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Obesity

A Shrinking Health

Obesity is a complex, multifactorial disease that demands coordinated global action.



(From Left) R.S. Vasan, President – India Business, Emcure Pharmaceuticals Ltd. Pune
Dr H.K. Chopra, Chief Cardiologists, Medanta Moolchand Heart Institute, New Delhi
(Extreme Right) Kuldeep Sharma, Sr Director, Emcure Pharmaceuticals Ltd. Pune



Prof. Amira A. El-Houfey
AMBASSADOR of the UNITED WORLD
(Ph.D) Prof. of Community Health
Nursing - Assiut University, Egypt

'OBESITY' free world

A global initiative is led by the Prof. (Dr.) Amira A. El-Houfey with association of THE EXPLORE Journal & NewAge Media to raise awareness, improve health policies, and accelerate practical solutions to address the worldwide obesity crisis.

INSIDE



National OBESITYCON-2026

19 April, New Delhi



The Global Conference of Meditation Leaders (GCML 2026)

03 March 2026, Bharat Mandapam, New Delhi

WORLD-WIDE APPRECIATED & ENDORSED BY **THE EXPLORE** JOURNAL



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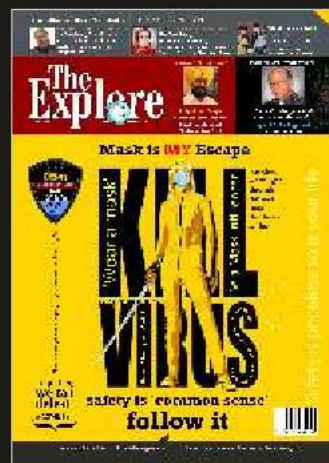
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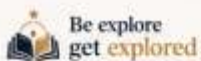


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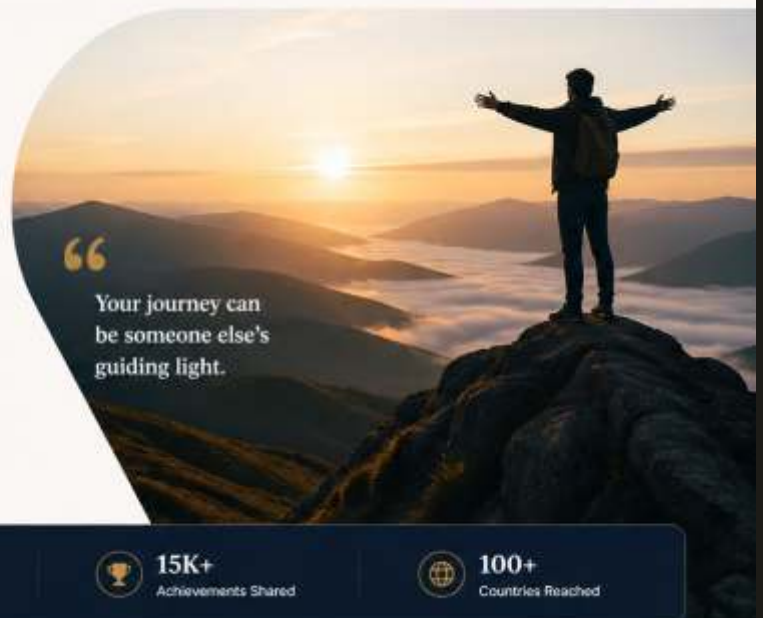
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“

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**FROM THE DESK OF
EDITOR IN CHIEF**



Of Bodies, Balance and the Pace of Modern Life

This issue's cover story takes us to the heart of a growing concern that can no longer be ignored: obesity. Drawing from recent national and international medical conferences, the story explores how obesity has evolved from a perceived lifestyle issue into a complex, chronic disease one that silently fuels heart disease, diabetes, and a range of cardiometabolic conditions. The conversations happening in medical halls today are urgent, evidence-driven, and increasingly hopeful, pointing toward prevention, early intervention, and a more compassionate understanding of care.

But as we worked on this issue, another thought kept surfacing one that goes beyond medicine.

We are living faster than ever. Faster meals, faster decisions, faster judgments. Somewhere along the way, slowness became a weakness and a luxury rest. Perhaps this relentless pace is not just exhausting us mentally but showing up physically too. Health, after all, doesn't unravel overnight; neither does it heal instantly.

This issue invites you to pause. To read not just with interest, but with awareness. Whether it's rethinking how we approach obesity or simply questioning how hurried our daily lives have become, reflection may be the most understated form of progress.

Sometimes, the most meaningful change begins when we slow down enough to notice what truly needs our attention.

Vidhi Guglani

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THE EXPLORE Journal

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The Explore Journal



**"I'm not overweight
I'm just undertall**

He is celebrity cartoonist is one strength, confidence and ambition is known National Health Cartoonist with more than over two decades of diverse experience in creative art management. Having large association with Govt of India Ministries, International and National organizations & Institutes and also numerous honors and appreciations from Presidents, Prime Ministers, other National Leaders, Delhi Doordarshan, National Print Media, Legend Celebrities and Medical Fraternities.



His galaxy of honours comprise of numerous prestigious awards, rewards & recognitions conferred upon him by eminent National & Political Leaders of India at that time Indian Presidents at that time Shri Shankar Dayal Sharma, Pratibha Patil, APJ Abdul Kalam and Pranav Mukherjee. At that time Prime Ministers Rajiv Gandhi & Atal Bihari Vajpai, Finance Minister Narayan Dutt Tewari. At that time Vice President Shri Bhairu Singh Shekhawat, CM, Delhi at that time Smt. Shiela Dikshit, Member Parliament Vijay Goel, Spritual Guru Dalai Lama and Sadhna Ji Maharaj of Sarv Dharma.

He is associated with many prestigious national & international NGOs and institutes, health & medical publications and has also lent his creative hand to over 2000 projects on health awareness with the government of India, Ministry of Health & Family welfare, WHO, UNESCO, National AIDS Control Organisation, Health journals for Parliamentarians, MTNL, BSNL, DAVP, DIP, AIDS Control Society, MCD, NDMC, Departments of Transport, Pollution

Control, Forest and Horticulture, Dept. of Science and Technology and Traffic Police, IMA-Indian Medical Association, DMA-Delhi Medical Association as well.

Many celebrity artists, poets, fashion designers and bollywood personalities also like, Sunil Dutt, Rajesh Khanna, Vinod Khanna, Dara Singh, Farookh Shekh, Aamier Rajpal, Anil Kapoor, Sri Devi, Bony Kapoor, Sanjay Kapoor, Dipti Naval, Jacky Shroff, Vijayanti Mala, Ashish Vidyarthi, Subhash Ghai, Santosh Anand, Nitin Mukesh, Raza Moorad, Dipika Padukon, Kapil Dev, Bishen Singh Bedi, Dr. Deepak Chopra, Dr Narottam Puri, Dr H K Chopra, Dr K K Aggrawal, Ashok Chakardhar, Rohit Gupta and Sunil Mehra have honoured and recognised his uncanny wit and infectious humor, on various platforms, numerous times.

He is also been serving the young India as a dedicated academic management and professor of creative arts, a worthy guide and a kind mentor. Till date, he has enlightened the path of creative pursuits for thousands of students, helping them refine their craft and professional vision through his detail-oriented approach.

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HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

At the Centre of Politics, Diplomacy and Public Attention



Prime Minister Narendra Modi remains a central figure in both Indian politics and international affairs, with his recent engagements drawing attention across multiple fronts. In response to ongoing global conflicts, his government has maintained a cautious diplomatic position, calling for dialogue, stability, and the protection of national interests while balancing relationships with major powers. Domestically, his continued focus on politically important states such as West Bengal has kept him active in the national political landscape. As future elections approach, issues such as development, employment, welfare policies, and

regional representation are expected to shape public opinion in the state.

His recent visit to Sikkim also received attention, where along with official meetings and regional discussions, informal moments with local children, including playing football, were widely shared online. Such public interactions often become part of a leader's broader public image.

Supporters view Modi as a decisive leader who has expanded India's global presence, while critics continue to question aspects of governance, economic challenges, and social divisions. As India moves through a politically significant period, his leadership remains both influential and closely debated.



GRACE OF GALAXY

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In the Global World

Her passion for the Media relationship and missions globally or outreach programs in undeserved communities



For HER is to inspire people to be conscious and choose luxury, love, peace, harmony & happiness & to remember for source of hope and support."

THE EXPLORE's Highest honor, presented to **Ms Maria Chishti**, lead a global narrative amplifying women in business, investment, and leadership across more than 50 countries—ensuring they are strategically positioned for growth, access, and capital. Alongside my media leadership, I serve as a Leadership & Professional Development Coach, working with individuals and organizations to strengthen leadership capability, performance mindset, and decision-making aligned with business outcomes.

'Grace of Galaxy'

Dr. Madhavi Advani

Recipient of "GRACE of GALAXY"

HER efforts touched thousands of womxn and, she empowers. also serve as a Global Strategic Partnerships & Investment Advisor, supporting cross-border collaborations, investor engagement, and business expansion. My work includes facilitating market entry and company formation, particularly across the UAE. **Ms Maria Chishti**, HER message to the world and inspiring people to choose business in UAE, love and 'A guiding light for those seeking consultancy in business and partnership wellness."



Smile For A While

- by Vijay Guglani

Always **Laugh** or **Smile** when You can. It is a Cheap Medicine



My idea of exercise is a good brisk sit or stand



I'm not overweight; I'm just storing energy for my next nap



"I'm not fat; I'm just easy to see in a crowd



Sail on... The Evolution of Ancient Wooden Ships

6 Ancient wooden ships represent one of humanity's greatest technological achievements. Evolving from simple dugout canoes and rafts, they became sophisticated vessels that enabled trade, exploration, cultural exchange, and warfare for thousands of years. From around 4000–3000 BC onward, civilizations such as the Egyptians, Phoenicians, Greeks, and Romans transformed maritime technology and laid the foundations for global navigation.

Prehistoric Beginnings

The earliest known boats were likely dugout canoes carved from single tree trunks. One of the oldest surviving examples is the **Pesse canoe** (c. 8000 BC), discovered in the Netherlands. These early vessels were simple yet effective for fishing, transport, and river travel.

Ancient Egypt (3000 BC)

Ancient Egyptian ships were first made from bundled papyrus reeds for navigating the Nile. As trade expanded, they transitioned to wooden construction using imported cedar. Egyptian ships facilitated trade expeditions, construction projects, and ceremonial journeys, playing a crucial role in the civilization's prosperity.

Phoenician Innovations (1100 BC)

The **Phoenicians** were master shipbuilders and navigators of the Mediterranean. They developed sturdy wooden ships powered by both sails and oars, enabling long-distance exploration and trade. Their maritime networks connected diverse Mediterranean cultures and spread goods, ideas, and technologies.

Greek and Roman Warships

Inspired by Phoenician designs, the Greeks developed advanced warships such as the **Bireme** (two banks of oars) and the **Trireme** (three banks of oars). These fast and manoeuvrable ships dominated naval warfare in the ancient Mediterranean.

The **Romans** further advanced shipbuilding with large-scale construction techniques. They built massive merchant ships and even luxurious floating palaces, such as the famous vessels discovered in **Lake Nemi**. Roman maritime dominance strengthened trade networks across Europe, North Africa, and the Near East.



Viking Longships (4th Century BC – 10th Century AD)

The **Vikings** developed longships renowned for their speed, flexibility, and stability. Built using clinker (overlapping plank) construction, these ships were lightweight yet strong, allowing Vikings to travel vast distances across rivers, seas, and even open oceans for trade, exploration, and raids.

Chinese Junks

Ancient Chinese shipbuilders introduced remarkable innovations, including watertight compartments, sternpost rudders, and flat-bottomed hulls. These features made **Junk** vessels highly seaworthy and efficient, supporting extensive trade networks across East and Southeast Asia.

Construction and Design Materials:

- Pine was widely used in Scandinavia.
- Strong hardwoods like oak were preferred for hull construction in many regions.
- Cedar was prized for durability and resistance to rot.



Techniques:

- Mortise-and-tenon joints secured planks together.
- Caulking with pitch or tar sealed seams to ensure watertight hulls.
- Early ships relied heavily on oars; later, square sails allowed longer and faster voyages.

Maritime Trade and Legacy

Ancient maritime trade routes—especially those established by the Phoenicians, Greeks, and Romans—linked Mediterranean civilizations and stimulated economic and cultural exchange. These early networks laid the groundwork

for later global exploration and the eventual Age of Discovery.

From primitive dugouts to engineered warships and merchant vessels, ancient wooden ships demonstrate humanity's enduring ingenuity. They were not merely tools of transport—they were catalysts of civilization, shaping history across continents and centuries.



Meena Kumari

Aug 1933 - Mar 1972

The Empress of Indian Cinema

Revered as the “Tragedy Queen” of Indian cinema, Meena Kumari remains one of the most iconic and emotionally resonant performers in the history of Hindi films. A beloved sweetheart of the 1950s, her life was as poignant as the characters she portrayed on screen.

Born as **Mahjabeen Bano** on 1 August 1933 to Ali Bux and Iqbal Begum, her arrival reportedly brought disappointment to her father, who had hoped for a son. She was the second of three daughters her elder sister Khursheed Jr. and younger sister Mahliqa (Madhu), a former child artist who later married Mehmood.

Family hardships marked her earliest moments. Unable to pay the doctor's fee after her birth, her father briefly left the newborn at an orphanage, only to return a few hours later and bring her home a dramatic beginning to a life filled with struggle and resilience.

Childhood and Entry into Films

As a child, Mahjabeen had no desire for a film career and longed for a normal education. However, economic necessity led her parents to take her to studios in search of work. Director Vijay Bhatt cast her in the film *Leatherface*, for which she earned ₹25 on her very first day a modest sum that nonetheless marked the start of a remarkable journey.

Released in 1939, the film made her one of the youngest breadwinners in the family. In a 1962 interview, she

expressed quiet pride in having supported her parents since the age of four.

Her education suffered as a result. Though briefly enrolled in school, constant work commitments meant she relied largely on private tutoring and self-study, shaping a deeply introspective and self-educated personality.

Family Background

Her father, Master Ali Bux, was a Sunni Muslim who had migrated from Bhera (now in Pakistan). A multifaceted artist, he was associated with Parsi theatre, played the harmonium, wrote Urdu poetry, composed music, and acted in small film roles.

Her mother, Iqbal Begum originally **Prabhavati Devi** was born to a father from Meerut and a Bengali mother. A stage actress before marriage, she converted to Islam after marrying Ali Bux and was said to have connections to the Tagore family of Bengal.

From a childhood shaped by hardship to becoming one of India's most unforgettable screen legends, Meena Kumari's story is a powerful testament to resilience, talent, and emotional depth, a life that continues to move generations long after her time.





Ginger Rogers

An American actress, dancer and singer

Born **Virginia Katherine McMath** on July 16, 1911, in Independence, Missouri, Ginger Rogers rose from a turbulent childhood to become one of Hollywood's most beloved and versatile stars. The daughter of Lela E. Rogers and William Eddins McMath, she experienced instability early in life, including a custody battle between her parents. Her mother eventually built a successful career in entertainment publicity and later married John Rogers, whose surname Ginger adopted.

Early Career and Breakthrough

Rogers showed early talent, winning a Charleston dance contest at age 14, which launched her into vaudeville. By her late teens, she was performing professionally with her mother managing her career. She moved into Broadway, appearing in productions such as *Top Speed* (1929), before transitioning to film.

Her early screen appearances included minor roles in films like *A Night in a Dormitory* (1930), but her breakthrough came with *Gold Diggers of 1933*, where she performed the hit song

July 16, 1911 - April 25, 1995






Ginger Rogers

“We’re in the Money.” That same year, she appeared in **42nd Street**, further establishing herself as a rising musical star.

Legendary Partnership with Fred Astaire

Rogers achieved international stardom through her celebrated partnership with Fred Astaire. First paired in **Flying Down to Rio**, the duo went on to star in classics such as:

- **Roberta**
- **Top Hat**
- **The Story of Vernon and Irene Castle**

Their on-screen chemistry, elegance, and innovative dance numbers made them one of the greatest cinematic pairs in history. Rogers famously matched Astaire step for step—while dancing backward in high heels—earning admiration for her talent and work ethic.

Dramatic Success and Academy Award

Determined not to be typecast solely as a musical star, Rogers pursued dramatic roles. Her performance in **Kitty Foyle** earned her the **Academy Award for Best Actress**, proving her depth as a performer. She continued with films such as *Tom, Dick and Harry* (1941) and worked steadily through the 1940s and early 1950s.

Her final film appearance was in **Harlow**. Afterward, she returned to stage work and later published her autobiography, *Ginger: My Story* (1991).

Later Years and Legacy

Ginger Rogers retired from performing in 1984. She passed away on April 25, 1995, in Rancho Mirage, California, at the age of 83.

Today, she is remembered not only as a dazzling dance partner but as a versatile actress who successfully transitioned from musical comedy to serious drama. Her legacy remains firmly embedded in Hollywood history as one half of cinema’s most iconic dance partnership—and as a star who proved she could shine brilliantly on her own.





Born. April 7, 1942

Jeetendra (Ravi Kapoor)

An Indian actor and producer

The Evergreen

“Jumping Jack” of Bollywood

Born as Ravi Kapoor on April 7, 1942, in Amritsar, Punjab (then British India), Jeetendra came from a Punjabi Khatri family. His parents, Amarnath and Krishna Kapoor, were in the imitation jewellery business, supplying ornaments to the Hindi film industry. The family lived modestly in a chawl during his early years.

