



DIVAPLANET

APRIL 2024 | VOL. 04

MAGAZINE

HOLISTIC WELL-BEING IN MENTAL & LIFESTYLE COACH

Fosters resilience and balance, nurturing minds and spirits for sustainable success.

GLOBAL FUTURE LEADER

Dr. Kurle drives international recruitment efforts, connecting diverse talents with opportunities on a global scale.

TRAILBLAZER PSYCHOLOGICAL EXPERT

Expertise in psychology enriches her counseling sessions.

ENTREPRENEURIAL MENTOR

She serves as a mentor to startups in India and the USA, fostering creativity and growth in emerging ventures.

GUIDING LEADERSHIP

Dr. Kurle empowers the next generation of leaders to excel academically, professionally, and ethically

PROFESSIONAL STUDENT COUNSELLOR

She has done career counselling for more than 4 lakh students across Asia.

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DR. PRIYA KURLE

Unlock your full potential, guided by her expertise, wisdom, and unwavering dedication to your success.



COVER STORY

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Exploring the Path of Psychological Empowerment: A Journey of Impact and Inspiration

~ Dr. Priya Kurle

In the realm of psychology and career guidance, Dr. Priya Kurle emerges as a guiding force amidst life's intricate paths. With over 14 years of expertise in higher education and mental well-being, her impact transcends borders, shaping futures and inspiring generations. Driven by an insatiable curiosity for understanding human behavior, she embarked on a journey marked by academic prowess and innovative vocational counseling. Her global outreach spans Asia, where she has touched the lives of over 400,000 students with her holistic approach. Beyond counseling, Dr. Kurle extends her mentorship to startups in both India and the USA, fostering entrepreneurship and innovation. A fervent advocate for mental health awareness, her scholarly pursuits drive societal change. As the International Recruitment Manager at Indiana University Indianapolis, she champions academic excellence and inclusivity. Dr. Priya Kurle's odyssey embodies resilience and enlightenment, empowering individuals to unlock their potential and embrace the tapestry of their destinies. Dr. Kurle's journey is one of unwavering dedication and

profound impact. From her humble beginnings to her current role as a beacon of guidance, she has remained steadfast in her commitment to uplifting others. Through her innovative methodologies and compassionate approach, she has transformed countless lives, instilling confidence and clarity in the face of uncertainty.



COVER STORY

COVER STORY



ADDITIONAL ACHIEVEMENTS AND AWARDS

As she continues to navigate the complexities of human psychology and vocational aspirations, Dr. Kurle remains a source of inspiration for all who seek her guidance. Her relentless pursuit of excellence and unwavering advocacy for mental well-being serve as a testament to the transformative power of compassion and expertise. In the ever-evolving landscape of education and career advancement, Dr. Priya Kurle stands as a steadfast advocate for holistic growth and self-discovery. Her journey is a testament to the profound impact that one individual can have on the lives of many, and her legacy will continue to inspire generations to come.

- Recognized as the top trainer for the Asia Pacific region by the London School of Business & Finance in August 2013.
- Selected as a keynote speaker to address the audience on international educational opportunities at a press conference held in Ahmedabad, Gujarat, in 2013.
- Acknowledged by the US Consul General, Thomas Vajda, for outstanding contributions to the prestigious Waste Management Innovation Conference in April 2017.
- Received the coordination award from IIT Bombay for orchestrating a symposium focused on environmental sustainability in July 2017.
- Earned certification as an English Language Trainer from Pearson PTE.
- Contributed to the Association for Women in Science's Mentoring Circle Program, crafting content for an upcoming magazine article.

Journey from Para Medical Student to Sikkim's Sole Reiki Healer

~ Permiinder Kaur

Permiinder Kaur, originally from Sikkim, graduated as a para medical student from S.B.S. University, Dehradun. However, she found that this profession didn't bring her the inner peace she was seeking. In 2001, she was introduced to the Reiki healing modality by her first mentor. Through Reiki, she discovered a profound energy beyond conventional medical science that could work miracles in many cases.

Transitioning into a Reiki channel, Permiinder began offering healing sessions to individuals struggling with acute health issues. In 2012, a significant turning point occurred in her life, enhancing her abilities and enabling her to tackle chronic cases with even greater effectiveness. Today, she stands as the sole Reiki healer in Sikkim, dedicated to providing the best possible care to those in need.

