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A PUBLICATION OF CROWN TIMES

JANUARY 2024 | VOL. 01

MAGAZINE

CERTIFIED FASHION & PERSONAL STYLIST

Trained at the renowned London
School of Trends.

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COLLABORATIVE WITH TOP BEAUTY BRANDS

Collaborated with esteemed
brands like Giva, Blue Heaven,
Sebamed, and more.

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Recognized across India for her
unparalleled skills in singing and
theatre, showcasing a unique
blend of artistic prowess.

DYNAMIC LEADER

As a brand ambassador and
environmental advocate, she
leads with passion and purpose,
driving initiatives that resonate
on global stages.

COVER STORY PG. 06

KANISHKA GOYAL

SEAMLESSLY MERGES ARTISTIC EXCELLENCE, FASHION ELEGANCE,
AND INFLUENTIAL LEADERSHIP.



COVER STORY

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From Aviation dreams to Youtube Stardom and beyond.

A Multifaceted Journey from Delhi to the Global Stage

~ Kanishka Goyal

She now stands as the brand ambassador for North India for Dazzle Miss and Mrs Universe and holds the esteemed position of Goodwill Ambassador for Prithvi - Women Climate Warrior.



She has forged impactful collaborations with renowned brands such as Giva, Blue Heaven, Blur India, Azeen Jewells, AvnibyGiva, Sebamed, DOT & KEY, Veet, Mamaearth, SkinQ, Topsy Beauty, and numerous others.

COVER STORY

Kanishka Goyal, originally hailing from Delhi, seamlessly melds the essence of two distinct worlds in her journey. She belongs to a defense family, Married to Shikhar Goyal, a Businessman, their union represents a beautiful confluence of traditions and backgrounds. Together, they are nurturing their young son, Rudrav Goyal, a 5-year-old who embodies the promise of a new generation. As Kanishka's life unfolded against the contrasting backdrops of Delhi and

Bathinda, her accolades painted a picture of her dynamic spirit: not only did she capture the prestigious Dazzle Mrs. India World 2022 title at the lavish ceremony at Radisson Blu, Delhi, on April 30, but she also clinched the revered Mrs. Punjab India World title at the same distinguished pageant. Her journey, enriched by her family's unwavering support, stands as a testament to her resilience, grace, and unparalleled achievements.



Kanishka's academic prowess is evident, having earned an M.Tech in Computer Science with an A-grade scholarship. Additionally, she has made waves in the arts world, boasting five national titles in Western singing and six North Zone titles in theatre and music. Her fashion acumen is certified, with training from the London School of Trends.

Recognitions and accolades have graced her journey, including the 'Akhand Bharat Gaurav Award' from Mumbai Global and the Women Excellence Award for her distinction in fashion and personal styling in 2022. Her contributions have also been celebrated by various media outlets, from House of Masaba to All India Radio: Bathinda. She has also graced the occasion of शतउत्सव intercity event organised by INNER WHEEL CLUB (celebrating 100 years) as one of the jury members.

Her association with the prestigious title has further elevated her profile. She now stands as the brand ambassador for North India for Dazzle Miss and Mrs Universe and holds the esteemed position of Goodwill Ambassador for Prithvi - Women Climate Warrior.



**Success is not Final,
Failure is not fatal:
It is the courage to
continue that counts.**



Adding another feather to her cap, Kanishka graced the Miss n Mrs United Nations event as a guest of honor, where she bestowed titles upon global delegates.

It's noteworthy to mention Kanishka's deep-rooted connection with Lovely Professional University (LPU). As an alumna of LPU's Master of Technology program, her recent accomplishments stand as a testament to the institution's commitment to fostering growth and excellence. The university's ethos, emphasizing continuous learning, holistic development, and industry-ready skills, has clearly resonated with Kanishka's journey. Her journey from academic pursuits at LPU to national recognition exemplifies dedication, perseverance, and the spirit of excellence.

From Adversity to Empowerment: The Resilient Journey of Dr. Alice Preetha

Dr. Alice Preetha's journey from breast cancer survivor to empowerment leader showcases the transformative power of resilience. Her commitment to mental health awareness and leadership exemplifies the potential within us to rise above challenges and inspire others.



Dr. Alice Preetha's journey is a compelling narrative that embodies resilience, empowerment, and transformative leadership. Her triumph over breast cancer not only shaped her personal journey but also fueled her mission to empower others to overcome life's challenges.

Educationally accomplished with a strong foundation in psychology and organizational management, Her journey took a profound turn with her battle against breast cancer. This life-altering experience deepened her empathy and fortified her resolve to empower others facing similar adversities. As the visionary behind Gumption Mind, she

is committed to fostering personal growth and resilience. Her organization serves as a platform to instill courage and cultivate resilience, guiding individuals to harness their inner strength. She often emphasizes, "Resilience is the art of facing life's challenges head-on and emerging with newfound strength."

In her distinguished role as the National President of a leading Psychological Wellbeing Council, Dr. Preetha champions mental health awareness on a national scale. Her vision is to create a society where mental health is destigmatized and embraced as a vital component of overall well-being.



Her accolades in 2023/2024 further underscore her impact and influence:

- Dynamic Women Leadership Award for Wellness and Mindset Coaching by Golden Aim Awards
- Nomination as Global Wellness Luminary and Mindset Maven by Global.inc
- Women Face of the Year 2024 by Foxstory
- Woman Leader of the Year 2024 by ekNari

These recognitions highlight her exceptional contributions and leadership in the field of mental health and empowerment.