Early Struggles & Entry into Films

Jeetendra's journey into cinema began unexpectedly. While supplying jewellery to filmmaker V. Shantaram, he was cast as Sandhya's double in the 1959 film Navrang. His first major break as a leading man came with Geet Gaya Patharon Ne (1964), marking the birth of “Jeetendra” as a screen identity. Though the film was appreciated, it did not immediately establish him as a top hero. It was Farz (1967), his fourth film appearance and third as a lead, that made him a household name. His energetic dancing style earned him the nickname “Jumping Jack.” During his struggling years (1960–66), his childhood friend Rajesh Khanna helped him rehearse dialogues and refine expressions before auditions.

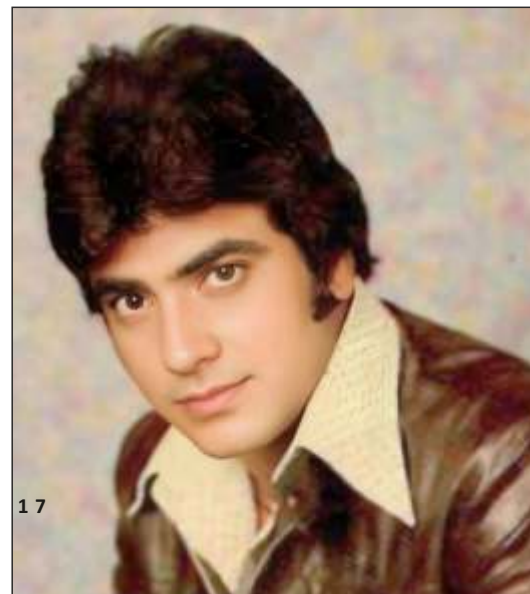
Personal Life

Jeetendra met Shobha Kapoor when she was 14 years old. She later worked as an air hostess with British Airways. The two were in a long-term relationship before marrying on October 18, 1974, after the success of Bidaai. Their wedding took place in a simple ceremony at Janki Kutir, attended by close friends including filmmaker Gulzar, Rajesh Khanna, and Sanjeev Kumar.

Jeetendra and Shobha have two children:

- Ekta Kapoor – A highly successful television and film producer.
- Tusshar Kapoor – An actor in Hindi cinema.

Jeetendra and Ekta Kapoor co-run Balaji Telefilms, a major production house known for popular Hindi and Tamil television serials and films.





Legacy

Jeetendra's contribution to Hindi cinema spans over four decades. From a jewellery supplier's son in Amritsar to one of Bollywood's most successful commercial stars, his journey reflects perseverance, adaptability, and star power.

Known for his energy, family values, and professionalism, Jeetendra remains one of Indian cinema's enduring icons a true "Jumping Jack" whose legacy continues through both his films and his family's production empire

Ekta and Jeetu run a production company by the name of Balaji Films, and have produced Bollywood movies. Their TV productions are usually in Hindi & Tamil languages. Whether running around trees (Tumhari Kasam, Ek Hi Bhool, Mawaali), singing songs (Banphool, Humjoli, Jigri Dost) or playing serious characters (Parichay, Khushboo, Dulhan, Kinara, Meri Awaz Suno, Chhup) or doing old man leading roles (Udhaar Ki Zindagi, Santaan, Jeetendra has always proved himself as an excellent actor, a family man, whose marriage is still intact, and someone who has yet to be involved in any controversy.

Ravi had met his present wife, Shobha, when she was only 14. She completed school, went to college, and was employed as an Air Hostess with British Airways. When Jeetendra was struggling between 1960-66 to establish himself as an actor, he was in relationship with Shobha and Shobha was his girlfriend till 1972. But in 1974, after having worked in films like Waris and Gehri Chaal, friendship between Jeetendra and Hema Malini grew and while shooting for Dulhan, both expressed

love for each-other and decided to have a quick marriage. But soon this information reached Shobha and Dharmendra. Shobha asked Dharmendra to change Hema's mind as she was in love with Jeetendra since many years. Soon both Shobha and Dharmendra came by helicopter and convinced Jeetendra and Hema not to marry. Jeetendra promised Shobha that if Bidaai becomes a hit, he would marry her in 1974. It was not until the release of 'Bidaai' (opposite Leena Chandavarkar) on October 18, 1974, that Jeetendra and Shobha decided to get married, which they did in a simple ceremony on at Janki Kutir with only a few family and friends present (Gulzar, Rajesh Khanna and Sanjeev Kumar amongst the noted celebrities). Jeetendra's friendship with both actors Dharmendra, Hema Malini never got affected after this incident. All 3 remained friends. Jeetendra worked with Dharmendra and had hits like Dharamveer, Jaani Dost, Insaaf Ki Pukar, Nafrat Ki Andhi and flops like The Burning Train, Samraat. His childhood school and college friends Rajesh Khanna and Jeetendra worked together and gave 3 blockbusters in the 1980's- Dharam Kanta (1982), Nishaan (1983) and Maqсад (1984). Infact all 3 films revenue showed increasing trend. Maqсад was the highest box office earner in the year 1984. Jeetendra-Rekha was romantically paired in 26 films and had 16 hits of the 26 films as lead pair. Jeetendra and Jaya Prada were romantically paired opposite each other in 24 films. He appeared in guest appearance in 26 other movies from 1959 to 2007 and 2 more films in supporting role after 2000. Jeetendra was 2nd highest paid Hindi actor from 1980-89.



Robert De Niro

Born August 17, 1943

A Cinematic Legend

Widely regarded as one of the greatest actors of all time, Robert De Niro was born on August 17, 1943, in Manhattan, New York City, to artists Virginia Admiral and Robert De Niro Sr. His father was of Italian descent, while his mother had Irish, English, Dutch, German, and French ancestry.

He trained at the Stella Adler Studio of Acting and later at the Lee Strasberg Theatre and Film Institute, where he developed the intense, immersive method acting style that would define his career.

Breakthrough & Collaboration with Martin Scorsese

De Niro first gained significant attention for his performance in *Bang the Drum Slowly* (1973). However, it was *Mean Streets*, directed by Martin Scorsese, that established him as a powerful and volatile screen presence. This marked the beginning of one of cinema's most celebrated actor-director collaborations. Their partnership produced several iconic films, including:

- Taxi Driver
- Raging Bull
- Casino

Academy Award Success

De Niro won the Academy Award for Best Supporting Actor for his portrayal of young Vito Corleone in *The Godfather Part II*.

He later won the Academy Award for Best Actor for his



Robert De Niro

transformative role as boxer Jake LaMotta in **Raging Bull**, a performance widely considered one of the finest in film history.

He also received Academy Award nominations for Best Actor for:

- Taxi Driver
- The Deer Hunter
- Cape Fear

Versatility Across Genres

Though known for intense dramatic roles, De Niro has demonstrated remarkable range. He earned Golden Globe nominations for Best Actor (Musical or Comedy) for:

- New York, New York (opposite Liza Minnelli)
- Midnight Run
- Analyze This
- Meet the Parents

Other notable performances include:

- The Untouchables
- Heat
- Jackie Brown



Director & Honors

Beyond acting, De Niro has directed films such as:

- A Bronx Tale
- The Good Shepherd

His contributions to cinema have been widely recognized. He received the **AFI Life Achievement Award** in 2003 and the **Golden Globe Cecil B. DeMille Award** in 2010 for his lifetime achievements.

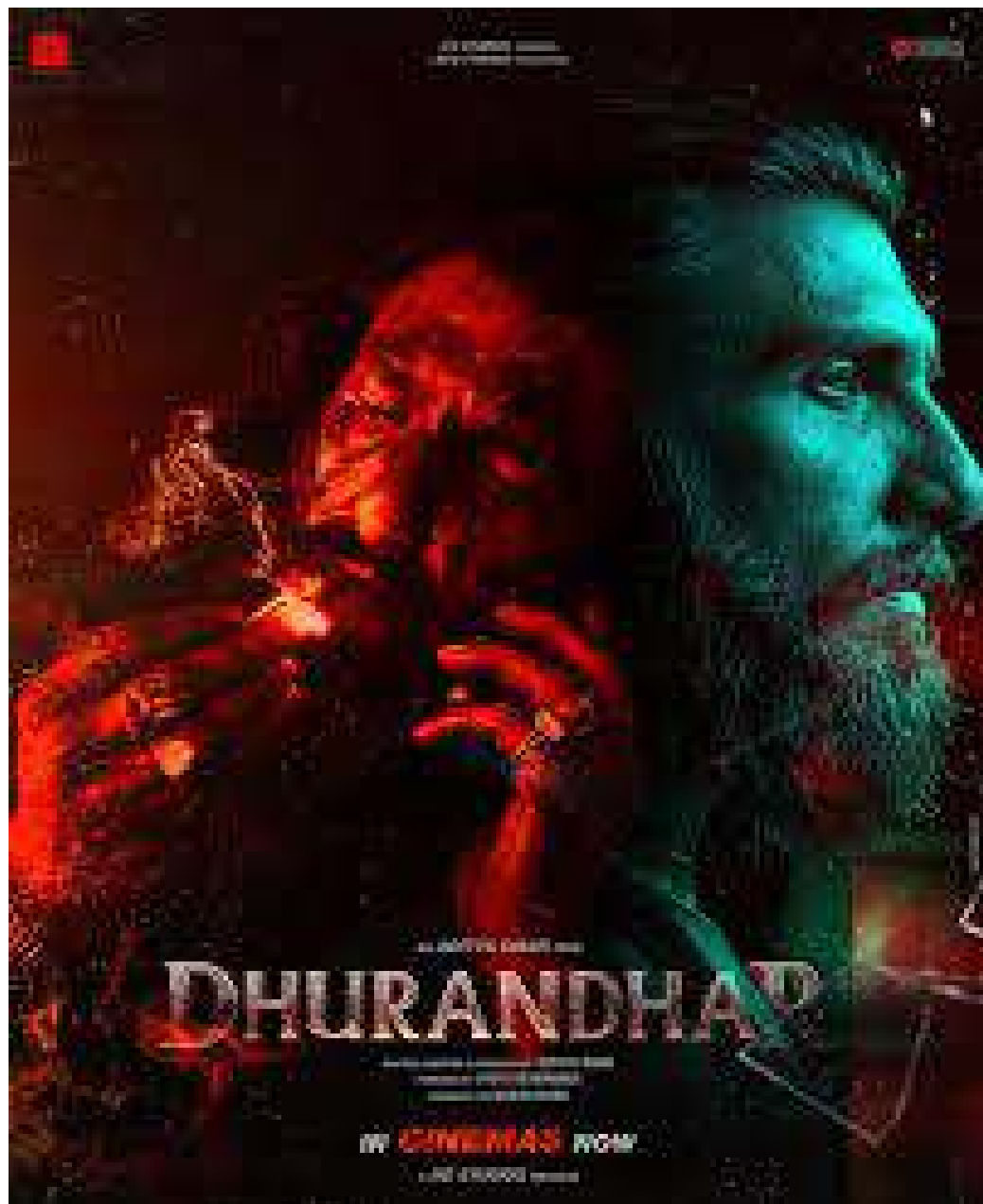
Enduring Career

As of 2025, Robert De Niro is 82 years old and remains active in film and television. He has never formally retired and continues to take on diverse roles, maintaining his legacy as one of the most influential and respected actors in cinematic history.

From brooding antiheroes to comedic patriarchs, De Niro's body of work reflects a career defined by intensity, discipline, and artistic excellence.



Director Aditya Dhar filmed approximately eight hours of footage during an intensive back-to-back production cycle for the *Dhurandhar* duology. The project was initially conceived as a single feature with a 2.5-hour theatrical runtime; however, due to the narrative's scale and complexity, the filmmakers ultimately chose to divide it into two distinct installments. The first film, *Dhurandhar*, runs for 214 minutes (approximately 3 hours 34 minutes), establishing itself as an unusually long-form mainstream release. Its sequel, *Dhurandhar: The Revenge*, extends even further with a runtime of 229 minutes (3 hours 49 minutes), making it one of the longest Indian films ever produced. To further capitalize on the film's expansive narrative, the studio scheduled a limited special engagement titled *Dhurandhar: Director's Cut*, released on April 5, 2026. This version merges both installments into a continuous 7.5-hour cinematic experience, complete with three planned intervals offering audiences a rare, immersive marathon viewing format.



Dhurandhar

“Inspired by True Events”

The box office success of the film reflects the mood of the nation

Dhurandhar (2025) is a gripping, long-form (3h 33m), two-part action thriller directed by Aditya Dhar. The film stars Ranveer Singh as Hamza Ali Mazari—an undercover Indian agent operating deep within Karachi's criminal underworld, driven by a personal mission to avenge the 2008 Mumbai attacks.

Plot Overview

Hamza rises through the ranks of Karachi's power structure, navigating brutal gang rivalries and political intrigue, all while inching closer to his ultimate target—Major Iqbal, played by Arjun Rampal.

Key Revelations & Twists



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UNDERSTANDING OBESITY

Beyond Willpower and Misconceptions



Obesity is a complex and multifaceted condition that extends far beyond simplistic notions of personal choice or willpower. Increasingly, experts, researchers, and social observers emphasize that obesity is influenced by a combination of biological, environmental, psychological, and socioeconomic factors. These perspectives challenge stigma and encourage a more compassionate, informed understanding of weight and health.



– Vidhi Guglani
Editor in Chief & Publisher

On the Complexity of Obesity and Social Stigma

“This is what people don't understand: obesity is often a symptom of deeper socioeconomic realities. It is not merely a lifestyle choice, but frequently shaped by access, environment, and circumstance.”



“Many individuals living with obesity carry not only physical weight but also the emotional burden of constant judgment, often misunderstood by those who assume their habits without knowing their reality.”

“When obesity is explained through biology and environment, people sometimes resist the idea yet understanding its causes is essential to finding meaningful solutions.”

These reflections highlight how stigma and oversimplified assumptions can obscure the true nature of obesity, making empathy and awareness essential.

On Health, Causes, and Scientific Understanding

“Obesity is characterised by excessive body fat and is recognised as a chronic and complex health condition that can affect overall well-being and quality of life.”

“Over the past decades, shifts in lifestyle including reduced physical activity, increased sedentary behaviour, and changes in dietary patterns have contributed significantly to rising obesity rates.”

Scientific research continues to demonstrate that obesity involves metabolism, genetics, hormones, mental health, and environmental influences not merely individual discipline.



On Perspective, Awareness, and Motivation

“Short-term choices may offer temporary satisfaction, but long-term health is built through consistent, mindful decisions.”

“The rise in obesity rates over time reflects broader societal changes, reminding us that this is not just an individual issue, but a public health concern.”

Such perspectives encourage balance promoting personal responsibility while acknowledging systemic realities.

Common Themes in Modern Understanding of Obesity Stigma Awareness:

Judgment and body-shaming can harm mental and emotional health, often discouraging individuals from seeking support.

Systemic and Environmental Factors

Access to nutritious food, safe physical environments, education, and economic stability all play significant roles.

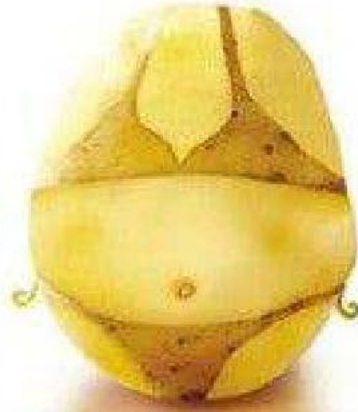
Clinical and Medical Perspective

Obesity is recognised as a chronic condition that may require medical care, lifestyle support, and psychological understanding.

A Compassionate and Informed Approach

Understanding obesity requires moving beyond blame toward awareness, science, and empathy. By recognising its complexity, society can promote healthier environments, supportive communities, and more effective solutions.

Ultimately, the conversation about obesity is not simply about weight it is about health, dignity, and the importance of understanding the human experience with compassion.



OBESITY:

A 'Shrinking Health' in an Expanding World

Obesity has emerged as one of the most pressing global public health challenges of the 21st century. Once considered a concern limited to high-income nations, it has now reached epidemic proportions across the world. More than one billion people are currently living with obesity roughly one in eight individuals globally. Since 1975, obesity rates have nearly tripled, and projections suggest a steady rise in the coming decades. By 2035, nearly 1.9 billion adults may be affected, and by 2050, more than half of the global adult population could be living with overweight or obesity.

The growing burden of obesity is closely linked to a sharp rise in non-communicable diseases (NCDs). According to the World Health Organization, elevated body mass index (BMI) contributes significantly to millions of deaths each year due to type 2 diabetes, cardiovascular diseases, cancers, and other chronic conditions. Severe obesity can reduce life expectancy by 8–10 years, underscoring its profound health impact.

EXPLORE about an Author



Prof. Amira A. El-Houfey

Health' Ambassador of the United World
(Ph.D) Prof. of Community Health Nursing -
Assiut University. Egypt
Assistant Professor - Jazan University
Goodwill Ambassadors, Egypt (2019)
Assiut University.
Global Panel Advisor - International
Federation of NewAge Media
Reciepent of **Grace of Galaxy Award**
Egypt





Understanding OBESITY

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A BMI over 25 is considered overweight, and a BMI over 30 is classified as obese. Between 1990 and 2022, global obesity rates more than doubled in adults and increased fourfold among children and adolescents aged 5–19 years. Today, obesity represents one side of the “double burden” of malnutrition—where undernutrition and overnutrition coexist within the same populations, households, and even individuals.

The Current Landscape

- **Global Prevalence:** Over one billion people are living with obesity, while a significant proportion of adults are overweight.
- **Childhood Obesity:** Rates among children have increased dramatically over the past three decades, posing long-term health risks.
- **India's Surge:** India ranks among the countries with the highest number of individuals affected by obesity. Rapid urbanization, dietary transitions, and sedentary lifestyles have accelerated the problem, especially in urban areas.
- **Shift to LMICs:** Obesity is rising most rapidly in low- and middle-income countries, placing immense strain on healthcare systems that are already managing infectious diseases and undernutrition.



