

She

Inspire

Magazine

Stories to Inspire, Uplift and Empower

FEATURING

Commitment
ourage
onfidence

Of Exceptional Women Across
The Geographical Boundaries

Mirabai Chanu
Indian Weightlifter

KIRAN MAZUMDAR SHAW
Chairperson of Biocon

MITHALI RAJ
Indian Cricketer

SINDHUTAI SAPKAL
Indian Social Worker

KALPANA SAROJ
Indian Entrepreneur

AVANI CHATURVEDI
Indian First Woman
Fighter Pilot

HIMA DAS
Indian Athlete

Roshni Nadar
Indian Businesswoman

Muniba Mazari
Pakistani Activist

Sirisha Bandla
Astronaut



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SHE INSPIRES MAGAZINE IS A REBEL



A rebel against patriarchy to brutal chauvinism. We stand like a strong pillar in the journey of women's empowerment. SheInspiresMagazine is on a mission to bring a diverse range of female role models to prominence for girls and young women, to prominence for girls and young women, this magazine brings out a diverse range of female role models as a confident wind of motivation and inspiration for other aspiring girls out there. This magazine covers leading women who have broken all the shackles of stereotypical society and its matchbox-sized minds.

SheInspire exists to provide a platform to all women to come together. There are women on one hand who can help/mentor and there are women who seek help/mentor. This help or mentoring can be across different domains like personal, emotional, professional, business, entrepreneurship etc. Every woman is as important as every man in society. We present to you some of our nation's most important and notable women who have made us proud with their accomplishments and also made our nation look like a globe of light. We have some phenomenal women from all over India, who have fought against a variety of dogmas and have overcome times of hardship.

Their stories are a great source of inspiration not just for women but for all of us. Also, we have experts from a variety of fields giving their perspectives and comments on a variety of social issues that will help. SheInspire aspires to be the world's largest women magazine with the aim to positively impact in each and every woman's life!

We feel immense pleasure to launch this magazine where we feature such inspirational women who have done wonders and is a great motivation for all the other people. For the debut issue we collaborated with Global Women Inspirational Award which is an initiative by I CAN Foundation that recognizes and acknowledges invincible potential of women change makers. GWIA celebrates the commitment, courage and confidence of exceptional women across dimensions and geographical boundaries. Each of these stories speaks to our faith in the future, and I'm excited to share them with you. We are sure that you will love reading this magazine and it will help you further in your carrier.

Saurabh Gautam

DISTRIBUTION PANEL



A person wearing a military flight suit is seated in the cockpit of an aircraft. The image is partially obscured by a white text overlay on the right side.

Avani Chaturvedi

Indian Pilot

*"FOR SOME PEOPLE SKY
IS THE LIMIT, FOR HER ITS
JUST A START"*

It is a red-letter day for the country when our girl Avani Chaturvedi becomes India's first female fighter pilot, coming from a small district of Madhya Pradesh. Avani becomes an inspiration for all of us. Avani is one of the three in the first batch of female pilots, besides Bhawana Kanth and Mohana Singh, who were inducted in Indian Air Force fighter squadron on 18 June, 2016. She hails from Rewa district in Madhya Pradesh. All the three female pilots were formally commissioned by Defence Minister Manohar Parrikar.



She grew up amongst the army officers in her family, which inspired her to get into the Indian Air force.

After completing her schooling, she moved to Rajasthan to pursue her engineering in computer science from Banasthali University. As a part of CSE internship programme, Avani underwent a 6-month internship as an Associate Software Engineer. She also had a few hours of flying experience

in the flying club of her college Banasthali University, Completing her Bachelors in Technology from Banasthali University, Rajasthan in 2014 where she joined that college's flying club which fascinated her to fly. She passed the AFCAT and further was recommended by AFSB.

Dream of becoming a fighter pilot took her to one year of rigorous training at Air force academy at Dundigal (Hyderabad).

). In Oct 2015, Indian Defence Ministry took a decision to allow women in Air Force, after completing their initial basic Training at Air force as part of the 5yr experiment.

In Feb 2018 Avani Chaturvedi becomes the first Indian Women to fly a fighter aircraft solo when she flew a MiG 21 Bison. Avani undertook the sortie from IAF'S Jamnagar base on 19 Feb 2018

Chaturvedi likes to play chess, table tennis and to do sketching, painting. She was inspired by Army officers in her family and a brief flying experience of few hours in the flying club of her college inspired her to join the IAF.

She had earlier said, "Any air force is defined by its fighters. My dream is to become a good fighter pilot, on whom my seniors can rely when it comes to flying live operations. I want to fly the best fighter aircraft and learn more and more each day."

Avni Chaturvedi got married Flight Lieutenant Vineet Chikara in November 2019

In 2018, she was honored with the doctorate degree from Banasthali Vidyapeeth and On 9 March 2020, Chaturvedi was awarded with Nari Shakti Puraskar by President Ram Nath Kovind



BREAKING THE STEREOTYPES

Rinki Sharma

Director - Program & Marketing Strategy
I Can Foundation



Hello, I am Rinki Sharma the Young member and Program Director of I Can Foundation, handling the functioning of I CAN by utmost enthusiasm and dedication, with a motto to help needy by dint of the most I can. Women empowerment and promoting women's rights have emerged as a part of a major global movement and is continuing to break new ground in recent years and tries to spread door to door awareness for Women Empowerment in areas until not prevailing and handles Women Empowerment initiatives across India and had been awarded 6 times for women Empowerment activities. I was born in Uttarakhand and brought up in Delhi since childhood I wanted to help people and after my schooling I went on doing social work. I have been working with variant organizations since 2009 who had immensely helped I CAN to organize successful fund-raising initiatives, and also strengthened the association with several eminent personalities across India.

My journey of Social devotion begun in Rajasthan, working with various organizations have always taught me new things in life and the condition of poor people at various places in India. Being a girl, I had to contend a lot for upcoming on this field but as we all know "Once you chose the power of love, nothing is impossible." And my love is with welfare.

Background.....

Attention to women's and girls' While talking about important issues like Menstrual hygiene awareness, we often have to deal with a blend of myths and facts. The sorrow is that people sometimes overlook the facts and reality upon some spineless conjectures. The importance of this neglected experience has been elucidated by a growing body of qualitative research, which we systematically reviewed and synthesized.

DOUBLE TROUBLE

When I go to slum areas I see various issues women are facing there the most common is menstruation. It is still a taboo in India and it is common for people across society to feel uncomfortable about the subject. To ensure that adolescent girls and women have the necessary support and facilities, it is important that the wider society, communities and families must challenge the status quo and break the silence around menstruation. There are at least 500 million women and girls globally lack adequate facilities for menstrual hygiene management (MHM). Inadequate WASH (water, sanitation and hygiene) facilities, particularly in public places, such as in schools, workplaces or health centers, can pose a major obstacle to women and girls. Women needs to understand that this is nothing to be shame about instead be open about such issues. When we conduct programs for awareness in conversation with women's and girls out there we realized the fact that the lack of separate toilets with doors that can be safely closed, or the unavailability of means to dispose of used sanitary pads and water to wash hands, means that women and girls face challenges in maintaining their menstrual hygiene in a private, safe and dignified manner. After conducting various session in government schools and various other schools has increased my concern into this issue. A growing body of evidence shows that girls' inability to manage their menstrual hygiene in schools, results in school absenteeism, which in turn, has severe economic costs on their lives and on the country that's why I am running menstruation awareness campaigns and educate about the same to 'n' number of women belonging to slum and rural areas to break those society barriers and I expect you all to do the same and let women live freely in our nation.



Apart from this I have been continuously seeing rural people that they are so unaware about mental health and take this issue very lightly, after exploring at various places the fact states that Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church. However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here

Here a few powerful things you can do to help:

OVERCOME MENTAL HEALTH

- **Showing individuals respect and acceptance** removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** helps ensure these individuals have the same rights and opportunities as other members of your church, school and community.
- **Learning more about mental health** allows us to provide helpful support to those affected in our families and communities



Rachita Sharma

CEO & Co-Founder, Girl Power Talk

About

Rachita Sharma the CEO and co-founder of Girl Power Talk. Entrepreneur, financial literacy advocate and gender rights activist, she is dedicated to become voice for those who don't have one on social issues adversely impacting women in India. Her inspiration is Mother Teresa's wisdom: "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful. Girl Power Talk is a purpose driven organization empowering today's most capable youth with the confidence, knowledge and opportunity to become tomorrow's global leaders. They envisioned an organization that will do good, that will be built by young people for young people. They knew the core theme of their organization will be to represent gender equality, women empowerment and upliftment. 'Girl Power' represents that they stand for equality, for strong women. Talk in girl power talk is for evergrowing forest of young people that learn grow and develop through our ecosystem and they ultimately become voices for what girl power talk is and how they evolve. We want the 'Talk' to be about all our stories and our individual as well as collective vision. It is all of us.

Coming from a small town, she make's sure to eradicate stereotypes associated with women from rural areas or small towns . Her life's mission is to be an agent of change by providing young women more opportunities and a better path for achieving their full potential, regardless of class, gender, caste, religion, race, etc. She strongly believe that each one of us possesses great strength and equality, but with its own uniqueness.

She is relentlessly passionate about fostering an entrepreneurial culture for tomorrow's leaders that rewards integrity and innovation. India is a country with a disproportionately large young population. Naturally, this presents both advantages and disadvantages. Regretfully, the demographic dividend results in bright young adults struggling to find meaningful work opportunities. Because they are so easily replaceable, few graduates receive offers from an entrepreneurial culture or one that invests in their personal development. They hire, nurture and help these young people to build confidence and interpersonal skills. They collaborate to discuss and then implement their creative ideas. This is the true mission of Girl Power Talk. Her whole life is dedicated to changing the trajectory and opportunity set for the brightest young minds in India.

When she was 13, she was determined to make a personal change that would express the sentiment of mine and not agreeing with the discrimination or looking down on one another based on the status quo. As a result, when they were asked to complete registration for the 9th grade, she

removed her last name 'Sharma' and just registered herself as 'Rachita'. While a small protest at the time, she found strength and purpose in her decision. Her parents were not so thrilled that she had outsmarted the system with a clever way to officially remove her last name. She always made sure that she wasn't given preferential treatment on the grounds of her last name.

The sense of integrating how they give back to our society at large within the fabric of Girl Power Talk is what really excites her. The foundation of our special culture is harnessing the power of new ideas that come from the youngest and newest team members.

Girl Power Talk is a global vision and not limited to India. Given the demographic dividend and large young population, India is foundational to our vision. Having said that, it is just the base and start of an expansive global mission. They are patiently expanding their organization internationally and have a team of full time, part time, remote and independent workers, most importantly all doing what they love. They are excited about building an exemplary culture, one where young innovative leaders grow and adapt our vision to their local country. Girl Power Talk Mexico is the next chapter. There are several other countries with strong and vibrant youth populations we are interested in. Having said that, a great building requires an ineffable foundation. They will never grow for growth's sake

Girl Power Talk also focuses on Pro-bono work



to support causes that align with her mission. One such incredible cause is E-enable, an organization in Africa that supports disabled people and gives them a chance to earn a decent living. They developed their website from scratch and helped plan their programs. They also advise their team on an effective social media strategy to help them reach out to more people. With all these developments already in place, Girl Power Talk is an emerging company that provides the best possible service, while also remaining true to its mission of social impact and becoming an agent of change for women. Girl Power Talk engages today's youth and inspires people to make the world a better place for future generations. They are rewriting how to collaborate with specially-abled communities, such as Acid Attack Survivors like [Dolly](#), Amputees, the Blind and those with disabilities such as Down Syndrome, Dyslexia and Autism. Her team of young leaders proactively creates inspiring content on social media to uplift the spirit of women and envision a global community that will thrive upon our four

ation of authentic digital content, including relatable stories of these ordinary women taking action to achieve extraordinary results.

They feature people who are committed to making a difference in the lives of others. Heartfelt societal contributions are a beacon for empowering women around the world. While they think globally and treasure those who lead with positive examples to impact their local communities. They are bold and assume responsibility for breaking long-standing stereotypes. They are building an organization that does good in the world and promotes the welfare of disadvantaged communities. The real mission of Girl Power Talk is to change lives, one person at a time. They believe in paying it forward. When they motivate young girls to pursue excellence and follow their dreams, they actually change a life. The guidance and inspiration one receives at a young age is precious. The young leaders derive happiness from giving back to the communities and schools from which they originate.



Smita Bharti
Executive Director, SAKSHI

About

A survivor, scholar, practitioner, activist and reformist is a rare combination. Smita Bharti has taken her lived reality of gender based violence that she has experienced in her life, from child sexual abuse, sexual harassment, domestic violence and intimate partner violence and used it to inform her scholarly research as well as preventive practice on ground with thousands others including youth, women, children, judiciary and decision makers in the bureaucracy. Over the years she has emerged as a social activist committed to interrupt the cycle of sexual violence by dismantling the root causes of patriarchy, misogyny and sexism that uphold it. She has used her scholarly research and her extensive experience as a creative director, playwright, theatre practitioner and multimedia artist to use performance art, all forms of theatre, multimedia, social art and films to build experiential pedagogy for attitudinal shifts. As Executive Director of Sakshi, a rights-based NGO, Smita has worked extensively with governments and corporates to suggest alternate solutions of restorative and transformative justice for the practice of everyday equality.

Sakshi's work over the last three decades includes the Public Interest Litigation, 'Vishakha vs St of Rajasthan', which got India the binding Vishakha Directions in 1997, the judge made law on Prevention of Workplace Sexual Harassment which led to the formulation of the legislation/ACT in 2013. The Public Interest Litigation, 'Sakshi vs Union of India', through its recommendations as collated in the 172nd Law Reform, has provided the bedrock for the subsequent ACTs on Sexual Assault, Juvenile Justice, Protection of Children against Sexual Offences. Sakshi introduced Judicial education on Gender Equality through the Asia Pacific Advisory Forum across the five countries in the Region under the aegis of the then Chief Justice of India, Hon' Justice A M Ahmadi

Building upon this work, in collaboration with the Ministry of Youth Affairs and the Directorate of NSS, Smita is currently the Director of the Rakshin Project by Sakshi, a Youth-led movement

across 40,000 Colleges Pan-India, 4 million youth, building skills to prevent, prohibit and resolve Child Sexual Abuse by equipping a young adult in each home to interrupt the cycle of homebound sexual abuse/violence. The project aims to address the denial, stigma, shame and silence associated with sexual abuse/violence. The work of the young adults is informed by the constitutional right to equality, in order to build a culture of accountability, a step towards responsible India.

Smita's work questions and re-defines 'safety' and 'security', breaks the vicious cycle of fear based domination and choicelessness, and actively seeks to build accountable communities committed to preventing sexual abuse. Her biggest challenge has been to combat the blanket acceptance that sexual violence against children and women is a fact of life that cannot be interrupted or stopped. She has worked extensively with under trials and convicts and with survivors of domestic violence and child sexual abuse,

using storytelling and theatre as the medium of interaction. Her work suggests that human rights are routinely violated by both state and society. She is especially interested in the moment when a person transcends the state of inertia and choicelessness, and confronts the imperative to take responsibility and make choices.

Sakshi has been instrumental in bringing about critical laws within the country. But a law is as good as its interpretation and application for the beneficiary. The Rakshin Project aims to create a social tipping point, and prevent child sexual abuse in keeping with SDG 16.2.3, by ensuring an aware young adult in every home in India, equipped to recognize sexually abusive violence, address the abuser, identify the allies within the families, de-escalate the conflict and secure the abused, report the abuse, and if they have experienced or witnessed the violence, then seek therapy

to resolve the ensuing and residue trauma.

Covid-19 has seen a 200% spike in child based sexual material(source-ICPF), where 1 in 2 children in India are sexually abused & 90% of the abusers are known to the child. Smita is relentlessly working to mitigate the impact of this shadow pandemic, to build a society, where victims-survivors are in no circumstance, ever held responsible for the violence enacted against them. Where families enable conditions for children and parents to talk comfortably about consent and personal boundaries. She is working towards a radical social transformation where victims-survivors are centred, and perpetrators (generally family members or from within the trusted circles in case of child sexual abuse, domestic violence and intimate partner violence) are held accountable for their actions.



Dr. Snigdha Pattnaik

M.Pharm (Gold Medallist), Ph.D, FIC, FICS, FIJPER
Professor, Dept. of Pharmacy
School of Pharmaceutical Sciences
Siksha 'O' Anusandhan Deemed to be University
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Menstruation: A Natural Call or a Curse

Woman's menstrual cycle is a natural process which has been subjected to criticisms and critical to her own well-being as well as the well-being of her family and community. However, the approach of the society towards this alarming issue is always silent and flooded with controversies. Whether it is a question of menstrual hygiene, societal bar, religious bar or cultural bar, no one has to talk or find out the solution for it. This is only because our own orthodox society and rustic mindset never allowed to discuss and raise these issues of the women even though in the developing era.

The menstruation process is linked to the commencement or attainment of puberty in girls, and it frequently carries with it the laws, limitations, solitude, and a shift in society's expectations of girls. This swing in attitude about girls, such as constraints on their ability to express themselves, schooling, movement, and freedom, has far-reaching implications on women's perspective. According to a study report Over 23% of Indian school girls drop out of school when they start menstruation.

Furthermore, ashes, newspapers, dried leaves, and husk sand are used by 88 % of rural Indian women to enhance absorption which is a harmful to their health and life. In Indian culture, menstruation is still considered taboo. Today even, cultural and social influences on populace make it difficult to ensure that adolescent females must receive adequate education on menstruation hygiene and be encouraged to raise voice against the negative vibes.

Misogyny is associated with menstruation stigma. Negative taboos teach us that menstruation function is something to hide, something to be ashamed of. We reinforce the concept that things should not be named by not naming them. Why don't we call it what it is, menstruation? Euphemisms are used for a reason. They provide us language to discuss about topics that are taboo in our culture. Traditional menstrual taboos have a definite impact: they can cause major difficulties in menstruation management, negative reproductive health outcomes, social ostracization, sickness, and even death.

Euphemisms and taboos about menstruation are nothing new.

Period mentions from the Quran:
"go apart from women during the monthly course, do not approach them until they are clean"—Quran-2:222

From the Bible:
"...in her menstrual impurity; she is unclean... whoever touches...shall be unclean and shall wash his clothes and bathe in water and be unclean until evening"—Leviticus-15

And from the first Latin encyclopaedia (73 AD):
"Contact with menstrual blood turns new wine sour, crops touched by it become barren, grafts die, seed in gardens are dried up, the fruit of trees fall off, the edge of steel and the gleam of ivory are dulled, hives of bees die, even bronze and iron are at once seized by rust, and a horrible smell fills the air; to taste it drives dogs mad and infects their bites with an incurable poison".

It has been found that, mostly in rural India, the mothers are hesitant to discuss puberty and menstruation with their daughters, and many of them lack scientific understanding on the subject. Women's freedom is still in the hands of patriarchal rhetoric in many homes today. There has been no substantial transformation in people's views and cognition around menstruation as these societies have evolved. Women are barred from participating in day to day activities during their menstrual periods. They are not even permitted to enter the own residence. Before a woman is allowed to return to her family, it is believed that, she must be "purified" and till that period they are barred from performing any rites. These lack minimum awareness in the society.

According to the science, menstruation is triggered by ovulation, which leads in bleeding from the endometrial vessels and is followed by the preparation of the subsequent cycle. Hence, there appears to be no foundation for the blind belief that menstruation women are impure and should be isolated. According to the most current National Family Health Survey-4 (NFHS-4) statistics, 57.6% women use hygienic techniques for menstrual safety.

In the current Indian setting, however, the availability & accessibility of clean and safe menstrual absorbents for every woman seem to be a faraway dream. According to NFHS 4, over 62 percent of women use cloth that can be washed, cleaned, and dried again. However, in urgent situations or because to a lack of awareness, these re-usable fabrics are frequently not cleaned properly, and societal taboos prevent women from drying them indoors, away from sunlight. Compostable disposables (e.g., sanitary pads made from locally grown materials like bamboo, banana stem fibre, and sugarcane waste, as well as re-usable pads made from clothes) are scarce and expensive, whereas non-compostable disposables (e.g., cellulose based sanitary napkins or pads with plastic barriers) have the major market share and are a double-edged sword. Despite the fact that they provide safe and sanitary Menstrual Hygiene Management, they are beyond of reach for low-income women.