Q. What inspired you to pursue a career in Reiki healing, Tarot card reading, or crystal healing?

In the year 2001 my mother suffered from severe UTI infection (approximately 100 pus cells) and with medical treatment she was not getting relief ,during those days my mentor Alpa maa gave her healing through landline phone and such in 2 days my mother condition started improving and this made me inspired that I need to learn the most beautiful healing modality.

When in the year 2012 I started taking chronic cases again my mother was diagnosed by Myelomalacia, and she was bed ridden completely as per medical world.



But I started healing her and miracles started happening and in 6-7 months mother was able to do her day to day activities, walk with the help of Walker which was not possible as per Doctors.

Q. Can you share a particularly impactful experience where Reiki, Tarot cards, or crystals facilitated healing for someone?

Being myself crystal lover I was very much attracted to them. And then I learnt how Crystal's help in healing a person in all levels, physically mentally spiritually, emotionally. I remember a cases where I was healing a case of negative energies and to the best surprise after session the crystal was broken into pieces. I always use Crystals in my healing sessions as it gives extra boost. Journey of tarot is very interesting. 22 years back I meet an English lady who was a tarot reader and I booked a session with her and to my surprise she gave me reading which initially I was not sure but as time went on I was able to see the accuracy and this made my journey to add on Tarot card reading.

Q. What do you believe sets you apart as a Reiki practitioner, Tarot card reader from Others ?

I give my 100% in every case that comes. I give more than 100% in chronic cases healing session. And that's why I have clients from all over the world.

In my Center senior citizens are given special packages in healing sessions no matter how rich their background is.

Q. Can you tell us more about your Kaur Reiki Center ?

Kaur Reiki Center started in the year 2013 under the license of GMC department of Sikkim. And I decided to open this when my mother started getting healed from her health issue of myelomalacia. This was the time I decided that I need to work for people of Sikkim especially and even throughout the world. I am proud that being the only Reiki Healing center of State I am giving my best to heal person physically, mentally spiritually and emotionally.

Q. Can you discuss any misconceptions or stereotypes surrounding healing practices and how you address them in your practice?

Yes I do face this issue where people have many misconceptions. I would like to say that energy work from person to person on different levels. Similarly healing process is different from person to person. Healing takes place from one session to multiple sessions depending on the stage of issue, years of suffering. I would like to say if you have trust and faith Reiki healing can give miracles in your life.

Q. What advice would you give to someone interested in exploring Reiki healing, Tarot card reading, or crystal healing as a profession?

My advice is this Profession is most beautiful one as you get more connected to the world of spirituality, compassion, care but dedication is very important. My journey as Reiki healer is 23 years and in this journey many up and downs came but the faith and Trust that I had today made me where I am as State only Reiki Healer.

Q. How do you ensure a safe and supportive environment for your clients during sessions?

We deal our clients in the best of the best spiritual environment. Keeping all the records confidential, giving them the best guidance, listening to them without any time limits coz in today's world maximum issues is expression of thoughts is not acceptable by family, friends and then they suffering from so called issue depression. I as a Healer know the root cause of issue and give them my full time and every client that is connected with us is happy by our service.



In my career I have healed people suffering from chronic depression, suicidal tendencies, kidney dialysis bringing blood urea and creatinine to normal level. Cancer patient with 20% chemotherapy side effect. My own mother Myelomalacia who lived her life happily after the sessions. PCOD cases completely healed without operation, conceiving and enjoying the motherhood after healing sessions, fibroid healed without operation and much more..Reiki not only heal your physical issues but also relationship issues, financial issues, professional issues.

A Beacon of Compassion and Philanthropy in Kashi - From Initiating Free Elderly Care to Multifaceted Social Welfare. ~ Usha Rani

M eet Usha Rani, a dedicated social worker. Her father's name is V V Satyanarayana, and her mother is Vijaya Lakshmi. They've been residing in Kashi for three decades, serving pilgrims tirelessly. In 2022, Usha initiated Vruddasram, an old age home where residents pay for their care. Now, she's gearing up to launch another Vruddasram, this time offering free services. To make this possible, Usha is reaching out to generous donors for support.



In addition to the Vruddasrams, Usha manages a cow shelter, organizes free meals (annadanam), conducts medical camps, and provides assistance to the elderly (Narayan seva). She also supports monks (yati bhiksha), honors students (vidhyarthi Samaradhana), and hosts spiritual gatherings (satsang). Furthermore, she distributes clothing to the needy, supplies books to students, and offers blankets to the less fortunate.