As a dynamic mental health advocate, Dr. Preetha's achievements include specialized training from prestigious institutions and a distinguished career as a therapist and life coach. Her literary contributions, such as the award-winning book of poems, "The Key to Words," reflect her belief that "Words have the power to heal, inspire, and transform."

Recognized as a LinkedIn Top Voice in various categories, she continues to inspire through her writing, community service, volunteering, and mentoring. Her profile embodies academic excellence, professional achievements, and an unwavering dedication to empowering individuals and advancing mental health globally.

Books Available

On Amazon.com, Amazon.in, Flipkart, Bookleaf Publishing.

(Kindle, Paperback & Hardcover)



Dr. Alice Preetha's journey from a breast cancer survivor to a visionary leader serves as a powerful testament to the resilience of the human spirit. As she eloquently states, "Life's challenges are not obstacles; they are opportunities for growth and service." Through her resilience, leadership, and transformative impact, she continues to inspire countless individuals to rise above their circumstances and embrace their true potential.

The Art of Skincare

A Glimpse into the World of Skincare with Mansi Verma

~ Mansi Verma

Mansi's advocacy for empowering women, fostering inclusivity, and promoting diversity in the beauty industry.

Que. Mam , Please brief us about yourself.

Ans. Hello, everyone. My name is Mansi Verma, and I am from Moradabad city in Uttar Pradesh (U.P.). I completed my schooling from R.R.K Senior Secondary School under the CBSE board. After that, I pursued my B.Com from Hindu College. Alongside my B.Com studies, I started working right after my 12th boards in 2017. I wanted to be self-dependent and manage my own expenses. It's not just about earning and spending; when you're earning for yourself, you don't have to answer to anyone about your expenses. There's a different confidence that comes when you interact with people outside your home, meet four people, and learn many new things. This not only enhances your knowledge but also gives you valuable experience.

Que. How would describe your professional journey till now ?

Ans. I don't know why, but even while I was pursuing my course, I was more interested in skincare than makeup and styling. I also had this mindset that everyone is doing makeup these days, so how will I stand out? I have always considered myself special and wanted to do something different, something that would make me unique. That's why I chose skincare. I studied deeply about skincare through self-study. Then, for the first time, I taught a class to two students. They understood and enjoyed it, which felt good. Gradually, more students joined, and I kept putting my heart and knowledge into teaching them. Slowly, I fell in love with this work.



Que. Why would you choose being a skin Trainer ?

Ans. In 2019, I quit my job because I wasn't really interested in it. I was working, but the dedication was lacking. So, I thought of changing my field and joined Lakme Academy. I enrolled in a one-year cosmetology course there and got certified in 2020. After becoming certified, I joined Meenakshi Dutt Makeovers Academy in Moradabad as a Client Consultant. Over time, I gained experience and knowledge about the beauty industry, products, and client interactions from my teachers, seniors, colleagues, the owner, and friends. I learned a lot from many people and various things. Now, four years later, at the age of 24, I am the Branch Manager and a Skin Trainer. I am proud of what I have achieved. However, this journey is not over yet. There's still a lot more to explore, achieve, and learn in life. One should never stop learning because if you don't learn, you won't gain experience. And without experience, you'll always remain a beginner.

“**Empowering words for young women to pursue their dreams, focus on self-development, and seek guidance when needed.**”

Que. Can you mention few of your major achievements till now ?

Ans. 1.) I was awarded the title of "Best Skin Trainer in Moradabad" by Miss Malaika Arora at the Forever Star India Awards (FSIA) in 2023. 2.) Additionally, I received an award from Diva Planet Magazine as the "Youngest Best Skin Trainer of the Year 2023".

Que. As being a skin trainer , what kind of routine you personally follow ?

Ans. Personally, the routine I follow and also suggest to others is the CTMP regimen, which stands for Cleanser, Toner, Moisturizer, and Protection (SPF and lip balm). All these products should be used according to one's skin type and its condition. If you suffer from under-eye circles, uneven skin tone, and pigmentation, you can also use under-eye patches (at the end of the entire process), along with a face serum (applied after the toner) and a night cream (used after the serum).

Que. What are your favourite hobbies to do ?

Ans. I have a great fondness for good food. I genuinely believe that good food is essential for a healthy mind, body, and lifestyle. I also have a unique craze for movies; I love watching first-day shows, but it also depends on the movie trailer or teaser. If I like it, then watching it on the first day is a definite plan. When it comes to traveling, I love exploring new places and witnessing God's creativity. Our India is so beautiful; I don't understand why people go abroad for vacations. Even if you travel every day for 365 days, I'm sure you still won't be able to explore the entirety of India. I enjoy dancing occasionally, especially when I listen to party songs. I'm not a regular dancer, nor have I taken any formal dance classes. Lastly, I love shopping, but I mostly prefer online shopping due to the convenience and time-saving aspect.



Que. Would you like to name someone whom you want to dedicate your success?

Ans. It's evident that I deeply value and appreciate the unwavering support and freedom my family has provided me. I've come to recognize my own strength and motivation in handling various situations. From my school days to now, I've witnessed significant personal growth. Back in school, I used to get nervous just standing up to speak, but now I find myself confidently giving interviews and delivering motivational speeches. I credit all my achievements to my own hard work and dedication. I truly believe in myself and cherish the person I've become today.

Que. Today Many young women aspiring to be a successful skin trainer , any piece of advice for them ?

