



International Federation of NewAge Media Publication

VOL. 5 NO. 2 MARCH '2024

World's First Classic Premium Luxury Journal



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RIISING MENACE OF HEART FAILURE IN WOMEN

A MATTER OF GREAT CONCERN.
MULTISPECIALITIES CONSENSUS MEET

ON THE OCCASION OF THE RECENTLY
HELD. MULTISPECIALTY
INTERNATIONAL CONSENSUS ON
**HEART FAILURE
IN WOMEN**



Prashant Godha
Executive Director
Ipca Laboratories

Dr. H.K. Chopra
Chief Cardiologist, Delhi
National President &
Organizing Chairman,
MIC-HFW



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INSIDE



INTERNATIONAL
WOMEN'S
DAY'2024

Collector's Edition
'Celebrating the incredible
achievements of women
around the world'

Divine Dolls of India
**Shakti: The Supreme
Power of the Feminine**





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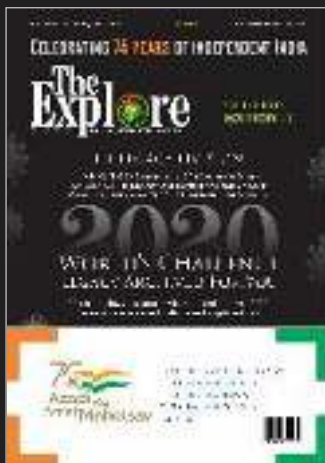
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FROM THE DESK OF EDITOR IN CHIEF



The Splendor of Womanhood: A Symphony of Beauty, Courage, and Power

In the tapestry of existence, women have emerged as the most exquisite threads, weaving a story of unparalleled grace and strength. As we delve into the essence of womanhood, we uncover a mosaic of beauty, courage and the transformative power that enchants the soul and captivates the heart.

In every corner of the world, women stand as the epitome of beauty. However, this beauty transcends physical attributes, it emanates from their resilience, kindness, and unwavering spirit. It's the grace with which they navigate through challenges, the compassion they extend to others, and the strength they exhibit in times of adversity. Women radiate a beauty that goes beyond skin deep, a beauty that lies in their very essence.

A source of love and beauty, a symbol of courage and strength, a portrait of poise and devotion, she's this all and so much more. She's a woman! God's finest creation and the nature's most majestic excellence. She is a full circle. Beauty alone does not define the essence of womanhood. For within every woman beats the heart of a warrior, imbued with an indomitable spirit that knows no bounds. It is a spirit forged in the crucible of life's trials, tempered by the fires of adversity. With each step forward, with each obstacle overcome, women unveil the true extent of their resilience.

As we reflect on the profound essence of womanhood, let us not merely celebrate their achievements, but also honor the struggles they have faced and the sacrifices they have made. Let us recognize the resilience that lies at the heart of every woman, the strength that propels them forward in the face of adversity.

In the end, womanhood is not merely a label or a category; it is a journey, a tapestry of experiences woven into the very fabric of existence. It is a celebration of the beauty, the strength, and the resilience that defines us as human beings.

Vidhi G.

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The Explore Journal



He is celebrity cartoonist is one strength, confidence and ambition is known National Health Cartoonist with more than over two decades of diverse experience in creative art management. Having large association with Govt of India Ministries, International and National organizations & Institutes and also numerous honors and appreciations from Presidents, Prime Ministers, other National Leaders, Delhi Doordarshan, National Print Media, Legend Celebrities and Medical Fraternities.



His galaxy of honours comprise of numerous prestigious awards, rewards & recognitions conferred upon him by eminent National & Political Leaders of India at that time Indian Presidents at that time Shri Shankar Dayal Sharma, Pratibha Patil, APJ Abdul Kalam and Pranav Mukherjee. At that time Prime Ministers Rajiv Gandhi & Atal Bihari Vajpai, Finance Minister Narayan Dutt Tewari. At that time Vice President Shri Bhairu Singh Shekhawat, CM, Delhi at that time Smt. Shiela Dikshit, Member Parliament Vijay Goel, Spritual Guru Dalai Lama and Sadhna Ji Maharaj of Sarv Dharma.

He is associated with many prestigious national & international NGOs and institutes, health & medical publications and has also lent his creative hand to over 2000 projects on health awareness with the government of India, Ministry of Health & Family welfare, WHO, UNESCO, National AIDS Control Organisation, Health journals for Parliamentarians, MTNL, BSNL, DAVP, DIP, AIDS Control Society, MCD, NDMC, Departments of Transport, Pollution

Control, Forest and Horticulture, Dept. of Science and Technology and Traffic Police,
IMA-Indian Medical Association,
DMA-Delhi Medical Association as well.

Many celebrity artists, poets, fashion designers and bollywood personalities also like, Sunil Dutt, Rajesh Khanna, Vinod Khanna, Dara Singh, Farookh Shekh, Aamier Rajpal, Anil Kapoor, Sri Devi, Bony Kapoor, Sanjay Kapoor, Dipti Naval, Jacky Shroff, Vijayanti Mala, Ashish Vidyarthi, Subhash Ghai, Santosh Anand, Nitin Mukesh, Raza Moorad, Dipika Padukon, Kapil Dev, Bishen Singh Bedi, Dr. Deepak Chopra, Dr Narottam Puri, Dr H K Chopra, Dr K K Aggrawal, Ashok Chakardhar, Rohit Gupta and Sunil Mehra have honoured and recognised his uncanny wit and infectious humor, on various platforms, numerous times.

He is also been serving the young India as a dedicated academic management and professor of creative arts, a worthy guide and a kind mentor. Till date, he has enlightened the path of creative pursuits for thousands of students, helping them refine their craft and professional vision through his detail-oriented approach.

Vijay Guglani
Vice President & National Health Cartoonist
The Explore Journal
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New Delhi & Mumbai, India



HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

Empowering India, Empowering Women: Modi's vision for Women

In India, where tradition and modernity often intersect, Prime Minister Narendra Modi has long championed the cause of women's empowerment and gender equality. His vision for the women of India extends beyond mere rhetoric, focusing on tangible initiatives and policies aimed at fostering their socio-economic progress and ensuring their rightful place in all spheres of society. Recognizing women as catalysts of growth, his administration has unfurled initiatives such as "Beti Bachao, Beti Padhao," breathing life into the aspirations of young girls by championing their education and well-being. Moreover, schemes like "Stand Up India" serve as a beacon, illuminating the path for women entrepreneurs to carve their niche in the bustling marketplace, fostering a culture of innovation and enterprise.

Modi's vision transcends the realm of economics and education, delving deep into the social fabric to challenge age-old norms and practices that shackle women's potential. His staunch condemnation of practices like female foeticide and child marriage reverberates as a clarion call for societal change, igniting conversations that challenge the status quo and pave the way for a more inclusive tomorrow.

In Modi's vision, the journey towards women's empowerment is not a solitary march but a collective symphony, where every voice, every aspiration, finds resonance. It is a vision that celebrates the resilience and spirit of India's women, offering them not just a glimpse but a tangible pathway to a future where they stand as equals, empowered to script their own destinies on the grand stage of life.



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'Grace of Galaxy'

Ms Ruchika Dugal

Recipient of "GRACE of GALAXY"

By spotlighting Skilled at managing groups of all ages and training
large groups, She runs a **YouTube channel** - HER mission to
inspire working professionals to achieve their life goals.
SHE is with a refreshed sense of visionary thinking that will
energize creative motivational idea for corporate industry canvas.

Ms Ruchika Dugal, HER creative mantra making people
successful and developing inner strength to increase their
spirit at the high level.



Smile For A While

— by Vijay Gugani

Always **Laugh** or **Smile** when You can. It is a Cheap Medicine





THE SURPRISING ORIGIN OF

“HIGH HEELS”



From the streets to the boardroom, women are embracing heels as an essential part of their wardrobe. Heels elongate legs, add a touch of sophistication and even grant any woman an extra boost in height. Such attire is now mainstream and comes in a variety of shapes and sizes. While comfort may not be its primary focus, it's undeniable that heels have become increasingly prominent within society today.

The introduction of high heels into high society

Though we now associate them with female fashion, high heels were not originally designed for women. In fact, kings and other wealthy men first embraced this type of shoe. One theory behind their creation is that equestrians used them to gain better balance in stirrups. This design principle can still be seen today in cowboy boots which typically have low heels. It's believed that heels originated as a means to aid warriors during battle, reportedly dating back to around 1000 AD during Persia's time as an Empire.



When did women start wearing heels?



It wasn't until the mid-1500s that women began wearing heels. The initial sighting of a high heel on a female was on Catherine de Medici (Queen of France). Before this, females had only worn platform shoes, more commonly referred to as "chopines", which were largely found around Venice in Italy - although they weren't limited to solely there. Sources indicate that members of nobility wore chopines up to 20 inches tall, with the purpose being twofold; allowing ladies to increase their stature and guard their feet and dresses against the sludge-filled streets of Venice. The fashion for wearing these kinds of shoes rose again during the reign of King Louis XIV in the late 1600s and early 1700s when he embraced red-heeled shoes - a design

concept now most traditionally associated with Christian Louboutin garments.

In the past, wearing high heels was a way for a man to not only appear affluent and wealthy, but it also gave them the feeling of being more dominant.

The evolution of heels

During the 1700s, smaller feet were considered more attractive in accordance with the beauty standards of the time. As such, many females wore high heels to create a false impression that their feet were smaller than they actually were. This was due to long skirts and dresses which covered most of their feet during this period. After World



War II, fashion trends began leaning towards chunkier heels; however, thanks to advancements in technology made during wartime, fabricators had access to metals and consequently created the modern stiletto heel as we know it today.

From thick and bulky wooden designs to sleek and slender modern versions, the evolution of the classic heeled shoe is remarkable. Over time fashion trends have come and gone, yet the popularity of this footwear piece has remained constant. Previously, heels were constructed from heavier materials, making them naturally much thicker in shape than what we now observe on the market. Due to the weight factor, these earlier designs could not be nearly as thin as what is available today. Amidst all of this change, however, one thing remains clear; the timeless nature of this chic accessory continues to transcend eras and styles.

Heeled shoes are some of the most distinctive elements of a woman's closet. They are a symbol of femininity and elegance, as well as a practical solution to lengthen the legs and emphasize the silhouette. But how has their design and popularity changed over the years? The origins of heeled shoes date back to ancient Egypt, where women wore shoes with wooden heels to avoid mud and sand on the streets. At that time, heels were very high, but not very comfortable - women had to show a lot of dexterity to get around the city. In ancient Rome, heeled shoes were worn by both men and women, but in this case heels were more practical.

In the Middle Ages, heeled shoes began to be worn by women from the upper classes, which emphasized their status. The first mention of heeled shoes dates back to the 14th century, when shoes with very high heels, reaching up to 70 centimeters, became popular! They were intended to protect against mud, but also emphasized a woman's delicacy and elegance.



Mona Lisa is a masterpiece painted by Leonardo da Vinci between 1503 and 1506. The painting was created in Florence, Italy, and depicts a woman believed to be **Lisa Gherardini**, the wife of Francesco del Giocondo. One of the most notable features of Mona Lisa is the mastery of Sfumato, a technique involving subtle tonal gradations in color that creates an almost hazy or smoky effect. This technique gives the painting its mysterious aura. Mona Lisa's enigmatic expression has received considerable attention over time. Her smile seems elusive yet captivating at the same time, radiating mystery, sensuality and contentment – all achieved through Sfumato. Many theories have been proposed about her smile and her identity; however, it remains one of the most debated topics even to this day. One unique feature of Mona Lisa is its imaginary landscape seen through ethereal arches and columns in misty blues and greens which lead around corners while balancing haloed shapes above her head. This creates an atmosphere that both soothes and captivates viewers.

What is Depicted in the Mona Lisa?

Mona Lisa depicts Italian noblewoman **Lisa Gherardini** sitting for a half-body portrait.

Who was Mona Lisa?

Mona Lisa is thought to have been Lisa Gherardini, an Italian noblewoman, wife of Florentine merchant Francesco del Giocondo. The title of the painting in Italian is “La Gioconda”, the feminine version of Giocondo.

Artist biographer Giorgio Vasari attested to her identity in 1550 as Lisa del Giocondo; however, other less credible interpretations see the Mona Lisa as a portrait of Leonardo da Vinci's mother or the noblewoman Caterina Sforza, or a self-portrait of the painter in a mysterious female version.

What is Mona Lisa Wearing?

Mona Lisa dresses in 16th-century period gowns. She wears a sophisticated robe with small spiral patterns and gold thread embroidery, which leaves her neckline uncovered. She is seated three-quarters, leaning on the armrest of a pozzetto chair, typically Renaissance. She sits in a loggia, a space with columns and a parapet. Behind her, Leonardo da Vinci painted a naturalistic landscape.



Leonardo da Vinci, Mona Lisa, oil on panel, circa 1503. Detail

The Mona Lisa painting is one of the most emblematic portraits in the history of art

What is the Provenance of the Mona Lisa Painting?

Leonardo never gave the painting to the Giocondo family, and he kept it with him until his death, even taking it during his move to France in 1516 to the court of French King Francis I. King Francis I acquired the painting after the death of the artist, so it became part of the royal collection. After the French Revolution, claimed as “property of the people” and spent a period at Napoleon's residence. In the late 1800s it was installed in the Louvre Museum, and it resides there until today. Mona Lisa became even more famous in 1911 when it was the subject of a daring theft by Vincenzo Peruggia. The art thief justified the act with patriotism,



BE **AS** BOLD AS YOUR **LIPS**



The First Lip Coloring

The actual term "**lipstick**" wasn't first used until 1880, however, people were coloring their lips long before that date. Upper-class **Mesopotamians** applied crushed semi-precious jewels to their lips. Egyptians made a red dye for their lips from a combination of fucus-algin, iodine, and bromine mannite.

Cleopatra was said to have used a mixture of crushed carmine beetles and ants to color her lips red.

Many historians give credit to the ancient Arab cosmetologist, Abu al-Qasim al-Zahrawi for inventing the first solid lipsticks, which he described in his writings as perfumed sticks rolled and pressed in special molds.



Innovations in Lipstick Packaging
Historians note that the first cosmetic lipstick manufactured commercially (rather than homemade products) occurred around 1884. Parisian perfumers had begun to sell lip cosmetics to their customers. By the late 1890s, the Sears Roebuck catalog started to advertise and sell both lip and cheek rouge. Early lip cosmetics were not packaged in their familiar tubes that we see used today. Lip cosmetics were then wrapped in silk paper, placed in paper tubes, used tinted papers, or sold in small pots.

Two inventors can be credited with inventing what we know as the "tube" of lipstick and made lipstick a portable item for women to carry. In 1915, Maurice Levy of the Scovill Manufacturing Company invented the metal tube container for lipstick, which had a small lever at the side of the tube that lowered



and raised the lipstick. Levy called his invention the "Levy Tube". In 1923, James Bruce Mason Jr. of Nashville, Tennessee patented the first swivel-up tube. Since then the Patent Office has issued countless patents for lipstick dispensers. Innovations in Lipstick Formulas Believe it or not, the formulas for making lipstick used to consist of such things as pigment powders, crushed insects, butter, beeswax, and olive oil.

These early formulas would only last for a few hours before going rancid and often had ill effects on one's health. In 1927, French Chemist Paul Baudercroux invented a formula he called Rouge Baiser, considered to be the first kiss-proof lipstick. Ironically, Rouge Baiser was so good at remaining on one's lips that it was banned from the marketplace after being considered too hard to remove.

Years later in 1950, chemist Helen Bishop invented a new version of long-lasting lipstick called No-Smear Lipstick that was very successful commercially. Another element of lipstick formulas' effects is the lipstick's finish.

Max Factor invented lip gloss in the 1930s. Like much of his other cosmetics, Max Factor first invented lip gloss to be used on movie actors, however, it was soon worn by regular consumers.

Heels and red lipstick will put the fear of God into people



In honour of all women & their lives **International Women's Day'2024**

The United Nations began celebrating **International Women's Day** on March 8 in 1975. Two years later, the UN General Assembly officially formalised the day. What colours symbolise International Women's Day: Purple, green and white are the colours of International Women's Day.

08 March 2024 -- New Delhi India -- Today will be 49 years since the world began celebrating International Women's Day.

It is a day for reflecting upon and recognizing all women from this world, their struggles and achievements, their suffering, their tears, their laughs, their dreams and hopes, their lives, their struggles. It is a day of thinking and recognizing why women's health is so important for us as humanity.

Today, on **International Women's Day**, let us reaffirm our commitment to prioritizing women's health and move forward with courage and determination. In moving forward, the world must ensure that women's empowerment and gender equality stand at the heart of our work and minds to craft a better future.

And **THE EXPLORE Journal** salute to all women from all over the world, let us be together, shoulder to shoulder, of all ages, colours, sizes, religions and support each other, fight for each other, fight for those less lucky than us and their rights and health, for our lives and smiles!

We know very well how hard it is to be a woman -- "you must think like a man, act like a lady, look like a young girl and work like a horse" as someone said. But as hard as it appears to be, we have and will continue to do it!



Celebrating the incredible achievements of women around the world, with a special focus on the fantastic contributions of women.
It's a day to appreciate the strength and determination shown by women in India and across different spheres

INTERNATIONAL WOMEN'S DAY'2024

'Celebrating the achievements and looking to the future'



THE EXPLORE Journal salute to all women from all over the world, let us be together, shoulder to shoulder, of all ages, colours, sizes, religions and support each other, fight for each other, fight for those less lucky than us and their rights and health, for our lives and smiles!



A Beacon of Compassionate Healthcare and Education

In the dynamic landscape of healthcare and education, there exists a remarkable individual whose dedication, compassion, and expertise illuminate the path to a brighter future. Dr. Amira El Houfey, an Assistant Professor at a prestigious institution in Saudi Arabia, embodies the essence of service and excellence through her unwavering commitment to community health, social responsibility, and the art of teaching.