Based on the existing research, in order to enhance the reproductive health of adolescent girls and women, it is necessary to take a systematic approach to address the myths and social taboos connected with menstruation. The first and most important technique in this regard is to raise knowledge about menstrual health and

cleanliness among adolescent females. The community based various health education programmes may be beneficial in accomplishing

his goal. There is also a need to raise knowledge about menstruation among school teachers as their own mother and other elder female members hesitant to talk because of shyness or carelessness. Women's empowerment through education and increased decision making authority can also help in this direction. In rural areas, the Ministry of Health and Family Welfare, Government of India has launched a programme to promote menstruation hygiene among adolescent females aged 10 to 19. The scheme's main goals are to promote adolescent girls' access to and usage of high-quality sanitary napkins in rural areas.

However, it is evident that various methods are required to combat with such type of challenges. Physical infrastructure, water and sanitation initiatives must be linked to health education and reproductive health programmes in order to address the issue holistically. We must understand that menstruation is a utterly natural biological circumstance, and young girls and women should be aware that they have the ability to reproduce by virtue of this process and this is nothing but a blessing rather than a curse.



Siji Raveendran

Transformation Mind Coach & NLP Coach

About

I specialize in helping individuals and groups achieve personal and professional goals through the power of coaching and training to make the mental shifts required to sustain change. I'm a certified NLP Master Trainer, Life, Social, Emotional Intelligence and Motivation Coach, Hypnotherapist and Keynote Speaker from NLP Amsterdam.

I have traveled and studied in different parts of the world. I got attracted to the world of NLP when I saw the magic that people can create for themselves with gentle nudges. Richard Bandler, Nicole Schneider & Global NLP are my Gurus.

I help my clients to find their potential by knowing their values, beliefs and potential and henceforth, help them to select the most suitable solution which is aligned with their life purpose. I add value to my clients by changing their focus from "being the best" to "doing the best". I train and coach them in a way where learning & integration happens during the training itself.

My training style today is based on NLP research, life coaching sessions, emotional intelligence and motivation coaching. I have developed and honed it over time, while helping people transform their personal and professional lives.

"My objective is to help people become the best version of themselves. I help and enable them to realize their true potential, so that they can take charge of their lives."

I am also passionate about Martial arts, especially Kalaripayattu. Kalari is fast and intense. It synchronises both the mind and body in an amazing way. It is about strength, flexibility, emotional well-being, overall fitness and a lot more. Working towards increasing my speed and agility, trying to get the postures correct, meeting, practicing and learning with other students from different walks of life is altogether a very fulfilling routine. With every passing day, I improve a little more and fall in love with it a little more!

“Masters in psychology, Certified NLP Coach | Founder of Inner engineering coaching and training/ Life Coach | Emotional intelligence Coach| Hypnotherapist| NLP Trainer”

I conduct regular workshops and one on one sessions for individuals including corporate professionals, parents, teachers, teenagers and kids. The subjects range from personal development, public speaking, Business & Leadership Coaching, parenting, teaching, memory improvement, storytelling to NLP for Marketing & Sales, Hypnotherapy, Wellness etc. I also work with Corporates, Schools & Colleges.

Coaching techniques involve unique customised model as per client requirements. They include a structured process of powerful questioning and SMART goal setting to achieve the goals selected and a transformation of individual or business or organization.

Credentials

- Certified Trainer
- Certified NLP Master Practitioner from Richard Bandler and Global NLP
- LIFE COACH (GLOBAL NLP)
- EMOTIONAL INTELLIGENCE COACH (GLOBAL NLP)
- MOTIVATION COACH (GLOBAL NLP)
- NLP FOR BUSINESS & LEADERSHIP
- NLP FOR TEENAGERS & KIDS
- PG DIPLOMA : TEFL, TESCOL specialized for Young Learners teachers training and Special Education (Autism OR ADHD OR LD), Business English Teachers Training and Train the Trainer

Specialties

NLP | Emotional Intelligence | Motivation Coach | Corporate Facilitation | Behavioural Skills | Leadership Skills | Custom-designed individual coaching | business Coaching | Career Advancement | Career Confusion | Career Transition | Career Restart | Performance Enhancement



*Kiran Mazumdar-
Shaw*

Chairperson of Biocon

"I really believe that entrepreneurship is about being able to face failure, manage failure and succeed after failing."

The big names of the Indian business diaspora made it to the

Hurun's India Rich List of 2018, with Biocon's Kiran Mazumdar-Shaw leading the list of top 10 self-made richest women in India.



Kiran Mazumdar-Shaw is an Indian billionaire entrepreneur founded biopharma firm Biocoin in 1978 , which makes a range of generic Drugs to treat among much else , autoimmune diseases , diabetes and cancer her company is Asia's largest isulin producer with a factory in Malaysia's Johor Region. Biocoin's biosimilar version of Roche's breast cancer drug, Herceptin, was approved by the US Food and Drug Administration in December.

She was born on 23 March, 1953 in Karnataka, Bengaluru. Since childhood she wanted to become a doctor but could not attain scholarship so following her father footsteps, she earned an undergraduate degree in zoology from Bangalore University in 1973 and a graduate degree in brewing from the University of Ballarat, Melbourne, in 1975.

While returning to India, however, she found no companies willing to offer a brewing job to a woman. Instead, she did consulting work for a few years. After meeting Leslie Auchincloss, then owner of an Irish firm, Biocon Biochemicals. He was Impressed by Mazumdar-Shaw's drive and ambition, Auchincloss took her on as a partner in a new venture, Biocon India, which was launched in 1978 and produced enzymes for alcoholic beverages, paper, and other products. Within no less time Biocoin become the first Indian company to export enzymes to the United States and Europe.

Unless another successful person she too faced many problems, faced skepticism and discrimination. She found it difficult to find employees in India who were willing to work for a woman.

. Investors were equally hard to come by, and some vendors refused to do business with her unless she hired a male manager nevertheless she still succeeded and her hard work payed off. Kiran has never gone to any business school she has built this empire on her own and became the sole owner of the company in 1981. Biocoin than expanded from

producing plant based enzymes to Bio stimulants. She too is a social worker and help poor people, in 2007 she spent 15 million dollars for 1400 beds for cancer patients, Mazumdar Cancer hospital, Bangalore.

Meanwhile, Mazumdar-Shaw became the recipient of numerous awards. The World Economic Forum recognized her as a "Technology Pioneer" in 2000, and Ernst & Young named her best entrepreneur in the field of health care and life sciences in 2002. She was honoured as the businesswoman of the year by the Economic Times in 2004. In 2005 Mazumdar-Shaw also received the Padma Bhushan award, one of India's highest civilian honours, for her pioneering work in industrial biotechnology.

She too has written books "Ale and arty" and India's Innovative challenge for inclusive development. Apart from widely recognised as one of the most influential business leaders in the field of bio technology, Kiran is India's first self-made billionaire woman.



IMPORTANCE OF WOMEN EDUCATION FOR THEIR EMPOWERMENT

Dr Nidhi Singhal

Director Global Institute
of Technology Jaipur



Women education in India plays a very important role in the overall development of the country. It not only helps in the development of half of the human resources, but in improving the quality of life at home and outside. If it is said that education is the key to all problems, then it won't be improper. Women play an imperative role in making a nation progressive and guide it towards development. They are essential possessions of a lively humanity required for national improvement, so if we have to see a bright future of women in our country, giving education to them must be a pre-occupation. Empowerment means moving from a weak position to execute a power. The education of women is the most powerful tool to change the position of society. Education also brings a reduction in inequalities and functions as a means of improving their status within the family. To encourage the education of women at all levels and for dilution of gender bias in providing knowledge and education, established schools, colleges and universities even exclusively for women in the state. The education develops the idea of participation in government, panchayats, public matters etc for elimination of gender discrimination. Thinkers have given a number of definitions of education but out of these definitions, the most important definition is "Education is that which demonstrates the difference between what is good and what is evil". If we consider the above definition, we come to know that whatever revolutions that have taken place in our history, education is at the base of them. Education means modification of behavior in every aspect, such as mentality, outlook, attitude etc. Educated women not only tend to promote education of their girl children, but also can provide better guidance to all their children. Moreover educated women can also

help in the reduction of infant mortality rate and growth of the population. However, Gender discrimination still persists in India and lot more needs to be done in the field of women's education in India. The gap in the male-female literacy rate is just a simple indicator. The women were considered only house wife and better to be live in the house. Women empowerment is the pivotal part in any society, state or country. It is a woman who plays a dominant role in the basic life of a child. Women are an important section of our society. Education as means of empowerment of women can bring about a positive attitudinal change. It is therefore, crucial for the socioeconomic and political progress of India. The Constitution of India empowers the state to adopt affirmative measures for prompting ways and means to empower women. Education significantly makes difference in the lives of women. Women Empowerment is a global issue and discussion on women political right are at the fore front of many formal and informal campaigns worldwide. The concept of women empowerment was introduced at the international women conference at NAROIBI in 1985. Education is milestone of women empowerment because it enables them to responds to the challenges, to confront their traditional role and change their life. So we cannot neglect the importance of education in reference to women empowerment. To see the development in women education India is supposed to upcoming super power of the world in recent years. The increasing change in women education, the empowerment of women has been recognised as the central issue in determining the status of women. For becoming super power we need mostly to concentrate upon the women's education through which it will force on women's empowerment. As per united national develop

actual social influence, political power and legal rights. It is a multi level construct referring to individuals, organizations and community. It is an international, ongoing process centred in the local community, involving mutual respect, critical reflection, caring and group participation, through which people lacking an equal share of valued resources gain greater access to the control over this resources. At no point could the literacy rate of women match that of men. As a result, even after 74 years of independence, women occupy a secondary position in our social hierarchy. In spite of being aware of her position, women can't transform the situation due to lack of education. Therefore, women's empowerment can't be effected unless we persuade the importance of women's education. Women's equality has shown a major improvement as a result of adult

literacy programs is the area of enrolment of boys and girls in schools. As a result of higher participation of women in literacy campaigns, the gender gap in literacy levels is gradually getting reduced. Even more significant is the fact that disparity in enrolment of boys and girls in neo-literate households is much lowered compared to the non-literate householders. The world has achieved equality in primary education between girls and boys. But few countries have achieved that target at all levels of education. The political participation of women keeps increasing.

"If you educate a man you educate an individual, however, if you educate a woman you educate a whole family. Women empowered means mother India empowered"



Mrs Harleen Bagga

Psychotherapist &
Transformation Coach

About

Destiny played a big role in bringing Harleen Bagga to the place where she is now, a coveted 'Multi-Disciplinary Psychotherapist' and a 'Self-Awareness Based Transformation Coach'. Her trajectory of successes and surprises in life gives her enhanced ability and empathy to understand and connect with her clients, to provide a prescriptive solution that works in their eco-system for sustained success. She is an unbeatable combination of a therapist (NLP, CBT, Mindfulness, Hypnotherapy), a psychologist, a life coach, and a counselor who is committed to finding the right solution for each of her clients and transforming them into the best they can be! Life was always kind to her: she came from a loving and blessed family, she was active in sports and extra curriculars, and good at academics. Her dream was to be the mom who would play tag and active sports with her kids. When she was told early on in her life, that her dream was unattainable because of an auto-immune disorder, it changed her world. Having had a successful career at Microsoft, Redmond, USA, she was forced to move to

India on account of her health. She arrived in a wheelchair with her 6 year-old son walking beside her and her daughter in her lap- one memory that she can never forget! The journey from there to getting back on her feet, and then finding the wind beneath her wings demanded resilience, unquestionable faith, and arduous discipline. She worked as a Director of E-commerce for Cutting Edge for a few years, launching their presence online, among other things. The one common thread that remained consistent from when she was a teenager to then was that people gravitated towards her to talk, offload their troubles, seek advice and guidance, and feel better! She was always the go to person, the one with maturity and strength to accept whatever one wanted to share. It was almost as if fate was preparing her for her final path. She left the corporate world to pursue humanities. Her clinical condition took years to diagnose. The doctors could not figure out what was going on with her. She was seeing six specialists in parallel for each

manifestation of her condition. Her own life's experiences of being moved from one doctor to another, of being used as what felt like a cash cow, of being treated as just an account (or number) inspired her to want to do something to help others who were in a similar situation. She knew what it felt to be alone despite being surround by people, of trying to share but not being understood. She understood what pain and anxiety meant when dealing with the unknown. She understood the balance between optimism and reality. She had learnt to figure out her boundaries and how to push them. She understood the value of diversified knowledge and taking personal responsibility. She had learnt to comprehend relationships and how fragile they could be. It was a strenuous time in her life, but one that further developed her in maturity and strength. So, when it was her time to give back, she founded 'Soul Therapy with HarleenBagga' with a strong community outreach program, global clientele, and a

practice format (structure that she uses to see her clients) that allowed her to get up and personal with each client. Her life's journey, both professional and personal gives her the breadth and depth to understand nuances and empower the client in a way that helps them find a path that's right for them. Her multi-disciplinary approach is refreshing and result centric. Her corporate experience makes her practice format endearing because she works with complete transparency and accountability, both of which are important for her personally and one that her international clients appreciate. Her consultation includes 1:1 sessions, workshops, and corporate training solutions. The combination of transparency and accountability have proven to be both innovative and stimulating in a corporate training environment, because training modules can be molded on the fly based on her experience and knowledge to deliver results. Her training modules neither follow a rigid format nor a cookie cutter approach. She is able to connect with her audience and form communication pathways that help create bonds of trust and learning, which are essential in any scholastic setup.

Her social media pages (follow @soul

therapywithharleenbagga on Facebook & Instagram) are an inlet to her world of positivity where focus is on sharing varied knowledge, motivation, and strategies to create Self-awareness and encourage personal responsibility, where her goal is to get you to care for yourself and your results, to create a community that is label free, to help each person reach their true potential and so on. Her videos on personal growth and development, relationships, parenting, belief Development and so on can be found on YouTube @soul-therapywithharleenbagga. She is a published author and an international speaker. Her book 'Why Relationships Fail? Tips to make connections last.' is available in India on all leading e-commerce sites and overseas on Amazon. It chronicles real stories, real issues and real solutions and makes a great read to understand oneself and those around us better. She has been awarded for her work in this field with the 'Global Women Inspiration Award for 100 Inspirational Women of the Year 2021'. She also received recognition as 'The Real Super Woman 2020' last year. She has been published in media in recognition for her work including Indian Express Newspaper and Lifestyle Magazine.



Dr. Lopamudra Priyadarshini

Founder, The Social Ripples

About

I am passionate about how I live and work, patient about the right time for everything and persistent in my faith and believe.

It has been an overwhelming journey so far.

My first step towards CSR & Sustainability development goes way back, 25+ years ago. When I started my career as a waitress, I have never imagined the magnitude of dreams that will reward to head one of the most prominent organizations in India, Hindalco Industries Limited, Utkal Alumina International Limited. Working in the capacity of General Manager - CSR & Community Relations, I have been consistently putting all my efforts to empower the people and communities I operate.

I am a Doctorate in Social Work (h.C) (Commonwealth University), and Masters in Human Resource Management (University of Luton, UK), and graduated in Arts, B.A. (Utkal University, Odisha).

My focused efforts are towards empowering women with a holistic approach was adopted for creating employment opportunities and making them self-dependent through small entrepreneurial models across villages.

I am awarded with **"India CSR Professional of The Year Awards 2021"** during the 9th India CSR Awards for my contribution towards Corporate Social Responsibility and Sustainability. And later on, 18th Feb'21, I am felicitated with **"The Global CSR Champion"** by the World CSR Day. These recognitions and felicitations have given me enormous responsibility which inspires and motivates me to continue the dedicated work aimed at Sustainability.

Currently, I am associated with Hindalco Industries Limited, Aditya Birla Group as General Manager Sustainability & CSR, Land, R&R & Community Relations. Prior to that, I have worked as DGM, CSR & Human Resources with Sonalika Group, ITL and also headed the Corporate Communication. During my career, I have been working on several initiatives related to various sustainable practices for inclusive growth, design innovations, communications, knowledge sharing, project implementation and so much more.

My story is nothing less than a journey of thousand milestones. Down the line of my career, I started as a Waitress at the Oberoi group, then moved to a Sales Executive in MGM Chennai and later promoted to the Vice President for Texnokat Group, a giant in the manufacturing industry of Europe. Later joined Sonalika Group.

During my 25+ years of expertise, I have had the opportunity to work at the remotest corners of North, East, and South India and also worked Internationally. Lead the responsibility as HR and CSR consultant and International Business Development with clients in Greece and Italy.

After a good stint of my career, I did not necessarily want to continue overseas & have a top view of the challenges and problems of the people & communities, rather wanted to work closely with them and empower them with various awareness programmes & livelihood opportunities. Later, moved to the tribal areas of Orissa - Rayagada and focused on understanding the major pain areas, getting a chance to work on much broader levels.

Born in the interiors of southern Odisha, Rayagada District, I have grown witnessing the challenges, difficulties, and problems faced by the indigenous tribal communities of the state. Ever since then I am committed to empowering them and supporting them with every possible means. My core areas of focus are - Women & Child Development, Empowerment, Education and Equal Rights; Gender Diversity; Awareness against Substance Abuse; LGBTQ Rights; and most importantly Tribal Community Development.

At a personal level, I am highly inspired by the UN Sustainable Development Goals. My focus is to work on the grassroots level and bring actual change. I am the ambassador of SDG Choupal for Odisha and is committed to supporting the national and state governments, and institutions' vision for SDG implementation in India.

Further, I have worked for standard education-rights, skill development initiatives, menstrual hygienic practices, sex education, and the concept of consent for the Women & Children in these slums.

I have worked for the children as they required special attention so that they grow up skilled, hard-working, and respecting the world around them. For the same, I have collaborated with various focused agencies and NGOs, working on education drive, helping children to quit substance abuse and adopt education. I have worked with **Salaam Baalak Trust** and **Society for Promotion of Youth and Masses (SPYM)** in slums like Todapur to prevent substance abuse in children and further provided counseling to their parents on why educating children is far better than sending them to work at a young age. Considering the children in juvenile centres, I have worked on reforming their impressionable minds to adopt healthy habits and thoughts, so that they grow as responsible citizens.

Besides this, I have also very closely work on various interventions related to Sustainable Agricultural Practices. I have worked on various interventions that support Climate Smart Agriculture, Encouraging Organic Way of Farming, Education, Health and Hygiene of women farmers. **My focus has always been Integrating Gender Equality, especially honouring Women Farmers in Climate-Smart Agriculture Programmes**

Further, I also support the various initiatives ensuring sustainability in food and agriculture to meet the interlinked challenges of achieving sustainability, increasing food security and responding to climate change. Climate-smart agriculture is an innovative approach for charting development pathways that can

make the agriculture sectors more productive and sustainable and better able to contribute to climate change adaptation and mitigation. Scaling up climate-smart agriculture to achieve the needed transformations in agricultural production systems and food systems requires sound policies, robust institutions and secure financing at the local, national and international levels to create a supportive enabling environment for change.

Throughout my career driving sustainable social development has always fascinated me. To create sustainable ripples through various initiatives, and interventions I have founded **The Social Ripples**.

My vision through **The Social Ripples** is to encourage a society that values humanity above all. A society that fosters equality, diversity, inclusivity, and respect. My mission with The Social Ripples is to work in tandem with the UN's SDG goals and make an impact in the communities and environment we live in. Our objective is to work primarily in sustainable areas at a holistic level.

More than social responsibility, it is my sheer passion that I dedicate my service to community development. I believe in operating in an ethical and sustainable way and dealing consciously with its environmental and social impacts.