Key Drivers of the Obesity Epidemic

Obesity is not caused by a single factor but by complex interactions among biological, behavioural, environmental, and socioeconomic determinants:

- **Dietary Shifts:** Increased availability and marketing of processed foods, fast food, and sugar-sweetened beverages have



created a calorie-dense food environment.

- **Sedentary Lifestyles:** Urban design, technological conveniences, and desk-based occupations reduce daily physical activity.
- **Environmental Influences:** Limited access to affordable, healthy food and safe spaces for exercise further exacerbate risk.
- **Health System Gaps:** Lack of early screening, preventive counselling, and community-based interventions allows weight gain to progress unchecked.

A study published in the Proceedings of the National Academy of Sciences suggests that dietary intake plays a larger role in the obesity epidemic than reduced physical activity alone, emphasizing the dominant role of consumption patterns.

Management and Prevention

Addressing obesity requires more than individual willpower. Sustainable solutions demand systemic, policy-level changes alongside personal lifestyle modifications.

1. Preventive Action:

Prevention, especially during childhood, is more effective than treatment. Schools play a critical role in shaping dietary habits. Improving the nutritional quality of school meals can significantly reduce childhood obesity risk.

2. Dietary Reforms:

Reducing sugar consumption, limiting ultra-processed foods, and promoting whole, plant-based diets have demonstrated health benefits. Studies indicate that vegetarian dietary patterns are associated with lower risks of obesity, coronary artery disease, hypertension, and certain cancers.



Health and Social Consequences

Obesity significantly increases the risk of:

- Type 2 diabetes
- Cardiovascular diseases
- Certain cancers
- Liver disease and metabolic disorders

Beyond physical health, obesity is also associated with depression, anxiety, and social stigma, affecting overall quality of life. The economic consequences are equally alarming, with global costs projected to reach trillions of dollars annually due to healthcare expenditure and productivity losses.



3. Weight Reduction Benefits:

Even a modest 5–15% reduction in body weight can improve blood pressure, lipid profiles, and glycaemic control.

4. Policy Interventions:

Taxation of sugar-sweetened beverages, stricter food labelling regulations, restrictions on junk food marketing to children, and urban infrastructure that promotes walking and cycling are evidence-based strategies.



5. Lifestyle Balance:

Ancient wisdom emphasized moderation balanced eating, sufficient sleep, and regular physical activity. Modern research supports these principles. Intermittent fasting, mindful eating, and structured physical exercise may help restore metabolic balance when practiced responsibly.

Conclusion

Obesity is a complex, multifactorial disease that demands coordinated global action. It is not merely a matter of personal responsibility but a reflection of societal systems that shape food environments and lifestyles. Governments, healthcare providers, educators, industries, and communities must collaborate to implement long-term, sustainable strategies.

Reversing the obesity epidemic will require a cultural shift—from convenience-driven consumption toward conscious nourishment, movement, and preventive healthcare. Only through collective responsibility and systemic reform can we protect future generations from the expanding burden of this shrinking health crisis.





International Symposium on Semaglutide in Obesity & CVD (ISSOC-2026). (From Evidence to Clinical Practice).

Academic Partner: **Emcure Pharmaceutical Ltd.**



on Sunday, 11th January, 2026. (10:00 AM - 02:00 PM)
At Hotel Oberoi, Dr. Zakir Hussain Marg, New Delhi, 110003, India.





Message



Dear Colleagues

It is really a great pleasure to welcome you all on the occasion of **International Symposium on Semaglutide in Obesity & CVD (ISSOC-2026) From Evidence to Clinical Practice**, being organized by American Association Cardiologists of Indian Origin (AACIO), USA, International Society of Cardiovascular Ultrasound (ISCU), USA, World Heart Academy, World Wellness Foundation, at **Hotel Oberoi, Dr. Zakir Hussain Marg, New Delhi-110003, India on Sunday, January 11th 2026 with the Academic Partnership of Emcure Pharmaceutical Limited** for the first of its kind from India to the world and over **400 Doctors** will be participating.

The main theme of this symposium is to **“Discuss the Role of Semaglutide in Obesity & CVD from Evidence to Clinical Practice”** on various trials including STEP Programme, SELECT & Flow Trials with messages for clinical practice for Indian Doctors.

India and the whole world is in the grip of Obesity Crisis. As very well emphasized by our Hon'ble Prime Minister sir that obesity is the root cause of many diseases and urged people to fight the chronic health condition characterised by excessive body fat by doing regular physical exercises and reducing edible oil consumption by 10%.

Our Hon'ble Prime Minister highlighted on rising obesity rate in India and quoted Lancet report, projecting 44 crores obese Indians by 2050, which is dangerous prediction, posing economic and health risks. Enhancing awareness on obesity care is the need of the hour.

This International Symposium is being organized for the first time in India to enhance the **“Semaglutide in Obesity & CVD: From Evidence to Clinical Practice”** and reduce Obesity inflicted morbidity and mortality.

In India, prevalence of obesity is increasing steeply especially in urban areas, 1 out of 3 Indian are obese. India and whole world are in the grip of Obesity crisis. The prevalence of obesity heart failure, hypertension, kidney disease and dyslipidemia are closely connected with enormously high premature morbidity and mortality.

Abdominal obesity is more prevalent than generalized obesity. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

To calculate obesity using body mass index (BMI) divided your weight in kilograms by your height in meters square. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. Different weight classes are defined according to a person's body mass index (BMI) as follows: BMI Categories for adult more than 20 years of age, underweight Less than BMI 18.5, Healthy weight BMI of 18.5–24.9 kg/m². Overweight BMI of 25-29.9 kg/m². Obesity class 1 BMI of 30–34.9 kg/m². Obesity class 2 BMI of 35–39.9 kg/m², severe obesity is more than 40 kg/m²

Recently, an international commission proposed a revised definition of obesity that focuses on how excess body fat affects the body, and factors in waist circumferences rather than simply calculating BMI. Central obesity of more than 90cm in men and 80cm in women are the most powerful predictor for premature Cardiovascular Disease (CVD).

As you all know that prevalence of Cardio Metabolic diseases including obesity HTN, DM, CAD, Stroke, Dyslipidemia, HF is rising steeply in our country and in the world. India is the world capital and is in the grip of obesity crisis. Roughly 70 million Indian adults are obese out of which 44 millions women & 26 millions men and over 12 million children overweight or obese based on recent global data. Projections indicate that if current trends continue, over half of adults and about one-third of children and adolescents worldwide could be



overweight or obese by 2050. Obesity is highly prevalent in Punjab, Delhi, Tamil Nadu, Kerala and some other states in India. 84 % of obese HFpEF have HTN (W>M), 1 unit rise of BMI, 34% rise in HFpEF. As you all know that Obesity is a chronic, relapsing and progressive cardiometabolic disease of modern era and is the precursor and metabolic driver of all Cardiovascular diseases. It is a matter of great concern. The Main reason is Metabolic, inflammatory, increased adipokines such as Leptins & interplay ↑ Leptins, ↓ adiponectin with ↑ CRP & IL6 etc. which are ↑ Pro Inflammatory, ↑ Pro Atherogenic. ↑ Pro Fibrotic, ↑ Pro Vascular Stiffness, pro endothelial dysfunction, ↑ pro Insulin Resistance, ↑ Endoplasmic Reticulum Stress, ↑ Mitochondrial Stress, ↑ Oxidative Stress, ↑ SNS Activation, associated with high morbidity and mortality.

Obesity is more common in women as compared to men. There is strong link between the obesity and Heart Failure with Preserved Ejection Fraction (HFpEF). 84 % of HFpEF are seen in obese patients more in women as compared to men. There is 34% rise in HFpEF with one unit of rise of BMI. Obesity is a major risk factor for developing HFpEF where the heart muscle is stiff and can not relax properly. The prevalence of HFpEF is also increasing in India and obesity is major contributor. More than 80% of HFpEF patients are either over weight and obese and are associated with other co-morbidities such as Hypertension, Diabetes, dyslipidemia, Coronary Artery Disease, stroke, and Chronic Kidney Disease (CKD). Even obesity related cardiomyopathy is quite common with heart failure in women. Obesity and HFpEF with other co-morbidities are like Global Tsunami.

The main focus of this conference will be Therapeutic development over last decade have reshaped obesity management with GLP 1RAs. Semaglutide in particular has gained prominence due to its robust and durable effects on appetite regulation, energy expenditure, systemic inflammation and metabolic health. Semaglutide is only 9 years old iconic molecule of the century. It is a game changer, promising, powerful molecule in obesity inflicted CVD, HF, diabetes, renal benefits with weight reduction. It has both shorter term and long term benefits. Various CVOT Trials are SELECT (23-24) with reduction of 20 % MACE, NFMI, NFS, CVD & ACM besides weight reduction 15 % and A1C 1-1.5, ↓ CRP and Renal benefits. Out of 10 SUSTAIN Trials, SUSTAIN 6 (CVOT – Landmark Trial 2016) with reduction of 26% MACE (CV death, non-fatal MI, non-fatal stroke). STEP 1 to 8, (21-23), STEP TEENS. STEP UP & STEP HFpEF without diabetes and with diabetes. FLOW Trial 2019-24 **24% RRR** in the primary kidney composite outcome, **Slower eGFR decline. Significant ↓ albuminuria**, ↓ MACE, Reinforcing cardiorenal protection, ↓ CKD prevention. The Real World Data: SCORE Study-2025 (9,300). 57% ↓ MACE-3 (MI, stroke, ACM). 45% ↓ MACE-5 (HHF & revascularisation). STEER Study 2025 (21,250) 57% ↓ MACE-3 Vs tirzepatide. Event rates 4.4 /1,000 patients for Semaglutide 10.3/1,000 patients for Tirzepatide.

“Obesity and Heart illness are preventable, regressive and reversible to a very large extent by optimization of lifestyle and timely therapeutic intervention with Semaglutide.

“Prevent Obesity, Heart illness and Save Your Heart”.

***“Our physical orchestra is manifestation of emotional orchestra,
our emotional orchestra is manifestation of biochemical orchestra
our biochemical orchestra is manifestation of our neurohormonal orchestra
our neurohormonal orchestra is manifestation of genetic and epigenetic orchestra,
our genetic & epigenetic orchestra is a manifestation of quantum orchestra,
integration of all these orchestras with environment within us and outside us with optimized,
lifestyle is the need of the hour to maintain the perfect health without obesity and CVD”.***

Albert Einstein once said

***“Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning as to what is new.”***

Dr. H. K. Chopra, India
National Org. Chairman

Dr. Navin C. Nanda, USA
International President

Dr. Jagat Narula, USA
International President



International Speaker's Profile



Dr. W. Timothy Garvey, MD, MACE
Charles E. Butterworth, Jr., Professor and University
Professor University of Alabama at Birmingham
Founding PI and Associate Director, UAB Diabetes
Research Center Associate Director, UAB Nutrition & Obesity
Research Center Birmingham AL, 35294-3360. USA

Dr. Garvey is Professor of Medicine in the Department of Nutrition Sciences at the University of Alabama at Birmingham. He obtained his MD degree, cum laude, from St. Louis University in 1978, and completed residency training in Internal Medicine at Barnes Hospital, Washington University, in 1981. He then was a clinical fellow in Endocrinology and Metabolism at the University of Colorado Health Sciences Center and University of California, San Diego School of Medicine. He subsequently held faculty posts at the University of California, School of Medicine (Assistant Professor), Indiana University School of Medicine (Associate and full Professor), and from 1994 to 2003 was the Director of the Division of Endocrinology, Diabetes, and Medical Genetics at the Medical University of South Carolina. Dr. Garvey moved to UAB on June 1, 2004.

Dr. Garvey has achieved international recognition for his research in the metabolic, molecular, and genetic pathogenesis of insulin resistance, Type 2 Diabetes, and obesity. His studies have involved the cellular and molecular biology of cell and animal models, metabolic investigations of human subjects on metabolic research wards, and the genetic basis of diseases in Gullah-speaking African Americans, Pima Indians, and national cohorts of diabetes patients. He has brought basic technology directly to the study of human patients, and the combined approach of human physiology, genetics, and basic cell and molecular biology has provided the laboratory with a flexible capability for hypothesis testing relevant to human disease. By studying molecular parameters and differential gene expression in muscle and fat tissue from metabolically characterized individuals, the Garvey laboratory has made important observations regarding the pathogenesis of human insulin resistance. He has been a principle contributor to our understanding of the role of the glucose transport system and glucose transporter proteins in human insulin resistance. The laboratory has also identified a polymorphisms in the uncoupling protein 3 gene as a "thrifty gene" and susceptibility gene for severe obesity in African Americans. He also served as the PI of an NIH-funded Program Project to study markers and mechanisms of diabetes vascular complications in collaboration with two national trial cohorts. Dr. Garvey has directed an independent laboratory since 1987 supported by the National Institutes of Health (NIDDK, NHLBI), the Department of Veterans Affairs, the AHA, JDFI, the ADA, and other agencies. Dr. Garvey also has a track record of community based research and outreach in the context of two initiatives, Project Sugar (a genetics study among Gullah-speaking African Americans) and MUSC/HBCU Partners in Wellness (a program in community health at 6 historically black colleges and universities in SC intended to challenge minority students towards careers in the health professions).

He has provided service as a member of national research review committees for the Juvenile Diabetes Research Foundation, the American Diabetes Association, the VA Merit Review Program, and the National Institutes of Health. He was a standing member of the Metabolism Study Section at NIH from 1998-2002, and has chaired several ad hoc NIH study sections. Dr. Garvey currently serves on the editorial boards of Diabetes, and has previously served in this capacity for the Journal of Clinical Endocrinology and Metabolism and Diabetes Reviews. He is a member of the American Society for Clinical Investigation, the Association of American Physicians, the Endocrine Society, and the American Diabetes Association, and the North American Association for the Study of Obesity.

Dr Garvey is the founding PI of the UAB Diabetes Research Center from 2008 to present (P30 DH079626) and a program project funded by the American Heart Association entitled "Intergenerational Transmission of Obesity and Cardiometabolic Disease" from 2017-2020.

Below is Article name and link of studies he has conducted

1. **Two-year effects of semaglutide in adults with overweight or obesity: the STEP 5 trial** [Link](https://doi.org/10.1038/s41591-022-02026-4)
2. **Coadministered Cagrilintide and Semaglutide in Adults with Overweight or Obesity** [Link](#)
3. **Efficacy and safety of oral semaglutide 25 mg in adults with overweight/obesity: the OASIS 4 RCT**









National OBESITYCON-2026.

(Cardiometabolic & Total Vascular Health Benefits in Cardiovascular Continuum).
(CM&TVHB in CVC).

At Crowne Plaza, Okhla Industrial Estate, New Delhi-110020
on Sunday, April 19th, 2026.



Message



Dear Colleagues

It is really a great pleasure to welcome you all on the occasion of **National OBESITYCON 2026 (Cardiometabolic & Total Vascular Health Benefits in Cardiovascular Continuum) (CM&TVHB in CVC)** being organized by Indian Medical Association New Delhi Branch, Healthy Heart Society, Max Super Speciality Hospital at Crowne Plaza, Okhla Industrial Estate, New Delhi, 110020 on Sunday, April, 19th 2026 for the first ever National Conference on **“OBESITYCON-2026”** and **Doctors will be felicitated and honoured with “IMA NDB Magnanimous Award of Excellence in Healthcare” for the first time in India.**

The theme of the meeting is **“Enhancing Cardiometabolic & Total Vascular Health Benefits in Cardiovascular Continuum in Obesity”.**

Obesity is no longer a mere lifestyle concern; it is a complex, multifactorial disease that lies at the core of cardiometabolic dysfunction. It fuels a spectrum of conditions including insulin resistance, type 2 diabetes, hypertension, dyslipidemia, and systemic inflammation ultimately accelerating the progression of atherosclerosis and cardiovascular disease. The concept of Cardiometabolic Health and Total Vascular Health (TVH) therefore assumes paramount importance in redefining our preventive and therapeutic strategies.

India and the whole world is in the grip of Obesity Crisis. As very well emphasized by our Hon'ble Prime Minister sir that obesity is the root cause of many diseases and urged people to fight the chronic health condition characterised by excessive body fat by doing regular physical exercises and reducing edible oil consumption by 10%.

Our Hon'ble Prime Minister highlighted on rising obesity rate in India and quoted Lancet report, projecting 44 crores obese Indians by 2050, which is dangerous prediction, posing economic and health risks. Enhancing awareness on obesity care is the need of the hour.

This National Conference is being organized for the first time in India to enhance the “Awareness on Obesity Care” and reduce Obesity inflicted morbidity and mortality.

At OBESITYCON–2026, we aim to emphasize a paradigm shift from isolated risk factor management to a holistic, integrated approach that addresses the entire cardiovascular continuum. Total Vascular Health underscores the need to preserve endothelial function, reduce vascular inflammation, and prevent arterial stiffness from early stages, thereby mitigating long-term cardiovascular risk.

In India, prevalence of obesity is increasing steeply especially in urban areas, 1 out of 3 Indian are obese. India and whole world are in the grip of Obesity crisis. The prevalence of obesity heart failure, hypertension, kidney disease and dyslipidemia are closely connected with enormously high premature morbidity and mortality.

Abdominal obesity is more prevalent than generalized obesity. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

To calculate obesity using body mass index (BMI) divided your weight in kilograms by your height in meters square. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. Different weight classes are defined according to a person's body mass index (BMI) as follows: BMI Categories for adult more than 20 years of age, underweight Less than BMI 18.5, Healthy weight BMI of 18.5–24.9 kg/m². Overweight BMI of 25–29.9 kg/m². Obesity class 1 BMI of 30–34.9 kg/m². Obesity class 2 BMI of 35–39.9 kg/m², severe obesity is more than 40 kg/m².

Recently, an international commission proposed a revised definition of obesity that focuses on how excess body fat affects the body, and factors in waist circumferences rather than simply calculating BMI. Central obesity of more than 90cm in men and 80cm in women are the most powerful predictor for premature Cardiovascular Disease (CVD).