At the heart of Dr. Amira's mission lies a profound passion for community well-being and social responsibility. Her core interests span a diverse array of fields, from Community Health Nursing to Psychiatric Nursing, reflecting a holistic approach to healthcare that extends far beyond the confines of the clinical setting. Recognizing the interconnectedness of individual health and community welfare, Dr. Amira actively engages in volunteer work and creative community services, seeking to address the underlying social determinants of health and empower individuals to lead healthier lives. Beyond her roles as an educator and healthcare professional, **Dr. Amira's impact extends to the realm of public discourse and advocacy. For the past few years, she has lent her expertise to THE EXPLORE Magazine as a valued member of the advisory board panel. Through her contributions, she amplifies her message of compassion and excellence to a broader audience, providing invaluable insights into healthcare, education, and community engagement.**

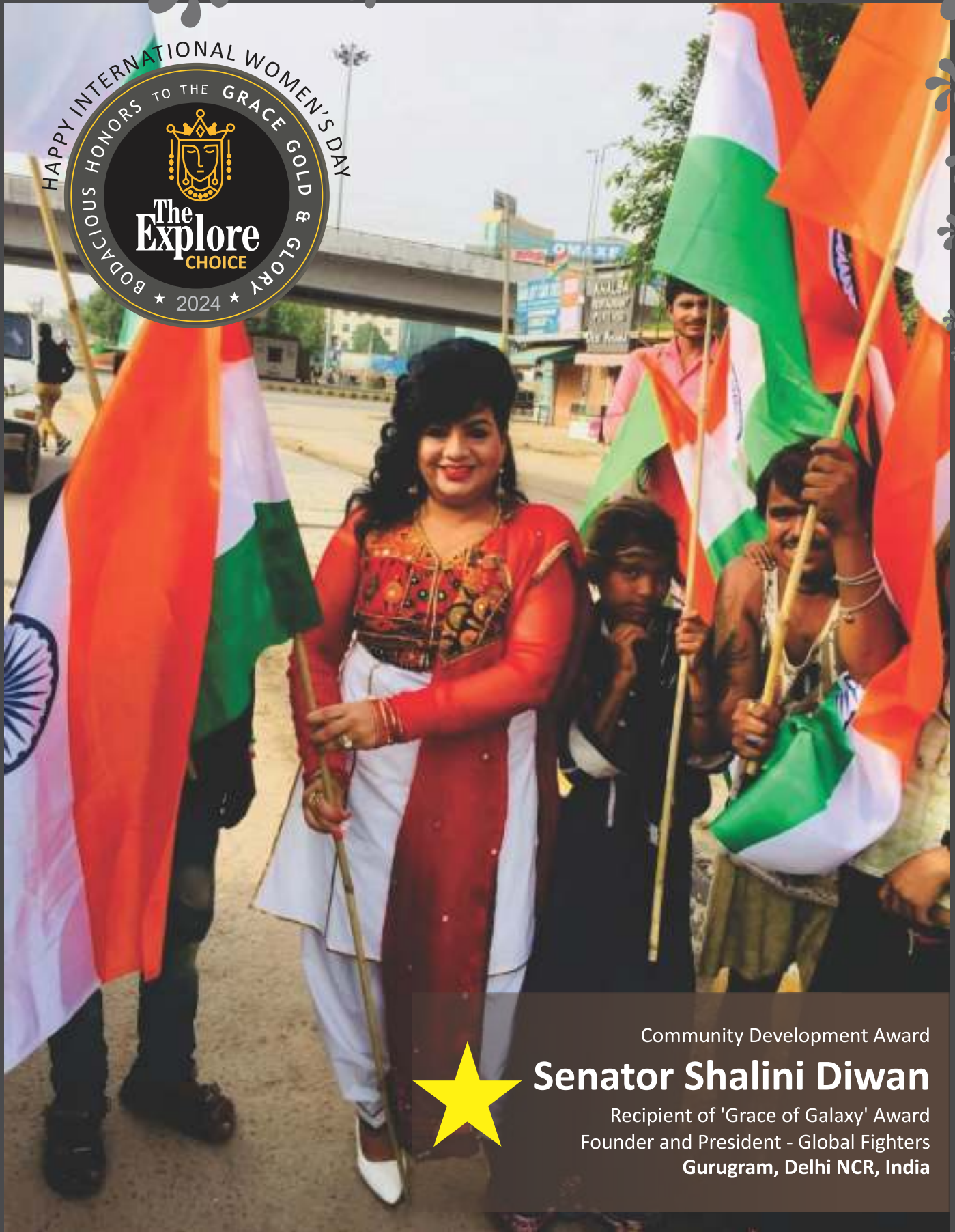
As an educator, Dr. Amira epitomizes the art of teaching and the science of research. With a deep-seated love for



★ **Dr. Amira Abdallah El- Houfey**
Associate Professor of Community Health
Associate Prof. of Community Health
Jazan, University – King Saudi, Arabia.
Faculty-Nursing-Assiut University, Egypt

imparting knowledge and nurturing future healthcare professionals, she invests tirelessly in her students, instilling not only the foundational principles of Nursing Science but also the critical thinking skills necessary to navigate the complexities of modern healthcare. Through her mentorship, Dr. Amira inspires a new generation of healthcare leaders, equipped with the knowledge, skills, and compassion to effect positive change in their communities.

Dr. Amira stands as a beacon of compassionate healthcare and education, whose tireless dedication and unwavering commitment to service inspire all those fortunate enough to cross her path. As she continues to champion the causes of community health, social responsibility, and the art of teaching, **Dr. Amira's legacy will endure as a testament to the transformative power of compassion and excellence in healthcare and education.**



Community Development Award



Senator Shalini Diwan

Recipient of 'Grace of Galaxy' Award
Founder and President - Global Fighters
Gurugram, Delhi NCR, India



This award recognizes the outreach efforts of women who have made a significant impact in her community. The award honours for her commitment to improving the lives of the people they serve. **The awardee is also recognized for exceptional efforts in the areas of rural economic development, education, volunteerism and personal health care for girls.**



1941 (Karachi, Sindh, British India) - 2015

‘Woh Kaun Thi’

Sadhana, was an Indian actress. She was known for her roles in **Woh Kaun Thi**?



Remember the famous **Sadhana-cut**, we all get while we were young?

Well, the haircut became famous after the late legendary actress, **Sadhana Shivdasani**, popularly known as '**Sadhana**', who adorned it. While she is no longer with us, her famous Sadhana-cut hairstyle lives on.

The new generation might call it fringe-style or bangs, but for our parents and us, it was the classy Sadhana cut that would instantly elevate their little girl's look.

Sadhana was born on September 2, 1941 and was named after her father's favorite actress Sadhona Bose. Her father and actor Hari Shivdasani were brothers, and Hari's daughter is actress Babita Kapoor. Sadhana was an only child and her parents made her the center of their lives; in fact, her mother home-schooled her until she was 8 years old. The family fled from Karachi in Pakistan during the Post Partition riots. Although they encountered difficult times, their daughter was allowed to see as many as two films a week. When she was 15 years old, she was discovered by some producers who had seen

TIMELESSBEAUTYQUEEN



Sadhana

Tone of the most incredible
and graceful actresses of
Hindi cinema

TIMELESSBEAUTYQUEEN



Sadhana

will always be remembered for her
trendsetting '**Sadhana cut**' hairstyle



Sadhana

her act in a college play. They cast her in India's first Sindhi film titled Abana (1960), where she played the heroine's younger sister for which she was paid a token of Rs. 1 and the film became a major hit. A photograph of her publicizing the film appeared in a movie magazine. Subodh Mukherji, one of India's leading producers at that time, saw the magazine and gave her the lead role in her first Hindi film Love in Simla (1959), opposite his newcomer son, Joy Mukherjee. The film was directed by another newcomer, R.K. Nayyar, who created her trademark look called 'the Sadhana fringe.' It was modeled after Audrey Hepburn's hairstyle to cover up Sadhana's flaw, her broad forehead. The film became a great success and Sadhana became an overnight star. She also fell in love with the film's director, but she was only 16 years old, and her parents threatened the 22-year-old Nayyar with legal action if he didn't end the relationship. He became scared and backed away.

Sadhana continued making films and became one of the biggest stars of the 1960s with hits like Mere Mehboob, Hum Dono, and Asli-Naqli. In addition to the 'Sadhana fringe,' she started the trend of the churidar pyjama and kameez with salem shai in the film Waqt (1965). Her acting in that film was appreciated too, as she was nominated for a Film Fare Award as Best Actress.



Sadhana had stated that she subconsciously modeled her acting style after her idol, Nutan. Most of her films were major hits, and many of them are still remembered as all time classics. Her films such as Ek Musafir Ek Hasina, Raaj Kumar, Budtameez and Arzoo were known for their romantic plots and beautiful music, but Raj Khosla, her director in Ek Musafir Ek Hasina, saw an enigmatic, mysterious side to Sadhana and cast her in Woh Kaun Thi (1964). The film became a huge hit with its themes of the Alfred Hitchcock film Vertigo (1958) and

gave Sadhana her signature role of the "mystery girl," where her performance kept everyone guessing till the very end. She was nominated for a Film Fare Award as Best Actress, and Khosla later directed her in two more box-office hit suspense thrillers, Mera Saaya (1965) and Anita (1968). Sadhana also worked well with her leading men, Shammii Kapoor, Sunil Dutt, Rajendra Kumar, and Raj Kapoor. In fact, it was Raj Kapoor who reintroduced her to her first film director, R.K. Nayyar. They fell in love again and wanted to get married. Her mother was against it, since Nayyar wasn't a Sindhi and wanted someone who looked like actor Rajendra Kumar Tuli, but Sadhana was adamant and with her father backing her up, her mother eventually came around. Sadhana and Nayyar married in 1966 and it seemed



like she retired from films. Her husband's financial problems propelled her return to films after a two-year absence and delivered the hit film *Inteqam* (1969) directed by her husband followed by another hit film *Ek Phool Do Mali* (1969). She and Nayyar went through a difficult time when she suffered a miscarriage. Later they had no children. She directed and starred in her last film playing dual roles in *Geeta Mera Naam* (1974), which was a box office hit. She wanted to end her acting career in Hindi films just as she started, in a starring role as a young heroine. She didn't want to play supporting character roles as an old mother or a bhabhi (sister-in-law), so she retired as an actress and formed a production company with her husband. Their marriage lasted until his death in the 1990s. She closed down the production company and retired, quietly living the life of a widow. The real-life "mystery girl" rarely gave interviews and didn't like to be photographed saying that she wants her fans to remember her as a young, beautiful, heroine. She faced turbulent times in her later years.

Sadhana Shivdasani, known mononymously as Sadhana, was an Indian actress who worked in Hindi films. Regarded as one of the finest actresses of Indian cinema, Sadhana was noted for her exquisite beauty and trend-setting fashion statements.



She did keep in touch with her friends Waheeda Rehman, Asha Parekh, Helen, and Nanda Karnataki. She once said that she and Nanda were alike, since they don't step out at public events. However, when Nanda died in 2014, she lost

her comrade, and thus she suddenly changed her stance on public events. Just a few weeks later, she invited her relative, actor Ranbir Kapoor, to escort her on the ramp of a fashion show for charity. She wore a beautiful pink sari and took center-stage on the arm of the handsome young Kapoor. She looked cheerful and glamorous being in the limelight with the audience applauding her. That turned out to be her last public event, and the star that she was, she wanted that to be her lasting impression on her fans.

It also left a lasting impression on her, since she kept a framed picture of her and Ranbir from that fashion show on her nightstand. And a year-and-a-half later, on December 25, 2015.

TIMELESSBEAUTYQUEEN



Elizabeth Taylor Legends of the Screen

CLEOPATRA, 1963. Elizabeth Taylor in the title role of the 1963 motion picture Cleopatra

1932 (Hampstead, London, England, UK) 2011



'Cat on a Hot Tin Roof'

Actress **Elizabeth Taylor** starred in films like 'Cat on a Hot Tin Roof'

Elizabeth Rosemond Taylor was considered one of the last, if not the last, major star to have come out of the old Hollywood studio system. She was known internationally for her beauty, especially for her violet eyes, with which she captured audiences early in her youth and kept the world hooked ever after.

Elizabeth Taylor remains one of the world's most iconic women.

Renowned for her independent spirit, enduring strength, and unwavering compassion, she has captured the hearts of millions.



With striking beauty and undeniable talent, Elizabeth Taylor captivated audiences. As a precocious child actor and unforgettable leading lady, she played legendary female characters who embodied strength, integrity, and unapologetic femininity.

Her career, which spanned six decades, earned her five Oscar nominations and two Best Actress wins.

Along with her singular talent, Elizabeth was a savvy

TIMELESS BEAUTY QUEEN



Actress

Elizabeth Taylor

businesswoman. Her instinctive sense of her own worth led her to negotiate the first \$1 million dollar contract for an actor for her role in Cleopatra.

She was also the first celebrity to launch a hit fragrance brand and became the first female social entrepreneur. From the mid-1980s until her death, Elizabeth's greatest role was that of activist.

In a society paralyzed by fear, she used her fame to shine a light on the injustice and ignorance surrounding the HIV/AIDS epidemic. She co-founded amfAR and founded The Elizabeth Taylor AIDS Foundation, receiving many awards for her advocacy, including the Légion d'honneur, the Presidential Citizens Medal, and the Jean Hersholt Humanitarian Award at the 65th Academy Awards. In 2000, Queen Elizabeth II named her a Dame Commander of the Order of the British Empire.

Throughout her life, Elizabeth possessed an abiding will to survive in the face of personal tragedy and an extraordinary capacity for love. She was married eight times to seven men, and her greatest joy in life was her family of four children, ten grandchildren, and four great-grandchildren. In 2011, Elizabeth died in Los Angeles at the age of 79.





Multispecialty International Consensus on Heart Failure in Women

(MIC-HFW)

Valedictory & Accolades Ceremony (VAC-2024)

Organizers: American Association Cardiologists of Indian Origin, AACIO (USA),
International Society of Cardiovascular Ultrasound, ISCU (USA),
World Heart Academy WHA, World Wellness Foundation, WWF.



Sunday, February 25th, 2024, Hotel Taj Mansingh, New Delhi

Academic Partner : **Ipca Laboratories Limited**



ON THE OCCASION OF THE RECENTLY HELD MULTISPECIALTY INTERNATIONAL CONSENSUS ON HEART FAILURE IN WOMEN



Dr. H.K. Chopra also emphasized that **heart failure in women is preventable, regreasable and reversable** to large extent especially stress cardiomyopathy, covid inflicted cardiomyopathy, peripartum and inflammatory cardiomyopathy. **This consensus will focus on preventive strategies thereby having a paradigm shift from illness to wellness.**



From left ★ **Prashant Godha**
Executive Director
Ipca Laboratories



★ **Sunil Ghai**
President
Ipca Laboratories

★ **Dr. H.K. Chopra**
Chief Cardiologist, Delhi
National President &
Organizing Chairman,
MIC-HFW

★ **Johnny Edwin**
Vice President
Ipca Laboratories



"12th Textbook of Cardiology" "Advances and Revolution in Heart Failure" was released at Hotel Taj Mansingh, New Delhi on Feb. 25th, 2024, under Chief Editorship of **Dr. H.K. Chopra** with the main gesture of Empowering Women Doctors of medical Fraternity across the world.





RISING MENACE OF HEART FAILURE IN WOMEN

A MATTER OF GREAT CONCERN. MULTISPECIALITIES CONSENSUS MEET
25TH FEB'2024, HOTEL TAJ MANSINGH, NEW DELHI, INDIA

A day long “**Multispecialty International Consensus on Heart Failure in Women (MIC-HFW-2024)**” is being organized by American Association of Cardiologists of Indian Origin (AACIO), USA, International Society of Cardiovascular Ultrasound (ISCU), USA, World Heart Academy, World Wellness Foundation with Academic Partnership of IPCA Laboratories Limited first of its kind in the world from 8am to 4pm at Hotel Taj Mansingh, New Delhi, India

The Main theme of the Consensus is to “**Enhance Potentials of Clinical Management of Heart Failure in Women by understanding Cardio Kidney Metabolic approach & its management**”.





Dr. H.K. Chopra, Organizing Chairman & National President of the Consensus meet, said that the prevalence of heart failure is rising steeply in our country in the post covid era, **he said that Heart Failure Preserve Ejection Fraction (HFpEF) prevalence is more in women 2-10 % higher as compared to men, due to increase thickness, stiffness and inflammation of the heart muscle. It is also associated with multiple co-morbidities such as uncontrolled hypertension, diabetes, obesity, chronic kidney disease, anaemia, metabolic syndrome, postpartum cardiomyopathy and due to high level of stress, (Stress Cardiomyopathy) in the postmenopausal women.** These comorbidities are associated with activated by sympathetic, Neurohormonal, inflammatory, Cellular, mitochondrial and Calcium signalling, coagulation pathways leading to remodelling of the heart and blood vessels.

Dr. Chopra said that early diagnosis and timely treatment in a protocolized manner is the only solution to reduce heart failure inflicted morbidity and mortality. Dr. Chopra is of the firm opinion that Clinico Echo NT Pro BNP navigation is the need of the hour for proper diagnosis of Heart Failure.





Women are different phenotypally and genotypally with different cellular neurohormonal mechanism as compared to the men, they present late and if timely and meticulously treated the outcome is better than men. **Dr. Chopra** emphasized that this multispecialties International Consensus Meet on Heart Failure in Women will crystalize guidelines for meticulous protocolize management of heart failure in women at primordial, primary, secondary and tertiary level thereby helping reducing the morbidity and mortality. **He also said that there is a strong connection between heart, kidney and metabolic abnormalities.**

Dr. H.K. Chopra also emphasized that heart failure in women is preventable, regasable and reversable to large extent especially stress cardiomyopathy, covid inflicted cardiomyopathy, peripartum and inflammatory cardiomyopathy. This consensus will focus on preventive strategies thereby having a paradigm shift from illness to wellness.





Dr. Jagat Narula (USA), International President & Chief Guest on the occasion said that the Heart is relatively smaller in women as compared to men with small coronary vessels and more vulnerable for stiffness.

He emphasized on the role of practical implications of latest Algorithms, Guidelines guided treatment with scientific logistics for better patients care especially in Heart Failure patients and he emphasized that the innovations and adoption of digital and robotic technology will definitely improve the outcome of patient care. He is of the firm opinion that effective heart failure treatment with humanity will enhance good outcome in women.



Dr. Ashok Seth, Chief Guest on the occasion highlighted on the role of coronary artery disease leading to heart failure in women. He said that control of risk factors and prevention of coronary artery disease will definitely reduce

morbidity and mortality.

He also highlighted on intracoronary lithotripsy to improve the perfusion in the small coronary vessels, thereby improving the prognosis of heart failure.

He also focused on advances in structural heart disease care to prevent heart failure in women.

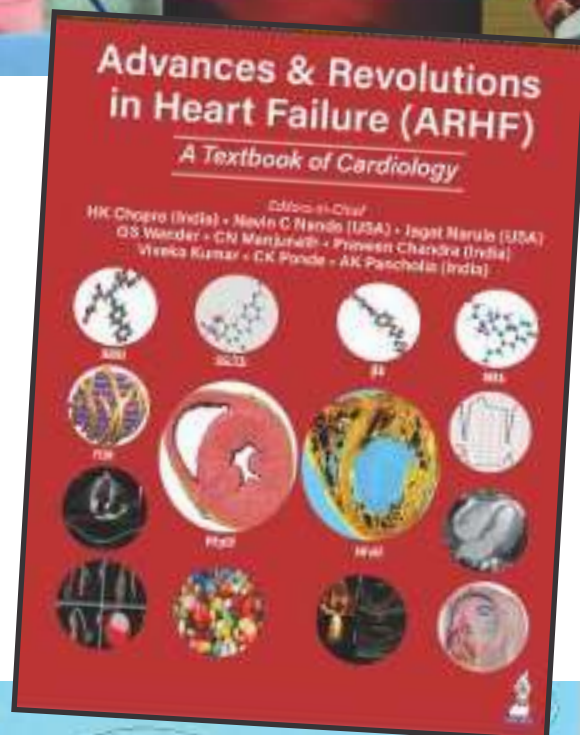


Dr. Navin C. Nanda (USA),
International President, said that “Heart failure with preserved ejection (HFpEF) is more difficult to diagnose in women clinically therefore, Echocardiography is the best modalities of investigation in pre clinical, clinical and follow up setting even the drug titration can be optimized by this approach

following symptoms in order of frequency:

Unusual fatigue (most common), shortness of breath, coughing, dizziness or sudden loss of consciousness or fall, indigestion or bloated feeling in tummy, palpitations sometime expressed as *ghabrahat*, nausea or vomiting or dislike for food, swelling of the legs and body, choking sensation and rarely sudden cardiac arrest. HF in AFAB usually occurs 10 years later than in men (AMAB or assigned male at birth) as they are protected by hormones like oestrogen and progesterone. But they may get more HFs due to hypertension, diabetes mellitus, stress, and autoimmune disorders.

