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**WOMEN  
ICONZA  
AWARDS 2023**  
winners list

**MAKING THE  
IMPOSSIBLE  
POSSIBLE!**

**DR. SOHINI SASTRI**

BOLLYWOOD DIVAS PREFERRED ASTROLOGER

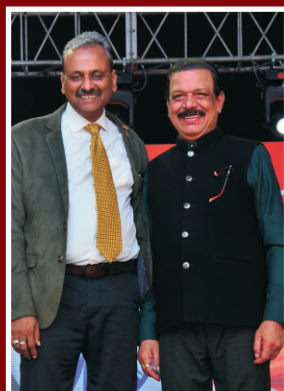


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Founder & Manager  
Madhavrao Scindia Public School, Bareilly  
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Printed, Published and Owned by  
Taushif Husen Ismail Patel and Printed  
at Dom Sel Art Gala No 6, Kotkar  
Industrial Estate, Vishweshwar Nagar  
Road, Goregaon East,  
Mumbai - 400 063 and  
Published at 1001, Ganesh CHS  
Building No-12, Link Road,  
Shastri Nagar, Near Vibgyor School,  
Goregaon West,  
Mumbai - 400104.

# From Publisher's Desk



Dear Readers,

It's an absolute pleasure to welcome you to the first issue of Inspiring Leaders Magazine. The vision of Times Applaud Group is ultimately to create the most stylish, greatest, innovative, authentic, and inspiring people's magazine/media on the planet. I know the job is challenging, and it is not a small feat, but then with my brilliant and hardworking team, we will stand out and take our readers beyond the pages of a print magazine. We will try to voice all true stories and writeups that will mean something to each of you.

It is important to state that, as a publication, we don't advocate any political ideology and are fully transparent in our operations. We have set rules and standards for scrutinising all our featured pieces.

When we were planning to launch our first issue, we felt that it would be a great idea to start with the blessing of 'Shakti'- The Primordial Cosmic Energy. Additionally, International Women's Day has just gone by, so in our first publication, we have tried to pay tribute to the most powerful creation of God- The Women.

The overall theme of our debut stories is focused on powerful women -- women in the corporate world, politics, women doing something unconventional by day - that focus on the way they manage their children, kitchens, husbands, hair, clothing and all the stuff in the traditional "ladies' domain."

Plus, in a nod to the modern, totally empowered woman who break the bias, there's coverage of winners from our annual affair Woman Iconza Awards 2023 event (fourth edition).

To some, these stories and the exercise of power will be inspiring, relatable, or motivating, like Sohini Shastri, who adorns the cover page of our issue.

In our subsequent issues, you will find stories and articles on various global trends, current affairs, education, startups, big corporates, fashion, art, philanthropists, online giants, and much more.

We hope you will enjoy all our offerings this month.  
So sit back and get the best insights.

***It's all about the most powerful creation of God -Women  
Collection of their serious and non-serious, their personal  
and their ethical concerns.***

■ **TAUSHIF HUSEN ISMAIL PATEL**



# DR. SOHINI SASTRI

## The women who changes the dynamic of Vedic Astrology



**We** all have certain roles to play for the sake of mankind and those who are privileged should always stretch their hands towards those who are in need.

**This is the philosophy Dr. Sohini Sastri believes and maintains. Dr. Sohini Sastri has been following the path of spirituality since her early age and always keen to help her followers with the divine knowledge and power she possessed. She has been practising Occult Science for more than 20 years and is considered as one of the best astrologer in India. Her monumental personality, vast knowledge in astrology and unique skill of accurate prediction in astrological fields made her 'peoples' favourite'. Her wholehearted involvement in numerous social activities, humbleness, and candid nature helps her to stand out from others.**

### Profile & Specialization:

Astrologer, Life Coach, and Philanthropist Dr. Sohini Sastri hails from a family of noble and famous personalities like Swami Dharmamegharanya Aranya and Swami Hariharananda Aranya from her maternal side. She completed her master's degree and PhD in Political Science from a reputed university. Completed her master's degree from a reputed university. She received an honorary Doctorate in Astrology and was also honoured with 'D'Litt in Astrology' by National American University, USA for her exceptional journey and contribution to society.

Dr. Sohini Sastri specialises in Krishnamurti Paddhati, popularly known as KP astrology. Created by Late K.S. Krishnamurti, KP System is based on finer points of Indian and Western astrology and regarded as the most accurate system of present time.

Along with Vedic astrology, Dr. Sohini Sastri also excels at Palmistry, Numerology, Vastu Shastra, and Color therapy. Being a certified Gemologist, she always recommends and helps her followers to choose genuine gemstones & rudraksh. Over the last few decades, she has helped thousands of her followers with astrological prediction and cosmic energy. They say, she has a divine aura and positive vibes around her, which gives a compassionate vibes among everyone.

According to Dr. Sastri, "Think one step at a time, keep your calm, meditate, and do something good and impactful for the society through your journey. In the process, you will realise you are not alone, the universe is working for you."

The height she achieved today is clearly a story of women's strength and women empowerment. Her contribution to the society made her part of few of the esteemed communities like -



Asian Congress of astrologers  
Associate member of the astrological association of Great Britain.  
Life Member Astrological research Project, Kolkata.  
Life Member of Bangiya Astro-medical Research Centre.  
Golden Member of Dharma Research Centre (Chennai).  
Member of Astrological Association, Great Britain.  
Associate Member of American Federation of Astrologer.  
Associate Member of Federation of Australian Astrologer & so on.

Very recently, she has been regarded as the "Best astrologer in the World" by the Astrological Association of Great Britain.

She is the most demanded choice of many award and inauguration function as either chief guest or guest of honour for her auspicious presence and value added deliverables to the awardee. She was previously present in Maharashtra Times organised 'Trend setter' at Mumbai, Indian Glory Awards 2021 in Goa, Global Spa Awards 2022, School Quiz Competition by Times of India 2022 and many more.

Besides she has also been felicitated by eminent Bollywood celebs, TV actors/actresses, and entrepreneurs from other fields and invited as Chief Guest or Guest of Honour as an avid student of astrology, she always updates herself with knowledge of every wing of astrology and she shares her experiences with people through various blogs and articles. She is a regular columnist of Femina India, Times of India, Business Standard, Forbes India, Outlook, The Week, Mid-day, and lots of other leading magazines. As well she is a popular face in many national television channels.

To spread awareness about astrology she has started writing books in layman language and those books are getting immense popularity. Within a very short career span as an author, she has already published 3 books, i.e. A Complete Guide to Astrology, Handbook of Corporate and Professional Astrology, and Career Astrology Made Easy. Recently Dr Sastri went to Mumbai for a session with Arbaaz Khan and Neil Nitin Mukesh on his second book, Handbook of Corporate and Professional Astrology. "There is a science which we do not understand, and we all require a guide in our life. No one can be better than Dr. Sohini Sastri who can lead us in the right direction," said Neil Nitin Mukesh during the discussion with Dr. Sastri.

Last but not the least, we all know Dr. Sohini Sastri as a successful astrologer; but she has been doing many social works over the years. It was always behind the curtain. She truly believes in helping people whatever way she can. At the time of Covid-19 pandemic, she was among the first few to contribute masks, sanitizer, PPE kit and other necessary items to the frontline warriors. As well, she has organised numerous campaigns to strengthen the mental health of doctors,

nurses, and other frontline workers. She is the director of Visionary Foundation, Kolkata. She was very active in the Corona Awareness Campaign arranged by the Calcutta Police Club. She was also the flag bearer of World Kidney Day organised by Institute of Child Health and Anti-drug Campaign organised by Calcutta Police Club. Apart from this Dr. Sastri is also associated with Smile, ISKCON, Sampark and many other charitable Foundation. Her work in the field of child health, child education is creating a serious positive impact on society.

Being a woman entrepreneur, she always expresses the need of woman empowerment and how it can help the society. She says, "Be proud of being a woman, celebrate your womanhood".

We can all agree that she is creating an impact on the society in many fields, be it astrology, women empowerment, or social activities; Dr. Sohini Sastri is the name we are, and we will be hearing repeatedly.