Ira Agarwal

Technology and Innovation Leader

About

Covid-19 crisis has accelerated the digitization and the digital adoption has taken a quantum leap at IT Industry level. In today's competitive IT world with ever changing business needs and high demand of distinctive customer experience, it has become essential to keep up with the emerging disruptive technologies. Introducing one such pioneering and inspirational leader, Ira Agarwal. She is an exceptionally brilliant strategic Global Business and Technology Leader who has stormed the IT World through digital innovation and transformation.

Ira has worked for Fortune 100 clients and head various Global IT Delivery Operations under the flagship of prestigious organizations TCS, HCL America, Techspan, Steria, Headstrong and Genpact. Currently, she works as a Chief Growth Officer for an Innovation IT organization, Veersa Technologies and mainly involved in business expansion, designing of growth strategies, building value proposition and client relationship management. She is also on the Advisory Board of a leading IT Organisation, AAPNA Infotech.

"Continuous learning leads to paradigm shift towards an effective leadership combined with Agility, Innovation, Excellence and Growth"

The global experience of working in different countries and mentorship from top IT Leaders have enabled her to imbibe strong risk-taking ability, high critical thinking skill and decision-making power, thus helping her to understand the real-world business challenges in-depth, develop best optimized solutions, provide business impact through innovation and drive business transformation which directly improve the outcome within the organisation and beyond. Ira has published research papers, articles and blogs on Artificial Intelligence, DevOps, Continuous Testing and Digital Talent Retention. She has achieved success through curiosity, competency and collaboration.

Ira is an outstanding achiever with academic distinction in Engineering (Computer Science); Project Management from University of California, Berkeley USA; and the Batch topper of Leadership Excellence Acceleration Program (LEAP, Year 2015-2016) constituted by Duke Corporation Education. She is also part of ISB (Indian School of Business) prestigious PGPMAX program. Using her inherent drive for excellence, thought-leadership and intuitive thinking, Ira has helped various organizations design innovative frameworks, IPs, utilities and prediction models.

The results have materialized in the form of high productivity of team and efficient

IT systems and applications. She has garnered numerous accolades, client appreciations and organization awards through her dedicated and focused work.

The results have materialized in the form of high productivity of team and efficient IT systems and applications. She has garnered numerous accolades, client appreciations and organization awards through her dedicated and focused work.

Ira is a STEM Role model for younger generation who has inspired many women to take up careers in Science, Technology, Engineering and Mathematics. She is involved in Mentorship and Advocacy of Women Leadership in Tech Business and promotes Gender Diversity and Inclusivity. Ira is part of various social initiatives that promotes Girl's education, set-up of tinkering lab for students, support the education of under-privileged children and conduct online classes for less educated women.

Ira's passion for technology, innovation and excellence makes her a distinguished leader.

Her leadership journey is exceptionally motivating and encouraging. Her strong belief in continuous Learning has led to paradigm shift towards an outstanding leadership. She is extremely passionate

about developing new skillset as well as constant refinement of her existing competencies. She has significantly emphasized on Digital talent transformation and continuous skill enhancement through comprehensive training, participation on Social Media platforms, technical conferences, forums, webinars, seminars, and networking with IT Industry's best Tech Gurus. Her balanced leadership and collaboration have helped her mentor and nurture young talent. She is increasingly proud to see that her mentees are working exceptionally well in different fields.

Ira's advice to women is to master the art of 'time management' so that they can excel in their workplace efficiently thereby striking a stress-free work-life balance. They must invest in learning new IT trends and keep up with the rapidly changing and increasingly demanding market requirements. Further, determined women must

demand a career growth path from their managers which enriches them with new learning at every step of career. Last but not the least, women must showcase their risk-taking capabilities and be prepared to brace challenges if they really want to reach the top-notch positions.

Ira has featured on the cover page of well renowned business Magazine CEO Insights as one of the top Women Leader in Technology 2021 and among top 10 leaders to be watched in year 2021 by Inner Review Magazine. She has received WILL Women Choice Award, Emerging Technology and Innovation IIWA Award by GISR foundation and Global Women Inspiration award by I CAN foundation.



Roshni Nadar

Indian Businesswoman

*We're always partnering,
always carving out, acquiring.
It's just in our DNA.*

WRoshni Nadar Malhotra is the chairperson, CEO and Executive Director of HCL Technologies. She is the richest woman in India and first women head to lead a publicly listed IT company in India. She was born in 1982 in New Delhi, born to HCL's founder, Shiv Nadar, she studied in Vasant Valley School,



holds a degree of Northwestern University majoring in Communication with a focus on Radio/TV/Film, and also graduated with a Masters in Business Administration, focusing on Social Enterprise Management and Strategy from the Kellogg School of Management.

She worked in various companies as a producer before joining HCL. Within a year of her joining HCL, she was elevated as executive director and CEO of HCL Corporation.

She subsequently became the chairperson of HCL Technologies, after her father Shiv Nadar stepped down. Prior to becoming CEO of the HCL Corporation, she had also been involved in brand building across the HCL Group.

Nadar is chairperson of VidyaGyan Leadership Academy, a leadership academy for the economically underprivileged. She set up 'The Habitats' trust that aims at protecting India's natural habitats and indigenous species in a bid to create and

incredible transformational efforts in the field of education, the foundation has several initiatives and institutions under its umbrella. Today HCL operates in 49 countries and has a market capitalization of about \$26 billion. It ranks as No. 3 among India's largest tech firms by market cap and sales. Nadar Malhotra is the first woman to chair a listed tech firm in India—and one of a handful of female chairpersons in the male-dominated global tech industry.

In the recognition of her outstanding work Roshni has received many awards globally. Some of these are -NDTV Young Philanthropist of the year (2014), 2015 Conferred "The World's Most Innovative People Award" for Philanthropic Innovation by The World Summit on Innovation & Entrepreneurship (WSIE), Lewis institute "Community Change maker" award by Babson college (2017), Vouge India " Philanthropist Of The Year Award" and was recognized by Horasis, an internationally renowned think tank, as the 'Indian Business Leader of the Year 2019.' She is an alumna of the Forum of Young Global Leaders (YGL, 2014-19), a unique and diverse community of the world's most outstanding, next-generation leaders, an initiative of the World Economic Forum.

In 2019 she bagged 54 rank on Forbes 100 most powerful women list. In 2020 she was featured in Asia's power Businesswomen list.

Apart from her profession she is a trained classical musician.





Dr. Amitta Shringi

Psychologist

About

Amitta Shringi Commonly known as (Your Happiness Coach), did not have a very happy beginning, She's Now a renowned and household name in the field of Psychology in Rajasthan. It is widely believed that females outperformed males in emotional information processing, keeping this theory alive, Ms. Amitta did her specialization in "Hypnosis", Her speciality in diagnosing, identifying, and treating various psychological conditions with "Hypnosis" makes her stand apart from the crowd of Psychologists. She guides her patients through trance, analyses the psychopathology of pain and its level. Then the subconscious mind is programmed to understand that the pain signals emitted by the patient's brain are no longer helpful to them. She teaches her patients to dial the pain down & maintain it at a bearable phase or even turn it off completely, in order to sustain a healthy and comfortable lifestyle.

Ms. Amitta, came from a middle class family, where her father was an ayurvedic Doctor and mother being a house wife, along with her two more siblings. She was raised in difficult conditions.

She was married quite early at the age of 19, while she was perusing her studies. This is where things started to take a roll and her life became miserable. Her mother who was her strength, was diagnosed and passed away due to cancer at the age of 51, this incident quite jolted & broke her. But In spite of personal loss & The brutality of Married life did not stop her from studying further , She did not gave up and fought with her situations & studied further and obtained her degree to become a qualified "Psychologist".

Further, after completing her basic internship from SMS Hospital in department of Psychiatry she completed her advanced training in "Hypnosis" from a leading clinic in Bengaluru in the year 2015. Ms. Amitta was also Awarded "Hypnotherapist of the Year" in 2018 & 2020 by Indian Academy of Applied Hypnotherapy, Bangalore, her achievements were widely published in the medical journals like "Silicon India Health Magazine etc.

From there on, she did not look back, She went on increasing and polishing her knowledge in Cognitive Behavioural Therapy commonly known as CBT, Dialectical Behavioural Therapy commonly known as DBT, Cognitive Drill Therapy commonly known as CDT, Neurolinguistic Programming commonly known as NLP, Cancer care, Palliative Care & End of Life, Anger management, Learning therapy for Students, Yoga & Meditation, Reiki Healing, Past life regression (PLR), Age regression, family counseling and many more. She stood alone and single handed raised her clinic "Amitta Psychology Clinic" in Jaipur. Now this Psychology clinic is giving thousands of patients, a true psychological care and support

they deserve in economical range. Her patients' network has grown up not only in India, but also in various countries like UAE, USA, Canada, Qatar, UK are to name a few.

Ms. Amitta is also actively involved with various NGO's & Hospitals across Rajasthan, where she is providing counselling to emotionally suffering women going through domestic violence. She is also very popular in Media, especially where education and students psychology related matters are discussed. During the Covid -19 pandemic, Amitta decided to do more for the society and frontline warriors, so she decided to give FREE empathy counselling to Covid positives & their families. Going further she saw and realized immense pressure, within Doctors and paramedical community, this is where she extended her services to them free of cost as well. She was giving stress reliving counselling to these Doctors & paramedics free of cost.

Ms. Amitta, also runs a free "Anti Suicidal" helpline for women and students, who go through immense & Unbearable pressure in life. This is where she guides them to take life in positive manner and lead life with a positive frame of mind. She continuously conducts free webinars for her patients, where she also along with her invite's subject experts like Yoga, Reiki, Ayurveda etc. She also is instrumental in providing psychological care to needy people who can't afford the cost under her CSR responsibility. Ms. Amitta, independently is now leading her life on her own conditions, she can now easily be termed as Women of Substance.



Sadiya Shaikh

Social Activist & Speaker

About

Sadiya Shaikh is a 19 y/o Activist & Speaker, was born in Deora, a small village of Darbhanga district in Bihar but her family decided to migrate to the city for a better education that would ensure her a better life. She has completed her bachelor's degree from Mumbai University from ENG literature & Sociology. Throughout her life she has accomplished many achievements like many awards and certificates in speech completions from her childhood, she was always appreciated for being a good student in academic performance as well as in external activities, But she believe, "Achievements are not just about getting certificate or award but sometimes it's also about knowing the inner power of your own self at a right time".

During her second year of graduation study , On Dec 2019 when the Anti-CAA, NRC bill was passed in parliament and many JMI, JNU,AMU students were on the road for protest and faced the brutality of the police, many students were injured, bled and admitted in hospitals.

Disturbed by the Jamia incident, Sadiya became a part of these protests

protests to challenge the brutality of state sponsored violence on the students of Jamia in Delhi, even though she got strict warning from her college,

“I thought if we choose to be silent now then distorting the constitution and atrocities on students will become a norm,”

some of her family members for joining this protest but She feels proud discussing that she had studied democracy as a subject but now, “I am practically trying to exercise what I was studying till now”. I had always dreamt to be a part of the Young India Challenge. This year I got selected but gave up just to be a part of these protests. This movement has brought a change in me, I started focusing on political activities as well as Social activities, I started a movement of community library and additional coaching classes so that more people can be aware about the nation, and I feel more confident, more empowered now, Sadiya says

She considers her education to be the informant that made her acquainted with the social and political predicament that threatens the minorities and women in India. She was an active participant in the anti-CAA-NRC-NPR protests and has been applauded for the various speeches she delivered disputing the law at various public-speaking events, one of which was in company with MP, Barrister Asaduddin Owaisi, Politician Kanhaiya Kumar and Scholar Umar Khalid and many more. However, when the nationwide lockdown, to keep a check on the spread of COVID-19, was announced earlier this year, her family and she decided to take a break and visit the village in her native state. When she moved back to the village, realization dawned on her that families with a stronger financial background have been able to

migrate from rural areas for better prospects but no one was thinking about the ones who were left behind, the ones who could not afford this luxury.

She could see that the less privileged families and their children had to make difficult choices for basic facilities. They had to enroll themselves in government-run schools for subsidised fees. Many lacked access to good-quality books for classes. A lot of times, the villagers had no option but to withdraw their wards from school because they could not even afford to buy the prescribed textbooks.

Her education has helped her to understand the situation and helped in investing her focus on finding solutions along with criticising the system. She wants to change this scenario, help every child who is suffering due to poverty because She thinks, "Education is the only tool that has the power to transform lives". Hence, as a first step towards empowering the youth of Bihar, she planned to start the movement of community library with additional coaching classes in at least every rural villages of this country, and thus till now she has



Isha Bhandari

Founder DSB Group
Chairperson DSB Foundation

About

Isha Bhandari is a Global Indian woman who has received colossal appreciation from across the globe for her initiatives in the social sector. She has to her credit National and International Campaigns on Women Health, Skill Training and Environment. She has voiced many forums in India and abroad and she has also I have been a TEDx Speaker, Madagascar

Isha Bhandari is a name among the eminent women of India who is walking the path to make a difference in the lives of Indian women. An International Social Scientist, Chairperson DSB Foundation Director Global Goodwill Ambassadors Foundation, US which is a United Nations affiliate partner of the UN SDG's action campaign, Global Advisor Punjabi Chamber of Commerce, US, National Advisory Member Indian Media Council & Advisor to National & International Charities. Inspired by Mother Teresa's quote, "Not all of us can do great things, but we can do small things with great love." Isha believes, "Perseverance and passion are pertinent in achieving the goals. Keeping a positive outlook and believing in ideologies is the way forward to one's vision."

"Isha Bhandari is one of the renowned exemplary woman achievers of India. We are inspired by such women who are the change makers and are reaching out to the women of India at the grassroots level."

A recipient of Republic of Women-Excellence in Women Empowerment Award 2021, Global Women Inspiration Award 2021, International Excellence Award 2021, Humanitarians Awards Ghana 2020, Dr S. Radhakrishnan Award 2020, Dr. Sarojini Naidu International Award for Women 2020 by International Women's Film Forum, Naari Gaurav Samman, by Rajasthani Academy 2020, Women Leaders in Community Service Award by Indian Council for UN Relations 2019, Inspirational Social Scientist Award 2019 under Women Legendary Awards, Exemplary Contribution Award as Social Activist & Self Help Group by MSME Govt of India and Foundation for MSDG's 2019 & Outstanding Women Health Campaign (Women Health Awards 2019 by ASSOCHAM, Iconic Women Award by Women Economic Forum 2019 and International Women Achievers Award 2012.

With an immense experience of almost twenty five years in the social sector Isha is a role model for many. She specializes in Community Development Programmes that increase the reach of the philanthropic support solutions to groups and capacity building of the social service sector Under her guidance the social campaigns have been organized across the length and breadth of India and abroad and scores of women and girls have been benefited.

Having worked with International Organisations she has been able to bring back that experience to India and implement the best practises in her projects as part of the DSB Foundation which she Chairs.

She has graced many forums as a jury. She has been a delegate at Global Cancer Summit, Dublin, Ireland, University of Texas, MD Anderson Cancer Centre, Houston, USA. She has addressed social events at House of Lords and House of Commons, UK. She is also a Member of Institutional Ethics Committee, Delhi State Cancer Institute, Govt of NCT of Delhi & Rajiv Gandhi Super Speciality, Delhi. She Chairs DSB Foundation which is inspired by passion, and compassion for the wellbeing of people. The Foundation has received colossal appreciation for their projects on Women Health, Women Safety, Road Safety,

Environment, Empowering workshops, COVID Support and International Campaigns. The Foundation has made a profound impact on the lives of the underprivileged during COVID-19. All projects of the foundation are aligned with UN SDG 2030.

Isha has voiced many global social issues. On Gender Equality Isha quotes,



“Prioritizing and breaking down the barriers for gender parity, women in India have come a long way. Let's celebrate her social, economic, cultural and political accomplishments she has so far achieved in India.”

Isha Bhandari is certainly an inspiration for Indian Women. Having received many National and International Awards, she knows that the only way to be a successful woman is to be a strong woman; she knows her strengths and allows them to maximize her vision to serve the society.



Hema Niranjana

Serial Entrepreneur

About

A young lad asked an old Wise man "Sir, which field can I have a good career in?" the old man replied with a smile "That is easy, just be a good human being, there is lot of opportunity in that area with little competition "

Hema lives this life not by quotes and slogans but leads by example.

Hema Niranjana is a young serial entrepreneur based out of Bangalore. She spent childhood days in a village at Holenarasipura near Hassan, Karnataka, where her father was a government school teacher. Humble background, big dreams, strong core values, soaring ambitions towards upliftments of humanity and a strong sense of purpose realized into entrepreneurial ventures.

Personally, Hema got married when she was 21 years and the couple have a daughter. Her husband Niranjana has supported her desire to study interior designing courses in Jain University college, Bangalore. She graduated with an "Academic Excellence Award "in the year 2016 and secured a distinguished Alumni Award in the following year.

Dreams do find their home in those who love them truly.

Having founded a successful interior design company called "DEZIGN CODE" in the year 2016, Hema goes on to start a unique Army Themed Restaurant called HUNGER CAMP in 2019 along with her business partner Chetan.

Dezign Code's mission is to address challenges faced by majority people needing good cost effective interiors without hidden costs, substandard materials, lack of expertise, and high turnaround time. It brings magic in designs, professionalism and effective communication right from design to execution phase till completion. Themes like Pirate themed pub, village themed restaurant, ship themed pub, etc. across major cities like Goa, Bangalore, Hyderabad are unique.

At the core is a passionate artist who nurtures a creative mind unfolding themes and ideas in ways matching client dreams. Hema feeds creativity through photography and artwork. Second venture, Hunger

camp celebrates the two Pivots of India "The farmer "and the "the Military" in a unique way. Bangalore's first Military themed restaurant stands out in its Army camp ambience, full of Paraphernalia and decor, a community table for larger groups, tents with comfortable seat, a bunker with underground gas lights, grenade shaped salt and pepper sprinklers, military water flasks, roof with military maps, and walls dedicated to PARAM VEER CHAKRA Awardees.

Hunger Camp coverage by Power TV, lauds ambience for instilling purpose among diners along with excellent taste, presentation of Veg and Non veg cuisines. RJ Niladri from indigo applauds unique theme. The idea behind the restaurant theme is to celebrate the warriors and tribute to Indian Army shares Hema. NGO "Hunger Camp" was founded recently with a mission to extend support to martyrs' families.

Behind all this is a woman with grit, determination on sleeves and passion in spirits. When her husband travelled abroad for several years, there were challenges both at home and business. Despite this she dreams of giving her best in everything to the kid like necessary exposure and motivation in building her career in modelling.



Mithali Raj

Indian Cricketer

*"MEN'S CRICKET SETS
THE BAR. WE ARE
ALWAYS TRYING
TO REACH WHERE THEY
SET THE STANDARD.*

Mithali raj popularly known as Lady Sachin is a professional Indian cricketer, born on 3 December 1982 in Jodhpur, Rajasthan, India .She is the captain of Indian women's cricket team in test matches and ODI's. She is the highest run scorer in women's international cricket. The woman with most runs in the game, and the only Indian captain - male or female - to have led the side to two 50-over World Cup finals



She holds the record for second highest score in women's test cricket with 214 runs against England in the second and final test at Taunton in 2002. Mithali is considered one of the best women cricketers to hail the game of cricket with the highest total runs of anyone in women's international cricket and the only cricketer to surpass the 6,000 run threshold in Women's One Day Internationals.

In an interview Mithali's mother said that she loved playing cricket since her childhood, at the age of 10 she started playing cricket and went to 6am cricket coaching with her brother. While living one's dreams everyone needs a back support and encouragement from their family, at every stage Mithali's parents supported and stood by her. Even her mother had to resign from work so that she could take better care of her food.