Obesity is more common in women as compared to men. There is strong link between the obesity and Heart Failure with Preserved Ejection Fraction (HFpEF). 84 % of HFpEF are seen in obese patients more in women as compared to men. There is 34% rise in HFpEF with one unit of rise of BMI. Obesity is a major risk factor for developing HFpEF where the heart muscle is stiff and cannot relax properly. The prevalence of HFpEF is also increasing in India and obesity is major contributor. More than 80% of HFpEF patients are either over weight and obese and are associated with other co-morbidities such as Hypertension, Diabetes, dyslipidemia, Coronary Artery Disease, stroke and Chronic Kidney Disease (CKD). Even obesity related cardiomyopathy is quite common with heart failure in women. Obesity and HFpEF with other co-morbidities are like Global Tsunami.

The OBESITYCON-2026 includes seven important scientific sessions including Lipid Management: Bridging the Gap Between Promise & Practice. Management of Heart Failure: New Frontiers. New Revolutionary Molecular & Technology. Pulmonary Arterial Hypertension: From Mechanisms to Targeted Therapy. Obesity Management: New Dimension. Coronary Intervention: New Dimensions, Devices Therapy: What is new 2026.

We are confident that OBESITYCON-2026 will serve as a dynamic platform for knowledge exchange, collaboration, and inspiration. Let us reaffirm our commitment to advancing science, improving patient outcomes, and transforming cardiovascular care through the lens of Cardiometabolic and Total Vascular Health in Cardiovascular Continuum.

Albert Einstein once said

**“Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning as to what is new.”**

Dr. H. K. Chopra

National Org. Chairman,
Chief Scientific Advisor, IMA NDB
Chief Cardiologist,
Medanata Moolchand Heart Institute, New Delhi
Chairman CME Committee, Moolchand Medcity
Dean, Moolchand Medcity Medical Education
Institute
Past President, National CSI & IAE.
Editor in Chief, 15 focused Textbooks of
Cardiology
Past President, IMA NDB

Dr. Viveka Kumar

National Org. Chairman,
President, IMA NDB
President, Healthy Heart Society
Chairman, Department of Cardiology
Max Heart and Vascular Institute,
East Block New Delhi

Dr. Rajiv Garg

National Org. Secretary,
Secretary, IMA NDB
Past President, IMA NDB
Former HOD, Medicine,
ESI Hospital, Noida





The Global Conference of Meditation Leaders (GCML 2026) is a 3-day immersive gathering for policymakers, changemakers, meditation leaders, entrepreneurs, educators, youth, professionals, and seekers.

Chief Guest: Hon'ble Vice President of India, Shri C.P. Radhakrishnan
 April 3-5, 2026, Bharat Mandapam, New Delhi

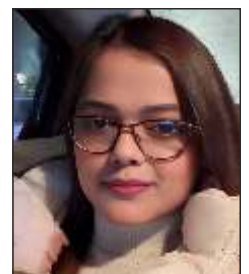




Are We Raising Children Inside Social Media Algorithms?

Recently in a case in California, a young woman won a lawsuit against tech giants Google and Meta wherein she was awarded \$6 million USD. In her case she argues that these platforms are being made addictive without prior warning, leading to depression and other health issues. There have been numerous such cases where people have approached courts to file lawsuits against platforms such as Meta (Instagram and Facebook), YouTube, and Byte Dance (TikTok).

The reason is simple. With the pace at which technology is developing, and AI making algorithms evolve even faster, it becomes difficult for individuals alone to manage its impact. These platforms operate on attention. The longer a user stays,



Shruti Rajvanshi
Associate Director, Market Xcel
New Delhi, India

the more data is generated, and the more valuable that user becomes. With AI, this process has become more precise as our behaviour can be predicted, nudged, and continuously optimised. What appears as harmless scrolling is in many ways engineered engagement at scale.

In many cases, parents report addiction and its impact on mental health, sometimes leading to extreme outcomes. The usual concern is how algorithms push social comparisons, promote infinite scrolling and autoplay, and give intermittent rewards. This pulls users into long cycles of consumption, often resulting in hours of screen time.

The Impact of AI on Your Children

There is a visible decline in independent thinking as children start depending too much on AI for even basic answers, instead of trying to work through problems themselves. In academics, AI shows up as a tool which has over-reliance,



making plagiarism easier and reducing genuine engagement with learning.

Social media combined with AI also increases social comparison. Children are constantly exposed to filtered realities, which can affect self-image and confidence. Over time, this can influence how they see themselves and their place in the world.

The larger concern is not just usage, but direction. If AI makes knowledge instantly accessible, then the role of education has to shift from memorising information to understanding how to use it. Otherwise, there is a risk that AI convenience replaces human capability.



Adding to Social Media Addiction: Surge of AI Chatbots

There has been a rise in chatbot companions across the internet. Their easiest users are often children who feel isolated or less social. Many people, including adults, now use chatbots almost like therapists, sharing daily thoughts and experiences.

The appeal is simple, easy access and responses that feel human-like. Over time, some users recognise patterns and limitations, but for many, it becomes a habit and a source of emotional support.

At the same time, we do not fully understand how this data is being used. In the case of children, this becomes more concerning, as they may be interacting with systems without fully understanding the risks. There have also been instances

where such systems introduce inappropriate, explicit or misleading information.

Go Touch Grass

Monitoring children all the time is not possible. But it can start with basic guidance of teaching them how to use technology instead of completely restricting it.

Children should be encouraged to use AI for learning through age-appropriate tools. Screen time limits, controlled social media usage, and setting the right example at home can make a difference. Technology should be positioned as a support system, not a replacement for effort or thinking.

And simply put: encourage them to “touch grass.” Outdoor activities, sports, hobbies, and real-world interaction remain important.



Global Policy Reforms to Mitigate the Tech-Pandemic

Greece has announced a social media ban for children below 15 years starting January 2027, and is pushing for similar steps across the EU. Australia has already introduced a ban for those below 16 years. Countries like United Kingdom, France, Denmark, Malaysia, and Poland are also considering or working on similar regulations. This shift reflects a growing recognition that these platforms are no longer just communication tools, but large-scale behavioural systems where self-regulation may not be enough.

At a broader level, governments will need stronger frameworks to address how these systems operate, especially for younger users. There should also be more focus on tools that regulate content and usage for children, using AI for development rather than passive consumption.

At the same time, education systems need to evolve. If curriculums remain unchanged, traditional learning may start to feel disconnected, while AI becomes the primary interface for knowledge. The challenge is not choosing between the two, but ensuring they move together so that technology supports growth without replacing the ability to think, question, and create.



Shruti Rajvanshi

Associate Director, Market Xcel
New Delhi, India

Shruti Rajvanshi is an Associate Director at Market Xcel and a postgraduate student at the Georgia Institute of Technology (MS, Human-Computer Interaction). She holds a Bachelor's degree in Computer Science from the University of Delhi and an MBA in Marketing and Finance. With over a decade of experience across analytics and business strategy, she has independently built AI-driven applications end-to-end using large language models, and has worked across emerging technology ecosystems including cryptocurrencies and NFTs.

Her work reflects a strong, hands-on engagement with how technology is being built and deployed in real-world systems. She is particularly interested in how technological advancement intersects with geopolitics, diplomacy, and the evolving role of India in the global technology landscape.



It's okay to be work in progress



Dr. Sanjhna Nayarr
Founder-CEO, Safroneya
Delhi, India

The kindest thing I've learned to say to myself and to the teenagers who slouch during my sessions is this: **it's okay to be work in progress.** More than okay: it's honest. Most of us are navigating with headlights, not maps, and we forget that blur is normal when you've actually started moving.

I think about the kids who show up in big hoodies and quiet voices, carrying anxieties and a sense that everyone else got a handbook. I tell them what I need to hear on hard Mondays: you don't owe the world a finished version this week. You owe it your next small, specific step. **Lace the shoes and walk.** Open the doc and write one ugly paragraph. Apologize if you snapped, then practice a different line for next time. That's how better selves are built not by epiphanies, but by unglamorous reps. The destination can stay blurry. What matters is direction, and

direction shows up in minutiae: the glass of water before coffee; the five-minute sketch; the "I don't know yet" you're finally willing to say out loud. I keep past WIPs on my phone drafts that resolved, habits that stuck because progress photos are easy to forget when today's canvas is messy.

People fear looking unfinished in public. I get it. But letting others see the scaffolding is a gift: it makes your growth legible, and it gives them permission for theirs. We're all beta; the adults who seem certain just got better at carrying the ambiguity.

So praise the little steps. They're not delays; they're the thing itself. You began. You're correcting course. That's beautiful. The blur will clear not all at once, but where your feet actually land.



Dr. Sanjhna Nayarr

Founder-CEO, Safroneya
Delhi, India

Dr. Sanjhna Nayarr is a visionary leader and the **Founder-CEO of Safroneya**. She blends art therapy, tasseography, graphotherapy, psychic mediumship, and tarot-numero counselling with writing, social activism, menstrual-mindset coaching, and performance art. Known as the “Psychic Charmer,” she's praised for intuitive tarot, rune and numero readings and for energy-healing work that helps people find clarity. She is the National Director, Social and Cultural Arts at Pythian Council of India. She also served on the editorial team for West Bengal Governor Shri Anand Bose, co-directs BALIKAVIDYAARMY, and advocates for women and children affected by trafficking—using art therapy with autistic and special-needs kids.

Through Safroneya Drive she promotes menstrual hygiene and period positivity, offering education and free cups to underprivileged girls. Her book *_RUDHIRA: The Sacred Burnt Blood_* won the Sahitya Award-2025 Editor's Choice. Honors like the President's Award, HERA, WAOW and Rashtriya Samaj Seva awards mark her impact on empowerment, literature and community service.





Vinishka Srilakshmi

BUSINESS' AMBASSADOR OF THE UNITED WORLD
 Founder President
 Vinishka Infratech Projects LLP
 Bengaluru, Karnataka, India

Vinishka Srilakshmi for the **Managing Editor and Publisher** of upcoming **THE MagNet World**, Magazine. 'A Global Business Publication' With a sharp understanding of today's dynamic and complex business landscape, she brings far more than industry knowledge she offers strategic clarity and direction where it matters most. Recognizing that modern businesses require more than traditional management skills, Vinishka positions herself as a trusted business advisor. She has extensively explored the evolving role of advisory leadership—highlighting how the right guidance can transform organizational performance, decision-making, and long-term growth. Her core strengths span **strategic planning, crisis**

management, global business operations, financial planning, compliance and risk management, and media expertise. She works closely with companies and entrepreneurs as a strategic partner, helping them enhance performance, strengthen media presence, and unlock new growth opportunities.

With a strong foundation in analytics and industry insight, Vinishka provides expert guidance across operations, finance, strategy, and marketing enabling businesses to solve complex challenges, improve profitability, and scale sustainably.

What truly sets her apart is her **adaptability and innovation.** She is known for her ability to evolve strategies in real time, aligning with changing market dynamics and business needs ensuring relevance, resilience, and results.

EFFORT, REFLECTS, INTEREST



The Timeless Journey of Tarot

Tarot cards have captivated human imagination for centuries, blending art, symbolism, psychology, and mysticism into a single deck of 78 cards. With their intricate imagery and archetypal themes, tarot continues to inspire curiosity, spiritual exploration, and personal reflection across cultures and generations.

Origins in Medieval Europe

The earliest known tarot decks appeared in 15th-century Europe, particularly in Italy, where they were used as playing

cards in a game known as Tarocchi. These early decks were not originally mystical tools but artistic, hand-painted cards commissioned by noble families.

One of the most famous surviving early decks is the Visconti-Sforza Tarot, richly illustrated and reflective of Renaissance symbolism. Over time, scholars and mystics began interpreting the imagery as containing hidden spiritual and esoteric meanings.

The Evolution of Symbolism



By the 18th and 19th centuries, tarot became associated with occult philosophy and mysticism. Influential thinkers such as Antoine Court de Gébelin proposed symbolic links between tarot and ancient Egyptian wisdom (though historically debated).

In 1909, the publication of the Rider-Waite Tarot, illustrated by Pamela Colman Smith under the guidance of Arthur Edward Waite, revolutionized tarot interpretation. This deck introduced detailed imagery on all 78 cards, making intuitive reading more accessible and shaping modern tarot practice.

The tarot deck is traditionally divided into:

- Major Arcana (22 cards): Representing major life themes and spiritual lessons.
- Minor Arcana (56 cards): Reflecting everyday situations and personal experiences.

Tarot in the Modern Age

In recent decades, tarot has experienced a remarkable resurgence. The accessibility of beautifully designed decks and guidebooks has made tarot more inclusive and approachable than ever.

Online platforms and social media communities have created vibrant spaces where enthusiasts and professional readers share spreads, interpretations, and educational content. Virtual readings, live sessions, and online workshops have expanded tarot's reach globally.

Modern interpretations often emphasize:

- Self-reflection and mindfulness
- Psychological insight
- Personal empowerment
- Creative expression



Namita Mallhotra

Astro' AMBASSADOR OF THE UNITED WORLD
 Tarot Card Reader, Astro-Vastu Consultant
 Real Life Counselling
 Gurugram, Delhi NCR, India

With over **30 years of experience**, I bring a deeply integrative and spiritual approach to Tarot, Vastushastra, and Astrovastu. My practice is rooted in combining these disciplines to offer **customised readings** that are both insightful and actionable, designed to guide individuals toward **peace, harmony, and their highest potential**.

Key USPs & Philosophy:

- **Holistic & Personalised Approach:**
 Each session is tailored by weaving together Tarot, Vastushastra, and Astrovastu wisdom. This blend offers clients not just answers, but a **transformative spiritual roadmap**.
- **Client-Centric Readings:**
 I provide **detailed guidance** on specific concerns and also share insights into the broader **life trajectory** of my clients, empowering them to make informed and conscious choices.
- **Trust-Based Long-Term Relationships:**
 My clientele spans professionals, homemakers, business owners, and individuals from diverse



walks of life. Many have stayed with me for years, trusting the **clarity, compassion, and authenticity** I bring to every reading.

- **Truth Without Fear:**
 I consciously work to **debunk myths and eliminate fear-based practices** in the spiritual space. I don't indulge in exaggerated predictions or burdensome remedies, ensuring clients feel **safe, supported, and uplifted**.
- **Effective & Doable Remedies:**
 My remedial suggestions are a **blend of spiritual practices** that are practical, achievable, and rooted in positivity. They are designed to bring about **real change and inner alignment**.
- **Focused on Inner Growth:**
 Every interaction aims to help clients **become the best version of themselves**, aligning with their higher self through intuitive and practical guidance.

Rather than predicting fixed outcomes, many contemporary practitioners view tarot as a mirror of the subconscious—a tool for clarity rather than certainty.

The Timeless Magic of Tarot

From its beginnings as a medieval card game to its current role in spiritual and personal development practices, tarot has continuously evolved to meet the needs of society. Its enduring appeal lies in its rich symbolism archetypes like The Fool, The Lovers, Death, and The World speak to universal human experiences of beginnings, transformation, choice, and completion.

Whether approached with curiosity, spiritual openness, or reflective intention, tarot invites exploration of one's inner

world. Shuffling the cards, laying out a spread, and contemplating the imagery can serve as a ritual of pause an opportunity to connect with intuition and inner wisdom.

A Gentle Reminder

Tarot readings are subjective interpretations. They should be approached with an open mind and a sense of personal responsibility. Rather than definitive answers, tarot offers perspectives encouraging thoughtful reflection and conscious decision-making. In

In the end, the true magic of tarot lies not in predicting the future, but in helping you better understand yourself.



The mahjong voyager: Why India is the next global destination for gaming tourism

Mahjong is no longer just a game. It is a cultural journey, a rhythm, a ritual, and for many global travellers, an identity. As experiential tourism evolves, Mahjong has emerged as a refined, elegant pursuit for travellers who seek intellectual engagement wrapped in luxury and cultural depth. And India unexpected yet compelling is rapidly becoming the world's newest frontier for Mahjong-led travel. The “Mahjong Voyager” is a discerning traveller: someone who embraces heritage, indulgence, community, and discovery. India offers this voyager something rare extraordinary landscapes paired with high-touch hospitality and immersive narratives. This synergy is quietly positioning India as the next global destination for gaming tourism.



Dr. Niralee Shah
Managing Director
Travel Design Pvt Ltd
Mumbai, India



Where the Game Meets the Country: India's Mahjong Renaissance

What makes India different is that it does not offer Mahjong as a standalone activity. Instead, it elevates the game through environments that are rich in story, atmosphere, and sensory immersion. Think of it as Mahjong that breathes: through ancient palaces, through desert winds, through vineyard sunsets, through ghats kissed by sacred rivers.

Across the country, iconic destinations are emerging as Mahjong sanctuaries, each with its own distinct character.

Jaisalmer: The Desert Kingdom of Majestic Play

Nowhere does Mahjong feel more cinematic than in **Jaisalmer**, where the Thar Desert stretches endlessly under a golden horizon. The city's luxurious sandstone fortresses, candlelit courtyards, and silent dunes create an ambience that transforms every Mahjong tile into an echo of history. Here, the game becomes a royal ritual an indulgent experience framed by Rajasthani culture, Sufi melodies, and impeccable hospitality. Jaisalmer is fast becoming India's most aspirational destination for Mahjong retreats, drawing high-net worth travellers seeking exclusivity and grandeur.

Nashik: The Vineyard Capital Reimagining Mahjong Elegance

In **Nashik**, India's wine region, Mahjong takes on a refined European sensibility. Boutique vineyards and luxury estates offer sweeping valley views, artisanal cuisine, and curated wine pairings perfect for sophisticated, slow-paced Mahjong sessions. Playing in the midst of rolling vines, surrounded by mist and terroir-driven flavours, adds a sensorial richness that global travellers crave. Nashik has already become a favourite for women's groups, wellness travellers, and high-luxury micro-retreats.