**Website: [www.sohinisastri.com](http://www.sohinisastri.com)**

**Over the years she has achieved a great height in the field of astrology and divine science. Among numerous awards she has achieved, few of the latest are -**

- **Champion of Change, 2018 from Honourable Vice President Shri Venkaiah Naidu.**
- **Champion of Change, 2019 from former President Late Shri Pranab Mukherjee.**
- **Pride of Nation, 2019 from Honourable Defense Minister Shri Rajnath Singh.**
- **Indian Achievers Award, 2020 from Honourable Union HRD Minister Dr. Ramesh Pokhriyal.**
- **Champion of Change, 2020 from Honourable Governor of Maharashtra Shri Bhagat Singh Koshyari.**
- **Felicitated by Governor of West Bengal Shri Jagdeep DhanKhar.**
- **Felicitated by Honourable Governor of Uttarakhand Shrimati Baby Rani Mouriya.**
- **Femina Brand Award, 2021 by Femina India, Pride of Nation Award 2022 from Mr. Nitin Gadkari ( Minister of Road transport & highways of India), Indian Achievers Award 2023 from Shri. Anurag Thakur ( Minister of Information & broadcasting, sports and youth affairs of India), Honoured by World Book of Record 2022, India Star World Records 2023 for her contribution in astrology, palmistry, vastu shastra etc.**



# WHAT IT TAKES TO BE A MOTHER



## Motherhood is the shedding of a skin that it used to be Her Transformation Her Journey

**C**ommitted, Compassionate, Cool, Amazing, Beautiful, Brave, Patient & many more such adjectives are a few words that can justify the Divine expression - Mother. However, these traits are a part of every woman's personality, but it's just that it blossoms to their fullest when she transits into motherhood.

The transition is an 'ordinary miracle' to most of us. Still, everyone must understand the physiological, social and psychological change a woman undergoes to fit into this new Avatar! The very idea that life is inside her during pregnancy and then nurturing that human being who will be dependent on her for warmth, food, love, comfort, and protection until you take her last

breath can make a woman feel complete and, at the same time the journey may look frightening.

The period of pregnancy is a fusion of practice and anticipation. All you are doing is reading and hearing from other women, books, the internet, and media to prepare yourself. In addition, you are adjusting to your body, relationships, career, mood swings and other psychological aspects.

Post-pregnancy lives change significantly for women. They begin to cope and understand their new status. Work and friendship communities' changes to new mothers' group. They feel wonderful, & cheerful but sometimes also feel disconnected, exhausted, exhilarated,

and vulnerable. They undergoes a severe identity crisis.

The life of a mother is a roller coaster ride. Remember, there is no holiday for a mom. The job never gives you a chance to retire at any given point in time. One has to function without mercy on many occasions. There are episodes of meltdowns, resentment and depression.

The transition journey requires support from her partner, friends and family, her current communities, the communities she develops, etc. They help her to accept the best version of herself. And if she gets ample support and accessibility from each one of them, in that case, the transition will be smooth, resulting in

relationship satisfaction, better mental health, child upbringing, and parent-child interactions. Thus, she became a wise woman who knows and sees more than ever!

Someone has rightly said, "From being cracked open by panic, stress and anxiety to being stitched up like a warrior as soon as the soft little hands, sweet smiles, and the warmest of hugs caress you, motherhood is the most fulfilling yet difficult role in a woman's life."

**THERE IS NO WAY TO BE A PERFECT MOTHER BUT A MILLION WAYS TO BE A GOOD ONE**



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# Times Applaud's Annual Event Returned with A Bang. Glimpse of Woman Iconza Awards 2023



Lamp Lighting by Amisha Patel, Dr. Saurabhkumar Agarwal & Dr. Sohini Sastry



From L to R Manju Lodha, Delnaaz Irani & Dr. Sohini Sastry



The fourth edition of the Woman Iconza Awards 2023 was filled with powerful & historical moments. From nominations to

winners, the glittering ceremony was a day to remember.

Times Applaud, a trusted name in the digital news landscape, proudly organised its annual Women Iconza awards on 10th February at Hotel Orchid, Mumbai. The yearly award ceremony recognised some women leaders who are scripting the future by harnessing the spirit of entrepreneurship and professionalism and curating path-breaking results in their chosen fields.



Anchor Habib Mithiborwala interaction with Audience



Dance Performed by Pakzeen Wadia



From L to R Mansi Bagla, Karrishma Kar & Hansa Singh





**Simran Ahuja getting felicitated as International Celebrity Anchor**



**Nupur Mehta getting honoured for Outstanding Contribution as Indian Actress**



**Delnaaz Irani getting felicitated for Outstanding Contribution to the Television Industry**



**Charul Malik getting honoured for Outstanding Contribution as Anchor & Actor**



**Shraddha Desai getting honoured for Outstanding Contribution in the field of Manufacturing Edible Oil**



**Mrs. Parul Aghera getting honoured for Outstanding Contribution as an Astrologer**



**Adv. Yashashree Sutrale Lobo getting felicitated for Outstanding Contribution as an Advocate (Property)**



**Mohita Tiwari getting felicitated for Outstanding Contribution in Social work**





**Prof. Manju Aggarwal getting honoured for Outstanding Contribution in Education**



**Vandana Sharma getting honoured for Outstanding Contribution as Healing, Health and wellness**



**Mrs. Chandana Agarwal getting honoured for Outstanding Contribution in Education**



**Ms. Vinika Shah getting honoured for Outstanding Contribution in Manufacturing**



**Dr. Bhagyashree S. Sawarkar has been recognized for Contribution as an Ayurvedic Professional**



**Falguni Soni has been recognized as Fastest growing brand in Nail industry**



**Mahima Anand Sharma has been recognized as Creative Director & TV Serials and Film Writer**



**Rashmi Choudhary getting honoured for Outstanding Contribution in Marketing**





**Mrs. Ketaki Rajesh Wagh getting felicitated for Excellence in Preschool with Teaching Methods And Resources**



**Tanvi Thakkar has been recognized for Outstanding Contribution as a Television Actor**



**Hitendra Kapopara & Bhakti getting felicitated for Outstanding Contribution As Celebrity Stylist**



**Seema Singh Bhadoria has been recognized for Outstanding Contribution as an Entrepreneur**



**Rati Satu Galani getting honoured for Outstanding Contribution in Content Creation**



**Dr. Shiny Grace getting honoured for Outstanding Contribution in NGO Social Service**



**Neha Bajaj getting honoured for Outstanding Contribution in Psychic Tarot Reader and Numerologist**



**Chandrika Paranjape has been recognized for Kathak Bharatanatyam & Semi Classical Dance**





**Bhakti Kapoor has been recognized for Outstanding Contribution as Nutritionist 2023**



**Hansa Singh felicitated for Actor & Psychic Healer**



**Karrishma Kar getting honoured for Actress / Super Model / Instagram Influencer**



**Neeta Sharma getting felicitated for Celebrity Fashion Designer**



## **WINNERS OF WOMEN ICONZA AWARDS - 2023**



# MRS. CHANDANA AGARWAL

Dedication and Determination Leads to Perfection:



The above quote truly defines the personality of Mrs. Chandana Agarwal, Managing Director of Madhavrao Scindia Public School Group of Institutions, Bareilly.

She hails from a highly educated family where her father Dr. M.C.Jain is an experienced dentist and her mother Mrs. Arunima Jain was a gifted artist endowed with highly appreciable artistic skills. Her husband Dr. Saurabh Kumar Agarwal

is a treasure of intellect and owner of Madhavrao Scindia Public School and she is a proud mother of two kids. Talking of her education, she completed her post graduation in History from the famous Isabella Thoburn College, Lucknow after which she completed her B.Ed.

As far as her talents are concerned, she is an ardent reader and has a true flair for art. Her dedication, organised and methodical approach, humanitarian behaviour,

dynamism, competency and vision has always been an inspiration for everyone around her. It was her dream which took the shape of an educational institution in the year 2004 and has grown from a small primary school to a reputed inter college and one of the best school of Bareilly.

Her idea of feminism is responsible for a nearly 100% female staff to which she is deeply connected and always

works for their growth equipping them with strength to meet new challenges.





# MANJU LODHA

## Social Worker, Writer and Poet

**Mrs. Manju Lodha Chairperson of Lodha Foundation has successfully championed several causes by being an integral part of foundations, initiatives, and associations over the last 35 years. Apart from being a philanthropist, she also happens to be a luminous orator, published author and poet.**



**D**r. Manju Lodha's story is one of working tirelessly and winning against all odds. She has donned the role of a wife, mother, daughter, author, public speaker, mentor and a social change agent with ease and aplomb. Born into a family ill with love and family values, Manju's childhood laid the foundation for her unique character as an adult – independent and modern in thought, yet responsible and respectful of tradition. This set her on the path of seeking only "VishwaKalyan", the well-being of all mankind which laid the seeds of the Lodha Foundation of which she is the chairperson. The Lodha Foundation supports a

wide variety of causes seeking to make an impact across all strata of society. From championing education for all through its 6 schools, including 2 in Dombivli and Nalla Sopara which help provide education to underprivileged children at subsidized fees, to a special focus on women empowerment and education, a special "Leaders of Tomorrow" - leadership program for the youth, both school and higher education scholarships for thousands of students, and academic support for the underprivileged by providing academic material, study centers and more. The Lodha Foundation also provides healthcare and medical facilities to the needy – with

healthcare facilities created across villages around Dombivli, free medical check ups, mobile medical vans, a subsidized pharmacy, and various schemes such as the Nirogi Mahila Abhiyan (special teams run by women doctors for providing medical services and check-ups for women) and the Jeevan Asha Yojana (free medical care for those who can't afford it) amongst others. A special focus is also placed on empowering different sections of society so that they can become self-sufficient and develop their skills and abilities. The Bachat Ghat helps women start and grow small businesses to become self-sufficient, there are vocational training courses specifically designed for

both men and women to develop job-suitable skills. Unique initiatives such as technology education for senior citizens and personality development courses also provide an invaluable help to people in need. The Lodha Foundation also extends its support to families of martyrs, solitary women within the 4565 years age bracket, the Divyaj foundation to help prisoners with a new perspective of living life. Finally Manju Lodha has also helped various other causes by both organizing as well as supporting various fundraisers and social causes such as the Shree Hari Satsang (which helps bring about cultural changes in society), the Catalysts for Social Action and various other awareness drives and marches.