Undoubtedly Mithali had great talent and was one of the most promising players in India but she took her game to the next level to become the world's finest cricketer. Mithali led India to the 2005 World Cup final but was defeated against Australia. She was also a big reason why India won Test series against England. The Indian team finished the year on high note by winning the Asia Cup. Mithali talent, sheer skill and hard work for the game contributed to the Indian team greatly. She was honoured by Arjuna award in the year 2003, Wisden leading women cricketer in the world in 2017 and Padma Shree in 2015. In July 2021, in the third WODI match against England, Raj became the leading run-scorer in women's international cricket. She went past Charlotte Edwards' previous record of 10,273 runs. She was too counted in BBC 100 women.

At a very young age mithali started playing cricket and has now brought glory to whole nation. she has proved that no women are less than man and both are equal in every field. For her great achievements she was also praised by our Prime Minister Narendra Modi and in Oct 2017 she too appeared on the cover page of Vogue magazine with Sharukh Khan and Nita Ambani.





Renu Joseph

Educationist

About

Teachers play a very important role in a student's life. As a teacher, one must bring out the best in students and inspire them to strive for greatness. Students are considered as the future of the nation and humankind, and a teacher is believed to be a credible guide for their advancement. Not only do they guide students in academics or extracurricular activities, but teachers are also responsible for shaping a child's future, making him/her a better human being.

Believing in the same, RENJU JOSEPH initiated an organization that looks forward to fulfilling each role of a teacher in students' lives. Through her creation, RJ'S CLASSES, she has created a space for more than 800 students all over India so that they can get the education they deserve to become the beacon of hope for the nation. She has more than 15 academic degrees and has completed more than 400 certificate courses till now. Her idea is to guide the A-list students by utilizing her knowledge and experience helped her organization flourish. She started her role of educator and guide in 2015, and within 6 yrs she has grown her enterprise with turnover 12,00,000

"Using an online educational platform allows for a better balance of work and studies, so there's no need to give anything up."

There are more than 200 million children worldwide that are out of school, even those in school do not learn effectively and efficiently in a proper manner. Her vision from this academy is to fulfill the gap as she claims that 25% of the profit will be dedicated to the school in rural areas for the betterment of the students

“By providing them with effective tools to learn, and hopefully, we will change the student, the family, and the society to a better future. ”

Choosing the right career is just the first step. A teacher has to play the role even beyond that. Students across the world face multiple challenges while choosing a career for themselves. A teacher has to stand by their students to help them overcome these challenges. She tends to do that by personalizing each student’s work plan, recording all of its sessions for review. She also hold regular checkins with parents for securing a better future for them. By doing this, she is trying to solve a problem that society has been facing for a long time. By incorporating the technical assistance, she is trying to strike a balance that will prepare them for the harsh world out there in society where there are lot of challenges She say’s Why did she chose this carrier ? A women holding so many degree and certifi

-cates would have easily got any job she wishes for, but her zeal to know about mysteries prompted her to take the role of tutor so that she can learn as well as teach which she ever wishes for as she say’s “If I got a job at any university, then it’s not possible to continue my studies, so I decided to start an online tuition center.”

With immense love received from her students and the support obtained from her family members, Mrs. Renju continued to achieve her dreams even in hard circumstances and proved that no one can stop you from becoming what you ever wish for, if you are willing to work hard. She is mother of two and has done what she always wanted to. She has won awards like the Youth Icon Award, Best Educationist & Career Counselor Award, Global Icon Award 2020, India Iconic Education Award 2020, Asian Education award 2019, etc.



Sunita Rajput

Principal, Fellowship Mission School

About

As you get to know her better, you will understand that she is a teacher at heart who enjoys being amidst kids. Her curiosity to interact with children and listen to them patiently remains the same as it was in 2002, when it all started. She started her career as a Mother Teacher in St. Xavier's High School, Vapi and then got promoted as a Supervisor. After that there was no looking back.

She served as a supervisor for 10 years, getting to know the ins and outs of working with students and how to best to make a difference in their lives. Then, the opportunity came along her way to serve as H.M. at Fellowship Mission School.

As she navigated her new role as H.M, new challenges and more responsibilities awaited her. After adjusting well to her role as H.M., within a time span a year she received the surprising news that she had been named as Principal of Fellowship Mission School.

"Our aim is to foster holistic education with a focus on all-round development and therefore, a range of extra-curricular activities and life skill programs are integrated into the curriculum to develop their innate talents"

She climbed the ladder of success and her journey from a Mother Teacher-Supervisor - H.M. - Principal is an inspiring one.

However, this transformation wasn't an easy one. She shares, "I learnt to dedicate time in order to nurture and educate the students at school with sheer hard work and diligence." She has always risen to the challenge and never backed out from introducing newer systems and methods of learning.

She first experiences the kind of exposure she wanted to give the children by visiting international schools, attending workshops under acclaimed teachers before integrating them into the teaching-learning process in her school. "I equipped myself and I implemented. Alongside, I also worked on building my own team," states Mrs. Rajput.

SHARED VISION FOR LEARNING

On her vision that she has been able to execute all through the years, She shares, "Our aim is to foster holistic education with a focus on all-round development and therefore, a range of extra-curricular activities and life skills programs are integrated into the curriculum to develop their innate talents."

Entrepreneurship ideology, which is slowly becoming the way of life, is one of her prime focuses. The institution lays emphasis on building leadership skills in its students not only through the optional courses being taught, but also through accompanying activities.

Talking about her vision, she says, "We are witnessing disruptive changes in the education field and are motivated to constantly innovate and take risks for progress."

She had undergone a lot of training to bring the best of practices to their curriculum. In a quest to bring the exposure of best international education system, she visited Finland to get in-depth understanding about the Finnish educational model in the context of school policies, teacher training & everyday teaching practice and schooling administration. She is excited to incorporate the same in her school.

Amicable, articulate and aware, Mrs. Rajput is bestowed with leadership qualities coupled with a benevolent and dignified grace. Love for humanity, unflinching commitment to make excellence in education a reality has been her lifelong mission. She has made a definite difference in the educational system by modernizing it and making it more relevant to today's times.



Divya Alimchandani

Founder, Craft Cart

About

A small town girl Divya Alimchandani from, Akola Maharashtra started her journey back in 2015, With A Thought to Make People Happy with Handmade Gifts. 1st 8 Months Have Been Very Difficult for her to Work & Get New Orders! She Started When Instagram Was Not That Much in Trend! with No Huge Investments Because She Wasn't Sure Enough for Handmade Gifting Idea Turing into Bussiness.

Started All Alone but Now After 6 Years of Happy Gifting. From an Uncountable Happy Faces, Zero Investment to A Full Fledged Gifting Company Served More Than 5000 People & Made Their Occasions Special Through her Company Named "Craft Cart" Your Handmade Gifts Crafted with Love, Started A-Z Diploma Course In Crafting Industry For Girls & Housewives, Made Team Of 18 Underprivileged Girls & Women, Expanded Instagram Business To Many E-Commerce Websites Like Amazon, Flipkart, Snapdeal, Paytm Mall, Expanded Over Seas Via Ebay, Amazon, & Instagram!. E-commerce conducted over computers, tablets, or smartphones may be thought

of like a digital version of mail-order catalog shopping. Nearly every imaginable product and service is available through e-commerce. So she spreaded her business more through e-commerce because these days people are more into online shopping and people from all over the world can shop through Ecommerce

Expanded More in Small Events as Setting Up Date Decore, Birthdays Baby Showers, Etc. She Only Focused On Small Events Because When the Event Is Small the Only Focus Is to Give Happiness & See Happiness! As they Never Expanded Decors For Big Events Keeping What they Spefically Need I.E Happiness Of their Dear Clients.

Researching More In Craft Industry Expanded With her Own Line Of Indian Manufactured Designer Papers & Craft Supplies 100% Indian Made (More Of Made With The Help Of People Who Are Below Poverty Line) To Help Them Grow and Named her Supplies Brand As "GanesaoCraft Fantasy" A Crafters Fantasy Store. She keeps her focus on selling and manufacturing Indian

products by buying indian products, pumping of a large amount of capital into the market will occur, resulting in higher market capitalisation and rotation of money in the market. India is heavily dependent on imports. And if the indian products experience a boom in their sales, then they would also export the products to the world markets, eventually increasing the export share of the country. This will create some sort of parity between the import and export ratio!!

It will create a nice sense amongst the citizens of the world about Indian companies. {Because it's considered a bit cheeky, if one's country's citizens don't buy their own products}.

Obviously This 6 Years Journey Was Not Easy for her as she faced many obstacles but came back strong evrytime with more zeal and will power at It Looks but It Was Full of Knowledge, Learnings & Experiences! From Owning Nothing to Owning 2 Brands (Trade Mark Rejistrated). After 6 Years When She Was Selected for Global Inspirational Women Awards It Was a Mini Win Win Moment and truly worth.



Jasvin Soin

Celebrity Tarotprenuer

About

Jasvin Soin is a Jaipur based tarot preneur, lifestyle coach and above everything, a healer. Honing her skills over a period of more than ten years, she has won great acclaim and recognition for the accuracy of her readings and helping people in dealing with mental stress and depression. Jasvin Soin has been creating a positive impact in skeptical minds and worried lives. Jasvin completed her Masters of Science in Physics from Rajasthan University and was a merit position holder. She was always inclined towards occult sciences since childhood. Her strong sixth sense and her zeal for learning triggered her passion for Tarot Reading.

Owing to her compassion for life and humanitarian approach, she was prompted to learn a language through which she could hear and understand divine messages and help others. Tarot card reading worked as a tool in her counselling sessions. It is a medium of meditation and reflection for her. Coming from an affluent family, helping others has been her only concern. Choosing Tarot Card reading as a profession,

A celebrity Tarotprenuer, an awarded Humanitarian & a leading Lifestyle consultant from Jaipur follows her compassionate heart on the path of her astonishing journey

Jasvin decided to serve humanity with a difference. Jasvin has helped many clients ameliorate their lives through her counselling sessions. Her Tarot sessions are empowering, bringing clarity to confusing situations and helping shape one's future based on choices made in the present. Her clients credit her for providing them illuminating solutions to major dilemmas and even helping them avoid future misfortunes. She says,

"When I see stress around me, I try to heal it through my words and through every way possible. She uses tarot cards as a tool to guide people in her counselling sessions & it works as a light at the end of a dark tunnel."

Counselling

Over years of experience of counselling people, she has realised that most of our problems are self created. Mainly because we don't talk about our problems. Trusting on our loved ones or a counselor can help us confront the situations we are unknowingly trying to escape from. She does proper analysis of circumstances and delivers a positive and empowering outcome to guide youth through obstacles in the past which may be holding you back at the present. She will encourage you to make choices for yourself without being judged. You will definitely walk away feeling clearer, stronger and lighter and even more in tune with your path and purpose.

Galaxy Of Life

She is the author of the book 'Galaxy of life'. This book is a compilation of articles written from the experiences that she encountered while trying to reach out and guide people of all age groups. It has write ups with the topics ranging from health issues to motivational & joyous essays. This book has been published for a noble cause.

Also, she has been writing articles for a magazine called glitter and guts for five years now.

Compassion

She is highly inspired by the Dalai Lama. She follows his inspiring quotes & tries to implement them in her life. As "Dalai lama says that love and compassion are necessities not luxuries without them humanity can not survive. If you want others to be happy, practice compassion, if you want to be happy, practice compassion. Compassion and mindfulness can be seen in the simplest of your daily lives". "We can not heal the world but we can begin with an act of kindness, a voice of compassion and a heart of love" She always asks others to follow compassion in life. She says, life salutes you when you make others happy. Be good to others.. It costs you nothing.

Journey So Far

She says, "Your mind is a magnet! If you always think of blessings, you will attract more blessings. If you always think of problems, you attract more problems. Thus, always keep good thoughts and always stay happy!" She has always dreamt of herself becoming the better version of herself day by day. She believes in making an impact towards the society with small steps and always encourages to help others without expecting something in return.





Mirabai Chanu

Indian Weightlifter

"I never thought I would win a gold, but was determined to go back with a medal."

26-year-old Mirabai Chanu, a native of Manipur's capital city Imphal was born on August 8, 1994. Today the daughter of India hailing from Manipur is a name everyone knows as she won silver in Tokyo Olympic 2020 in Women's weightlifting and has made India proud. Her achievements have spoken more than words and proved that hard work is the only way to the success.

The Prime Minister of India, Narendra Modi has also congratulated Mirabai for bringing her silver medal from this



event. Saying that “India is full of happiness” debut and great performance”

Saikhom Mirabai Chanu was born on 8 August 1994 in Nongpok Kakching, Imphal, Manipur, to a Meitei family. Her passion for weightlifting could easily be identified at an early age when she was just 12 she could easily carry huge bundle of firewood to her home which her elder brother found it hard to even pick up. At the age of 11 only she won her first gold in local Weightlifting competition.

Mirabai Chanu is the only Indian woman to compete in a weightlifting event at the Tokyo Olympics, as she seeks redemption after the disappointment in Rio. The 27-year-old lifted 86kg in the snatch and then 115kg in the clean and jerk to set a world record as the 202kg

combination earned her a bronze medal and a ticket to the Tokyo Olympics. Mirabai Chanu illuminated the name of the whole country. Many people did not know Mirabai Chanu till now, but in the present time the whole world has started knowing it.

Mirabai Chanu won the first gold medal for India at the Commonwealth Games 2018 by lifting a total of 196 kg in snatch and 86 kg in clean and jerk. In the 2019 World Weightlifting Championships, Mirabai lifted a total of 201kgs but finished 4th. In 2021, she won the bronze medal at the 2020 Asian Weightlifting Championships in Tashkent .

At 2020 Summer Olympics in Tokyo Chanu won a silver medal with a total lift of 202 kg in the 49 kg section.

At 2020 Summer Olympics in Tokyo Chanu won a silver medal with a total lift of 202 kg in the 49 kg section.

After doing this Mirabai Chanu broke many records. On the way to the medals, she broke the sports record for the weight category. The effort also marked his personal best. She earns Rs 50,000 per month as a part of the Ministry of Youth Affairs and Sports Flagship programme. For her great achievements Mirabai Chanu has honoured with various prestigious awards.

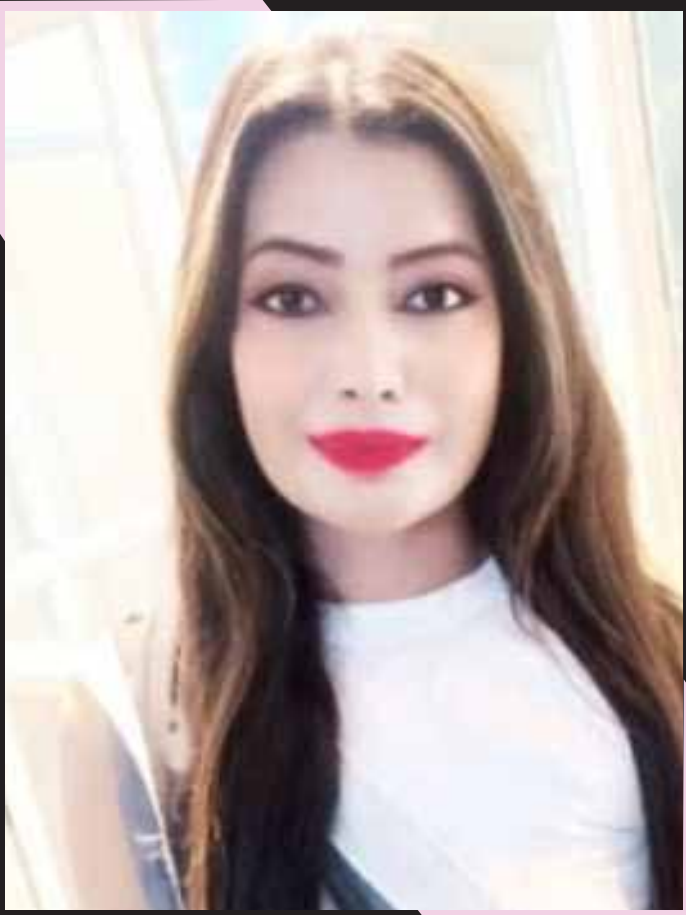
Rajiv Gandhi Khel Ratna, highest sporting honour of India (2018)

Padma Shri, the fourth highest civilian award of India (2018)

She has also been given INR 1 crore from the Government of Manipur after she won the silver medal at the Olympics 2020. She has also been given the appointment as Additional Superintendent of Police (Sports) in the Manipur State Police.

She has been awarded INR 20 lakh from the Govt of Manipur and INR 2 crore from Indian Railways.





Dr Lita Mohapatra

Founder/ Director
LJC (LosJovenes Clinilogic Pvt Ltd)

About

This lady doctor from Odisha, left her highly paid medical practice in Australia to come back to her roots, pursue entrepreneurship and serve the mankind"

This is about one of the inspiring woman entrepreneurs, Dr. Lita Mohapatra, Founder and CEO, Los Jovenes Clinilogic Pvt. Ltd.(LJC).

At the age of 5 years, Lita was clear about her thoughts of being a doctor. Growing up, she excelled in her studies and after completing MBBS from MKCG Medical College, Odisha, in 2006, got relocated to Australia. Thereafter, she continued her higher studies in Sydney. After completing double masters, she started practicing medicine and working as a doctor in Australia. Soon she changed her path to esthetic medicine and cosmetic dermatology and did her fellowship in the same. After having a great life in Australia, being away from her own place was haunting Lita all the time. And moreover, she never wanted to settle down just being a doctor; she always aspired to be something beyond this. Being a free soul and a traveler, Lita was searching for her piece of pie in her professional and personal life.

She started to think on better cosmetic products, eco-friendly derma products; started focusing on manufacturing, and slowly felt a tilt towards entrepreneurship. Lita came back to Odisha after a long time, with an aim to do something on entrepreneurship in her own home state. Being exposed to huge knowledge and clarity in her thoughts, she started her clinic in Bhubaneswar, Odisha and it was a huge click. To add more value, she ventured into clinilogic aesthetics. She added technology driven, patented products related to skin and hair. Soon, her organization Los Jovenes Clinilogic Pvt. Ltd. was dealing with manufacturing and R&D of various dermaceuticals. LJC, basically working on the concept of Green Chemistry, deals with the manufacturing of Glutathione based serum, sunscreens, night creams, beaded facewashes and number of innovative products related to hair and skin. When asked about the motto of her organization, the lady doctor states, "we care for your trillion skin cells, something beyond just the top layer of your skin". i-stem Dermaceutical, a trademark under LCG has been also founded by Dr. Lita, which deals with to use of stem cells to develop better organic products for skin care and hair care. She is soon coming up with rural employment training under her new organization named Ashtava Foundation. In this short span of her entrepreneurial journey,

Lita has been successful in grabbing a number of awards and recognitions on national and international levels. To mention a few recent recognitions, she won the Woman Entrepreneur of the year award at National Excellence Summit, 2021, Indian Achievers Award, 2021 and also Times Health Icon Award, 2019. Lita works in a planned and balanced manner, with much clarity and focus, aiming to become a serial entrepreneur in the near future. And about LJC, she is looking to expand it into global markets within the next 3 years. They are working on developing and launching new and more effective products. Coming to her personal lifestyle, she follows everything that just 1% of the global population carries out successfully. Being a morning person, she wakes up at 4.30 in the morning and goes off to bed exactly at 10.30 at night. She sticks to her routine and loves that way of her life. Apart from work, Lita loves to cook, is a tea connoisseur, and a voracious reader too. Also, she never skips to meditate because that helps her to become more clear on her thoughts and deeds. She draws her inspiration from everyone and everything around. Lita calls herself a dope soul and is a free spirit to explore and experience everything beyond the box. This Alice is extremely happy in her Wonderland and she is definitely going to bring in the next big thing in the near future.



Pooja Gupta

Entrepreneur

About

Pooja Gupta from Jammu, who is not only an example of an Atmanirbhar woman, but has been helping thousands of other women and farmers in J&K to become Atmanirbhar by giving them various work opportunities. Mrs. Pooja Gupta from Jammu and Kashmir started her venture Nimbark Organic Foods, which is one of the organic food brands. Mrs. Pooja Gupta gave more importance to women Shashaktikaran, she says that if women have to stand with respect then First they have to become selfreliant.

