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I Just turne MAGNZINE

Who says modelling is only for the young?

#Businesswoman

Best Aerobics Instructor

Founder of Sushma's Fitness Venture'

COVER STORY PG. 06

SUSSING SUSTANUMBER."



Crown Times Modelling & Pageant Institute is a Delhi Based Institute where we train the girls for National / International pageants . We celebrated our Ist Anniversary on 22nd May 2021. In this Span of time We reached out to thousands of Girls with the help of our Different Online / Offline Plateforms. Also our institute is the official grooming partner with 2 Registered National Pageants Be star Studio (Reg. With indian Government) ,Weaa Miss / Mrs. India 2021 & Weaa National Award show.



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Age is Just a Number : Who Says Modelling is only for the young "I just turned 64"



'm Sushma Sharma from Himachal Pradesh, India. I just turned 64. I completed my MA and L.L.B. As a freelance journalist, I've worked for a number of major newspapers. At this age, I've completed my responsibilities and am ready to pursue my dream of becoming a model. I enjoy singing, travelling, and posing for photos.

I was a beautiful, energetic, bold tomboy. Every sport I participated in and excelled. I also competed in national volleyball tournaments for my school. I was the most physically fit girl in school.

~ Sushma Sharma (Aerobics Instructor)

My husband is a government employee retired with a high position. He adores and values me. He understands me well. I have two children, a boy and a girl, Chandani and Parth. We adopted Parth. He is Chandani's elder brother. They have a strong bond and adore one another. In 1984, when I was pregnant for the first time, I was in my hometown in Bilaspur which is a very small place. Due to lack of basic amenities in the government hospital, the child was delivered at home. I lost my baby soon after birth. "He was very handsome, big boy". Because the baby was large, I had torn stomach and pelvic tissues, and eventually needed hernia surgery. At that moment I weighted 108 kgs. When I returned back to my husband, he took care of me mentally, physically, emotionally, and psychologically. He, too, was shattered. But he put up a brave front to care for me. Doctors had warned us that having a second child was extremely dangerous. Either I or my child will survive. But, after convincing my husband,

we both agreed to go in for a second pregnancy. God blessed us with a lovely baby girl (Chandani).

I put on a lot of weight once again after having Chandani. My emotional hogging had already started after the first delivery.

And now I started eating excessively because I had suppressed my feelings about having lost my first child. I ate a lot as a result of my mood swings. My eating was triggered of by the memory of my past and many stress factors. One fine day, I decided to put an end to it and enrolled in the Art of Living course. Spirituality greatly aided me in managing and eliminating my negative thoughts from the past. I started working out at home by myself. I also learned how to feed myself properly. My husband was always supportive of everything I did.

06

My Weight Loss Journey -

I lost 58 kg in ten years by exercising regularly. Later, at a well-known health club, I learned to do aerobics and eventually became the best aerobics instructor. After several years of working in a health club. I decided to open my own fitness centre. "Sushma's Fitness Venture" was founded with the assistance of my husband and daughter. I began helping men and women who were also suffering from health issues like me. Parth entered our lives at this point. He got a job as a trainer at my gym. Later, I learned about his story, about how, at a young age, he left his biological patents home, to live on the streets. When I told my husband and daughter about Parth and the possibility of adopting him in the family, they both agreed. Parth is now an integral part of our family and my Photographer. I aspired to be a model when I was young. But I couldn't pursue my dream, because I was preoccupied with my responsibilities as a wife, daughter, mother, and businesswoman. I recently turned 64 years young. Then my family encouraged me to pursue my dream. Specially Parth, he was confident to launch me at this age on an International Fashion Industry as a Model. He created my portfolio and began his work. The International Fashion Industry is a difficult one to crack. So, he worked hard to build his network first in the International Fashion Industry by winning many International Fashion Photography Competitions and interacting with many Modelling Agents and Modelling Agencies.

Then he began the process of submitting my portfolio and introducing me as a fashion model to modelling agencies, fashion magazines, modelling agents, modelling scouts, and many fashion photographers. I then appeared on many International Fashion Magazines as a Cover Model. I'll will soon be signing for Clothing Brands, Advertisements, Print Shoots, Commercials, Catalogue Shoots, and many other projects.

Who says modelling is only for the young? If you have a dream, you can make it a reality with hard work and passion.

My photographer (Parth Sharma) -

A few words about my photographer Parth Sharma: When you go in for your first photoshoot, you have many concerns about yourself, such as your appearance, age, figure, and lack of knowledge about how to present yourself. Your photographer should be able to address these concerns, putting the prospective model in the right frame of mind and instilling confidence in them. In the photographs, this brings out the natural beauty of the model's body and spirit. He should also be able to inspire the models to relax, be themselves, and give their all. Parth Sharma, I believe, is one such photographer who is also a manager, teacher, and inspirer. His photographs have a spiritual undercurrent. First portfolio is highly recommended for aspiring models in Himachal Pradesh and Pune by Parth Sharma.



Q. From your interview we got to know how you had tackle all obstacles, any piece of advise for the younger generation who neglect their health.

Believe in your abilities. Be persistent, consistent, and self-assured. In whatever health condition you are in, you can always revert to your healthiest self.

Q. People generally bound their limits by giving references of their age, what would you like to tell them about this thing?

Age isn't just a number: it's the truth, but that doesn't mean you should start feeling old. If you take care of yourself, you will undoubtedly benefit as your numbers increase. The more energised and liberated you become. So, you can feel as young as 16 at the age of 64, and this is a fact.

Q. Being into so many things and then taking care of family, how do you used to manage all this?

I believe all women are capable. Because we are so intuitive, we can balance multiple things at once. I created an environment in my family where we can support and encourage one another in whatever we do. So balancing family and career was simple for me.