# MRS.VANDANA SHARMA

Founder & Chairperson,  
Sekhem Healing Centre

**IF YOU WANT TO MEET "TIME" THEN MEET MRS.VANDANA SHARMA WHO IS TIME HERSELF - THE ONE WHO CAN CONTROL TIME AND DO WHATEVER SHE WANTS TO. SHE HAS SAID SO MANY TIMES - "I AM TIME MYSELF" - RIGHTLY SAID AND PROVED SO MANY TIMES. THE REAL SUPERWOMAN OF THE 21ST CENTURY.**

**Q**uick Facts – Mrs. Vandana Sharma is an extraordinary business acumen who is bestowed with the divine power of healing people from diseases & miseries. She is the Superwoman of the 21ST Century and the most powerful Energy healer of all times with amazing Super Powers to accomplish anything and everything. Even the IMPOSSIBLE things. She has the Super Power to even defy all the laws of this universe. She is the Daughter of Power Of Powers - the most powerful and the purest form of divine energy in this universe. She is A Business Tycoon, Philanthropist, Influencer, a self-learned healing professional, Vandana is the inventor of the most powerful energy healing technique - Power Of Powers - The Limitless Science. She is also the inventor of SaEnergy Astrology and SaEnergy Vastu, which is the unique and most advanced astrology and Vastu science in the world. Sekhem Healing Centre is the biggest example of her distinctive healing powers and over the years she has been transforming and healing

thousands of lives through her extraordinary services. A miraculous healer, she is on a mission to spread love & equality between humans. Vandana is the true avatar of Power Of Powers, she is powerful and naturally inspires female empowerment. She is an amazing woman who is dedicated to her work and her healing is like a magical experience for every client. The daughter of Power of Powers is an inspiration for many. Since the very beginning, I have been keen to find the real purpose of my life. She had many health problems including Arthritis, Fibromyalgia, Diabetes, Hernia, Hypothyroidism, Low Blood Pressure, and Heart problem, in addition to acute calcium and Vitamin B12 deficiency inspite of taking high doses of calcium every day. Also I had severe allergy with Vit.B12 tablets and supplements, so was unable to replenish it. One day, while meditating I felt an extremely powerful energy surge into my body. I was able to interact with the Power Of Powers- The most powerful and the purest form of Divine energy in

the universe, and heal myself of all the diseases. I was able to heal my Hernia without any medication or surgery and my deficiencies also got replenished automatically by this power. I believe I have been bestowed with the power & blessings of The Supremest Divine Energy in this Universe - The Power Of Powers. This interaction with the Power of Powers was a life-changing event in my life. Then I established Sekhem Healing Centre. Ever since then, I have been leading multiple programs & services and healing people of their miseries & diseases. Power of Powers energy

healing technique is a unique intervention of science by me. In a very short span of time, I have been able to heal more than 19000 people across the globe. I have been able to touch the lives of many serious patients and cure them of Cancer, Autism, Parkinson's, Multiple Sclerosis, OCD, Alzheimer's, Thalassemia, and heart issues. I have even revived brain-dead persons and brought coma patients into consciousness. I have changed weather, flight timings and saved people from floods and hurricanes and also rescued people from crashing in stock market.





# ARE WOMEN GETTING QUALITY SLEEP: A REALITY CHECK



**W**omen need more sleep than men. However, they struggle to fall asleep or can't sleep for longer. This means either they are getting insufficient or poor-quality sleep (insomnia-a state of hyperarousal). Because of their busy schedule that comprises professional work(paid), unpaid labour (at home), family caregiving and other multi-tasking, they are forced to sacrifice their sleep. Another primary reason for sleep deprivation is attributed to the change in lifestyles, intrusion of electronic gadgets in the bedroom, late nights at work, caffeine, and binge-watching on TV and smartphones.

The outcome in such a scenario leads to issues like overall well-being, including weight gain, cardiovascular risks, diabetes, insomnia, fatigue, morning headaches, reduced daytime cognitive function, restless legs syndrome, stress and depression, along with cognitive impairment, hypothyroidism, and dementia

How can you improve your sleep?

Resorting to sleep medication will not solve the problem. Rather these drugs can cause side effects like drowsiness, abdominal discomfort, appetite changes, dizziness, headaches, strange dreams, etc. Hence avoid taking pills unless prescribed. Try out these good sleep hygiene tips to improve

your sleep cycles:

1. Prepare a peaceful setting in your bedroom. Do away with the electronic device, dim the lights, and set the bedroom temperature between 18-23 degrees Celsius.
2. Do meditation just before going to sleep as it induces relaxation, releases stress and increases sleep Hormones / cortisol.
3. Follow a consistent bedtime routine for yourself and small kids.
4. Go for a warm bath or shower. But avoid sleeping with damp or wet hair.
5. Wear light and comfortable clothing.
6. Limit what you drink before bed and use the restroom just before jumping in your bed.
7. Avoid spicy and oily food for dinner.
8. Reduce Alcohol, Caffeine, Tea and Nicotine Intake.
9. Exercise regularly. Even a twenty minutes yoga class or brisk walking in the evening can be beneficial to your sleep and overall well-being.
10. Invest in your sleep: Replace your old mattress and pillows and adopt the proper sleep position..

**Remember, your brain doesn't shut down when you sleep, so try to send positive sleep affirmations to your subconscious mind.**

*"I have done my best today and deserve a good night's sleep to recharge."*

## Few statistics related to sleep in India

- **Believe it or not, India is the 2nd most sleep deprived country on the planet. 93% of Indians are sleep deprived.**

- **More than 50% of the population in India goes to sleep between 11 p.m. and 1 a.m**

- **Women have a lifetime risk of insomnia that is as much as 40% higher than men.**

- **28 million people suffer from sleep apnea in India (14% in men and 12% in women)**

- **Sleep apnea is most commonly found in women above 40, menopausal women, overweight females and pregnant women due to hormonal changes.**

- **People don't take the benefits of using proper sleep aids/essentials (such as mattresses, type of pillows) seriously.**

- **Inappropriate sleeping position. Remember-Your body shape alters with age, so your relaxation position.**

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# SHRADDHA DESAI

WINS WOMEN ICONZA AWARD 2023  
FOR EXCELLENCE IN MANUFACTURING  
EDIBLE OIL

**S**hraddha Desai is the founder and owner of Aayudhara Agrofoods, an e-commerce brand that provides customers with a healthy selection of cold-pressed oils. She is dedicated to giving her customers only the finest oil seeds, sourced from local farmers and extracted naturally with traditional methods.

Shraddha is passionate about health and nutrition, and that

passion shines through in her business. She has made it her mission to provide her customers with the highest quality products and an exceptional shopping experience. She understands that customers need to trust the brands they purchase from, and she is committed to providing the best possible customer service.

Shraddha is driven by the desire to help

people lead healthier lifestyles. She has a deep appreciation for the farmers who make her products possible, and she is dedicated to both supporting them and providing her customers with the highest quality products. Her passion for health and nutrition is evident in everything she does, and it's clear that she takes a great deal of pride in her work.

Shraddha Desai is an inspiring entrepreneur

who is committed to providing her customers with the highest quality products and an exceptional shopping experience. Her dedication to health and nutrition is unwavering, and her passion for her work is evident in everything she does. Aayudhara Agrofoods is a testament to her commitment to providing her customers with the highest quality products and an exceptional shopping experience.

# MS. NIDHI MODI CHHEDA

## Director - Gautam Modi Group & EV Director - FADA

**N**idhi Modi is the Director of the Gautam Modi Group, authorised dealers of Audi, Hyundai, MG, Mahindra & Mahindra and Ford. She has 15 plus years of experience in the automotive industry, managing over 1800 people across 25 sales, after-sales and pre-owned car outlets in Mumbai and its surrounding regions.

Nidhi is a member of the Federation of Indian Chambers of Commerce and Industry (FICCI FLO) and a Regional Director for Electric Vehicles in the Federation of Automobile Dealers Associations (FADA).