Varanasi: Sacred Energy Meets Strategic Play

Few places in the world offer an atmosphere as profound as **Varanasi**. For the Mahjong Voyager, Varanasi introduces a spiritual dimension to the game. Early-morning Ganga aarti, silk-weaving ateliers, ancient alleyways, and riverside palaces create a tapestry of cultural depth around every retreat. Mahjong sessions held in heritage mansions overlooking the



ghats feel like an exchange between tradition and intuition deeply evocative, meditative, and transformative.

The Himalayas: Mahjong in the Realm of Stillness

Himalayan states like Himachal and Uttarakhand have become sanctuaries for Mahjong travellers seeking serenity. Boutique wellness retreats nestled among cedar forests and snow-kissed peaks offer a mindful gaming environment where each move follows a yoga session, a forest walk, or a sound-healing ritual. This quiet luxury, combined with crisp mountain air and panoramic landscapes, is drawing global Mahjong communities looking to rest, reset, and reconnect.

Jaipur & Udaipur: Royal India's New Gaming Salons

Rajasthan's iconic cities **Jaipur** and **Udaipur** have embraced Mahjong with contemporary finesse. Palaces-turned-hotels, shimmering lakeside properties, and private mahals now host curated Mahjong salons with royal hospitality. Think handcrafted teas, embroidered table linens, artisanal snacks, and private cultural showcases setting the stage for each session. These

These cities are redefining high-society gaming, positioning India as a global competitor to traditional East Asian Mahjong destinations.



Why the World Is Turning to India for Mahjong Tourism

Across borders, Mahjong lovers are choosing India for reasons far beyond affordability. They seek the country's unparalleled ability to merge:

1. Luxury with Intimacy

India's boutique hotels, heritage palaces, and experiential retreats offer high-service precision with a warmth that global travellers deeply value.

2. Culture with Comfort

Mahjong travellers enjoy tradition, symbolism, and narrative. India's deep cultural heritage enriches every journey—from desert folklore to Himalayan spirituality.

3. Customisation with Exclusivity

Indian travel curators, especially niche specialists like Travel Design, tailor entire itineraries around Mahjong sessions—complete with private hosts, exclusive venues, and bespoke cultural experiences.

The Future of Mahjong Travel in India Begins Here

Mahjong tourism is no longer an emerging trend—it is a lifestyle movement shaped by community, creativity, and connection. Travel Design Pvt Ltd is at the forefront of this evolution, championing curated experiences that allow travellers to explore India through the soulful rhythm of Mahjong, by blending heritage with hospitality, luxury with storytelling, and travel with purposeful play. Travel Design is not merely offering trips—it is **crafting India's signature Mahjong travel identity.**

For the Global Mahjong Voyager, the journey ahead is transformative. Travel Design Pvt Ltd, the game becomes the gateway—and India becomes the destination where Mahjong finds its most meaningful expression.

EXPLORE about an Author

Niraalee Shah, PhD in Indian Tourism and Culture, is a distinguished thought leader in India's travel and hospitality landscape. Dr Shah, Travel Design Pvt Ltd - Managing Director has redefined bespoke travel by curating culturally immersive, meticulously crafted journeys for discerning global and Indian travellers.

Author of *Indian Etiquette: A Glimpse Into India's Culture*, she also serves as State Convenor (RTSOI Maharashtra), Regional Vice President (ITSA India), President (WTN Mumbai), and Ambassador for Green Destinations — championing sustainability and cultural integrity across India's Tourism landscape.

Driven by academic depth, cultural insight, and strategic vision, Dr. Shah stands at the forefront of shaping India's next chapter in experiential and responsible tourism.



Dr. Niraalee Shah

Managing Director
Travel Design Pvt Ltd
Mumbai, India



Vedic Astrology

The “Eye of the Vedas”



Mandakini Pawar
 Founder of Van Mahal Himalayas
 Rishikesh, Mumbai, India

Vedic Astrology, known as Jyotisha, is revered as the “Eye of the Vedas.” It is an ancient Hindu system that dates back thousands of years and interprets the influence of planetary positions on human life. Its purpose is to provide insight into an individual's nature, tendencies, and life path, enabling a deeper understanding of destiny and the challenges one may encounter. At its core, Vedic Astrology recognises the role of **free will**, teaching that while past karmas shape circumstances, conscious actions in the present can help minimise their impact and transform outcomes.

A Strategic Tool for Modern Life and Business

In contemporary times, Vedic Astrology is increasingly being integrated into personal and professional decision-making as a tool for strategic alignment. By blending ancient wisdom with modern enterprise, it offers a unique perspective on timing, risk management, and opportunity selection. Rather than being viewed as superstition, many consider it a framework for gaining clarity, reducing uncertainty, and making informed decisions much like consulting market research, expert analysis, or legal guidance. This synthesis of cosmic insight and practical strategy can offer a distinctive advantage in navigating complex environments.



A Pathway to Spiritual Growth

Beyond material concerns, Vedic Astrology serves as a powerful instrument for inner evolution. It functions as a spiritual lens, revealing karmic patterns, life lessons, and the soul's developmental journey. Challenges and obstacles are understood not as random misfortunes but as purposeful experiences designed to foster growth, resilience, and wisdom.

The system also evaluates spiritual progress, indicating readiness to move beyond material attachments toward self-realisation and detachment. This evolution is described through the transformation of the three fundamental qualities (gunas):

- **Tamas** : Ignorance, inertia, and confusion
- **Rajas** : Activity, passion, and desire
- **Sattva** : Purity, harmony, and inner illumination

True progress lies in gradually transcending Tamas and Rajas to cultivate Sattva, leading to clarity, balance, and spiritual awakening.



A Bridge Between Destiny and Conscious Choice

Ultimately, Vedic Astrology offers a holistic understanding of life integrating destiny with free will, material success with spiritual purpose, and ancient insight with modern application. It invites individuals to align their actions with cosmic rhythms, transform karmic patterns, and live with greater awareness, meaning, and harmony.

CRESCENT CALL



PHOTO BY MANDAKINI PAWAR at early morning from her residence in Rishikesh

Today, I feel deeply blessed to share a divine experience. Yesterday, on 14th April 2026 at around 3:45 am, I witnessed the rising of the waning crescent moon from the eastern horizon in Rishikesh. It was completely unplanned, I simply happened to look up during my early morning chanting, and there it was... serene, subtle, and profoundly moving.

This phase marks the final week of the lunar cycle, as the moon approaches its New Moon phase on 17th April 2026, when it will become invisible before re-emerging as a waxing crescent in the evenings a beautiful reminder of life's cycles of dissolution and renewal.

Witnessing a crescent moon rise in the sacred energy of Rishikesh is considered highly auspicious. It is often seen as a blessing of Lord Shiva, also known as *Chandrashekhara*, the one who adorns the crescent moon upon his head. This symbolizes spiritual renewal, emotional mastery, and the beginning of a subtle yet powerful new cycle of energy.

In the spiritual context of Rishikesh, this moment reflects a state of "no-mindness", where the quiet, delicate crescent represents a calm and controlled mind, allowing higher consciousness to flow effortlessly.

Spiritual and Cultural Significance:

The Moon of Shiva

Lord Shiva as *Chandrashekhara* symbolizes mastery over time and emotions. The crescent moon represents the cyclical nature of life, while Shiva wearing it signifies transcendence beyond these cycles.



Auspicious New Beginnings

The crescent phase indicates the transition into a new energetic cycle signifying growth, renewal, and the potential for new beginnings.

Spiritual Awakening in Rishikesh

The sacred vibrations of Rishikesh, especially along the Ganga, amplify such experiences. A crescent rising from the east is often seen as a *Shubh Sanket* (a divine sign) encouraging inner awakening and detachment.

Balance of Shiva–Shakti

The crescent symbolizes the “Cup of Soma,” representing the union of Shiva (pure consciousness) and Shakti (creative energy) a harmony between stillness and manifestation.

Mastery Over the Mind

The moon's phases remind us that while life moves in cycles, true awareness remains constant. The crescent teaches us calmness, balance, and inner stillness.

Witnessing this in a sacred space like Rishikesh felt like experiencing *Chandrashekhara* in its truest essence, where the presence of Lord Shiva is not just believed, but deeply felt.
Har Har Mahadev



Mandakini Pawar

Ambassador of the United World, Go Green
 Recipient of Grace of Galaxy
 Founder of Van Mahal Himalayas
 Rishikesh, Mumbai, India

An internationally recognised thought leader and changemaker, she holds the distinguished titles of **Ambassador of the United World'Go Green**, and is a recipient of the prestigious *Grace of Galaxy* honour regarded among the highest civilian recognitions globally. She has also been honoured as a **“Woman of Substance”** by the BRICS Chamber of Commerce & Industry.

She is the Founder of **Van Mahal Himalayas**, a wellness and retreat resort dedicated to holistic healing, sustainability, and conscious living.

A highly accomplished consultant, she specialises in **Healthcare Excellence, Business Excellence, and HR Excellence**, guided by globally respected frameworks such as the European Foundation for Quality Management Model and the Malcolm Baldrige National Quality Award Performance Excellence Framework.

Academically, she holds a Bachelor's degree in Microbiology (Honours) from University of Mumbai and an MBA from Amity University, New Delhi. She has authored and presented numerous research papers in international journals and conferences.

She also serves as a faculty member and trainer in Healthcare Excellence based on the Baldrige Framework, Patient Safety (WHO Modules), and Principles and Practices of Management.

As a certified assessor and advisor, she has evaluated and guided several prominent organisations across sectors, including JK Tyre, Amara Raja Batteries, Vedanta Group, Aditya Birla Group, Club Mahindra, Apollo Hospitals, and other leading institutions in the manufacturing, mining, healthcare, and hospitality sectors.

She is also the author of the biographical work ***The Essence of Ganga***, which narrates the inspiring story of Mandakini a journey of purpose, resilience, and spiritual awakening.



Kadambari Advani

Cultural' Ambassador of The United World
Spreading Hope Globally
Award-Winning International Gospel Singer
Mumbai, India

CHOOSE TO SHINE BORN TO WIN

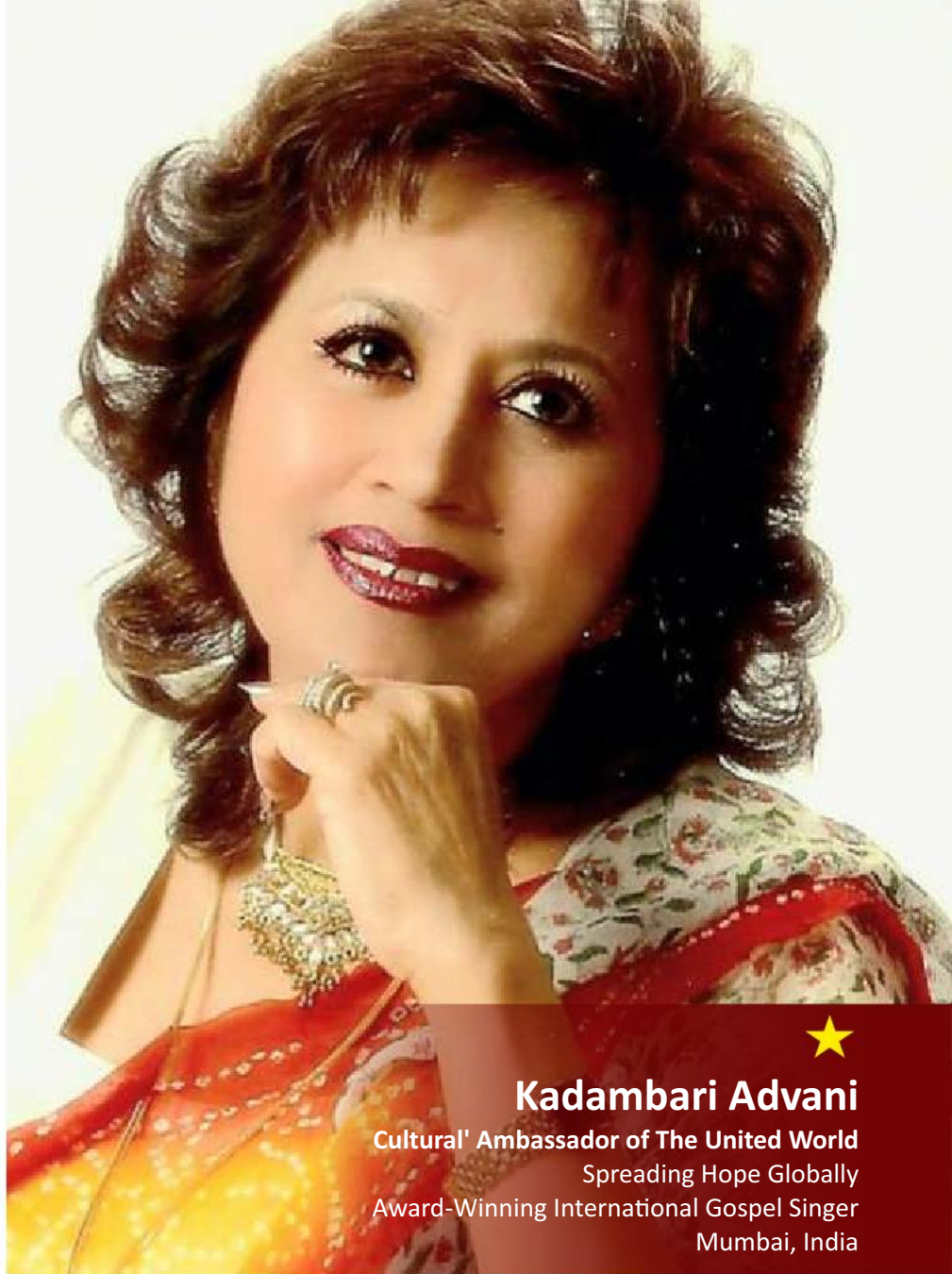
She embodies a balance of gentleness and firmness. Her warmth, compassion, and empathy make her naturally gentle she understands others' perspectives and treats people with respect. At the same time, she stands firm in who she is.

What defines her most is her unwavering commitment to her core values. In a world filled with noise and influence, she lives by a clear set of principles that shape her habits, choices, and behaviour. These values are not just ideas she believes in they are the

foundation of her identity, guiding her consciously and subconsciously. Her key values are family, integrity, advancement, and stability. Everything she does is rooted in these pillars. They influence how she acts, how she makes decisions, and how she navigates life. She does not allow trends, opinions, or

social pressures to steer her away from what she knows is right. Staying aligned with her values is her way of preserving her integrity. She is also attentive to her appearance well-groomed, appropriately dressed, and always presenting herself with intention. Yet she never stops evolving.





Kadambari Advani

Cultural' Ambassador of The United World
 Spreading Hope Globally
 Award-Winning International Gospel Singer
 Mumbai, India

Creative, confident but humble, she continuously invests in her improvement, refining herself so she can rise to new levels. Becoming a better version of herself is a lifelong commitment.

Kadambari Advani, Conferred with 'Cultural Ambassador of the United World' Honour

Kadambari Advani has been conferred with NewAge Media's highest civilian honour, the **'Cultural Ambassador of the United World'**, in recognition of her remarkable milestone through the global **'Peace, Love and Spreading Hope Globally'** online campaign. The honour marks a significant achievement and a new milestone in advancing peace and love for all worldwide.

Accepting the title, Kadambari Advani stated that the recognition represents

resilience, longevity, and the enduring spirit of education for all. She dedicated the honour to the people of India and to the historic and lasting partnership among nations.

"I accept this honour with deep gratitude, and I dedicate it to the people of India and the timeless bond we share," Kadambari Advani said, expressing her heartfelt thanks to NewAge Media and people across the world.

With this prestigious title, she aims to create a meaningful impact and will continue to expand her widely recognized **'Peace, Love and Spreading Hope Globally'** initiative in the future, strengthening her commitment to inclusive and accessible **'Peace, Love and Spreading Hope Globally'**



Mohini Chaudhary
 Master of Business Administration
 International Marketing
 Dehradun, India

Take a Step Toward Your Dream Career

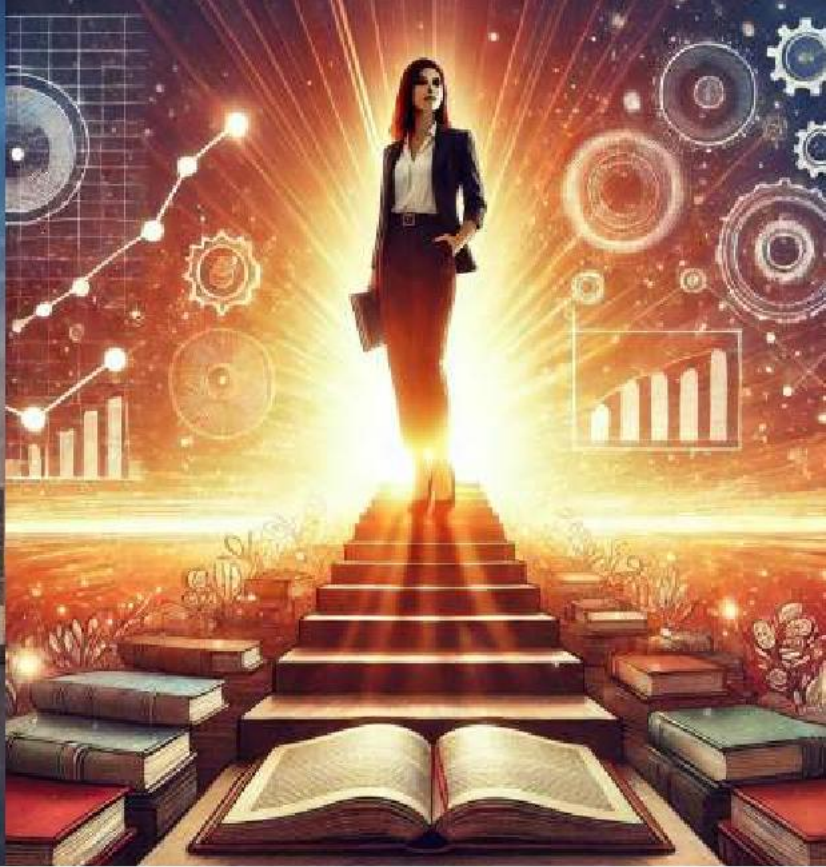
Choosing the right career is one of the most important decisions you will ever make. The path you select shapes your lifestyle, growth, financial stability, and personal satisfaction. A **career guidance test** can help you make this decision with clarity and confidence.