Q. Any health tips you want to give our readers for this monsoon season ?

Drink plenty of water. Eat homemade food, wash vegetables thoroughly, and don't eat them raw; instead, steam or boil them. Begin with simple exercises at home, such as Surya Namaskars or school PT exercises. The key is to stick to a routine rather than attempting complicated exercises or diets.

Q. How much It's difficult to get back to a normal life after putting weight and going through your personal loss.

It always depends on your emotional strength, but one thing is certain: healing occurs regardless of how long it takes. You should always be willing to give yourself another chance.

Q. You mentioned about your husband, daughter & son in your interview, do you want to leave any lovely note for them here in this magazine ?

My family is my rock. I would not be where I am today without the help and support of my family. They not only encourage me to enjoy what I do, but they also assist me in making time for my activities and taking pride in my accomplishments.

Q. Whats your favourite thing to do in your spare time ?

l enjoy simple cooking, singing, and sharing my personal experiences with health and fitness on social media to inspire others.

66 Believe in your abilities. Be persistent, consistent, and selfassured

DIVAPLANT MACAZINE

Life is Unpredictable – Some things that have motivated me to keep up with this ride called Life ~ Shailaja Nistala



(HR Generalist / Coach & Mentor)



hailaja Nistala from Mumbai, working professional; mother to one daughter As it is said, "Life is Unpredictable", my 50 years

journey has been quite unpredictable as well. Some things that have motivated me to keep up with this ride called Life; the urge to be ambitious, to stand up for what I believed & to explore new possibilities for growth. HR, Mentor, trainer and coach by profession.

Reader, Writer, Philatelist, Social worker by passion.

Asia's Top 100 influential Women Prominent Social Worker of the year 2023

Q. Can you brief us about yourself?

My 50 years journey has been quite unpredictable. I would describe myself as silent, independent, firm individual. My love of discovering new things has kept me inspired throughout my life's journey. I stand up for what I believe. I enjoy talking with people to learn about their perspectives and how they engage with the outside world. I make decisions based on my experience and not on opinions of others.

I am an HR professional for the last 25 years. I have found way into being a soft skills trainer and mentor to the students to help them navigate their way into the practical life.

On the family front, I have a younger sibling. My mother is a home maker and father were a government servant. Married for last 30 years, I am mother of a daughter.

These are some of the reasons for who I am today.

Q. How does it feel after being a coach for students and to help them?

I believe that when you speak with young generation, we get to learn from them as their view towards life and career is different. Coaching students has been an awesome experience and yes it comes with a huge amount of responsibility. It promotes interpersonal relations. They look upon me for solutions or guidance. The bond that's created between me and my students is something which cannot be described in words. And when they a reach a position in their career, the happiness is beyond words. As the bond is so strong between me and my students and the trust, they show in me is something very special. I love being part of the process, where my thoughts, the road map, the information gets applied in someone's life and they make progress.

Q. Do you have any specific hobby since childhood?

Yes, I do have a few hobbies or interests like, "Stamp Collection"– I have a dream of getting into Guinness book of records for my Stamp Collection and making a positive impact on the world. Every stamp is work of art. I collect many old and new stamps from different countries. I have been collecting stamps since my childhood, I couldn't continue in between as situations didn't work the way but now again. I have started working towards my goal of becoming a record holder. So I have an album in which I keep my stamps. Stamps are a treasure because if and when a stamp goes out of circulation, it gains in value. I love to see them off and on

"Reading" – I am an avid reader and have always been very fond of books. I read all kinds of books but love nonfiction books. It was a hobby that with time developed more and more. I love to get lost in a good book it makes me relax and also helps me expand the horizon of my knowledge..

"Writing Poems" – At times when there would be nobody to speak with, I used to watch the moon and put my thoughts and feelings on paper (yes, I am a Selenophile). That is how I got passionate about writing. From then randomly writing down my thoughts to now writing poems, I would like to say I have given my imagination a chance to dive deep into words. All my writings have been simple and quite personal. Be it from personal experience or maybe an external inspiration, I always feel connected to them in some way or the other.

Also, to relive my stress or to pass time I enjoy colouring.

Q. Do you want the same profession for yourself in which you are today or something else.?

Yes, I want the same profession in which I am today.



Q. You are into social work, which itself is a selfless devotion but today people use that for their own popularity, what you think about that?

I acknowledge the problem first. I believe if a problem exists, there will be a solution to it. We should have patience and not jump to conclusions. Every problem is handled or dealt in a separate way. If the problem is with a person, I strongly believe that talking helps. Sometimes when we have multiple solutions to a problem, it can be difficult to choose the right one. If by any chance choice of solution turns out to be wrong, then be prepared to face the consequences and then again choose the right solution. We should never run away from or ignore a problem. Trust me, until we find the

Q. When it comes to your personal choice – are you a person who loves to do online shopping or offline shopping?

Honestly, I am not a shopping spree, but my personal choice is offline shopping. I prefer to see things in person before I purchase. But yes, sometimes if the situation demands then I do choose to shop online.

Q. What is your way to deal with any problem?

It's about the way how we see and perceive. A lot of effort goes in social work, fight for justice, to relieve people from suffering and many more. Yes, it's a selfless devotion, it promotes stronger human relationships. In some cases, it can be a very sensitive context. using it for fame or popularity may ethically be wrong for the person or the group of people. I believe, if you are in the position to help someone even a tiny bit, that little gesture can mean something hugely meaningful for another person.

Q. Lastly, are you planning anything new about which you want to drop some hints?

Yes I have planned a couple of new things like as I said, working towards the goal of being a record holder for stamp collection, I am planning to publish my poems, writing a book and of course continue with my social work.