Ans. I would like to tell them to move forward and do what they truly desire. Follow your heart because, in the end, it's your life. Others might change your food or clothes, but you have to change your own life. If you want to achieve something in life, sometimes you need to be a bit selfish and focus on yourself. Love yourself, give yourself time, recognize your talents, and turn them into skills. Develop a passion within yourself that says, "Yes, I want to do something; I want to become something." Just by watching reels and doing household chores, you won't achieve anything significant. If I can ever assist you in any way, it would bring me immense joy. If you ever need me or seek any advice, please feel free to contact me. I'll help you in every possible way, be it learning, counseling, or becoming self-dependent.

Nurturing Learning Through Play: Our Special Way of Teaching Kids

~ Ananya Dasmahapatra

My educational journey is fueled by a desire to empower individuals, especially women. Our institution stands out through friendly educator-student relationships and a focus on interactive play-based learning. Winter brings joy in culinary exploration, and my travel aspirations focus on exploring diverse regions within my country. To fellow women entrepreneurs, I encourage perseverance despite societal challenges. If not in education, dance would be my alternate path. Daily self-reflection keeps me motivated for continuous growth.



Empower through Education, Connect with Play, and Find Joy in Every Season.

~Ananya Dasmahapatra

Que. What was the main reason or driving force that you choose to start an educational company?

Ans. After accumulating years of professional experience, I harbored a profound aspiration to empower individuals of common backgrounds, particularly women, to step into the forefront of success. Fueled by a genuine passion and respect for education, I decided to embark on a journey to establish my own educational company.

Que. How is your educational institution different from others?

Ans. Within our organization, educators and trainers consistently uphold an amicable rapport with students. Our commitment lies in facilitating a learning environment where children acquire knowledge through interactive play. This distinctive approach positions us apart from other institutions in the educational landscape.

Que. As winters knocked are doors so what is your favourite thing to do in winters ?

Ans. Winter stands out as my preferred season. During this period, I derive enjoyment from the art of crafting cakes and exploring diverse culinary styles. Additionally, I appreciate the luxury of indulging in extra rest during this time.

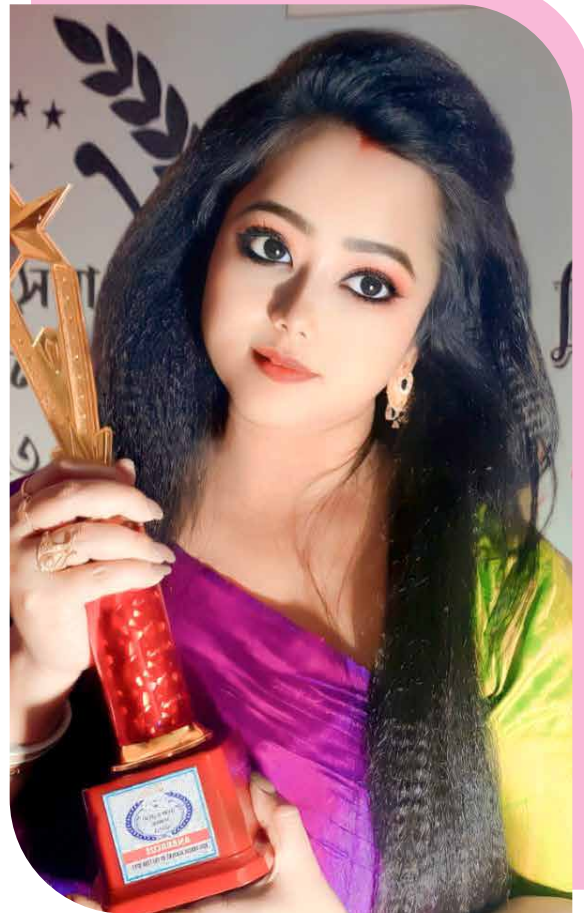


Que. Any 3 countries you want to tour in your life ?

Ans. I have not yet contemplated that option as my current priority is to extensively explore various regions within my country.

Que. Women outthere faces so many challenges in starting up their ventures, so any message for them?

Ans. Initiating a venture presents inherent challenges, particularly when societal attitudes may not consistently regard the contributions of women with the respect they deserve. Nevertheless, it is imperative that we persevere and forge ahead. The outcomes of our endeavors will, in due course, speak for themselves and address any misconceptions or disparaging remarks.



Que. If you are not into educational field what will be your second option ?

Ans. Had I not pursued my current profession, I would have aspired to align myself with the realm of dance, given my profound admiration for the art form.

Que. How you keep yourself motivated?

Ans. At the conclusion of each day, I engage in extensive self-analysis as a motivational practice. Recognizing and acknowledging one's mistakes is integral to fostering personal and professional growth, laying the groundwork for informed and constructive decision-making in the future.

Ami Sshaah: Bridging Worlds Through Spiritual Vibes and Jr. LogicBuilder ~ Ami Sshaah

In a world where technology reigns supreme, Ami Sshaah emerges as a visionary CEO and founder, seamlessly blending ancient wisdom with modern innovation. Her journey, marked by diverse experiences, education, and accolades, reflects a commitment to excellence and a unique fusion of spirituality and technology. Ami's path began with an MCA degree from Gujarat University in 2006, laying the foundation for her future endeavors.



Career Odyssey:

From teaching computer skills to operational roles in banking, Ami's career evolved into freelancing as a software developer and website creator. This diverse journey honed her skills, preparing her for the entrepreneurial venture that lay ahead.

Recognition and Achievements:

Ami's commitment to excellence earned her the Vyaparjagat award for coding classes during the Covid-19 pandemic, showcasing her dedication to empowering young minds. Further accolades, including the Skilling and Training Award and the Budding Entrepreneur Award, attest to her relentless pursuit of making a positive impact.

