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MAGAZINE

POCKET BOOK DULHIN

WRITTEN BY
A BEAUTY QUEEN

SOCIAL ACTIVIST

ADVOCATES CHANGE,
EMPOWERS COMMUNITIES,
FIGHTS INJUSTICE.

TARO CARD READER

MANY HAVE BEEN BLESSED
WITH HER BLESSINGS BY HER
GOD GIFT OF FORTUNE
TELLING

VOYAGE OF A
BEAUTYQUEEN
DR. SHWETA
SHRIVASTAVA AS
AN AUTHOR

#DULHIN

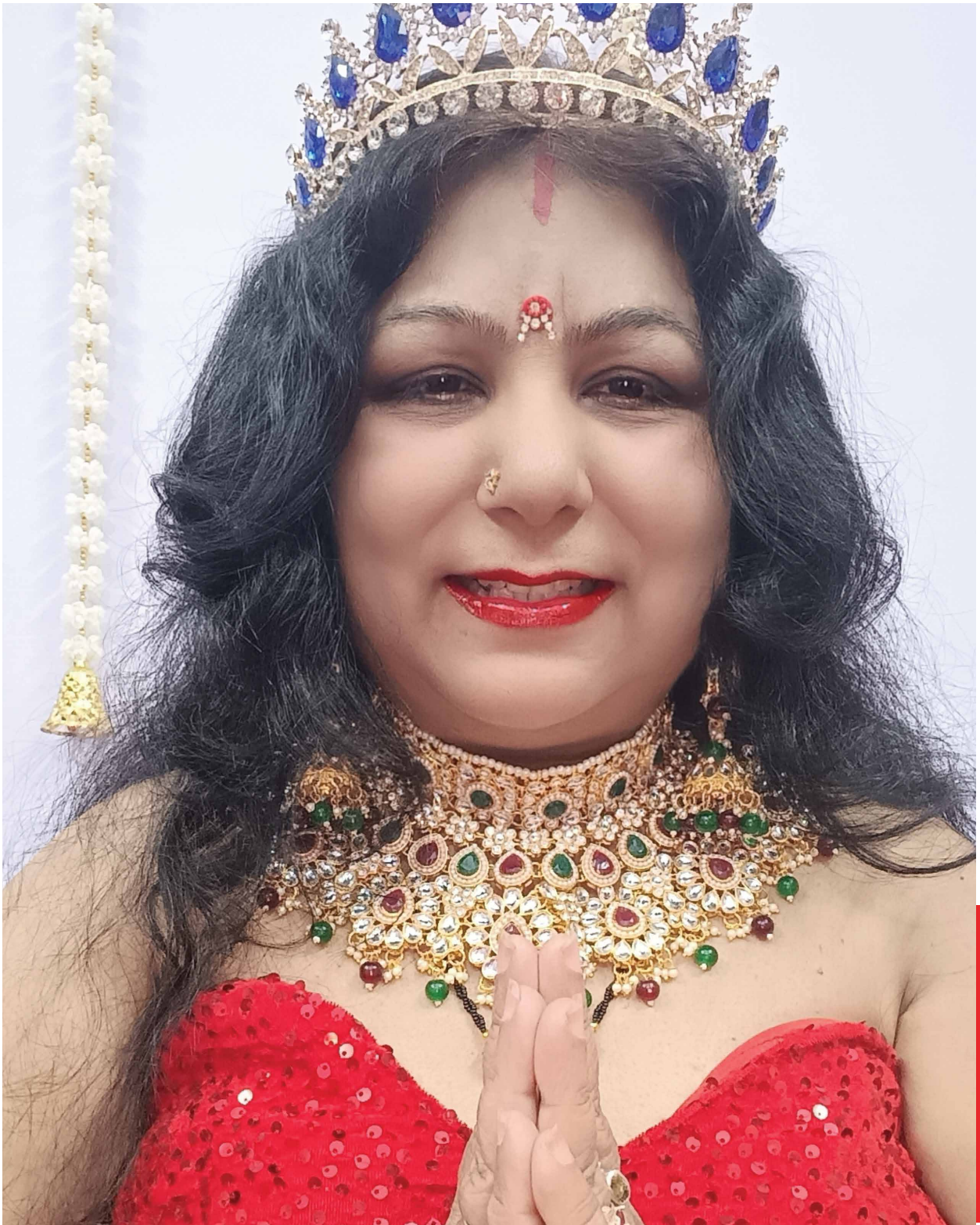
A COLLECTION
OF MEMORIES

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DR. SHWETA SHRIVASTAVA

A powerhouse of talent, blending literature, spirituality,
fashion, and entrepreneurship