BECOMING A MODEL WAS MY CHILDHOOD DREAM. ~ Pravesh Rawat (Model & Educationalist)

am teacher by profession and model by passion. I was born and brought up in Faridabad but presently residing in Goa. I got married to a defence personnel. By virtue of

this I have been experiencing and learning of various culture and tradition of my motherland. I am proud mother of two children. I am fitness enthusiast, confident and strong woman who always keen to learn and prompt to help.

To be a model, it was my childhood dream. Now it has come true due to full support of my husband and my lovely children. It is right to say that a man is behind the success of a woman. It is also true that age is not a barrier in fact a great experience.

My interest revolves around dancing, listening music and travelling. As ups and downs are part of life but two incidents have totally changed my way of living. First, when I lost my father due to COVID-19. Second, I got COVID positive and no one was there to help me out in this pandemic situation. All this taught me to stand with strength and courage. My journey from teacher to model has started in spite of many social restrictions. Now I am carrying simultaneously both passion and profession.



My message to them :-**Be Strong, Be Confident.**

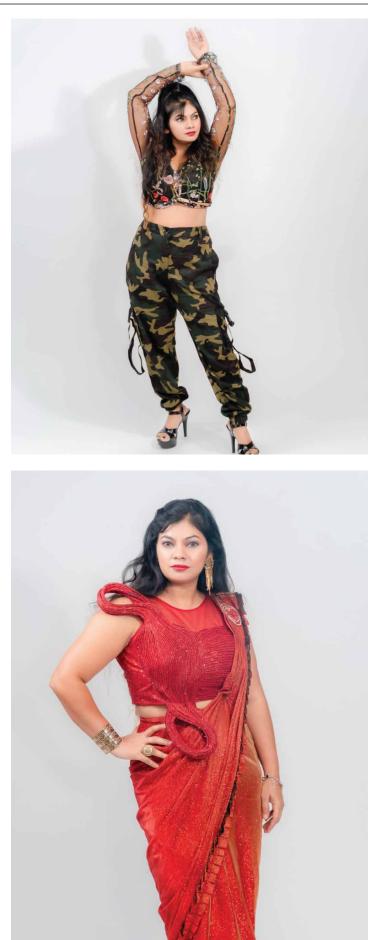


I have awarded with many titles like Mrs. Renaissance 2021 and Mrs. Inspirational Diva 2022. I also win the crown as a first runners up in "Mrs Unity Queen of India 2022 beauty pageant".

I am prestigious member of Indian Women's History Museum. I also got India Diva Award 2022(Season 4)for excellence as a Model & Educationalist.

I am honoured as Celebrity Guest in Miss & Mrs. Classic Crown 2022 and Celebrity Jury in Miss & Mrs. Classic Queen 2023 organized by MS Entertainment.

I strongly believe in the selfless contribution to our society. I want to be role model for those women who are still confined between two doors.



After seeing many women with different criteria of problems, I focused on what I could do to get women out of their problems. ~ Lavanya (Entrepreneur & Social Worker)

I own a beauty academy in the name of monaliza, I have given free beautician course for the needy and windows



Q. Can you tell us little bit about yourself?

I'm lavanya from thiruvallur district I own a beauty academy in the name of monaliza I'm soft by nature person but with a hard willpower.

Q. You have been doing many things for women empowerment, from where you got the inspiration of doing this?

After seeing many women with different criteria of problems I focused on what I shall do to make women out come their problems. My mam Mrs. Jeyanthi inspired me and motivated me.

Q. What is your favourite dish of all time? I love to have curd rice.





Q. Any special achievement of your life you want to share with us?

I have planted trees in area, I have educated poor children who are the drop outs from school. I have given free beautician course for the needy and windows & I have rescued many street dogs by the help of blue cross.

Q. What things you feel we need to focus on to empower women?

we need to bring out the fear about the society from women. Many back stand because of what might the society say.

Q. How do you start your day?

l get up at 3.30 do all my household work by myself as I shouldn't loose my family responsibility. "Women are leaders everywhere you look-from the ČEO who runs a Fortune 500 company to the housewife who raises her children and heads her household. Our country was built by strong women, and we will continue to break down walls and defy stereotypes."



Finding Purpose and Empowering Others: "The Transformational Journey from Suman Sharma to Dr. Aanvietya"

This name holds deep significance for me. It is a combination of 'Aanvi,' which represents grace and kindness, and 'etya,' inspired by the words truth and beauty. This name reflects my belief in nurturing compassion, guiding with integrity, and recognizing the inherent beauty in every individual.



am Dr. Aanvietya S.A Sharma, formerly known as Suman Sharma. I have recently changed my name and adopted the name Dr. Aanvietya. I am an Astrologer, Numerologist, and Name Correction Expert hailing from the holy city of Haridwar, Uttarakhand. At Astro Rayez, a platform I own, we provide comprehensive solutions to people seeking answers to their various problems. Additionally, I am deeply passionate about social work and dedicate myself to counseling individuals on marriage issues. Moreover, I actively work towards the betterment and upliftment of socially and economically challenged women. In terms of my personal life, I have been happily married for five vears and am blessed with a beautiful 2-year-old baby girl. The unwavering support of my husband, parents, and entire family has played a significant role in my personal and professional journey.



Q. As you mentioned that you changed your name from Suman to 'Aanvietya,' which is quite unique, is there a story behind this name?"

"Yes, I made the decision to change my name, and it was not an easy one. As a Name Correction expert, I truly understand the impact a name can have on one's life. With my previous name, 'Suman,' I faced certain challenges and obstacles that I wanted to overcome. So, I decided to embrace a new name that resonates better with my personal journey and aspirations."

