating difficult chapters in their lives. During these twenty-one days, we do not seek to hide or decorate pain—we seek connection. Connection with consciousness, to understand where the painful belief of "I am not

"Consciousness means recognizing that everything we build—a relationship, a business, or even the way we speak to ourselves—creates real consequences in the world we inhabit."

enough" truly comes from, a belief that is often planted during childhood. Connection with leadership, to strengthen the inner resilience required to sustain meaningful change. And connection with justice, to establish real boundaries and leave behind the comfort zone that pain often becomes without us even realizing it.

Science recognizes twenty-one days as the time required to begin establishing a new habit.

Yet this journey is about much more than changing a behavior — it is about transforming an entire belief system about yourself. When a woman understands that she can rise through the levels of consciousness, that she can lead her own life without dominating anyone else, and that she can bring justice to her own story without falling into resentment or hatred, something breaks apart and something entirely new is born. She is reborn, quite literally, from the ground up.

There are no shortcuts on this path, but there is a map: consciousness to see clearly, leadership to remain steady, and justice to move forward. At the center of all three lies the same essential ingredient: love. Love for yourself and for everything you are building, one brick at a time, one day at a time, throughout twenty-one days that have the power to transform everything.

Because beyond consciousness there is no final destination—there is a different woman waiting to emerge. A woman who no longer needs to prove that she is enough for others, because she has finally learned that she is already enough for herself.



Dr. Valeriya Hjertenaes

**Neurodiversity
Is THE GAME
CHANGER:** Why the
Future of Leadership
Belongs to Diverse
Minds

About the Author:

Life Coach, Founder of Women's Rebirth Program

Carmen Figueroa is a Life Coach, Growth Marketing Specialist, Producer, and Director of eyespointproduction.com. She helps entrepreneurs, women leaders, educators, and small businesses grow through visibility strategies, communication, and human development — using coaching, marketing, documentaries, and editorial work to strengthen brands, share stories, and create community impact.

"I help people grow, stand out, and transform their stories into opportunities."

The future will not be won by organizations that think alike. It will belong to those courageous enough to embrace minds that think differently.

For decades, neurodiversity has been discussed primarily through the lens of diagnosis, accommodation, and inclusion. While these conversations remain important, they overlook a far greater opportunity. Neurodiversity is not merely a social responsibility—it is one of the greatest strategic advantages available to modern organizations.

As artificial intelligence transforms industries and routine work becomes increasingly automated, the most valuable human capabilities will be creativity, systems thinking, ethical judgment, resilience, empathy, and the ability to solve complex problems from multiple perspectives. These are precisely the strengths that diverse minds contribute when they are supported rather than suppressed.

This realization is deeply personal for me.

Living with obsessive-compulsive disorder (OCD)

has taught me that what society often labels as a weakness can become an extraordinary strength when understood and directed with intention. The same attention to detail, pattern recognition, persistence, and commitment to excellence that once felt overwhelming eventually became the very qualities that shaped my research, leadership, and global advocacy.

Today, my mission is to help organizations move beyond awareness toward action.

Together with my co-founder, Claire Zee, we developed Your Neurodiversity Edge™, an evidence-informed leadership framework designed to help individuals and organizations transform cognitive diversity into sustainable performance. Rather than asking people to hide who they are, we help leaders build environments where different ways of thinking become a source of innovation, trust, and competitive advantage.

Research consistently demonstrates that diverse teams make better decisions, generate more innovative solutions, and adapt more effectively to change. Yet many talented individuals continue to mask their authentic thinking styles because they fear misunderstanding or exclusion. The cost is enormous—not only for those individuals, but also for organizations that unknowingly lose creativity, engagement, and leadership potential.

The challenge, therefore, is not neurodiversity itself. The challenge is whether our systems are designed to recognize and cultivate different ways of thinking. Leadership in the twenty-first century requires a fundamental shift—from managing people to enabling people. It requires moving beyond standardized approaches toward environments where every individual has the opportunity to contribute from their unique strengths.

This philosophy inspired the development of our 5E ENABLERS Method™, which encourages leaders to Empathize, Evolve, Evaluate, Enhance, and Empower. Sustainable leadership begins with understanding ourselves, grows through continuous learning, and ultimately creates cultures where people feel psychologically safe to contribute their best ideas.

Such leadership benefits everyone—not only neurodivergent individuals.

Organizations that create psychologically safe environments experience stronger collaboration, greater innovation, improved employee well-being, and higher organizational resilience. In a rapidly changing world, these are no longer optional qualities; they are essential for long-term success.

The conversation around neurodiversity is therefore evolving. It is no longer simply about accommodation. It is about unlocking human potential. It is about recognizing that diversity of thought fuels scientific discovery, entrepreneurial innovation, educational transformation, and sustainable leadership.

The future belongs to leaders who understand that inclusion is not lowering standards—it is expanding the range of brilliance that organizations are able to recognize.

Every human brain is wired differently. That difference is not a flaw to be corrected but a strength to be cultivated.

If we truly wish to build more innovative businesses, more resilient institutions, and more compassionate societies, we must stop asking people to fit into outdated systems and instead begin designing systems that allow people to flourish.

Because the next great breakthrough will not come from another technology alone.

It will come from unlocking the extraordinary potential already present within the diversity of the human mind.

Neurodiversity is not the challenge. It is the game changer.





Parimala Jaggesh

One Healthy Choice Can Change a Generation

About the Author:

Parimala Jaggesh, Founder and CEO of AlaMirap Nutrition, helps people reverse lifestyle diseases through science-based nutrition. Living with Type 2 diabetes for 30+ years, she turned her journey into a mission of empowerment. A certified nutrition coach, TEDx speaker, author of Millet Revolution, and Honorary Doctorate recipient, she aims to impact one billion lives.

We often think that changing the world requires extraordinary talent, vast wealth, or political power. In reality, lasting change usually begins with one simple decision—choosing health.

For over three decades, I have worked with people living with diabetes, obesity, thyroid disorders, fatty liver disease, hypertension, and other lifestyle-related conditions. During this journey, I have learnt a profound truth: people do not fail because they lack willpower; they fail because they lack the right knowledge, guidance, and support.

Today, the world is witnessing an unprecedented rise in chronic diseases. We are surrounded by convenience, yet many of us have become disconnected from the

“Knowledge must become action. Action must become consistency. Consistency must become lifestyle. That is where true transformation occurs.”

very foundations of health—real food, movement, sleep, stress management, and meaningful human connection. We are living longer, but not necessarily living healthier.

The encouraging news is that our bodies possess an extraordinary ability to heal and recover when given the right environment.

As a nutrition coach, I have seen people reduce their HbA1c, improve their blood sugar levels, lose excess weight, regain energy, and reclaim confidence—not through miracle products or extreme diets, but through sustainable lifestyle changes backed by science.

True transformation begins when people stop asking, “What medicine should I take?” and start

asking, "What can I change today?"

Health is never built through one dramatic action. It is created through hundreds of small decisions repeated consistently.



Choosing water instead of a sugary drink.
Walking after a meal.
Adding more vegetables to a plate.
Sleeping an hour earlier.
Managing stress before it becomes disease.

These decisions may seem insignificant individually, but together they create remarkable change.

As entrepreneurs, leaders, parents, and professionals, we often focus on growing businesses, building careers, and achieving financial success. Yet the greatest investment we can ever make is in our health. Without physical and mental well-being, success becomes difficult to enjoy.

Healthy individuals build healthier families.
Healthy families create stronger communities.
Strong communities build stronger nations.
That is how one healthy choice becomes a global movement.

Women's health deserves particular attention because women are often the caregivers of society. They nourish families, support communities, lead organisations, and inspire future generations. When a woman understands nutrition and healthy living, the positive impact extends far beyond herself. She becomes a catalyst for change within her home, workplace, and community.

This ripple effect is one of the most powerful forces for sustainable development.

Technology has also given us incredible opportunities to personalise health. Today we can monitor blood glucose, understand our body's response to food, and make informed lifestyle decisions based on real-time data. However, technology alone cannot transform

lives. Information only becomes powerful when it is translated into daily habits.

Knowledge must become action.
Action must become consistency.
Consistency must become lifestyle.
That is where true transformation occurs.

Throughout my own journey living with Type 2 diabetes, I realised that every challenge carries a purpose. Rather than allowing the diagnosis to define my future, I chose to let it become my greatest teacher. It deepened my understanding, strengthened my resolve, and inspired me to dedicate my life to helping others discover that better health is possible.

Each life transformed reminds me why this mission matters.

At AlaMirap Nutrition, our vision extends beyond helping individuals lose weight or manage diabetes. We aspire to create informed communities where prevention becomes the first choice, education replaces fear, and health becomes accessible to everyone regardless of age or background.

My personal dream is simple yet ambitious—to positively impact one billion lives by empowering people with practical, science-based nutrition and lifestyle education.

Real change does not begin in hospitals.
It begins in our kitchens.
It begins in our daily routines.
It begins in our choices.

Every healthy meal, every mindful decision, every encouraging conversation, and every life we inspire creates another ripple that reaches further than we can imagine.

The world does not need more perfect people.

It needs more informed people who are willing to take one healthy step today—and inspire another person to do the same tomorrow.

Because one healthy choice truly has the power to change a generation.