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COVER STORY

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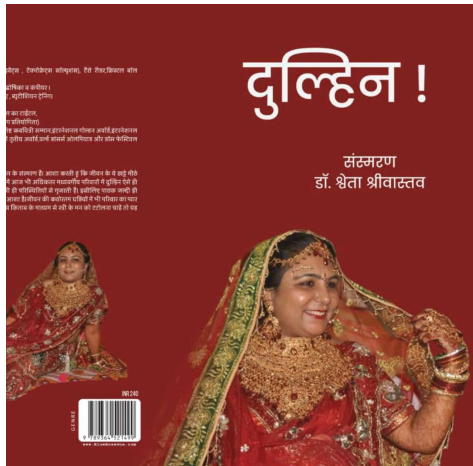


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KATE

Mastering the Art of
balancing Medicine and
Entrepreneurship.

EXPLORING THE ESSENCE OF DULHIN! AND HER MULTIFACETED JOURNEY

~ Dr. Shweta Shrivastava
(Author & Model)



Dr. Shweta Shrivastava is an accomplished author, model, poetess, aviation trainer, and social activist. Holding an M.A. in English, she has mastered multiple disciplines, including beauty, performing arts, and spiritual guidance as a tarot card reader and crystal ball gazer. Her diverse expertise has made her a respected figure in many fields.

Her literary contributions include *Dulhin Kavya Tarang*, and several other acclaimed poetry collections, widely appreciated by readers globally. Recognized for her literary excellence, she has been honored with prestigious awards such as the Mrs. India World 2021 Radiant Performer, Chhattisgarh Mahila Ratan Samman, Vishisht Kavyitri Samman, and the Golden Book Award 2023, among others.

Beyond writing, Dr. Shweta is an entrepreneur, leading Aristocratic Events and Technocrats Solutions, specializing in event management and technological innovations. She has been a beautician since 1991, serving as a makeup artist, stylist, and hairdresser for celebrities, inspiring many aspiring beauty professionals.

A trained Kathak dancer since 1983, she has earned multiple accolades, including recognition at the World Dancers Olympiad and the Nirtya Sadhna Award. Her dedication to dance highlights her artistic excellence and cultural passion.

As an honorary doctorate in literature and a national member of the World Human Rights Protection Commission, she actively promotes education, gender equality, and artistic expression. Her advocacy for women's empowerment and humanitarian work further underscores her commitment to social causes.

Her modeling career includes winning the Antiquity Queen title in 1995 and being featured on the Goldiee Queen Wall of Fame Season 2 and 3. She continues to inspire young models, breaking stereotypes and redefining beauty standards.

Dr. Shweta Shrivastava's remarkable journey exemplifies perseverance, creativity, and leadership, making her a true icon in multiple domains.

Q/A with Dr. Sweta Shrivastava

Q. What are your expectations from your new pocket book 'Dulhin' ?

Dr. Shweta Shrivastava: 'Dulhin!' is a memoir in pocket book form published by Blue Rose Publishers in Hindi and distributed worldwide on all Amazon sites and

