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LIVING HER MOTHER'S DREAM

Carrying forward Late Mrs. Shashi Shivhare's ideals with compassion and purpose.

COVER STORY PG. 04

DR. SHALINI SHASHI SHIVHARE

A visionary physiotherapist, entrepreneur, and social reformer, embodying resilience, compassion, and unstoppable leadership.

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COVER STORY

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REDEFINING WELLNESS AND EMPOWERMENT THROUGH BUSINESS AND SOCIAL SERVICE

~ By Dr. Shalini Shashi Shivhare



MIn the realm of healthcare and social service, few individuals have demonstrated the same breadth of commitment and achievement as Dr. Shalini Shashi Shivhare. Born on July 11, 1992, to Mr. Sunil Kumar Shivhare and Mrs. Shashi Shivhare, Born in a small village in anuppur District (laherpur) Madhya Pradesh she has built a remarkable journey defined by academic excellence, professional expertise, and social responsibility.

Married to Mr. Shubham Jaiswal, a successful businessman, she is also a devoted mother to a young daughter, Shriji Shivhare Jaiswal, balancing family life with an extraordinary professional career. Her academic pursuits reflect a passion for continuous learning and growth. Having completed her early education at Saraswati Shishu Mandir in Chhattisgarh, she went on to achieve multiple degrees including a Bachelor of Physiotherapy

(BPT), Bachelor of Science (B.Sc.), Master of Social Work (MSW), and Master of Physiotherapy (MPT) specializing in sports. This diverse academic background provided her with the expertise to establish herself not only as a physiotherapist but also as a versatile entrepreneur and social contributor. As a business leader, she has founded and manages several ventures that reflect her vision for holistic wellbeing and empowerment. These include Shashi – The Wellbeing Physio & Rehabilitation, dedicated to physiotherapy and recovery; S3 – The Unique Threads, which combines creativity with entrepreneurial spirit; and Fit Box – Complete Fitness, Health & Beauty, a center that integrates wellness, fitness, and lifestyle services under one roof. Each of these ventures highlights her ability to merge professional knowledge with innovative business ideas, catering to diverse aspects of health and wellness.

Beyond her business endeavors, she has also committed herself to social service

through the Shashi Foundation, an NGO aimed at making a meaningful difference in society. Through this platform, she continues to champion causes that uplift communities, empower women, and provide access to essential services.

Her professional affiliations further reflect her dedication to the field. She is a lifetime member of the Indian Association of Physiotherapy (IAP) and an active member of the Rashtriya Nari Sashaktikaran Sangh (RNSS). These memberships not only validate her professional credibility but also strengthen her role as a voice in women's empowerment and healthcare advocacy.

Her career as a sports physiotherapist has also brought her recognition and respect across platforms. She has worked extensively in the field, helping athletes and individuals maintain peak performance while recovering from injuries with professional care.

Her outstanding contributions have been celebrated with numerous prestigious awards. In 2025, she was honored with the MP Gaurav Ratan Award by Mr. Darshan Singh Chaudhary, Member of Parliament from Narmadapuram, and also received the MP Award from former Cabinet Minister Mr. Kamal Patel. On an international platform, she was conferred the Global Excellence Award 2025 by Padma Shri awardee and celebrated actress Kajol Devgan. The same year, she received the Nari Ratan Iconic Award 2025 and the Bharat Gaurav Samman 2025. Her growing influence and inspiring journey . Adding to her list of distinctions, she has also been nominated for the Nari Shakti Award 2025, one of the most prestigious recognitions for women achievers in India.

Her journey reflects the power of determination, resilience, and vision. Balancing multiple roles as a healthcare professional, entrepreneur, social worker, and mother, she continues to inspire countless individuals with her achievements. Her story is not just about personal success but about creating opportunities, empowering communities,

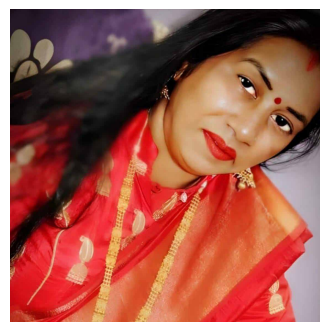
and redefining leadership in healthcare and beyond.