But Mrs. Pooja Gupta decided to choose her own path, the path of entrepreneurship or you can say Atmanirbharta. Being a spiritualist and nature lover himself, he always followed a very simple and holistic lifestyle, so he decided to embark on a similar journey, he chose organic farming over any other business that the world is doing right now. is also needed. Organic farming not only helps us humans to eat and stay healthy, but also helps mother earth and the entire natural ecosystem. The invention of chemical pesticides and fertilizers became a boon to the agriculture industry in the 21st century.

Mrs. Pooja Gupta started the counseling campaign to educate the farmers about the benefits of organic farming and motivate them to shift from chemical free-based fertilizers and pesticides to natural alternatives. Jammu and Kashmir has benefited immensely from the efforts of Smt. Pooja Gupta and her venture Nimbark Organics.

Due to these efforts of Mrs. Pooja Gupta, she has been awarded with many awards. Her goal was to make women self-reliant, because if women remain self-reliant, then evil and hatred will remain away from the society. For women to be self-reliant, they have to respect themselves, there is a saying that the country will read, the country will grow, and now the local is the time of this vocal.

Her interview also came on Red FM of Jammu which was organized by RJ Sarang, the reason for interviewing Pooja ji was that the matter of her self-reliance should reach every woman so that she can become soul dependent.

When she herself wants to see herself becoming self-reliant despite being from the family of industrialists, then by taking inspiration from them and joining her organization, how much inspiration and soul dependency will women get. Today, where people are hesitant to leave their homes due to this pandemic, Mrs. Pooja Gupta came forward and distributed essential items along with ration to the needy. In this hour of calamity, Pooja Ji distributed food items to all the people around her so that they do not have to worry about food in this hour.

Along with this, Nimbark company also produced several biological immunity boosters to make the immune system strong and effective in this pandemic. Health is very important in any situation because health is wealth. If our health is healthy then life is healthy.



Akoijam Nongpoknganbi Chanu

About

Akoijam Nongpoknganbi chanu born into IS Akoijam and M.Mamta @luwangleima of Sega road khwairakpam leikai,imphal ,Manipur in 23 July former country director of India in youth international conclave ,UN academic simulation and debating society US ,whose represent the Nation in many academic debating and conference wants to do more about global competitiveness and education for the country .

Focusing on academic simulation and globalization and youth, to incorporate learning about the culture ,geographies, and current issues all the world regions and united youth, focusing to develops skills of the youth to engage with the global peers and highlights actions students can take as citizen of the world, taking global competence enables people to understand the links between their own lives and those of the people throughout the world, she aims to emphasizes the interconnectedness and diversity of the people and histories.

Education and global competence shows the importance of hard work to grow and develop. "She qualified 3 times UPSC free coaching scholarship

and get free coaching from prestigious institute.

She has been conferred the doctorate of education, Dr.HC edu. under united nation, USA and life time member of the world human right commission with lifetime support, she is the 2 times world record holder if the forever star book of world record 2021 and international awardee as well as legendary women with multiple language speaking world rwcord of the hope international book of world record, USA 2021 whose able to speak 6 international languages; Japanese, Chinese, arabic, Spanish ,indonesian and French.

She completed her diploma of Manipuri folk and pena from lourebam bedabati khunung ehsei shindham Shang, with culture study from Manipur university of culture in world culture, assimilation acculturation and theory .

She was a also wushu taichi player in RCC khuman lampak,imphal as a part of her extra curriculum activity during school life and wins many medal.



Ms. Tulika Prakash

Legal Expert and
Entrepreneur

About

Tulika Prakash is a legal expert and entrepreneur by profession, a model by passion and an Influencer by chance. She is based out of Gurgaon, Haryana. With an experience of more than nineteen years in litigation, legal strategy and legal advisory she has helped individuals and corporate houses with effective legal solutions and litigation services. She has been a warrior, a survivor, a rebel and a lady lawyer who's always been passionate about following her dream of a world of peaceful co existence, amicable resolution of disputes, self development and human empowerment. She was the first one from her generation of lady lawyers in Allahabad to clear the Advocate on Record Exam in Hon'ble Supreme Court of India in her first attempt. She has served as the Chairperson, ICC (Sexual harassment (protection, prohibition and redressal Act 2013) India TV for three years. She has been an External Member of POSH committees for reputed industrial houses like Campus Activewear P Ltd amongst others. In recognition of her contribution to her profession she has been recognised as the Best Legal Expert and Entrepreneur and awarded the 100 Most Influential Women at Women's Conclave,

New Delhi in January this year She has trained interns and young lawyers under her protective wings and guidance to assist them in their professional journey. She has been a Panelist and Guest Speaker in various prestigious educational and business institutions like Amity University, Tirupati University, Symbiosis College, etc where she has share her invaluable thoughts and legal knowledge on issues concerning women empowerment, child rights, senior citizens laws, human rights etc.

She believes that it is important to explore and learn new things in life and not just focus on making money else life becomes boring and one tends to get demotivated. She believes that each day is a new day and a good day bringing fresh dose of learning and experience for those who believe in growth and evolution into their best versions. She got selected as Brand Ambassador, India for premier fashion and lifestyle magazine, Badassnation India to spread message of body positivity and equal acceptance of beauty of all human beings irrespective of age, height, physical disability, weight and sexual orientation last year. She is a certified model, for Shanojlrani Modeling Agency and has walked the ramp at Asia Fashion Awards, IFW, Goa, Fashion League Kochi and Xtravaganza, Bengaluru for various upcoming designers. She won Bronze trophy winner at the Global Film

and Music Festival, Season 1, Virginia, USA,2020 and featured in music video "Bharat Ma keliye" by renowned Ghazal Maestro Jaswinder Singh to spread awareness on Corona. She was also awarded the 100 Most Inspiring Women of the Year Award recently by the I Can Foundation, Jaipur on International Women's Day 2021. She was selected as one of the top five finalists at the Iconic Fashion India Beauty Pageant,

2021 held in Delhi/NCR and was bestowed with the title of Ms Inspiration for her talks on LGBTQAI community and their rights in the pageant As a woman inclined towards charity and humanitarianism since childhood, she has been volunteering for regular monetary contributions to the cause of women and child development and empowerment by association with notable NGO'S and other global non profit organizations and online portals. She interviews, talk shows, creative works for premier channels like lawyersclubindia, MoiraiDivinor, Global Film and Music Festival, Fashion Meraki can be checked on YouTube. Being a creative soul, writer and model she has been proactive with sharing her creative work via social media platforms like whattuliploves / YouTube and fromtulipsdesk / Instagram.



*Dr. Sindhutai
Sapkal*

Indian Social Worker

*"The lady who begged on
streets so that she could feed
thousands of Orphans."*

A 72yr. old Dr. Sindhutai Sapkal is an Indian social worker and social activist known particularly for her work in raising orphaned children in India. She is just the another golden woman from the crowd who is now inspiration to a lot of people all over the world.

India is a country with huge population and diversity where poverty in India affects millions of people. Underprivileged children, in particular,



, are one of the worst-hit groups that suffer due to the repercussions of poverty - immediate as well as long-term. It is one of the reasons why several children are deprived of their basic rights and are unable to access resources that are crucial to lead a wholesome and healthy childhood. Sindhutai became a God's gift to these orphaned children who had no one to go in times of distress and hunger. She too suffered from the same situation and now doing deeds to all of such helpless children all over. When we talk about her real life inspirational story gives us Goosebumps.

,Sindhutai was born on 14 November 1948 in a cattle grazing family in Maharashtra's Wardha district. Being an unwanted child, she was referred to as Chindhi. Abject poverty, family responsibilities and an early marriage forced her to quit formal education after she successfully passed the 4th standard. Sindhutai was just ten, when she was made to marry a man 20 years elder to him. Even after being fallen a victim of child marriage, the young Sindhutai was optimistic towards life and stood against exploitation of women after becoming pregnant at the age of 20 due to some rumour she got threw out of her house and society.

The same night she gave birth to her daughter in cowshed. After getting rejection from everyplace Sindhutai resorted to begging on the streets and railway stations to make her ends meet. Her life was no less than a struggle for existence of herself and her daughter which forced her to make cowsheds, stations, and cemeteries her home. During this time, she came across numbers of orphaned children and helpless women avoided by the society. She adopted these children and worked tirelessly for them in order to satiate their hunger. Slowly and gradually she worked tirelessly for these children and travelled numerous cities to gather funds. Till now She has nurtured over 1,500+ orphaned children who affectionately called her as 'Mai'. Many of them are now working as doctors and lawyers in reputable places. For her great work she has been honoured with more than 900 National and International awards for her dedication and work. She used award money to buy land to make a home for orphaned children. Some of her awards are Prestigious national award for Iconic Mother, Mother Teresa Awards for Justice in 2013 and 'The Mind of Steel' Awards in 2010 for her zeal. She too received Padma Shree in 2021 in social category

The life story of Sindhutai Sapkal is inspiration to all from where she came and the struggles she has faced in her life made her so strong that no obstacle stopped her determination and break her will to do such great work. Taking lesson from her past she built six orphanages for orphaned children in Maharashtra to provide them with food, education, and shelter. She has never begged in front of anyone for money instead she gives speeches and public forum and ask for public support to help deprived an ignored section of society.

A Marathi film "Mee Sindhutai Sapkal" was also released as her biopic in 2010. She has founded numerous organizations across Maharashtra which provide education and shelter to thousands of orphans. Even today, at the age of 72, Sindhutai Sapkal works relentlessly to shape the future of these orphans because she believes that a deprived child means a deprived nation.





Dr. Gitumoni Sharma

MBBS, DNB, FSSN, FICR, FVR(RGUHS), MBA
Public Figure and Eye Surgeon

About

The first daughter of a low middle class Assamese family, where parents have taught the value of education in life both in life both parents being educated in spite of having 4 daughters in the family and the youngest one son whom they always wanted to have because of societal pressure. She was reared up in the state in various places, always being the first girl of the schools and known for her brilliance along with her sisters, later went on to pursue medicine climbing difficult terrains, being stayed in such remote places, where communication with the mainstream, at that time was a major challenge, from Assam Medical College, Dibrugarh. And thereafter shifted to Guwahati, which is nearby my ancestral village, to pursue higher and climbed up to become an eye surgeon and later an anterior segment surgeon with superspecialisation. Still later, for further super-specialisation, went on to compete entrances in various premier eye institutio in the country to, presently, become the first lady practicing vitreo-retinal surgeon amongst the north-eastern states to serve the region.

She has also acquired fellowship in clinical research and have a number of research publications to my credit in various indexed and non-indexed regional, national and international journals. She was also an NABH (National Accreditation Board of Hospitals) Accessor and was a NABH Coordinator and Quality Consultant. Have also pursued master in business administration in hospital and health care administration. Besides the professional carrier, she have a happy family of two beautiful angels, one 12 years and another 6 years, who are delivered normally. Elder one born in Apollo Hospitals, Chennai and the younger one born in Columbia Asia, Bangalore. Along with Husband Dr. Sagarmoy Purkayastha who is also an Eye surgeon, stays in Guwahati with my In-laws and my own and a hosts of relatives and friends. Her passions are cooking, singing, dancing, knitting and anchoring and I have equally excelled in these fields also gradually. Beginning from school days, was winner of youth parliament competition. Thereafter, had attended several patrol leader training camps of Bharat Scouts and Guides and was given highest leadership puraskar of the honourable governor of the state of Arunachal Pradesh in 1992. During Medical College was also selected for NCC contingent to Republic Day from Dibrugarh, Assam, in 1993. Have leaded several administrative positions besides being a vitreoretinal consultant including holding national conferences,

annual day functions of the institute etc. and State conferences and CME's. Had attended Leadership development programme sessions at All India Ophthalmological Society was as in charge positions of Nursing and Library of the Institute was working as Quality-in-Charge and was instrumental in acquiring NABH certification of MGM Eye Institute as NABH Coordinator. Life's Motto: Seek opportunity in all and get the best out of it. If it does not knock, don't wait, built a door. Passionate about: Innovation in life Chasing my passions for innovation, to add to the feathers in my crown recently have been awarded in the "Jewellery Fashion Show of AsomKanya 2020." Thereafter, recently also have been into "Mrs India (World) Inc 2021" contest as a semi-finalist and also contestant as a finalists of "Mrs India-She is India, (Universe) 2021", all to rediscover the transformed and better version of myself at the age of 47 years. Recently, am the proud owner of "Global Woman Inspiration Award, 2021" amongst the 100 inspirational woman selected for the award. All these years of my life, She walked through various steps and am able to believe that utilizing each period coming away, actually, one can become a better version of oneself each day with lots of accolades and accomplishments. Her Ultimate Dream Balancing motherhood along with my ambitions Nurture her 2 angels to be an independent lady outgrowing my lap but not my heart.



Sana Hazari

Entrepreneur

About

All throughout my school and college life, deep emphasis was placed on social contribution, which led social-work to become an integral part of my life. Post college, as I had a penchant for finance, I joined BMR Advisors, where I honed my transaction advisory skill-set, but yearned to drive social change and create value at a larger scale. In 2017, I decided to start my own impact consultancy.

While engaging with multiple organizations, I realized the industry in India is highly unstructured, and faces major challenges in terms of inefficient operational management and lack of professional knowhow across verticals (technology, marketing, impact assessment documentation, etc.).

To address these challenges, I launched The Social Corporate Group including a consulting firm and a Social - Tech AI-enabled digital platform - connecting 200+ Impact Organizations across India & Africa, with 10,000+ individuals globally or as we call them "change-makers". The consulting firm aims to provide Impact Organizations end-to-end advisory to assist them to drive deeper impact through digital innovation.

The digital product aims to be a one-stop Platform for Staffing Solutions in the Social sector.

Annually, we also run an 'TSC Leadership Programme', a fellowship to empower the youth where we help more than 60 individuals, aged 18 to 30, from diverse backgrounds. We strive to enable them to develop their skills in a dynamic environment by assigning different functions to each individual, across various live projects and initiatives at the organisation. During regular team meetings, I encourage the team to share their opinions on critical decisions. These initiatives were inspired by my prior experiences. I wish to empower as many young change-makers to become socially conscious and inclusive leaders of tomorrow. For me, empowerment through inclusion is not just a leadership style; it is a way of life.

Prior to my entrepreneurial pursuit, I worked at BMR Advisors (now merged with KPMG India) in the Mergers & Acquisitions Division for 4 years, where I worked extensively on cross-border M&A deals and startup fundraising with VC Funds globally.

I am a Bachelors in Economics from Lady Shri Ram College, Delhi University and have pursued professional

certifications & specializations from MIT, Wharton Business School, University of Michigan, CFA Institute, University of California, IBM & Google to continuously up-skill myself across Deep-Tech, Impact & Marketing tracks.

Professionally, in the short term, I want to continue to strengthen my firm's presence in existing regions and expand to Europe and the Middle-East. Europe is a leader in innovative sustainable practices, and the Middle East is a financial hub with conducive corporate tax structures. Both geographies receive tremendous CSR funds, making them ideal locations for expansion.

Subsequently, I aspire to launch an Impact Investment Fund for early-stage for-profit social enterprises in emerging economies to empower such entrepreneurs with a vision to create mass-scale impact through innovation in Education, Healthcare and Environment.

Personally, I am soon starting my MBA at IESE Business School in Spain this year and launch our international base while building network, growing the TSC Staffing platform and continuing the TSC leadership fellowship myself and my India partner will manage consulting services in India.

Challenges faced:

- 1) Starting a business in an unstructured industry
- 2) When she launched her firm, she lacked in-depth industry knowledge, know-how and skill-set, network, formal education background in marketing or technology and lack of portfolio of services
- 3) Being an entrepreneur, the lines between personal and professional life are blurry. One needs to be self-motivated and at the same time understand their strengths and limitations. It is important to be able to balance your work, personal time, academics, passions and hobbies.

Message for everyone:

- 1) AS an entrepreneur, constantly adapting to latest crisis / trends / business and society is crucial. Don't give

up, explore opportunities as most entrepreneurs don't end up doing exactly what they had started off with.

2) Keep learning and upskilling yourself. There are many paid / free courses available by the top international universities through platforms such as Coursera, EDX, Khan Academy, LinkedIn, etc. Google and Facebook also have their own academies for free courses on digital marketing.

3) Any form of entrepreneurship can be a very challenging journey, especially mentally - you can easily lose your way. Ensure you have a very strong team with you, supporting you at every step. For emotional as well as work. If you are a perfectionist, learn to let go and delegate as much as possible and focus on leading & shaping your venture.



Ms. Niveditha B. Warriar

About

We all live in a society which ask us to compel a fish to climb a tree, without even understanding its ability to swim. We voluntarily forget those great minds who failed to think alike others. The well-known writers like F Scott Fitzgerald and Agatha Christie were believed to have had a learning disability. Likewise, the artists Leonardo Davinci and Pablo Picasso too had the same difficulty. Even, the popular Bollywood actor Abhishek Bachan also underwent this difficulty. Recently, a girl hailing from the southern part of India has proved that learning disability is not a barrier for an individual who desires to learn in life. Niveditha B. Warriar, a native of Thrissur, is one such girl. She is not only an inspiration to those who think that achievement is not their cup of tea, but also an example to those who brand themselves as failures. Several articles relate her life with the Bollywood movie Tare Zameen Par and narrates her life struggles, as her story is similar with the plot of the movie. The movie revolves around the two important characters, Ishaan Awasthi and Ram Shankar Nikumbh - his art teacher, who helps him discover his potentials. In Niveditha's life, it was her

social science teacher- M P VasanthaKumari, who helped and trained her innovatively. Understanding her struggles and difficulties to learn, the teacher, after school took her home and taught the subjects through mind mapping method. Slowly, she started showing improvement in her academics. She started studying long hours all days but failed in several subjects. Though she was good in co-curricular activities, she was bullied and cornered for her poor performance in academics. She was dejected but continued working hard. She felt ashamed of herself and was frightened to face the teachers and her classmates. As a child, Niveditha felt frustrated when the teachers read her marks scored in the examinations in front of her classmates. This non-inclusive system is still being practiced in many institutions and tries to demotivate and label them poor in academics.

Niveditha was diagnosed with dyslexia when she was in Ninth standard. She had struggled a lot during her school days in a non-inclusive educational environment. This youngster has beaten all odds to come out as a successful academician. Niveditha's struggles has gradually turned to achievements. She worked

hard silently and defeated her fate. She has bagged several awards for her courage and services to the society. She bagged the "Star of Little Flower" award and the "Best Outgoing Student" award for the Excellence in Academics, Extracurricular activities and Best in Character, In honour of Rev. Dr. Sr. Maria Victor. She was the recipient of this year's Global Women Inspiration Award, awarded by I Can Foundation, for the Best Woman Change-maker, Role Model to all the Women and becoming an Outstanding Women across the Globe.

She received International Coir-Tech Expo 2012 Award instituted by Coir Board, Ministry of Micro, Small and Medium Enterprises, Govt. Of India in 2012. Presently, Niveditha is a research scholar who works on Dyslexia Narratives at SreeSankaracharya University of Sanskrit, Kalady. Now, from red marked report cards, she became an award-winning scholar. She is also noted for her impressive performances as a social being. Despite being a person with learning disability, Niveditha decided to study and move ahead in her life. She was Interned with Fellowship at Indian Institute of Technology (IIT), Madras. Her articles were published in many International and

National journals. But competitive examinations became a main villain for her. When toppers find difficulty to clear UGC NET exam, she confidently cleared UGC NET with JRF. She then served as a Guest Lecturer in English at Sanadhana Dharma College, Alappuzha. She is a good mentor who coached the children with dyslexia and the students belonging to the other categories after her College to help them learn innovatively. She took BA in Functional English with Journalism and Masters in English Literature. She was the College Union Chairperson during her Postgraduate days. Along with studies, she had worked part-time as a content writer.