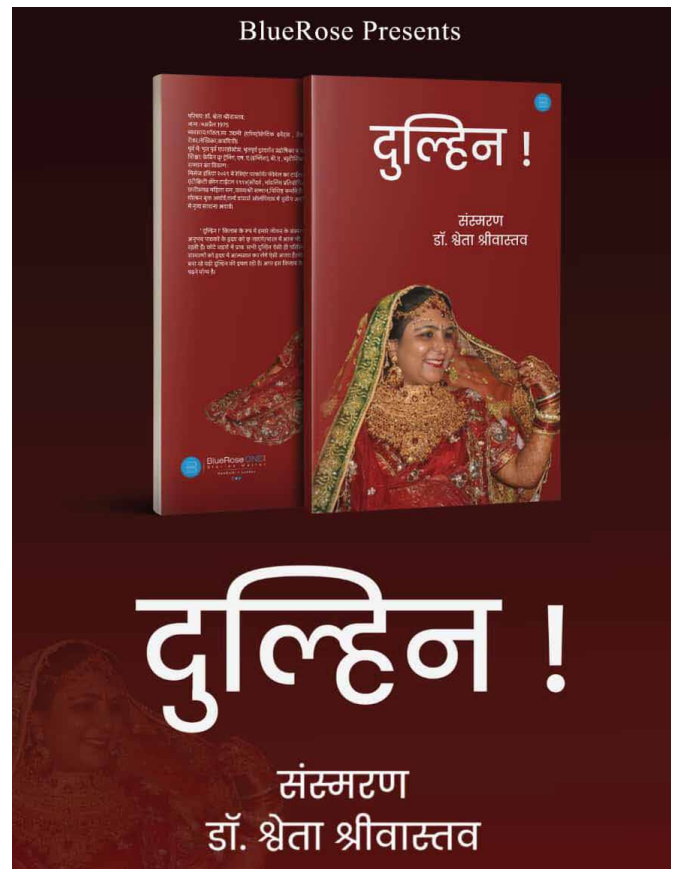
www.bluerosepublishers.com .I hope that my life stories as memoirs will touch the heart of every reader.

In Indian middle class families usually brides live such traditional lifestyle. Brides of small cities and towns usually go through the experiences depicted in this pocket book. The heroine of 'Dulhin' believe that family be united in life even if the conditions are not bearable. Strong believer in family values she remains traditional bride despite of modern education and family background.

Q. How do you describe the Heroine of this book?

Dr. Shweta Shrivastava: 'Dulhin' being the lead is my life story as memoirs who is a modern , highly educated Airhostess, Model, Author, Tarot Reader, Mirror Reader and Crystal Reader is married in a very traditional family. She is a blogger too. Well versed in writing, dancing, singing and cooking she is an extrovert lady Her marriage was arranged though being a love marriage. The story revolves round the expectations to be a veiled, remain silent daughter- in-law, be an obedient wife. She was denied of her Identity to be an Ideal Daughter -In-Law who was veiled in the name of tradition.

Eventually she was sacked out of in law's home and she began her life, struggling all alone to have her happy home with husband. Tragic events take place but to make her even stronger. She acclaimed awards and was bestowed titles of honour later in her life so the twist and turns continued.



Q. Please tell us more about your upcoming books in line.

Dr. Shweta Shrivastava: 'Ardhangini' and its English version 'A House Wife's Story' are expected to hit market after 'Dulhin'. These are memoirs too. Hope readers connect with Hindi Books Dulhin, Ardhangini and A House Wife's Story too as my earlier e- books on Kindle and Amazon.

Q. Whom do you give credit to your writing?

Dr. Shweta Shrivastava: My writings are inspirations from life; being a daughter of a professor, mentor and writer Late Dr. P.K. Shrivastava, writing is in blood. My Husband Dr. Praveen Kumar Shrivastava; who is a technocrat supported me in publishing my books despite of adversaries. My mother Mrs. Rajeshwar Shrivastava and brother Abhishek Shrivastava being a strong support throughout my life. Was Always encouraged by Late Neha Shrivastava who was not just my Bhabhi but a friend too. In all My family is whom I give all the credit of my success. Upbringing Counts!

A Multifaceted Talent in Art, Fashion, & Entrepreneurship

~ Mrs. Nanditha Sandeep
(Model & Artsit)

Born on January 25, 1987, in the culturally vibrant city of Mysore, Nanditha Sandeep is a woman of extraordinary talent and versatility. She has made a name for herself as a fashion icon, artist, entrepreneur, and record holder, proving that passion and dedication can lead to remarkable success. Her journey, filled with achievements in multiple fields, is a true inspiration to aspiring artists, fashion enthusiasts, and entrepreneurs.