In every award she receives, every initiative she launches, and every life she touches, Dr. Shalini Shashi Shivhare embodies the spirit of modern India — progressive, compassionate, and unstoppable.



About Her Mother and her Role in Dr. Shalini's Life

Her life was intricately woven with the threads of her mother's love and legacy. A government teacher with a flair for dancing, singing, and cooking, her mother had been her guiding light. Despite her untimely passing in a tragic road accident three years ago, her daughter continued to draw strength from her memories. The marriage that followed, arranged based on her mother's choice, brought her a new sense of purpose. And when her daughter was born, she saw her mother's spirit reincarnated in the little one. Her life now is a testament to her mother's enduring influence, and she humbly seeks blessings from others to be reunited with her mother in every birth.



SHAPING FUTURES: MY VISION OF EDUCATION, LEADERSHIP, AND THE IDEAL SCHOOL

An inspiring reflection on the qualities of an ideal educator, leader, and school — sharing a vision for inclusive, innovative learning and the teaching techniques that shape confident, capable future generations.

~ By Dr. Sushma Tambe



Q. What kind of person do you think any person should be?

As an educator I believe an ideal person should be empathetic, honest, and resilient, with a curious and open-minded approach to life.

Q. What is your definition of an Ideal Principal?

An ideal principal should be a visionary leader who inspires and motivates students, teachers, and staff to achieve excellence. They possess strong communication skills, empathy, and integrity. They prioritise student growth, well-being, and success.



Empowering young minds, breaking barriers, and shaping a future where every learner can grow, thrive, and shine.

Q. What message do you want to give to the Society?

I'd like to share this message with society, Let's break barriers, challenge stereotypes, and create a future where every individual has equal opportunities to grow, learn, and thrive. Education is the key to unlocking potential, and together, we can build a brighter, more inclusive society.

Q. What is your opinion on today's teachers?

Today's teachers are not just educators, but mentors, facilitators, and role models. They're adapting to new technologies, methodologies, and student needs, making learning engaging and relevant.

Q. What message do you want to give to the teacher?

To teachers, I'd say ,Your dedication and passion shape young minds and futures. Keep inspiring, guiding, and nurturing your student's growth. Your impact goes beyond classrooms, leaving a lasting legacy.

Q. According to you, What is an Ideal School?

I think an ideal school is a nurturing environment that fosters academic excellence, creativity, and emotional growth. It has passionate teachers, supportive staff, and inclusive policies, ensuring every student feels valued and empowered.

Q. According to you , what is a leadership?

True leadership isn't about being the star of the show; it's about empowering your team to shine. It's about investing time and resources to enhance their skills, motivation, and tools, so they can deliver their best. A leader's role is to support, equip, and inspire their team, stepping back to let them take center stage.

Teaching Techniques that I prefer and suggest to other Educators .

- Project-Based Learning
- Flipped Classrooms
- Gamification
- Real-World Applications: Connects academic concepts to real-life scenarios.
- Personalized Learning: Tailors instruction to individual students' needs and interests.
- Collaborative Learning
- Inquiry-Based Learning



A Second Beginning: My Journey from Passion to Purpose

Turned her lifelong passion for teaching and handwriting into a global mission to empower children with legible writing skills. Her journey proves there's no age limit to dreaming, growing, or starting over.

~ By Dolphin Sacher (Founder of Letter Mastery Hub)



“Passion has no expiry date — start anytime, shine every time.”

always so kind. I often overheard people whisper, “Poor man, he has three daughters.” Those words stung more than they realized. I remember asking myself, “Why does it feel like being a girl is something to be ashamed of? Aren't we human too?”

Those quiet questions hovering in my head and lit a fire in me a fire to prove that daughters are not burdens. They are” blessings”. In the society I grew up in, girls were expected to complete basic education and marry young. Ambition was a luxury reserved for boys. But I dreamed differently. I was drawn to the innocence and curiosity of children, and that passion led me to specialize in Child Development.

One day during my final year of college, I heard about a school across the road that was hiring. I was excited and I applied “just for fun”. I didn't expect much.

To my surprise, they interviewed me on the spot... and I was offered a job.