“ True compassion knows no boundaries; it's a force that ignites when empathy meets action. Usha Rani embodies this spirit, tirelessly dedicating herself to serving humanity. Her journey, from the heart of Kashi to the halls of recognition, is a testament to the transformative power of selfless giving and the profound impact one individual can make on the world.

Through her ashram, Usha plays a pivotal role in generating employment opportunities, directly and indirectly, for numerous individuals. Her ultimate aim? To offer free shelter and sustenance to 100 elderly individuals in their twilight years.

Usha has received accolades from various institutions, including the Sir C.V. Raman Academy (twice!), Rudraksha Vaibhavam, Valluri Foundation, and NDCA (North Delhi Cultural Academy). She was also honored with the Swami Vivekananda Indian Icon Award in 2022 and recently recognized with the Asia's Top 100 Women Influential Award in 2024 (Season 4) and by Abhi Creations.

Usha attributes her success to her supportive parents, particularly her late father. Her friend, Vijaya Lakshmi, is a successful entrepreneur, while Usha draws inspiration from icons such as Priyanka Chopra and activist Muniba Mazari.

To all the compassionate souls willing to lend a helping hand, Usha extends an invitation to join her noble cause. Together, they can make a meaningful impact on the lives of others.



A Narrative of Resilience, Gratitude, and Conquering Life's Hurdles as a Dental Professional

~ Dr. Srishti Gupta

Dr. Srishti Gupta, Growing up in a lower middle-class family, life appeared ordinary until her father lost his job due to his company's bankruptcy. Times became tough, but her academic excellence secured a spot at the Government Excellence School in Dewas, where she earned a State Merit Rank in her 10th boards. Later, she received a scholarship to the Government Subhash Excellence School in Bhopal, where she again achieved a State Merit Rank in her 12th boards.

Selected for the JENESYS Programme in 2012, she embarked on an educational journey to Japan, sponsored by the Government of India. Additionally, she explored Mumbai and Bengaluru during the Vigyan Manthan Yatra in 2011, supported by the Government of Madhya Pradesh.

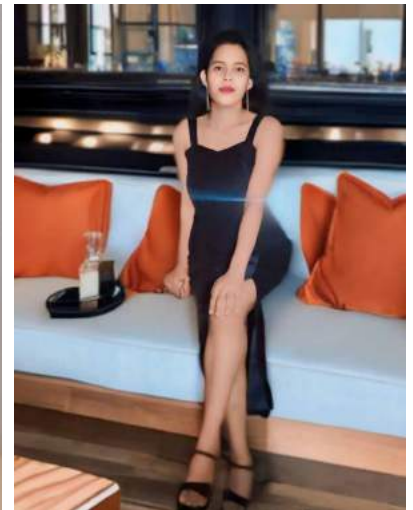
Completing her BDS from the Government College of Dentistry in Indore, she began coaching students to support her family. Despite the challenges of the COVID-19 pandemic during her graduation in 2021, she served as a Dental Medical Officer in MY Hospital, Indore, aiding COVID patients during the severe second wave.



“
Through adversity, we discover our resilience, find strength in gratitude, and forge a path to triumph.

After her family contracted COVID-19, she took on the responsibility of managing their care while continuing her service. She passed the NOHP exam in 2021 and later the MPPSC Dental Surgeon Examination in 2022. Presently, she serves as a Dental Medical Officer in a government hospital, where she's been handling both her duties and the additional responsibilities that came with managing her family's illness.

Recently, she's been honored as a Finalist in Mr./Miss/Mrs. Madhya Pradesh 2024 and received accolades such as the National Icon Award 2024 and the Rashtriya Chikitsa Shree Samman 2024. In her spare time, she indulges in her passions for writing and dancing.



She expresses heartfelt gratitude to all her family members and friends who stood with her in all the goods and bads. But the sacrifice of her father and mother, who managed everything for them despite losing their jobs, is beyond comparison to any of her achievements. Her younger brother, who always stood first for her, and her uncle Er. Umesh Gandhi, who is more her guide and mentor, are her backbone. She attributes whatever she is today to these wonderful souls in her life.