Early Life and Leadership Qualities -

From a young age, Nanditha displayed exceptional leadership qualities and creative vision. As a school vice-captain, she actively participated in various activities, excelling in sports, cultural events, and fashion shows. At just 13 years old, she choreographed her first fashion show, showcasing her innate talent for design and presentation. Her confidence and artistic skills set her apart, laying the foundation for her future career in the world of fashion and creativity.



Artistic Brilliance and World Records -

Nanditha's creativity is not confined to fashion. She is a Limca Record Holder, known for her exceptional artistic skills. Some of her most notable artistic feats include:

- Designing a frock using 1,000 dairy milk wrappers, showcasing her innovation and creativity.
- Painting 1,000 different artworks of Lord Ganesha, demonstrating her deep devotion to art and spirituality.

These remarkable achievements highlight her dedication to pushing creative boundaries and turning ordinary materials into extraordinary masterpieces.

Achievements in the Fashion Industry -

Nanditha has made a significant mark in the beauty and fashion industry, earning multiple prestigious titles. Her accolades include:

- Mrs. International Super Queen 1st Runner-Up
- Mrs. India Galaxy (Top 5 Finalist)
- Mrs. Photogenic at Mrs. Bangalore

These achievements reflect not only her beauty and elegance but also her confidence, grace, and unique sense of style. She has walked the ramp for renowned designers and collaborated with leading brands, cementing her place in the fashion world.



Entrepreneurial Ventures -

In addition to her accomplishments in fashion and art, Nanditha is a successful entrepreneur. She runs two thriving businesses:

- **Love Customized by Nanditha** – A venture specializing in personalized gifts, where she creates unique, handcrafted items tailored to clients' preferences. Her ability to transform simple ideas into meaningful keepsakes has won the hearts of many.
- **Style Sheets Workshops** – A platform where she conducts art and creative workshops, encouraging budding artists and enthusiasts to explore their potential. These sessions provide an opportunity for people to express themselves artistically and learn from her expertise.



Achievements in the Fashion Industry -

Nanditha's contributions have been widely acknowledged, and she has been honored with several prestigious awards. One of the most significant recognitions she has received is the South India Women Achiever's Award, which celebrates her outstanding contributions to art, fashion, and entrepreneurship.

This award is a testament to her hard work, dedication, and unwavering passion for inspiring others. She firmly believes in empowering women and encouraging them to pursue their dreams, regardless of age or background.

An Inspiration to Many -

Nanditha Sandeep's journey is a powerful reminder that passion, perseverance, and creativity can lead to extraordinary accomplishments. Whether in fashion, art, or business, she continues to break barriers and inspire countless individuals. Her story is not just about success; it is about determination, innovation, and the courage to follow one's dreams. She stands as a symbol of empowerment, proving that when one pursues their passion with commitment and dedication, success is inevitable.

As she continues to explore new opportunities and expand her creative ventures, Nanditha remains an influential figure in the world of fashion, art, and entrepreneurship. Her journey is far from over, and the world eagerly awaits her next masterpiece.

Rising Through Adversity: The Courageous Journey of Prof. Sreevidya Subramanyam



~ Prof. Sreevidya Subramanyam
(Educationist)

The Beginning of an Extraordinary Journey -

In a world where dreams often face resistance, I, Prof. Sreevidya Subramanyam, have lived a journey shaped by resilience, purpose, and an unshakable belief in the power of education. As an educator, mentor, and trainer, I've had the privilege of touching countless lives, helping students and professionals discover their potential. This is my story of challenges, triumphs, and an enduring mission to inspire others. In a world where dreams often face resistance, I, Prof. Sreevidya Subramanyam, have lived a journey shaped by resilience, purpose, and

an unshakable belief in the power of education. As an educator, mentor, and trainer, I've had the privilege of touching countless lives, helping students and professionals discover their potential. This is my story of challenges, triumphs, and an enduring mission to inspire others.

A Dream Ignited in Childhood -

"From as early as I can remember, teaching has been my calling," I reflect with gratitude. My journey began in childhood when I found immense joy in teaching my classmates, often standing before a blackboard with chalk in hand. Even when people doubted the financial viability of a teaching career, my resolve never faltered. Those early moments taught me that sharing knowledge was my purpose.