The latter could be mediated by genetic imbalance occurring due to the presence of two X chromosomes. Obesity, valvular heart disease like mitral stenosis (MS) or mitral stenosis with regurgitation amongst Indian women, sleep apnea syndrome, increased incidence of smoking may be other contributing disorders or factors for HF in AFAB. Ischemic heart disease could also cause HF, but incidence is less than in AMAB. Peripartum cardiomyopathy (PPCM) is a condition of HF detected in the peripartum period, mostly in the first pregnancy. Takotsubo cardiomyopathy or broken heart syndrome, caused by stress and more in AFAB, is frequently diagnosed nowadays.





"12th Textbook of Cardiology" "Advances and Revolution in Heart Failure" was released at Hotel Taj Mansingh, New Delhi on Feb. 25th, 2024, under Chief Editorship of **Dr. H.K. Chopra** with the main gesture of Empowering Women Doctors of medical Fraternity across the world.

Out of the three major types of HF, namely, HF_{rEF}, HF_{mEF}, and HF_{pEF} or HF_{nEF}, AFAB is more prone to HF_{mEF}, HF_{pEF} or HF_{nEF}. Therapy is more directed towards the management of risk factors or contributing diseases like MS, obesity, hypertension, DM, etc. Bromocriptine is a drug useful in PPCM. Otherwise, diuretics and quadruple therapy with 4 pillars of HF drugs (ACEI/ARB/ARNI, Betablockers, MRA, SGLT2 inhibitors) have comparable outcome as in AMAB.

Dr. Sarita Bajaj, emphasized on the high prevalence of metabolic syndrome and **Dr V. Mohan** opined that the DM and HTN besides obesity are very common in Indian women.

Dr. Tiny Nair said that early treatment with Beta Blockers specially Bisoprolol may reduce the sympathetic overdrive in heart failure in women thus reducing morbidity and mortality.

Dr C.K. Ponde said that is of the firm opinion that the remodelling reversal of atrium, ventricle and blood vessel by optimize early initiation of fantastic 4 pillars. ARNI, SGLT2i, BB and MRA may improve the prognosis of heart failure in women.

Following eminent participants are **Dr. Sanjay Tyagi**, **Ashok Kripalani**, **Dr. Dinesh Khullar**, **Dr. Vidya Pancholia**, **Dr. S. Tewari**, **Dr. Praveen Chandra**, **Dr. Viveka Kumar**, **Dr.G.S. Wander**, **Dr. JPS Sawhney**, **Prashant Godha**, **Sunil Ghai**, **Dr. Anil Pareek**, **Johnny Edwin** were present.

Tips for heart failure prevention in women:

Reduce obesity, control hypertension, diabetes, CKD, reduce cholesterol, salt restriction, adequate sleep, no smoking, no alcohol, stress management, avoid fat rich diet, follow your specialist for meticulous management.





★ Dr. H.K. Chopra

Sr. Consultant Cardiologist
Medanta Moolchand Heart Institute.
Chairman CME, Moolchand Medcity,
New Delhi, India

Chairman, WWF, WHA
Country Head, AHA.
Former National President, CSI & IAE.
Former National Editor in Chief, IHJ, JIAE,
Editor in Chief, Top 12 Textbooks of Cardiology.
National Chief Advisor Health Committee SCOPE
National Awardee, Science &
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Prashant Godha
Executive Director
Ipca Laboratories

Dr. H.K. Chopra
Chief Cardiologist, Delhi
National President &
Organizing Chairman,
MIC-HFW



Excellent teamwork leads to exceptional achievements, and solid leadership will help maintain a high level of success.

Worlds two big titans from health care and pahрма industry, stand together for Strong reasons make strong actions that how to make worldwide women's heart healthy



★ THE EXPLORE Journal Choice
Lady Elizabeth Kelly
President & CEO
Lady Elizabeth Kelly & Co.
Asclepius G Pharmaceuticals
Lady Elizabeth Kelly Winery &
Vineyards
Dubai, UAE

**A lady with class
knows how to handle
any situation with
grace and dignity**



★ THE EXPLORE Journal Choice

Lady Elizabeth Kelly

President & CEO

Lady Elizabeth Kelly & Co.

Asclepius G Pharmaceuticals

Lady Elizabeth Kelly Winery &

Vineyards

Dubai, UAE

THINK LIKE A QUEEN

A QUEEN IS NOT
AFRAID OF FAILURE!

6

As we celebrate **International Women's Day'2024** it is an honor to spotlight women who embody the essence of empowerment across various facets of life. Lady Elizabeth Kelly, a prominent figure in the pharmaceutical industry and beyond, stands out not just for her groundbreaking contributions to healthcare but for her multifaceted endeavors that have touched lives in diverse ways.

ROAD-2-SUCCESS



A Trailblazer in Pharmaceuticals

Lady Elizabeth's journey begins in the pharmaceutical sector, where she has not only shattered glass ceilings but has revolutionized the industry. A fourth-generation entrepreneur, her passion for healthcare led to a commitment to providing high-quality medicines at affordable prices. This commitment, in turn, has made her a pioneer in accessibility, addressing critical needs in the healthcare sector. People trade with people, she is the best because of who she is. There is nothing more beautiful than a knowledgeable, smart, kind, witty woman with great intention

★ THE EXPLORE Journal Choice

Lady Elizabeth Kelly

President & CEO

Lady Elizabeth Kelly & Co.

Asclepius G Pharmaceuticals

Lady Elizabeth Kelly Winery & Vineyards

Dubai, UAE



A Vineyard of Success

Beyond her strides in pharmaceuticals, Lady Elizabeth has cultivated success in the viticulture landscape. Her foray into the winery business showcases her versatility and entrepreneurial spirit. Upholding family traditions while infusing a modern touch, she has proven that innovation knows no bounds. This International Women's Day, we celebrate her ability to thrive in diverse industries. www.ladyelizabethkellywinery.com

Philanthropy and Compassion

Lady Elizabeth's impact extends beyond business. Her involvement in philanthropy, particularly in uplifting orphaned children, speaks volumes about her compassionate nature. She spends most of her December with children who have no parents. She says it's like a way of giving back love. On this International Women's Day, we acknowledge her dedication to making a positive impact on young lives, showcasing how successful women can become catalysts for social change.

Recognition and Achievements

Lady Elizabeth's achievements have not gone unnoticed. Accolades and awards in both the pharmaceutical and winery sectors underscore the transformative impact she has had. Although she is a very shy person who stays away from camera and conferences. Her success is a testament to the fact that women can excel in traditionally male-dominated fields, and International Women's Day is an apt occasion to celebrate such achievements.

Inspiring the Next Generation

Perhaps one of **Lady Elizabeth's** most enduring legacies is her role as an inspiration for aspiring entrepreneurs, especially women. Her journey, marked by resilience, innovation, and a commitment to social responsibility, serves as a blueprint for those who dare to dream big. On this day, we applaud her for paving the way for the next generation of women leaders.

Beyond her substantial contributions to the pharmaceutical and wine sectors, **Lady Elizabeth** is known for her love for fashion and glamour. Every time she graces an occasion, she effortlessly blends sophistication with style, showcasing beautiful jewelry that has been passed down from her ancestors.

Her exquisite taste in fashion and her adorned jewelry not only reflect her family's rich history but also serve as a testament to her appreciation for the finer things in life. Lady Elizabeth carries herself with an air of grace and refinement, demonstrating that leadership can be as much about elegance as it is about business acumen.

Lady Elizabeth Kelly's story is a tapestry woven with threads of success, compassion, and resilience. As we celebrate International Women's Day, we salute her for not only reshaping industries but for using her influence to uplift the lives of others. Lady Elizabeth stands as a reminder that women can be dynamic forces of positive change in every sphere of life, and her story continues to inspire and empower.



★ THE EXPLORE Journal Choice

Shelli Brunswick

CEO & Founder

SB Global LLC

Colorado Springs, Colorado

USA

**You are, I think,
an evening star,
the fairest of all the stars**



Nowhere else does emerging technology come to life as profoundly as in the space industry. Groundbreaking technologies and discoveries – and giant leaps for (wo)mankind – result from decades of dedication by individuals such as Shelli Brunswick.

Her message to the world is simple: “Inspire curiosity, reach for the stars, and make the impossible possible.” And, she lives that boldly herself.



★ THE EXPLORE Journal Choice

Shelli Brunswick

CEO & Founder

SB Global LLC

Colorado Springs, Colorado, USA

The Next Frontier

As the CEO & Founder of SB Global LLC, Shelli strives tirelessly to drive transformation in the global space ecosystem— and forge a path for women and girls along the way. A lifelong advocate for space technology, innovation, entrepreneurship, diversity, inclusion, and international partnerships, her work spans the intricate tapestry of the ever-evolving space industry.

Shelli's extensive background highlights her passion, motivation, and tenacity—from a distinguished career as a space acquisition and program management leader and congressional liaison to her impactful tenure as the Chief Operating Officer of Space Foundation.

And now she has seamlessly transitioned to her current role as the CEO & Founder of SB Global.

Her influence as a thought leader extends to prestigious think tanks like the Hudson Institute, BIED Society, and the Wilson Centre, where she discusses innovation, technology, and workforce development. Her futurist role in research projects with NASA and the European Space Agency further augments the understanding of the global space system's future.

Pushing the Foundations of Space

On her role as the CEO & Founder of SB Global LLC, she is a prolific author and sought-after keynote speaker, Shelli's impact is truly global. She delivers 100 motivational speeches a year, addressing audiences across continents on themes of career success, leadership, and workforce development. She has published articles in consumer, technology, and space-related journals. Through partnerships, she brings together stakeholders from business, government, education, and local communities."

She emphasizes the direct connection between our daily lives and space technology innovations. She asserts:

"Space innovation is essential to every critical infrastructure on Earth. From telecommunications and healthcare advancements to precision agriculture and national security, the impact of space technology innovations permeates various sectors, significantly enhancing the quality of life on Earth."

Importantly, Shelli's mission includes building an inclusive and diverse workforce in the space industry. She says: "The space industry needs an inclusive and diverse workforce so that everyone in all skill sets — STEM and non-STEM — can pursue studies, jobs, careers, and business ventures that contribute to solving the world's most pressing issues. This means we need entrepreneurs and inventors, business administrators and project managers, artists and designers, as well as scientists, technologists, engineers, and mathematicians."

She envisions a new era of access and opportunity fuelled by the commercial sector's engagement in space exploration and space-to-Earth industries. "As history has shown, when we create more access, we create more opportunities for people, jobs, research, and innovation," she emphasizes.

Transformative Power of Technology

Shelli's journey is more than just a chronicle of the transformative power of technology. Her story inspires the



★ THE EXPLORE Journal Choice

Shelli Brunswick

CEO & Founder

SB Global LLC

Colorado Springs, Colorado, USA

next generation of space professionals and beyond, illuminating the path toward a better, brighter future. As she succinctly puts it: **“Technology has the power to shape our futures and create a better world.”**

One thing that captivates the imagination is the continuous advancement in space exploration. “The prospect of exploring new frontiers, such as Mars and beyond, and uncovering new knowledge about our universe is truly inspiring,” **Shelli** states. Simultaneously, the rapid technological innovation in the space industry fuels her excitement. “Breakthroughs in propulsion, materials science, robotics, AI, and data analytics are revolutionizing space missions,” she observes.

She envisions a future where technology catalyzes progress and innovation; breaks down geographical, cultural, and socioeconomic barriers; drives economic growth and prosperity; tackles complex global challenges; and empowers individuals and communities. “It’s a future where technology democratizes access to knowledge, facilitates global cooperation, and drives inclusive growth,” she states.

Shelli's work is also motivated by the growing range of space-based applications and services. Satellite communications, Earth observation, climate monitoring, and navigation systems are transforming industries and impacting daily lives.

“The potential for these technologies to address global challenges, improve connectivity, and enhance the well-being of people worldwide is truly inspiring,” she affirms.

Embracing Diversity

At its core, **Shelli's** vision for the future is one of optimism, inclusivity, and unwavering faith in the transformative potential of technology. She firmly believes that “by harnessing the potential of technology responsibly, we can pave the way for a brighter future for generations to come.” With a steadfast commitment to advocating for space technology, innovation, entrepreneurship, diversity, and inclusion, **Shelli's** work holds immense significance for underserved groups.

“My key focus is on championing the inclusion of underserved groups,”

Shelli highlights.

As a woman in the space industry, **Shelli** identifies gender inequality as the most pressing issue facing women today. “Despite recent progress, women are still under represented in leadership, technical, and decision-making positions within the space industry,” she notes.

Shelli suggests a multifaceted approach to address these disparities, including fostering an inclusive culture, offering mentorship programs, promoting STEM education, and implementing awareness campaigns to celebrate women's achievements in the industry.

Her work serves as a blueprint for aspiring women in technology, proving that the future of tech can be equitable, diverse, and globally impactful with a collaborative spirit and a drive for innovation.





★ THE EXPLORE Journal Choice

Poonam Chaudhary

Real Estate Professional
Driving Growth and Strategy
40 under 40 Awarded
Epitome of Leadership
Gurugram, Haryana, India

BE

**so rooted in your being
that nobody's absence
or presence can
disturb your success**

For me, limits exist only in the mind, and every problem has a solution waiting to be unearthed. **My mantra for success is simple yet profound: always work as if it's your own.** I've exemplified this ethos by investing my personal funds into companies where I was merely an employee, driven by a steadfast vision to propel them to greatness.

This audacious approach may seem unconventional, but it's what sets me apart and garners the blessings of the divine.

By worshipping my work and embracing challenges with unwavering dedication, I've forged a path of success marked by integrity, resilience, and an unyielding commitment to excellence



★ THE EXPLORE Journal Choice

Poonam Chaudhary

Real Estate Professional
Driving Growth and Strategy
40 under 40 Awarded
Epitome of Leadership
Gurugram, Haryana, India

IGNORE THE GLASS CEILING AND DO YOUR WORK

At the age of 33, with 15 years of hardcore experience in real estate, my journey has been a testament to determination and strategic decision-making. Balancing English honors, an MBA, and an LLB through distance learning, I recognized the importance of education alongside experience in today's competitive landscape. Starting at a junior level, I navigated through sales, honing people management and decision-making skills. In the dynamic real estate sector, my focus shifted towards revenue generation over brand building, understanding the fragility of big names in recent times. Facing office politics and unorganized structures, I refused to settle for a comfort zone that stifled my potential. Opting for unconventional paths proved beneficial in the long run. I harbor a vision to revolutionize the real estate industry, with upcoming plans set to redefine the market. Maintaining a balance between income and expenses, I've resisted compromising ethics and self-respect, a stance that has solidified my name in the industry. Loyalty to the

companies I've worked for, irrespective of the welcome or challenges, has been a consistent thread in my journey. Driven by a passion for a luxurious life, I firmly believe in the necessity of loving one's work for sustained excitement and idea generation. Over the past 15 years in sales, it has become second nature, akin to a hobby I enjoy despite occasional losses.

Now in a senior role, I lead various real estate verticals, expanding into Dubai and championing a team focused on women's empowerment. With an all-women team driven by zeal, I continue to pave the way for success in the industry, fueled by a commitment to ethics, passion for work, and a vision for positive change.

In today's fast-paced world, where the allure of quick and easy success tempts many, I steadfastly adhere to the belief that slow and steady wins the race. With gradual success, one accumulates invaluable experience, carving out a distinct identity fortified by ethics and face value, crucial for enduring success in the long run.



★ THE EXPLORE Journal Choice

Poonam Chaudhary

Real Estate Professional
Driving Growth and Strategy
40 under 40 Awarded
Epitome of Leadership
Gurugram, Haryana, India

WOMEN ARE THE REAL ARCHITECTS & HOME BUILDER OF SOCIETY

The journey to success is seldom a smooth ascent; rather, it resembles a jagged line with numerous peaks and valleys. Failures and setbacks are an integral part of this journey, serving as proof that you're treading new ground. Embracing mistakes is essential, for they signify progress and innovation. Fear of failure only stifles growth and impedes success.

A clear vision is paramount for sustained growth. Setting ambitious yet achievable goals and staying relentlessly focused on them is key.

My own journey reflects this commitment to vision, having delved into journalism and interned at Star News, and later associating with Truzie, a law firm renowned for its passionate and knowledgeable team of lawyers.

Contrary to misconceptions, being a lawyer isn't a futile endeavor; it's one of the most esteemed and lucrative professions for those passionate about law and armed with expertise. I thrive on venturing into untapped markets and revitalizing stagnant corporate entities.

My track record speaks volumes, having set benchmarks in corporate hubs like Noida, Bahadurgarh and Gurgaon.

Real estate is real asset because property is limited but population is unlimited!



★ THE EXPLORE Journal Choice
Lt Col Himanshi Singh
Founder HV SoftSkills
SoftSkills company
New Delhi, India

SHE IS THE KIND
OF 'KNIGHT QUEEN' THAT
KNOWS HER CROWN ISN'T
ON HER HEAD BUT IN HER SOUL

ROAD-2-SUCCESS



In the quiet corridors of a Rajput household, **Lt Col Himanshi's** journey began, weaving a tale of courage and resilience. Born into an Army background, she embraced her destiny, defying societal expectations. In March 1998, she was commissioned into the Indian Army, a trailblazer in a domain where few women had ventured. Her journey wasn't merely a personal triumph; it was a saga of empowerment and breaking barriers.

As she honed her skills in academics and sports, she laid the foundation for a groundbreaking career that mirrored the transformative period for women in the military.

Amidst the echoes of Kargil and Parakram, **Lt Col Himanshi's** valor spoke louder than words, earning her accolades that echoed through the hallowed halls of military history. Her advocacy for women's rights became a clarion call, resonating with the aspirations of future generations of women in uniform.

Beyond the battlegrounds, her heart resonated with a different calling. In the embrace of compassion, she dedicated herself to nurturing children with special needs, drawing admiration not only from her nation but from across borders.

Her influence extended, reaching over 8000 NCC cadets, imparting not just military training but instilling the values of discipline and service. Transitioning into roles beyond the military, she adorned the title of Mrs. International Glam Icon in 2021. Awards like the Golden Achiever's Award, Real Heroes, and Honour of Ashoka adorned her journey, each representing a milestone in her pursuit of positive change. As a keynote speaker, defence strategist, corporate trainer, pageant trainer, and mentor, **Lt Col Himanshi** became a guiding light for those seeking inspiration. Her company, HV SoftSkills, became the canvas for her vision – a space where empowerment and transformation intertwined. Amidst accolades and titles, her emotional depth resonated in every word she spoke.