Spiritual Vibes:

In 2020, Ami's vision materialized with Spiritual Vibes, an initiative blending tradition and technology to spread awareness about spiritual education. Through captivating animated narratives and shloka classes for kids, Spiritual Vibes serves as a haven where children unearth treasures of knowledge steeped in ancestral customs.



Founder of Jr. LogicBuilder:

Ami's innovative spirit extends to Jr. LogicBuilder, founded by Ami Sshaah. This inclusive learning platform for kids integrates coding with creativity, offering courses like GameBuilder, AppBuilder, and more. Ami's academic journey, including a master's degree in Computer Administration (MCA), paved the way for Jr. LogicBuilder. The business idea emerged during the pandemic, focusing on teaching kids to code and fostering a love for learning.

Cultural Enlightenment in the Digital Domain:

In the midst of the digital realm, Ami invites us into a world where technology harmoniously interlaces with ancient traditions. Spiritual Vibes becomes a monumental edifice, inviting young minds to explore the depths of cultural heritage.

A Journey of Resilience and Wisdom:

Ami's journey, marked by personal challenges during the Covid-19 pandemic, led to the creation of shloka classes, offering young minds the strength and solace encapsulated in ancient wisdom.

Ami Sshaah's odyssey is a testament to the harmonious coexistence of tradition and technology. Through Spiritual Vibes and Jr. LogicBuilder, she not only empowers young minds but also fosters a balanced approach to life, leaving an indelible mark on society's path toward a sustainable and enlightened future.

~Ami Sshaah



Greenpreneur Recognition:

Recently, Ami received the Greenpreneur – Spiritual Sustainability Award, marking a milestone in her impactful contributions to environmental sustainability. This recognition is a testament to her commitment to holistic development.

Blending Tradition and Technology:

Ami's mantra, "Breathe in technology, exhale culture," encapsulates her vision. As a visionary architect, she envisions an institution where coding and spiritual wisdom converge, equipping children with life skills and a progressive outlook.

TAMILNADU BIO WOMAN: A VISIONARY LEADING THE GREEN REVOLUTION IN WASTE MANAGEMENT

~ Rtn. Padma Sathyanaraynan

Tamilnadu Bio Woman, Rtn. Padma Sathyanaraynan, a Key Figure in the State's Bio- Waste Management leads Green Galaxy Building Expertts (GGBE) with over 30 years of expertise.

Her commitment to environmental sustainability is evident in GGBE's exclusive use of FRP material, showcasing her dedication to safeguarding groundwater.

The Advanced Bio-Septic Tank, a hallmark product, offers eco-friendly waste disposal with zero maintenance, operating efficiently without external energy sources and producing odorless effluents. She also been recognised by many Company of her tremendous service towards Installation of Bio Septic Tank

Residing in Kolathur, Chennai, She envisions GGBE as a guardian of soil and water for every household. Married to the Sri. Sathyanaraynan, she is a proud parent to two sons, elder son and daughter in law contributing to the IT sector. The younger son, an Assistant Editor with Raj Kamal Productions, adds a creative touch to the family, which includes six pets. Her journey exemplifies the harmonious integration of family, professional success, and an unwavering commitment to environmental stewardship.



"Install Bio Septic FRP Tank For Better Tomorrow"
"Stop Contaminating The Earth - Go Green"

Bio-Septic FRP Tank with In-Built Bar Screen & 5 Stage Treatment



Specializing in Composite FRP Tanks for 12 years, She has transformed wastewater management with GGBE's Advanced Bio-Septic Tank. Under her guidance, GGBE has implemented 1500 solutions across 38 districts in Tamilnadu, Telangana, Andhrapradesh, Karnataka, Jammu Kashmir, Andaman & Nicobar Islands, treating over 5 million septic water units in multiple states.

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10 HEALTH & SELF-CARE TIPS FOR YOU THIS FEBRUARY

In February, the weather in India can vary across regions, but generally, it tends to be cool and dry in many parts of the country. Here are some health and self-care tips tailored for the Indian weather climate in February:



STAY WARM -

In northern and central parts of India, temperatures can be cool in February, especially in the

mornings and evenings. Dress in layers to stay warm, and use blankets or shawls when needed.



WARM BEVERAGES -

Enjoy warm beverages like herbal teas, ginger tea, or turmeric milk to keep yourself warm and

hydrated. These drinks can also have additional health benefits.



HYDRATE YOUR SKIN -

The cool weather can lead to dry skin. Use a good moisturizer to keep your skin hydrated. Con-

sider using natural oils like coconut oil or almond oil to prevent skin dryness.



IMMUNE-BOOSTING FOODS -

Include immune-boosting foods in your diet, such as citrus fruits, amla (Indian gooseberry), and garlic.

These foods can help protect you from common winter illnesses.



BALANCED DIET WITH SEASONAL PRODUCE -

Focus on a balanced diet with seasonal fruits and vegetables. Include foods rich in vitamins and miner-

als to support your immune system and overall health.



SUN PROTECTION -

Despite the cool weather, the sun can still be strong. Use sunscreen on exposed skin when spending time

outdoors during the day, and consider wearing sunglasses to protect your eyes.



PROTECT AGAINST RESPIRATORY ISSUES -

In some regions, winter can be associated with increased air pollution. If you're in an area with

poor air quality, consider wearing masks and using air purifiers indoors to protect your respiratory health.



MINDFUL RELAXATION -

Take advantage of the cool weather to indulge in relaxation activities. Practice mindfulness, medita-

tion, or simple deep breathing exercises to manage stress and promote mental well-being.