Natalie Alcantara

Design Your Own Disruption

About the Author:

Natalie Alcantara is a Conversation Architect, Strategic Advisor & Facilitator specializing in breakthrough conversations that unlock collective intelligence and drive organizational transformation. She is the founder and lead consultant at IQN⁺ Digital LLC, and a contributing partner and advisor to global and US-based consulting organizations, helping leaders build adaptive capacity in a climate of relentless transformation and accelerating technological change.

We call it resilience when we survive a disruption we never saw coming. But what if we could author the disruption instead of enduring it, choosing the change before it chooses us?

That's not theory for me. It's a conclusion I've come to after several reinventions, each one a different lifetime, a different version of me with different fears and a different definition of enough. "Change is the only constant" is a truism we overlook and in what futurists now call a BANI world (brittle, anxious, non-linear, incomprehensible), that constant has picked up a pace most of us were never built for.

Researchers who study change fatigue have spent years measuring how much disruption a person can absorb before growth turns into damage. The honest answer: not much, and less than most workplaces or life events now demand. When change arrives faster than we can process it, most people don't evolve. They burn out quietly, in ways that look like ordinary life

because everyone around them is running the same low-grade exhaustion, without ever openly admitting it. At some point the choice narrows to two: reinvent or become irrelevant to your own life.

It is often said that nature is our greatest teacher, and if we want to truly master adaptation, she's worth studying closely. A tree doesn't hold onto its leaves until drought forces them off. It sheds before the dry season arrives, on a schedule by design. We tend to skip that part. We wait for the drought and then act surprised when it comes.

I can tell you, from uncomfortably close experiences, that designing your own disruption is not easy. I've been through two divorces. I got stranded during the pandemic, unable to get home for the better part of two years. And in the five years since, I've lived in five different countries, some of it chosen, most of it not. My career reinvented itself more than once in that time too, not by ambition but by circumstance. None



“At some point the choice narrows to two: reinvent or become irrelevant to your own life.”

of it felt like strength while it was happening. I only called it that afterward, for lack of a better word.

Looking back, I don't wish any of it away, but I do wish I'd been honest enough, sooner, to admit that certain versions of my life had already stopped serving who I was becoming. I wish I'd let go before circumstance ripped it away from me. That's the real cost of waiting for a crisis to decide for you: It decided on its own timeline, not yours, and it rarely leaves you room to grieve what it's taking.

Whether the change ahead of you is professional or personal, it starts in the same place: an honest inventory, taken before circumstances force one on you. It doesn't start with a five-year plan or a vision board, the kind that costs nothing to make and changes nothing because of it. It starts with an unflinching look at what, in your life right now, has

already run its course: the job that no longer challenges you, the relationship you're maintaining out of habit more than love, the version of yourself you keep defending instead of questioning. It's an uncomfortable audit. It is also the only one that tells you the truth.

We are all navigating chaos from every direction right now, climate, country, company, and the smaller, quieter choices that add up to the same thing. So maybe the real question isn't how to survive what's coming. It's simpler, and harder: what would you love to reinvent in your life, not the thing you feel you're supposed to fix, but the thing that you would change if nobody else were watching?

Then begin, quietly and on your own terms, before the dry season arrives, to design your own disruption. It's coming either way. The only real choice left is whether you get there first.



Shaik Mohammed Tajuddin Aref

Ethical Leadership in Public Service: Lessons for a Changing World

About the Author:

Natalie Alcantara is a Conversation Architect, Strategic Advisor & Facilitator specializing in breakthrough conversations that unlock collective intelligence and drive organizational transformation. She is the founder and lead consultant at IQN' Digital LLC, and a contributing partner and advisor to global and US-based consulting organizations, helping leaders build adaptive capacity in a climate of relentless transformation and accelerating technological change.

In every era, societies have looked to leadership for direction, stability, and hope. Today, as the world faces rapid technological change, climate challenges, economic uncertainty, and social transformation, the demand for ethical leadership has never been greater. Public service is not merely the administration of laws and policies; it is a sacred responsibility to uphold justice, protect human dignity, and serve the common good.

Ethical leadership begins with integrity. It requires honesty in decision-making, transparency in

governance, accountability in public institutions, and fairness in the treatment of every citizen. These principles are not optional ideals—they are the foundation upon which public trust is built. Without trust, even the most well-designed policies cannot achieve their intended purpose.

Throughout my years in public administration, I learned that governance is ultimately about people. Every file, every decision, and every policy has a direct impact on human lives. An effective public servant must therefore combine professional competence

with empathy, impartiality, and a commitment to justice. Citizens remember not only the decisions made but also the fairness and respect with which they are treated.

Leadership also requires courage. Ethical leaders must be prepared to make difficult decisions while remaining faithful to principles rather than personal interests. They should inspire confidence through consistency, humility, and a willingness to accept responsibility. Such leadership strengthens institutions and creates an environment where integrity becomes part of the organisational culture.

The digital age has transformed public administration. Technology enables governments to deliver services more efficiently, improve transparency, and strengthen communication with citizens. Digital governance can

“True leadership is not about the power we hold; it is about the trust we earn, the lives we uplift, and the legacy of integrity we leave behind.”

reduce delays, increase accountability, and make public services more accessible. However, technology should always serve humanity. Innovation must be guided by ethical standards, data privacy, and equal access so that no section of society is left behind.

Inclusive leadership is equally important. Good governance succeeds when every citizen has an opportunity to participate in national development. Women, youth, senior citizens, persons with disabilities, and disadvantaged communities all bring valuable perspectives that strengthen public policy. Empowering women through education, leadership opportunities, and equal participation in decision-making enriches institutions and contributes significantly to sustainable development. Likewise, investing in young people prepares the next generation to lead with innovation, responsibility, and integrity.

Public service also extends beyond government offices. Educational institutions, civil society organisations, businesses, and community leaders all share responsibility for promoting ethical values.

Collaboration among these sectors creates stronger communities and reinforces a culture of service, respect, and accountability.

The challenges confronting the world today cannot be solved by individual nations acting alone. Climate change, public health, migration, cybersecurity, and sustainable development require international cooperation built on mutual trust and shared responsibility. Ethical leadership encourages dialogue, respect for diversity, and peaceful collaboration among nations, recognising that our shared humanity is stronger than our differences.

Leadership is ultimately measured not by titles or authority but by the positive impact it creates in the lives of others. A leader who serves with integrity earns respect that endures long after official responsibilities have ended. Such leadership inspires future generations to uphold the same values of honesty, compassion, and public service.

As we look towards the future, the world needs leaders who place ethics before expediency, service before self-interest, and humanity before division. By nurturing integrity, promoting inclusion, embracing innovation responsibly, and strengthening cooperation, we can build institutions that command public confidence and societies that are more just, resilient, and peaceful.

True leadership is not about the power we hold; it is about the trust we earn, the lives we uplift, and the legacy of integrity we leave behind.





Amb Angonimi David-Imeh

Africa's Agenda 2063: A Call for Stronger Global Collaboration Towards a Prosperous World.

About the Author:

Amb. Angonimi David-Imeh is a quality education, Zero Hunger and No Poverty advocate. An organizational leader committed to raising internally displaced women and children back to dignity. Through Hope Raisers Global Foundation, she drives programs in sustainable livelihood, education, mentorship, and community development. Known for integrity, vision, and compassion, she inspires service and empowers the next generation to lead with purpose.

Positioning Governments, Industry, Academia, Development Partners and Citizens to Build Africa's Next Era of Innovation, Industrialization and Shared Global Prosperity.

As the global economy searches for its next engine of sustainable growth, one reality is becoming increasingly undeniable: Africa is no longer merely the continent of the future—it is the continent shaping the future. With the world's youngest population, abundant natural resources, expanding digital connectivity, and an emerging entrepreneurial class, Africa stands at the threshold of an unprecedented transformation. Agenda 2063, the African Union's strategic blueprint for inclusive and sustainable development, provides the roadmap. The question before the world is no longer whether Africa will rise, but whether global stakeholders will position themselves to rise with Africa.

By 2050, one in every four people on Earth will be African. This demographic shift represents more than population growth; it is the emergence of the world's largest reservoir of human capital. In an era where many developed economies face ageing populations and shrinking workforces, Africa's youthful demographic offers a strategic advantage capable of driving innovation, productivity, and global economic expansion for decades to come.

Yet demographics alone do not guarantee prosperity. They must be matched with deliberate

investments in education, science, technology, artificial intelligence, healthcare, agriculture, infrastructure, manufacturing, and entrepreneurship. Agenda 2063 rightly recognizes that Africa's greatest resource is not beneath its soil but within its people. Unlocking this potential requires partnerships that transcend aid and embrace genuine collaboration built on shared value and mutual respect.

The next frontier of artificial intelligence, biotechnology, climate-smart agriculture, renewable energy, and digital commerce presents Africa with an opportunity to leapfrog traditional development pathways. African innovators are already developing fintech solutions, health technologies, agricultural innovations, and digital platforms that address local challenges while creating globally relevant solutions. With the right ecosystems, Africa can become not merely a consumer of innovation but a leading producer of technologies that benefit humanity.

Governments must therefore prioritize policies that strengthen institutions, improve regulatory certainty, invest in research and development, and foster an environment where enterprise can thrive. Equally, the private sector must view Africa not simply as a consumer market but as an innovation hub, manufacturing destination, and investment partner. The returns on investing in Africa will not only be measured financially but also in enhanced global stability, expanded markets, and resilient supply chains.