She became a storyteller, not just recounting battles fought on distant lands but also battles against stereotypes and



★ THE EXPLORE Journal Choice
Lt Col Himanshi Singh
Founder HV SoftSkills
SoftSkills company
New Delhi, India

limitations. Her speeches, a symphony of emotion and resilience, left indelible imprints on hearts, resonating with the struggles and triumphs of every listener. **Lt Col Himanshi's** life was not just a journey; it was a symphony of emotions, a tapestry woven with threads of determination, compassion, and inspiration. As she continued to shape the lives of the younger generation, her legacy became a timeless melody, echoing through the corridors of empowerment and leaving an everlasting imprint on the hearts of those she touched.



★ THE EXPLORE Journal Choice

Dr. (Hon) Abhnash K. Bains

Founder - Ishkama Ltd,
Ishkama Global Change,
Kia Beauty Salon, BHI Homes
London, United Kingdom

BRING
YOUR WHOLE SELF
TO THE
EXPERIENCE...

Dr. Abhnash K Bains is a true philanthropreneur and an accomplished professional with a wide range of skills and achievements. Her work spans various sectors, including business, community service, and charity.

Mrs. Bains is truly an inspiring individual, embodying qualities of drive, determination, and success throughout her remarkable career. Her extensive experience of over 20 years in Civil Services, particularly in the departments of Education, Employment services, and the Department for Work and Pensions (DWP), demonstrates her commitment to public service and community welfare.

ROAD-2-SUCCESS



Mrs. Bains's belief in the potential for happiness despite life's challenges and her advocacy for equal opportunities highlight her unwavering commitment to fostering positive change. Her efforts not only impact individuals directly but also contribute to building a more inclusive and supportive society. She was actively involved in addressing issues faced by marginalized groups, such as BAME individuals and single mothers, showcases her dedication to creating equal opportunities for everyone. Recognizing the need for a more inclusive approach, she founded the Hounslow Ethnic Language and Literacy Office (HELLO) during a time of high unemployment among ethnic minorities. Through HELLO, **Mrs. Bains** not only assisted individuals in finding employment but also raised awareness in the local Hounslow community and surrounding areas. Deeply passionate about charity and volunteering for the wellbeing of others, she joined Lions Club International and became District Governor for District 105A Club in less than 10 years. She was also the first Zone Chairperson in District 105A to be honoured with a Zone medal. She received the distinguished Melvin Jones Fellowship and several other honours from the Lions Clubs International for promoting their expansion and development. What sets **Mrs. Bains** apart is her ability to connect with and help a diverse range of people. Her fundraising efforts for organizations like Lions Club International, Place2be, and others have not only raised vital funds but have also brought much-needed awareness to issues like homeless, cancer, Alzheimer's, diabetes, Autism and lifestyle disorders. In the past, she raised money through her reiki and counselling sessions to support Deaf children in Democratic Republic of Congo. She was involved with Time to Change which was a social movement to change the way people think and act about mental health problems. She was also a part of Happy souls which is also an initiative of a mother of making products for children which help them with their emotional wellbeing. She also fundraised for Mulberry Centre, one of the charities based in Isleworth which supports cancer patients. She volunteers her workshops and counselling sessions through **Ishkama** to support the charity when they didn't have enough funds for them to run effectively. Most recently, she is involved in charitable efforts to aid victims in Libya and Syria demonstrates and reflects a sense of global citizenship and empathy for the plight of others,



Dr (Hon) Abhnash K Bains honoured with Doctorate of Social Work by IIU, Delhi

even in some of the most challenging and complex humanitarian crises. Her founding of **Ishkama**, a company aimed at providing free workshops to charitable organizations, is a testament to her selflessness and commitment to giving back to the community. It was dedicated to uplifting the lives of those in need, particularly focusing on women from ethnic minority groups and single mothers by providing them with opportunities to earn and build their careers. The development of **Ishkama** as a business is a remarkable progression in her journey of making a positive impact on the lives of others. **Ishkama's** focus on holistic therapy, reiki sessions, and yoga sessions reflects its commitment to promoting physical and mental well-being. Moreover, the collaboration with like-minded individuals who contributed a portion of their income to support **Ishkama** charities adds a valuable dimension to the business. It's a model of a business that not only seeks financial success but also prioritizes the well-being and betterment of others. She continues to be an inspirational force for positive change. Her latest initiative of publishing a magazine, **Ishkama Global Change** which completes over a year highlighting inspiring individuals across the globe and their remarkable achievements, while also sharing stories of their work for betterment of community, is a powerful tool for promoting unity and collaboration. This magazine is not just a publication; it's a platform that shines a spotlight on individuals who are making a difference in their communities and around the world. In a time when the world needs stories of hope and unity, her magazine serves as a beacon of inspiration. It reminds us that there are countless people working tirelessly to bring about positive change and that by sharing these stories, we can inspire others to get involved in their own ways. Her other venture, **Kia Beauty**, was rooted with an idea to make a positive impact on vulnerable individuals. The salon's mission goes beyond providing beauty treatments; it aims to uplift and empower those who might face various

ROAD-2-SUCCESS



She has been recognized and honoured for her selfless efforts and contributions with various prestigious awards. Just to name a few of many awards she has received such as the 'British Citizen Recognition Award,' 'Iconic Women of Decade,' 'Volunteer of the Year,' 'Entrepreneur of the Year,' and accolades for "Best Customer Services" and "Best Business Awards," reflects her dedication and impact across various domains. Additionally, International Society of Female Professionals 2021, Rich Women Magazine, Weekly Tribune and Hounslow Chamber of Business and other media have featured her many times.

She has been listed as one of the 50 Highflyers in 2021 and 2022, High Flyers 50 is all about the incredible success stories of 50 Indian and NRI achievers

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Dr. (Hon) Abhnash K. Bains
Founder - Ishkama Ltd,
Ishkama Global Change,
Kia Beauty Salon, BHI Homes
London, United Kingdom

challenges in their lives. It's heartening to see that the salon has retained its commitment to this vision even as it evolves. Establishing a salon within an ASDA store is a fantastic way to make beauty and relaxation services easily accessible to customers while they go about their regular shopping. Her innovative approach of "bringing the salon to the customers rather than calling the customers to the salon" is a brilliant concept that not only ensures convenience but also demonstrates her dedication to customer comfort. This allows busy individuals to seamlessly integrate self-care into their routine without the need for a separate trip to the salon.

It's a win-win scenario for both customers and the salon. She also owns BHI Homes which provides all kinds of homes ranging from flats, apartments, studios, etc which may be furnished, semi- furnished or unfurnished to suit different requirements. To provide customers a sense



Ishkama Global Change Magazine

of feeling at home by treating them as a family as we are aware how stressful it can be to come away from home and from loved ones. It has been 40 years of providing the same comfort and safety to hundreds of overseas professionals. Our tenants will vouch for that -as all of the tenants are through recommendation word of mouth.

The recent recognition as the Community Business Development Champion Award from Women Of Hearts Awards, highlights her significant role in improving the local community, supporting vulnerable individuals, and fostering global connections through her network. Being nominated as a finalist for esteemed business awards like the West London Chambers of Commerce Business Awards and Biz Women Awards, National Diversity Awards

further underscores her achievements and influence in the business world.



★ THE EXPLORE Journal Choice

Vidhya Arumugam

Consultant Business Strategist,
Investment & Banking.
Brand Management
Chennai, India

A Life Redefined by Loss and Triumph



★ THE EXPLORE Journal Choice

Vidhya Arumugam

Consultant Business Strategist,
Investment & Banking.
Brand Management
Chennai, India

Nestled in the vibrant heart of Chennai, my life once embodied the epitome of perfection – a joyous marriage, a splendid duplex residence, extravagant travels, and the allure of BMWs and Audis. However, the symphony of joy and bliss was abruptly disrupted in May 2020, as my husband, a successful entrepreneur in business and cybersecurity, passed away at the age of 38, leaving me, at this age, to navigate motherhood in the midst of an unrelenting pandemic.

From Opulence to Resilience: A Mother's Journey of Reinvention



From Opulence to Ordeal - Navigating Financial Tempests

The aftermath of my husband's sudden demise led to a cascade of financial challenges. Forced to part with our home, properties, and bank savings, I faced bankruptcy and homelessness. Selling our only unclaimed asset, an Audi car, became a lifeline, providing me with the means to secure a modest flat on the outskirts of Chennai. Disowned by parents and abandoned by friends, this chapter explores the unexpected flicker of hope that emerged in the darkest hours.

Rebuilding from Ground Zero - A Journey of Determination

Armed with nothing but determination, I embarked on a journey to rebuild my life. Opening a LinkedIn account not as a widow but as the corporate strategist I once was, opportunities began to pour in. Each offer became a stepping stone towards my resurrection. Slowly, money trickled in, allowing me to pay my son's school fees, purchase a modest car, and enrol in a Ph.D. program at Madras University.

Triumph Over Tragedy - A Living Testament to Strength

Today, on the brink of earning a doctorate in Business Administration, my journey stands as a testament to the strength residing within every woman. This chapter explores how my experience is not just mine but a beacon of hope for every COVID widow. I stand not as a victim but as a victor, thriving in a life better than before. Life's tragedies may befall us, but we are defined not by circumstances, but by our ability to rise like the phoenix.

Professional Renewal - Strategic Consulting and Business Relationship Management

Delving into my professional life, this chapter showcases my passion as a strategic consultant and business relationship management expert. With over 15 years of experience, I share insights into my strategic planning, relationship management, and business development skills. My approach, grounded in a deep understanding of unique client challenges, has led to successful projects across diverse industries.

Personal Renewal - Rediscovering Purpose

In my mid-thirties, the sudden loss of my husband prompted a journey of rediscovery. This chapter details how I embraced his wishes for me to pursue a Ph.D., resumed



my studies, and became a business strategist. Immersed in a life of service for the underprivileged, my dedication to the 'Covid female sufferers' initiative brought profound meaning and purpose to my life.

Inspiration Amidst Adversity - Discovering Hope in the Darkest Times

The challenges of being a widow during the COVID-19 pandemic, highlighting emotional and financial hardships. The narrative unfolds my journey of hope and resilience, discovering inner strength and support from unexpected sources. Financial recovery, navigating the job market, and the crucial skill of managing finances as a single parent are explored.

Insights for Resilience - Lessons Learned

Distilling insights gained from my journey, this section offers practical advice for those facing similar trials. Themes include seeking support, embracing change, prioritizing self-care, learning financial management, and celebrating small achievements. It serves as a guide for those refusing to succumb to despair, offering inspiration even in the darkest times.

A Path Forward - Embracing Hope and Growth

Even in the face of adversity, a path forward exists. Life may not return to its former state, but it can still be filled with hope, growth, and the promise of a brighter tomorrow. My story is an invitation to others facing trials, showcasing the strength to start anew with determination, support, and hard work.



★ **THE EXPLORE Journal Choice**

Dr. Sonesh Bhardwaj

Global Motivational Speaker

Life & Leadership Coach

Youth mentor, Entrepreneur

Women catalyst

Bangalore, India

True success is
having the ability to
make others feel
important in your
presence



A true leader in all senses and a great human to connect her journey, from an electronics & telecommunication engineer and becoming the role model to youth, corporate leaders, entrepreneurs, educators and spiritual souls at both national & international platforms with her powerful presence. She has been awarded many honorary doctorate degrees/awards & accolades by national & international organizations worldwide for her contribution and work towards the betterment of society and empowering every section in uplifting their true potential.

She was born & brought up in Haryana & Delhi, a curious kid to know and learn more and more ...a brilliant student throughout her academic career; she is also a national level throw ball & state level athletics player.

A simple girl with big dreams in her eyes, after her engineering decided to do something different and meaningful, not running a usual life cycle. As the eldest child of the family it was a very tough decision for me to leave my family and travel a journey of my dreams..... So many explanations to family members, no background to business, corporate world etc... At a very young age I made a very deep decision in my life of pursuing my dreams and took full responsibility for my career. After landing into the beautiful city of Bangalore, I decided to start my journey into the most dynamic and challenging profession of sales & marketing.

Deep down it was everyday a fight with myself and asking a question. Am I on the right path.....going through the rough phase and dealing with the most crucial learning from experiences and then seeing and motivating myself i will...with a very positive hope..



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Women catalyst

Bangalore, India

“
**A soul journey
which inspires
& empowers
millions and
counting**



My spiritual belief and my sports learning from an early age has helped me to build that element of confidence, self esteem and positive attitude to lead myself powerfully. After working for 17+years with top corporate companies, entrepreneurs in sales, marketing, training, coaching, learning and development have introduced me to see through the most rough phase and successfully overcoming those challenges to lead towards a more meaningful and dynamic life of my own. In Spite of multiple challenges at the professional front, personal front and social front, one thing I never stop believing in is my dreams, and even after tremendous failures I decided not to give up... Because I believe when we fall in deep love with something, we stop looking all negatives into it and it's the power of those failed outcomes which strengthens my passion and fuels the right spark in us. I am extremely thankful to my parents, mentors, coaches & various members in my life for making me understand so well the true potential in me and constantly pushing towards higher aims of life. Today, I feel i am able to create a more meaningful version of myself activating my hidden spiritual strengths, I live more compassionately, bale to empower lives in all the

sections of society right from youth, women, professionals, social worker and ultimately creating the powerful balance to experience this life and helping people im my best capacities around the globe through my knowledge, experience, and spiritual healing practices.

Her journey as an individual has been widely covered in all leading magazines, articles, TV news channels,

podcast-shows nationally and internationally. In terms of her social work, she supports and works immensely towards underprivileged kids, families, associated with NGOs to contribute in the right sense to support and empower mankind to the best. At last, create a powerful and meaningful life to lead in all the senses..Never give up on your dreams just because they sound too big or too difficult to others doesn't mean you give up... Always remember people who respect you and your hard work will never leave you and if people leave you just because you sound too bright to them, respect them as their understanding about life is too short to move on a beautiful journey waiting to accomplish all your dreams and be a creator of your life...

Love, light and abundance to all!



★ THE EXPLORE Journal Choice

Dr. Seema Midha

Owner & founder

Delhi school of Occult Sciences

New Delhi, India

**Look at the stars.
See their beauty.
And in that beauty,
see yourself**

Dr. Seema Midha strongly believes that learning is an ongoing process and the day we stop learning, we stop living. So, as a deep thinker and an ongoing learner, she keeps on learning from each person she meets and every place she visits. **Dr. Seema Midha** is an internationally acclaimed Tarot Card Reader, three times World Record Holder, Ace Numerologist, Spiritual Healer, Author, Member of Different Holistic Forums, Founder of Tarot Association in India and the founder of Delhi School of Occult Science. She has over 25 years of experience and is an acclaimed Tarot Queen of India & alpha woman. People from all walks of life, from all around the globe who have a keen desire to understand the deep meaning of life have learnt the art of tarot and numerology from her.

Carrying unlimited positivity and infinite passion for life, Life Designer **Dr. Seema Midha** has been visiting different parts of the world designing lives and inspiring millions in ways through her new age therapies. Through her scientific and logical approach she has come up with various concepts like the 1st Tarot DVD-“Enlightenment through Tarot (Read and Learn)”, 1st tMystical Tarot Deck-78 cards with book, 1st Mystical Tarot Essentials (10 Different products in the field of Tarot), 1st Tarot Forecast (12 zodiac books) which became a bestseller. On the occasion of World Tarot Day she launched her 1st mobile application to provide Tarot solutions to people which was honored with a World Record.

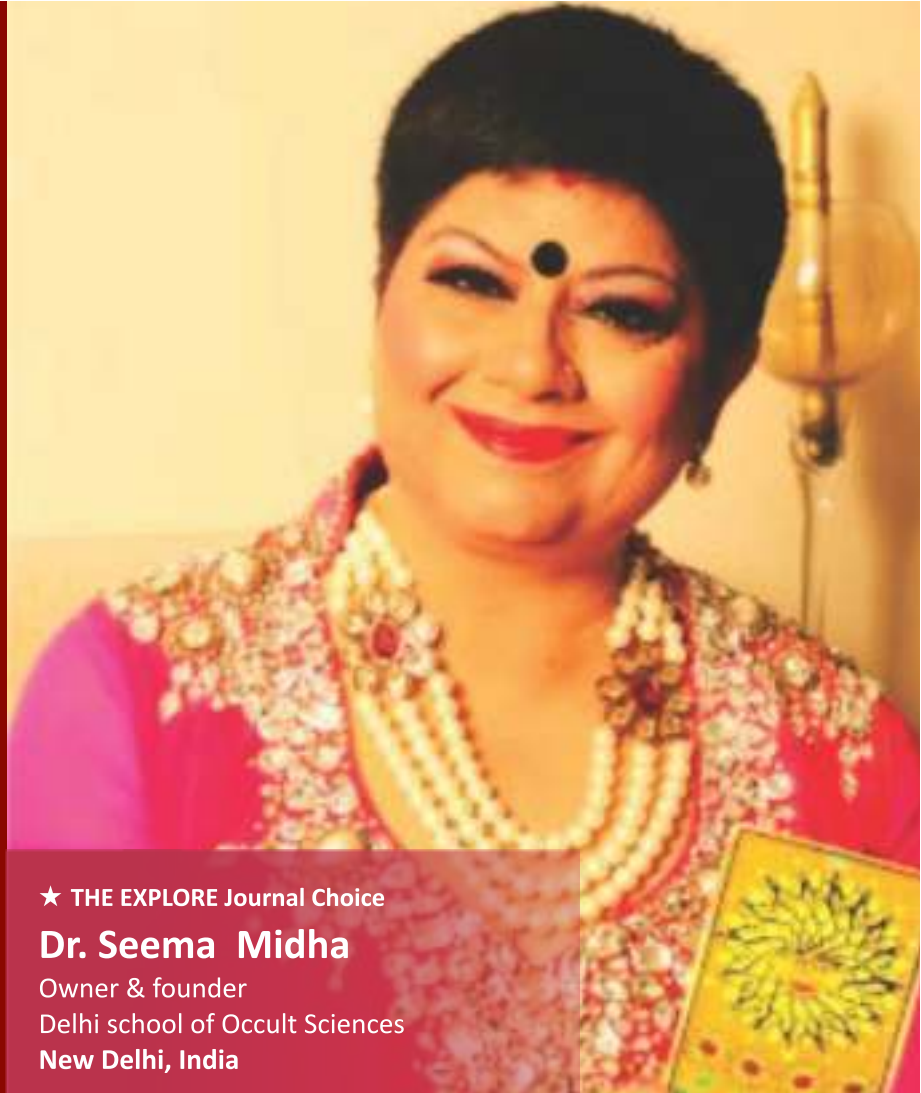


Dr. Seema Midha has also authored first books on mobile numbers- "Mobile number can change your life" and "what is your mobile number", which have been registered in 3 World Records. She is a regular columnist for print media, TV and radio panelists globally. She is also in the panel of celebrity experts in astrospeak indiatimes, astroynogi.com, ibibo.com, manyzones.com and helpmepapa.com. speaking tree.com Through her skills and resources, she is selflessly engaged in helping many NGOs and involved in the activities of Rotary Club and Masonic Club Societies as an initiative to give back to the society.

Dr. Seema Midha has been a part of more than 2000 TV shows in India in Different TV channels and one of the most popular shows on 104.8FM Meow Zindagi for over a year. Recently, she has expanded her presence on podcasts and social media with inspirational talks having gathered millions of followers on various platforms. She has also been a part of jury and a grooming expert for prestigious pageants like Miss India North 2013, Miss India Elite 2013, Mr. India Global, Miss India 2014, Mrs. Gurgaon 2014, Mrs. Delhi NCR, Supermodel International 2016, Bollywood Mr. and Ms. India 2017 and Supermodel Worldwide 2019. For her compassionate nature and passion to guide people with her god gifted wisdom.