The Path to Engineering and Beyond -

Determined to pursue my dream of becoming a professor, I chose engineering in computer science. During this phase, my passion for teaching blossomed as I guided my friends during exams. Witnessing their understanding grow brought me a profound sense of fulfilment. After completing my degree, I eagerly stepped into academia, ready to make a difference. Along the way, life unfolded its beautiful surprises, bringing marriage and the joys of motherhood into my journey. Balancing these roles became a transformative chapter that I embraced with steadfast love and determination.

Overcoming Adversity -

There were times when I felt the weight of closed doors and rejection. After taking a career break, returning to teaching felt like an uphill battle. Yet, every “no” only fuelled my determination. I believed in my abilities and pursued opportunities relentlessly, refusing to let setbacks define me. Slowly but surely, I found platforms to teach, inspire, and grow.

The Turning Point: Embracing the Role of a Mentor -

Stepping into the role of a trainer and educator was a transformative experience for me. It was here that I truly began to understand the immense power of influence. My mission became crystal clear: to empower students and professionals, instilling in them the confidence to pursue their dreams.

I vividly recall one life-altering moment. A student approached me, her eyes brimming with tears, weighed down by hopelessness and despair. She confided in me, sharing her struggle to find a way forward. Her words

mirrored my own battles from the past. I listened intently, pouring my heart into our conversation. I shared my journey—the moments of darkness, the resilience I discovered, and the triumph of emerging stronger.

Slowly, as we talked, a glimmer of hope lit up her face. Together, we crafted a plan for her future, one step at a time. The spark of determination that ignited in her eyes that day was nothing short of magical. Today, she stands tall, a shining example of what is possible when someone believes in themselves. That moment, among countless others, reaffirmed why I do what I do.

“

**CHALLENGES ARE THE
GREATEST TEACHERS;
EMBRACE THEM, AND
YOU WILL GROW.**





Empowering Women and Students -

Empowering others has always been at the heart of my journey. I have worked with students struggling with hopelessness, guiding them toward renewed ambition. I've also supported women battling self-doubt, helping them reclaim their confidence through workshops and mentoring. Witnessing their transformation has been one of the most rewarding aspects of my work.

Recognitions and Achievements -

My journey has not been an easy one. From facing rejection and struggling to find my footing in the field of education to relentlessly pursuing my passion, the path has been paved with challenges. There were moments when doors were closed, and opportunities seemed out of reach. Yet, each setback became a stepping

stone, and every struggle fuelled my determination to rise above.

Today, these efforts and resilience have been recognized through prestigious accolades, including:

- Education Entrepreneur of the Year 2024
- Award of Excellence in Education and Soft Skill Training 2024
- Nation's Icon: Best Multifaceted Leader Award 2024
- Ujwala Vikasitha Bharat Nirmaana Karya Yodha Award 2024

These awards are not just milestones; they are powerful reminders of the journey from obscurity to recognition. They symbolize the strength it takes to overcome adversity and the belief that dedication and perseverance can lead to extraordinary achievements. They stand as a reflection of the transformation of struggles into success and an enduring commitment to inspiring others.



Empowering Lives, Creating Legacies -

As I reflect on my journey, I am filled with gratitude for every struggle and triumph. Each experience has shaped me into the person I am today—an educator committed to empowering others. My mission is far from over; as long as there are lives to touch and minds to inspire, I will continue this path. Together, we can overcome obstacles and rise to our fullest potential.

This story is not just about personal milestones but about creating ripples of change and empowering others to dream and achieve.

A Multifaceted Professional -

Currently, I wear multiple hats: Academic Mentor and Master Career Guide, Personality Development Coach, Certified Expert in POSH Law, Adjunct Faculty (MBA, M.Com, BBA, B.Com, BCA, Design), Aptitude and Reasoning Trainer, and Content Writer. Each role allows me to bring unique value and impact to the lives of students and professionals alike.

A Message to Future Generations

To every reader, I share this: Challenges will come, but they are the greatest teachers. Embrace learning as a lifelong journey and value growth over immediate rewards. When you feel like giving up, remember that persistence and dedication will guide you through. The struggles you face today will shape the strength you carry tomorrow.