Fostering Lifelong Success at JIS Group of Schools, A Commitment to Quality Education

~ Mrs. Aakanksha Kaur



Mrs. Aakanksha Kaur, Director of the JIS Group of Schools, embodies a unique blend of dedication to education and entrepreneurial spirit. As the steward of institutions like Narula Public School, Central Model School, Little Bright Stars Play School, and Rhode Island Public School, her leadership is marked by foresight, empathy, and compassion. Mrs. Kaur's journey, rooted in her lineage as the granddaughter-in-law of the late Sardar Jodh Singh, Founder and Chairman of JIS Group, and her partnership

with Sardar Simarpreet Singh, Director of JIS Group, is a testament to her commitment to nurturing lives. Educated at La Martiniere for Girls and Shri Shikshayatan College, Mrs. Kaur's pedagogical path began at Calcutta Boys, where she served as an assistant teacher. Her journey of self-discovery led her to realize her passion for teaching, prompting her to pursue a B.Ed from Scottish Church College. Over the years, her dedication to imparting knowledge has only grown, reflecting her unwavering commitment to shaping young minds.



Q.1 What sets your play school, Little Bright Star, apart from others?

At Little Bright Stars Preschool, we're devoted to nurturing a dynamic learning environment that celebrates each child's unique potential. Our holistic approach combines academic excellence with social-emotional growth, fostering both academic achievement and emotional well-being. With a dedicated team of passionate educators, we tailor engaging experiences to meet each child's needs and interests, promoting creativity, critical thinking, and hands-on learning. We empower children to be confident, compassionate, and curious individuals, laying the groundwork for lifelong success.

Q.2 Among your numerous accomplishments, which holds the dearest place in your heart?

Amongst all my accomplishments, the Ek Nari -100 pe bhaari award holds the dearest place in my heart. The Ek Nari -100 pe bhaari award holds a special place in my heart because it represents recognition for empowering and uplifting women, a cause that is deeply meaningful to me. This award acknowledges the efforts and impact of individuals in promoting gender equality and supporting women's empowerment, aligning closely with my personal values and commitment to creating positive change in society.

Q.3 Finally, is there any message you'd like to convey to all our readers?

As an educator, my message to Diva Magazine viewers is one of empowerment, inspiration, and lifelong learning advocacy. Education isn't just about knowledge; it's about discovering passions and unlocking potential. Embrace education for personal growth and positive change. Let's ensure everyone has access to quality education and shape a brighter future together.

Q.4 How do you balance your personal and professional life? Do you follow a strict schedule for everything?

Balancing my personal and professional life involves effective time management, prioritization, and setting boundaries. I allocate time for work, personal activities, and relaxation. Delegating tasks, clear communication, and self-care prevent burnout. Consistency, flexibility, and organization help maintain harmony between personal and professional responsibilities.

Q.5 If someone wishes to contact your school, what is the best way for them to reach out to you?

To contact our school, the best way is to visit our website at www.littlebrightstars.org, where you can find comprehensive information about our programs, faculty, and facilities. Alternatively, you can reach us directly by phone at 9830863231. We look forward to assisting you!

Q.6 As the director of JIS Group of Schools, what are your top priorities within your institutes?

As JIS Group Schools' director, I prioritize educational excellence and student well-being. I focus on curriculum development, innovative teaching, and supportive learning environments. I invest in faculty development and modern infrastructure. Strong partnerships with parents and the community foster collaboration. Anchored in diversity and inclusion, I ensure every student feels valued and empowered. Financial sustainability and continuous improvement are key for long-term success.



Enlightened Pathways Navigate Tarot, Healing, and Spiritual Growth for Empowered Living

~ Sugandha Chadha Shashank



Renowned for her exceptional skills in tarot, fortune reading, life coaching, energy and holistic healing, feng shui consultation, crystal therapy, meditation, and tarot teaching, **Sugandha Chadha Shashank** has established herself as a prominent figure in the field.

Her journey with tarot began at the tender age of 11, and since then, she has dedicated herself to honing her craft. In 2000, Sugandha embarked on her professional reading practice, providing countless clairvoyant readings to esteemed private clients worldwide, both in person and online. Her exceptionally accurate readings have earned her the **title of cartomante extraordinaire.**

Sugandha's expertise extends beyond tarot readings as she works with over 15 divination systems and 10 healing modalities.