Nidhi always wanted to carry on her family business and, to gain a better knowledge of the industry, she started her career from the ground up as a trainee. She was guided by experts and gained experience, technical know-how and an in-depth understanding of day to day operations in the automotive space.

In 2009, Nidhi identified a potential in the market and opened a new showroom, which quickly developed into a successful 400-car dealership. To ensure scalability, she implemented systems, processes and policies

and realised that people were the backbone of any successful organisation. To tackle the problem of attrition, she started a movement within her company that trained the entire workforce in the knowledge, skills and attitudes required to succeed.

Nidhi has been recognised in the industry for her achievements, winning the Mid-Day Young Achiever Award in 2018 and the Iconic Female Leader in Automotive Car Dealership Industry in 2020, as well as being invited as a keynote speaker, panellist and chief guest for various events. Her education in Family Business Management also helped her to understand the potential of the automotive industry, leading to the successful expansion of the business into different verticals.

Currently, Nidhi is working on various projects and start-ups, including those in the space of Insurance and Marketing (Brain Box Media), and GC Design. She has come a long way from the young introvert teenager she once was to a formidable entrepreneur and believes that understanding that she is an entrepreneur in the automotive industry

first and foremost - not a woman in a man's world - was her turning point.

Nidhi's commitment to both business and family is balanced and she is proud to have grown

in both. From being a daughter, sister, wife, mother and friend, she nurtures and values all these relationships. She looks forward to all that is in store for her in her journey of life.





# NEETA SHARMA

## DIRECTOR OF FOREVER PRETTY

Neeta Sharma—is a MBA in HRD From Mumbai University. She is the Director of her own renowned Brand – FOREVER PRETTY and having 3 outlets of western garments In Navi Mumbai and an e commerce platform for Pan India & Overseas reach.



Her passion of styling turned into her profession. Forever pretty is her dream come true. Her online store is popular all across India.

A FASHION STYLIST AND A BOLLYWOOD FASHION DESIGNER.

She is the Organizer of her own fashion event "NAVI MUMBAI CALENDAR GIRL "

She has been awarded as International Genius Icon Achievers Award by Niche Fashion world in 2022 at Sahara Star hotel- Mumbai.

Judge for the fashion Show organized by Chatrapati Shivaji Maharaj University Panvel Wardrobe Partner For western outfits –Miss Navi Mumbai 2021 &

2022. Wardrobe partner for western outfits- Dynamite Fashion Show at Holiday Inn Hotels -2022.

Wardrobe partner for Finale Round –Mrs. Raigad 2021.

Wardrobe partner for – Mystique Events Navi Mumbai in 2020-2021.

Fashion Photoshoot event at Dhamaka Café & Bar –Navi Mumbai.

Fashion Photoshoot and Fashion Calendar Launch event at Shock 90 Bar Eatery - Navi Mumbai -2022.

Wardrobe partner for - Hi Make up & Fashion show - at Dhamaka Lounge Bandra Fashion

Photoshoot at Pablo The Art Café Lounge-Navi Mumbai.

Woman Iconza Award by Times Applaud.

WOMAN ICONZA AWARD 2023 BY TIMES APPLAUD Thank you Times Applaud for Nominating me for the prestigious WOMAN ICONZA AWARD 2023.

It is a big honor and I am immensely thankful for this special award by Times Applaud @ timesapplaud Woman Iconza Award 2023 held at "The Orchid" hotel, Vile Parle on 10th Feb 2023 for My Contribution in the field of Fashion & Styling. It is not possible for me

to show my thankfulness in words. I am immensely grateful for this prestigious Award, Even my self-belief will be improved by this award which would help me to attain more success in future.

Felicitation of Award was done by Our Esteemed Celebrity Guest Ameesha Patel in the presence of many other bollywood stars.

My heartfelt gratitude to all the team members for this wonderful successful event. Congratulations to all the awardees your hard work and perseverance have paid off.

Special thanks and congratulation to Mr.Habib Mithiborwala for the outstanding anchoring on the stage. He was an enthusiastic anchor with a superb stage presence, always makes the audience happy with cheerful behavior, he is energetic and subtle at the same time. We thoroughly enjoyed his presentation. Being an anchor is a big responsibility, you were confident, polite, enjoyed yourselves you on stage. Look cheerful, and made everyone feel so comfortable.



# REDISCOVERING ONESELF: ALL-WOMEN TRIPS

## Freedom To Be Me

**T**ravel is a trend nowadays. And considering the latest cultural movements, everyone is hunting for a dream vacation. A significant transformation in the Travel segment has been witnessed in the last couple of years- Popularity amongst female travellers for Women travel groups & solo travel.

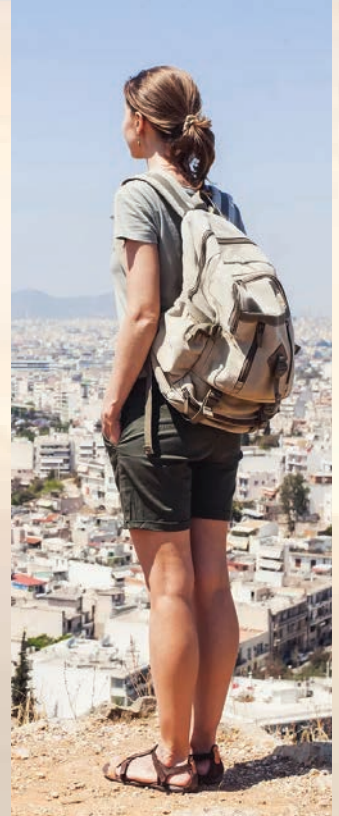
Today's empowered women speak up for themselves, do not succumb to fears, and are free to pursue their desires and ambitions. The new-age Indian women are independent, bold, and looking

to explore new and authentic adventures by moving out of their comfort zones, willing to take leisure & wellness breaks. And that to either alone or with many like-minded women for company. Moreover, mothers exhausted from the parenting routine, homemakers tired of managing family affairs, single or divorced females, and overworked women find these all-women tour & travel experiences stimulating.

That is where the concept of an all-women travel group/ community takes shape. The segment (exclusive women travel groups

coming up in different parts of the world) is gaining pace with each passing year. The concept is mushrooming across the globe because it breaks the traditional mindsets and gives the opportunity to every female to learn about others' cultures, push their boundaries and meet other fascinating women along the way.

In addition, during the experience, you (a female) can be yourself and not think about anything else. You can make your own choices and enjoy experiences that are preferred to You.



### Reasons which draw women towards all women's adventure travel trips

- Easier to convince (go-head) your family / spouse / parents
- Well-researched itineraries, safety checks and a team of experienced tour all-women leaders.
- Chance to meet with other fantastic women in an environment rich with positive energy and camaraderie.
- Instant rapport and fun group dynamic
- Cost Effective
- No age criteria
- Travel gets just simpler, easier, and more comfortable
- Relax-free atmosphere with no one judging around
- Wear, talk, dance, and eat. Do whatever you want
- Shop your heart out. No distraction

**Ladies! if you are eager to explore different types of holidays and wish to gain unique experiences, then a women-centric archetypes travel is best for you. These women's travel group offers personalised tours, cruise trips, spa visits, guided local shopping tours, vocational workshops, music festivals, trekking, camping, snorkelling, rafting and surfing, wildlife safaris, etc. and provides you with a chance to explore a multitude of activities like helicopter, biking, or hot air balloon rides.**

### Some fabulous all-female Indian travel groups

- **Women On Wanderlust**
- **Wander Womaniya**
- **(The WOW Club)**
- **Girls on the go**
- **Byond Travel**
- **Soul Purpose**
- **Escapes**
- **Wovoyage**





# ADV. YASHASHREE SUTRALE LOBO

## GETTING FELICITATED FOR OUTSTANDING CONTRIBUTION AS AN ADVOCATE (PROPERTY)

**A**dv. Yashashree Sutrale Lobo, a distinguished advocate specializing in Property, Real Estate, and Banking Matters, was awarded the Women Iconza Award 2023 for her outstanding contribution as an advocate. The award ceremony was held on 10th February at The Orchid hotel in Mumbai, and the event was graced by the esteemed presence of actress Amisha Patel, who was the chief guest for the evening.

Adv. Yashashree Sutrale Lobo was inspired by her father, Adv. Shri. Ashok Ramdas Sutrale, who was a well-known lawyer, social worker, and politician. Following in his footsteps, she

completed her B.L.S. LL.B from the Government Law College and was enrolled in the Bar Council of Maharashtra and Goa. Since 2010, she has been efficiently handling property, real estate, and banking matters before Hon'ble Bombay High Court and Subordinate Courts. She is also empanelled with various corporate bodies, banks, and financial institutions, and has earned recognition as a well-known and eminent advocate practicing for the last 12 years.