Now, coming to 'Aanvietya,' this name holds deep significance for me. It is a combination of 'Aanvi,' which represents grace and kindness, and 'etya,' inspired by the words truth and beauty. This name reflects my belief in nurturing compassion, guiding with integrity, and recognizing the inherent beauty in every individual.

Q. "What inspired you to create Astro Rayez and what makes it unique in the astrological services industry?"

Astro Rayez, a prominent platform dedicated to providing comprehensive solutions for people seeking answers to their various problems. At Astro Rayez, we offer a wide range of services in the field of astrology, numerology, and name correction. As an Astrologer, Numerologist, and Name Correction Expert, I have created this platform to assist individuals in finding guidance, insights, and remedies related to their personal and professional lives. It is a privilege for me to serve as the owner of Astro Rayez and offer valuable assistance to those in need. If you have any questions or require support, feel free to reach out. Welcome to Astro Rayez!"



66 I have a deep curiosity about the future and what it holds, which is a significant motivation for me to pursue astrology as my profession.



Q. How difficult it is to raise a 2 year old child and along with that to carry the profession?

Raising a 2-year-old child while managing a profession can be quite challenging, but with the right approach, it is possible to strike a balance. Time management, a strong support system, flexibility, and self-care are important factors to consider in this situation. Efficiently managing your time becomes crucial. It's important to find a routine that allows for quality time with your child while also setting aside dedicated hours for work. This requires finding the right balance and being mindful of your priorities. Having a strong support system is essential. Whether it's a supportive spouse, understanding family members, or reliable childcare assistance, having people you can rely on makes a significant difference. They can help share responsibilities and provide the support you need to focus on your profession.

Q. What motivates you to pursue Astrology as your profession?

I have a deep curiosity about the future and what it holds, which is a significant motivation for me to pursue astrology as my profession. I am genuinely fascinated by exploring what lies ahead and helping others gain insights into their lives. However, I must acknowledge that my husband plays a vital role in my motivation. His unwavering support and belief in me have been pivotal in shaping my journey as an astrologer. I am incredibly grateful and blessed to have him in y life, and I express my deepest appreciation and heartfelt gratitude to my husband for his invaluable contributions to my journey as an astrologer.

Q. What kind of common problem you faced while handling your clients related to their marriages.

When working with clients regarding their marriages, I often come across common challenges. These include communication issues, compatibility struggles, trust and infidelity concerns, family and cultural differences, and a lack of intimacy and emotional connection. I work closely with individuals to address these issues and provide personalized guidance to help them build stronger and more fulfilling marriages. It is important to note that each client's situation is unique, and the specific challenges they face may vary. As a counselor, I work closely with individuals, providing tailored guidance and support to help them overcome these obstacles and cultivate stronger, more fulfilling marriages.

Q. What kind of person is Dr Suman - a serious one or a cheerful one?

Dr. Suman is a versatile person who embodies a mix of seriousness and cheerfulness. I have a naturally serious side, which reflects in my straightforward approach to things. I believe in being direct and honest in my interactions. However, I also have a cheerful and playful side. Spending time with my 2-year-old daughter brings out my joyful and lighthearted nature. During my free time, I love engaging in playful activities with her, creating wonderful moments together.

Q. Which weather is your favourite one - Summer winter/ autumn/ Rain and why?

I enjoy rainy weather the most. I love the calmness and peacefulness that comes with the gentle breeze during rainfall. Living in the beautiful city of Haridwar, I am fortunate to witness the beauty of nature in its full glory during the rainy season. Everything around me becomes more beautiful and appealing. The rain showers add a touch of magic to the environment, making it my favorite weather.

Q. Any tips you want to give our readers if they want to pursue the same career?

Be passionate and dedicated to your craft. Embrace astrology with genuine enthusiasm and a thirst for knowledge. Continually educate yourself, explore different techniques, and stay updated with new developments in the field. Cultivate your skills through practice and seek opportunities to gain practical experience. Remember, astrology is a lifelong journey of learning and growth. Stay committed, persevere through challenges, and always strive for excellence in your practice.

Being a mother, Lecturer, Ph.D. Research scholar and Author, Shanmathi Sriramulu stands as an inspiring woman in the society.

~ Shanmathi Sriramulu (Research scholar & Author)



66 Her second book of poetry titled Twinkle Verses published in 2023.

hanmathi Sriramulu is an author, lecturer and research scholar from Viluppuram, Tamil Nadu. She was introduced to literature by her father and mother who narrated stories to her. She received school education from Sacred Heart Convent Anglo-Indian Hr. Sec. School, Viluppuram. Her imagination influenced her to write, at the age of eighteen. She completed her M.Phil., English Literature in Arignar Anna Government Arts College, Viluppuram, the place where some eminent professors recognized her writing skills and supported her to publish her debut book of poetry The Speaking Breeze (2018). The author has attended number of national and international seminars, conferences and published research articles.

DEVAPUBLICATION OF GROWN TIMES

She is a Ph.D., Research Scholar from Joseph Arts & Science College, Thirunavalur. Her passion for literature guided her to serve as an English faculty. Shanmathi started her career as an Assistant Professor in BWDA Arts & Science College, Mailam, Viluppuram and later joined as a Lecturer in Dr, M.G.R. Government Arts & Science College for Women, Viluppuram. Her area of interest is Afro-American Literature, Post-Colonialism, Children Literature, Feminist Studies and Communication Skills. She practiced LSRW Skill training in IELTS, British Council, Chennai. She received 21st Century Emily Dickenson Award from Bookleaf Publishers-Writeathon contest 2021. Shanmathi Sriramulu also serves as a resource person for various institutions. Her second book of poetry titled Twinkle Verses published in 2023. She received MOST REMARKABLE AUTHOR OF THE YEAR 2023 award presented by Diva Planet INDIA'S TOP 50 LEGENDARY Women Award 2023. Being a mother, lecturer, Ph.D., Research scholar and author, Shanmathi Sriramulu stands as an inspiring woman in the society.