She leads classes and workshops on various subjects like Reiki, Lama fera, and Tarot. Her exceptional abilities have garnered numerous accolades, including recognition as one of Asia's 100 most influential individuals and one of the 100 inspiring Indians. Sugandha holds certification from the International Centre for Reiki Training, solidifying her expertise.

Her influence transcends boundaries, attracting followers from diverse backgrounds, including the film industry, bureaucrats, defense officers, and corporate leaders. Through regular workshops, Sugandha empowers people to unlock their true potential and lead mindful, fulfilling lives. Her dedication to helping others become their best selves has made her a respected figure in holistic healing and personal growth.

Q.1 What sparked your interest in healing modalities like tarot and fortune telling?

Well, I would say I was put on this path by the almighty. I have always been highly intuitive, forecasting events since I was about 4. At the age of 11, I was given a deck of tarot cards without any information, yet I immediately knew their meanings. Tarot became my friend, philosopher, and guide!

Q.2 How do you incorporate mindful living practices into your daily routine?

Thank you for this question. Mindfulness is understanding and accepting that each action, word, and thought carries energy. The energy we put in decides its impact on our lives.

Q.3 Can you share a memorable experience where a healing modality or tarot reading had a profound impact on your life?

Each reading humbles me and fills me with immense gratitude.

Q.4 What advice would you give to someone who's curious about exploring these modalities but feels hesitant?

There are a few pointers. Firstly, come with an open mind, as readings and healings delve into layers of our beings. Secondly, seek out a reader with extensive experience and positive reviews. I believe recommendations from others indicate genuineness. Lastly, avoid readers or healers who operate from a place of fear.

Q.5 Are there specific rituals or practices you follow to enhance your intuition and connection to spiritual guidance?

Meditation helps me move inward and listen to my intuition. I also advocate regular spiritual cleansing of both our space and physical body.

Q.6 What misconceptions do you often encounter about healing, tarot, and fortune telling, and how do you address them?

There are many. Unfortunately, many people adopt these practices as a profession without adequate experience. Encounters like these can shake one's faith. A genuine reader and healer must be honest and patient, addressing pre-reading questions to ensure comfort. Opening one's heart and life to a tarot reader can be challenging, but respecting the querent's feelings helps foster comfort.

Q.7 How do people find you? We believe you do not advertise.

That's true. I don't. Word about my work spreads from person to person, thanks to God's kindness.

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Unveiling Dreams, Recognizing the Visionaries Behind Ms. DiVvaz Earth

Ms. DiVvaz Earth is a Beauty pageant coming on 28th April in Courtyard by Marriott Gurugram Downtown . Ms. Divvaz Earth is an association between Enterprising DiVvaz by Nidhi Siddharth Khurana and Shivany Dargan.

Every great dream begins with a dreamer. Always remember, you have within you the strength, power and the passion to fulfill your dreams and we are giving you the platform to fly high

MS DiVvaz Earth coming up for with the beauty pageant and the platform for all women to fulfill their dreams. No age, no criteria of height, weight.

Enterprising DiVvazby Nidhi Siddharth Khurana is a 6 years old social and business

networking community, having presence across India. .Popularly known as ED, it has conducted more than 100 offline and online events, more than 20k live sessions, done many brand collaboration's with small, medium and big businesses.

Nidhi has been awarded numerous times during her 18 years of corporate experience. For her work with Enterprising DiVvaz Community , she has been awarded with '51 Most Influential women's Award' in Haryana and Women Excellence Awards -2024 for the work she has been doing through her community. She has been invited as Chief guest and Guest of Honor at various events and shows.

Shivany Dargan is the one who has worked for her passions and has a zest to live her life to the fullest. She is working professional. Shivany is a former Emcee for lot of shows

and a beauty pageant winner along with that she has done lot of magazine shoots. She came as the show stopper for many designers. Shivany loves playing Poker and believes in the destiny of fashion and miracles.

At Ms.DiVvaz Earth , they are grooming all the participants in all aspects such as confidence , body language , dressing , styling , make up and more. Along with the grooming sessions, they providing professional photoshoot, makeup and hair styling.