In addition to her professional work, Adv. Yashashree Sutrale Lobo also provides legal aid to the needy and underprivileged and engages in social activities. Her tireless

efforts have helped numerous people, and her dedication to her work has made her a role model for many.

The Women Iconza Award 2023 recognizes women who have excelled in their chosen fields and have made a significant contribution to society. Adv. Yashashree Sutrale Lobo's achievements as an advocate specializing in Property, Real Estate, and Banking Matters have earned her this prestigious award. Her hard work, dedication, and unwavering commitment to justice have made her an inspiration to all women who aspire to make a difference in the world. In her acceptance speech, Adv. Yashashree

Sutrale Lobo expressed her gratitude for the honor and thanked her family and colleagues for their support. She also emphasized the need for more women to enter the legal profession and called for greater awareness about women's rights and the importance of gender equality.

The Women Iconza Award 2023 is a fitting tribute to Adv. Yashashree Sutrale Lobo's hard work and dedication. Her contribution to the legal profession, combined with her social work and commitment to justice, makes her an outstanding advocate and a true Women Iconza.

# MOHITA TIWARI

Philanthropist

Ambassador of Pinkathon



**M**ohita Tiwari, the ambassador of Pinkathon, received the Women Iconza Award 2023 for her outstanding contribution in social work. The award ceremony was held at The Orchid hotel in Mumbai on the 10th of February, where Mohita was recognized for her exemplary work in promoting physical fitness and wellness in her community.

Mohita's journey towards becoming an ambassador for Pinkathon began

when she moved to Mumbai after her marriage. She was determined to continue her passion for fitness and started providing free training sessions for women in her society. Her dedication and hard work paid off, and soon she was chosen to be the ambassador for the Airoli Pinkathon.

Mohita's contribution to society is not limited to just promoting fitness. She is an open and honest person who believes in fairness and does not believe in

misleading people. Her commitment to social work is a reflection of her character and values.

The Women Iconza Award 2023 was a testament to Mohita's hard work and dedication. The award was presented by Sohini Shastri and Manju Lodha, who appreciated Mohita's efforts in promoting fitness and wellness among women.

Mohita's recognition as a Women Iconza Award winner is a source of inspiration for many

women who aspire to make a difference in their communities. Her dedication to social work and fitness is a reminder that we can all make a positive impact on society, one small step at a time.

In conclusion, Mohita Tiwari's Women Iconza Award is a well-deserved recognition of her outstanding contribution in social work. We hope that her story inspires many others to follow their passion and make a positive difference in the world.



# MS VINIKA SHAH

M.SC. Masters in Business Management from London, UK,  
Founder Director of the company and looking after innovation  
in Cosmetics, R&D, QA and QC.



**M**s Vinika Shah got herself trained at haffkin Institute in Biotechnology Department and in Bombay Hospital in Microbiology Department. QC testing from Geochem Laboratories. Later on, she joined her father to acquire depth knowledge in Research & Development of Cosmetics Products & Wellness ayurvedic product. Recently, Ms. Vinika Shah has been felicitated for Outstanding Contribution in

Manufacturing: Personal Care Products at Women Iconza 2023.

Venus Biocsoeuticals Pvt. Ltd. An Award as the Best factory in Palghar District by Director of Industries Maharashtra.

We have a strong R&D center focusing on Ayurvedic and Natural products. We have been a part of one of the oldest (125yrs) Ayurvedic Company in the world, Zandu Pharmaceuticals Works

Ltd. Our manufacturing unit has a state of the art facility designed by international team, spread across a land area of 145,000 square feet and a constructed area of 60,000 sq ft. The production plant is equipped with 11 dedicated production lines and uses cutting-edge technology. We have an annual production capacity of 75 million pcs to provide customer with contemporary and trendy natural

cosmetic products. Our factory is ISO and GMP & all Europe & USA approve certified with full compliance to US FDA and EU. We have been into export and are recognized as reliable partners by our customers in Europe, GCC countries and in India.

Our product portfolio and development capabilities include Ayurvedic Internal, Ayurvedic External, Cosmeceutical

## Our flagship brands are

- Herbostra - ancient science blended with modern lifestyle
- Soft Touch in GCC countries
- Hiphop all innovative 1st time in India teenage Cosmetics
- Nepsis black seed in Europe

[hiphopskincare.com](http://hiphopskincare.com)  
[softtouchworld.com](http://softtouchworld.com)  
[herbostra.com](http://herbostra.com)



# SHILPI GOEL

Interior Designer,  
Entrepreneur & Influencer

**S**hilpi Goel, an inspiring proud working woman who is handling balanced work with her personal life and generating work for more than 100 families. From a normal small-town girl to a renowned interior designer is her story. Today young girls recognize her without any introduction and inspired to follow the same path strongly in their life. She inspires this society that we women

are multitaskers and so powerful that we need to realize our strengths and how to amplify the same to bring change otherwise this gender is just suppressed by society.

Since the day Shilpi started this journey of Interior Designing, she never looked back and has completed many Residential and commercial projects. She has a team for all

types of drawings 2ds, 3ds, and walkthroughs including all kinds of associated vendors of designing materials like tiles. Marbles, ceiling, woodwork, furnishing, etc... She keeps herself updated with the latest trends, and materials and aspire to become trend setter soon.

Shilpi has always quoted "Gender equality should be the priority in any democratic nation and we

women should follow this path of being bold, strong & independent along with all moral, ethical & cultural values. We women should be strong enough to travel, survive & earn her lively hood in any corner of the world without compromising her self-esteem. The fire inside a woman shouldn't be about cribbing the negatives of society but to carve the way through to success.



# Ms. CHARUL MALIK

Charul Malik started her career as a prime-time news anchor and has intensive work experience with news, journalism, media and now acting.

## News Channels

- **ABP News Former Star News - Prime time news anchor LIVE**
- **Aaj Tak (India Today Group – Entertainment Anchor and Editor**
- **India TV Executive Editor & Anchor for Saas Bahu aur suspense**

Charul's show with India TV SBAS was conceptualised and produced by her and has a team strength of around 30 members. Charul also has a brilliant flair for writing and all the new promos of the Channel were written by her including the tag lines. Charul also appeared on Big Boss 14 as a guest with Farah Khan to grill all the contestants.

Charul also anchored and conceptualised the biggest conclave of TV Industry called TV Ka Dum on India TV. The show was live on India TV and hosted by Charul & Manish Paul. (Full day conclave attended by top Management of GEC (Interviewed live by Charul Malik), Top actors from Bollywood & TV Industry.)



Charul through her journey as an Anchor has won multiple awards like NT award (twice) for best entertainment news anchor, along with Dadasaheb Phalke Film Foundation, Aadhi Abadi award, Best News Anchor of the year, Zee Gold to name a few.

Charul also holds a Limca book of records to be the only anchor globally to do a live show on skates for one hour. This was achieved during her stint with Star News. (For Interviewing Deepika Padukone & Neel Nitin Mukesh.) Post covid in 2021 Charul decided to quit from her role as an Executive Editor and News Anchor & switched to the television & film industry to pursue her passion and flair in acting.

## Currently Charul is doing the below shows.

- *Bhabhiji Ghar Par Hai (Character Name Russa) on & TV*
- *Happu Ki Ultan Paltan (Character Name Russa) on & TV*
- *Movie as a news anchor & journalist as my own character. (Cannot disclose as its under production)*
- *Web Series (Meaty role for a top 5 OTT platform Web series (season 2) under shoot)*



## Social Media Reach:

**Instagram – 625K followers and verified profile.**

(<https://www.instagram.com/charulmalik/?hl=en>)

**Wikipedia** ([https://en.wikipedia.org/wiki/Charul\\_Malik](https://en.wikipedia.org/wiki/Charul_Malik))

**Charul Malik moves to acting.**

(<https://timesofindia.indiatimes.com/tv/news/hindi/charul-malik-i-am-enjoying-my-time-on-the-set-as-an-actor-my-focus-is-acting-now/articleshow/84760751.cms#:~:text=After%20making%20her%20acting%20debut,such%20a%20popular%20comedy%20show.>)



# KARRISHMA KAR

Actress  
Super Model  
Instagram Influencer

**K**arrishma kar is an incredibly talented actress, model, and social media influencer who has made a name for herself in the entertainment industry. With her stunning looks and impressive acting skills, she has captured the hearts of audiences worldwide.

As a social media influencer,

Karrishmakar has also become a major player in the online world, with a strong following on platforms such as Instagram, Facebook, and YouTube.

Her posts and videos have inspired and entertained countless fans, and she has become known for her relatable personality and engaging content.

Karrishma kar's achievements have been recognized at the Women Iconz Award ceremony, where she was awarded for her outstanding work. She has also gained a great deal of admiration for her drive and determination, which continues to push boundaries and break new ground in the industry.