During the testing times of covid-19 pandemic, she has been fulfilling her responsibility as a healer and spiritual guide by selflessly conducting and participating in various workshops, webinars and sessions for the people globally over telephone, Radio, TV and various Social Media platforms. With a vision and goal to give back to the society, she is contributing through her motivational videos every day. Presently, her expertise is also showcased at the first punjabi Tarot show "Aapke Sitaare", a weekly Canadian Show aired on Punjabi web channel "Panj Daryaa". Completed 250 episodes.

She opines that each one of us has the divinity that the gods possess. With our virtues, we all have the power to follow the path of holy men that walked the earth like Lord Buddha, Guru Nanak Dev, Lord Rama, Jesus Christ, Lord Krishna and Sai Baba. The challenge is to unleash that goodness and keep it intact because sacrifice is strength that makes us sacred. **Dr. Seema Midha** is a bundle of unlimited positivity who believes that, "Happiness is to help and heal the Humanity with clear intentions and high.



★ THE EXPLORE Journal Choice

Dr. Seema Midha

Owner & founder

Delhi school of Occult Sciences

New Delhi, India

Her galaxy of achievements

She has been acknowledged with laurels like India International Hall of fame Award 2024, Sai Bharat Ratan Award 2024, Nari Astitva Award 2023 Best Numerologist award 2023 from Journalists association of India Prime Icon award 2022 Most Inspiring Woman in India 2020, StarsTell Astrology and Wellness Award 2019, Worldwide Supermodel 2019, First Alpha Woman in India MahaNavratna Award 2016, Popular Brand Award 2015, Magicka Women Achievers Award, Sakshiyat Award 2015, Zoom Delhi Endorsement Award 2014, Style Icon Award 2014, GMT Wellness Award 2014, 21st National Journalist Award 2014, Women Entrepreneurship Award 2014, Rajiv Gandhi Global Excellence Award 2014, Ravishing Wedding Best Astrologer Award 2013, Aadhi Aabadi Women Achievers Award 2013, Indian Icon Award 2013, Tarot Queen Award 2012, Priyadarshini Award 2013, Honour of Excellence 2012, Gold Certificate Award 2011 from Kenya & Super Achiever Award 2007 and many more.



★ THE EXPLORE Journal Choice

Manju Sud

President

Inner Wheel Club Noida City,

District 301

Noida City, Delhi NCR, India

Manju, Name of a Dynamic, Bold and Intelligent, Woman of Substance, a Warrior Goddess, who has battled numerous challenges and emerged a true winner in every aspect of her life.

Just like coal must face decades of erosion to finally shine as a diamond, shares her story THE EXPLORE Journal.

At a very young age as a pretty bride as she entered the household of her husband with a heart full of hopes and dreams, she was blessed with a son and daughter, little did she know of the calamity that was lurking just around the corner. A life altering tragedy that took from her, her spouse and the father to her very young children.

Days seemed dark as she plunged headlong into depression, a battle that she took seven long years to finally win. With the support of her father, an entrepreneur, she willed herself to stand up and take charge of her destiny to be both the father and mother to her children. A quick learner, she soon learnt the ropes of business and her endeavor paid dividends, as she nurtured her business to breathtaking heights.

Surrender Not...

Feel true passion to do something!

ROAD-2-SUCCESS



Her desire to make a difference in the society and join the International Inner Wheel, a Voluntary Service Female Organisation working for the upliftment of Underprivileged, Women, Sr. Citizens and Differently Aabled Individuals. She joined Inner Wheel Club, Noida (her previous club) In a short span she was appointed as the President 2018-19, IWC Noida. As the president of IWC Noida City, she has led several Inner Wheel Projects and worked tirelessly. She adopted two schools with 130 underprivileged Kids she always celebrates her birthday with these Children. For her endeavours, she has been honoured with many prestigious awards, she also contributes her creative poetry, writing and art works.

A perfectionist by nature, she is never one to wait for tomorrow, a real Karm Yogini, where her strength to do so much and that too so tirelessly. She said she credits her Late father and his words 'Surrender Not', as the fuel that fires her passions.

On this note, I must also inform you all, that she has floated an *Annual Award of Rs. 11,000/-INR in Noida for those who achieve their goals after struggles. She has named this Award as 'Surrender Not Award' in the name of her Late father Shri Surrender Nath who always referred himself as 'Surrender Not'.

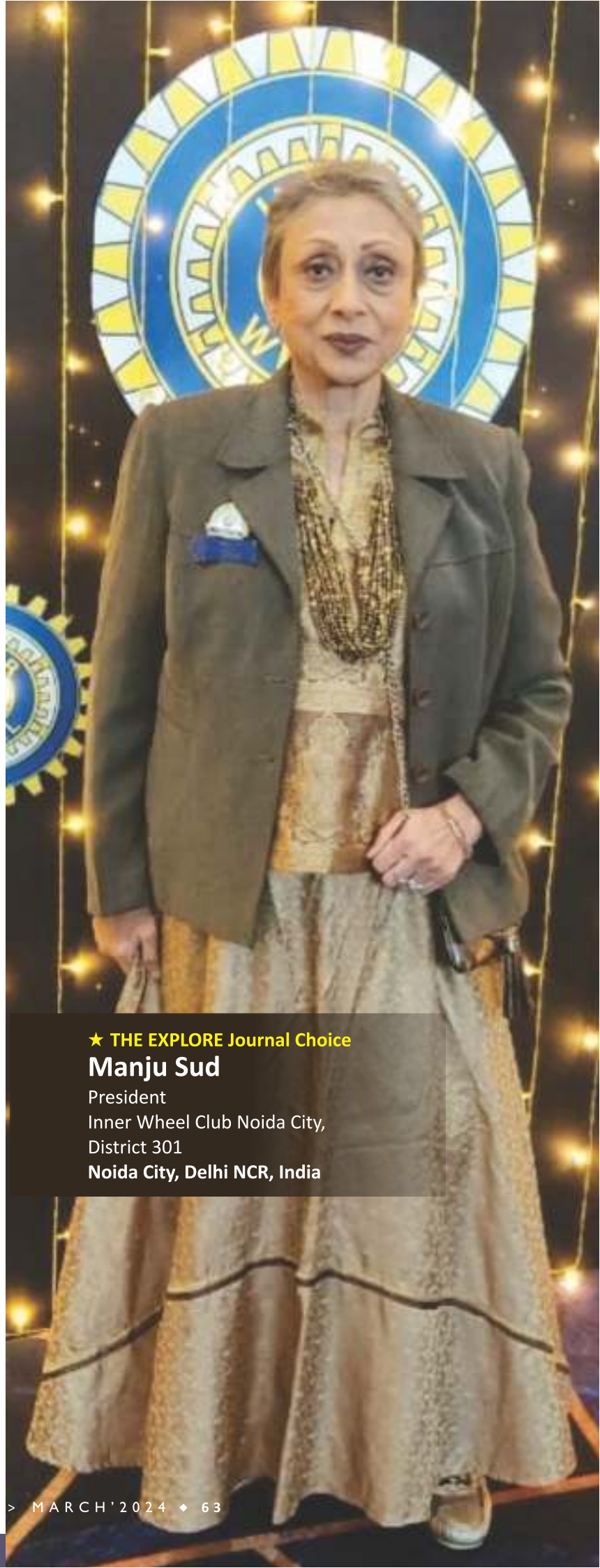
Her book of Poem Collections 'SAHIBA' and her Music Album 'MERE SUR AUR MERE HI GEET' were released. An Innovator by nature, she (Manju) also hosts a fun and brilliantly crafted Talk Show-Mazawith Manju'.

In spite of her going through so much for the last more than one year, due to her Life-Threatening Surgery and it's after effects, which still continue to exist and create hurdles in her day-to-day life. But nothing could stop her doing what she loves to do, a Selfless Service. As per Doctors, this is her 2nd birth. She reminds of the powerful mythical bird the Phoenix, who has magical powers of regeneration. It said that "In order to rise from its own ashes, a Phoenix first must burn.

As IWC President for the last 5 Terms, is the Pride of Club. She is a very strong personality with new ideas and with her meticulous efforts, she has taken her Inner Wheel Club Noida City to a new level.

Her iron will, her positivity and determination are something each one acknowledges and learns from.

She continued to tread the path of success and she was soon recognised as the Best Woman Entrepreneur, twice for 2 consecutive years, in the International Trade Fair at Pragati Maidan New Delhi.



★ THE EXPLORE Journal Choice

Manju Sud

President
Inner Wheel Club Noida City,
District 301
Noida City, Delhi NCR, India



She is a versatile strategic business leader with an experience of over two decades, dedicated to assisting business owners from a wide array of industries in expanding their businesses outside India in various countries such as Sri Lanka, Vietnam, Indonesia, Bangladesh, Malaysia, Singapore, Europe. She has the business solution in complex challenge situations and helping these businesses dive into a pool of growth opportunities. With a strong network and connections with the governments in many countries, along with organizing business forums, and through collaborations with the top business leaders of these countries, She can help business people and entrepreneurs to achieve sky-rocketing growth.

With a highly qualified and global experienced team working with her and businesses get all the guidance that they need for cross-country expansions.

Having a wealth of experience, she has worked with globally renowned companies and Government Institutes at the International, National and State Levels. These institutes and companies have always recognized her for her excellent management, communication, and liaison skills.

She is passionate about enabling businesses to grow. Over the course of these 2 decades, She has built a large network of contacts, and that along with my strategies has helped a large number of businesses achieve exponential growth.

★ THE EXPLORE Journal Choice

Rekha Sharma

Founder of MARS,
Himfresh Pvt Ltd
Secretary General - NIBC
Noida, Uttar Pradesh, India

JOURNEY INTO THE FUTURE OF POWER2EMPOWER



PATANJALI



Patanjali Beckoning of Traditional & Indian way of Living



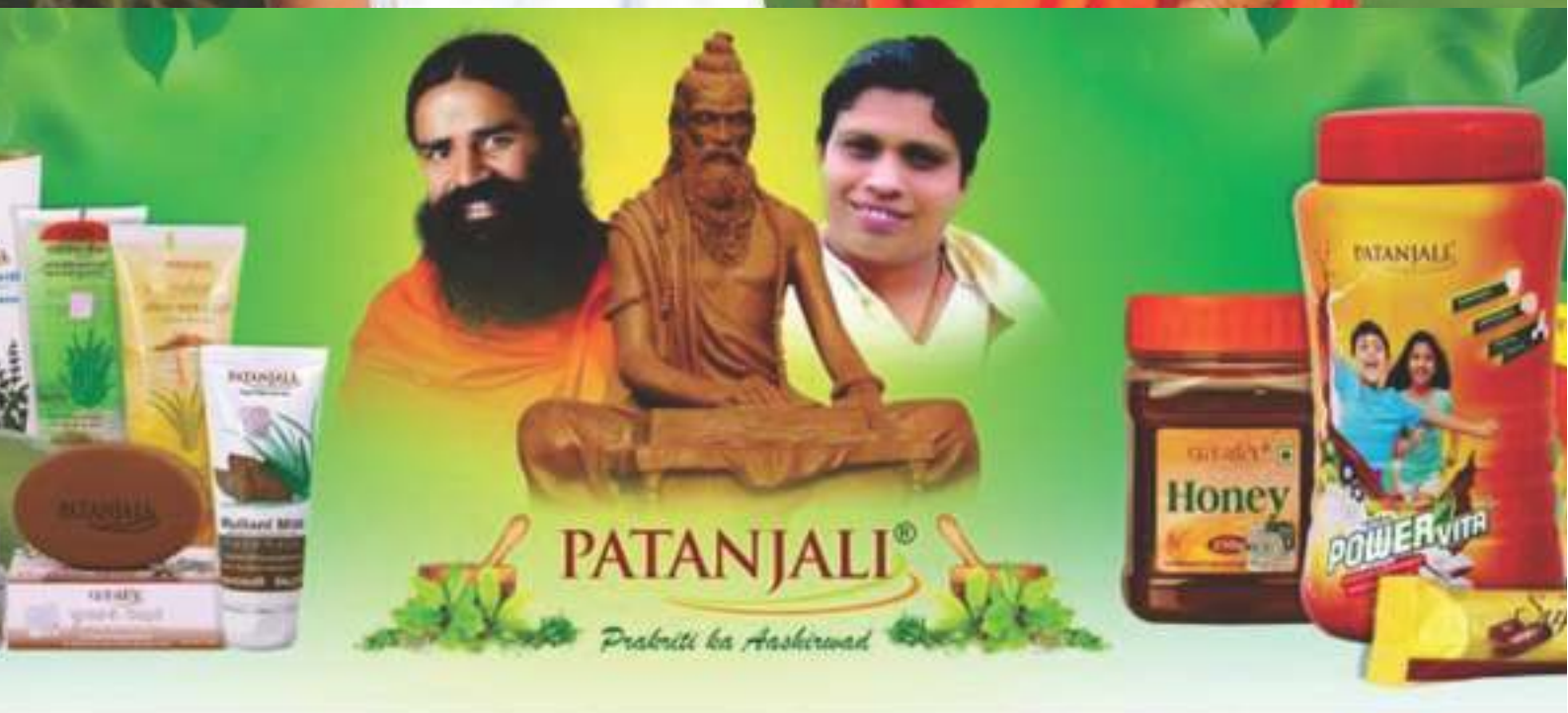
Soma Roy

Spiritual Educationist
Mumbai, India



“India” or call us “Bharat” a civilisation went through multiple transformative phases for centuries, like any other civilisation of the world. This country always attracts global eyeballs for its resilient character, which comes from its people holding on to the rich and strong heritage of this nation. Generations after generations passing on the deep rooted tradition, of living a life on the ethos and teachings of our scriptures, makes our Nation a place of spiritual confluence.

The rising population of this country is giving rise to multiple number of environmental and sustainability concerns, making healthy living quiet difficult. Whether it is adulterated food or pollution at its peak. It seems somewhere we were not having our alignment with our mind body and soul. That's the time way back in 2002, took birth the resurgence of Yoga by **Yoga Guru Baba Ram Dev** through the television platforms, like Aastha Tv in their morning yoga slots. He started invoking in the minds of



people with simple and yet powerful techniques of yoga sutras of Patanjali. That was the time people started realising their own self healing powers, they started understanding the importance of the natural ways of healing and staying healthy. This was the beginning of a new Era and new ways of living following our age old traditional powerful healing methods.

A receptive audience was ready to try something different which was reconnecting them with their roots. Hence in 2006 Baba Ram Dev and **Archarya Bal Krishna** established Patanjali Ayurved Limited, formulating various ayurvedic

products and CRUELTY FREE FMCG products in personal care category. The main objective of the company's founders was to provide good quality ayurvedic and FMCG products to mass at an affordable price.

The popularity, acceptance and receptance of these products were initially by the followers of Baba Ram Dev, which generated huge volumes of demand in the general trade market spreading its ripple effect in the mass consumer sector. Seeing this trend of the market Patanjali further moved on to build its company in other FMCG Categories as well.



Today this company which has grown into a Large Cap Market category in the Private Equity market by acquiring and building multiple category FMCG products is now worth a \$ 6 billion dollar, causing some deep concerns for other various Multinational and national players in the same sector, reason being curtailing of their market shares. However India being a place of more than 1.5 billion people, there is a pie for everyone.

The point here is not how come a newcomer in FMCG sector can grow so big and has such popularity? The point is so fast and this big ...!! Yes! Its big because there is demand, its big because its addressing affordability for its consumers, not compromising the quality, its big because consumers are realising how harmful chemicals can cause severe health issues. Patanjali as an organisation has also bagged accolades for being the best place to work in India. This organisation is definitely showing what organic growth looks like, how to nurture its employees and focus on serving humanity while making it as an impactful profitable business. The simplicity of this organisation and holding on to the deep traditional values of our country's culture has made this organisation become a casestudy for entrepreneurs.

The Make in India mission of our Prime Minister has been created to promote and support such home grown innovative and manufacturing companies to boost the Economy. Hence using natural products abiding to our traditions and building a brand like Patanjali sets a benchmark for generations to believe in the power of simplicity and valuing sustainable resources for living.

★ EXPLORE About the Author



Soma Roy

Spiritual Educationist
Psychologist & Psychotherapist
Life & Business Transformation Coach
Mind Reprogramming Expert
Mumbai, India

Along with my corporate life, I kept my spiritual studies alive and pursued it with equal passion and zest. Went to World Panic Healing school of Manila to become a healer and serve humanity to lead a holistic life in every sphere, be it personal or professional issues, relationships, wealth or money issues, good health and a balanced mental health. Was blessed to have been given the opportunity to open up Panic Healing Institution in West African Countries like Ghana and Nigeria in 2017. However after the successful completion of this assignment, I felt there is much more to this whole Being and in the way of living a holistic life, hence keeping my research and learning alive on spiritual or metaphysical science. Studied Theta Brain wave's activation and many other related subjects. Access Consciousness and Bach flower remedies opened another dimension for me, who I never knew existed, hence learned them, and became a practitioner and then an International Trainer. Started experiencing the magic of Conscious Living and becoming instrumental in transforming lives. It's been 7 years into this fulfilling journey of helping people in various walks of their life. Working with CXO Level people in various organizations.



Are you gradually succumbing to the allure of fashion trends, feeling compelled to emulate the wardrobe choices of others? Is the pressure to keep up with ever-changing fashion dictating your shopping habits? It's a common struggle, given the seductive nature of trends and their widespread influence.

However, true fashion aficionados understand the importance of occasionally breaking the rules and captivating attention without adhering to the latest trends. Trends are fleeting, constantly evolving, and while they can be captivating,

EMBRACING TIMELESS STYLE:

A Guide to Being Fashionably Unique without falling for trends

maintaining a love for fashion and style requires a smart approach to shopping. Being a savvy shopper involves recognizing the styles that complement your body's strengths and subtly conceal any perceived flaws. It's about embracing and celebrating your unique physique with knowledge and confidence.

Yet, this doesn't imply completely disregarding trends and exclusively adopting a timeless wardrobe. Such an approach could be monotonous and uninspiring.