I was overjoyed and then fear crept in... A working woman was considered “too modern,” maybe even rebellious. What would people say? More importantly what are my parents going to say?

I hesitantly shared the news, they were stunned. But behind their hesitation, I saw something else pride. After many heartfelt conversations, they gave me their blessing. That “yes” wasn't just permission for me it was the beginning of a purposeful life.

I embraced my role as a teacher, and within a year, I was thriving. Just as I was settling in, I overheard my parents discussing a marriage proposal. I was only 22 and still discovering the world.

I was born in 1980, long before anyone started calling us the “millennial generation.” Back then, I was just a wide-eyed little girl in a close-knit family, deeply loved and the apple of my parents' eyes. As their first-born, they had one dream that was to give me the best education they could afford, no matter the sacrifice. Soon, I was joined by two beautiful sisters. Our home echoed with love, laughter and the unbreakable bond only sisters can share. In our world, being a girl never meant being less. Our parents never said, “You can't do this you're girls.” Instead, we were treated like princesses “not pampered, but empowered”. But outside our little world, reality wasn't

But fate had other plans. When I met my future husband, something just clicked. Our very first conversation felt like a meeting of hearts and souls. We got engaged the same day and were soon married. Marriage brought new responsibilities. I became a full-time homemaker busy and learning to adjust and evolving. Soon, I was expecting, and the day I became a mother to a beautiful baby boy remains one of the happiest day of my life. But amid the joy of raising my son, I felt something missing. Years later, when it was time to admit my son to school, I accompanied him for admission. During a casual conversation, the school principal offered me a job. It felt like life had given me wings again. I returned to teaching with renewed passion working across different schools, exploring various boards and systems. Over time, I rose to the position of Vice Principal. I was thriving in every sense. Then the pandemic hit. Life became overwhelming. Responsibilities grew, and in the midst of caring for everyone else, I started neglecting myself or I can say I had no time for myself. One day at school, I suddenly felt uneasy and nauseous. I was rushed to the hospital. My blood pressure had spiked dangerously. The stress had taken a toll on my heart. My family was terrified. On the doctor's advice, I took voluntary retirement. What followed was the most difficult phase of my life. I was bedridden for over a year. I gained significant weight. For the first time, I couldn't recognize the woman staring back at me in the mirror. I started hating looking at mirror. I felt defeated. Embarrassed. Lost. Then, in November 2023, something changed. I can't explain it but something inside me clicked. I decided I wouldn't give up on myself. "I fell in love with myself. I began walking, doing Zumba, practicing yoga, and embracing a clean, healthy diet. I adopted a personal mantra: "Sab moh maya hai" a reminder to resist unhealthy

temptations and stay focused on my goals. Within a year, I lost 25 kgs. But more importantly, I regained my energy, confidence, and joy.

I started doing things that made me feel alive again. One of those was handwriting a skill I had always cherished. I had beautiful, legible handwriting, and schools often asked me to write certificates because of it. I began to notice that many parents were struggling with their children's handwriting, especially after the lockdown. And that's when it hit me why not turn this forgotten passion into a new purpose?

In August 2024, at the age of 44 when many think of slowing down I restarted my career. Infact started living my passion. This time, I wasn't just an educator. I became an entrepreneur.

I founded Letter Mastery Hub with one mission: "Every child has the right to have legible handwriting."

Today, I wake up each morning with purpose and excitement. I'm reliving my dreams, one letter at a time. Happy teaching children and training teachers with a mission to reach each and every school across the globe.

My Message for everyone reading
There is no age limit to dreaming, growing, or starting over.

All you need is belief, courage and the willingness to take a risk.



No age is too late to dream again — just believe, begin, and bloom.

From Adversity to Triumph: The Inspiring Journey of a Clinical Cosmetologist

~ By Neeharika Panjala

A Clinical Cosmetologist, dietitian, and entrepreneur, rose from personal hardships and setbacks to rebuild her life with resilience and determination. Today, she inspires many through her work in beauty, health, and social service, proving that strength and compassion can transform adversity into success.