Gratitude: The Heart of My Journey -

"I owe everything to the pillars of my life," I say with deep gratitude. My parents instilled in me the values of perseverance and integrity. My husband has been my strongest companion through every twist and turn. My siblings' support has always been encouraging, and my children inspire me to keep pushing forward. My mentors and colleagues have enriched my journey with their wisdom and belief in me.

Empowering Lives with Therapy: Dr. Kavita Sony's Approach to Mental Wellness

~ Dr. Kavita Sony
(Psychologist & Counselor)



I am Dr. Kavita Sony, a certified psychologist and counselor specializing in adult and child counseling. My expertise spans clinical psychology, marriage and relationship counseling, emotional wellness coaching, and positive parenting. With a strong passion for mental health, I founded KS Counsellor & More with the vision of bringing light into people's lives. My goal is to support individuals and families in overcoming emotional challenges and building fulfilling relationships.

Q. What inspired you to become a clinical psychologist?

From a young age, I was deeply interested in human emotions and relationships. Over time, I realized the power of listening and providing guidance. Seeing people struggle with mental health issues without proper support motivated me to pursue psychology professionally. My training at NHCA Singapore strengthened my expertise, and today, I am dedicated to making mental health care accessible and effective for everyone.

Q. You are the founder of KS Counsellor & More. What kind of issues does it address?

KS Counsellor & More provides professional counseling and therapy services for individuals, couples, and families. We specialize in:

Child and Adolescent Counseling –

Addressing behavioral issues, academic stress, and emotional well-being.

Marriage & Relationship Counseling –

Strengthening relationships through effective communication and conflict resolution.

Mental Health Support – Managing anxiety, depression, OCD, ADHD, and emotional trauma.

Cognitive Behavioral Therapy (CBT) –

Helping clients reframe negative thought patterns.

Special Needs Counseling – Providing guidance for autism, learning disabilities, and ADHD.

Our aim is to create a safe space where people can heal, grow, and lead happier lives.



Q. What areas of mental health do you specialize in?

I specialize in child and adolescent psychology, relationship counseling, emotional wellness, and family therapy. My expertise also extends to dealing with stress, anxiety, depression, OCD, ADHD, and learning disabilities. Additionally, I mentor parents in positive parenting techniques and help couples rebuild strong, meaningful relationships.

Q. How can people prioritize self-care and emotional well-being?

Self-care is not a luxury; it is a necessity. People can prioritize their mental well-being by:

Practicing Mindfulness – Engaging in meditation, deep breathing, or journaling.

Setting Boundaries – Learning to say no to unhealthy situations.

Maintaining Healthy Relationships – Surrounding themselves with positive influences.

Seeking Professional Help – Therapy is a proactive step toward healing.

Engaging in Activities They Love – Whether it's music, sports, or creative arts, hobbies play a crucial role in mental wellness.



Q. What has been the most challenging part of your career?

One of the biggest challenges is breaking the stigma around mental health. Many people hesitate to seek help due to societal judgments. Changing mindsets and encouraging open conversations about mental well-being is a constant but necessary effort. Another challenge is witnessing emotional pain in clients—helping them heal while maintaining professional detachment can be emotionally demanding.

Q. What advice would you give to someone starting in the mental health field?

Empathy is Key – Truly listen to your clients without judgment.

Continuous Learning – Psychology is ever-evolving; staying updated is crucial.

Self-Care Matters – Helping others can be emotionally draining, so take care of your own mental well-being.

Patience and Persistence – Healing takes time; don't expect overnight results.

Network and Collaborate – Connecting with other professionals enhances your knowledge and reach.