From 2016, she became an Anchor by profession. Slowly, she grew up and became an influencer. Her contributions to the society are remarkable. She helps and works for the needy, without showing any biases and prejudices. She has organized several events to uplift women. She had com

pleted her MPhil in English Literature and joined for PhD in 2019. She had actively participated in school and college level competitions and bagged prizes in dance and painting. She has received the title Best Nature Artist for her exceptional paintings related to nature. She learnt painting from artist N.B. Latha Devi who is also a primary school teacher. Niveditha is unquestionably an Inspiration to the Nation who has overcome the hardships from all walks of life. Her successful story has been published in many of the leading newspapers and magazines. She has achieved several awards for overcoming her challenges, conquering heights through her willpower and hard work. This award-winning PhD Scholar's performance and excellence is noted and extremely appreciated by our society. Hope that the bells will ring to bring about a change in our system of our education.

Project Pukaar Covid Work



I Can Foundation
NURTURING HUMANITY

Pukaar is an initiative with I CAN Foundation to resolve concern issue like starvation and health issues for all the needy, helpless, daily labourers and homeless families living in villages and cities affected by outbreak of coronavirus. In this challenging time 'I CAN Foundation' is on a mission (PUKAAR) since the first day of lockdown to make Indians more aware to fight the epidemic, under 'PUKAAR COVID-19'. Under this we're able to help thousands of Daily wage worker's families with ration and cooked food all over. No person sleeps hungry, with this aim the teams of 'I Can' are working day and night for such people all around. We have been taken this 'PUKAAR COVID-19' initiative under our disaster Relief Project.

Due to Covid-19 hitting us even harder, our country is dealing with the biggest health crisis of all time. We need your support more than ever now to stop the devastating impact of the pandemic on Covid-affected vulnerable families and migrant labourers. What we are forgetting, however, is that there is has been suffering and stress for more than a year now, with families already in deep distress due to lack of livelihoods, reduced income, no access to sufficient food. You must never look for a reason to help those who yearn for support. Extending a helping hand not only vanishes tears off their face, but also acts as a cure for oneself



1,00,000
People Reached



75,000kg
Ration Distributed

65,000
Cooked Meals
Served

2,40,000
Sanitary pads
Distributed



Dr Praful Bala

Gynecologist &
Entrepreneur

About

Once a rural lady came to a doctor to check her pregnancy status in opd. When Dr Praful asked her the date of her menstrual periods, she shrugged off. First she told "I don't know." She nodded, looking at her family member and stepped back.

Doctor was very surprised to see all this. That a woman was pale, small, and very young, she was not able to even tell the LMP (last menstrual period). She has no knowledge of those things.

In many rural areas, girls get married in very young age, just near to their first menstrual period or before, due to which they are not fully mature and they don't know about their menstrual cycle and reproduction cycle.

When women even do not know about their first menstruation, then how will they be able to decide their life? That's why she is on a mission to give awareness about menstrual hygiene, prenatal and post-natal awareness amongst girls and women, and working for women empowerment. It is her belief that when women and girls are aware of their menstruation and reproductive system and proper education,

,from the very beginning, then they will be able to lead a good and successful life and become a happy family as well as healthy India.

Being from a normal Tribal farmer family, Dr praful's Mother has also gone through many such problems, but keeping her spirits high, Dr praful 's Mother gave a chance to move forward and able to become a gynecologist doctor, she said my Mother is my inspiration. Dr praful's husband Dr Ajesh Kumar Damor is a Md Physician and he is her back bone Dr praful represent her state and district Dungarpur Rajasthan on such a big platform Mrs India world as she is a zonal qualifier of Mrs India world 2021


Dr praful is also a International certified yoga instructor she is taking free online sessions of yoga pranayam and meditation Keeping this positivity in the society, Dr. Prafulla keeps on sending a message in the society in new ways every day that one should live a healthy life and even during the pandemic live life with positivity





Kalpana Saroj

Business Women



*When someone tells you
"you can't". Its time to get
determined and take this
negative energy as a challenge!*

Journey toward success was not so easy. Coming from a Dalit family, Kalpana Saroj is one of the most sought after entrepreneurs of the country. She owns companies and is at the helm of a \$112 million empire. For that she had faced a lot of obstacles on her path to success

She was born into a Dalit family in a small village named Roperkheda in Maharashtra. There was a custom to marry off Dalit girls at a younger age and was forcibly married at the age of 12 and faced many hardships. After her marriage she used to live in slum in such a poor condition that after 6 months when her father came to meet her seeing her condition he couldn't even recognize her and took her back home.



In the Dalit community, girls were considered a burden hence it was thought of as a sin if a married girl returned to her home and stayed with her parents. Naturally, the people in her village looked at her with disgust, taunted her and threw comments as if she had done a crime. So after she came back home her whole family was taunted and not treated well by the society and got divorced at the age of 16. Unable to tolerate the pain she tried to give up her life but somehow she managed to survive, after this she became so strong and recharged and empowered and decided to do something in life.

started working in a garment factory to support her family. Using government loans for scheduled caste people, she successfully started a tailoring business and then a furniture store. Soon, she opened a furniture store and eventually paid back her loans. Remembering her past, she started an NGO which gives finance to other underprivileged people.

One day, a man approached Kalpana with a proposal of buying land, at a price of 2.5 lakhs. This piece of land was caught in legal troubles and he needed urgent money. Kalpana grabbed this opportunity and gave him a lakh in .

By 2000, she had experience in three powerful spheres of life – personal struggle, entrepreneurship and the finances of blue-collar workers. Perhaps this is why she was approached by the bankrupt workers of the Union of Kamani Tubes, a metal engineering company. They had an interesting request for her NGO.

. They wanted someone to help them overcome a debt of Rs 116 Crore. Kalpana agreed. When the company went into liquidation in 2001, she took over as the Chief Executive. She made a core team of ten members to run the day-to-day operations in a smooth way and after a long battle, not only did the company overcome the debt but also became highly profitable!

In one of her interviews she says, **I AM FROM A VERY SMALL VILLAGE, I DON'T HAVE AN MBA, I DON'T EVEN HAVE PROPER EDUCATION BUT I AM STILL DR. KALPANA SAROJ. I HAVE SO MANY BUSINESSES BUT THERE WAS A TIME WHEN I USED TO WALK FROM KURLA TO CHEMBUR BECAUSE I COULD NOT AFFORD THE BUS. SO, THIS WAS THE STRUGGLE WHICH GOT ME HERE BECAUSE I WAS DETERMINED.**



For such efforts, and her personal spirit, in 2013, Kalpana was awarded the Padma Shri for Trade and Industry. She was appointed to the board of directors of Bhartiya Mahila Bank, a bank primarily for women, by the Government of India.

She also serves on the Board of Governors of Indian Institute of Management Bangalore. She started her career from the slums of Mumbai and she now is the Chairperson of an industrial set up with a net worth of more than Rs. 700 crores. Kalpana's journey towards success is truly inspirational to many.



**Dr Pratibha
Sharma**
Educationist

About

Pratibha Sharma has a track record of successful teaching and education reform and has been teaching for more than two decades. She grew up in a joint family of farmers and the fourth daughter in the family amongst five. Born on 29 May 1970, which is about 50 years before now, the position of her village Sonkatch was very underdeveloped. No proper means of transportation was available, and sons were considered as a sign of pride. Being a daughter, it was contemplated worthless in society and for the whole family, except for her father, Dentist K.N. Sharma, and mother Laxmi Sharma. They have always supported her dreams and aspirations unlike many who have an inclination towards having a son. With their support, she has been able to create a record and example in her family, village, and society.

Since a very tender age of 8, she used to go to St. Mary Convent School, Dewas, 35 km from her village all alone by means of public transport because she wanted to study in an English Medium School and there wasn't any in her village until she completed her schooling in 1988 in biology stream with flying colours.

Further, she completed her graduation from Vikram University with B.Sc. Biology. By that time, she identified that she has a keen interest in writing poetry so she did her post-graduation in English literature from the school of studies in humanities, in 1993. As she returned home, she took it as an opportunity to learn something new. She learned public speaking, communication skills, convincing skills, and developed leadership quality. She was facing an election against an 83-year-old lady, mother of the local political leader of the opposite political party. There were fewer chances of her winning the election, but fortunately, she won and elected as the first youngest 'Parshad' of Dewas district in 1994.

Another important achievement was that she became the reason to change the history of the SonkatchBhartiyaJanta party. BJP first time won three seats in the Nagar Palika election. Being highly educated she was appointed as president of the education committee of Sonkatch block. She also got the opportunity to be the Guest of Honour in many school's annual functions. Even she also had the opportunity to render school teachers Job at Block level. On 26 January 1995, she adopted a daughter and took the responsibility for her education.

In 1995 she got married and her political career ended. She joined as a school teacher at Vaishnav Bal Mandir Higher Secondary School. She accepted the challenge of writing the school magazine. Her Principal was remarkably impressed by her work that he named the magazine by her name, meaning Genius. She left the job just after one session because she got an opportunity to work for a college. She served the college for almost 15 years, where she had to deliver different responsibilities as Cultural & Sports in-charge. She was also appointed as a member of the youth festival committee of Devi Ahilya University Indore. By the time she completed her M.Phil degree in English literature, she had also done

a Diploma in fashion designing. She was blessed with a baby girl in 1998. Her in-laws behaved very erroneously. Soon, she left her in-laws' house when her daughter was one and a half years. She also worked as a development officer for the LIC of India.

Her father started middle school in 2008. She resigned from her college post in the year 2014 and joined the school as a Principal. She started high school and high secondary in the same school, upgrading it so that more students can study and avoid traveling far to other schools.

By starting scout wing, her school was the only school serving the society by many social activities such as Celebrating Children's day with under-privileged children. She believes that example is better than perception. So, she herself became an example for them. Her school is no polythene zone, using cloth and paper bags only, since 2015. She was first to introduce Marathon to a small town, in which the school bears the expenses. She also started a beauty queen contest in many interior villages. Village women and girls expressed their views on 'Mere SapnokaGanv'. The position of women was worst in the village, so she is regularly working for them. She first started the Women's Day celebration in Interior villages. On Diwali festival, her students organize free Shopping meals for poor children in interior belts. The purpose was to give them possessions of their choice and they can enjoy and celebrate as other children.

She completed an MBA in Finance and a Doctorate Degree in Management, publishing 2 books. One is of poetry 'Srijan Pal' and another for her Students 'NavChetna'. She started a sports academy and Defence academy so that children make a career in that field, portraying a message that her students should love their country. She built 'Shaeed Smarak' on the school campus. It is the only one in Sonkatch. The students greet teachers as 'Jay Hind' instead of Good Morning or other greetings. She says that her dreams are yet to achieve and will keep working towards the welfare of women, society as a whole



Sucheta Chandanshive

Librarian, Kendriya
Vidyalaya Southern
Command, Camp, Pune

About

I am Sucheta Ramchandra Chandanshive. Born and Brought up in rural areas of Pune and Solapur districts. I did my schooling at Palasnath, Vidyalaya Palasdeo, and Dist. Pune. I have joined College for 11th and 12 at Sangmeshwar College and Walchand Colleges respectively. Later I did my Graduation at Shankarao Mahavidyalaya Akulj, Dist Solapur. Post-Graduation done at Savitribai Phule Pune University. I have joined Kendriya Vidyalaya Sangathan on 15th Sept 2003. I have served in three states Kerala, Karnataka, and Maharashtra started as a postgraduate in 2003. I have been working at Kendriya Vidyalaya Sangathan with my progressive zeal and missionary approach also enriched with vast experience of 18 years as an efficient Librarian. I am using all modern technology to cater to various types of services.

Being a Librarian always tries to provide equal opportunities for Learning and Achievements to all the students.

Always trying to be media specialists and instructional partners in supporting and expanding the existing curriculum. Planning School Library Programs in

such a way to influence Learning Outcomes and Students Achievements. Trying to collaborate with classroom teachers to teach and integrate literature and information skills into the curriculum. Trying to be a Library media specialist partner with classroom Teachers on projects that help students use a variety of resources and conduct research. Helps them to make citations by using Microsoft Word, teaching them how to use Google tools. Always Keeps mission of the school library program is to ensure that students and teachers are effective users of ideas and information. Being a School Librarian Empowers students to be Critical Thinkers, Enthusiastic Readers, Skilful Researchers, and Ethical users of the Information.

Believe in Resource-rich school libraries and being a credential school Librarian play a key role in Promoting both Information Literacy and Reading for Information and Inspiration. Also experienced as a Good Library service can have a significant impact on students Literacy. Always tried to make reading relevant and enjoyable. Tries to makes a significant impact on teaching Learning.

I keep trying to add new resources throughout the years to keep the collection dynamic. The library is fully automated, barcoded using Latest Technologies. Providing Web 2.0 services through Blog, website, and doing marketing of products and services through social networking sites. It helps to raise awareness amongst the users and updating users with upcoming events and results of Library Reader's Club activities.

Also try to be a Credential School Library media Professional promotes, inspires, and guides students towards a love of reading a quest for knowledge, and a thirst for lifelong learning. I have been selected as a resource person since 2017 for KVS In-service course, Training program, and workshops. Prepared Agenda for Training Need Analysis for Librarian from KVS Mumbai Region.

Selected in KVS 'Shikshak Parv 2020' Celebrations: Teachers Day 2020 as Sikshak Parv 2020 celebrated from 5th September to 29th September. Started this project on 2nd September with all the RO of KVS. During this pandemic period teachers innovative practice showcase is displayed through all videos. So all innovation and teaching practice done by all respected teacher from 25 Regions. Each region 20-25 Teachers were selected as per their contribution during COVID-19 to reach out doorstep of the children by putting different efforts to make their teaching innovative and extraordinary by using latest trends and IT applications to their subject area. I feel deeply Honored by this prestigious organization during COVID-19 UNDER KVS SHISHAK PARV 2020 from Mumbai Region. I reiterate that KVS has maintained its position as 'India's most trusted education brand' and this has become possible due to excellent teaching-learning endeavour with PASSION, COMMITMENT, and OUTSTANDING PERFORMANCE AND RECOGNITION.

I have been honoured with KVS Regional Incen

htive Award in 2015: Awarded with 'KVS Regional Incentive Awards-2015' for distinguished service to the organization on the occasion of KVS Foundation Day. KVS Regional Incentive Award given by Hon'ble Shri. NAND KUMAR, IAS, Principal Secretary of Maharashtra School Education & Sport Department, Mumbai Honoured with KVS National Incentive Award in 2019: Awarded with 'KVS National Incentive Awards-2019' for distinguished service to the organization on the occasion of KVS Foundation Day. KVS National Incentive Award given by Shri Santosh Kumar Mall (KVS Commissioner. Presented Research Paper in State 08, National 06, and International 05 Conferences and workshops. Also, Chapters were published in edited books and Journals. During Covid- 19 started Library services on an online platform through Google Classroom, zoom Meeting, and Google tools Google Forms for attending library activities. Such as Conducted Debate Competitions on Zoom meetings, Reading day, and Reading week celebrated through Google Tools.

Resource Person, 5.Sport Duty, Food and Mess Committee In-Charge Duty, Escorting Duties, Night Stay with girl students, In-charge Principal of Vidyalaya, School management "Opportunity

does not knock, it presents itself when you beat down the door"

It was a Golden Opportunity to represent My Session on "REVAMPING RESOURCES AND LIBRARY SERVICES DURING COVID-19 PANDEMIC" @ Department of Library, Government PG hCollege Narsingarh, Dist. Rajgarh (M.P.) during National Webinar Entitled "How to use open access E- resources"

I got an opportunity to deliver a Lecture on the topic: "Digital Contents Services for School Library" during 2 days State-level Workshop, which was organized by Maharashtra Education Society's ABASAHEB GARWARE COLLEGE, Pune on Institute's Platinum Jubilee Celebration on 23rd and 24th January 2020.

a. e-Newsletter publishing

b. Handling media and publicity working culture moving fluently. Building relations amongst the staff by providing them platform study material, digital sources to prepare TLM doing Arrangement.

The strong support, countless inspiration and motivation from my parents, My Brothers, Beloved Husband and Dearest Son Master Atharva. It's all because of my family's strong support.



Shrushti Dixit

Director, Sansui Digital Weighing

About

I have completed my graduation in Electronics and Telecommunication Engineering from suryodaya college of engineering in 2015. Whereas completed post-graduation in Electronics from Rajasthan University in 2017. I have learned the lessons of social work from home since childhood; I later took up the task of Accident Free Nagpur through Life Safety Project. Also held the post of Women Secretary of International Human Rights Associates not only this but also organized blood donation camps, food donation & tree planting and many more events. Growing up in a middle class and joint family, I became aware of women's issues from a very young age and this is why I turned to women's empowerment. I openly discussed the difficult issue of menstrual, sanitary napkins and sanitary ware with women and provided solutions to their problems by providing sanitary napkins at affordable rates to such women who are self-employed. And result I have received a significant contribution and cooperation of Bharti Hygiene PVT Ltd Company, Nagpur.

No mantra is required for success. It is just the fruit of hard work. As soon as I realized this, I started the business at just 24 years of age. This business is of manufacturing electronics weighing scales. Established in 2018, the business involved only 3 partners. Faced with financial difficulties, lack of experience and young age, we got guidance and valuable contribution. The experience of such a person who was well versed in this business was very valuable to us from time to time.

In the business, I chose, women had no preference. But with the help of my parents and the encouragement of my friends, I was able to cope. In this business, which started with only 5-10 machines, today in just 3 years, it is working to send machines all over the country from small machines used in gold shops to weigh-bridge used in factories.

At present I strongly believe that , there is no work that a woman cannot accomplish. And I will continue to do my social and professional work. I hope that all of you will be guiding in this way in my future life.



Muniba Mazari

Pakistani Activist

*"I could not find a hero
in my life so I became one."*

When you accept yourself the way you are, the world recognizes you." rightly proves by a young Pakistani lady Muniba Mazari born on 3 March 1987, also known as the Iron Lady of Pakistan. She is a Pakistani activist, anchor artist, model, singer and motivational speaker. Due to tragic road accident Muniba has been on wheel chair bound since 2007 which completely changed her life. On 2007 Muniba was heading towards her hometown when she met a dreadful accident that made her paraplegic for entire life. Her husband Khurram Shahzad fell asleep while driving the vehicle, which caused the accident.



Muniba got seriously injured and was unable to feel her legs. She was admitted in hospital for 2yrs while her treatment was going on as she had a lot of internal injuries. She wanted to be an artist since she was child barely she could just move her hands after her accident still muniba tried to paint to distract herself,, while she was on bed in hospital her husband left her because of her disability alone with his adopted son. not only her husband but her father too left her family in such situation, it was only muniba's mother who supported her and gave her strength to be strong.

Although wheel chair bounded her but nobody was able to bound her will, talent, strength. Tragedy of life doesn't lie in not reaching your goal, it lies in not in having a goal. We must not look at our past mistakes but be courageous and keep moving ahead. Muniba is now the National Ambassador for UN Women Pakistan after being shortlisted in the 100 Inspirational Women of 2015 by BBC. She also made it to the Forbes 30 under 30 list for 2016 Muniba Mazari has gained fame in multiple areas, as an artist, activist, anchor, model, singer and motivational speaker.

Most of her career, however, has been built on painting and motivational speaking. Currently, she is running her brand by the name '**Muniba's Canvas**' with the slogan '**Let Your Walls Wear Colors**'. She is a mix media artist and believes in depicting the ethnic jewels of her region in an abstract way. Some of her work is purely abstract which depicts the humans' expressions, their thoughts and dreams. Her paintings give the message of living life and represent the real personality of the artist.

She has participated as a motivational speaker on various fronts, with her first break being TED Talks, Islamabad. Where she delivers speeches on how to stay strong and not to give up on life. Her appeal transcends to different generations and represents the voice of women, men, girls and boys across Pakistan on important issues of gender inequality and discrimination that's why **United Nations entity for Empowerment of women and the Gender Equality**, has named **Muniba Mazari as Pakistan's First Female Goodwill ambassador** to promote gender equality and the empowerment of women. Muniba has been an active part of many social campaigns, her strength has showed number of people inspiration.