Meeet NEEHARIKA PANJALA , a Clinical Cosmetologist working under a renowned Plastic Surgeon, who has defied all odds to rise above her circumstances and become a beacon of hope for many. Her journey is a testament to the human spirit's capacity to persevere and thrive in the face of adversity.

From humble beginnings as a Beautician, She has evolved into a multi-faceted entrepreneur, dietitian, and social worker. However, her path to success was not without its challenges. A broken marriage left her financially drained, stripped of her belongings, and separated from her children. She was left to pick up the pieces and start anew, burdened with debt and uncertainty.

But she refused to give up , With unwavering determination, she rebuilt her life, balancing her career and personal struggles. As she navigated the dark tunnels of despair, she emerged stronger, more resilient, and more compassionate.

Today, Neeharika is a force to be reckoned with. As a Clinical Cosmetologist, she has honed her skills to beautify people both internally and externally. Her expertise extends beyond aesthetics; she is also a skilled dietitian who has helped numer-

ous individuals reverse diseases and disorders through personalized nutrition plans.

Her passion for helping others stems from a personal loss – the passing of her mother to cancer. This experience motivated her to pursue a career in dietician , driven by a desire to empower others to take control of their health.



Her achievements are impressive:

- Executive Member of Disha Foundation (NGO)
- Member of Indian & International Beauty Association
- Professional Makeup Artist & Bollywood's Celebrity Makeup Artist
- Member of Indian Salon Association
- Entrepreneur with multiple businesses, both national and international.



“

From facing the darkest phases of life—losing her marriage, children, and financial stability—to rebuilding herself as a Clinical Cosmetologist, dietitian, entrepreneur, and social worker, she has shown that struggles do not define us, but our response to them does. Rising from heartbreak with unwavering determination, she not only created a successful career but also devoted herself to empowering others through beauty, health, and service.

As she embarks on a new chapter in 2025, she is more determined than ever to make a positive impact. Her story serves as a reminder that our struggles do not define us; rather, it is our response to them that shapes our destiny.

Through her work, she inspires others to rise above their challenges and strive for excellence. Her journey is a testament to the power of resilience, hard work, and compassion.



DECODING THE GLOW: IV DRIPS AND GLUTATHIONE EXPLAINED

~ By Dr. Akshita Nehra

Skin and Aesthetic Consultant, Bloom's Skin and Wellness, Chandigarh (TriCity)



Instagram vs. Reality: The Hype Around IV Drips

Picture this: you're scrolling through Instagram and see your favorite celeb post-spa day — lounging in a chic white robe with a drip in her arm, captioned "Just getting my glow!"

And suddenly, you're wondering — is this really the secret to flawless skin, boundless energy, and that effortless "I woke up like this" vibe?

I'm **Dr. Akshita Nehra**, your friendly neighborhood skin and aesthetic consultant in Chandigarh, Mohali, and Panchkula. Today, let's decode the buzz around IV drips and Glutathione.

what's actually in these drips?

Imagine a smoothie — but for your veins. IV drips can be customised with vitamins, minerals, amino acids, antioxidants (like our star, Glutathione), and hydration. Instead of sipping a supplement and waiting for your digestive system to do its slow dance, IV drips send the good stuff straight into your bloodstream. That means 100% absorption, no waiting in line at the stomach gate.



Glutathione — the glow molecule

Glutathione is basically your body's in-house detox bouncer. It fights oxidative stress, tackles dullness, evens out skin tone, and works overtime to support your liver. Many love it for its skin-brightening benefits, but here's the deal — it's not an overnight magic wand. Consistency and correct dosing matter, and it works best when paired with a healthy lifestyle.

Are they just for celebrities?

Absolutely not. While celebs have glamorised them, IV drips are used in hospitals daily for hydration, nutrient deficiencies, and recovery. In the aesthetic world, we tailor them for skin rejuvenation, immunity boosts, post-travel fatigue, and even pre-event glow-ups. Think of it as a custom wellness cocktail.

Are they safe?

Here's the unfiltered truth — safety depends on where, who, and how. Done by a trained medical professional (hi, that's me ☺️), with sterile equipment and correct dosing, they're generally safe. But the risks? Bruising, infection if not done hygienically, and rare allergic reactions. Always avoid shady salons or "backroom" setups — your veins deserve better.