STAY ACTIVE INDOORS -

Engage in indoor exercises to stay active, as the mornings and evenings may be cooler. Consider

activities like yoga, indoor workouts, or dancing to maintain your physical well-being.



CONNECT WITH NATURE -

If possible, spend time outdoors to soak in the pleasant weather. A walk in nature can have posi-

tive effects on both physical and mental health.



Overcoming Challenges in a Male - Dominated Construction Field:

Mrs. A Sangeetha, a trailblazing civil engineer, founded Insta CTS, excelling in Construction, Interior, and Project Management. Breaking gender norms, she balances family and work, earning accolades for her commitment to excellence in a male-dominated industry. ~ Mrs. A Sangeetha



people have been assuming that women belong to office work only. This is challenging because they must constantly prove their knowledge, relevance, and worth in the workplace. Construction work requires a lot of on-site work hours, so having family

Que. Brief us about yourself.

Ans. I am Mrs. A Sangeetha, a seasoned engineer with a proven track record of excellence in the civil industry. My mentors taught me the importance of hard work and smart work, and gave me the confidence to pursue a career in the tech industry. My expertise lies in 20+ years of experience and I bring a strategic and innovative approach to every project. My family includes two daughters and a supportive husband who give me the energy to thrive in this business world. My father always told me when I was young that you have to become the first woman entrepreneur in our family. It was a dream come true for me, and I am so grateful to my father for encouraging me to pursue my dreams.

Que. You are into construction field which is generally man dominating. Do you face hurdles to be established in this field ?

Ans. Women represent only 13 percent in construction industry. Construction work has often been viewed as a man's domain because it requires physical strength and

responsibilities can be overwhelming for a woman. In most cases, construction professionals may find themselves neglecting domestic duties. Women who work in this field may have safety concerns, particularly when working in remote or high-risk areas.

Que. Can you tell us more about Insta CTS to our readers ?

Ans. Insta Civil Technical Services (Insta CTS) founded in 2020. We specialised in Construction, Interior, Project Management Consultancy, Estimation & QS Services. our company has grown organically and became self-sustaining. We have worked with some leading architects, Builders & Promoters. Over the years our clients repeatedly come back to us to take on all their projects as they started to see the quality that was provided. In order to achieve this recognition in the industry we Prioritize the satisfaction of each of our clients and provide Cost control & innovative solutions to meet the evolving demands of the construction industry. Our tagline is "START WITH OUR SERVICES, END WITH YOUR GUARANTEED PROJECT".



Que. This profession demands more indulgement, how do you manage your family and work ?

Ans. Definitely we face an imbalance between our professional & Personal lives. But with the support of my husband and daughters, I am able to balance both. I establish my clear boundaries between work and family time and delegate tasks within my business. And I communicated openly with my family about my commitments and involved them in decision-making when appropriate.

Que. Would you tell us about your very 1st project ?

Ans. We got our very first project from 2 leading architects in estimation works. Every project has more than 20,000 Sq. ft. We worked excitedly day & night to finish the project on time. At the same time, we got Specific execution work for 11 blocks from leading construction company which was challenging and we were thrilled to complete the project within the time limit. The encouragement and determination I got from work made me grow higher and higher.

Que. In this journey, which achievement you feel more special till now ?

Ans. "Satisfied clients" are my biggest achievement. Receiving a "Successful startup award" in this field marks a significant milestone in my professional journey even though established a company during the Covid pandemic period. Also, I received "Best performer award" from CHECEA and serving as a board member of RMBF Madras and North Zone Women's Wing Secretary in CHECEA. Till now successfully delivered 220+ projects, garnering satisfaction from over 100+ clients. I am confident that this will be a remarkable accomplishment and I am doing the right thing in my business.

Que. What is your specific version of your brand ?

Ans. For Construction Services - We are constructing a building using cost-effective designs and materials that is within a reasonable budget without sacrificing quality. For Interior Services - Our projects are meticulously tailored, with each aspect being subject to client-driven modifications, ensuring a truly personalized and bespoke experience. For Estimation Services - Our estimation works undergo a three-level validation process, ensuring a user-friendly format and achieving a 98%+ accuracy.

Que. Would you like to give any message to those women out there who also wants to explore this field?

Ans. "I believe women are innovators". Due to the low percentage of women in the industry, there are a lot of opportunities and support available to them. Apart from site work, there are many divisions in the construction industry. For example, women have a better future in Planning & Quantity Surveying, Tender working, Designing & Detailing, Drafting, Procurement & Contracts, etc. Women also have the potential of creating their own businesses in the industry. With the proper support and resources, they can create successful businesses that can help contribute to the industry.

From the Track to the Delivery Room, Overcoming Setbacks and Embracing Challenges ~ Dr. Anullekha

From the athletic track to the obstetric ward, Dr. Anullekha's journey exemplifies resilience, passion, and dedication. Balancing a love for sports with a commitment to medicine, she draws strength from her supportive family. Through setbacks and successes, her story underscores the importance of perseverance, the healing power of family, and the pursuit of dreams in both personal and professional realms.



Que. Mam , please brief us about yourself.

Ans. I'm Dr Anullekha, a normal simple human like anyone, an obstetrics and gynaecology resident, Im blessed to touch the god's creation directly after him. I love everything in this life especially the challenges, my fight towards them, travelling, exploring new places and adventures, playing, painting, binge watching webseries etc.

Que. Being a passionate doctor, what you feel today is lacking in people's habit that making them more vulnerable ?