Academic institutions also have a defining role to play. Universities across Africa and around the world should

“Africa’s prosperity is not an African agenda alone; it is a global imperative.”

deepen collaboration in research, faculty exchange, technology transfer, and skills development. Preparing Africa's young people for the Fourth Industrial Revolution requires educational systems that nurture critical thinking, digital competence, creativity, and entrepreneurial leadership. Knowledge partnerships will prove just as valuable as financial investments.

Development partners must also rethink engagement with Africa. The era of dependency narratives should give way to one of co-creation, innovation, and long-term capacity building. Investments should prioritize strengthening institutions, supporting local industries, empowering women and youth, and accelerating sustainable industrialization. Success should no longer be measured solely by projects completed but by systems strengthened and opportunities created.

Africa's prosperity is not an African agenda alone; it is a global imperative. A prosperous Africa contributes to stronger global trade, improved food security, expanded innovation ecosystems, climate resilience, and international peace. Conversely, underinvestment in Africa carries consequences that extend far beyond the continent's borders. The interconnected nature of today's world means that Africa's success will increasingly shape global development.

Agenda 2063 is more than a continental aspiration—it is an invitation to the world. It calls on governments, investors, academia, multilateral institutions, philanthropists, innovators, and citizens to build a future where Africa's rise becomes humanity's shared success. The time to position for that future is not in 2063. It is today.





Dr. Geeta Khubchandani

Bridging the Gap: The Promise of Integrated Medicine and Homeopathy in Modern Healthcare

About the Author:

Dr. Geeta Khubchandani, BHMS, MARH, is the Founder and Managing Director of Faith Homoeopathy UK and Faith Fitness UK. With over 30 years of experience, she is a globally recognised homeopathy consultant, menopause expert, and holistic wellness leader dedicated to transforming lives through natural healing, nutrition, and lifestyle empowerment.



Redefining Healthcare Beyond Disease Treatment

For decades, modern conventional medicine has been humanity's strongest defense against acute illness, traumatic injuries, and medical emergencies. Surgical advances, diagnostics, and targeted pharmaceuticals continue to save millions of lives. However, when addressing chronic, complex, and lifestyle-related conditions, conventional healthcare can sometimes face limitations. This has contributed to the global emergence of Integrated Medicine—a patient-centered approach combining conventional care with evidence-based complementary therapies.

Integrated medicine recognizes that true health extends beyond the absence of disease. It considers the interconnected influence of physical, emotional, mental, and lifestyle factors on wellbeing. Rather than

focusing solely on symptom suppression, it aims to support healing, prevention, and long-term health optimization. As described by Lesley Rees and Andrew Weil in their work published in the British Medical Journal, integrated medicine views patients as whole individuals and encourages active participation in supporting health through nutrition, exercise, rest, and emotional balance.

"Modern medicine has achieved so much, but it fails me almost every day in my GP surgery. We not only need new treatments, we also need to offer patients a more personal and holistic approach."

— Dr. Michael Dixon, Chair of the College of Medicine and Head of the Royal Medical Household

The Synergy Between Conventional Medicine and

Homeopathy

A key component of this integrated vision is the relationship between conventional medicine and homeopathy. Developed in the late 18th century by German physician Samuel Hahnemann and systematized in his 1810 work *Organon of Medicine*, homeopathy was created as a gentle and individualized approach to healthcare.

While conventional medicine plays a vital role in emergencies by providing rapid diagnosis, intervention, and life-saving treatments, homeopathy focuses on supporting the body's self-regulatory processes over time. Through personalized remedies selected according to an individual's overall constitution—including physical, emotional, and psychological characteristics—homeopathy looks to address the person rather than only the disease label.

Clinical experiences and observational studies have reported benefits for patients managing chronic conditions such as eczema, migraines, polycystic ovary syndrome (PCOS), irritable bowel syndrome, asthma, and chronic fatigue. Within an integrated model, conventional medicine provides essential safety and acute care, while complementary approaches may contribute to improving long-term wellbeing and quality of life.

“True health considers the interconnected influence of physical, emotional, mental, and lifestyle factors on wellbeing.”

Building a Scientific Foundation for Complementary Care

The future of integrated medicine depends on supporting a rigorous and open-minded scientific approach. Research continues to explore the biological effects of traditional therapies and their potential role within modern healthcare.

A study published in *Nature* (Arruda-Silva et al., 2021) investigated low-dose *Drosera rotundifolia*, a plant traditionally used in homeopathic respiratory care. The research demonstrated effects on gene expression in human bronchial epithelial cells (16HBE) without reducing cell viability, suggesting potential biological activity and involvement of cellular repair, detoxification, and growth factor pathways.

Further research presented through organizations such as the Homeopathy Research Institute (HRI) has explored clinical outcomes across different fields, including oncology supportive care, laboratory studies, and randomized controlled trials investigating conditions such as PCOS. These studies contribute to the ongoing discussion about how complementary approaches may be evaluated and integrated responsibly.

Empowering Patients Through the Future of Healthcare

The future of healthcare lies in creating a more personalized, preventative, and collaborative system. Integrated clinics around the world are already combining conventional diagnostics with approaches such as clinical nutrition, acupuncture, exercise therapy, mind-body practices, and homeopathy to support patients with chronic conditions.

By encouraging cooperation between different medical disciplines, healthcare can move beyond a purely disease-focused model toward one that values prevention, patient involvement, and whole-person care.

Integrated medicine does not seek to replace conventional medicine but to complement its strengths. By combining scientific progress with personalised approaches, healthcare can better address the complex needs of individuals and support a more comprehensive vision of health and healing.





Dr. Angela Soong

What if your greatest limitation isn't your circumstances... but your frequency?

About the Author:

Dr. Angela Soong is an international keynote speaker, humanitarian, entrepreneur and founder of the Quantum Tech Healing Centre. She inspires audiences through her life story and exploration of quantum-inspired wellness, consciousness and transformation, helping reduce pain and suffering by elevating frequency, restoring nervous system balance and coherence, unlocking purpose, and accelerating health, wealth and human potential through quantum-inspired leaps.

For centuries, humanity has focused on treating symptoms while overlooking a more fundamental question: What if every thought, emotion and experience carries a measurable energetic signature? What if stress, fear, emotional overwhelm and chronic pressure gradually pull us into lower states of energy — while peace, gratitude, purpose and love elevate our capacity to thrive?

These are the electrifying questions audiences explore the moment Dr Angela Soong takes the stage.

A globally recognised keynote speaker, humanitarian, entrepreneur, property developer, investor and founder of the Quantum Tech Healing Centre, Dr Angela is guardian of what many consider a groundbreaking technology — the RASHA quantum

field healing machine. Combined with her work as a hypnotherapist, she fuses science and spirituality, bridging today's advanced technology with timeless universal principles — helping people understand the root of their challenges and how frequency shapes their wellbeing.

Your wealth, health and prosperity aren't coincidence

“One question has always driven her: Why do some people transform their lives while others stay trapped in repeating cycles?”

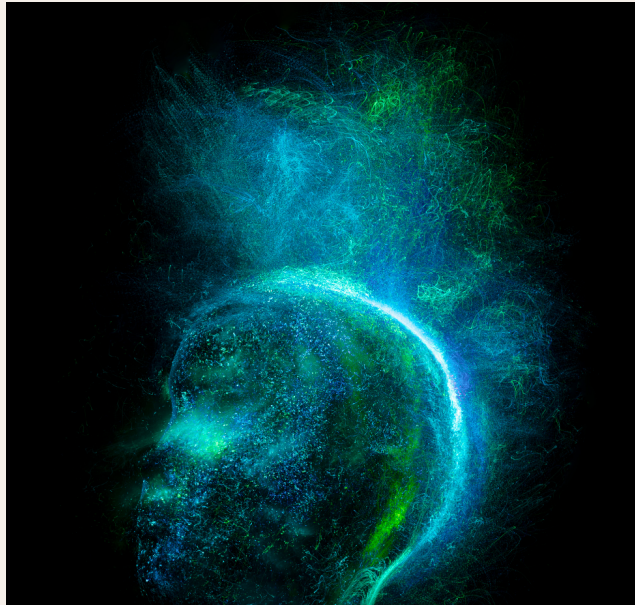
or luck. There's far more beneath the surface than physical effort alone. We spend our lives working on the outside world — but the real revelations happen within.

Dr Soong has spent years studying how the mind truly works, uncovering rules and principles we cannot simply override. Understanding the mind isn't just about perception or willpower — the past shapes the present, and without shifting perception, it predicts the future. In her work, she challenges mindset, beliefs and feelings at their core.

Everyone wants to change. We want more, we want to feel enough, we want to be better — yet breaking free from old habits feels impossible. Dr Soong works at the deepest levels of existence: physical, mental, emotional and spiritual. By working with the unconscious mind, reprogramming it, and updating the system, she helps shift the neurological and chemical pathways that keep people stuck.

She explores frequencies, wavelengths, coding and reprogramming — retuning your internal state so your outward vibration transforms naturally. Healing begins here. Fine-tune to the right frequency, and manifestation follows. Tap into the quantum field, and the entire process accelerates. You don't have to suffer in pain and agony — you can heal faster, releasing the stored metaphysical energy your body has carried for years: grief, shame, anger, guilt, unworthiness. The body keeps the score — and when that energy accumulates unchecked, inflammation and disease can follow. Dr Soong shares real examples of this phenomenon live on stage.