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However, true fashion aficionados understand the importance of occasionally breaking the rules and captivating attention without adhering to the latest trends. Trends are fleeting, constantly evolving, and while they can be captivating, maintaining a love for fashion and style requires a smart approach to shopping. Being a savvy shopper involves recognizing the styles that complement your body's strengths and subtly conceal any perceived flaws. It's about embracing and celebrating your unique physique with knowledge and confidence. Yet, this doesn't imply completely disregarding trends and exclusively adopting a timeless wardrobe. Such an approach could be monotonous and uninspiring. Instead, occasional indulgence in trending styles is permissible for a psychological shopping boost, helping you stay current. Understanding the Fashion Curve is crucial in navigating the ever-changing landscape of style. The cycle from classics to fads may be faster due to the prevalence of fast fashion. However, comprehending the stages of this curve — classics, fads, and the transitions in between — is instrumental. Classics are perennial favorites, versatile and adaptable to various occasions. They are the backbone of a wardrobe, allowing for experimentation and creativity in styling. Think



of a crisp white shirt or a timeless safari jacket—these are styles universally accepted as tasteful. On the other end, fads are bold and detailed, designed to provide an adrenaline rush associated with being at the forefront of fashion. They are attention-grabbing but worn less frequently due to their extreme nature. Understanding the cost per wear, or the number of times an item is worn relative to its price, is essential in evaluating the practicality of fad purchases. In today's ever-evolving definition of style, the one word that sums it up is INDIVIDUALITY. Beyond just the right clothes, style encompasses qualities like confidence, self-acceptance, strength, and intelligence. Now is the most exciting time to develop an individual style and put your

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Rashmita Goyal, a certified Image Consultant from London Image Institute and a Fashion Stylist from London College of Style, she brings a unique blend of hands-on experience and comprehensive training. **Rashmita** goes beyond conventional styling, providing services in style, shape, color, shopping and corporate styling under her brand, **Rashmita Goyal**. Having worked with a diverse clientele, she understands the profound impact appearance can have on achieving individual goals. **Rashmita** believes in uncovering everyone's inherent confidence through the exploration of their unique style identity, incorporating body awareness, personal style, and color codes. Elevate your presence with **Rashmita's** expertise and discover the transformative power of authentic self-expression.





WOMEN EMPOWERMENT GENDER EQUALITY



Dr. Indu Gupta

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“Come 08th March and it would be women empowerment all around that would be seen, read and heard. A day dedicated to women, so as to make them feel empowered, where all menfolk would be more than happy to buy flowers, chocolates, soft toys and movie tickets and expensive luncheons or dinners to commemorate the day and make the women in their lives feel special, and EMPOWERED.

To feel empowered, do women really need men to make it overtly felt? And why do men need to make it so overtly felt? At the core of these questions, is the social conditioning with which we have lived all these years of our lives. The social conditioning that underlines the stereotypes of a man caring and showing affection and the woman to be at the receiving end. Let us try reversing this rosy picture and exchanging the stereotypical roles the society has almost forced us to believe in and abide by. Let us imagine a woman buying flowers and chocolates and present that to the man by going down on one knee. Does it make the women look more empowered to the world? Does it make the woman herself feel more empowered? Although it does happen in today's progressive modern society, it still is not accepted as a norm. If the answer to these questions is NO, then all it simply means is that women empowerment is not equal to gender equality. These actions may again stem from the social conditioning which has started taking shape that women can do whatever men can do and vice-versa.



Gender equality has more to do with a right to equal opportunities to both genders, whereas Women Empowerment has nothing to do with the other gender. Women empowerment is identifying, accepting, realising the power that lies within and impacting the world outside with the power. Although somehow women empowerment is spoken and understood as gender equality in connotation by the layman today, however both of them have nothing in common. Women empowerment has to be primarily achieved by the women themselves, rather than by the outside world. The external world does not owe the responsibility of making a woman feel empowered. The power lies within and it is the acceptance of the power that needs to be done by the women themselves. And the moment the acceptance is done, it would reflect in numerous ways in a woman's life. Her relationship with herself and with the outside world is going to be of equals. It does not and should not require crisis situations and circumstances for a woman to realise this power, rather it is to be realised every single second of a woman's existence. Once the women start feeling empowered themselves, it would effectively contribute towards creating a positive impact in the society at large and gender equality would just be a farce.

★ EXPLORE About the Author

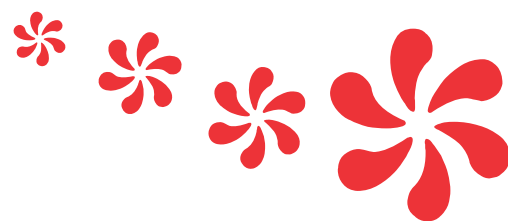


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With a prestigious degree of Ph.D. in Textile Economics from Delhi University, Dr. Indu Gupta has rich industrial and academic experience of 19 years. She possesses admirable managerial skills, which help the entire team achieve the organizational goals effectively and efficiently.

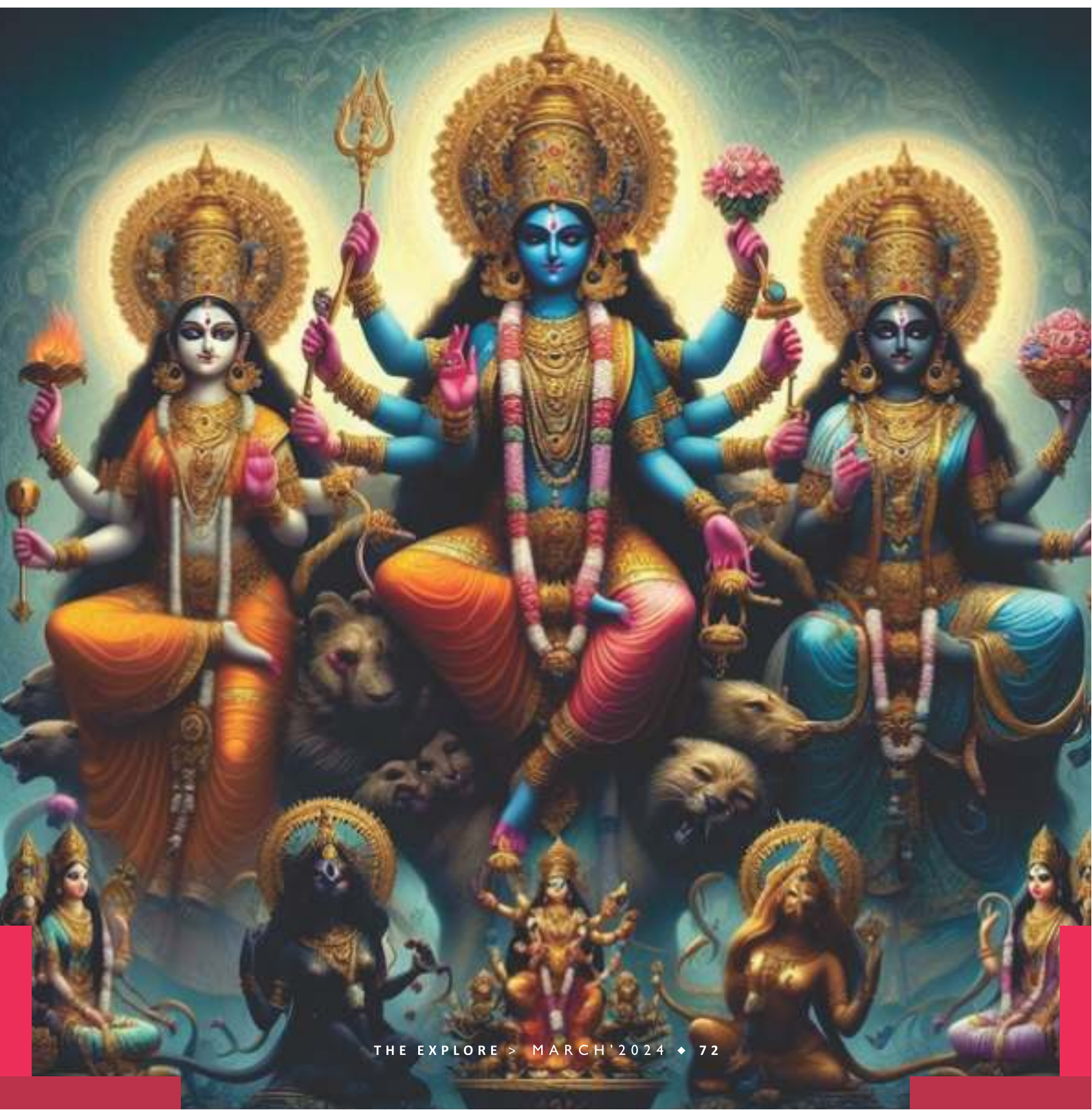
Her career journey started with being a Merchandiser in the export industry. After entering Fashion academics, she has broadened her horizons and has carried out research in Economic Sustainability and Traditional Crafts of India. Dr. Gupta has been a panellist for various panel discussions and has been an external jury member for different universities. Her passion for being behind the mic has given her numerous opportunities for anchoring official events. Her creative streak finds its expression in poetry. She has presented her creations at numerous platforms and is coming up with a book in the year 2024.



Divine Dolls of India

Shakti: The Supreme Power of the Feminine

The concept and reverence for goddesses appears in the Vedas, which were composed around the 2nd millennium BCE. However, they did not play a vital role in that era. Goddesses such as Durga, Kali, Lakshmi, Parvati, Radha, Saraswati, and Sita have continued to be revered in the modern era.





The most renowned features of Hinduism is the worship of Devis, or goddesses, of ancient civilization. The Indus people worshiped a form of Goddess Mother. Vedic peoples worshiped goddesses and deities, such as Indra, Varuna, Agni, and Brahmanaspati. Hinduism has both the male and the female deities representing the higher powers of the universe, and all the supreme deities have male and female partners. Hindu goddesses are the image of Shakti, the source of female power in the universe. They are highly esteemed and powerful and play a vital role in the creation, protection, and destruction of the universe.

She has a thousand names and faces — and countless tasks and talents. Even as a fierce warrior heroically slaying the most vicious demons, she retains her composure and radiant beauty. Westerners accustomed to a "Heavenly Father," and to seeing virginal, subdued images of the Madonna, might find Devi and her wildly vigorous feminine power quite startling.

For many Hindus, however, Devi's greatest strength is that she embodies all aspects of womanhood. In the vast pantheon, she is in the top tier, as powerful as the male gods Vishnu and Shiva. Mother goddess of India and local protector for innumerable villages, she can be quiet and nurturing. But she is also a cosmic force, addressing the creation and destruction of worlds. On occasion she is voluptuous and alluring — a playful temptress, a passionate lover. Before exams, Hindu pupils pray to her, incarnated as Sarasvati, the goddess of music and learning. Devi blesses her devotees with fortune and success.

Her most renowned victory is the slaying of a buffalo demon, a brutishly ignorant, bloated egotist. Before Devi came to the rescue, he had defeated a host of benevolent gods. With one of her 18 arms, at the height of the battle, she effortlessly pulls the demon out of his buffalo body with a red noose. Her mount, a tiger, gnaws the head. All the while, Devi is garbed in the gilded and embroidered costume of a Punjab Hills princess. In the clouds above, gods celebrate her triumph by tossing down golden blossoms.



The Devi as Mother

Devi, the Divine Female, revered by all, as is revered a mother, is better and universally known as the Mother Goddess. Reverence for 'mother' is inherent in any one born, a beast or a man, and is the first pious impulse in a child, which shapes the flesh to a human face. The first man, it seems, while contemplating the idea of the unseen Divine, looked at the face of the woman who bore him, the protective, caring and loving mother, and discovered in her the ultimate 'divinity' and the manifest form of the unseen Divine. Devi, the Goddess, thus, transformed as mother and is now since ages the Mother Goddess. The Mother Goddess is India's supreme Divinity. Myriad are her shrines and unending her boons. Centuries long tradition of worship has woven around her innumerable myths and the devotional mind has discovered in her oceans of mercy. In fury or in frown, she is always the same protective, caring, loving Mother with a benign face and a blessing hand.

Mother Goddess in the Indus Valley

This impulse seeking to combine the Divine with mother seems to have been man's earliest spiritual experience. At some point of time and perhaps for an effective performance of worship rites, which a believing or fearing mind necessitated, this perception of mind was transformed into a material medium. The Indus dweller further magnified it when, for realizing his idea of the

Supreme Divinity, he elevated the Mother to the Mother Earth that blessed him with grain, water, air, fire and afforded for him a dwelling. The terracotta figurines of the Mother Goddess, recovered in excavations at various Indus sites (now mostly in Pakistan), are not only the ever known earliest manifestations of the Divine Power in any medium but are also suggestive of a well evolved Mother Goddess worship cult. As appears from the so far recovered figurines of the Goddess datable from 3000 B. C. to the 1st century B. C., this primitive manifestation of the proto Mother in terracotta idols seems to have continued to prevail till almost the beginning of the Christian era.

These figurines, being made of clay and thus defining their kinship with the earth, of which they are cast, represented the Mother Goddess as Mother Earth. As significant and

suggestive is her iconography- the large breasts filled with milk, uncovered genital organs, beautifully dressed hair and a good number of bangles on her wrists.

This is the iconic perception of the Being who bears, feeds, takes all calamities on her head and covers the born one under her protective umbrella and, at the same time, defines in the modeling of her form an absolute aesthetic beauty. As suggest her bangles, the traditional emblem of marital state, besides a mother she is also a consort. Thus, in her material manifestation, She represents, with absolute motherhood, also the absolute womanhood. She causes life and sustains it, and is also the cause of life, its inspiration and aspiration, and the reason to live.





The Goddess Durga

The Mother of the Hindu Universe



Durga, (Sanskrit: “the Inaccessible”) in Hinduism, a principal form of the Goddess, also known as Devi and Shakti. According to legend, Durga was created for the slaying of the buffalo demon Mahishasura by Brahma, Vishnu, Shiva, and the lesser gods, who were otherwise powerless to overcome him.

Goddess Durga is a form of shakti, worshipped for her gracious as well as terrifying, as the mother of the Universe; she represents the infinite power of the Universe and is a symbol of a female dynamism. The manifestation of Goddess Durga is said to emerge from Her formless essence, and the two are inseparable. She is also called by many other names, such as Parvati, Ambika, and Kali. In the form of Parvati, She is known as the divine spouse of Lord Shiva and is the mother of Her two sons, Ganesha and Karttikeya, and daughter Jyoti. Destroyer of demons, she is worshipped during an annual festival called Durga puja, especially popular among Bengalis.

Appearance of Goddess Durga

There are endless aspects of Durga described in the Puranas and Agamas, and the iconography is consequently very varied. She is usually pictured as having ten arms holding Sword, Conch, Discus, Rosary, Bell, Winecup, Shield, Bow, Arrow, and Spear. The Goddess is most often shown riding a lion from which comes Her august name, Simhavahini, “She who stands astride the king of beasts”. She is gorgeously dressed in royal red cloth and has several ornaments decorating Her personage. Her hair is dressed up in a crown (Kuranda mukuta) which then flows out in long, luxuriant tresses that are darkly luminous and soothing to the eye. The various tools reflect the eminent supremacy that helps in controlling the Universe and obey Her will.

Wielding Energy of Goddess Durga

Goddess Durga exists eternally, always abiding in her sweet nature and inhabits the hearts and minds of her ecstatic devotees. As shakti (power), she shapes, nurtures, and dissolves names and forms. While as subtle spiritual energy called kundalini, She lights the lotuses of the seven centres of awareness in the sacred human body. Goddess Durga killed the powerful demon Mahisha and all his great commanders. When demonic forces create imbalance, all God unite becoming one divine force called Shakti or Durga.

Origin of Goddess Durga – The Mythology

Devi is the great goddess of the Hindus, the consort of Shiva, and she is worshipped in various forms corresponding to her two aspects: benevolence and fierceness. She is Uma - “light”; Gauri - “yellow or brilliant”; Parvati - “the mountaineer”; and Jagatmata - “the – mother – of – the – world” in her milder guise. The terrible emanations are



Durga – “the inaccessible”; Kali – “the black”; Chandi - “the fierce”; and Bhairavi – “the terrible.”

Descent of the Goddess

Durga, a beautiful warrior seated upon a lion, was the first appearance of the great Goddess. The circumstance of her miraculous arrival was the tyranny of the monster-demon Mahishasur, who through terrific austerities had acquired invincible strength. The Gods were afraid of this water-buffalo bull because neither Vishnu nor Shiva could prevail against him. It seemed that the collective energy of Shakti was only capable of vanquishing Mahisha, and so it was the eighteen-armed Durga who went to battle.

Goddess on the Battlefield

She went to battle on her ferocious mountain lion, armed with the weapons given to her by the other Gods. Durga is one of the angry and aggressive aspects of the Goddess Shakti, whose role in Hindu mythology was to fight and conquer demons and also personify the Shakti or female aspect of any male deity. In the battle, she fought and killed the evil Mahishasura and restored heaven to the Gods. Since then the Goddess is invoked for protection from the power of evil. Durga Puja is observed in her honour, to celebrate her victory over evil.



Parvati

The Goddess of Love and Beauty

Parvati is the gentle and nurturing aspect of Hindu goddess Shakti. She is the Hindu goddess of love, fertility and devotion. Also, She is the mother goddess in Hinduism and source of power and beauty. She is the perfect incarnation of Adi Para Sakthi.

She has many attributes and aspects, each of her aspects is expressed with a different name, giving her over 108 names in regional Hindu mythologies of India. Along with Lakshmi (goddess of wealth and prosperity) and Saraswati (goddess of knowledge and learning), she forms the trinity of Hindu goddesses, the same as the god trinity of Shiva Vishnu and Brahma.

Parvati, the gentle aspect of Devi Shakti, is usually represented as fair, beautiful and benevolent. She typically wears a red dress (often a sari), and may have a head-band. When depicted alongside Shiva, she generally appears with two arms, but when alone, she may be depicted having four. These hands may hold conch, crown, mirror, rosary, bell, dish, farming tool such as goad, sugarcane stalk, or flowers such as lotus.

One of her arms in front may be in the Abhaya mudra (hand gesture for 'fear not'), one of her children, typically Ganesha, is on her knee, while her elder son Skanda may be playing near her in her watch. In ancient temples, Parvati's sculpture is often depicted near a calf or cow – a source of food. Bronze has been

Parvata is one of the Sanskrit words for “mountain”; “Parvati” derives her name from being the daughter of king Himavan (also called Himavat, Parvat) and mother Mena. King Parvat is considered lord of the mountains and the personification of the Himalayas; Parvati implies “she of the mountain”.

the chief metal for her sculpture, while stone is next most common material.

A common symbolism for her and her husband Shiva is in the form of yoni and linga respectively. In ancient literature, yoni means womb and place of gestation, the yoni-linga metaphor represents “origin, source or regenerative power”. The linga-yoni icon is widespread, found in Shaivite Hindu temples of South Asia and Southeast Asia. Often called Shivalinga, it almost always has both linga and the yoni. The icon represents the interdependence and union of feminine and masculine energies in recreation and regeneration of all life. In some temples and arts, the iconographic representation of sexuality, fertility and energies of Parvati and Shiva, is more explicit, where they are shown in various stages of their sexual form and union.

In some iconography Parvati's hands may symbolically express many mudras (symbolic hand gestures). For example, Kataka — representing fascination and enchantment, Hirana — representing the antelope, the symbolism for nature and the elusive, Tarjani by the left hand — representing gesture of menace, and Chandrakal — representing the moon, a symbol of intelligence. Kataka is expressed by hands closer to the devotee, Tarjani mudra with the left hand but far from devotee.

If Parvati is depicted with two hands, Kataka mudra — also called Katyavalambita or Katisamsthita hasta — is common, as well as Abhaya (fearlessness, fear not) and Varada (beneficence) are representational in Parvati's iconography. Parvati's right hand in Abhaya mudra symbolizes “do not fear anyone or anything”, while her Varada mudra symbolizes “wish fulfilling”. In Indian dance, Parvatimudra is dedicated to her, symbolizing divine mother. It is a joint hand gesture, and is one of sixteen Deva Hastas, denoting most important deities described in Abhinaya Darpana. The hands mimic motherly gesture, and when included in a dance, the dancer symbolically expresses Parvati. Alternatively, if both hands of the dancer are in



Ardhachandra mudra, it symbolizes an alternate aspect of Parvati.