TALK WITH shanmathi sriramulu

Q. How it felt, when you launched your debut book?

My dream came true moment. It was an inexplicable feeling. I felt that I have contributed something to the society. I was on cloud nine, when I received my author copy, in hand. It was like reading the first love letter. My first book The Speaking Breeze (2018) created my identity, as an author and made me believe that I am one among the good writers.

Q. What kind of person Shanmathi is - an introvert or extrovert?

I am an ambivert, who is flexible with people and loves spending useful time alone. Since I was born and brought up as a single child, I'd always love to, get surrounded by friends and people. At the same time, I enjoyed and never regretted for being alone.

Q. Any quick tip for youngsters who want to be an author?

Dream, travel, fall in love, spend time with yourself, imagine and keep writing. Touch all Genres. Sculpture the civilised society.

Q. To whom you want to give the credit of your success?

For My professors and mom.

Q. Any specific achievement which is very close to your heart?

To see my poems being presented by scholars in international seminars and conferences, at my presence.



Always like to experience and explore new colors of life. [•] Merin Moncy (PhD in Psychology scholar)



66 Pageant world opens a great door in the society to raise the good voice among the people to influence them.

Q. Tell us more about you ?

I am doing PhD in Psychology. Basically working as a professional trainer. Born and brought up in Kerala. I love arts especially music Dance childhood itself I trained and proved in these art forms. My family consist of my better half Mr. Rahul Babu and blessed with two lovely kids Reyan & Jerom. I consider my in-Laws equally important as my parents.

Q. What motivates you to get into pageant world ?

Pageant world opens a great door in the society to raise the good voice among the people to influence them. Our view points culture traditions everything will be listen by the Public, That is the ultimate motivation of me to enter this segment.

Q. What is the major achievement of your life, which you are going to cheris for life?

Entrolling to PhD is one of my long cherished dream. Being a PhD scholar I am completly enjoying the process of research. I am very sure that I could give a fabulous outcome in the area of child psychology.



How will you define your journey till now ?

Satisfied with life, head filled with dreams to full fill. Hands are always ready to work for the action. Always feeling Gratitude for the life.

Q. How do you like to start your day?

My days are now organized with exact time frame about my action time. So that I can deliver quality time for each and every action which planned.

Q. Do you ever feel any fear when you start to do some new things ?

I feel alert and vigilant while doing a new thing. I always like to experience and explore new colors of life. My mother always taught me about that basic lesson still I am following it .

Women in workplaces & the Challenges - Sadmin (Author, social activist, IHRA member) Subtle The core



ny workplace by default is masculine in nature, not by gender but by traits. High intensity, cut throat competition, hook or crook means to develop, a cut throat rat race, emotionless, robotic and lethargic. These traits are way polar to feminine traits, nurturing, caring, somewhat apologetic, rather emotional, sacrificial and so on. The war is much more between the traits rather than the gender itself and these challenges My main challenge is to make the society as well the people in and around the workplace to be more acceptable and malleable for change including both men and women for a safer, warmer and more welcoming catabolic environment to work in.

Inevitable natural motherhood -

God have been gracious enough to boon only women with motherhood but with it comes the obvious sacrifices. This factor might be modifible to some extent and only can be eliminated if a woman decides to never be a mother. Excluding that what we women can demand or instigate is the right to keep a job in the same position after an extended maternity leave with obvious full pay or another soft way out is to choose such jobs which will not cater to the same problem. For any high yielding high pressure jobs, sacrificing family life and or motherhood might happen as a side effect. In my opinion, i as a woman cannot cancel women being mothers so a temporary sacrifice or a small momentum loss from an professional aspect with proper family aspect should be agreeable. Mindfully i used the word, temporary as i too believe job ergonomics should never be tampered with even in such scenarios. Time will tell.

Subtle Physical Mental Harassment -

The core battle of sexes. Dominator vs submisser. Active vs passive. Power and authority can make any man(and woman) crooked, when in course, it sets a domino of traumas in us women. From using lipstick to using a perfume it psychologically elevates the chances of unwanted attention which leads to one thing and another if not rebuked at the earliest. Harrassment can range from plain texts to stalking and all kinds of physical touch. To counter this I would advise a women help cell controlled completely by women alongside HR in corporate scenarios and an transparent HR in places when women force is too low to form a cell. To make it clear, the harraser can be of any gender and does deserve punishment nevertheless.

Soft blackmail and Pseudoromance -

Casual flirting and romance without any real responsibilities comes as a boon to many, mainly for some ill refuge from the monotonous life. However, sometimes things might take a sinister turn for unofficial favours, help etc. Such incidents not so common yet aren't rare either. Again I'm stressing these things happen from both sides however statistically we haven't reached the mens' equivalence but sadly we might be very well on our way. These things not only destroy the families but also drags down the reputation of the entire setup involved.

Toxic feminist energy -

You cannot clap with one hand. Mostly feminism and women empowerment lectures seem to diss men left and right but we fail to see the obvious. More often than not women bring down women, women fight women and women will do anything to beat other women to the ground which in a way directs to the above-mentioned scenarios. As far I'm concerned we should practically support each other to empower us rather than do it on social media by participating in the nincompoop trends of women empowerment. As women if we cannot first set our house in order, we don't have the right to lecture others.