Growing up in poverty — living above the shop stairs where her immigrant parents worked, alongside



“Instead of only asking, ‘What’s wrong with me?’—what if the real question is, ‘What state am I operating from?’”

is dialled. Our thoughts, emotions and physiology involve measurable electrical and biochemical activity — so what if changing your internal state changes how you experience the external world?

At the Quantum Tech Healing Centre, Dr Angela introduces the RASHA system — personalised sound, frequency and energetic relaxation programmes, much like dialling the exact right number to reach your destination. Instead of only asking “What’s wrong with me?” — what if the real question is “What state am I operating from?”

Her presentations weave neuroscience, mindset, transformation and quantum-inspired wellness into an experience that leaves audiences questioning everything they thought they knew — about health, healing and what’s actually possible.

So what exactly happens inside a RASHA session? Can stuck metaphysical energy really be released and how? If the body keeps the score, can it also be rewritten? And if frequency shapes disease, could it just as easily shape.

her grandmother — Dr Angela knew hardship long before success. That adversity forged an extraordinary resilience, propelling her onto international stages, prestigious institutions and global conferences as a speaker, business leader, humanitarian and educator.

One question has always driven her: Why do some people transform their lives while others stay trapped in repeating cycles?

Everything in the universe exists in vibration. Every musical note vibrates. Every radio station broadcasts on its own frequency. Every mobile phone connects only when the correct number



Anil K. Choudhari

The Growing Crisis of Depleting Water Resources in India

About the Author:

Anil K. Choudhari is an innovative sales leader with a 36-year career spanning small Indian towns to major global economies, living in 14 cities. He's worked with 7 MNCs (Alfa Laval, Rockwell Automation, Danfoss, Invensys), built 10 operations from scratch, and was named Top 10 Indian Leaders in Dubai 2021 as MD of Vogelsang Middle East FZCO.

Most of us keep cash reserves, is cash going to finish? No! It can be earned again. When we hear fuel prices are going up, we try to full our vehicle tanks to save some money, few rupees/ dollars.

Many years back we faced power issues & slowly we learned to keep power as reserve or stand by, Inverters, Diesel Gensets, Batteries & now solar etc. And we are sure that one or the other option is available overnight to resume next day.

Can you imagine your life without water? What if you know that the water finishes tonight, what exactly you will be doing today?

Why should people care about water right now?
"Water is one of those things we don't think about—until it's gone. And for millions of people, that reality is already here."

"The question is no longer whether we should conserve water. The question is whether we can afford not to."

Believe it or not! Our country India is facing one of its most severe yet silent crisis—rapidly depleting water resources. From drying rivers to falling groundwater levels, the country stands at the brink of a water emergency that threatens livelihoods, agriculture, and economic stability.

- **Only ~1% of Earth's water is usable freshwater** (USGS)
- **2+ billion people lack safely managed drinking water** (WHO/UNICEF Joint Monitoring Programme)
- **~700 million people could be displaced by water scarcity by 2030** (World Bank)



Water is the backbone of India's economy, especially in agriculture, which consumes nearly 80% of the country's available freshwater. However, excessive extraction of groundwater for irrigation has led to a sharp decline in water tables across many states. Regions like Punjab, Haryana, Rajasthan, and parts of Maharashtra are witnessing alarming drops in groundwater levels.

- India has **18% of the global population but only 4% of water resources** (World Bank)
- **21 major cities could run out of groundwater** (NITI Aayog Composite Water Index)
- India is the **largest groundwater extractor globally** (World Bank / FAO)
- **70% of India's water is contaminated** (NITI Aayog)
- Per capita water availability has **fallen by over 50% since 1950** (Government of India data)

How serious is the global water crisis today

"We tend to think of water scarcity as a future issue—but the truth is, we're already living in it."

- **4+ billion people face severe water scarcity at least one month a year** (Mekonnen & Hoekstra, Science Advances)
- Global water demand is expected to **exceed supply by 40% by 2030** (UN Water)
- We lose **~30% of treated water globally through leaks and inefficiencies** (World Bank)
- **80% of wastewater is released untreated globally** (UNESCO)
- Groundwater provides **~50% of drinking water worldwide** but is being over-extracted (UN Water)

Why is water conservation important for businesses

"Water is quickly becoming one of the biggest hidden risks in business."

- **\$301 billion in business value is at risk due to water scarcity** (CDP Global Water Report)
- **One-third of the world's largest companies already report water-related risks** (CDP)
- Industrial water demand is projected to **increase by 400% by 2050** (OECD)

What gives you hope? What solutions are working? "The encouraging part is—we already have the tools to fix this."

- Smart water management can reduce consumption by **20–30%** (World Bank/McKinsey estimates)
- Leak detection alone can save **billions of liters annually in cities** (Global Water Intelligence)
- Water reuse could meet **up to 40% of future urban demand** (UN Water)

The problem of depleting water resources in India is not just an environmental issue but a national challenge that demands urgent attention. If timely measures are not taken, the consequences could be irreversible.

In conclusion, "Water is probably the most undervalued resource we have. We treat it like it's infinite—but the data shows it's anything but. This is both a human crisis and a business risk. The real opportunity now is to manage water smarter—and that's where technology, and companies like Untap, can make a real difference."



Kaushaki Sondhi

Preparing Students for a World That Doesn't Exist Yet: The Education India Needs

About the Author:

Kaushaki Sondhi is a distinguished Personality Development Expert and academic leader, currently Dean of Training & Placement in Maharashtra. She has served as Learning & Development Manager at Bombay Paper Mills, CBSE school Principal, and Board Advisor to universities, schools, and NGOs. She's also National Vice President (Women Empowerment) and a NTI Aayog Mentor of Change.

In today's rapidly changing world, education can no longer be measured only by marks, degrees, or certifications. The true purpose of education is to prepare individuals to solve problems, adapt to change, lead with integrity, and contribute meaningfully to society. According to educationist and personality development expert Kaushaki Sondhi, the future belongs to those who combine knowledge with skills, values, and continuous learning.

“True empowerment begins with education and economic independence.”

With extensive experience in education, leadership, personality development, training, and mentoring, Kaushaki Sondhi believes that the biggest challenge before educational institutions is bridging the gap between academic learning and industry expectations. While universities provide theoretical knowledge, students must also develop communication skills, critical thinking, emotional intelligence, leadership, digital literacy, and problem-solving abilities to thrive in today's competitive world.

A strong advocate of women empowerment, Kaushaki emphasizes that true empowerment begins with education and economic independence. Although India has made remarkable progress in women's education and entrepreneurship, she believes

that equal opportunities, financial literacy, skill development, and mentorship are essential to creating lasting change. Empowered women not only transform their own lives but also strengthen families, communities, and the nation.

Her vision for education extends beyond urban classrooms. She believes that rural India possesses extraordinary talent waiting to be discovered. By integrating technology, digital education, vocational training, entrepreneurship, and career guidance into rural education, millions of young minds can become innovators rather than job seekers. Inclusive education, according to her, is one of the strongest pillars of a developed India.

Throughout her career, Kaushaki has mentored students, educators, professionals, entrepreneurs, and institutions across diverse sectors. Her philosophy is simple: education should shape mindsets before careers. She encourages educators to move beyond conventional teaching methods and inspire curiosity, creativity, resilience, and confidence among learners. A teacher's greatest achievement is not merely completing a syllabus but helping students discover their potential.

As the Dean of Training and Placement, Kaushaki strongly advocates experiential learning. Industry collaborations, internships, live projects, mock interviews, professional mentoring, and skill-based

training are essential components of modern education. Students should graduate not only with degrees but also with the confidence and competencies required to succeed in professional environments. Institutions that integrate academia with industry create graduates who are both employable and future-ready.

Innovation also occupies a central place in her educational philosophy. She believes that research, interdisciplinary collaboration, and practical problem-solving create an ecosystem where creativity flourishes. Young innovators need guidance, exposure, and encouragement to transform ideas into impactful solutions. Educational institutions should therefore nurture innovation as a culture rather than treating it as an occasional activity.

Having worked with numerous educational institutions, social organizations, and national initiatives, Kaushaki has developed a broader perspective on human development. She believes that education, human rights, women empowerment, leadership, and innovation are deeply interconnected. When these elements work together, they create sustainable social progress and contribute to nation-building.

One principle that defines her professional journey is her belief in the power of mentorship. She often says that success is not achieved alone but through meaningful guidance and collaboration.





Dr Lipika Sharma

Gender and Artificial Intelligence: The Defining Human Rights Challenge of the Digital Age

About the Author:

Dr Lipika Sharma is an Indian attorney & Mediator at the Supreme Court of India and a Senior Consultant with UN Women with over 26 years of experience. A Global Thought Leader, Podcaster, Public Speaker, Coach & Trainer with specialisation in Gender, Artificial Intelligence, Climate Change, and disaster resilience, advising organisations such as UN Women, UNDP, and UNDRR.

Artificial Intelligence is no longer a technology of the future. It is already shaping who receives employment opportunities, healthcare, financial services, education, social protection, and even access to justice. As AI becomes increasingly embedded in governance and public policy, the conversation must move beyond technological advancement to a more fundamental question: Whose intelligence is AI amplifying, and whose voices are being left behind?

The intersection of gender and Artificial Intelligence represents one of the defining human rights challenges of the twenty-first century.

“Bias is no longer exercised by individuals alone; it is embedded within technology.”

While AI has the potential to accelerate progress towards the Sustainable Development Goals (SDGs), it can also reinforce structural inequalities if gender considerations remain absent from its design, deployment, and governance.