# HANSA SINGH

Actress &  
Psychic Healer



**H**ansa Singh is an Actor by profession and a psychic healer by God's blessings. She was born in Delhi in an Thakur / Rajput family. Her father is a pace bowler who has glory of hatrick for Delhi yet a docile Banker and her mother is a professor of hindi and a poetess and orator. Despite her family's disapproval, she moved to Bombay to pursue her acting dreams.

Hansa has been part of the film industry for two decades and has worked with some of the best directors in the industry. She loves her creative zone and enjoys being different characters and bringing them to life.

Her psychic journey started long back, but she only recognised it later when things started happening. As a healer, she feels it

is her responsibility to heal people and spread happiness. She also works as a life coach and loves uncovering the myths around her.

Hansa recently received recognition for her efforts at Timesapplaud women iconza award 2023



# DELNAAZ IRANI

Indian Actress



**D**elnaz Irani is an Indian Actor, Performer, Theatre actor. Who has excelled in comedy and made us laugh for all these years. Delnaz Irani who has excelled in in all the mediums theater, television, movies, reality shows and now OTT. She is known for her role of Kavita Vinod Verma in Yes Boss and Jaspreet "Sweetu" Kapoor in Kal Ho Naa Ho. Irani also participated in Nach Baliye 1 dance reality shows and Bigg Boss 6. She made us laugh in serials like Yes Boss, Akbar Birbal, Jamai Raja, Sajjan re Jhutti Mat Bolo, Ek Deewana Tha, Kabhi Kabhie Ittefaq Sey, Milenge Milenge and many more. She will be soon seen in Zoya Akhtar's- The Archies. Delnaz Irani also participated in the dance reality show Nach Baliye

3 and Big Boss 4. She has also appeared in several films such as Hum Tum, Heyy Babyy, Golmaal Returns, and many more. She has recently been a part of the Amazon Prime show Made in Heaven and the web series, The Raikar Case. She is also a theatre artist and has performed plays such as Half Girlfriend, Ankahee, and more. She is currently a part of the Sony TV show, Mere Dad Ki Dulhan.

Delnaz Irani has also done a lot of theatre work. She has been part of many plays such as The Perfect Husband, Chai Chutney, Chintu ki Chachi, The Perfect Murder and Kuchh Bhi Ho Sakta Hai. She also actively participates in various stage shows and events.

Aside from acting, she is

also involved in several charitable initiatives. She is the brand ambassador for a charity called The Concerned for Working Children (CWC). She is also associated with the Red Cross Society and has been actively involved in social work for

many years.

Apart from that, she is an animal lover and is an active animal welfare campaigner. She has been part of many animal welfare campaigns and has been advocating for animal rights.



# SIMRAN AHUJA

**A Fashionista,  
A Diva Beyond Bounds,  
Ms. MWI International 2022,  
Cultural Ambassador.**

**I am woman  
phenomenally.  
Phenomenal  
woman, that's me.**

**M**ultifaceted Magnificence and Multitude of Resonating Talent are the only words that come to mind when one speaks of this distinguished achiever. An entrepreneur, author, folk dance icon, brand ambassador, cultural designer, actress, TV talk show host, global emcee and recipient of countless prestigious awards including FILMFARE Awards, IIFA Awards, Stardust Honours, OSCARS Academy, Bharat Gaurav Award at the Parliament House London, Grand Marshal at California, USA, Made in India Icon Award at the Raj Bhavan Governor House, CSR Star Award, Entrepreneur Awardee at Maldives, Dadasaheb Phalke International Film Festival Award and BRICS

Award to name a few.. An eminent Doctor in Naturopathy and International Yoga Icon, Simran Ahuja is passionate about taking health and fitness to the masses of every age group. She's a Reebok Certified Grade with a Doctorate from the National Institute of Naturopathy and a Master's Degree in Finance. As a Cultural Ambassador at Paris, Bharat Mahotsav Zurich, London and Dubai, she has won 18 consecutive folk dance titles in India and America. Her 4 albums released in the past 8 months have made her popular as the 'Queen of Folk Dance'. She was interviewed on BBC London. Her recent movie 'Simran' has gained great reviews from the audiences all

across..  
SIMRAN The Movie- The Story- The Reality in current times!

Satish and Nisha Raisinghani presents 'SIMRAN', a Film by Anand Manwani, Co-produced by Ajit Khairpuri. In the current era of women empowerment, equality and independence, this exciting and gripping film portrays today's woman and her journey. Engrossed and very much focused on career, in today's times and generation, the lady embarks on creating her own path into career but soon realises the value and importance of basics- love and family. With hosting more than 500 shows in a year, she travels 2 Countries

in a day or 4 shows at different venues in a day at a particular City. She's loved by one and all and is the numero Uno International Emcee.. Right from having hosted with the Hollywood Legends to Bollywood Legends, shes hosted them all.. Pageants, Corporates, Awards, Fashion Shows or Weddings.. She rocks everywhere making it an event to be remembered for life..





# RASHMI UPADHYAY

## A Passionate Educationist And Social Activist



**R**ashmi Upadhyay is a passionate educationist and social activist. From a young age she has had a bright mind and great sportsmanship, as well as excellent leadership and creative skills. She was also exposed to a

wide range of cultures in her school days, which helped her gain analytical and expression abilities, and learn to live harmoniously with others.

Rashmi was graduated from the prestigious Delhi University and

soon after completed her MBA through distance learning. She is currently planning to enrol for a Doctorate of Philosophy at the University of Mumbai. Her dream is to provide education to the students of the nation.

Rashmi is a perfect example of someone who has the right amount of confidence and dedication to achieve their dreams. She has designed a course for the prestigious Mumbai University, called Medical Representative Management, to help students pursue their career in the pharmaceutical industry. Through her NGO, Sai Leela Foundation, she is providing 100% job placements to students who have completed this three month course.

Rashmi is also working to empower women and to provide healthcare to the underprivileged. She is strong, capable, and determined to shape her life the way she wants. She firmly believes that the Indian youth needs education and is competent enough to put India on the world map. Her combination of grace and determination makes her a role model for many.

[www.saillelafoundation.com](http://www.saillelafoundation.com)





# VINETA PRAMOD DEVKAR

## An Inspiring Female Entrepreneur And Trailblazer In The Corporate World Today

**V**ineta Pramod Devkar is an inspiring female entrepreneur and trailblazer in the corporate world today. Hailing from Gujarat, Devkar has been a key player in multiple companies, such as Rameshwar Textile Mills Pvt Ltd, for many years. Having a great passion for the fashion industry, Vineta has now ventured into creating her own fashion brand – VIORICCA.

The brand was launched in 2021, with Devkar as its director. Her sharp business acumen and strong vision for VIORICCA is what sets it apart from other fashion brands in the market. Her aim is to create a unique identity for the brand in the fashion sector and make it stand out from the rest.

Vineta Pramod Devkar is an example of a successful woman entrepreneur in the

corporate world. She is an inspiration to women all over the world who are striving to make their mark in the business world. Her passion and dedication to the fashion industry has been an inspiration to many. She is a true leader who is determined to make her brand a success.

Vineta Pramod Devkar is a powerful force in the fashion industry, and is determined to make her mark in the corporate world. Her hard work and dedication to her brand is truly admirable and inspiring. With her unique vision and strong business acumen, she is sure to make VIORICCA a success and make a name for herself in the corporate world.

WOMEN LIKE YOU  
PAVE THE WAY  
FOR WOMEN LIKE ME.  
AND FOR THAT,  
I AM GRATEFUL.



# DR. TEENA SHARMA

## A Prominent Activist and Socio-Political Expert on Women and Child Rights”



**D**r. Teena Sharma has been an activist on women and child rights, she was one of the prominent activist during Nirbhaya gangrape & Arushi murder television debate. Her qualification is post graduation in political science and Ph.D in business and public Policy.

Dr.Teena has been there holding important positions with BJP from 2007 till now. Currently she is General Secretary Mahila Morcha Delhi BJP and Advisory National Board Member with MSME GOI. Prior to this she has also been SPOKESPERSONS BJP and Director ASSOCHAM INDIA and worked under finance Ministry on financial inclusion for SC/ST Women across BJP States in India.

She has fought several public interest litigations and working through RTI to fight against nudity and corruption prevalent in censorboard functioning. During her fight against films corruption she has been directed by Delhi high court to represent and make a presentation to Retd Chief Justice Mukul Mudgal Committee formed by Ministry of Information & Broadcasting to make suggestions to govt to revise the cinematograph act,1952.

Dr. Teena has contributed to change the working of censor board of film certification GOI. Dr. Teena Sharma has been widely covered by indian and international print & electronic media on her achievements. She has been a big game changer in curbing prevalent corruption in Censorboard during UPA govt.

She has also been part of aap party during 2013 to 2015.

She runs an ngo called Pink & Blue foundation([www.pinkandbluefoundation.com](http://www.pinkandbluefoundation.com)) which has also received many accolades on their contribution to underprivileged children. She also runs another verticle called VEERNARI FOUNDATION OF INDIA, a NGO working on the welfare of defence war widows).