Parvati is sometimes shown with golden or yellow colour skin, particularly as goddess Gauri, symbolizing her as the goddess of ripened harvests.

In some manifestations, particularly as angry, ferocious aspects of Shakti such as Durga or Kali, she has eight or ten arms, and is astride on a tiger or lion. In benevolent manifestation such as Kamakshi or Meenakshi, a parrot sits near her right shoulder symbolizing cheerful love talk, seeds and fertility. Parrot is found with Parvati's form as Kamakshi — the goddess of love, as well as Kama — the cupid god of desire who shoots arrows to trigger infatuation. A crescent moon is sometimes included near the head of Parvati particularly the Kamakshi icons, for her being half of Shiva. In South Indian legends, her association with parrot began when she won a bet with her husband and asked for his loin cloth as victory payment; Shiva keeps his word but first transforms her into a parrot. She flies off and takes refuge in the mountain ranges of south India, appearing as Meenakshi (also spelled Minakshi).



Goddess Lakshmi

Hindu goddess of wealth and good fortune

The simplest description is that Lakshmi is the Hindu goddess of wealth, good fortune, happiness, youth, and beauty. She is the wife of Vishnu, the god that sustains the universe; he makes sure the universe stays together while Shiva, the destroyer, rips it apart.

In some versions, she is said to be the daughter of the sea god since she emerged from the sea. In Garuda Purana, Linga Purana and Padma Purana, Lakshmi is said to have been born as the daughter of the divine sage Bhrigu and his wife Khyati and was named Bhargavi.



Like most Hindu mythology, Lakshmi's origin story has many different versions and is always embellished with many surreal, magical or even unbelievable elements. Lakshmi's story begins with a meeting between Sage Durvasa and Lord Indra.

Sage Durvasa, with a lot of respect, offers Indra a garland of flowers. Lord Indra takes the flowers and rather than humbly placing them around his own neck, he puts the garland on the forehead of his elephant Airvata. The elephant takes the garland and throws it down on the earth—after all, he is an elephant. He didn't know better!

Durvasa gets angry at this disrespectful treatment of his gift and he says to Indra, “you have an inflated ego and in your arrogance, you have disrespected me!” Durvasa curses Lord Indra, stating that his kingdom will be ruined just as he ruined the garland by throwing it onto the ground in his excessive pride.

Durvasa walks away and Indra returns to his home. The changes in Indra's city start to take place following Durvasa's curse. The gods & people lose their vigour and energy, all the vegetable products and plants start dying, men stop doing charity, minds become corrupted, and everyone's desires become uncontrollable.

With the Gods getting weak in Indra's home town, the demons invade the realm of the Gods and defeat them. Everything became chaotic.

This is the reason that both Gods (light) and Demons

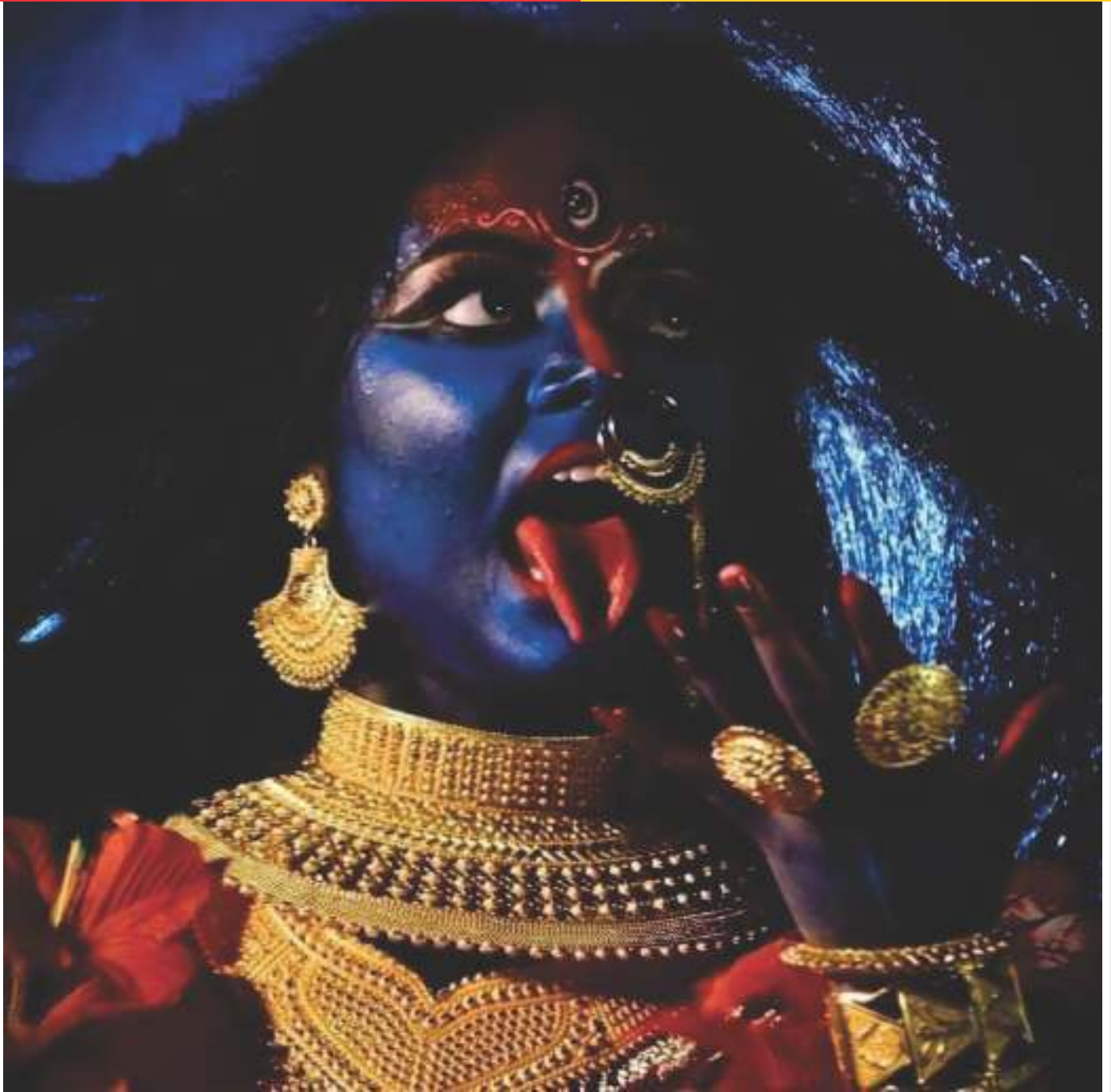
(darkness) reside in us and are representative of the good and evil within us.

After being defeated, the Gods went to Lord Vishnu (the preserver of the universe) who suggested they churn the ocean to restore the power back to the Gods. The work of churning this primordial ocean will bring back the elixir of immortal life to the gods.

The churning is symbolized by a literal tug of war between the Gods and Demons in the story. Being a vast body, it would take all of the gods and all of the demons to churn the ocean. So the gods took a snake and wrapped it around Mount Madura. They then sunk the whole mountain into the milky sea. With the gods at the tail end and the demons at head, they both pulled, uncoiling the snake, causing the mountain to spin and the primeval sea to swirl.

From this churning many things rise up out of the ocean, including Lakshmi AND the elixir of immortal life. Goddess Lakshmi rises out of the waves, fully grown, gorgeous and on a lotus flower. Eventually through some tricky slight-of-hand the elixir of immortal life also is returned to the gods and order in the universe is restored.

One of the lessons in this story is that when we get arrogant or angry, it leads to an inability to perform good work. We will lack mental peace, willpower and have a meaningless life. It also shows us that we sometimes have to work with our adversaries, finding compromise and collaboration in order to restore order for a greater good.



Goddess Kali

The Fierce and Divine Mother

6 The Indian goddess Kali embodies the power of creation and destruction in one entity. She transcends good and evil. Kali is Mother Nature, primordial, nurturing, creating, and devouring all at once, always protecting her children from harm. As the goddess, Kali Ma, Kali, goddess of death, is terrifying and amazing.

Kali Mata, also known as Kali Ma or simply Kali, is a Hindu goddess who is often depicted as a fierce and powerful figure. She is associated with death, destruction, and transformation, as well as motherly love and protection. Kali is believed to have power over all gods and goddesses except for Lord Shiva, her consort. This is because of a story from Hindu mythology in which Kali went on a rampage, destroying everything in her path. To stop her, Lord Shiva lay down in her path, allowing her to step on him. When Kali realized what she had done and saw the blood on her feet, she was overcome with remorse and turned her tongue black in shame.

The only way to calm Kali down was for Lord Shiva to dance in front of her, which he did by performing the Tandava dance. As Kali watched Lord Shiva's dance, she began to calm down and eventually came to rest peacefully at his feet. In another story, Shiv had to stop her by lying in front of her to stop her killing spree.

From that point on, Kali and Lord Shiva became inseparable, with Kali becoming one of his most devoted followers. Despite her fierce and destructive appearance, Kali is considered to be a benevolent and protective deity who watches over her devotees and helps them overcome obstacles and challenges in life.

She is not dangerous...She is very harsh and strict as a mother...She is serious...Maa Kali doesn't smile nor laugh...She is not someone to mess with and you cannot use compliments to make Kali be pleased with you...She is someone who believes in actions...She acts now and thinks later...

Kali will make you cry to be strong...She is not the lovey dovey type...You cannot fool her because she will make you look stupid if you do...Nobody dares to take Maa Kali for granted...She is Karma herself which is why when you hurt a devotee of Kali, it gets back at you very quick...For other people Karma take time to work but for a devotee of Kali it's quick because She grants her devotees with protection...That's one of the main reasons why people think the devotee of Kali has performed some black magic or something but they didn't....They only worshipped Kali and Kali is the Mother of the Universe, and All-Knower... She knows who hurt your feelings and hates to see someone hurt you when you don't deserve it....Only Maa Kali has the right to hurt your feelings but it's always for a good reason....And She hurts your feelings only because She wants to destroy all the ego, lust and greed that you have inside of you...Maa Kali would never destroy you but your fake side....She doesn't like fake sugarcoating people...She likes people who are genuinely in love with Her...And seek for Her blessings selflessly and with love...Just because She is harsh doesn't mean She doesn't love you....

She loves you but She will never tell you...She has what we call a "bitchy" character or



personality and can be somehow mean but it's because she is otherwise a loving mother...She helps you to become the best version of yourself and detach yourself from all the material desires....And to stop lamenting and complaining and be strong minded....

Many times in life, we tend to get emotional over everything....But Maa Kali helps you to use your emotions wisely...She is not heartless but is emotionally controlled....She is the same as a mother bear 🐻 that tries to protect her baby bears if someone is trying to harm them...Try to get close to a mother bear's babies, you will see what she does to you...Kali is exactly the same...She is a good teacher, you will learn a lot from Kali....Kali is drawn to babies the most because of their innocence and naivety....She is brutally honest and doesn't care if you get hurt she doesn't care because truth always is bitter...



Now let me tell you that I am a devotee of Kali myself and I worship Her as my Mother and all the description is accordingly to my personal experience, as per how She appears to me...Kali is not blue but completely dark...Her hair is curly dishevelled and she has long dark hair and She has a serious expression on her face...She looks beautiful to me as a Goddess and She is a loving Mother...At least that's how I perceive Her when She comes in my dreams and talks to me... If you are scared of the dark, that's who you need to worship...Maa Kali...Maa Kali is not worshipped during the day but at night...You don't have to give Her offerings if you don't have anything on you to give Her...Just thinking about Her, focusing your mind on Her and meditate on Her and doing recitation of mantra that's enough...If you can have statue of Her or a picture of Her next to you while you are doing Jaap, that'll be better...because you will be able to have a better focus...Otherwise for those who cannot meditate

on her, you can do Artee and give Her offerings but giving offerings is only additional...Just because you don't give Her offerings doesn't mean that She will forsake you and your prayers....Maa Kali would never forsake Her devotees only because they didn't give Her offerings....She is the same as your own parents...Just because you don't give your parents gifts, doesn't mean they will forsake you or their love will decrease for you... You can even give Her a glass of water as offering and She won't mind it or even not give Her anything...You go to Her, look at Her, think of Her, worship Her, that's enough for Her...Maa Kali and Shiva Energies flow in everyone of us...But the Energies are dormant....So when you worship them, they wake up...And that's why you become a better person...Everyone who worship Shiva and Kali, they become good people...but yes never use Kali for your dirty works...you will have consequences to pay if you do that...



Mother Goddess Sita

known for her dedication, self-sacrifice,
courage, and purity



Sita is a goddess born from the earth in the epic Sanskrit tale Ramayana. She is also the incarnation of Lakshmi, goddess of prosperity, wealth, and beauty in Hinduism. Sita is portrayed as the ideal wife and woman, while her husband Rama, avatar of the god Vishnu, is the hero of Ramayana and the ideal husband and man.

Sita is the principal female character in the *Ramayana*, an Indian epic said to have been composed by the sage Valmiki. Her name means “furrow”, a reference to her birth story where her father found her in a field after ploughing. Rama, the hero of the story, won the right to marry Sita when he succeeded in stringing and breaking Siva's bow. Sita accompanied Rama back to his home and, when Rama was banished to the forest instead of being crowned king, decided to go with him because it was her Dharmic duty to stay with her husband.

Rama tried to persuade her to stay at the palace but she persisted and he gave in. They lived in the forest until Sita was captured by a demon king named Ravana. Rama and his brother Laksmana set out to rescue her while Ravana tried to seduce Sita. Rama and Laksmana eventually rescued Sita, with the help of an army of monkeys, but Rama doubted Sita's purity, having lived with the demon for over a year. Sita endured a trial by fire and proved herself untouched by any but Rama. They went home and Rama became king, but the people did not believe Sita was loyal to their King, so he banished her to the forest. Sita met the sage Valmiki and, while staying with him, gave birth to Rama's twin sons. At the end of the epic, Sita once again proved her purity and, instead of returning to Rama, was taken into the earth.

Sita's origins have been the subject of scholarly study. In one version of the *Ramayana*, Sita is the rebirth of a woman named Vedavati, who had thrown herself into a fire to escape Ravana's lust and swore revenge. Many versions of the *Ramayana* hold Sita as being an incarnation of a goddess or a holy maiden. Some of the stories also present Sita as being the natural daughter of King Janaka of King Dasaratha.

Sita's purity has also been the concern of scholars and writers. In the fifteenth century *Adhyatmaramayana*, the Sita that begs for the deer and is kidnapped by Ravana is not the real girl at all, but a shadow Sita, created by Sita on Rama's orders to keep her safe. It is this Sita that is kidnapped, rescued, and eventually disappears into the fire, upon which time the real woman re-joins her husband. In this version, Sita's purity is unquestionable because the genuine Sita never spent any time in Ravana's home. There are also texts where the shadow Sita survives and goes on to live her own life.





Radha

The Goddess of Love, Tenderness, Compassion



She is the goddess of love, tenderness, compassion, and devotion. In scriptures, Radha is mentioned as the avatar of Lakshmi and also as the Mūlaprakriti, the Supreme goddess, who is the feminine counterpart and internal potency (hladini shakti) of Krishna. Radha accompanies Krishna in all his incarnations.



Goddess Radha is a well-known deity in Hindu Mythology. She is also known as Radharani in the northern part of India. For her deep devotion towards Krishna, Radha is usually depicted with Krishna. Radha is sometimes considered as the incarnation of Goddess Lakshmi, the consort of Lord Vishnu.

Radha- the Embodiment of Love

The love story of Radha-Krishna has become a legend in the Hindu mythology. The story is believed to have taken place in the Dwapar Yuga, when both of them took birth in this world. Radha was a cowherdess, who through her beauty and charm captivated the heart of Lord Krishna and became his beloved goddess. Lord Krishna is considered to be the incarnation of Lord Vishnu, whose birth was predestined.

Krishna took avatar in order to slay the demon king Kansa and to spread happiness. During his life, Krishna met Radha and they fell in love with each other. Krishna had a motive behind his life i.e. to kill Kansa and to fulfill this mission; he had to face many problems. But, Radha with her intense affection and steady devotion helped Krishna to overcome the problems.

Radha - Devotee of Krishna

Radha represents the true devotee, both in the form of male and female. And Lord Krishna represents the divine. Intense love of Radha for Krishna symbolizes each devotee's passionate longing for ultimate unification with God. With her utmost devotion towards her lord, she became the supreme devotee of Lord Krishna. Today people remember Radha-Krishna in a single term. However, Radha was not the consort of Lord Krishna, but their love had united them for ever. Radha is an inescapable part of Krishna. Without Radha, Krishna doesn't mean anything and without Krishna, Radha is nothing.

Radha - The Goddess

Radha has attained the status of goddess in the Hindu Religion. Radha's immense love and dedication towards lord Krishna got her this position, which she truly deserves. Radha is the heavenly queen of Krishna's celestial world. Today, Radha is worshipped like any other goddesses in temples.



Saraswati

Goddess of learning, wisdom, music, and aesthetics



Saraswati is the Hindu goddess of knowledge. She is associated with wisdom, music, art, and learning. She is one of the three main goddesses of Hinduism, along with Lakshmi and Parvati. Together the three goddesses are called the Tridevi.

In Hinduism, Maa Saraswati- Goddess of knowledge is also considered the queen of art, music, and science. She is the companion of Lord Brahma and is the key for all worldly formulations. She is the daughter of Maa Durga and sister to Lord Ganesha. She is an essential source of energy and wisdom, along with Goddess Kali and Devi Laxmi she performs a pivotal role in maintaining all earthly occurrences. Goddess Saraswati also executes an essential position in Buddhism as a divine believer of Gautama Buddha making sure his teachings exist in practice. The Lotus on which Devi Saraswati rests is respected as a representative of supreme enlightenment. The Veena that Saraswati Maa holds does not only signify music but also means knowledge and understanding. As per Vedas, about 4000 years ago in India, a river raced by the name of Saraswati. It was a natural form of Saraswati Mata. Parashuram, the 6th avatar of Lord Vishnu, purified himself in this stream after finishing the Kshatriyas. Saraswati Mata with Peacock: The peacock resembles self-importance and contentment over its superiority. By holding a peacock as her mount, the Goddess educates not to be concerned about outside features and be concerning the eternal truth. Saraswati Mata Dress in White: Saraswati is essentially connected with the color white which implies the purity of knowledge. In most of her paintings, she carries a white sari and sits on a white lotus. White sari explains she is the personification of pure knowledge. **Lotus:** Lotus in Hinduism is a representative of Supreme Reality, the white lotus expresses Supreme Reality. Resting on the white lotus, Saraswati is rooted in the Supreme Reality thus symbolizes the Supreme Knowledge. The lotus always blooms in mud, which signifies that no matter how much impurities surround a soul, a person with his good deeds and thoughts can outstand this worldly environment and can achieve wisdom.