Contrary to popular belief, algorithms are not inherently objective. AI systems learn from historical datasets that reflect existing social realities, including gender discrimination, unequal labour participation, biased hiring practices, and the underrepresentation of women in leadership. When these datasets become the foundation of machine



learning models, historical prejudice risks becoming automated decision-making. Bias is no longer exercised by individuals alone; it is embedded within technology.

The consequences are already visible. Recruitment algorithms have favoured male applicants because historical employment data reflected male-dominated industries. Facial recognition systems continue to perform less accurately for women and darker-skinned populations. AI-assisted healthcare applications have overlooked sex-specific medical differences, while financial algorithms have produced unequal lending outcomes. These examples demonstrate that algorithmic discrimination is no longer a hypothetical concern but an emerging governance challenge requiring immediate policy attention.

The challenge extends beyond biased outcomes to unequal participation in shaping AI itself. Women remain significantly underrepresented in STEM education, AI research, technology entrepreneurship, and leadership within the digital economy. This imbalance influences the questions AI is designed to answer, the datasets selected for training, and the ethical safeguards built into technological systems. Diversity is therefore not simply a matter of representation; it is a prerequisite for responsible innovation.

Digital divides intersect with economic inequality, educational disparities, and social norms that continue to restrict women's access to technology

and digital skills. Without deliberate investment in digital inclusion, AI risks widening existing inequalities rather than reducing them. The rapid growth of generative AI has introduced new forms of gender-based digital violence. Deepfakes, synthetic media, AI-generated misinformation, and non-consensual image manipulation disproportionately target women, particularly those in public life. Legal frameworks must evolve to address these emerging threats through stronger regulation, platform accountability, survivor-centred remedies, and international cooperation.

Yet AI also offers remarkable opportunities to advance gender equality when designed responsibly. Predictive analytics can strengthen maternal healthcare, language technologies can expand educational access, AI-powered legal assistance can improve access to justice, and intelligent early warning systems can support gender-responsive disaster risk reduction and climate resilience.

Realising this potential requires collective responsibility. Governments must establish regulatory frameworks that ensure transparency, accountability, and algorithmic fairness. Technology companies should undertake regular bias audits and human rights impact assessments throughout the AI lifecycle. Educational institutions must encourage greater participation of women and girls in STEM and AI disciplines, while investors and businesses should recognise responsible AI as an essential element of Environmental, Social, and Governance (ESG) commitments. Civil society must remain an active partner in shaping AI governance rather than merely responding to its consequences. Innovation without inclusion cannot be called progress, and efficiency without equity cannot be considered sustainable development.

As nations formulate AI strategies and negotiate global governance frameworks, gender equality must move from the margins of technology policy to its centre. Designing AI that is ethical, transparent, accountable, and inclusive is not merely a technological objective; it is a democratic obligation and a human rights imperative. The digital future is being written today. Ensuring that it reflects the rights, aspirations, and lived experiences of women and girls is essential if Artificial Intelligence is to fulfil its promise as a force for justice, equality, and sustainable development.



Funmi Lawal MBE

Clip-Knix: An African Solution to Ending Period Poverty

About the Author:

Funmi Lawal MBE is the Founder and CEO of Clip-Knix Ltd, pioneering adaptive and reusable underwear to improve dignity and women's health. An award-winning entrepreneur and patient advocate, she is leading Nigeria's first large-scale reusable underwear manufacturing project, creating sustainable solutions that tackle period poverty, disability inclusion, employment, and economic development.

Period poverty is still one of Africa's most overlooked public health and social challenges. Millions of girls and women are forced to rely on disposable sanitary products that are expensive, difficult to access, and harmful to the environment. For many families already struggling with the rising cost of living, buying disposable sanitary pads every month is simply unaffordable. As a result, many girls miss school, women miss work, and countless individuals resort to unsafe alternatives such as old cloth, paper, or other unsuitable materials, putting their health, dignity, and confidence at risk.

The dependence on imported disposable products also creates another challenge. Every year, African countries spend millions in foreign exchange importing menstrual products that are used once and then discarded. These products contribute significantly to landfill waste, plastic pollution, and environmental degradation, while offering little long-term economic

benefit to local communities. Rather than creating employment within Africa, disposable products often support manufacturing jobs elsewhere in the world.

Clip-Knix believes there is a better way.

Our reusable period underwear provides a sustainable, affordable, and dignified alternative

“Clip-Knix is a new generation of African innovation, designed in response to lived experience, manufactured in Africa, and created to serve communities across the continent and beyond.”

that can transform menstrual health across Africa. Unlike disposable sanitary products, Clip-Knix period underwear is designed to be washed and reused repeatedly, significantly reducing the long-term financial burden on families. One reusable garment can replace hundreds of disposable products over its lifespan, making menstrual protection more affordable while dramatically reducing waste.

The benefits extend far beyond affordability. Clip-Knix underwear enables girls to remain in school throughout their menstrual cycle, helping improve educational outcomes and reducing absenteeism. Women can continue working confidently without interruption, increasing economic participation and independence. The products are comfortable, discreet and environmentally responsible, providing women and girls with the confidence they deserve. What makes Clip-Knix truly unique is that our innovation is built on lived experience. Our patented adaptive front-fastening underwear was developed to restore dignity and independence for people with limited mobility, showing that inclusive design benefits everyone. Building on this philosophy, our adaptive reusable period underwear addresses another fundamental challenge faced by millions of women across Africa, combining innovation with social impact.

However, solving period poverty requires more than simply manufacturing a product. It requires building an entire ecosystem that supports local production, employment, skills development, and sustainable economic growth.

That is why Clip-Knix is setting up a world-class manufacturing facility within the Lagos Free Zone in Nigeria. This strategic location provides world-class infrastructure, reliable logistics, efficient access to international shipping routes and an investor-friendly environment that enables large-scale production for African and global markets.

Manufacturing in Nigeria means creating skilled jobs, transferring technology, strengthening local supply chains and reducing dependence on imported products. Rather than exporting wealth through imports, Africa can keep value by producing high-quality reusable menstrual products locally. The factory will support employment opportunities across engineering, garment production, quality

assurance, logistics, research and development, packaging, and distribution, while also creating opportunities for women-owned businesses throughout the supply chain.

The social impact extends even further. Local manufacturing will enable partnerships with governments, schools, healthcare providers, humanitarian and community groups to make reusable period underwear accessible to vulnerable girls and women. By reducing the lifetime cost of menstrual care, families can redirect scarce household income towards education, nutrition and healthcare.

Clip-Knix's vision aligns directly with the United Nations Sustainable Development Goals, including good health and well-being, quality education, gender equality, decent work and economic growth, responsible consumption and production, and climate action. It shows that social innovation and commercial sustainability can work together to deliver lasting impact.

Period poverty is not simply a women's issue; it is an economic issue, an educational issue, an environmental issue and a human dignity issue. Africa has the talent, the innovation and the entrepreneurial spirit to develop solutions that meet its own needs. By investing in local manufacturing and reusable menstrual products, we could improve millions of lives while building stronger, more resilient economies.

For too long, Africa has waited for imported solutions to problems that demand local leadership. Clip-Knix is a new generation of African innovation, designed in response to lived experience, manufactured in Africa, and created to serve communities across the continent and beyond.

The time has come to move beyond temporary solutions and invest in sustainable change. We cannot wait for the rest of the world to solve this problem for us. Africa has the knowledge, the determination, and the capability to end period poverty and Clip-Knix is ready to help lead that transformation.

JOIN ME TO MAKE AN IMPACT

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Dr. Barbara Vokatis

How One Therapy Dog Changed My Understanding of Education

About the Author:

Funmi Lawal MBE is the Founder and CEO of Clip-Knix Ltd, pioneering adaptive and reusable underwear to improve dignity and women's health. An award-winning entrepreneur and patient advocate, she is leading Nigeria's first large-scale reusable underwear manufacturing project, creating sustainable solutions that tackle period poverty, disability inclusion, employment, and economic development.

When I look back, I realize my journey into animal-assisted education began long before I became a researcher or therapy dog partner. I grew up in Poland, and when I was nine years old, I formed an incredible bond with my dog. My mom often told me that I became a better student because of that relationship. Years later, I experienced something

remarkably similar with my own child.

“Every child benefits from interacting with a therapy dog, but the impact can be especially meaningful for neurodivergent children.”

When my child, Kalina, was nine, we welcomed a goldendoodle into our family. Kalina is autistic and often came home from school overwhelmed and emotionally exhausted. I watched our dog provide comfort in ways that no one else could. That bond made me realize something was missing in education. If a dog could help my child regulate emotions and feel safe, why weren't we using this more intentionally in schools?

In June 2018, we became a certified therapy team and began visiting the school Kalina attended. The first thing that surprised me was the transformation in the classroom. Children who entered carrying

worries suddenly smiled, focused on my dog, and eagerly shared stories about their own pets. They welcomed us into their classroom community, and the atmosphere shifted. The room became calmer, warmer, and more connected, and that positive energy remained throughout the school year.

One of the most remarkable changes I continue to witness is among children with anxiety or communication challenges. Many who previously shut down became ready to learn simply because their attention shifted to the dog. Their anxiety often diminished significantly. Some children who had never spoken at school began talking—not to an adult, but to my dog. Shy children found the courage to speak because they wanted to share their experiences with her.