To be or not to be: Generalised social stigma about women in workplaces -

India is a weird country albeit all places are wierd. People want women to progress but not so much that they lose their "Indian bahu sanskar". People want women to be educated but not so much that they are everywhere. Those same people will want us to be free but not after marriage. They (both men and women) seem to want good for us but till a limit. Rather than doing women empowerment events, this is where we must start our fight, at home, to make the previous generation understand and even if they don't, it doesn't matter, change is the only constant. Working women in all sectors must be naturalised till the extent that such articles cease to exist.

Haritha Institute and Research Foundation is my dream project from my college days. ~ Dr. Surya Haritha sreekumar nair (Educator & Entrepreneur)



Q. Can you tell us more about your Haritha Institute & Research Foundation?

Haritha Institute and Research Foundation is my dream project from my college days. I started to work for it by learning more courses explore more labs, Institute and hospital and I was doing more Research how to build it and ices completely my dream of past 10 years .so at 2023 my dream become TRUE. But one more thing without my famiy I could not able to achieve it very soon .my parents trusted me and they built my dream very soon. Many was asking me in this young age how you can manage biotech research company and Institute buy my answer is I know I much capable to run this Institute and I will develop it much better in future. Still I'm working for it. I'm very much thankful to my grandparents (Achuthan Nair, Devi Amma, parents Sreekumar and lathika & my fiance lokesh & my best friend naheetha fathima my family. They been my backbone and been with me for situation.

Q. You have already won so many awards, which one is more close to your heart & why?

I have received more than 15+ awards . All awards have they own way of special and I'm very close to my heart. Special award is icon of Asia which I got first award so I'm little more special to me always. But recently I received award for literacy It's something which is more special to me.because I have wrote poetry for memories of my grandfather so I have won it so it's little special to me.

Q. Can we have a sneak about your likings other than your professional work?

Other than professional work. I like to research about food and I'm big sea food lover. I'm quit interested in fashion too. I use to thing my own of designs for costume while going for any event and get done by my designer. I use to read more novels and watch more documentary series.

My First Achievement Medicinal plants used for breast cancer.

Q. Being a Educator what kind of hurdles you have a faced ?

Yes I have seen many different phases of life through my students. Especially I have more girls are my students . I have learnt from them how much struggle they faced in they life. As I'm Educator they used to share me about they personal life how they facing in society not only in outside and they some facing in they own family circles Too. I have learn many different stories from them and learn about life But all my students are best.

Q. Which achievement was your ist and major achievement of your life?

My first achievement is my major project which I was doing under my UG time . It's was interesting topic which I chose in UG regarding medicinal plants used for breast cancer. It got published it's my first achievement . Then after it nearly 20 research paper I have published and I have done more 85+ certificate courses, 15+ awards these are my achievement in my life. At my age of 25 I won my dream built up of my Institute that's my big achievement.

Q. What kind of a person you are -an Early Riser or Night owl ?

I'm kind of early Riser I will more active in early morning at 3 am too. I can work early morning also I won't be stress if I wake up at morning . I will be more active

Q. How would you describe your own personality?

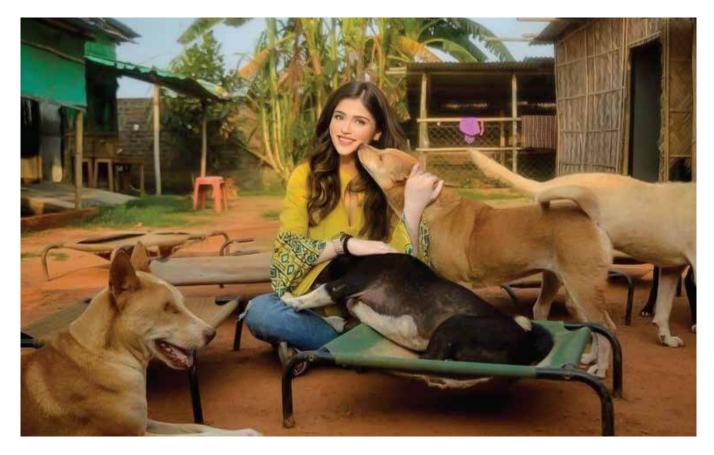
I am a hard-working and driven individual who isn't afraid to face a challenge. I'm very bold ,savvy, risk-taker, observant, energetic, creative. What I think I would have done it any cause in my life . I will believe myself not anyone.

Q. you have a specific interest in medicinal plants, any particular reason of that affection?

Yes I have got this interest from my Dean Dr Hemalatha . She is one who teach me about medicinal plants used for disease. She is mummy guide for my projects who help me to do more Research about medicinal plants. Medicinal plants are quit interesting topic when we started to like and read. Im very thankful and grateful to Dr. Hemalatha my Dean.



Being the voice for the voiceless - Saubhagya Sharma



aubhagya Sharma was born on llth March 1994 in Guwahati, Assam. Her father Anil Sharma, though a Businessman by profession, is a University topper, Bodybuilder, and Black belt in tial arts who promotee aelf defense in women and

martial arts who promotes self-defense in women and children. Since her mother Nandini Sharma is a double MA in English and was a professor at St. Peters, Soubhagya was exposed to reading, writing, and learning within the precincts of her home.

Her Grandfather Late Hari Sharma was a renowned lawyer and activist from Assam and Her Great Grandfather was Honourable Late Shree Kedar Mal Brahmin, MLC, BL, MLA

Assam Legislative Assembly 1937,

One of the founders of Assam State Museum.

Former President Guwahati Commerce College.

Former President of Pragiotish College, Founder of Balika Vidyapeeth, Founder of University Law College, and Founder of Sishu Niketan.

From an early age, Soubhagya loved visiting farms, animal shelters, old age homes, and orphanages on the weekends with her parents. s

Quite naturally, she was influenced by liberal, humanistic ideas of society. And started writing on Animal Welfare. Soubhagya is an embodiment of kindness and compassion for all living creatures that she came across in her day-to-day life.