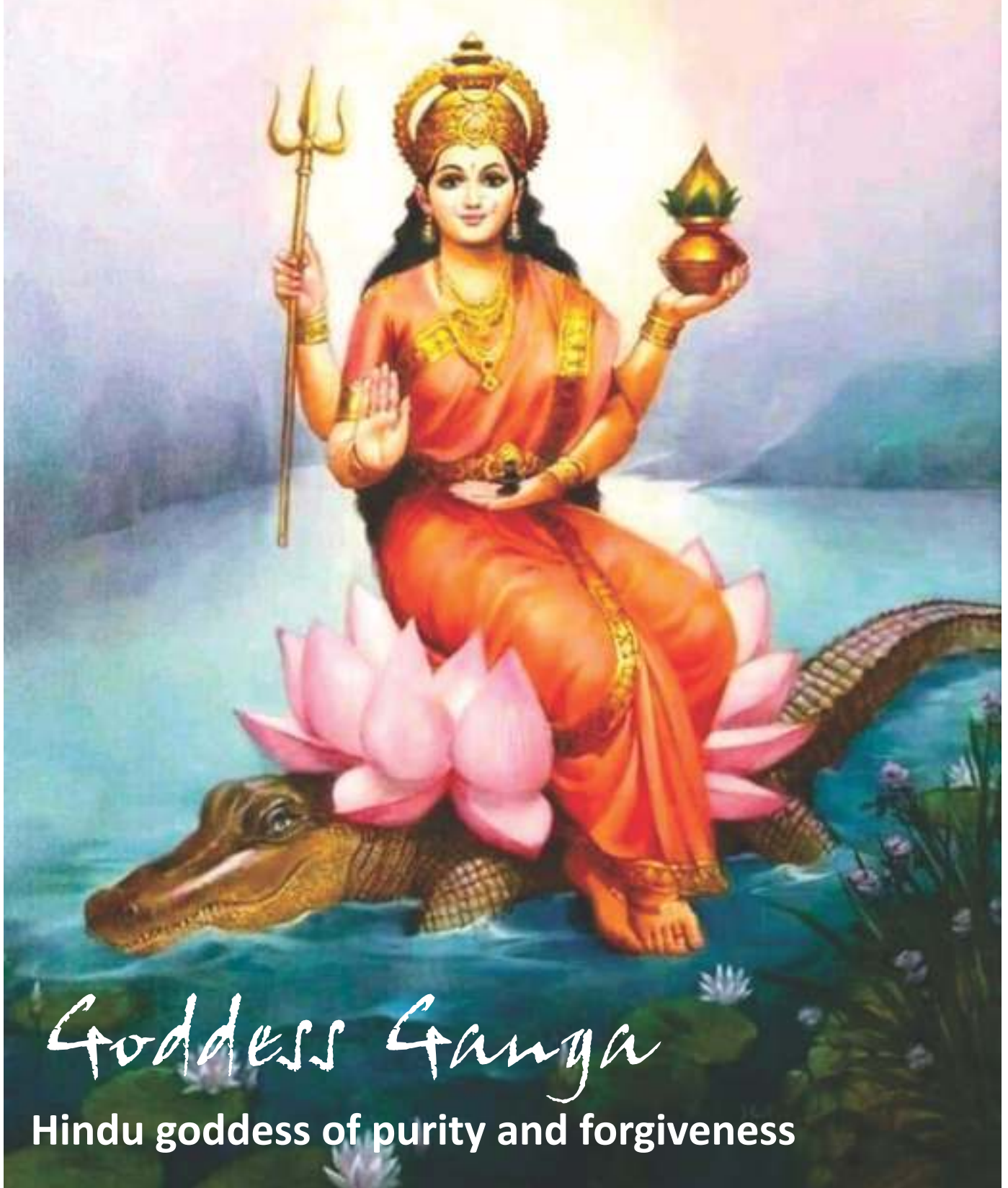
Veena: Veena is a string instrument that needs excellent command and a skilled manner with a musical mind. By performing Veena, it communicates that people should harmonize the spirit and ability to live in peace with the world and achieve a more profound understanding of life. As Veena denotes music that needs control and experiences, it also bestows that Saraswati is the Goddess of creativity, craft, and technology.

Swan: Swan signifies the potential to distinguish between good and bad, right and wrong, the important and worthless. Another important characteristic of a swan is



that it can stay and swim in water without getting affected by the waves. This explains one to implement knowledge with judgment and to float beyond the streams of life to see the Divine Spirit without being affected.

Four Arms: Saraswati Mata is immensely beautiful and can be seen with her four arms, holding various meaningful objects. The four hands also symbolize the four components of the inner self, which are mind (manas), intellect (buddhi), pure consciousness (chitta), and ego (ahamkara).



Goddess Ganga

Hindu goddess of purity and forgiveness



According to legend, the goddess is regarded to have accidentally destroyed the hut of Sage Jahnu during her descent upon the earth. In retort, the sage drank the entirety of the river's water. At the request of Bhagiratha and Ganga herself, he released the river from his ear, and she earned the epithet Jahnavi.

Ganga, the river or the goddess, or the river-goddess, a divine emergence: bounty of gods, or a mere geological phenomenon: result of a series of physical disturbances in Himalayan region, timed or the timeless, is now for ages core of faith of millions of Indians, north and south and east and west, and beyond. They have sought in gods the means of salvation but as much, or rather more often, mere fulfillment of worldly desires, in Ganga they have always found an inexhaustible source of their spiritual energy and a ladder to salvation accomplishing with a few drops of her water what long years of penance fail to do. She evokes desires and fulfills them but mundane hardly ever though abundant food and water are her generous bounties she bestows on all, unsought and sans demand. Ganga is now for ages a river, a physical entity, but the moment the term 'Ganga' enters into one's ears the image that appears in the mind is certainly not one of a river. Ganga is a river beyond, and a spiritual realisation within - truer and more convincing.

Besides her power to redeem, sanctity is Ganga's other exclusive domain. A deity, even one of the Great Trinity, acquires competence to preside over a Yajna, or any rite, only after he or she has been consecrated by 'abhisheka' - bathed with Ganga's water, even symbolically: the first step in all sacrificial rites; and, the holy priest, as also the devotee hosting the 'yajna', will first purify their physical beings by rinsing their hands with Ganga's water, and the intrinsic beings, by sipping a few drops of it, for it is only after the body and the soul have been purified that the offering they make is accepted. Whatever the symbolic stretch of the Sagara's myth, lifeless ashes of his sixty thousand sons lying scattered over the bosom of an empty ocean and Ganga absolving them of their sins, or of reviving the ocean back to life with her waters, these are by the waters of Ganga, representing all rivers, that the life sustains in the ocean's hard alkaline waters and under the layers of its unfathomable darkness, and volume and level of its fill are maintained.

Ganga before her Descent

A river, or a goddess, accounts widely vary in regard to Ganga's person, temperament and relationships, when she was in Vaikuntha. Mahabharata, the earliest text in which Ganga emerges with a decisive role, alludes to her as a goddess in anthropomorphic form, careless and vain. In the Mahabharata Ganga's role as river is also as much significant, though even as river in her interaction with others - gods or human beings, Ganga has been conceived as having an anthropomorphic form.

Ganga: Wife on Earth

After Ganga emerged on the earth, her banks were penance-doers' most favoured resort. Pratipa, a king of Lunar Dynasty, was childless. As advised by holy men for a son he immersed in deep rigorous penance on Ganga's



bank. He had on his face exceptional glow which had not diminished even after his long penance. One day Ganga saw him and fell in love with him. A young maiden with rare beauty, Ganga emerged from her waves, came to where king Pratipa was seated and sat on his right, asking him to accept her as his wife. Fixed into 'Dharma' - righteousness, the king declined her proposal. He told that she chose his right thigh, a children's place, not wife's; the wife's place was left thigh. He, however, accepted her for his son who would marry her after he was born. Ganga then disclosed her identity and agreed to marry his son but on the condition that she would do whatever she liked and his son would not say a word against it, as also that the moment he opposed her for anything, she would desert him. Pratipa accepted her condition. When Pratipa was close to old age, a son was born to him. The son was no other than Mahabhisha whom Brahma had expelled from Vaikuntha for his impertinence, providing that he would marry Ganga when she descended on the earth. Born of penance the child had strange quiescence enshrining his face. Hence, the child was named Shantanu - one who is calm and composed. When Shantanu was young, Pratipa crowned him as the heir-apparent. Before he retired to the forest, he called Shantanu and told him that a celestial maid would come to him with the proposal of marriage. He should marry her. He also told that she would do things that he would not like but he should not object to any. One day, after Pratipa had retired to the forest and Shantanu became the king, he went to Ganga's banks for hunting. Suddenly a young woman with exceptional beauty came to him and wished to marry him. As commanded by his father Shantanu married her.



Goddess Gayatri

The Embodiment of Spiritual Light



The Skanda Purana writes that Gayatri is married to Brahma, making her a form of Saraswati. A few Puranic scriptures say that Gayatri is distinct from Sarawati and is married to Brahma. According to the Padma Purana, Gayatri is an Abhira girl who helps Brahma in the performance of yajna in Pushkara.



Goddess Gayatri, often referred to as the universal divine mother, holds a special place in Hindu mythology and spirituality. She is the personification of the sacred Gayatri Mantra, a hymn of immense significance. In this article, we will explore the legend associated with Goddess Gayatri, the profound significance of the Gayatri Mantra, her depiction in Hindu iconography, and the benefits of worshipping this divine goddess.

The Legend of Goddess Gayatri

The origins of Goddess Gayatri can be traced back to a captivating mythological tale. According to Hindu scriptures, Lord Brahma, the God of creation, decided to perform an important sacrifice. However, for this ritual, he needed a consort. Urgently, he requested a priest to find a suitable bride for him. Fate led him to a beautiful maiden dwelling in the Himalayan regions of Kailash Parvat and Manasarovar. This maiden was none other than the divine manifestation of the Gayatri Mantra itself. Lord Brahma married her and made her his consort, thus giving birth to Goddess Gayatri. This enchanting story underscores the divine nature of Goddess Gayatri and her connection to the sacred mantra.

The Significance of the Gayatri Mantra

The Gayatri Mantra is a profound and powerful Vedic hymn that serves as an earnest prayer of faith and devotion. It is addressed to the supreme universal spirit, invoking divinity to enlighten the self and illuminate the intellect. Composed

of 24 syllables, this mantra possesses a specific rhythm and deep meaning. The Gayatri Mantra is regarded as an immensely potent purifying force on Earth, capable of bestowing substantial material and spiritual benefits upon sincere devotees.

Goddess Gayatri is the personification of this unique mantra, and she is revered as the divine mother not only of the Vedas but also of the entire universe. Let's delve into the details of her depiction in Hindu iconography.

Depiction of Goddess Gayatri

In Hindu iconography, Goddess Gayatri is typically portrayed seated on a blooming red lotus. She possesses five heads and ten eyes, which cast their divine glances in all directions. In her ten arms, she holds the various weapons associated with the great trinity of Hindu gods: Lord Brahma, Lord Vishnu, and Lord Shiva. Interpretations of her form vary, with some seeing her as the combined divine aspect of the three supreme goddesses, Saraswati, Lakshmi, and Parvati. She is also considered the embodiment of Adi Shakti, the primordial feminine energy. The four of her five heads represent the four Vedas, while the fifth symbolizes the supreme Almighty himself. However, some depictions show her as the consort of Lord Brahma, holding a book signifying knowledge and accompanied by a white swan.



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Draped in love

Etched with the initials of her beloved **Anant and Radhika**, **Mrs Nita Ambani** dons the world-famous handloom kanchipuram saree designed by Swadesh, handcrafted by Artisans. She was seen thanking the Jamnagar **#Reliance Parivar** for their Love and Support during **Anant and Radhika's Pre wedding celebrations**.

In awe of the divine elegance embodied in this saree, each intricate detail pays homage to the grandeur of temples, sacred edifices, and sculptures. Painstakingly crafted, it seamlessly weaves together a catalog of 102 traditional Kanchipuram silk saree motifs, creating a singular masterpiece that resonates with the rich tapestry of Indian heritage and craftsmanship.
(Source Reliance Industries Limited)



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Poonam Chawla

Founder of International Women Board of Directors,
26 years of expertise in the advertising and media industry,
Award Winner,
Keynote Speaker
Dubai, United Arab Emirates

What an incredible moment as we celebrate the successful launch of the International Women Board of Directors (IWBD) Saudi Chapter!

A heartfelt thanks to Princess Lolowa Nawaf Al-Saud , chair of Mawaddah Association for Family Development for gracing the event with her presence and inspiring us all with her grace and wisdom. Your support means the world to us!

To our amazing squad Rawan Yaqub and Vinay Banerjee , your dedication and hard work made this achievement possible. Thank you for your unwavering commitment to empowering women in business!

Together, we've embarked on a journey of empowerment, leadership, and innovation. Let's continue to uplift and support each other as we strive for excellence in all that we do!





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Mumbai, Maharashtra, India



Women's Day Week #iwd2024

It's heartening when women leaders optimize and create opportunities to empower their women team members to create future women leaders. As if they are saying 'I have your back - keep going, rise and shine!' Kudos to the Women leadership team of Finance Department of GAIL (Gas Authority of India Limited) for the wonderfully themed exclusive event for women executives in Finance department, pan India '**ElevateHer** - Paving the way for Future Generations' - how Personal Brand & executive presence are vital for

leadership, what are the elements and how could women develop it - was the essence. Grateful to have been invited to be a part of this event- by women, for women, with women. We understand women, their strengths, their challenges. We know that it's not that women don't know what to do - they probably get stuck with the 'how'. Our 'Women2Women'(W2W) program journey is exclusively designed for women - supporting the uncovering of the 'how' and the 'why'. If it interests you for yourself or for your teams - do reach out



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Perna Tripathi

Anchor at "Lets connect with Perna"
(Instagram Live)

Delhi, India



23rd February 2024 Ms. Perna Tripathi, Founder of Inspiration Academic Consultants, Organized Principals' Meet at The Piccadilly Hotel, Chandigarh.

The Principals Meet & Open House Conversation was attended by many eminent academicians & renowned education administrators from Chandigarh.

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What an incredible way to celebrate Women's day!



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Noba Norbert
 Connection Head
 Events & Conferences
 United Arab Emirate



Blue Ocean Management Training Women Force is extremely grateful for the overwhelming support we receive from the management every day. At Blue Ocean Management Training, Women's Day is celebrated throughout the year. We are valued! We are cared! We are motivated!

Happy International Women's Day to all the beautiful women out there.



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Mrs. India international-2019 and
Social activist
Principal/Director, Dept. of Pharmacy
Prestige Institute of Management and
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Madhya Pradesh, India



Haribhoomi and INH 24x7 celebrated
womanhood on this international
women's day.
Had an amazing experience, sharing
my views with amazing ladies. Thanks
alot for honour **Poonam Chouksey**,

Chancellor, LNCT University,
Dr. Shweta Chouksey, Pro
Chancellor, LNCT Vidyapeeth
University and **Madurima Rajpal ji**,
Lnct University and Haribhoomi.



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Bérengère Roux

Digital Transformation Strategy, Online funnel optimization, Online lead generation & conversion, Process and Resources Optimization through the usage of Technology, Project Management
Dubai, United Arab Emirates

What a busy week with #iwd2024 coming up tomorrow

This morning I had the absolute pleasure to attend the Women in CX™ face to face event organized by the #cx expert **Lara Khouri in Dubai**. We discussed #customerexperience, #digitaltransformation and #genderdiversity.

As women, how do we behave as entrepreneurs and professionals? What is our role to change the world and make things better for women? Great conversations where we exchanged views, great energy and great connections.

Thanks **Lara Khouri** for having us and lovely meeting with you **Giovanna Melfi, Maya Mattar, Victoria Gevärdsdotter, Camelia Chniber, CCXP, Marwa Al Krad, Lori Figueiredo**



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facilitator for international companies seeking to expand their footprint in both the United States and India.

In a candid conversation with THE EXPLORE, Molly Faulkner, the esteemed Financier and CEO of Falcon Phoenix Group, shared her insights into the intricate world of international finance and real estate. With over 17 years of experience in the field, Faulkner's journey has been nothing short of remarkable, marked by her unwavering commitment to excellence and innovation.

Headquartered in the bustling metropolises of Los Angeles, California, and Lucknow, Uttar Pradesh, Falcon Phoenix Group serves as a singular point of contact for enterprises looking to navigate the complexities of foreign markets. Specializing in a myriad of financial services, the company's core focus lies in facilitating Foreign Direct Investment, Capital Infusion, and Debt Restructuring, offering invaluable assistance to businesses seeking to optimize their financial strategies for growth and sustainability. At the heart of Falcon Phoenix Group's mission is the commitment to providing comprehensive solutions to the unique needs of each client. From Sovereign and Sub-

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Molly Faulkner

Financier & CEO - Falcon Phoenix Group.
Los Angeles, California, Lucknow, UP, India

Navigating International Markets with Molly Faulkner: The Falcon Phoenix Group's Visionary CEO



In the dynamic landscape of global finance and real estate, one name stands out as a beacon of expertise and opportunity: Molly Faulkner, the formidable CEO of Falcon Phoenix Group. With over 17 years of unparalleled experience in the realms of finance and real estate, Molly has established herself as a visionary leader, steering her company towards unprecedented success and carving a niche as the go-to



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Sovereign Funding initiatives aimed at refinancing debt and securing guarantees to Cash-Backed Trade Finance options sourced from AAA+++ banks, including Standby Letters of Credit (SBLC), Letters of Credit (LC), Proof of Funds (POF), and Bank Comfort Letters (BCL), Faulkner and her team leaves no stone unturned in their pursuit of excellence.

Moreover, **Falcon Phoenix Group prides itself on its ability to unlock capital for a diverse array of industries, ranging from Energy and Heavy Industry to Commercial Real Estate and Environmental Sustainability projects.** Whether it's financing shovel-ready ventures in Biofuel, Biomass, or Carbon Emission Control, or spearheading initiatives in Hospitality, Infrastructure, or Renewable Energy, the company's portfolio spans the spectrum of innovation and progress.

As Faulkner shared her vision for international expansion with **THE EXPLORE**, it became evident that her leadership is guided by a relentless pursuit of excellence and a commitment to driving positive change on a global scale. With her unparalleled expertise and strategic foresight, Faulkner is poised to lead Falcon Phoenix Group into new frontiers, unlocking untapped opportunities and reshaping the future of finance and real estate worldwide.

One of the hallmarks of Faulkner's leadership is her unwavering commitment to transparency, integrity, and results-driven strategies. With a keen eye for identifying



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Molly Faulkner

Financier & CEO - Falcon Phoenix Group.
Los Angeles, California, Lucknow, UP, India

emerging trends and untapped opportunities, she has successfully navigated the complexities of international markets, forging strategic partnerships and delivering tangible value to clients across the globe. In addition to its core services, Falcon Phoenix Group also specializes in the private sale of distressed portfolios, large-scale developments, land, farms, and airports in the United States, offering a unique opportunity for investors to capitalize on lucrative ventures in the world's largest economy.

As the global economy continues to evolve and adapt to new challenges, the role of visionary leaders like Molly Faulkner and the Falcon Phoenix Group becomes increasingly indispensable. Armed with unparalleled expertise, a steadfast commitment to excellence, and a passion for driving positive change, Faulkner and her team are poised to redefine the future of finance and real estate on a global scale, one successful partnership at a time.



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