Every child benefits from interacting with a therapy dog, but the impact can be especially meaningful for neurodivergent children. Many have unique sensory, emotional, or learning needs that can be supported through these interactions. For example, autistic children with sensory sensitivities often find comfort in petting a calm, furry therapy dog. Children who struggle to trust adults frequently trust the dog first, and that relationship often helps transfer trust to the adults supporting them.

One story has stayed with me over the years. A second-grade student in a remedial math group struggled with significant behavioral challenges and usually required an extensive behavioral plan. During our lessons, the children used my dog's kibble as manipulatives to solve addition and subtraction

problems. Every time they completed a calculation, my dog "checked" the answer by eating the correct number of pieces from the child's tray. Whenever she participated, this student's challenging behaviors disappeared. He became fully engaged, creative, and excited to learn.

Animal-assisted education must always be approached ethically. Children should never be pressured to interact with a therapy animal. Some choose not to pet the dog but still enjoy having the animal nearby. Teachers and families should communicate openly, and parents should provide informed consent before participation. Just as importantly, therapy animals are not educational tools—they are partners. When they need a break, we must respect their signals.

I want educators to know that animal-assisted education is one of the most cost-effective innovations for supporting children's well-being and learning. Many schools have implemented these programs with remarkable results. There are organizations that provide guidance for creating safe and responsible programs.

Looking ahead, after innovating with my dog for over six years in teaching math, reading, writing, social studies, and science, I hope we place greater emphasis on creativity and innovation in education. Because I have witnessed its impact firsthand, I make it a priority to introduce my teacher candidates to animal-assisted education. I believe every child deserves learning environments that recognize the beneficial power of connecting with animals.





Dr. Shruti Agarwalla

The Power of Pranic Healing

About the Author:

Dr Shruti Agarwalla is an internationally acclaimed and award winning energy healer who has for 17 years dedicated her life to the science of Pranic healing; restoring balance, dissolving pain and transforming lives across the globe.

Pranic Healing is a powerful, no-touch healing technique that harnesses the life force or “prana” to promote healing and well-being. Developed by Master Choa Kok Sui, this ancient healing art is based on the principle that the body has the innate ability to heal itself. Pranic Healing works by manipulating the energy that surrounds the body, allowing for the enhancement of physical, emotional, and mental health.

It is a remarkable healing art that empowers individuals to take charge of their health and well-being. Its holistic approach addresses various physical, emotional, and mental concerns, providing a comprehensive path toward healing. Whether you are seeking relief from pain, emotional support, or a boost in overall vitality, Pranic Healing offers a nurturing and effective solution.





Vanessa Haripersad

Destroying the Myth of the Unbreakable Child: Resilience isn't taught by hardship — it's taught by us.

About the Author:

Vanessa Haripersad is Founder & CEO of Shankara People Solutions and Editor in Chief of IGC Magazine. A resilience coach with 24 years in human capital, she created the SCCR Framework and founded the Shankara Leadership Academy for Girls, dedicated to raising the next generation of self-aware, resilient leaders.

Every generation inherits a different kind of pressure. Ours has handed young people a world of relentless comparison, economic uncertainty, and a pace of change that outstrips almost every system built to prepare them for it. As a resilience coach, I do not believe the answer is to shield young people from difficulty. The answer is to teach them how to meet it — deliberately, and early. Resilient leadership is not a trait some children are born with and others are not; it is a set of capacities that can be built and strengthened, in the same way we build any other skill.

What Resilience Actually Means

Resilience is often described as the ability to “bounce back,” but I find that definition thin. Bouncing back implies a return to exactly who you were before the difficulty. True resilience is closer to a redesign: you meet the setback, you are changed by it, and you

continue forward with more capacity than before, not simply the same capacity restored. For young people especially, this distinction matters. We are not trying to raise children who are unaffected by hardship. We are trying to raise children who know what to do with themselves once they are affected.

The Myths That Get in the Way

Before we can build resilience in youth, we need to clear away the myths that have quietly shaped how most of us were raised. The first is that resilience means toughness — that a resilient young person does not cry or complain, but simply pushes through. Suppressing emotion is not strength; it is a delayed bill that arrives later as burnout or disconnection. The second is that resilience is fixed at birth, that some children simply “have it” and others do not, which robs every struggling young person of the

“True resilience is closer to a redesign: you meet the setback, you are changed by it, and you continue forward with more capacity than before, not simply the same capacity restored.”

belief that they can still develop it. The third is that hardship alone builds resilience. In truth, hardship without support and reflection tends to build fear or a hardened defensiveness that only looks like strength. Real resilience needs an ingredient hardship cannot provide alone: a guiding adult who helps a young person make sense of what they went through.

The SCCR Framework

My own coaching practice is built on a framework I call SCCR — Self-Awareness, Compassion, Curiosity, and Resourcefulness. I developed it initially for executives navigating uncertainty, but it belongs just as urgently in how we raise and mentor young people, giving resilience a structure rather than leaving it to chance.

Self-Awareness is the foundation: a young person who can accurately name what they feel already holds more power over that emotion than one who cannot. Compassion stops resilience from curdling into hardness; genuine resilience means being gentle with oneself in the moment of failure while still choosing to move forward. Curiosity turns failure into feedback rather than verdict — young people who ask “what is this teaching me” instead of “what does this say about me” recover faster and grow further. Resourcefulness is the confidence that comes from knowing you can find a way through a problem without every answer upfront, built through small, repeated experiences of solving something difficult without being rescued.

Together, these four capacities form an operating system rather than a fixed personality trait. In practice, this looks less like a lecture and more like a habit: instead of rushing to fix a young person’s problem, I ask what they are feeling, and only then what they

think they could try. Instead of praising the outcome, I praise the process — and over time, that shifts the internal narrative from “I either succeed or fail” to “I either get the result I wanted or learn something I needed.”

Resilience is not the absence of struggle. It is the presence of tools.

What This Looks Like in Practice

Through the Shankara Leadership Academy for Girls, born from my own experience watching young girls navigate pressures I did not face at their age, I have seen how quickly resilience takes root when it is given structure. We do not tell girls to simply “be confident.” We give them language for their inner critic and safe spaces to practise leadership before the stakes are high. The same holds for the graduates I mentor: the ones who thrive are not the ones who never stumble, but the ones equipped to interpret a stumble correctly. This is the question I ask every parent, educator, and mentor reading this to sit with: are we praising young people only when they succeed, or coaching them through the moments they do not?

A Call to Every Adult in the Room

We are not raising a generation that needs protecting from every hard thing. We are raising a generation that needs adults willing to walk beside them through hard things, naming what resilience actually requires, and modelling it ourselves. If we do this well, we will not simply produce young people who cope. We will produce young leaders who transform the illusions holding them back into genuine, auspicious strength — the very destruction of illusion that gives my own brand, Shankara, its name and its purpose.





H.E./HRM Amb. Queen Dr. Shariza Umira Puteri Binti Kamarozzaman

Digital Trust: The Missing Foundation for Achieving the UN Sustainable Development Goals

About the Author:

H.E./HRM Amb. Queen Dr. Shariza Umira Puteri Binti Kamarozzaman is a Malaysian Cybersecurity, AI Security, and Digital Governance leader with 14+ years' experience in cybersecurity, GRC, and digital resilience. She serves as WBAF's International Partner (Malaysia) and founded Shariza Global Risk Advisory, championing responsible AI, digital trust, and inclusive innovation worldwide.

As the world accelerates towards an increasingly digital future, conversations about sustainable development often focus on innovation, economic growth, education, healthcare, and climate action. While these priorities remain essential, one critical element is frequently overlooked: digital trust.

Today, almost every Sustainable Development Goal (SDG) depends, directly or indirectly, on digital

technologies. Governments rely on digital platforms to deliver public services. Financial institutions expand financial inclusion through digital banking. Healthcare providers embrace telemedicine and AI-assisted diagnostics. Educational institutions reach millions through online learning. Businesses continue their digital transformation to remain competitive in a rapidly evolving global economy.

However, none of these initiatives can succeed without trust. Trust is built when people believe that their personal information is protected, artificial intelligence is used responsibly, digital services are reliable, and organizations are accountable for managing technology ethically. Without this confidence, digital transformation becomes vulnerable to cyberattacks, privacy violations, misinformation, and declining public confidence.

This is why cybersecurity should no longer be viewed solely as an information technology function. It has evolved into a strategic leadership responsibility. Modern leaders must recognize that cybersecurity is not simply about preventing cyberattacks.

It is about protecting economies, safeguarding communities, enabling innovation, and preserving confidence in digital systems. Every board member, executive, policymaker, and organisational leader now has a role in creating secure and resilient digital ecosystems. Alongside cybersecurity, Artificial Intelligence introduces another important leadership challenge.

“The future belongs not to organisations that implement technology the fastest, but to those that implement it responsibly.”

AI has enormous potential to improve healthcare, strengthen education, optimise agriculture, accelerate scientific discovery, and support more inclusive financial services. Yet without appropriate governance, AI may unintentionally introduce bias, reduce transparency, increase inequality, or expose organisations to legal, ethical, and reputational risks. Responsible AI governance ensures that innovation remains aligned with human values. It promotes fairness, accountability, transparency, privacy, and responsible decision-making while encouraging organisations to innovate with confidence.

Leadership therefore requires more than adopting emerging technologies. It requires building governance frameworks that ensure technology serves people rather than the other way around.