Our career guidance assessment is based on insights from one of the world's largest job databases. It evaluates your

interests, personality, strengths, skills, and work preferences, then maps them to career options that best suit you. The report also recommends structured learning pathways to help you achieve your dream career.

Even if you have already chosen a career direction, this test helps validate your decision giving you greater confidence and clarity about your future.

STEP FORWARD



Why Do You Need a Career Guidance Test?

Many students struggle to choose the right career because they are unaware of the wide range of opportunities available. Research shows that **93% of Indian students are aware of only 7 career options**, while there are more than **250 career paths and over 5,000 job types** available in India alone.

A data-driven career assessment helps you:

- Discover career options aligned with your strengths
- Understand your personality and aptitude
- Identify skill gaps
- Receive personalized learning recommendations
- Make informed and confident decisions

Instead of guessing, you choose your future based on insight.

Career Advice for College Students

College is not just about academics—it is the foundation of your professional journey. It provides access to mentors, internships, career services, networking opportunities, and skill-building platforms. Using this time wisely can significantly impact your career growth.

Here are **14 essential tips** to help you prepare for your professional future while still in college:

1. Seek Internship Opportunities

Internships provide hands-on experience and industry exposure. Choose internships aligned with your

career goals. For example, if you aim to become a veterinarian, working at an animal shelter or kennel will provide relevant experience.

How to find internships:

- Network with professors, alumni, family, and friends
- Attend career and internship fairs
- Research company websites and job portals.

2. Consider a Work-Study Program

Work-study programs allow you to earn while gaining experience. They help you develop workplace discipline and time management skills.

3. Grow Your Skills and Knowledge

Take additional certifications, online courses, or workshops related to your field. Upskilling gives you a competitive edge.

4. Get an Early Start

Begin exploring career options in your first or second year. Early planning reduces last-minute confusion.

5. Keep Your Skills Up-to-Date

Industries evolve rapidly. Stay updated with trends, technologies, and market demands.

6. Stay Focused

Avoid distractions and remain committed to your goals. Set clear short-term and long-term objectives.





7. Maintain Work-Life Balance

Balancing academics, internships, and personal life ensures mental well-being and sustained performance.

8. Pursue Your Passion

Choose a career that aligns with your interests and values. Passion fuels long-term success.

9. Strive for Excellence

Develop a strong work ethic. Employers value consistency, dedication, and reliability.

10. Use Your College Career Services

Most colleges offer resume-building support, interview training, and placement assistance take advantage of these resources.

10. Build Your Network

Connect with industry professionals, attend seminars, join student organizations, and stay active on professional platforms. Networking often opens doors to hidden opportunities.

11. Actively Seek Opportunities

Don't wait for opportunities—apply, inquire, volunteer, and show initiative.

12. Create Opportunities

Start a project, freelance, volunteer, or collaborate on research. Sometimes creating your own experience is more impactful than waiting.

13. Find Companies on Social Media

Follow organizations in your industry. Many companies post job openings and updates on social platforms.



Mohini Chaudhary

Carrier Coach Ambassador of the United World

PHD Scholar, Bachelor of Creative Design

Master of Business Administration

International Marketing

Dehradun, India

Mohini Chaudhary has recently been honoured as the **Coach Ambassador of the United World**, a distinction conferred by the International Federation of NewAge Media. She also serves as an Honorary International Advisor with THE EXPLORE Journal.

A seasoned professional mentor, she specializes in guiding individuals through career transitions, higher education pathways, creative portfolio development, and skill enhancement. Her work is rooted in deep expertise across leadership development, career transformation, and structured coaching methodologies.

Known for her results-driven approach, Mohini has consistently supported newcomers and freshers in securing promotions, transitioning into new roles, and building meaningful career trajectories. Her coaching is tailored to different career stages, offering personalized strategies that align with each individual's aspirations and strengths.

She is particularly committed to helping individuals discover fulfilling careers that resonate with their values, interests, and inherent abilities. Whether working with recent graduates, professionals exploring a career shift, or individuals re-entering the workforce, she empowers them to define clear goals, create actionable plans, and overcome barriers with confidence.



THE ESSENCE OF ESSENTIALS



THE EXPLORE Journal is published with a host of incredible first-in-class and best-in-class





UNLOCK THE SECRETS OF THE ENCHANTED 'POETRY IN MOTION'

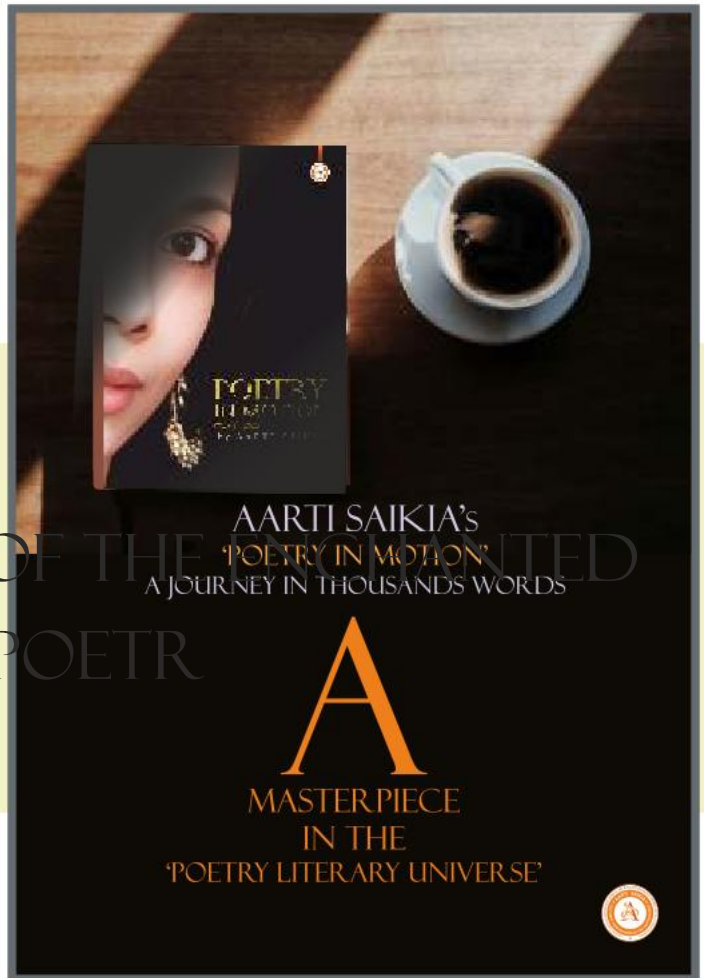
Aarti Saikia's Captivating New Literary Poet Art

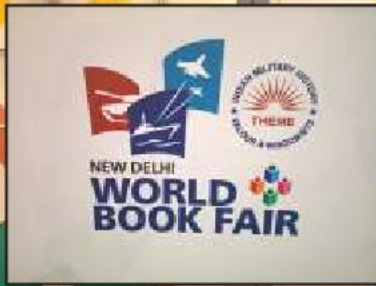
Even before its official launch, **POETRY IN MOTION** has witnessed extraordinary demand among book lovers. The premium coffee-table edition sold out in advance, with enthusiastic readers and visitors racing to secure their copies. Many were compelled to place advance reservations at the book stall, underscoring the book's growing anticipation and acclaim. Notably, the book has also been **nominated for recognition for its unique and original concept of "Literary Poet Art."**

'**Literary Poetry Art**' is a form of creative expression that uses language for profound aesthetic and emotional impact, transcending literal meaning through **POETRY IN MOTION**. Through rhythm, flow, evocative imagery, and a divine structural harmony, it explores the beautiful experience of creative bonding between words and visuals.

*"Crafting **POETRY IN MOTION** has been a motion of love," says Aarti Saikia. "I wanted to create a world where the impossible becomes possible where every reader can discover a reflection of their own Literary Poet Art within its pages."*

POETRY IN MOTION follows an emotional and imaginative journey through literary poetry expression, creativity, and self-discovery. Flowing with rhythm and emotion, the work explores the awakening of hidden creative powers and the transformative forces that illuminate the artist's inner world. With themes rooted in poetic art, imagination, and personal awakening, this premium coffee-table book appeals to readers of all ages and artistic sensibilities.





Don't miss this enchanting literary experience. Pre-order *POETRY IN MOTION* and embark on a magical journey into the world of Literary Poet Art.



Arati Saikia's *POETRY IN MOTION* invites readers into a magical realm where words and visuals unite to create an immersive experience of **Literary Poet Art**. Scheduled for its grand release on **18 January 2026** at the **World Book Fair 2026, New Delhi**, this fantasy poetry coffee-table book promises to enchant readers with its evocative storytelling, rich visual mystery, and poetic wonder.





H.E. Laila Rahhal Al Atfani

UAE leader, Goodwill Ambassador,
President of Women's Business Circle,
Empowering youth and global entrepreneurship
Dubai, UAE

Written from the life, experience, and wisdom of H.E. Laila Rahhal Al Atfani, H.E. Laila Rahhal Al Atfani is a businesswoman, goodwill ambassador, and supporter of entrepreneurship and humanitarian work. From a small drop to an ocean of change, a beating heart from the UAE, 'I Don't Want to be a WOMAN' is rapidly poised to become the next bestselling "must have" for executives, business professionals, and those in everyday life.

Simplifying and comprehensively deconstructing the overused terms of women moving from the primary role of domestic caregivers to active, powerful forces in economic and political life, Rahhal Al Atfani 's compelling volume provides refreshing new advice on thriving in today's cutthroat and often confusing world. One critic recently wrote, "The author uses her experience. Her Excellency Laila Rahhal El Atfani stands as a powerful symbol of compassion, leadership, and transformative impact in society. Through her visionary initiatives, she has consistently worked towards uplifting women, nurturing their potential, and creating pathways for them to thrive both personally and professionally. This book was really worth the investment! Her Imperial Majesty Queen Sheba III.

For those of us who are so clever in the world of business, or studying with hopes of one day dominating an industry, the term being a WOMAN's materialism will eat away our soul' is a reflection on this profound evolution. It charts the journey of women from the silence of traditional societies, where religious and cultural norms often limited us to household chores and spiritual obedience, to the clamour of the modern workforce. H.E. Laila Rahhal Al Atfani knows that each of these is not just a word but a powerful, deep concept that is often overlooked.

In her game-changing new book, 'I Don't Want to be a WOMAN', Rahhal Al Atfani cuts to the core of each concept in a way that will redefine anyone's view on society.



H.E. Laila Rahhal Al Atfani is a visionary businesswoman and Goodwill Ambassador dedicated to global humanitarian work and entrepreneurship. As the President and Founder of the Women's Business Circle and the "I Am Africa" platform, and Vice President of the Global Chamber of Business Leaders, she has become a global voice for youth and women's empowerment.

Described as "a beating heart from the UAE to the world," her journey bridges economic development with inspirational leadership, transforming a small drop of initiative into an ocean of change. With unwavering determination, Her Excellency continues to build bridges and pull others up, standing as a symbol of both strength and humanity in the 21st-century business landscape.



Abhay Jajoo

Network Ambassador of the United World
Pune India

AN
ARCHITECT
OF INSIGHT:
THE JOURNEY OF
ABHAY JAJOO



From the intricate logic of computer science to the high-stakes theater of global market strategy, Abhay Jajoo has spent nearly two decades redefining what it means to lead with data. His story is one of constant evolution a journey from a technical engineer to a visionary strategist and community catalyst who believes that the true power of information lies in its ability to connect people.





The Foundation: Coding the Future

Abhay's story began with a deep dive into the technical world, earning his **Bachelor of Engineering in Computer Science**. This analytical bedrock provided him with a unique lens; where others saw static numbers, Abhay saw patterns, possibilities, and pathways to growth. Early in his career, he secured major partnerships with global giants like **Novartis and Bayer**, proving early on that he possessed a rare knack for blending technical



understanding with business development.

Mastering the Art of "Market War Gaming"

As his career progressed, Abhay moved into the upper echelons of market intelligence. His tenure as a **Senior Consultant at Atos** saw him delivering over 100 strategic research reports annually,

impacting sales pursuits valued at millions of dollars.

To sharpen his edge, he travelled to Germany to train at the **Institute for Competitive Intelligence**, mastering "Business War Gaming" a high-level discipline that treats market competition like a grand strategic game. This expertise allowed him to:

- **Elevate Executive Strategy:** Collaborating with C-suite leaders to improve account win rates by 20%.
- **Modernize Operations:** Reducing report turnaround times by 25% through advanced analytics and automation.

- **Visualize the Future:** Spearheading the "IT Expiring Deals Data Lake" to provide unprecedented clarity into market opportunities

Abhay sought to bridge the gap between "Big Data" and "Big Picture" leadership. He completed his **MBA from the Indian Institute of Management (IIM)**, specializing in Big Data and Business Analytics. This pivotal moment transformed him from a consultant into a **Market Intelligence Leader**, capable of steering multi-region teams across 30+ industries.

Beyond the Boardroom: The "Start-Labs" Legacy

Perhaps the most compelling chapter of Abhay's journey is his commitment to "paying it forward." In 2019, he founded the **"Start-Labs" Network** in Pune. What started as an initiative has blossomed into a global powerhouse:

- **A Global Ecosystem:** A network of **1,000+ entrepreneurs**, startup founders, and industry experts.
- **Nationwide Impact:** Executing 25+ networking events across Tier 1, 2, and 3 cities in India to spark innovation.



Amit Dhadha celebrates his 50th birthday, his journey reflects a life steadily shaped by vision, resilience, and purpose. These fifty years do not merely mark the passage of time; they tell a story of evolution of learning, building, adapting, and giving back. From modest beginnings to leadership across business, real estate, education, and philanthropy, his path exemplifies how ambition, when anchored in values, can create enduring impact.



Amit Dhadha

Edupreneur
Rejoice International School
Malad, Mumbai, Mumbai

Amit Dhadha at 50:

Scaling Dreams, Shaping Futures

Born on 18th January 1976, Mr. Amit Dhadha's formative years were grounded in discipline and curiosity. Educated at Don Bosco High School and later at Jai Hind College, Churchgate, Mumbai, he pursued a Bachelor of Commerce degree, followed by a Post-Graduation Diploma in Business Development from NMIMS, Vile Parle. These early experiences laid the foundation for a mindset that balanced commercial acumen with long-term thinking.

Mr. Amit Dhadha began his professional journey in the retail sector, operating outlets at Indraprastha Shopping Centre in Borivali. What distinguished him early on was not merely his drive, but his ability to anticipate scale and sustainability. This insight led him into garment manufacturing, where he established a large-scale unit under the banner of Handloom Udyog Centre. Supplying ready-made garments and fabrics to leading exporters and international markets, he successfully positioned his enterprise within global supply chains, earning credibility through consistency and quality.

As the new millennium unfolded, Mr. Amit Dhadha expanded his horizons into real estate. In the early 2000s, guided by a

relentless passion for growth, he ventured into residential and commercial development, successfully completing several projects. His crowning achievement in this sector was the development of "Aristocrate" at Andheri, Mumbai, under Aristocrat Enterprises, where he serves as Proprietor. The project stands as a testament to his commitment to quality, trust, and long-term value creation.

Yet, the most defining transformation in Mr. Amit Dhadha's journey came when he transitioned from entrepreneur to edupreneur. In 2014, driven by a deeper sense of purpose, he embarked on a mission to contribute meaningfully to society through education. With a vision to create an institution that nurtures not only academic excellence but also character, leadership, and global citizenship, he laid the foundation of Rejoice International School in Malad.

After four years of meticulous planning and execution, the school opened its doors in 2018, offering world-class infrastructure and a progressive curriculum. As Chairman of Rejoice International School, Mr. Amit Dhadha has successfully bridged business insight with educational intent, creating a



nurturing ecosystem that supports innovation, values, and holistic development. His leadership reflects a belief that education is not merely about instruction, but about shaping responsible, confident, and future-ready individuals.

Beyond business and education, Mr. Amit Dhadda's commitment to social responsibility is reflected through his role as Trustee of Om Sai Charitable Trust. His philanthropic initiatives focus on creating sustainable and meaningful impact, guided by the belief that success carries with it a responsibility to uplift others and contribute to the larger social fabric.

His leadership and contributions have earned him notable recognition. He was awarded a shield by IKA 2024 Mumbai for "Creating Future Leaders" and was conferred with the prestigious Maharashtra Ratna Samman at the Annual Educational Summit 2025 by Adv. Ashish Shekar, Cabinet Minister of IT and Cultural Affairs, Government of India. Further adding to his achievements, Mr. Amit Dhadda has been honoured with the International Men's Pride Award 2025, acknowledging his integrity, leadership, and positive influence across sectors.

As Mr. Amit Dhadda reaches the milestone of fifty, he stands at a unique crossroads—seasoned by experience, yet driven by an undiminished desire to grow, contribute, and inspire. His journey reflects resilience, adaptability, and a quiet determination to build institutions and initiatives that outlast individuals.

Turning fifty is often a moment of reflection, but for Mr. Amit Dhadda, it is equally a moment of renewed momentum. With the wisdom of experience and clarity of purpose, he continues to scale ideas, enterprises, and futures. As he marks this significant birthday, his story reminds us that true success is not measured by years or accolades, but by the values upheld, the lives touched, and the legacy created for generations to come.