She adopted a vegan lifestyle toward her end goal of reducing non-human animal suffering. Deciding to stop eating and consuming meat and other animal products and adopted a plant-based diet, is one of the most impactful personal changes a person can make when it comes to helping animals and the environment. Following her passion she did multiple courses on Dog emotion and cognition, Post graduation Diploma in Animal welfare, Animal physiology and pet behavior, Animal communication, and many more.

She believes that animals should be treated with respect and have more rights than they currently do. She started volunteering with NGOs like FIAPO, Peta, and PFA regularly taking part in protests and demonstrations, sharing delicious vegan recipes on social media, and started blogging to spread awareness.

While everyone looks for pure-breed dogs, she has adopted mixed-breed and indie dogs and does feeding and vaccinations of community animals regularly without the need for any contributions.

She got the recognition as the Youngest Philanthropist in Animal Welfare at the Global Excellence Award 2023, Bharat Vibhushan Award, and Her Story Times.

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Q. What is the significance of Veganism?

Veganism is important for several compelling reasons. Firstly, it promotes compassion and respect for all living beings. By choosing a plant-based diet, individuals are actively avoiding the unnecessary suffering and exploitation of animals raised for food production. Additionally, embracing veganism has a positive impact on the environment. Animal agriculture is a significant contributor to greenhouse gas emissions, deforestation, and water pollution. By opting for plant-based alternatives, we can help mitigate these environmental challenges and work towards a more sustainable future. Lastly, veganism offers numerous health benefits. Studies have shown that a well-planned vegan diet can lower the risk of chronic diseases such as heart disease, obesity, and certain types of cancer. Ultimately, adopting a vegan lifestyle aligns our actions with our values, benefits the planet, and supports our overall well-being.

Q. How is the dairy industry exploiting cows?

The dairy industry exploits cows in various ways. Firstly, cows are artificially impregnated repeatedly to maintain milk production, which can cause physical and emotional distress. Once calves are born, they are often separated from their mothers shortly after birth, causing emotional trauma for both mother and calf. Male calves are typically considered byproducts of the industry and are often sold for veal or slaughtered shortly after birth. Dairy cows are subjected to intense and continuous milking. which can lead to painful conditions like mastitis. They are often confined in small spaces, preventing them from engaging in natural behaviors. Moreover, the industry prioritizes high milk yields, resulting in cows being bred for genetics that can lead to health issues and reduced longevity. Overall, the dairy industry prioritizes profit over the well-being of cows, exploiting them for their milk and disregarding their natural needs and welfare.

Q. What does Speciesism mean?

Speciesism is a concept that denotes the unjust discrimination or prejudice based on an individual's species. It involves the belief that one species, usually humans, is superior to others and therefore justifies exploiting or mistreating animals for various purposes, such as food, clothing, entertainment, or scientific experimentation. This bias neglects the inherent value and rights of non-human animals and disregards their capacity to experience pain, suffering, and emotions. Speciesism is often challenged by animal rights activists and proponents of ethical treatment, who advocate for equality and respect towards all species, promoting a more compassionate and inclusive society.



Q. What can society do for community animals?

There are several ways individuals can help community animals. Firstly, providing food and water for stray or feral animals can make a significant difference in their well-being. Setting up feeding stations or participating in community feeding programs can ensure these animals have access to regular meals. Additionally, individuals can volunteer or support local animal shelters or rescue organizations. This may involve fostering animals, assisting with adoption events, or donating supplies or funds to help care for homeless animals. Spreading awareness about responsible pet ownership and the importance of spaying/neutering can also help control the population of stray animals. Lastly, reporting cases of animal abuse or neglect to the appropriate authorities is crucial in ensuring the safety and well-being of community animals. By taking these actions, people can make a positive impact and improve the lives of community animals in need.

Q. How can we take care of our Pets better?

Taking care of pets requires attention, love, and responsibility. Firstly, ensure they have a comfortable living environment, with enough space to explore and rest. Provide a balanced diet tailored to their specific needs, ensuring they have access to fresh water at all times. Regular exercise and playtime are essential to keep them healthy and happy. Don't forget to schedule regular veterinary check-ups to monitor their well-being and prevent any potential health issues. Maintain proper hygiene by grooming them regularly, including brushing their fur, trimming their nails, and cleaning their ears. Give them plenty of affection and mental stimulation through social interaction and engaging toys. Lastly, keep them safe by providing a secure environment and necessary vaccinations. By following these guidelines, you can ensure a fulfilling and loving relationship with your pets.

A Trailblazer in Academia, Research, and Social Influence ~ Dr. Ch Gayathri Marshall Scholar

As Dr Gayathri's journey unfolds, her innovative research, insightful publications, and influential social media presence will undoubtedly continue to shape the world of academia and inspire others to pursue their passions and make a difference in their respective fields.

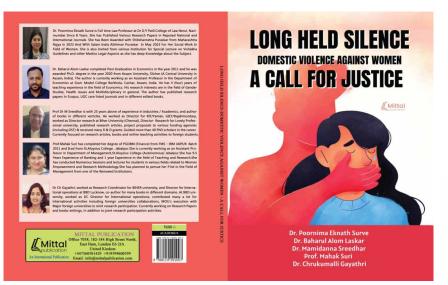


One of Dr Gayathri's notable achievements is her co-authorship of the critically acclaimed book, "A Critical Study of Enzymes." This extensive work, which took six years of meticulous research and analysis of internationally indexed journals, unravels the profound role of enzymes in cellular functions.