The future belongs not to organisations that

implement technology the fastest, but to those that implement it responsibly.

Equally important is ensuring that digital transformation benefits everyone.

Millions of people around the world still face barriers to accessing digital services due to affordability, connectivity, digital literacy, or social inequality. Achieving true digital inclusion means ensuring that innovation creates opportunities for every community, regardless of geography, gender, age, or economic background.

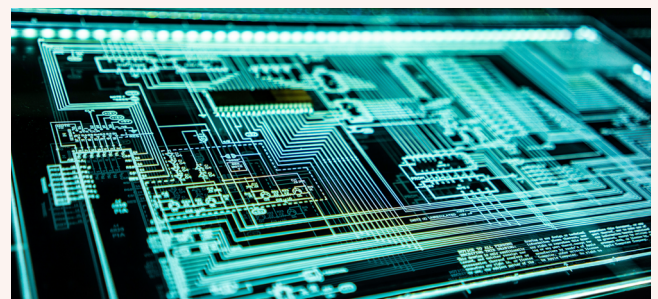
This principle closely reflects the spirit of the United Nations Sustainable Development Goals, where no one should be left behind.

Building secure digital societies therefore requires collaboration. Governments, businesses, academia, civil society, and technology professionals must work together to establish policies, strengthen governance, share knowledge, and develop resilient digital infrastructures capable of supporting future generations.

As we continue shaping tomorrow's digital world, leadership will be measured not only by technological advancement but also by the ability to inspire trust, promote ethical innovation, and create lasting societal value.

Digital trust is no longer optional. It is the foundation upon which sustainable development, responsible innovation, and global resilience will continue to grow.

By leading with integrity, governing technology responsibly, and placing people at the centre of innovation, we move closer to achieving a future that is not only smarter, but also more secure, more inclusive, and more sustainable for all.





Virginia Rivera Rios

Financial Autonomy: The Freedom Every Woman Deserves

About the Author:

Dr. Virginia Rivera is a global executive, entrepreneur, and impact investor advancing women-led economic transformation. As Vice President of Peeyush Group of Companies & Trust, CEO of International Internship University, Executive Director of Mahila Udyami, Co-Founder of Mujer Emprende Latina, and President of World Education Policy, she builds scalable ecosystems expanding opportunity and driving global impact.

There is a phrase I often repeat because it captures the heart of my life's work:

Freedom isn't loud. Sometimes, it's simply knowing you can leave.

For many people, financial autonomy is measured by income, savings, or investments. While those are important, I have come to believe it is something much deeper. Financial autonomy is the ability to make decisions without fear. It is the confidence to choose your future rather than have it chosen for you. After more than two decades working with women around the world, I have learned that the greatest barrier many women face is not a lack of intelligence, talent, or ambition. It is a lack of access. Access to quality education. Access to financial literacy. Access to networks, technology, capital, and opportunities that allow their abilities to flourish.

Too many women have been taught to survive when they were created to lead.

Financial autonomy changes that.

When a woman earns her own income, understands how money works, and has the confidence to build wealth, something extraordinary happens. She no longer sees herself as dependent on circumstances. She begins to see herself as someone capable of creating them.

This transformation reaches far beyond her bank account.

It changes the conversations she has with her children. It influences the opportunities she can provide for her family. It strengthens her voice within her community. It allows her to invest not only in herself but also in the people around her.

That is why I believe financial autonomy is one of the greatest forms of empowerment we can offer—not because money defines our worth, but because it expands our choices.

Throughout my career, I have met women who believed they had missed their opportunity because they were raising children, caring for aging parents, rebuilding after divorce, or starting over later in life. Yet time and again, I have watched these same women discover talents they never imagined they possessed.

What they needed was not permission.
They needed a pathway.
Education is that pathway.
Entrepreneurship is that pathway.
Digital inclusion is that pathway.
Mentorship is that pathway.

When we build systems that provide these opportunities, women do not simply participate in the economy—they help transform it.

This is why I often say that women are infrastructure. Every investment made in a woman's education, business, or leadership creates a ripple effect that strengthens families, communities, and nations. The return is measured not only in financial growth but also in healthier communities, better educational outcomes, stronger local businesses, and greater resilience during times of uncertainty.

Financial autonomy is also about mindset. Wealth begins long before the first paycheck or successful business. It begins with believing that your ideas have value, your work deserves compensation, and your future is worth investing in.

For many women, the greatest investment they will ever make is in themselves.

Learn the skill.
Write the book.
Launch the business.
Apply for the leadership role.
Develop the digital skills.
Build the network.
Take the first step.

No one can build your future for you, but countless people can walk beside you as you build it yourself.

As we look toward the future, I believe the world must move beyond conversations about helping women and begin creating ecosystems where women can thrive independently. We must teach financial literacy as a life skill, expand access to entrepreneurship, embrace technology as an equalizer, and ensure that women everywhere have the opportunity to participate fully in the global economy.

Financial autonomy is not about becoming wealthy for the sake of wealth.

It is about living with dignity.
It is about having choices.
It is about creating opportunities for the next generation.
Most of all, it is about freedom.

Because when a woman becomes financially autonomous, she does not rise alone. She brings her family, her community, and often an entire generation with her.

That is why I believe financial autonomy is not merely an economic goal.

It is a pathway to human flourishing.
And every woman deserves that opportunity.



Dr. Aninda Sidhana, MD

From Healing Minds to Humanising Systems: Why the Future Must Be Human-Led AI

About the Author:

Dr. Aninda Sidhana, MD, is a psychiatrist, human behaviour strategist, and global mental health advocate. Founder of Aurora Mind® and The Dignity Dialogues™, she champions Human-Led AI—technology amplifying compassion, dignity, and flourishing. Through clinical work, research, and global collaborations, she advances psychological wellbeing and humanises the systems shaping society's future.

Artificial Intelligence is reshaping the world at a pace unlike any technological revolution before it. It influences how we communicate, learn, work, seek healthcare, consume information, and make decisions. Every search, recommendation, and interaction teaches an algorithm something about us.

The question is no longer whether AI will change humanity.

It already has.

The real question is whether humanity will continue to lead AI.

As a psychiatrist, I believe this is one of the defining conversations of our generation. The future cannot

simply be AI-driven; it must be Human-Led AI—where technology amplifies empathy, ethics, dignity, and human wisdom rather than replacing them.

For generations, psychiatry has focused on healing individuals. That mission remains essential. Yet today's greatest challenges extend far beyond the consulting room. Loneliness, digital addiction, misinformation, burnout, online hostility, declining trust, and emotional isolation are no longer merely individual concerns. They are societal challenges shaped by the systems we build and the technologies we adopt.

Mental health must therefore evolve beyond treating illness. It must help shape healthier cultures, institutions, and digital ecosystems.

This is the journey from healing minds to humanising systems.

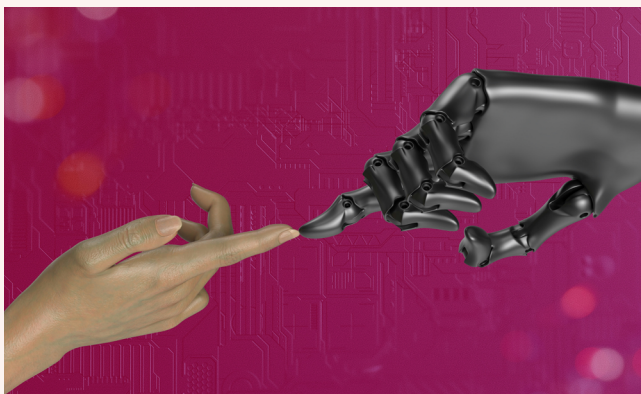
AI has extraordinary potential. It can analyse complex data, personalise education, improve healthcare, support research, and expand access to knowledge. Used wisely, it can become one of humanity's greatest allies. Yet AI cannot experience compassion. It cannot understand grief, hope, forgiveness, courage, or love. It cannot replace ethical judgment, lived experience, or the profound healing that comes from genuine human connection.

These remain uniquely human strengths.

Behavioural science reminds us that environments shape behaviour. Today, digital platforms have become some of the most influential environments ever created. Algorithms determine what captures our attention, what information reaches us, and often which emotions are amplified. When outrage spreads faster than empathy, sensationalism outperforms nuance, and engagement becomes the ultimate metric of success, society inevitably feels the consequences.

This is why Human-Led AI is not merely a technological philosophy—it is a public health imperative.

The same principle applies to social media. Platforms connecting billions of people should be evaluated not only by growth and engagement but also by their contribution to trust, belonging, resilience, and psychological wellbeing. Success should not be measured solely by the attention captured but by the humanity preserved.



“Success should not be measured solely by the attention captured but by the humanity preserved.”

Equally powerful is the role of storytelling. Every journalist, filmmaker, educator, creator, policymaker, and healthcare professional influences the emotional landscape of society. Stories shape beliefs long before policies influence behaviour. They can reinforce stigma or inspire hope, deepen division or build understanding, silence vulnerability or encourage healing.

Responsible storytelling is therefore an act of public health.

The future demands collaboration across disciplines. Psychiatrists cannot build healthier societies alone. Nei-

ther can engineers, educators, artists, journalists, entrepreneurs, or policymakers working in isolation. Humanising systems requires behavioural science to sit alongside artificial intelligence, ethics alongside innovation, and compassion alongside technological progress.

The greatest innovation of the coming decades may not be a more powerful algorithm but a more compassionate society.