The reality check

IV drips aren't a replacement for good nutrition, skincare, or sleep. They're a boost, not a band-aid for bad habits. If you're partying till 3 AM, surviving on instant noodles, and hoping a drip will make you look like a Disney princess — sorry, but biology doesn't work like Instagram filters.



Fun Fact :

Glutathione is naturally produced by your liver — your body is already in the glow business!

They call it the Cinderella Drip because "Fairy Godmother in a syringe" was too long.



"Wellness is personal — there's no one-size-fits-all. At Bloom's Skin & Wellness, we create IV drip formulations tailored to each client's goals, whether it's skin brightening, post-illness recovery, or a simple energy recharge. I believe in results that feel as good as they look. And yes, a healthy mind and body always glow brighter than any serum."

FROM DREAMS TO REALITY: PAYAL PATEL'S JOURNEY OF NURTURING YOUNG MINDS

~ By Payal Patel

Payal Patel's journey proves that with passion, perseverance, and compassion, dreams can turn into reality. Through The Growing Seeds Pre-School, she continues to shape young minds and inspire future generations, standing as a true role model for women and educators alike.

M Meet Payal Patel, an entrepreneur, edupreneur, and the visionary founder of 'The Growing Seeds Pre-School.' She was born on 4th February 1991 in Surat, Gujarat. She pursued an MA PTC in English Literature and has a dynamic and vast experience of 15 years in the teaching field.

During her interview, Payal shared her ideology and the challenges she faced in her journey. "I have great compassion for kids. I am very passionate about teaching, nurturing, and shaping their future rightfully. From the very beginning, my dream was to own a pre-school where every child is provided with special knowledge, zest, care, and a supportive environment. Starting my career at the age of 19, people thought I was too young to achieve great things at this age. For exposure, I also worked in international schools. My team and I have incorporated Shree-mad Bhagavad Gita values for kids to make them understand our culture and values from an early age. These values are made compulsor for primary education by the government, but we are incorporating them for pre-primary education." Her heartfelt advice for the youth: "Keep faith in yourself. In a very young age, you can do anything. Keep patience. Do hard work. Be creative and innovative. Work differently from others. Use a unique style to make your business stand out. Respect your parents and gurus." Payal's vision is to create a brighter and

better future where young minds can be led in the right direction with affection, care, responsibility, and happiness. Through her dynamic leadership, The Growing Seeds Pre-School stands as a beacon of hope that focuses on creating a holistic environment emphasizing building a foundation for lifelong learning, providing a sense of rational learning, and offering quality education. She became successful not only because of her hard work but also because of her soft-heartedness towards others. Her kind heart and good deeds have helped many youngsters get motivated by her. She has motivated a number of people with her work. Her determination, dedication, and constant thrust for achieving something the highest in life became the reasons for her successful life. She struggled with a lot of things before getting to where she is today. We salute her for becoming a role model for all passionate women out there. The team at Ms. Venture wishes her the best of luck in her future endeavours. **She also got awarded for Top 10 Visionary Women Leader Award 2024 for Best Emerging Pre School of 2024**



Her Remarkable Achievements :

- 1.Top 30 Inspiring Women Awards 2024
- 2.Nari Ratna Iconic Awards 2025
- 3.Top 10 Visionary Women Leader Awards 2025
- 4.Wonder Woman Award
- 5.Business Gallantry Award
- 6.Featured in MS Venture
- 7.Featured in Young Indian Entrepreneur
- 8.Shakti Award 2025

About The Growing Seeds Pre School :

Every child is special & to nurture them requires special knowledge, zest, care & the environment. We, TGS - The Growing Seeds, are a new age pre-school, an amalgamation of modern techniques & cultural ethics.

We are weaving the future of young minds by adopting what's best for them. Our idea is not to limit preschool to rhymes and poems but to give kids an environment to grow, learn and excel in academics and in extracurriculars as well. We understand pre-school is the first step & indeed the crucial one, as 98% of brain development happens in the first five years. Hence, our founder has made great efforts, done intense research and came up with the highly reliable concept of Pre-School, where we teach with modern techniques, keeping our roots grounded in our culture.



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