Ans. Well this is an extraordinary question, inspite of sophisticated lifestyle and advancements people have become more vulnerable to diseases, from my side I think the reason is the kind of lifestyle we are living like becoming more sedentary, easy, lack of vit d exposure, strengthened mental health, thinking positively and hope. these are 10 times better in older generations.

Que. Whats your approach to deal with patients ?

Ans. My approach to deal with patients is, I always say them prevention is better than cure ..if they had come in later stages, i give them positivity and hope and do definitely say miracles would happen and on the other hand prepare them for the worst.. because anything can happen anytime and after doing our best there is still so much in the hands of god

Que. As we get to know you are into other extracurricular activities so would you like to name few .

- i. **Ans.** I was once upon a time long ago a national athlete, I had to discontinue my sports career because of hamstring injury, my 100 m race best timing was 12.30 sec with which I would have competed in international meets but that career was stopped my god, may be he wanted me to save so many lives..
- ii. I played district level tennicoit matches and won gold. I casually play shuttle and I love playing any game, it gives me lot of ecstasy.
- iii. I do paintings and artworks in my free time.
- iv. I love to participate in any competition held wherever it is possible. I love to win, I won many state level elocution and debate competitions.
- v. I'm a good traveller, I like to make blogs and plan to start a travel company for female doctors.

Que. Which habit of yours you find in yourself is not good and you want to change ?

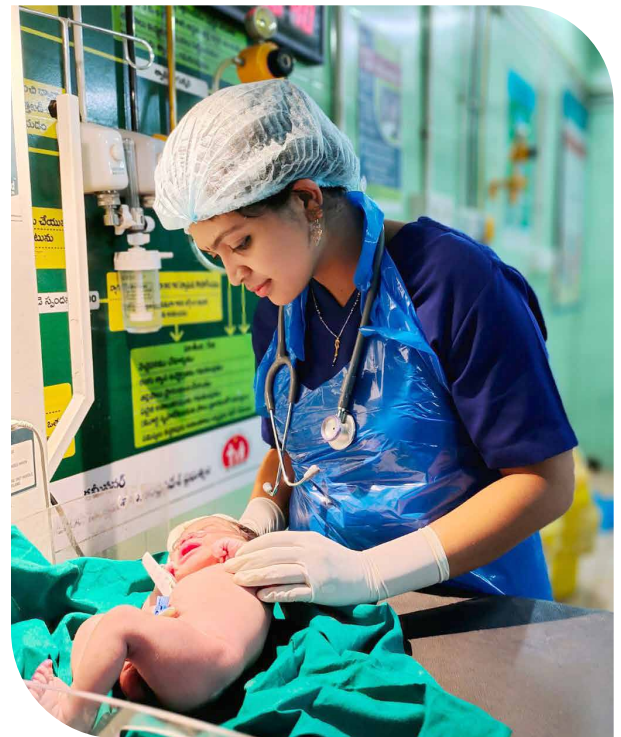
Ans. I came with lot of interest to this field of obstetrics, but during tough times I feel like quitting, I want this attitude of mine to change, I want to be more strong and be like a fighter who never gives up.

Que. As winters already there , any suggestions for people to maintain their immunity.

Ans. Regular physical activity, sunlight exposure and allotment of 1 hr a day for ourselves to do good breathing exercises and keep us for are enough to fight against any disease and be immune.



In the rhythm of life's challenges, it's the heart's perseverance that transforms dreams into reality.



Que. Would you like to mention about your favourite achievements till now ?

Ans. Sports were always my fav achievements, I can never forget me winning district and state level competitions, I always wanted to be an all-rounder, i still want to explore many in this tiny life.

Que. Lastly would you like to mention something special for your family?

Ans. Here are four pillars of my life, my mom, my dad, my husband and my sister.

Without them I'm nothing they are especially there during my hard times, they love me for who I am.



~ Dr. A

From Mats to Mastery: The Inspiring Yoga Journey of Poornima

Poornima has not only achieved personal success but has also become a guiding light for countless individuals seeking balance, strength, and inner peace through yoga. Her journey exemplifies the profound impact one can have by turning a passion into a purpose-driven career. She continues to inspire and uplift the ripple effect of her success.

Poornima, a passionate yoga instructor, is renowned for her unwavering dedication to fostering holistic well-being through the ancient practice of yoga. She serves as a guiding light for her students, blending traditional wisdom with contemporary teaching methods to facilitate physical, mental, and spiritual transformation. Poornima's journey towards becoming a certified International yoga instructor was fueled by a profound desire for balance and self-discovery. Holding a Diploma in Yoga and Nature Cure Certification, as well as an International yoga certification from the United States, she exemplifies her commitment to mastering the art and science of yoga. Her extensive training encompasses a diverse range of yoga styles, allowing her to offer students a rich and fulfilling experience on their wellness journey.

Teaching Philosophy:

Her teaching emphasize the transformative potential of yoga beyond physical postures, encouraging students to explore self-awareness, mindfulness, and a deeper understanding of the self. Poornima strives to create a safe and inclusive space where students can embark on their own journey of self-discovery and personal growth.



Classes and Workshops:

She is known for her dynamic and engaging classes, she offers beginner-friendly sequences, and each class is thoughtfully crafted to address the diverse needs of her students. She also recognized for incorporating innovative teaching methodologies, making yoga accessible to a broad audience.

Digital Presence: Embracing the digital age, Poornima has a strong online presence. She offers virtual classes, share insightful content on social media platforms. Our digital approach allows to share the benefits of yoga beyond geographical boundaries.

Que. How did your personal yoga journey begin, and what inspired you to become a yoga teacher?