She is known as Socio political expert and she has been amongst brightest women faces on prime time television debates. She is more into BJP wing of research n Training apart from her current govt n BJP organisational appointment.

She has joined BJP in 2006 and had many positions in her kitty. She comes from second generation defence forces family.

# DR. HEMANGI JHAVERI

## Empowering People to Live a Healthy Lifestyle

**D**r. Hemangi Jhaveri is a registered medical doctor and a nutritionist, with a special focus on obesity, fitness, and wellness of individuals.

She believes that diseases are not caused by aging but rather by negative stress due to our lifestyle choices. Thousands of patients have achieved their desired weight and body ideals without depriving themselves of or starving with her guidance.

Her nutritious knowledge has helped people to improve their immunity, concentration levels, and overall fitness. Her expertise is not limited to individuals but also extends to schools and groups.

In 2012, she was awarded the best weight loss consultant, and in NOV 2019 BY ABP NEWS which highlights her success in guiding people toward a healthy lifestyle.

THE NON-INVASIVE TREATMENT like ultrasound lipolysis, fat freeze, and other combination treatments at Dr. Hemangi Jhaveri's weight loss clinic at vile parle west, has helped

thousands of patients to get their desired weight, and shape and has improved their medical issues through her guidance.

She believes that empowering people to make lifestyle changes, manage stress, and overcome medical issues is essential to achieve a healthy life. Dr. Jhaveri's center provides one-to-one counselling to empower individuals toward a healthy lifestyle. Her motto is to help people lose weight and overcome medical problems by educating and guiding them to joyfully inculcate a healthy lifestyle for the rest of their lives. SHE SAYS – EAT WHEN YOU ARE HUNGRY, LISTEN TO YOUR BODY. BY STARVING YOU CAN NEVER LOSE WEIGHT.

To live a king-size life, Dr. Jhaveri advocates, NUTRITIOUS FOOD IN AN ABSORBABLE FORM which not only helps in losing weight but also improves overall health. Her approach to health and wellness is simple yet effective, making her one of the most sought-after homeopathic consultants and nutritionists in the field.



**EAT CLEAN**  
**DRINK WATER**  
**STAY ACTIVE**  
**BE HEALTHY**

 [/drhemangijhaveri](#)

 [/drhemangijhaveri](#)





# ANUJA RHYTHM WAGHOLIKAR

## CEO Aara Realities

**H**ailing from an artful family and getting married into one pushed her to find her calling. 'Creativity they say finds a flow', and there is no body better to express this than Maharashtra's Anuja Rhythm Waghlikar.

Born to Savita and Prashant Dandavate in pune and brought up in Surat- a city in Gujrat. She completed her studies from one of the finest culinary schools in the world, le Cordon Bleu - London. Her penchant

for art, culture and food critiquing isn't surprising as she has travelled extensively discovering cuisines, understanding cultures and traversing regional folklore.

Her recently presented book 'Strokes of Harmony' - A compilation of paintings by Usha Mangeshkar & The Mangeshkar Family has paved its way in the Indian subcontinent and overseas as well. The book in the recent has bagged several laureates. Strokes of Harmony is

one such exemplary coffee table book that has created a stir in art admirers and made its way in countries like Japan, China, Maldives, London, United States and others. Anuja also is a celebrated 'Food Story Teller' who's created a niche on and off the cityscape through her distinctive style of presenting gastronomic journalism.

There's much more to than just 'Food', that comes to you on your plate' she adds.

Anuja takes pleasure in exploring variety of food genres from comfort food, street food, grandma's food , lost recipes and various other cuisines.

Being a voracious reader and an enthusiast has constantly nurtured the curiosity for broadening knowledge in her.

She's married to the internationally acclaimed author Rhythm Sudhir Waghlikar.



# PARUL AGHARA

Lady Astrologer



**P**arul Aghara, widely known as the “Lady Astrologer,” has been practising astrology in Lokhandwala, Andheri West, for the last 17 years. Her experience and understanding in astrology have made her a sought-after figure, enabling her to assist a great number of individuals in achieving their aspirations and objectives.

Mrs. Aghara’s interest in astrology derives from her firm conviction that the stars and planets have the ability to affect our life. She has gained a great knowledge of the

complexities of astrology and how it can be utilised to assist individuals find direction and purpose via her years of experience and study.

Mrs. Aghara offers in-depth readings based on her understanding of astrology, numerology, and gemology to individuals who want her advice. Her readings are intended to assist her customers in gaining insight into their lives, recognising their strengths and shortcomings, and making well-informed choices about the future.

In her many years of work, Mrs. Aghara has assisted many individuals in overcoming barriers and achieving their objectives. Whether it be finding love, landing a decent career, or just finding happiness and tranquilly, her advice and support have been crucial in assisting her clients in achieving their goals.

Mrs. Aghara’s knowledge in astrology is not the only thing that makes her distinct. Her considerate and empathetic attitude to her customers has earned her a reputation as a dependable and considerate counsel. Her

customers know they can depend on her for accurate and insightful astrological readings based on her extensive understanding of the subject.

In conclusion, the Lady Astrologer, Parul Aghara, is a genuine jewel in the field of astrology. With her extensive knowledge and years of experience, she has assisted numerous individuals in finding direction and purpose in their life. Mrs. Aghara is the astrologer to consult if you’re searching for advice and assistance.





# RASHMI CHOUDHARY

## Marketing Strategist

**R**ashmi Choudhary is a young, energetic and successful brand manager with over 13 years of experience. Her skill sets include the deployment of marketing strategies at the ground level, brand building through customer engagement and also retail set-ups / in-store engagement programs.

She also expresses herself through dancing, acting and modelling.

With a Bachelor's in Science and an MBA, Rashmi has also been a state-level athlete. Her strength lies in her family and positive attitude.

She is a dedicated and determined individual and believes her interactions

with people help her learn and grow every day.

Her pursuit of self-development also led to her participating in the Mrs India 2019 and 2021 pageants. She has also taken courses in modelling.

She believes that every girl must chase their dreams and unleash their true selves.

She has Worked in Consumer marketing strategy and Customer Acquisition.

According to her Consumer marketing is a strategy centred around driving retention, loyalty, growth, and participation among existing customers. What's important to understand about this strategy

is, it's a bit different than the methods that you'd typically use to attract and convert new customers.

Successful customer acquisition strategies combine sales, marketing, and more to get new customers on board. marketing

strategies cover big-picture messaging, while marketing plans delineate the logistical details of specific campaigns. The difference between a marketing strategy and a marketing plan or tactic is that a strategy is a bigger picture of how you plan to stay ahead of your competition.



# DR. SURABHI DHANWALA

## The High-Performance Physiotherapist with Magic Hands

**D**r. Surabhi is a well-known celebrity physiotherapist who has worked in the field for over 18 years. She has helped thousands of people with a wide range of physical problems, including the Honorable Former President of India, Mrs. Pratibhatai Patil, as well as many IPS and IAS officers and international athletes.

The Pune and Dehradun Dhanwala Naturo & Physio Care Centers were started by Dr. Surabhi. Her amazing diagnostic skills, which she uses without any machines, and her "magical hands" have helped a lot of people get better from long-term problems like knee or hip replacement, nerve root compression, frozen shoulders, digestive tract problems, metabolic system disorders, dislocation, and more. Patients with diabetes, paralysis, peripheral neuropathy, osteoarthritis, rheumatoid arthritis, retinopigmentosa, hypertension, and neuropathy have also benefited from her cutting-edge medical techniques.

Dr. Surabhi's education,

which includes BPT, MPT (Neuro), DNYS, CCH (1yr), CHM -Thailand (1yr), and an Honorary Doctorate in Neuromuscular Rehabilitation and Acupressure from South Western American University, shows that she is an expert in the field.

As a passionate medical advisor, Dr. Surabhi wants to share her legacy and knowledge with aspiring doctors. She uses both modern science and old methods to make new therapies that treat physical problems well. Her hope for a world without pain in the future is admirable.

Dr. Surabhi has won a lot of awards and praise for her work in Neurology, Naturopathy, and Neuropathy. People want to live a better life because of how hard she works and how determined she is to be mentally and physically fit. In Pune and Dehradun, Dr. Surabhi's chain of physiotherapy clinics, called Dhanwala Naturo & Physio Care Clinic, continues to give patients excellent medical care.