Muniba Mazari received Karic Brothers Award in Belgrade, Serbia under the category of humanitarian services along with 500 most influential Muslims of the world. She has shown her incredible journey and is now an inspiration for all to never lose hope and there are no boundaries to success .





Archana Shukla

Educationist

About

This pandemic changed my life drastically, it proved to be a turning point in my life. It gave me a chance to listen to my inner voice and to connect with my students more strongly.

Dr. Archana Shukla a government teacher by profession and an ornithologist cum social worker by choice. I am dealing with biology subject. So, I feel that practical approach towards the subject is necessary. I teach my students how one should take care of hygienic conditions during the periods. I use to distribute sanitary napkins to my students and teach about reproductive health to them. Specifically the sex determination concept because I believe if they will understand this concept in early age, no one will ever blames a woman for having daughters. This is one of the reasons behind many crimes.

As my students belong to poor economical background, I know during lockdown it will be difficult for them to buy sanitary Napkins. So, I started distributing sanitary Napkins to my students initially, then to the other woman in need. Slowly in the villages, to the migrant labors and then we were able to do this in the 23 states and 52 districts of Madhya Pradesh. I am doing this from last one year.

Especially during the rainy season I request women to use Sanitary Napkins, as using wet clothes can cause many types of diseases like urinary tract infection, cancer, difficulty in conceiving etc. I started this on 4 April 2020. When no one realized its importance after I shared my experience in an international webinar many NGO and social worker started distributing it. I requested to the Government also to make it tax free at least during rainy season and distribute it with the ration packets.

I was the first to start online classes in my area however I was not technical person so I faced lots of difficulties in it. Then slowly students developed interest in it. They use to manage to study anyhow. Some of them bought new smart phones by selling their belongings. Then some of them complained that when you teach our father use to take the mobile with them so if u can provide recorded lectures. Hence, I started my you tube channel.

I met Nagar Nigam commissioner for the digital board and wifi connection in our school. Then I started teaching them using smart boards. So with the pandemic I learned many new techniques. I was continuously learning from different platforms and was making learning interesting for my students. We started doing practices also online. They learn to give online exams. They participated in many online competitions.

During lockdown the plight of migrant labor is not hidden from anyone, I helped Shakuntala –the brave mother, she delivered her child on road and then travelled for about 180km. I visited her place which was about 45km from my home. She was living in a hut at about 47 degree temperature. I tried to provide her all the possible things necessary for her and her kids to survive.

I donated the amount which I won in a competition for making her house. Even now she is in my contact.

It's being more than a year now the children are locked in their houses they are not able to discuss their problems with anyone because of which they are heading towards depression. I thought of engaging them in different activities. I made different groups in my school according to their interests. They are technical support group, Sparrow house volunteer, Environment volunteer and Mother teacher group for those students who have lost their mothers during pandemic.

From last two years I am running a campaign in which my students use to help poor people to sell their Diyas (earthen lamps). They use to stand with these people with banners having slogans of request to buy diya. In this way I am helping my students to understand the society, make them more kind and compassionate towards the society.

From last ten years I am running a project to save sparrows in our area. I organize workshops, webinars for students to save sparrows. My students make wooden sparrow Houses for nesting. We made sparrow houses of card boards and have got good results. This is done in whole district. It was covered by the Gaonconnection website also. They made bird feeders, water bottles, different types of nests for them. My students take care that no nesting sites of the birds should be destroyed



Yuti Rawal

Fashion Designer

About

Mrs. Yuti Nirav Rawal Nurtured in Pune, Mrs. Yuti Nirav Rawal Being a Fashion Designer and an entrepreneur and now being a mother of a beautiful Daughter that gave her more confidence and power. After that she finally she got another chance to accomplish her dream of walking on stage facing the cameras. She had a strong and loving family that supported and loved her always in whatever she does and is always positive towards her life. She motivate people to stay fit and herself do meditation which makes her more determined and calm human being. Meditation is one of the best form to keep skin healthy and remain calm and progressive.

Every woman desires a dream to achieve something or the other you should strive and achieve it.

She chose designing and she designed her life and stepped into this pageant

world and participated with passion. It's not just to be a part of the glamour world but She had passion to be herself and have her own identity in such a big place she has maintained her own personality. Nobody achieves milestone in a day, it is only achieved through hardwork and determination by taking slow steps as She took it step by step. First She had participated in Mrs. Maharashtra Empress of Maharashtra 2018 and was a sub title holder of Mrs. Popular 2018 from an organization 'Diva pageants' Pune.

A mentor is someone who talks with you about your career, goals, plans, and aspirations. They help you refine your plan, suggest people you should talk to, opportunities you should partake in, and obstacles you should be aware of. Mentors usually take on two major roles. They help with your career, and with the psycho-social needs such as motivating and inspiring you toward your next milestone or goal. Mentors can also recommend other people who should be on your mentoring team. This is a long-term relationship often continuing for years or even a lifetime.

During this whole journey her mentors Anjana Mascarenhas and Karl Mascarenhas have always been supportive and Guided her to the right path. Then She got this lovely opportunity to participate in Mrs. Continental International 2019 in Bangalore from 11th August to 13th August. There were contestants all over the globe who participated. She was the winner of Mrs Continental international 2019. Her recent achievement is she won women's leadership award 2020 in Kolkata as best designer of the year. She has her own clothing brand from which her designed outfits have been showcased in Bangkok and many other international pageants. She has many such feathers to be put on the cap. This was the power booster for her career in the fashion world.



Rabiya Beebi

Motivational Speaker

About

Rabiya Beebi born in Androth Island in Lakshadweep, in the middle of the Arabian Sea that welcomes guests with love and taste. Currently she's working at school Data Entry Operator under Samagra Shiksha Abhiyan on the island. First female professional motivational speaker in Lakshadweep. Active as a civil service faculty and taking classes for those preparing for various competitive examinations. Writes in a small way and is a blogger at MOMSPRESSO. Now writing a book on her life story .

"A happy birth between those who raised me and those who weakened me... "

As she writes this, the night gets thicker. She came to know the ordinary women who have experienced various problems in their lives. They are all warriors. There are many women around the world who can overcome the crisis and inspire others. Now let's go on a journey between those who raised her and those who paralyzed her .Are you going on a journey through the same paths that , the only child warrior I know so well, walked? Then you have to go back to the year 2009.

As she writes this, her mind is not shaking with the flood of memories, but instead her mind is at the peak of joy. She was afraid of disease, patients, drugs, and doctors. A few ailments came through as friends to replace an eighteen-year-old who did not take life at all seriously and they met and got to know each other, closer. This is her story of celebrating friendships with illnesses. This writing is born out of those beautiful memories.

She says When you remember the experiences that never leave your mind, you feel warm somewhere in your mind ...Happy memories. Her parents were under pressure to send her to Kerala to graduate after Plus Two. How to stay in a hostel, but she left to study as per her wish. So I went to Palakkad Government College, Chittoor from Kerala.

Degree first year study was the turning point in her life journey like a calm flowing river. Lying in the ICU unaware that the doctors have confirmed the death ticket for an illness. Five days later, when the family got the ship ticket, her body did not respond to medicine. It was the beginning of her becoming a star. An 18-year-old girl with blindness around her legs, arms and neck. An explosive child who has no life experience to speak of, no intimacy with anyone, and thinks that home and study are the only world. They did what they had to do, and the doctor told her parents and friends to pray or get back to life. The moment everyone was devastated. Her parents and friends took

her to Shafi Dawa Khana Ayurveda Hospital in Kozhikode. Dear Dr. Zaheer Ali, who has known her since childhood, held her father close and said nothing but to expect. Still unconscious and the doctor started treatment. She regained consciousness with tears in her eyes. But she cried so loud that and got so scared of the dark that she could see nothing but good darkness around her. When one falls asleep and wakes up she cried with great dignity, her legs, arms and neck bent, her eyesight lost. In bed where even the basics lie, the treatment results in first the neck being ready, then the legs, and finally the hands. The eye alone did not seem to see the outside world. She did not go out. Her father, mother and doctor kept telling her stories and motivate her. She was walking with her head bowed and was led up and down Kozhikode street.

It was from the hospital that she began to know the bitterness and sweetness of her life. She realized it was a great university hospital for learning life, with different stories for each room. She taught herself to face any crisis in her life with a smile. Because whether you laugh or cry, life goes on. Going forward through life smiling at that situation It felt like a thrill.

When they went down to study again without sight, they heard stories of people who lost their eyesight all of a sudden and never regained it, some of them were branded as arrogant, and when they went down to study again, a lot of people came forward with questions about the pros and cons of this. They decided to put

the answer into action on my own. So she started studying again and from time to time she got sick in the ICU.

As a result of the treatment, by 2012, She was slowly regaining her sight. After completing the computer course, she applied for the job. She got the selection as she was the first in the rank list out of a lot of people applying. She went to work the next day because she went through so many experiences in my life journey unexpectedly and I did not have the generosity to end my life.

Year 2015 when she resigned from the job and went down to pursue the passionate civil service, even when ridiculed. Even the men on the island are generally not in the civil service. The locals asked her if she could live and work. Reminders that she is a woman.

The turning point in her life was when she chose to think that social service was her world. Top Kerala Civil Service officials have been with her on my journey then and now. Especially her favorite mentor Muhammad Ali Shihab IAS, her guide is the one who learned from the orphanage and got IAS.

She got admitted into hospital again after she vomited and her whole body got exhausted. She was in the hospital for days without consciousness in critical condition. When she finally regained consciousness, she knew that many parts of her body were paralyzed. Absolutely unexpected tragedy April 15, 2018 she got married but due to her health condition which was becoming worse even day to day and decided to take divorce. She successfully completed professional motivational speaker training after divorce. Became the first woman professional motivational speaker from the island. Active in writing. When we step into an area where others have not landed, it is common for some to be ridiculed. Knowing the taste of crises, their words did not dampen the mind.

It just takes a lot of hard work. Do not hesitate to come to the forefront of society. Family support may not be easy for everyone, but there are opportunities around us that can be achieved. We just have to find it ourselves.

She says When we lose hope in life, many miracles happen without us knowing it, but it's just a matter of forgiving one another. Once you have the miracle of forgiveness, you will never have to look back.

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Hima das

Indian Athlete

*"I don't think about medals.
I just think of bettering
my own time."*

When we talk about women athlete people don't seem much curious. We need to see the fact that our women are no less than men in any field. The track record clearly state that women these days are now giving an equal competition to men in sports. Our leading athlete Hima Das born on 9 January, 2000 known as Dhing Express is an Indian sprinter from the state of Assam. She holds the current Indian national record in 400 meters with a timing of 50.79 s that she clocked at the 2018 Asian Games in Jakarta, Indonesia.



Hima Das was interested in sports since childhood. She regularly played football with local boys in mud pits next to her parents' rice fields and was convinced to take up professional athletics by a coach. Prior getting into the track and field event, she used to play football with boys at her school and wanted to be a footballer until her physical education teacher Shamsul Hoque advised her to opt sprint as her career. She was first trained in Guwahati Sarusajai stadium with her coach Nipon Das.

In August 2018, she won a silver medal in Asian Games held in Indonesia.

After winning gold in World U20 Championship, our Prime Minister Narendra Modi and Former President Ram Nath Kovind congratulated her on Twitter.

Das mainly takes part in women's 400-metre, 200-metre and 4x400-metre relays. At Asian Games in 2018, she won a silver medal in the 4x400-metre mixed relay. She also set an Indian U20 record of 51.32 seconds to finish sixth in the Commonwealth Games 400m final in Gold Coast in April 2018. In September 2018, Adidas signed an endorsement deal with Hima Das.

Hima Das is the brand ambassador of Assam fire and emergency services. In Oct 2018 GQ Indian magazine featured Hima Das on its cover as the young Indian of the year, her campaign to break archaic taboos like menstruation and openly advocates for women empowerment. She has received many awards for her great achievements.

. She was Conferred with Arjuna Award by the President of India on 25 September 2018. Das appeared in India's famous TV reality-show conducted by actor Amitabh Bachchan called Kaun Banega Crorepati on 1 November 2019.

Hima Das Appointed as a civil servant under the post of Deputy Superintendent of Police in Assam Police Service cadre by Assam Public Service Commission without her appearing for the Combined Competitive Examination but through direct entry mode on February 2021.

Few record of Hima das as follows,At Asian Games in 2018, Hima Das won a silver medal in the 4×400-metre mixed relay.

In July, 2018, Das won the 400 m final at the World U-20 Championships 2018 at Tampere in Finland by clocking 51.46 seconds

She also set an Indian U20 record of 51.32 seconds to finish sixth in the Commonwealth Games 400m final in Gold Coast in April 2018

She is the second athlete from Assam after Bhogeswar Baruah to win a gold medal at an international even.

Her journey has been incredible, coming from a small village and after such hard work she succeeded, there has been very difficult times through which das has suffered but she cleared all her trails and made India proud of her and got Laurence to our nation





Sona Vikas Dhanwani

Motivational Speaker

About

Sona Dhanwani born and brought up in Bhopal. I am a very ambitious woman before I was married I always dreamt and hoped for going out and opting for a job and will handle my family and job both systematically. But as you all very well know that after getting married it becomes difficult to handle both marriage and job at the same time. So I abandoned my job and gave my all time to my married life.

I am very lucky to have a caring and thoughtful husband and all my in laws were supportive of thought of me working after marriage. I feel immense happy to have a such a lovely family. That's why after 15 years of my marriage I decided to start my own idea of teaching children of a certain age and deducing the fact that anger is always ok.

Smile hub is a such a class that I teach, in this I convey topics such as anger management which is a normal, healthy emotion, neither good nor bad. Like any emotion, it conveys a message, telling you that a situation is upsetting, unjust, or threatening. If your knee-jerk reaction to anger is to explode, however, that message never has a chance to be conveyed.

So, while it's perfectly normal to feel angry when you've been mistreated or wronged, anger becomes a problem when you express it in a way that harms yourself or others.

You might think that venting your anger is healthy, that the people around you are too sensitive, that your anger is justified, or that you need to show your fury to get respect. But the truth is that anger is much more likely to have a negative impact on the way people see you, impair your judgment, and get in the way of success.

I too deal with personality and skill development which refers to an individual's characteristics, style, behaviour, mind-set, attitude, his own unique way of perceiving things and seeing the world. Genetic factors, family backgrounds, varied cultures, environment, current situations play an imperative role in shaping one's personality. The way you behave with others reflects your personality. An individual with a pleasing personality is appreciated and respected by

children achieve certain aspects of their life so that they can present themselves more beautifully. After achieving progress in smile hub I had thought of refining bathing soaps, bath salts and other beautiful products for people who wish to meet their body needs. Slowly and gradually I obtained progress.

Usually women think that after marriage their options become limited and they see no hope and lose all expectation from oneself and expect that their career is now ended. To all those women who think like this, I want to tell you all that no marriage act as barrier. As I have experienced your options are just revealed to you when we undergo marriage.

"It's never too late to pursue your dreams."

As you have a person next to you loving and supportive and in laws who trust you and accept your profound self. Their wisdom and your determination combined with everlasting support is everything a woman needs to fulfill her dream if she steps in that respective field.



Sirisha Bandla

Astronaut

*"I am
kind of
still up
there"*

Sirisha Bandla is an Indian-American aeronautical engineer and commercial astronaut. Only at the age of 34 she becomes the second Indian woman after Kalpana Chawla and Sirisha Bandla will be the fourth Indian-origin person to go into space.



Sirisha was born in Guntur Andhra Pradesh, now she is one of the six space travelers aboard 'VSS Unity' of Virgin Galactic. As part of the six-member crew alongside the founder of Virgin Galactic Richard Branson, her role will be that of a researcher experience.

Sirisha was born in Guntur Andhra Pradesh, now she is one of the six space travelers aboard 'VSS Unity' of Virgin Galactic. As part of the six-member crew alongside the founder of Virgin Galactic Richard Branson, her role will be that of a researcher experience.

Virgin Galactic's VSS Unity, as the spaceplane is called, took off for the 1.5-hour mission above New Mexico from the Spaceport America launch facility at 10:40 a.m. ET following a 90-minute delay due to bad weather. Bandla joined Branson and four others on board Virgin Galactic's SpaceShipTwo Unity to make a journey to the edge of space from New Mexico. They reached an altitude of about 88 kilometers over the New Mexico desert - enough to see the curvature of the Earth

This 34 year old women has made a history on 11 July, 2021 and made whole India proud.

The Virgin Galactic mission will take off nine days ahead of the departure of billionaire

Amazon founder Jeff Bezos' trip to space, which was announced last month. From a very young age she always dreamt of becoming an astronaut flying to the moon and sky and now she is all set to live her dreams

Sirisha's parents, were US government employees and for several years, they used to visit India almost every year. Afterwards she travelled to Houston to join her parents in the United States. In Houston, Sirisha was attracted to the activities and news of NASA's space exploration so then she did her graduation in aeronautical engineering from Purdue University. And then after that she also earned a Master of Business Administration degree from Georgetown University. She always had an interest in aeronautics and aerospace since she was very young

As like any other great leader she too faced many obstacles in her period of achieving milestones. She is the Vice President of Government Affairs and Research Operations Wing of Virgin Galactic and its subsidiary Virgin Orbit. Bandla has also won the **Youth Star**





Mrs. NAFEESATHUL MIZRIYA

Founder & M D,
Minhaj Builders

About

Nafeesathul Mizriya, the accomplished entrepreneur and the winner of Global Women Inspirational Award in 2021 but to the entire business ecosystem. She is the Founder and the Managing Director of Minhaj Builders in Kunnumkulam, Kerala. She has been leading her entrepreneurial journey setting an example for fighting life's battle, crossing the obstacles, and coming out victorious to motivate many. At the age of 2, she was diagnosed with Polio and was left with one of her legs paralyzed. She did her schooling in her hometown. When she reached her Pre Degree, she suffered from pneumonia due to which she could not continue. This female being a game-changer since then, refused to give up. She joined for an ITC Draughtsman Course and later done the course in Civil Engineering from Maharajas Technological Institute, Thrissur. It is from here she decided to design her life forward. After completion, she keenly knocked at every opportunity where she knew she could offer more. With the dreams and goals set to make a story, she began with small steps by offering architectural plans as a freelancer.

As the work of NafeesathulMizriya gained more and more clients, she decided to keep a step ahead to start her own company, which is today known in the name of Minhaj Builders. In between, she was fortunate to get employed as Superintendent in Kunnankulam Municipality. Although she worked there for a significant period of time, her entrepreneurial skills and passion pulled her back to her own establishment.

Minhaj Builders has a story that was begun in Vaduthala, near Kunnankulam. With strong and capable leadership, the firm has established itself to be one of the leading businesses in the Construction and Architecture industry. It has completed more than 2200 plans and 550 projects till now. As it flourished, the business was taken to other verticals too and today, Minhaj Group has under its domain, Minhaj Builders, Minhaj Cements, Minhaj Collections. Although Minhaj Group is headquartered in Vaduthala, it has its branch offices in Thrissur and Palakkad also. NafeesathulMizriya is now under the spotlight for having reached the heights of excellence despite all her limitations. She has brilliantly surpassed all the challenges that stood tall before her and succeeded to etch her name among the list of India's 100 successful women entrepreneurs. She is indeed a living example to any woman who has failed to see the dreams, set the goal, and live magnificently.

Apart from all of the above proficiencies, she is a woman who is all set to lead the pack,

paving way for other aspiring women to excel. NafeesathulMizriya is a motivational speaker, influencer and a writer. She could motivate a lot of people including those with physical and mental disabilities.

In March 2019, she has been awarded Samrambhakar Special mention Award. She was also the winner of the Best Women Entrepreneur Award in 2019 and 2017.