Ans. Initially drawn to the physical aspects, I soon discovered the deeper layers of yoga—the spiritual and mental dimensions. This realization ignited a passion within me to share the profound benefits of yoga with others. The decision to become a yoga teacher was a natural evolution, a calling to guide individuals on their own transformative journeys.

Que. What philosophy or approach do you bring to your yoga teaching?

Ans. My approach is rooted in a holistic view of yoga, emphasizing the integration of mind, body, and spirit. I draw inspiration from various yoga traditions, adapting ancient wisdom to the needs of modern practitioners. It's not just about perfecting poses but about cultivating self-awareness, mindfulness, and a sense of connection to something greater.

Que. How do you navigate the balance between traditional yoga principles and modern teaching methodologies?

Ans. I strive to maintain the integrity of ancient teachings while making them accessible and relevant to today's world. This involves weaving traditional wisdom into dynamic and engaging classes, using modern language to convey timeless truths. The essence of yoga remains unchanged, but the delivery evolves to resonate with the present moment.

Que. In an era of digital transformation, how do you leverage technology to connect with your students?

Ans. Technology has been a powerful tool in expanding the reach of yoga. Through online classes, social media platforms, and a dedicated website, I connect with a global community. While nothing replaces the energy of an in-person class, the digital space allows me to share teachings with individuals who might not have access otherwise. It's about finding a balance and using technology mindfully to enhance, not replace, the essence of the practice.



Que. Beyond the physical practice, how do you encourage students to integrate yoga into their daily lives?

Ans. Yoga extends far beyond the mat—it's a way of life. In my teachings, I emphasize the importance of mindfulness, self-reflection, and conscious living. Whether it's incorporating simple breathing exercises into a busy day or cultivating gratitude in everyday moments, the goal is to inspire a holistic approach to well-being. Yoga is a continuous journey of self-discovery that permeates every aspect of life.

Que. Can you tell us more about your commitment to social responsibility?

Ans. Yoga is a practice of unity, and it's essential to extend its benefits to all. I believe in using my platform to contribute positively to society. This commitment to social responsibility is an integral part of my yoga journey—a reminder that our practice extends beyond the individual, creating a ripple effect of positive change in the world.

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A Warrior's Crown: Rising Above Stage 2 Oral Cancer to Claim Pageant Glory ~ Nutan Bobade

Nutan Bobade's remarkable journey, rising above Stage 2 Oral Cancer to claim victory on the pageant stage. This interview captures the essence of her resilience, courage, and the emotional triumph that transformed her into a true warrior with a crown that symbolizes both pageant glory and indomitable spirit.



Embrace scars, radiate positivity, and let your second chance fuel passion. In adversity, let hope shape your story.

Que. Mam, Please brief us a bit about yourself

Ans. I am Nutan Bobade from Pune, a dynamic 40-year-old entrepreneur, model, and proud oral cancer survivor from Pune. With a background in Business Management and an 11-year corporate IT career, I now live my dream life, hosting creative learning for children and curating workshops for women. As a model, I effortlessly embrace posing for apparel brands and makeup artistry. My journey against complexion shaming turned my experience into an advantage, opening doors to modeling assignments. I'm associated with a cancer NGO, providing counseling and motivating people to embrace life. Achieving a top-seven position and winning the Most Talented title at the Diadem Mrs Maharashtra 2023 pageant, I use this platform to convey messages of hope, faith, perseverance, self-belief, and love. Alongside my personal growth journey, I aspire to contribute to society by becoming a dedicated voice for social causes.



Que. What challenges did you face during your battle with stage 2 tongue cancer, and how did you overcome them?

Ans. At 38, facing cancer brought confusion, but my son fueled my determination to fight. Enduring two surgeries and losing 20% of my tongue, I underwent painful radiation and relied on a feeding tube. The recovery process involved speech therapy and physiotherapy, leading to lingering neck and jaw tightness. My diet is now akin to that of a one-year-old, and swallowing is aided by water due to reduced saliva post-radiation. To stay positive, I immersed myself in cancer survivor blogs, practiced meditation, and set a goal for a comeback photoshoot within six months, a goal I proudly achieved.

Que. How did your journey as a cancer survivor inspire you to participate in the beauty pageant?

Ans. Taking a hiatus from my IT career, I delved into modeling, working with startup clothing brands. Despite facing the hurdles of cancer, including losing 20% of my tongue and a failed surgery, I remained motivated. During recovery, the idea of returning to photoshoots kept me positive. I decided to challenge beauty stereotypes by participating in beauty contests, embracing my altered speech and appearance. In today's era, beauty pageants are more than just about looks; they provide a platform for showcasing diverse talents, breaking free from conventional standards.



Que. How has being a cancer survivor shaped your perspective on beauty and self-confidence?