EXPLORE about an Author

Dr. Shilpa Hiwale is a distinguished educationist and an award-winning school leader, currently serving as the Principal of Rejoice International School. With over two decades of experience in education, she has been recognized as a Visionary Leader, known for her forward-thinking approach and transformative leadership.

She is a recipient of the Best Principal Award and the esteemed Maharashtra Ratna Sanman Award, honoring her exceptional contribution to academic excellence and institutional growth. Dr. Hiwale's educational philosophy strongly aligns with her school's vision of Happy Schooling and its mission to provide students with platforms to Explore, Experience, and Express.

Under her leadership, Rejoice International School fosters a nurturing, inclusive, and future-ready learning environment that emphasizes experiential learning, emotional well-being, and teacher empowerment. With empathy, innovation, and purpose at the core of her leadership, Dr. Hiwale continues to inspire students, educators, and the wider education community.



Dr. Shilpa Hiwale

Principal
Rejoice International School
Malad, Mumbai, India



FESTIVENT



Inspiration Academic Consultants Successfully Organises Counsel Summit 2026 in New Delhi

New Delhi, 13 February 2026: Inspiration Academic Consultants (IAC) successfully organised the *Counsel Summit 2026* at Deventure Sarovar Portico, bringing together eminent school principals and counsellors for a day of meaningful dialogue, professional exchange, and collaborative learning.

The summit was conceptualised and led by Inspiration Academic Consultants with the objective of creating a strong platform for educational leaders and counsellors to share insights, address emerging challenges, and explore progressive approaches in education and student guidance.

A distinguished panel discussion featuring respected school principals highlighted key perspectives on educational leadership, holistic student development, mental wellness, and the evolving role of counselling within schools. The interactive sessions encouraged open dialogue, facilitated knowledge sharing, and strengthened professional networks among participants.

The event witnessed enthusiastic participation from counsellors representing a wide range of educational institutions, making it a dynamic and impactful gathering. Certificates were presented to all attendees as a token of appreciation for their valuable contribution and commitment to student development.

Through initiatives such as the Counsel Summit 2026, Inspiration Academic Consultants continues to demonstrate its dedication to empowering educators, fostering collaboration, and contributing to a future-ready and student-centric education ecosystem.





International Net Zero Summit (INZS) 2026 Strengthen India's Net Zero Vision through strategic Dialogues



International Net Zero Summit (INZS) 2026, a flagship global sustainability and climate action platform, is set to convene policymakers, industry leaders, academia, and key stakeholders from domestic and international ecosystems to foster deeper engagement in building a robust Net Zero vision for India. Scheduled to be held from **22nd to 24th January 2026** at **Taj Vivanta, Panjim, Goa**, the Summit aims to strengthen collaborative action, policy alignment, and industry-led solutions for India's transition to a Net Zero economy.

INZS 2026 will feature high-level academic research papers, plenary sessions, thematic discussions, Net Zero Strategist workshop and interactions and showcases of innovation and best practices. The platform is designed to explore opportunities in areas such as **skills development, education, sustainability, technology and workforce mobility**, aligned with the shared vision of inclusive and future-ready growth.

Senior government representatives, industry captains, domain experts, and institutional leaders from Central Ministries, State Governments, PSUs, corporates, academic institutions, and international organizations are expected to participate, making INZS 2026 a significant milestone in **India's journey towards achieving its Net Zero commitments and the broader vision of Viksit Bharat @2047.**

The event will serve as a catalyst for cross-sector partnerships, knowledge exchange, policy dialogue, and actionable





roadmaps to accelerate India's sustainable development goals and climate commitments.

Inviting the Industry captains to participate in the Summit, Mr. Shrinivas V. Dempo, Chairman & Managing Director, Dempo Group of Companies and Chairman, MEPSC said that *“Sustainability will define the competitiveness of Indian Industry in the decade ahead. Net Zero is no more a future ambition but a present-day responsibility. True Leadership is measured not only by growth, but by the legacy we leave behind.”*

Col. Anil Kumar Pokhriyal during the pre-event session said *“Net Zero is about responsible stewardship for future generations. Through Skill Development on such Professional Skills to manage Sustainability and make business Sustainable, would require huge workforce to support the Net Zero ambition of India by 2047 for a Viksit Bharat. This Summit would help to accumulate wealth of Knowledge for our young minds”.*

Harsha Saxena, CEO, IICSR said that *“The global Net Zero transition requires coordinated leadership across governments, industries, finance, and academia. The International Net Zero Summit 2026 has been envisioned as a truly global platform—bringing together diverse perspectives, best practices, and solutions to accelerate credible Net Zero action worldwide. Our focus is to move the conversation beyond commitments toward implementation, accountability, and measurable impact.”*

About INZS

INZS is a collaborative initiative between Management & Entrepreneurship and Professional Skills Council (MEPSC) and IICSR in collaboration with Goa Chamber of Commerce and Industry (GCCCI), aimed at promoting **sustainability leadership, Net Zero strategies, ESG adoption, green skills**



Abdulrazak Mahibub Jalal
Ambassador of the United World for Peace
 Founder & Director – Nation FIRST
 Pune, Maharashtra

development, and multi-stakeholder collaboration for climate action.

About MEPSC

Management & Entrepreneurship and Professional Skills Council (MEPSC), under the Skill India Mission, is dedicated to developing **industry-relevant skills, qualifications, and capacity-building frameworks** across management, entrepreneurship, sustainability, and professional services to support India's evolving economic and workforce needs.



Nation FIRST

Annual Project Report-2026



On the occasion of 'STUDY UK Alumni Awards Ceremony. Dr M.C. Sudhakar, Hon'able Minister of Higher Education, Govt of Karnataka with Abdulrazak Mahibub Jalal, Ambassador of the United World for Peace, Founder & Director – NATION First, at the time of released NATION First project report-2025 on March'2026 at Taj West End, Bangalore.





DNA of Leadership



This year 2026 marked a significant milestone, ten years of *DNA of Leadership*, the flagship leadership initiative of **Global Talent Company**. Conceived and led by **DK Bakshi, Program Director, Chief Mentor, and CEO of Global Talent Company**, the program has, under his stewardship, evolved into a globally respected platform for leadership development across countries, cultures, and industries.

Over the past decade, *DNA of Leadership* has brought together leaders from diverse nationalities and professional backgrounds, united by a shared purpose: to create meaningful impact through people, strategy, and execution. The program has witnessed participation from eminent organizations such as MSIL, Havells, L&T, SRF, PTC India, Victura Automotive, Neolite, NBCC, SMS, JSW MG Motors, Caparo, SSIM, Sulabh International, Shri Ram Pistons, Ambedkar University, and Manav Rachna University, along with a distinguished cohort of senior leaders.

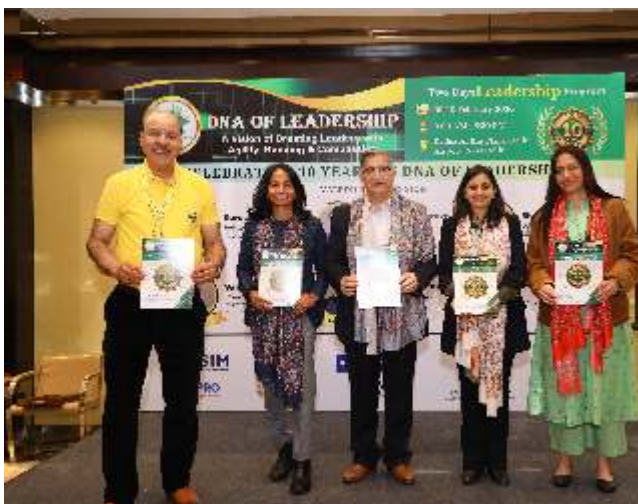
The milestone edition, held on **9–10 February 2026 at Radisson Blu Plaza, Delhi**, reflected the realities of today's



complex leadership landscape. The global business environment is defined by unprecedented disruption. The COVID-19 pandemic reshaped organizational structures and workforce dynamics, while rapid technological acceleration — including digital transformation, artificial intelligence, and automation — continues to redefine business models and customer expectations. Simultaneously, geo-political shifts, economic volatility, and cross-border uncertainties have added new layers of strategic complexity.

In such an environment, leadership is no longer merely a managerial competency — it is a strategic imperative.

Organizations that have successfully navigated uncertainty



reflective and immersive learning designed to strengthen individual leadership capability while aligning actions with organizational strategy, technological shifts, geo-political realities, and the human dimension of change.

At its core, the philosophy of *DNA of Leadership* remains simple yet powerful: leadership is practiced daily through conscious choices. True transformation lies not merely in understanding frameworks, but in consistently applying them. Each decision a leader makes creates a ripple effect — shaping people, culture, and sustainable business growth.

The landmark edition was further enriched by the presence of distinguished leaders. The inaugural session was graced by **Chief Guest Dr. Kiran Bedi**, with **Guest of Honor Shri Anupam Kher** and special guest **Dr. Sandeep Marwah**. Esteemed panelists including **Mr. Suresh Tripathi (Independent Director, Jakson Green)**, **Ms. Geeta Jadhav (President & CHRO, SRF Limited)**, **Mr. Sanjeev Sharma**, and **Ms. Preemita Singh (President & CHRO, Havells)** contributed insights drawn from diverse domains of leadership and governance.

As *DNA of Leadership* enters its second decade, Global Talent Company — under the visionary leadership of **DK Bakshi** — continues its commitment to nurturing leaders who do not merely respond to disruption, but shape the future with clarity, courage, and conscience.

have done so because their leaders demonstrated resilience, adaptability, and clarity of purpose. They understood that leadership extends beyond positional authority; it is about influence, responsibility, and shaping a culture capable of embracing continuous transformation. Every leadership decision has a direct impact on morale, trust, engagement, and long-term sustainability.

DK Bakshi as Program Director, with Tunvey Gogia and Arunima Singh as Co-Facilitators, the program offered a deeper exploration of leadership — balancing inner mastery with external strategic alignment. Participants engaged in



Saveri Raj
Fashion Designer
Delhi, India



ROZE 2.11 was founded in 2023 by Saveri Raj. Saveri, who was originally an economics student, ventured into design when it became clear to her that she wanted to do something creative and be authentic to her true artistic self. She was accepted at Istituto Marangoni, Milan from where she went onto to do internships and work as a designer. Still, the missing piece was creative autonomy - for her, her work is self-expression and design briefs are often quite the anti-thesis of that. So, she founded ROZE 2.11 to explore existential themes through eclectic tailoring and garment construction. An intersection of illusionist design, deconstruction & reconstruction with a focus on rewardability built into the design process. This anti-fashion approach has been inspired by one of her favourite designers, Martin Margiela. Season neutrality and timelessness-based approach is the hallmark of the brand.





From Representation to Revelation:

My Journey as a Contemporary Artist

My evolution as an artist has been a deliberate migration from the seen to the felt. I began my journey rooted in the discipline of **Fine Art**, focusing on representational painting capturing the world exactly as it appeared. While those foundations were essential, I soon realized that my technical skill was a cage if I didn't use it to say something uniquely mine.

Through continuous experimentation with diverse mediums moving beyond the familiar brush and oil—I finally found my **authentic voice**. This transformation wasn't about losing my skills; it was about gaining the courage to let the medium lead the way.

A Message to the Hesitant Artist

To those standing at the edge of their comfort zone, afraid to take the leap: **break your boundaries**. The fear of "ruining" a canvas is the greatest enemy of creativity. If you are afraid of taking risks, you are denying yourself the discovery of who you truly are as a creator.

Here is how I freed my practice, and how you can too:

Ditch the Preplanned Result: Stop visualizing the finish line before you've taken the first step. Allow the process to dictate the outcome.

Embrace Unplanned Painting: Some of my most profound breakthroughs happened when I didn't have a "plan." Let the paint move, let the textures collide, and respond to what happens in the moment.

Scale Without Fear: Throw yourself onto massive canvases that intimidate you, or retreat into the intimacy of a small sketchbook. Both offer different ways to stretch your visual language.



Mou Sharma

Contemporary Artist
Art and Movement
Dhanbad-Ranchi Area

The Power of the Warm-Up: Don't wait for "the muse." Start your day with physical warm-up exercises quick gestures, blind contours, or messy marks—to shake off the ego.

"True artistry begins where your control ends."

Trust your inner voice. It is often a whisper beneath the noise of technique and tradition. When you stop worrying about being "correct" and start being **honest**, your work will finally

DESTINY



Destiny

is not a matter of chance;
it is a matter of choice



Vinod K Sharma
ex Editor, Indian Express
New Delhi, India



Papa, I want to discuss something!" My son came to me one day in 2021. "Yes, please tell me", I asked.

"Papa, I have been promoted and transferred to Mumbai" he told. "It's a good news son, I told. When you will go? Please start preparing for the shift". We were in Delhi at that time having a big flat. My son was surprised with my reply. "How can we move from here"? Where will we move the household material as we had to take a two BHK in Mumbai, he asked. Just put the belongings on OLX and sell it or if you want to give the same to the needy, you may, was my answer. The reply was obvious because we went through the most shocking incident of our life.

Today, when I think about this happening wherein, I was agreeable for the shift, I can understand that the destiny was pushing us wherein we have to live for a limited period out of town because we would be blessed with a grandson, for which we were praying consistently to the Almighty because doctors told it was not possible as some complications were there.

Ultimately, we came back to Delhi after around 1.5 years with a lovely and blessed baby on our lap. This was our destiny.

We all face such circumstances where we don't want to do but the destiny forces us to do and after sometime, we could understand that if we won't do that the result would have been different.

"What a destiny" expresses a sense of wonder or recognition about the course of events that have happened or will happen in someone's life, often implying a predetermined or significant future. It can suggest a sense of awe or even inevitability about the path someone is on.

Destiny often refers to the predetermined future, whether it's for an individual or a larger group of people. It suggests that events are unfolding according to a pre-set plan, and the phrase "what a destiny" can highlight the remarkable nature of this predetermined course.

Destiny can also imply that the future holds something significant or important. It can convey a feeling of wonder about the greatness of the path someone is destined to follow.

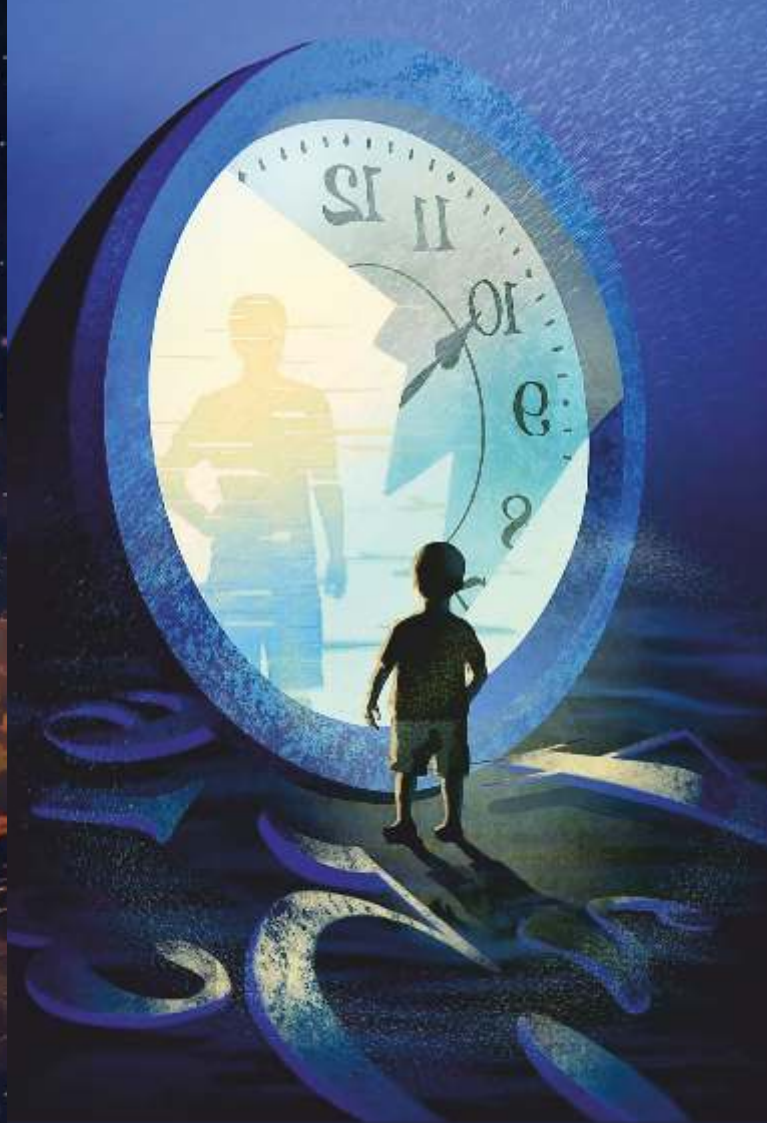
While some believe destiny is entirely predetermined, others believe there's a degree of personal choice and agency involved. "What a destiny" can be used in both contexts, acknowledging the predetermined aspect while also suggesting the individual's role in shaping their future.

We cannot change our destiny. Even the God Himself cannot. The battle of Mahabharat was imminent in spite of the presence of the God.

The war between Lord Ram and Ravana was destined to happen. The war between Lord Krishna and Kans cannot be stopped and many more.

There are some examples in politics also. The destiny of Rahul and Varun Gandhi. They are from the same family but one is in limelight and one is nowhere. BJP cancelled Varun Gandhi's ticket. Varun Gandhi is the son of Sanjay Gandhi. Who after Nehru- Indira Gandhi. Who after Indira Gandhi- Sanjay Gandhi. Who after Sanjay Gandhi - Varun Gandhi. But this could not happen. No one can say when and in which

direction life will take a turn. Sanjay Gandhi was the crown prince of the Congress Party and successor of Indira Gandhi. Indira Gandhi was the Prime Minister, but



Sanjay Gandhi ran the government. Rajiv Gandhi was living a peaceful life far away from politics by working as a pilot. Sanjay Gandhi died in an airplane accident in 1980. Rajiv Gandhi had to enter politics. If Sanjay Gandhi had not died, it seems he would have become the Prime Minister. Varun Gandhi travelling to Jodo Bharat under SPG protection. Thousands of leaders would circle around Varun Gandhi to get the Lok Sabha ticket.