Ms. DiVvaz Earth is coming with the world of Glamour for Kids. Each child is blessed with talents that are unique in some or the other way and to bring out these hidden talents we are coming with the Kids Ramp walk on 28th April with 3 categories-Below 6, 6 to 9

Special Thanks for gratitude to all the associates and partners of this event -

Diva planet magazine ,Courtyard by Marriott Gurugram Downtown, La' Artz institute of Fashion & Beauty , Radio Maharani, Courtyard Resort by Jannat , Panache by Parul Kaushal , Carvinal Foods , KM Dezin , Koy Bakers , Cuisineo Banquet ,Choker set , Cakes and Cookies by Ruchi Gupta , Vira Clothing's ,360 degree image makeovers by Aarti Sharma , PunBa , Clinic Dermatech , Ramaya , Make up Artist -Nisha Bhosle ,Avon ,Make Up Artist Shikha Sharma , Glam Works by Sushmita , Artistry Make overs by Meinu Arora, Glamby Singh , Sugarcoat nails by Karishma, Aamira collection by Shweta chugh , Pearl by Chandrani , A2B productions ,Molecule , Soca , Panche Kala by Vandana, Little Blessings , Kaanchie Nanggia , Rangdaar , Royal Orchid Hotels , LeAmanah , Dr. Jyoti's Clinic , Runway Coach -Vishal Hotlla

and 10 to 15. This Kids Ramp walk Show will be conducted on 28th April along with Ms. DiVvaz Earth Beauty Pageant for women. They have onboarded sponsors for the show with esteemed Jury members



Jury members -

- Dinesh Mohan
- Rita Gangwani
- Shalini Arora Kochhar
- Amanpreet Wahi

Please follow them on :

 **Instagram ID's**

- @msdivvazearth
- @enterprising.divvaz
- @shivanydargan

10 Best Summer Tips to Beat the Heat in 2024



Hydration is Key - In the summer heat, it's crucial to stay hydrated. Drink plenty of water throughout the day, and consider adding electrolyte-rich beverages to replenish lost minerals.



Protect Your Skin: Shield your skin from harmful UV rays by applying sunscreen with a high SPF rating. Opt for broad-spectrum sunscreen to safeguard against both UVA and UVB rays, and reapply every few hours, especially after swimming or sweating.



Dress Light: Choose lightweight, breathable fabrics like cotton and linen to keep cool & comfortable in the summer heat. Loose-fitting clothing in light colors can also help reflect sunlight and reduce heat absorption.



Stay Indoors During Peak Hours: Minimize exposure to the sun's strongest rays by staying indoors or seeking shade during midday hours when temperatures are at their peak. Plan outdoor activities for early morning or late afternoon when it's cooler.



Cool Off with Water Activities: Beat the heat by engaging in water-based activities like swimming, water aerobics, or even a leisurely stroll by the beach. Not only are these activities refreshing, but they also provide relief from the sweltering temperatures.



Keep Your Home Cool: Maintain a comfortable indoor environment by using fans, air conditioning, or strategic ventilation to circulate air and reduce humidity. Close curtains or blinds during the hottest part of the day to block out direct sunlight.



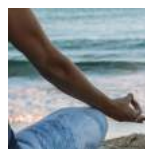
Eat Light and Fresh: Embrace the bounty of summer produce by incorporating fresh fruits and vegetables into your meals. Opt for light, hydrating foods like salads, smoothies, and chilled soups to stay nourished and energized.



Stay Active Safely: Exercise is essential for maintaining health and well-being, but it's important to exercise safely in the summer heat. Choose cooler times of the day for outdoor workouts, stay hydrated, and listen to your body's signals to avoid overheating.



Stay Informed About Air Quality: Keep tabs on air quality forecasts in your area, especially during hot summer days when air pollution can worsen. Limit outdoor activities if air quality is poor, and consider using indoor air purifiers to improve indoor air quality.



Practice Mindfulness and Self-Care: Amidst the hustle and bustle of summer activities, don't forget to take time for self-care and relaxation. Practice mindfulness techniques like meditation or deep breathing to reduce stress and promote inner calm.

JOIN THE CELEBRATION OF WOMEN EMPOWERMENT & INSPIRATION

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TOP 100 OUTSTANDING WOMEN AWARDS 2024 (Season-2)

RECOGNIZING THE REMARKABLE ACHIEVEMENTS OF
WOMEN ACROSS DIVERSE FIELDS.

DON'T MISS THE CHANCE TO NOMINATE OR
APPLY FOR THE TOP 100 OUTSTANDING WOMEN
AWARDS 2024 (SEASON-2)

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