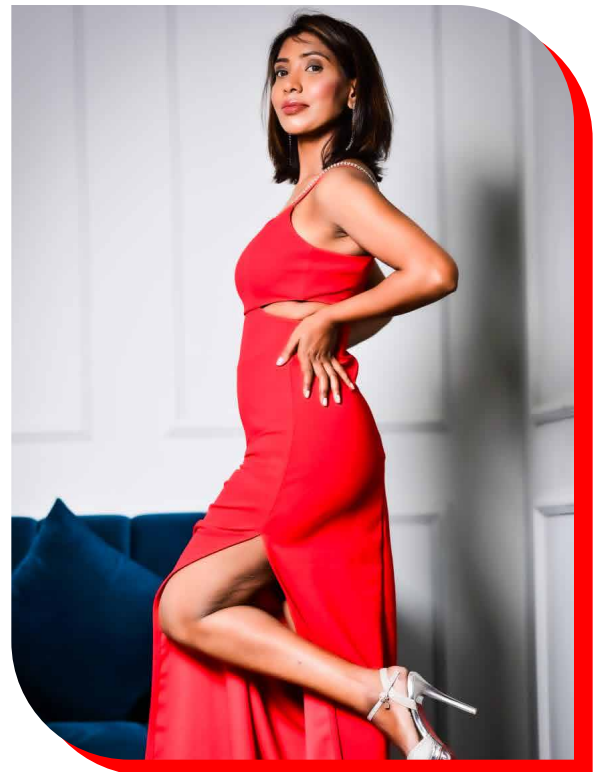
Ans. In my early years, I confronted complexion shaming, enduring a childhood marked by low confidence. Over time, I cultivated self-love and acceptance, reaching a point where external validation became unnecessary. When cancer affected my speech and altered my appearance, I embraced these changes with gratitude for the gift of a second life and the ability to communicate with my son and those around me. For me, beauty is found in accepting oneself and exuding confidence. Even in photoshoots, I request minimal editing—my skin color and scars are integral to my identity, and I embrace them wholeheartedly.

Que. What advice would you give to other cancer survivors who aspire to pursue their passions and dreams, like participating in beauty pageants or some other field ?

Ans. Embracing acceptance is a valuable skill in navigating the challenges of illness. During my radiation therapy, I observed patients dwelling on the "why me" aspect. Positive thinking, setting recovery goals, and redirecting focus towards those goals can significantly aid the healing journey. I advocate for viewing this second chance at life as an opportunity to pursue long-desired activities, hobbies, and passions. Learn from fellow survivors, spread awareness about cancer, and refuse to give up easily—let your journey inspire resilience and strength.

Que. Can you share a story or experience from your association with the cancer NGO that deeply touched or inspired you?

Ans. During a Cancer Marathon, I encountered a remarkable woman—a stage 4 Cancer Survivor who had won multiple beauty pageants. Given only 6 months to live by doctors, she defied the odds, celebrating 4 years of triumph at the marathon. Her unwavering positivity, resilience, and focus on recovery left a lasting impact on me. Meeting several others who fought stage 4 cancer and openly shared their inspiring life stories further reinforced the strength of the human spirit.



Que. How do you balance your professional life as a software consultant with your advocacy and engagement activities related to cancer awareness?

Ans. Post-cancer, I shifted focus to modeling and conducting workshops for kids, temporarily stepping away from my IT job to spend quality time with my son. Skillful planning allows me to balance work, family, and self-care, a feat made possible by my husband's unwavering support. He not only shares household responsibilities but also plays a significant role in parenting, acting as a constant source of motivation and encouragement in my life.

The Turning Point in Dhivya Sreeji's Channel, From Aviation Dreams to YouTube Stardom and Beyond

~ Dhivya Sreeji

This captivating interview delves into the remarkable journey of Dhivya Sreeji, a trailblazer who transitioned from unfulfilled aviation dreams to YouTube stardom and beyond. Unveiling her resilience in overcoming obstacles, Dhivya shares her experiences in call centers and the hospitality industry before embracing family life. The narrative unfolds as she transforms into a successful YouTube influencer, navigating challenges and achieving collaborations with top brands. The crucial role of her husband, Dr. Sreeji, as an unwavering supporter is highlighted, leading to Dhivya's prestigious awards in 2022 and 2023. The interview explores her ventures into the food business, her recent foray into the makeup industry, and her bold decision to continue education at the age of 37. Dhivya's story is an inspiring saga of empowerment, entrepreneurship, and breaking societal norms.



I'm S. Dhivya Dharsni, widely recognized as Dhivya Sreeji. My educational journey led me to pursue a Diploma in Aviation from Frankfinn Institute of Airhostess Training, which I successfully completed in 2008. Despite numerous opportunities to work with airlines, financial constraints prevented me from entering the field due to refundable job deposits required at that time.

Undeterred, I explored various career paths, including roles in call centers and as a Guest Relations Executive at Le-Meridien hotel. However, after tying the knot in 2012, I decided to step away

from the professional arena to focus on my family. My commitment led to the joy of raising two adorable daughters, Shreeya (10 years old) and Reya (4 years old).

In 2018, a spark of inspiration led me to start a YouTube channel. The initial two years were challenging, marked by minimal views and subscribers. Monetization proved elusive until 2020 when, amidst the lockdown and the birth of my second daughter, Reya, I began uploading caregiving videos. This marked a turning point, and my channel gained traction, eventually leading to collaborations with over 60 top brands.

My husband, Dr. Sreeji, emerged as my unwavering support during these endeavors, providing encouragement and acting as the backbone of my success. In 2022, I received the Best Influencer Award, followed by the Best Mom Influencer Award in 2023 from SITA (South Indian Talent Award) in Chennai.

Not content with just one passion, I briefly ventured into the food business, cooking and delivering meals via Swiggy and Zomato for six months. Now, I've recently delved into the makeup industry, pursuing a Master Class with the ultimate goal of establishing bridal studios cum boutiques.



Life's challenges are like turbulent skies, but resilience lets us soar above. My journey proves that with determination, even clouds can't overshadow our dreams.

Follow on Youtube -



/Dhivya Sreeji Channel

At 37 years old, I've challenged societal norms by expressing my desire to continue my education. While some may scoff at the idea, my husband, Dr. Sreeji, has been an unwavering pillar of support. Despite his demanding profession as a doctor, he prioritizes my passions, solidifying the foundation for all my successes.



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