There is one more name, R.K. Dhawan, who was an unknown person working as a casual employee in some Ministry. He was the nephew of Indira Gandhi's Secretary. Once his uncle went on leave for one month and when asked by Indira Gandhi to appoint his replacement for one month, he called R.K. Dhawan in his place to work for one month. Everybody knows what happened after one month. When his uncle came back from leave, Indira asked him to work at some important place because Dhawan is perfect for her as he was very smart and win the heart with his performance. A small boy working as casual employee was destined to be at the most important post which he got accidentally. He was given the ticket of Lok Sabha later, won his seat and became MP also later on.

Amitabh Bachchan was rejected in his initial days because of his height and voice but he was destined to be the Millenium super star of all time with his shortcomings of height and voice.

Some people were going through the forest, a lonely place. Suddenly, the rain started heavily and the lightning started flashing ominously. All started running towards a small shed nearby and stood over there waiting for rain to stop.

However, after sometime, they felt that the lightening was flashing on that shed only. They discussed that one amongst we six people, lightening has to fall and kill one and decided that one by one they will go and touch a tree outside the shed and come back. If he has to be killed, others will survive. One person went to touch the tree shivering and came back. Like this when the turn of last one came, we declined to go but others threw him away. As soon as they threw him, the lightening fell on the shed and all five were killed. The sixth person who was thrown out saved and was shocked for a long time in his life. This was destined to happen and all were safe because of that person, whom they threw away.

A person's destiny is everything that happens to them during their life, including what will happen in the future, especially when it is considered to be controlled by someone or something else.

The lesson we learnt from these examples is live life as it comes. Try hard for your living but always remember you cannot change your destiny. We know our destination and moving to reach there. However, we cannot enjoy the journey between life and the final destination – death. Nothing is in our control and hence enjoy life.

Death will knock on your door, one day. No one can know exactly when, where or how. Normally, we associate death with ageing, severe illness, serious accident, maybe some trauma or shock, but there are several instances of young people, even infants exiting life due to no clear reason. That is why death is a mysterious and often unexpected event. ENJOY LIFE AS IT COMES.



The Silent Revolution: Rise of the Life Coaching Industry



Gone are the days when Life coaching was considered as a luxury meant only for celebrities or top executives. Today, it has become a meaningful source of support for people from all walks of life who are seeking clarity, encouragement, and direction. It is now a significant source of assistance for individuals from all areas of life who are looking for direction, inspiration, and clarity. Life coaches are being sought after by a wide range of people, including students attempting to comprehend their future, young professionals navigating job choices, entrepreneurs facing uncertainty, parents juggling responsibilities, persons fighting with relationship issues, break-ups and corporate leaders dealing with extreme pressure. A life coach frequently becomes a dependable friend who helps people recover their strength, regain their confidence, and go forward with newfound purpose during times when life seems confusing or overwhelming.



R. Chaitanya
Delhi, India



While modern society has created unprecedented opportunities for growth and success, it has also introduced new challenges—stress, uncertainty, decision fatigue, and emotional pressure. Amidst these complexities, life coaching has emerged as a powerful and increasingly influential profession dedicated to guiding individuals toward personal and professional transformation. There was a time when conversations about mental and physical health were almost non-existent. People silently carried their struggles, often without understanding or support. But times have changed. Today, awareness is growing, and more people are realizing that taking care of the mind and body is not a weakness but a necessity for a balanced, fulfilling life. The shift towards openness, understanding, and healing marks a powerful step forward for society.

In the professional world, organizations are also recognizing the value of coaching. Many companies are integrating coaching programs to develop leadership capabilities, enhance communication skills, and improve overall employee performance. Leaders who undergo coaching often gain deeper self-awareness, stronger decision-making

abilities, and greater resilience in managing teams and challenges. As a result, life coaching is increasingly becoming an integral component of leadership development and organizational growth.

The rise of life coaching reflects a broader cultural shift toward self-awareness and intentional living. Rising stress, career confusion, mental health awareness, personal growth demand, social media influence, accessible online coaching, flexible learning, and desire for clarity are the reasons that have contributed in its rapid growth. People today are no longer satisfied with simply following predetermined paths; they want to create lives that reflect their true passions, values, and aspirations. Life coaching provides the tools, perspective, and encouragement necessary to make that transformation possible. Taking the help of a life coach can be truly transformative. There is no need to carry the weight of confusion, stress, or emotional struggles all by ourselves. A life coach provides guidance, clarity, and a fresh perspective that helps individuals understand their challenges and find practical ways to overcome them. With the right support, people often discover their inner strength, build confidence, and move forward with greater purpose. Life coaches help



individuals unlock their potential and create a more balanced, fulfilling, and meaningful life.

For a life Coach, the greatest reward lies in witnessing the transformation of their clients. I have been associated with the life coaching profession for the past ten years, primarily working offline with individuals seeking clarity and direction in their lives. Recently, I have expanded my work to the online space to reach and support more people. What brings me the

deepest satisfaction is seeing individuals come to me with heavy hearts—burdened with confusion, stress, or even depression—and gradually regain their confidence, clarity, and hope. Watching them leave with lighter hearts, renewed optimism, and a smile is the most fulfilling aspect of this journey.

Lets help and support.

EXPLORE about an Author



R. Chaitanya

Delhi, India

R Chaitanya is a survivor, educator, author, and life coach dedicated to empowering lives through knowledge and guidance. As an educator, she continues to serve society, while as a life coach she has been transforming lives for the past ten years. Her debut book *“Never Say “Never”* earned her the **Best Non-Fiction Female Writer Award (2022)** and also placed her among the **Top 50 Aspiring Writers and Researchers of 2022** by Fox Story India. Her book, *“Immortal Warriors”* became a **Hot Releases Best Seller** on Amazon. *The Making of Mahatma* also became a bestseller in religious and inspirational fiction. Her other works include *Them* she wrote *The Cursed Curves*, *“Prayas”* and *Erase the Footprints before you Go*. Her latest book, *Kick On the A* of a Break Up**, a breakup survival guide, and it earned for her **“Dickens Medal for Literary Excellence”** and was declared as the **Non- Fiction Book of the Year**.





Lets celebrate each other's wins



Gomathi Seetharaman

Wellness Champion, Queen of Laughter Yoga,
Founder @Arogya Yatra @15-Minute Arogya Program
Franchise Owner @Oxygen Mastermind New
Dubai, UAE



If you champion your women tribe, they champion your back. Because when women show up for you, they show up like no one else. I've witnessed it across so many spaces women in blue-collar roles showing relentless grit, women stepping forward to lead the collective, women building communities, businesses, and ideas from the ground up. No matter where we come from, there's an instant connection rooted in empathy, strength, and shared understanding. Women uplift without hesitation. They celebrate each other's wins as if they were their own. Building connections with truly powerful, yes, *badass'* women has been one of the most meaningful parts of my journey. Grateful for every woman who has shared a conversation, a laugh, a challenge, or a moment of solidarity with me. Here's to showing up for each other. Always.





An evening of connection, reflection, and powerful feminine energy



Dr. Dhanashri Hardas

Founder, Murambi Farms, PhD, Tribal medicine
President, Women Society for Environment Culture and Education
Chair, MACCIA Women Entrepreneurs Committee
Governing Council CHME Society. Green Lifestyle Management
Mumbai, Maharashtra, India

Grateful to be part of yet another meaningful gathering of the Women Diplomatic Circle on the occasion of International Women's Day.

The evening was graciously hosted by dear Amrita Somaiya (@amritasomaiya), whose home radiated warmth and truly divine vibes. Adding to the soulful experience, Mala Ramadorai, a celebrated classical singer, offered her seva through a mesmerizing musical rendition that touched every heart present. It was inspiring to witness women from across nations come together and share their journeys and contributions around the beautiful theme "Give to Gain." Each voice reflected strength, purpose, and the spirit of collective growth. An evening of connection, reflection, and powerful feminine energy.





'Give to Gain'



Emma Burdett

Founder & CEO, WILD Group, Leadership, Talent & Advisory

Founding Partner, Education Africa, C-Suite Advisor, Keynote Speaker, Board Member

Dubai, Dubai, UAE

'Give to Gain', the theme for International Women's Day this year. As I reflect on the moments of speaking on this occasion over the years, one truth stands out: The work that truly matters doesn't happen once a year. It shows up in the choices we make every single day. I consciously align with organizations that support women year-round. Not because it's trending. Not because it looks good in March. But because it's embedded in how they lead, hire, promote, and invest. Over the years, I've had the privilege of delivering talks across the GCC—including with Hilton Chalhoub Group, Arabian Business, Kennedys, BSA LAW, Visa, and through my own events in Saudi Arabia, the UAE, and Bahrain. And the message has remained constant: *Give to Gain*. I truly believe the secret to both living and leading lies in giving—

- Giving time.
- Giving opportunity.
- Giving access.



Giving belief.
Giving support.
When organizations genuinely invest in women, they gain far more in return— inclusive leadership, stronger performance, deeper loyalty, greater innovation, and long-term growth. International Women's Day is a moment to reflect. But real commitment is revealed in what happens on every other day of the year. Wouldn't you agree?

This is the work I've always stood for. If you're an organization that believes in consistently investing in women, I have a limited number of slots available this year for meaningful, impactful conversations and talks. Because when you give consistently, you gain collectively. And one more thought— If we are serious about building an ecosystem that empowers women, we must also value and compensate women's expertise, leadership, and lived experience.



Jesicaa Singh

CEO Stanley Communications,
UN recognized Businesswomen,
Times Iconic PR Agency 2023
New Delhi, India

International Women's Day has never been about a single story or one woman's journey

It's about the collective the women who built Stanley Communications alongside me, the ones who stood through the chaos of the early years, and the ones who continue to lead us forward today.

Nine years ago, when I started this agency, I didn't have a defined roadmap for "women's empowerment" or a formal mission around gender equality. What I had was simpler, more personal: a belief that if I'm going to build something meaningful, I want to build it *with* women, not just *for* them.

Today, Stanley is powered by over 130 women. They lead client accounts, shape brand strategies, make critical decisions, and define the culture that sets us apart.

This Women's Day, I want to acknowledge the incredibly talented women at Stanley who've shown me what real leadership looks like. Not the loud, performative kind but the quiet, consistent, and relentless kind. The ones who hold clients, teams, and timelines together without needing recognition. The ones who lead without noise, yet leave undeniable impact.

I'm also deeply grateful to the women who shaped my journey my mother, who taught me that empathy and authority can coexist; my mentors, who opened doors I didn't know existed; and my team, who prove every day that women don't just belong in leadership they redefine it.

But gratitude alone doesn't change systems.

What needs to change is simple: workplaces must move beyond assigning women execution roles and start giving them true ownership. Not just participation. Not just visibility. But real decision-making authority P&L responsibility, client leadership, strategic roles where outcomes rest with them.

At Stanley, this is something we are consciously building not because it's trending, but because it's necessary. Because talent should never have to wait for permission to lead.

This year, our focus also extends beyond our organization.



To mark International Women's Day meaningfully, Stanley will partner with an NGO working in girls' education supporting initiatives that provide young girls with access to learning, mentorship, and direction.

Because the conversation about women in leadership cannot begin in the boardroom. It must begin much earlier with young girls across India who need opportunity, guidance, and belief.

This is no longer just about the women of Stanley. It's about the next generation.

If we can play even a small role in that journey, we will remain deeply grateful for the opportunity.

To every organization celebrating Women's Day this week—celebration matters, but structural change is what truly moves the needle.



Philippe Bienvenu

Champagne' Ambassador of the United World
President at Prestige Champagne Brands International
Reims, Grand Est, France

40 YEARS IN CHAMPAGNE

A JOURNEY BEYOND THE BOTTLE

When you dedicate four decades of your life to wine, every bottle becomes more than a product, it becomes a story.

This year marks 40 years since I began my journey. From my first steps in Burgundy to returning to my roots in Champagne, where I was born, the path has been as enriching as it has been inspiring.

Over the years, I have had the privilege to:

- Build and grow Champagne brands across global markets
- Innovate in products, packaging, and storytelling
- Showcase family-owned Maisons and Vignerons, reflecting the true diversity of Champagne
- Create private labels with ultra-personalized, bespoke bottles for international partners

My journey has also taken me beyond Champagne developing

a Maison of Provence wines in Saint-Tropez and co-creating a Mezcal in Mexico, each experience adding new dimensions to my craft.

After four decades, my passion remains as strong as ever. The story continues, and I am excited to write its next chapters.

With 35+ years of expertise in production, distribution, and marketing, Prestige Champagne Brands International offers a complete portfolio from accessible cuvées to luxury selections alongside the creation of private brands and tailor-made bottles designed to meet every segment of the Champagne market.

But beyond the business, there is a deeper belief that has guided me throughout my journey: Champagne is not just about what's in the glass it's about the people it brings together.



Philippe Bienvenu

Champagne' Ambassador of the United World
 President at Prestige Champagne Brands International
 Reims, Grand Est, France

CHAMPAGNE IS MORE THAN TRADITION.
 IT'S A LIFESTYLE. A MOMENT. A FEELING

I have always admired the spirit of celebration it represents the way it marks moments, strengthens relationships, and creates lasting memories. Whether supporting partners like Philippe Bienvenu in rebuilding and growing their legacy, or nurturing long-term global relationships, my commitment has always extended beyond the product itself.

As a leader in the world of luxury Champagne, I take pride not only in craftsmanship but in connection. Because ultimately, it's not about the Champagne, it's about the people.

My hope, through my work and my events, is to inspire others to pause, connect, and raise a glass to someone who matters in their lives.

Perhaps that is the true magic of Champagne.

– Philippe Bienvenu





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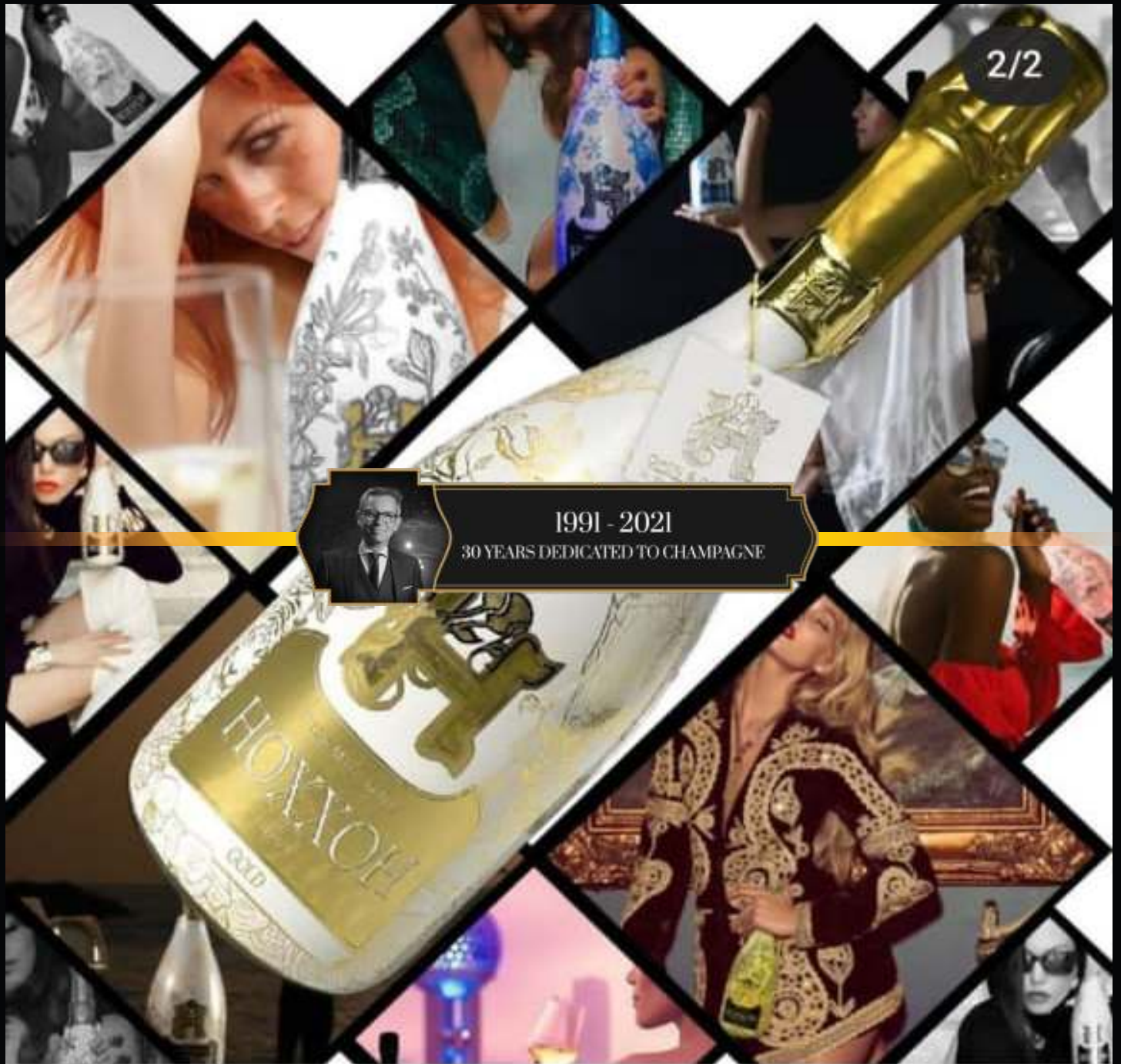
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