Q. How can someone reach out to you?

I am available for consultations through KS Counsellor & More. You can connect with me via:

Email: kscounsellormore@gmail.com

Phone: 9967190409

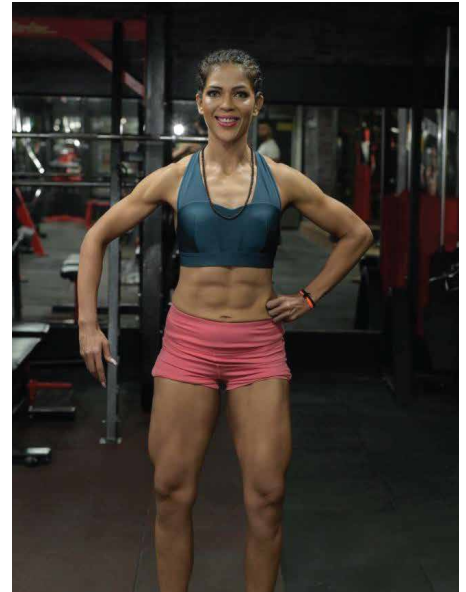
Website: KS_counsellor_ore.com

Social Media: [KS_counsellor_and_more](#)

I am always happy to help individuals and families find clarity and joy in their lives.

CYBERSECURITY LEADER & BODYBUILDING CHAMPION INSPIRING FITNESS AND ETHICAL WORKPLACES

~ Shubhangee Shelke
(Cybersecurity & Fitness Enthusiast)



Shubhangee Shelke is a renowned banking and cybersecurity professional working with global banks and clients in She holds several professional degrees and certifications, such as an MBA, Diploma in Cyber Law, CISA, CRISC, CCA, PMP, ITIL v3, CEH, CSM, AWS CCP, CCIO and CPEW. She had nominated as "Top 10 Women Tech Leaders India Awards 2023" by REVA University. Shubhangee is an ISAC (Information Sharing and Analysis Centre) ambassador for women in cybersecurity and is dedicated to raising awareness and encouraging women to pursue cybersecurity roles. She is also a qualified Cybercrime Intervention Officer and has assisted cybercrime victims in getting the necessary help and support. In addition, she evangelises professional ethics at the workplace and spreads awareness on prevention of financial fraud, hate crimes, workplace harassment and creating an ethical workforce. She conducts seminars, webinars and awareness sessions, creates awareness through n social media, and helps mentor people for cyber

and tech roles, including job opportunities. As an active speaker and influencer for cyber security & she spearheads various activities to promote cyber awareness through mentoring sessions to women and fresh graduates to help them achieve their best. Interestingly, she is also a successful professional bodybuilder. She has been awarded 10 coveted titles in regional, national and international competitions! Last year, she won Gold ICN International bodybuilding competition (Ms Fitness International) representing team India in South Korea! In her spare time, she loves travelling and reading!

Q. Any Specific Plans for Married Women/ Working Moms , who don't get enough time for themselves?

One small advise at least take put 30 min for your workout : in any form (that's just 2% of your 24 Hours day) . It is investment in yourself which Will turn into better version of yourself . More fit mentally and physically you are , you can take care of your lives ones in a better way.



Q. Can you walk us through a good and budget friendly nutrition plan?

There is no rocket science . Just follow basic guidelines

1. Drink enough water throughout day 4/5 ltr
2. Avoid salty sugary and refined floor based food
3. Switch to smarter choices when eating outside is unavailable
4. Prefer home cooked meals
5. Include proteins in your meals like curd , dal , paneer , tofu , lean chicken and fish and eggs.

Q. How do you use your platform to promote healthy living and fitness, and what initiatives are you involved in?

Have my Instagram page where i share motivational posts. Also at work , I lead health and fitness program for my department site where we engage into various initiatives for mental as well physical health including awareness session , fitness games , mediation and clean eating initiatives.

Q. How often Should someone workout to be healthy, Can you break any myth?

Min 3 to 4 days of any form of strength training in gym or body weight training in it's balanced diet is good enough for general fitness goals

Q. What inspired you to start bodybuilding?

In simple words it is my quest to become better version of myself to explore body's natural potential : it was fat to for to athlete. Wanted to do one bodybuilding show to be honest . After my first stage experience I loved it so much that there was no looking back

Q. What challenges generally people face in their journey and how they can overcome them?

Not seeing instant results can be disheartening : so keeping constancy and discipline is key rather than looking for temporary motivation .