That is the vision of Human-Led AI—technology designed to serve humanity, strengthen dignity, and expand opportunity without diminishing the values that make us human.

As we stand at this historic crossroads, we have an extraordinary opportunity to redefine progress. The next generation should inherit systems that value wisdom as much as intelligence, empathy as much as efficiency, and human dignity as much as technological advancement.

The future is not about choosing between humanity and technology.

It is about ensuring that humanity always remains in the lead.

Because healing minds will always remain our profession.

Humanising systems must become our collective mission.

Important Dates of July:

- **5 July:** International Day of Cooperatives
- **11 July:** World Population Day
- **15 July:** World Youth Skills Day
- **20 July:** World Chess Day
- **25 July:** International Day of Women and Girls of African Descent, International Day for Judicial Well-Being
- **30 July:** World Day against Trafficking in Persons

“Encouraging an entrepreneurial mindset can help young people see themselves not only as job seekers but also as potential job creators.”

World Youth Skills Day: Empowering Youth with Skills Today, Building a Stronger Tomorrow.

15 July

Young people are the driving force behind the future of our communities and societies. Their ideas, creativity, energy, and determination have the power to create meaningful change. But in a rapidly evolving world, academic education alone may not be enough to prepare young people for the opportunities and challenges ahead. Practical skills, digital knowledge, creativity, communication, and the ability to adapt are equally important in helping them build confident and meaningful futures.

World Youth Skills Day, observed every year on 15 July, highlights the importance of equipping young people with the skills they need for employment, entrepreneurship, and personal development. It is also an opportunity to recognise the role of education and training in helping young people become more prepared for a changing world.

The world of work is evolving at an incredible pace. Technology, automation, artificial intelligence, and digital transformation are changing industries and creating new career opportunities. At the same time, many traditional roles are also changing. This makes continuous learning and

skill development increasingly important for young people who want to remain confident and prepared for the future.

Skills such as communication, teamwork, critical thinking, problem-solving, creativity, leadership, and digital literacy can help young people navigate both professional and personal challenges. These skills are not only useful for finding employment but also for becoming more independent, resilient, and confident in making important decisions.

“When young people are given the right skills and opportunities, they gain more than the ability to earn a living—they gain the confidence to shape their own future.”

Vocational education, technical training, internships, apprenticeships, and hands-on learning can play a valuable role in preparing young people for the world of work. Practical experiences allow them to apply their knowledge in real-life situations, understand their strengths, and explore different career paths.

Entrepreneurship is another important part of youth skill

development. With the right guidance and support, young people can turn innovative ideas into businesses, create employment opportunities, and contribute to their communities. Encouraging an entrepreneurial mindset can help young people see themselves not only as job seekers but also as potential job creators.

However, access to quality education and skills training is not equal for everyone. Many young people face barriers due to poverty, limited resources, lack of training facilities, or social and economic inequalities. Creating inclusive opportunities is therefore essential to ensure that every young person has the chance to learn, grow, and reach their potential.

Families, schools, communities, governments, and organisations all have a role to play. Providing mentorship, career guidance, digital access, and practical training can help young people make informed decisions about their future.

World Youth Skills Day reminds us that investing in young people is an investment in the future. Every skill learned can open a new door, and every opportunity provided can change a life.

By empowering young people with knowledge, skills, and opportunities, we can help them become confident individuals, active members of their communities, and capable creators of a better future.



World Chess Day- Think Ahead, Play Smart, and Make Every Move Count.

20 July



Chess is often described as a game of strategy, but its lessons extend far beyond the chessboard. With 64 squares and a carefully designed set of pieces, chess creates a world where every move matters and every decision can influence what comes next.

World Chess Day is celebrated every year on 20 July to recognise the cultural and educational importance of chess and its ability to connect people across different ages, backgrounds, and communities. More than a competitive game, chess encourages skills such as strategic thinking, patience, concentration, problem-solving, and decision-making—qualities that can be valuable in everyday life.

One of the most important lessons chess teaches is the ability to think ahead. Players must consider not only their next move but also how it may affect the moves that follow. This encourages them to look at situations from different perspectives, anticipate possible outcomes, and make thoughtful decisions.

Chess also teaches patience. In a world where people often expect instant results, the game encourages players to pause, observe, and wait for the right opportunity. A rushed decision can change the entire course of a game, just as an impulsive choice in life can sometimes lead to unexpected consequences.

“Chess teaches us that every move matters, every mistake can become a lesson, and sometimes the best strategy is simply to pause, think, and look again.”

The game also strengthens problem-solving and critical thinking. Players constantly face new challenges and must find creative ways to respond. They learn to analyse situations, identify possibilities, understand risks, and make decisions based on the information available to them.

Concentration is another valuable skill that chess develops. A single moment of distraction can change the direction of a game. By requiring players to remain focused, chess encourages mental discipline and attention — qualities that can be useful in education, professional life, and personal growth.

Perhaps one of the greatest lessons chess offers is how to deal with failure. Losing a game can be disappointing, but it can also become an opportunity to learn. Players can look back at their decisions, understand where they went wrong, and return to the board with a better strategy. This teaches an important lesson about resilience: setbacks do not

have to define us; they can help us improve.

Chess also encourages emotional control. Players learn to remain calm under pressure, manage frustration, and avoid allowing emotions to influence their decisions. These lessons can help people approach challenges in everyday life with greater patience and clarity.

Beyond its intellectual benefits, chess has a unique ability to bring people together. Two individuals from completely different cultures or backgrounds can sit across the same board and share a common experience. The universal language of the game makes it a powerful tool for connection and community.

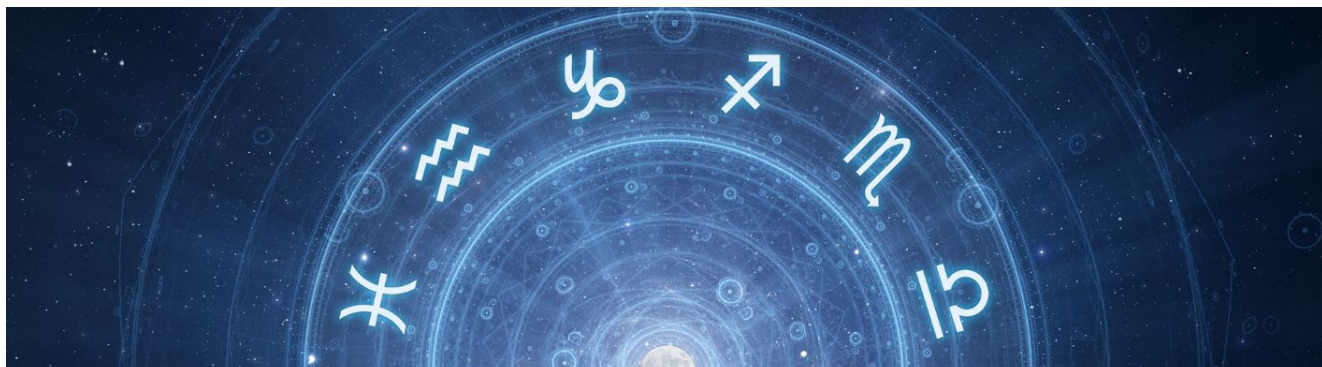
For young people especially, chess can be a meaningful way to develop curiosity, discipline, confidence, and strategic thinking while enjoying the process of learning.

World Chess Day reminds us that some of life's most valuable lessons can come through simple experiences. Think before you act. Stay patient when the outcome is uncertain. Learn from your mistakes and never be afraid to rethink your strategy.

Because, just like in chess, life is not about making the perfect move every time. It is about learning from every move and being ready for what comes next.

August Star Predictions

August 2026 brings opportunities for growth, meaningful connections, and fresh beginnings. While astrology offers guidance rather than certainty, it can help you reflect on your priorities and approach the month with greater awareness. Here's what the stars may have in store for each zodiac sign.



Aries: Your determination helps you move closer to your goals this month. Stay focused and think carefully before making important decisions, especially at work.

Taurus: Patience brings steady progress. Focus on financial planning and enjoy meaningful moments with loved ones to maintain balance.

Gemini: New ideas and conversations may open exciting doors. Stay curious, communicate clearly, and be open to learning something new.

Cancer: This month encourages emotional growth and stronger connections. Trust your instincts, but remember to make time for yourself and your personal well-being.

Leo: Your confidence and creativity are likely to attract attention. Keep working consistently and let your natural leadership guide you towards new opportunities.

Virgo: Organisation and careful planning will help you make meaningful progress. Avoid overthinking and give yourself time to rest and recharge.

Libra: Harmony in relationships becomes important this month. Honest conversations and mutual understanding can strengthen both personal and professional connections.

Scorpio: Your resilience helps you handle challenges with confidence. Stay calm, avoid unnecessary conflicts, and focus your energy on what truly matters.

Sagittarius: New experiences may bring inspiration and personal growth. Be open to travel, learning, or stepping outside your usual routine.

Capricorn: Your hard work begins to show steady results. Stay committed to your long-term plans and avoid rushing important financial or career decisions.

Aquarius: Creativity and fresh thinking may bring exciting possibilities. Trust your unique ideas and don't hesitate to share your perspective with others.

Pisces: Take time to reconnect with your inner self. Meditation, creativity, and meaningful time with loved ones can bring greater emotional clarity and peace.

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.



July 2026

BUSINESS NETWORK EDITION

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Heal your Mind, Body & Soul

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