Since the age of 22, NafeesathulMizriya has been happily married to Mr. Shafi, who hails from Kunnankulam, Kerala. They both have a son on whose name, the business entities are growing with grace. Not only has NafeesathulMizriya been active in her professional areas; she is also an energetic member in the other social grounds. She is Board Member in PBCA, CIGI Thalippilly Taluk General Convenor- Women's wing, Member in Lions Club international District- Thrissur, Chairperson- Women's wing at Lensfed Thrissur, Executive member at KSSIA and Convenor- JanapakshamThalappillyThaluk. Formerly, she has been President at Lensfed, Kunnankulam, Overseer at CADA, Work superintendent at Thrissur Corporation Office and Kunnankulam Municipality. This Keralite woman, NafeesathulMizriya is indeed a powerhouse who was never discouraged by her limitations but only strived to excel more. With her success story, she has very well proved that nothing could stop a woman who is determined to rise.



PREETI DESHMUKH

Founder, FOOD NEST

About

Preeti Deshmukh is a post graduate in Nutrition and Dietetics from Pune University (MSC Dietetics, 2007) where she was a bright student always eager to practice what we preach. Right from the 1st year of college she took up jobs with well-known fitness brands and hospitals to understand the practical implications of food science.

After gathering 10 years of experience in Nutrition field from various hospitals, clinics, fitness experts and her private clinic she launched her first company FOOD MATTERS in 2017. The gap between demand of healthy food and its unavailability, increasing demand of meal replacements and hectic lifestyles made her take up this challenge to create customised healthy meals and snacks. The concept was liked by many health professionals, fitness enthusiasts, athletes, working professionals. Converting the theoretical diet plan into practical healthy and tasty food took many trials but hard and honest work always pays off. By 2018 she expanded the set up into a full-fledged commercial kitchen serving more than 2000 clients daily.

*"The happiest people I know
are those who lose themselves
in the service of others."*

The meal boxes with calorie and protein counted stickers gave a good value for money to many clients. Currently her company is already in franchise mode with more than 10 franchise in various cities.

In 2019 she launched another company FOOD NEST which manufactured healthy food products. It provides end to end solution to the companies who want to launch healthy food products by providing facilities of product development, manufacturing and high end packaging. Behind every successful woman lies a man and that's what her husband was.

Since the company grew big, all technical support along with machineries development was taken up by him. In spite of getting hit by pandemic, FOOD NEST was able to spread its wings into many other products and thus ensured a successful business. Millet bars, diabetic bars, fortified seeds bars, millet flakes, millet khichadi, diabetic flours, millet poha, millet muesli are just some of their products in the market.

Their vision is to develop as many healthy and honest packaged foods as possible so that someday even the smallest grocery shop to big malls should be flooded with healthy foods. Larger availability of healthy foods will help to kick out junk from the shelves and hence will help people sustain the health goals. Preeti being an entrepreneur thought of starting a course for other women who can benefit from her knowledge to successfully launch start-ups in food industry.

The term Nutripreneur was coined by her for first time and she got tremendous response for her initiative. Online Certificate Course in Nutripreneurship was started in collaboration with Indian Dietetics Association. Within 6 months she has trained around 550 Nutripreneur across the country to launch their skills into a business with complete guidance from licensing to registrations and developing marketing strategies. She has formulated 25 business modules which can be started with low investments and good returns. Many women who did this course could start healthy baking, nut butters, healthy marinades and many more. This in-depth knowledge about

food science and Nutripreneurship gave her a chance to be faculty speaker in 53rd IDACON, Virtual International Conference of Indian Dietetic Association in Jan 2021.

With a team of experienced Chef, Food technologist and nutritionist she won the first prize in National Low Salt Challenge organised by FSSAI and

NetproFan (Networking Professionals of Food Technologists and Nutritionists) in March 2021 is what Preeti believes. She is the President (Pune chapter) of WIMA (Women Entrepreneurs/Industrialists of Maharashtra Association). It is a non-profit organisation which aims to uplift and empower women from all strata's of the society. They organise motivational speakers and government officers who guide about MSME schemes which can benefit women. They also conduct many workshops

which can help women start small scale business during festive seasons. Conducting exhibitions is one of the best ways to help women promote and sell their products to a larger audience without paying heavy hall or stall rents. During pandemic they conducted many online webinars and workshops which helped many women to upgrade their skills.

Most of the start-ups fail because of lack of vision or adequate guidance. They do not fear failure but fear to start. Preeti aims at helping healthy food start-ups in as many as possible. She wants to hold hands with others who hold similar visions and take the first step together. 'Coming together is a beginning, keeping together is progress and working together is success'



Neha Singh

Research Scholar ICMR-SRF

About

NEHHA SINGH is an ambitious girl with big dreams. She thrives on challenges and constantly set goals for herself, so Neha have something to strive towards. She's not comfortable with settling. 39yrs old always looking for an opportunity to do something better and achieve greatness in her life. She tries to spread as much happiness all around and stay positive. In her another role, NEHA SINGH is a research scholar from CSIR-CDRI lab of Lucknow and much passionate about modeling and love to walk the ramp, currently won MISS TOP MOST MODEL OF INDIA 2020, hobby an activity that someone does for pleasure when they are not working poetry writing is her hobby, since 2015 she is a NSS MEMBER and also a NCC CADET of UP 20 BATALION (from 2015-2018). Super talented Neha is a pharmacist also and always wants to work for women empowerment and women upliftment because it is one of the most critical and essential things that everyone should support. It is when women are given the most power and right to make decisions for themselves. Women have been subjected to injustice through decades.

Playing sports develop a sense of friendliness among the children as well as team spirit. Children should be taught some physical activities or sports at a very early age to promote a healthy body and lifestyle.

One such sport is Martial Arts. She too is a karate player herself. It can not only keep you fit and healthy, but it is also useful for self-defense. In today's world, self-defense has become very necessary to safeguard ourselves from anti-social elements in society. When women feel they are not safe, martial art can come in handy for females to protect themselves. Generally, it was thought that martial art is a masculine practice, but girls can equally practice martial art and defend themselves. Widespread awareness is being spread all over the nation to make it necessary to learn Martial arts for girls.

Women were else was always making decisions for them. This is one of the biggest reasons for women's empowerment. It was one of the essential things which were the need of the hour. Women were made aware of their rights. Along with their rights, women were taught how to be self-independent in all aspects of their lives. They were taught how to create a space for them where they can grow and become the people they want to be

She looks forward towards the education for our country (INDIA). Overall Neha is multitasking personality of our country and inspiration for other women.

She has received many awards for her great work and hardwork .



Nishtha Agarwal

CEO & Co-Founder, Inked Stories

About

Although her hometown is Delhi, she has spent a significant part of her life in Pune, right from schooling and college to graduation. Nishtha Agarwal's father is a businessman, and her mom also runs a home business. She completed her 12th in the stream of 'Humanities' and then pursued her graduation in BBA (IB).

All of 21 years currently, Nishtha realized at a very young age that her passion lies in writing. In a tryst to pursue her passion, she started writing a diary every day after returning from school. She started writing about the daily happenings of her school life. During her eleventh grade, she started taking writing seriously and focused on her writing skills. She started creating poetry, stories, and letters in her 11th and 12th grade.

And after writing for many years, it was last year when she published two of her poetry collections. One being 'On the Edge of the Cosmos' and the other being 'The Fruit of Paradise'.

After publishing these two poems, she noticed that she was getting a good response from her colleagues and the

writers' community in general. But her real journey started at another point in her life. One day while performing at an open mic, she realized that local writers are undervalued and under-acknowledged. The local writers don't get a particular platform to display their talent. With the moment of realization, she decided that she wanted to do something that addresses this issue. With that in mind, she created her own startup 'Inked Stories,' which was also joined by her friend Taran Malhotra as the co-founder.

Through Inked Stories, they started providing a platform to all the undervalued and under-acknowledged artists like writers, musicians, food bloggers, painters, dancers, singers, and many more. Things started looking bright and positive slowly.

There have been times when her teammates feel demotivated, so she and her team decide to leave their work aside and put all their effort into motivating them. They are there for each other like a family and always push each other to do their best. That is when Nishtha realized that this is not the story of just her but millions of other people worldwide who suffer from demotivation silently without seeking any help.

2020 was a challenging year for everyone, and that's when Nishtha Agarwal decided to work on her page to motivate others. She created this page, intending to provide positivity and motivation to people. After starting this page, she learned that many people are out there who are depressed and suffering from anxiety.

The tales which she provides on her page are aimed at creating a positive mindset for the readers. Even if people run by her page every morning or in the middle of the day, it can give them a smile and a positive mindset. On her page, she posts some amazing life hacks, motivational as well as inspirational posts. She also shares her own experiences in the form of posts so that people can learn from them.

She is currently planning to publish a book called 'A Pursuit of Life', which would be a self-help book, and it would consist of the Do's, Don'ts, and How's of how to lead a happy life. As it has been said, every journey is a unique one and has its share of highs and lows. When she published her first book, she never told her parents that she was publishing a book. It was a surprise for them, and they were elated when they came to know about her book.

While her parents were happy about her work, the scenario was different within the writers' community. The community criticized her a lot, but that didn't deter her. As a writer, she always thought that criticism is also feedback that helps one grow. Another challenge that she faces every alternate day is writer's block. But with constant efforts and focus, she has overcome that to a large extent.

Nishtha Agarwal has been through many difficult phases in her life. It was a significant challenge for her to overcome these issues. She had lost many people who were important to her, and that affected her. That could be a reason

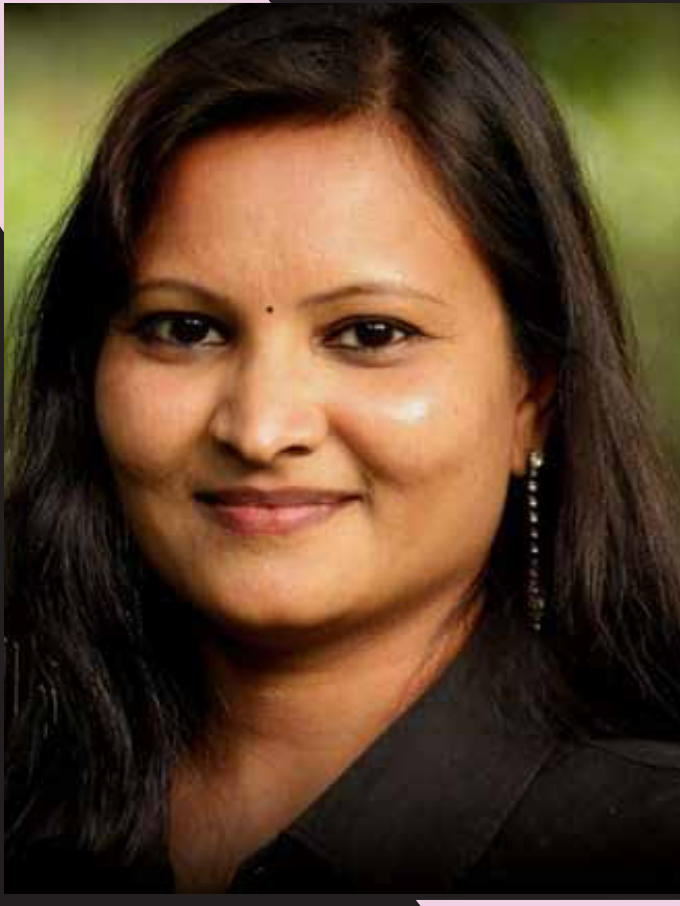
her writeups weren't as appreciated as they would've been otherwise.

Her source of motivation has always been her readers. And as far as her internal happiness is concerned, she gets it from writing for herself, her readers and her friends who consistently support her. She is going through a journey where self-love, self-care, and self-acceptance are the primary goals for her, motivating her to do better each day. She doesn't think about yesterday but what she can do today.

Nishtha Agarwal firmly believes that you should not depend on anyone for your happiness or success. It is only YOU who can make the difference. And YOU alone.

Now, she has completed her undergraduate and has got admission in her dream college Entrepreneurship Development Institute of India, Ahmedabad and is already the co-founder of a successful start-up named Inked Stories. Apart from that, she is also working on her book and hoping to get it published soon. She has also been felicitated with "Top 100 Inspirational Women of the Year 2021" by I Can Foundation in the Global Women Inspiration Awards & Conclave 2021 and every day, she tries to inspire or motivate at least one person through her writings. She is also preparing to get her MBA admission as soon as possible.

So, this was the story of a passionate young writer and entrepreneur, Nishtha Agarwal. The story of a girl who was once in depression at a point in time and now, due to her sheer will and determination, inspires others through her writing.



Poornima B S

Deputy Director – Programs,
Karnataka Health Promotion Trust

About

Poornima, is a development specialist, currently with Karnataka Health Promotion Trust, an NGO as a Deputy Director – Programs (Operations) at Bangalore.

She hail from B-level City, Davangere, in the central district of Karnataka which is globally famous for Butter Dosa. Born to middle class parents, they are two sisters, Poornima being the elder by 10 years her mom was a Government School teacher and dad had a clerical job in the then famous Davangere Cotton Mills.

Poornima's childhood was great to some extent but saw a downward trend as she entered highschool, with the separation of her parents and entry of her step-mother. Things overturned and she had to fight for each thing to have it, though she deserved her sister was taken to be looked after by my mom and she had to remain with her father & stepmother.

Her school St Paul's Convent, was the best in town, known for academics as well as extra-curricular activities. It was here, where she imbibed values and principles of life; Hence she has always been grateful for the strong foundation that has given her a firm base to achieve what she has achieved; Added to this, NCC gave her great positive twist in shaping my personality with the values of discipline, dedication and service. She cleared all the three Certificate levels in NCC and also led Karnataka & Goa Directorate in National Integration Camp held in Kollam (Quilon). This opportunity was a great platform to practice and exhibit leadership skills after she joined Karate training at School of Self Defense Davangere through own will and completed 5th Kyu (Blue Belt). Involvement in extra-curricular activities have gave her a lot of strength to socialise, see the world little more and to handle things in a better and strong manner. She performed very well in II PUC and along with NCC quota, was able to secure a Government BDS seat on merit basis, was not sent for CET counselling due to family issues and non-willingness of my stepmother. Having no choice, she had to enroll to BSc., Unfortunately while she was in mid-course of her graduation and had to experience the wrath of her family and abandoned by her father, in a fit of anger. During those days, there were no active NGOs and strict rules for children's welfare, as we see today. It was then her aunty (father's sister) supported me by taking with her.

She was not so well to do but had a good heart; she had good clothes to wear and accessories of good quality like watches; which she sold to meagre amounts to meet her expenses and to pay the college fee. She took a loan of Rs. 3000/- additionally from one of their relatives, who stayed in a village and made a humble living. With all these efforts, she was able to complete her college education with a Bachelors degree in Science. Without wasting a single day, she joined a computer institute as a faculty as she needed to earn living. By pooling 3 month's salary, the first thing she did was to repay the loan. Earning gave her confidence to face the world better. By that time, her thoughts had matured and she had started thinking in right based approach. she made an attempt to return to father's home. She was not met with resistance then, as she was earning and not dependent on them. Instead, her earnings would support the family as father was jobless since Davangere Cotton Mills had to be shut down permanently due to unresolved rift between the management and workers. After having worked at few temporary jobs, she was able to get a social worker job at Don Bosco Child Labour Mission, Davangere. She worked there and got experienced in different sorts of work like social work, rescue of child labourers, teaching, accounts maintenance etc., which gave an all round experience. Working under Missionary fathers, reinforced the values of punctuality, discipline and dedication. It also provided a great opportunity to learn from various right based NGOs

working for Childrens rights including UNICEF; she got married, had a job, soon a family with husband, father in law and an angel daughter. It was a stepping stone when got selected for a HIV-AIDS Prevention Programme at Action Aid-Karnataka Projects as a documentist. However, through my leadership skills she was soon shifted to Operations at Block Level. Here, she was able to work with female sex workers, MSM-T, People living with HIV and community which entirely changed her perspectives of looking at things, events and people and broadened her attitude. Actionaid trainings played a prominent role in shaping her views and perspectives in a right based approach. She casually took SDC (State level civil service exams), passed the same and got appointed in the Judiciary at the District Court of Davangere - JMFC - II; Hence she had to break her journey of social work in the middle. She started to work in a new role and in a new set up. However, she was not at all content with her work there as inner voice was always whispering to her that her calling was different. She always wanted to work for people, community and for their rights. It was then she made up her mind to resign. She started applying to different organisations in the social work arena. Her life took a new turn with her entry into KHPT (current organisation) where she received a series of professional and high level trainings, capacity building and exposures; These helped to bring to limelight, my leadership and management skills. She stayed away from her child and family to stay in Bangalore for 2 years to settle down well. Under HIV-AIDS program, visited different places, states, worked on creating training resources, implemented the programs,

worked with communities and professional colleagues from KHPT all of which helped her to meet different people, experience different cultures, learn mutually and sharpen my skills and enhance capabilities, personally and professionally. When the funding for HIV started to decline around 2012- 13, she took a shift from KHPT to serve in different Government and NGOs like National Rural Health Mission, BESCO, Greenpeace India, Association for Rural and Urban Needy and Association of People with Disabilities. These engagements gave her a good exposure and knowledge on different issues of social work. It helped her to get a broader perspective and outlook on several developmental issues. After this, again she returned to KHPT where she worked for Tuberculosis Control for considerable number of years and currently with Non-Communicable Diseases unit.

She had around 80 frontline workers under me, most of who were females and she tried sincerely to build their capacities and supported them to upgrade their skills and find sustainable means for their life- plans, in official and personal capacities. She always felt happy to see them enjoying each moment and learnt from them; She felt a different type of satisfaction whenever she tried to bring people up. Her journey from a block level social worker to Deputy Director has not been a bed of roses. She had to deal with a lot of issues, like most of the women; Living alone for years, ad hoc travelling to different places, leaving the child, managing demanding work, as well as responsibilities at home etc.



Dr. Swati Anand

Principal, Dharma International
Senior Secondary School

About

Dr. Swati Anand believes in holistic and dynamic education. Working with the best University of Uttarakhand as an Associate Professor Dr. Anand shares a 15 years long experience in the Higher Education, holding a Phd. in commerce as well as a law degree. Despite all the lucrative offers and a lavish lifestyle, she felt a need to uplift people's lives. She firmly believes "Only when the underprivileged are educated, we can move forward to an equitable society." Education can bring about true transformation in the quality life of a country. Dr. Anand says that she always pondered over the question, "What's the purpose of Life?", and finally she realized that GIVING and SHARING is the best way she can accomplish this purpose of Life.

Dr. Anand left her job in University and started her endeavor in "Dharma Society" which runs Dharma International School, in district Dehradun, Uttarakhand. She shifted to School Education as a Principal, and choose to work in the Rural area school, as she realized that rural area schools are the most neglected ones, so that disparity between education in Rural Area schools and Urban

area schools can be reduced, and her student gets the same exposure at a reasonable cost, which a student of a high profile Urban Area school is getting.

Initially she received a lot of discouragement and questions from colleagues, friends and family, that Why she is leaving such a growing and flourishing career of University and focusing on Rural education and choosing a school in Rural Area? but with time and her positive attitude and gratitude towards life.

she got support from all these people. She simply believes that by sharing what she has learned throughout her academic career with these young minds can really bring a remarkable difference in shaping these saplings. At present the school has got the affiliation of Senior

Secondary from CBSE, and along with academics she is working on environmental protection, minimalism, sustainability and counseling of Mothers as It is the mother in the family who most often urges children of both genders to attend - and stay - in school. The role of women is at the front end of the chain of improvements leading to the families, the community's long-term capacity.

The smile, satisfaction and faith on the students face, gives her encouragement to do more. She further adds, that the School aims at growing compassionate, kind and understanding Human Beings, which the society needs. After all "It's Compassionate Human Who Create An Understanding Society"

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GWIA celebrates the commitment, courage and confidence of 100 exceptional women across dimensions and geographical boundaries that broke all the stereotypes and came up with a shining bright star aiming to inspire female achievers in present and into the future. We feel immense pleasure that with all your love and support we have successfully completed our ceremony. We hope that you had a great time with us. Your motivational speeches have inspired a lot of women out there to come up and stand for themselves. We thank every partner, speaker, delegate and visitor for sharing their thoughts and innovation during the Global Women Inspiration Awards 2021 and for making this event worth and countable.





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