Clean eating needs a lots of beforehand planning and thoughtfulness so making mindful eating habits is one of the measure challenge in fitness transformation journey

Q. How do People structure their workouts, something specific they can add?

It has to be combination of resistance training and cardio . You can do this I gym or home workout : that doesn't matter . Doing it as part of regular routine in consistent way gives you results.

Q. Whats the Best way to Increase Stamina?

Exercising regularly, eating balanced meals and getting good rest for recovery : this combo when followed consistently Will result into improved stamina.

MASTERING THE ART OF BALANCING MEDICINE AND ENTREPRENEURSHIP



~ Dr. Shweta Kate
(Psychotherapist & Counselor)



Dr. Shweta Kate resides in Pune, Maharashtra, and wears multiple hats as a Doctor, Entrepreneur, Social Worker, and Counselor-Psychotherapist. Committed to mental health, she conducts lectures for students, raising awareness about psychological well-being. Recognized for her expertise as a counselor and psychotherapist, she has expanded her impact through her startup, which offers Healthcare Career Courses, as well as Personality Development & Communication Skill classes. For these initiatives, she has been honored with the prestigious Indian Icon Award.

With a mission to ensure that no student struggles for employment, Dr. Shweta Kate provides affordable courses that equip students with essential communication skills, personality development techniques, and career guidance to help them secure jobs. Witnessing her students succeed is her greatest achievement, as sharing knowledge remains the most fulfilling experience for her.

Q. What inspired you to become a doctor?

Since childhood, I dreamed of becoming a doctor to heal people and bring happiness into their lives. I have always believed that a doctor holds the power to spread joy, which inspired me to pursue this noble profession. Over time, my passion extended beyond physical healing to mental well-being, and I dedicated myself to promoting happiness and mental peace.

Q. How do you balance your medical practice and entrepreneurial ventures?

Time management is crucial in life. By organizing my schedule effectively, I ensure that I allocate time for my medical practice, entrepreneurial ventures, and, most importantly, my family. Prioritizing tasks and maintaining a structured routine allow me to balance my commitments seamlessly.



Q. What social causes are you most passionate about?

I am deeply committed to helping those in need. I regularly visit slum areas, where many people are unaware of counseling and psychotherapy. By interacting with them, I identify individuals struggling with mental health issues and provide free counseling. Additionally, I plan to introduce counseling services in Zilla Parishad Schools to support children in their mental well-being.

Q. What advice would you give to young women pursuing careers in medicine?

To all aspiring women in medicine: You are incredible in every way. Stay dedicated and positive, no matter what obstacles come your way. Believe in yourself and keep moving forward to achieve your dreams. Always remember—happiness is in your hands, so spread it! Your good deeds will always bring you peace and success.

Q. What's been your most rewarding experience as a doctor?

For me, the most precious reward is the heartfelt blessings I receive from patients after their recovery. Apart from this, I have been honored with the Bhartiya Ratna Samman Award and recognized as one of the Top 100 Women of India for my contributions.

Q. Can you share a challenging experience you faced as a doctor?

One of the most unforgettable moments in my career occurred when I was just 23 years old, two months into my first job. At 3:15 AM, I received an urgent call from my neighbor, who was in labor and needed my help. Without any medical equipment or even gloves, I rushed to her home. In an emergency, I improvised by using new plastic carry bags as gloves and safely delivered the baby. I then arranged for a new thread and blade to cut the umbilical cord before calling an ambulance to take both mother and child to the hospital. Thankfully, both were safe, and the gynecologist at the hospital appreciated my quick thinking and bravery. To this day, my neighbors fondly remember me whenever they see that child. Knowing I played a part in bringing a new life into the world remains one of the most cherished moments of my life.

Q. Would like to give some insight about your latest Achievements?

I have been honored with the following prestigious awards for my contributions as a doctor, counselor, entrepreneur, and social worker:

Dr. A.P.J. Abdul Kalam - Bhartiya Ratna Sammaan
Top 100 Outstanding Women of India
Inspiring Indian Award 2025
Indian Icon Award for my startup in career development and skill training
These recognitions fuel my passion to continue my journey of empowering lives and making a positive difference in society.



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TOP 30

INSPIRING WOMEN

AWARDS 2025




(Season -2)

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