> In today's interconnected world, the fields of biology, psychology, and human rights play crucial roles in addressing the complex challenges and issues we face as a society. Biology, the study of living organisms, provides us with a deeper understanding of our own bodies, diseases, and the intricate mechanisms of life. It allows us to develop advancements in healthcare, genetics, and environmental conservation. Psychology, on the other hand, helps us unravel the mysteries of the human mind and behaviour, enabling us to enhance mental well-being, foster positive relationships, and address societal issues such as addiction, trauma, and discrimination.

Additionally, human rights serve as a guiding framework to protect the dignity, equality, and freedom of individuals, promoting justice and social harmony. Having an expert who possesses expertise in these three disciplines is vital as it allows for a comprehensive approach to tackling multifaceted challenges, facilitating innovative solutions, and promoting holistic well-being for individuals and communities alike. Dr Ch Gayathri, a renowned scholar and influencer, has emerged as a formidable force in academia, research, and social media. With a diverse range of expertise spanning Biology, Psychology, and Human Rights, Dr Gayathri has made remarkable contributions that have garnered accolades and recognition from prestigious organizations.

Hailing from a humble village in Andra Pradesh, Dr Ch Gayathri's journey is an inspiration in itself. Her multidisciplinary approach has propelled her to explore and excel in various fields, leaving an indelible mark on the scientific community.



One of Dr Gayathri's notable achievements is her co-authorship of the critically acclaimed book, "A Critical Study of Enzymes." This extensive work, which took six years of meticulous research and analysis of internationally indexed journals, unravels the profound role of enzymes in cellular functions. It delves into the chemical mechanisms of enzyme catalysis and the regulation of enzyme activity, providing readers with a comprehensive understanding of this fundamental aspect of life. The book has received numerous awards and commendations, further solidifying Dr Gayathri's reputation as an expert in the field.

Beyond her scholarly endeavours, Dr Ch Gayathri has also established a significant presence on social media platforms. Her Instagram account boasts an impressive following of nearly 200,000 followers who are captivated by her insightful posts. Dr Gayathri's inspiring slogan, "Happy Be Happy, Tensions Are Part of Life, Enjoy Life With Cheers," resonates deeply with her online community, fostering a positive and uplifting environment.

Dr Gayathri's exceptional contributions have not gone unnoticed, as she has been recognized with several prestigious awards. GHRT India has nominated her for the Best Author category, acknowledging her outstanding literary contributions, while BEZOX Media has nominated her as a Social Influencer, recognizing her ability to engage and inspire audiences through her influential online presence. These nominations highlight Dr Gayathri's commitment to academic excellence and her unwavering dedication to sharing knowledge with the world.

Reflecting on her illustrious career, Dr Ch Gayathri's achievements and ongoing contributions stand as a testament to her intellectual prowess and unwavering dedication. Her passion for knowledge, research, and education continues to inspire countless individuals, and her impact on academia and literature will resonate for years to come.

As Dr Gayathri's journey unfolds, her innovative research, insightful publications, and influential social media presence will undoubtedly continue to shape the world of academia and inspire others to pursue their passions and make a difference in their respective fields.

Dr Gavathri's inspiring slogan, "Нарру Ве Нарру, Tensions Are Part of Life, Enjoy Life With Cheers." resonates deeply with her online community, fostering a positive and uplifting environment.

My passion of creating a world free from chemicals, which became my brainchild named " She's La Nature" ~ S. Sheela (Founder - She's La Nature)



Q. Can you brief us about yourself?

I'm Sheela Vageesan, proud mom of two, an engineer by graduation; worked in IT for 4 years and after a long break, ventured into my passion of creating a world free from chemicals, which became my brainchild named " She's La Nature"

Q. Your brand is promoting natural products , from where you get this idea ?

As it is said. Necessity is the mother of invention, the idea of She's La Nature sparked when my elder one suffered from an inflammatory skin infection. The mother in me started preparing chemical-free products for my own daughter which then turned into a thought of preparing it for all kids and busy-bee moms who are in search of chemical-free products and do not find time to make one.

Q. How difficult was it to establish this brand ?

We all know that the world is fully behind easy-to-use products which are obviously full of chemicals. The biggest challenge was to make 2k kids understand that chemical products are not long lasting and unhealthy both externally and internally. But as the world is moving towards a more nature-driven way in the recent past, the reach of our La Nature products are getting easier than it was earlier. But once our products are tried and tested, there has been no look back.





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The mother in me started preparing chemical-free products for my own daughter which then turned into a thought of preparing it for all kids and busy-bee moms who are in search of chemical-free products and do not find time to make one.

Q. Which achievement you find much closer to your heart ?

La Nature has won 3 awards for now. I. Young Entrepreneur National Award 2. Asia's top 100 Influential Women Awards 2023

3. AIWAA award.

Apart from these, the one thing that I'd consider my biggest achievement is the love that has been developed for La Nature's Products from my repetitive customers.

Q. How you end your day , any specific ritual you follow ?

Nothing is impossible without God's Grace and loved ones' support.

My everyday routine ends with a heart full of gratitude and love for my family. The one ritual that I religiously follow is the

time I spend with my kids at night who give me unconditional love and who were the only reason to ignite my spark for the business. Not forgetting to mention my backbone, my betterhalf who is the pillar behind everything I do for La Nature.

Q. Who is your support system?

My Family. I strongly believe that behind a successful woman stands a Strong Supporting Man and in my case it's my friend who is my hubby Mr. Vageesan who keeps pushing me from behind whenever i feel low. And of course my two lovely angels, Akshara and Shreya who are my backbone and very understanding children who always want their mom to run to achieve her dreams.

Q. If someone wants to reach you and buy your products , how they can ?

You can reach out to She's La Nature On our instagram handle – @ lanature_herbal On our Whatsapp at 6381390537

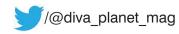












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