# भारत की ५ सबसे शक्तिशाली महिलाएँ

भारतीय महिलाओं ने दशकों तक सामाजिक पदों को संभालने के लिए तीव्र प्रयास किए हैं। वे युगों पुराने पितृसत्तात्मक मानदंडों को तोड़कर लैंगिक समानता में वृद्धि का मार्ग दर्शाती हैं। वे शिक्षा और अधिकारों के क्षेत्र में अपनी समृद्धि को प्रदर्शित कर रही हैं। महिलाओं के नेतृत्व के पदों पर उत्साहजनक प्रगति देखी जा रही है। ये समाज में भारतीय महिलाओं के साथ असाधारण बदलाव लाने में मदद कर रही है। वे छात्राओं, नेताओं, शासकों, शिक्षकों और कार्यकर्ताओं के रूप में रोल मॉडल के रूप में काम कर रही हैं। यहां इन ५ प्रेरक महिलाओं की सूची दी गई है, जो अपने-अपने क्षेत्र में अभूतपूर्व रूप से स्थापित, कायम और शक्ति का प्रदर्शन किया है।



**निर्मला सीतारमण-राजनीति**

फॉर्च्यून इंडिया की भारत की सबसे शक्तिशाली महिलाओं की सूची में वित्त मंत्री निर्मला सीतारमण पहले स्थान पर हैं। निर्मला सीतारमण देश की सबसे शक्तिशाली महिला हैं। कोरोना काल में उन्होंने अर्थव्यवस्था को उबारने के लिए वित्त मंत्री के रूप में अपनी जिम्मेदारी को बखूबी निभाया। 18 अगस्त 1959 में मदुरई तमिलनाडु में जन्मी निर्मला सीतारमण वर्तमान में भारत की 2019 से वित्तमंत्री हैं। लगातार तीसरी बार Forbes विश्व शक्तिशाली महिलाओं की सूची में स्थान हासिल किया है इस बार इन्हें पूरे विश्व में 37th स्थान प्राप्त हुआ है साथ ही भारत द्वारा Fortune India list में Most powerful women की लिस्ट में पहले पर काबिज हैं। 62 वर्षीय निर्मला सीतारमण के पति का नाम परकला प्रभाकर है जिनसे इन्होंने 1986 में शादी की थी। यह इंदिरा गांधी के बाद दूसरी रक्षा मंत्री बनीं थी। बात करे इनके नेट वर्थ की तो 2.63 करोड़ है।

डॉ पुनिता अरोड़ा का जन्म 1946 में लाहौर में एक पंजाबी परिवार में हुआ था। लेकिन पार्टिशन के बाद उत्तर प्रदेश के सहारनपुर में उनका बचपन का समय बीता। डॉ पुनिता अरोड़ा ने सेना और नौसेना में सफर करते हुए गेंद तोड़ी और दुनिया में भारतीय सेना में एकमात्र महिला अधिकारी के रूप में पहली महिला को दूसरी स्थान की स्थापना करने वाली थी। उन्होंने सरदार पद से लेकर प्रमुख सेना अधिकारी के रूप में पद को हमेशा के लिए हासिल किया।



**लेफ्टिनेंट जनरल डॉ पुनीता अरोड़ा-रक्षा**

पीवी सिंधु बैडमिंटन में भारत की पहली विश्व चैंपियन हैं और 1995 में जन्मी इस लड़की ने अपनी प्रेरणा और गुरु पुलेला गोपीचंद से आठ साल की उम्र में खेलना शुरू किया। वह 2013-14 में भारत की पहली विजेता बनी और उन्होंने विश्व बैडमिंटन चैंपियनशिप में बैक-टू-बैक पदक जीता। वह अपना दूसरा ओलंपिक पदक और 2022 राष्ट्रमंडल खेलों में स्वर्ण जीतने वाली है और 2020 में उन्होंने बीडब्ल्यूएफ टूर पर अपना पहला सुपर 500 खिताब हासिल किया। उन्हें अर्जुन पुरस्कार, राजीव गांधी खेल रत्न, पद्म भूषण से सम्मानित किया गया है। पद्म श्री और पद्म भूषण से सम्मानित किया गया है।



**पीवी सिंधु - खेल**



**अंशुला कांत विश्व बैंक समूह**

एक भारतीय और वह भी एक महिला को विश्व बैंक के एमडी और मुख्य वित्तीय अधिकारी के रूप में देखना एक ऐसी चीज है जिसे हम एक नागरिक के रूप में हमेशा संजोते रहेंगे। अंशुला कांत ने हम सभी को इस ऐतिहासिक क्षण का जश्न मनाने की अनुमति दी जब वह वैश्विक वित्तीय स्पेक्ट्रम में इस पद को धारण करने वाली पहली महिला बनीं। दिल्ली स्कूल ऑफ इकोनॉमिक्स की पूर्व छात्रा, उन्होंने स्टेट बैंक ऑफ इंडिया (SBI) में अपना करियर शुरू किया। वित्त और बैंकिंग में 35 वर्षों का अनुभव रखने वाली, उन्हें 2019 में विश्व बैंक समूह के वित्तीय और जोखिम प्रबंधन को संभालने की भूमिका सौंपी गई थी। सभी ने अंतर्राष्ट्रीय विकास सहायता (आईडीए) के लिए धन जुटाने में उनके शानदार प्रदर्शन की सराहना की, जो अंतर्राष्ट्रीय विकास सहायता (आईडीए) पर वित्तपोषण प्रदान करता है।

रोशनी नादर मल्होत्रा, भारत की सबसे धनी महिला हैं और 84,330 करोड़ रुपये की कुल संपत्ति के साथ, भारतीय अरबपति व्यवसायी और एचसीएल टेक्नोलॉजीज की चेयरपर्सन हैं। वे एचसीएल कॉर्पोरेशन की विजेता बनी और उन्होंने विश्व बैडमिंटन चैंपियनशिप में बैक-टू-बैक पदक जीता। वह अपना दूसरा ओलंपिक पदक और 2022 राष्ट्रमंडल खेलों में स्वर्ण जीतने वाली है और 2020 में उन्होंने बीडब्ल्यूएफ टूर पर अपना पहला सुपर 500 खिताब हासिल किया। उन्हें अर्जुन पुरस्कार, राजीव गांधी खेल रत्न, पद्म श्री और पद्म भूषण से सम्मानित किया गया है।



**रोशनी नादर मल्होत्रा- बिजनेस एंड टेक**



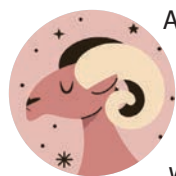


# Dr. Sohini Sastri

Astrologer, Life Coach,  
and Philanthropist

Contact : 9038136660

## HOROSCOPE OF THE MONTH - MARCH



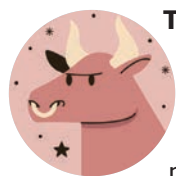
**Aries:** A lot of good things will happen in your life, including the way you interact with your partner, family, and co-workers. If you've been alone for a time, love will eventually find you. Don't think twice; embrace it. In a nurturing way, this person will supply stability and love. New assignments will be presented to you to put your skills to the test.



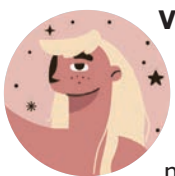
**Leo:** You're prepared to take advantage of any upcoming fresh possibilities. One of the most thrilling months of 2023 will be this one. Consider life from a different angle. Prioritize fixing outstanding concerns. You will be able to radiate charm thanks to the planet's planetary transition. You'll be noticed due to your eloquence and adaptable disposition.



**Sagittarius:** You'll have one of the best months of the year because of your abundance, success, notoriety, and good news. Make the most of any chance that comes your way because luck will be on your side. Have faith in yourself and accept the changes that are going to occur in your life. Additionally, you can be involved in pursuits that call for expansion and travel.



**Taurus:** You'll encounter difficult circumstances in your career and health, so take caution. Be prepared for relationship problems and unexpected changes at work. Misunderstandings and repercussions might result from communication errors. Also, exercise caution with your money to avoid overspending on things you don't need.



**Virgo:** Virgo, you will learn this month. There are many options that could change your life as autumn draws near. You will adopt a proactive attitude as opposed to taking a passive one. At the start of the month, you can begin to relax and decompress. Your children will make you happy, and your family will come first.



**Capricorn:** You will have a good month, have keen intuition, and won't miss anything. There won't be any problems throughout this time. You will have many opportunities, and everything will be wonderful. Your instincts will be sharp, and you'll be able to pull off a lot of surprising feats.



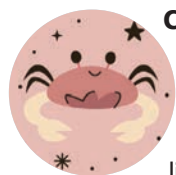
**Gemini:** You will be the centre of attention and well-known for your eccentricities, which frequently lead to speculative conversation about you. You will become well-known and the centre of attention at parties and social events as a result of your actions. Your adaptable nature, which is frequently liked and envied by others, will catch the eye of influential people who will open up new prospects for you.



**Libra:** Expecting a problem-free life is merely a pipe dream. Stop being selfish this month and accept reality. The good and the terrible in life must both be accepted because life is not always simple. Instead of attempting to attract attention, engage in activities that already do so. Because your ego is more important to you than anything else, you can experience difficulties in your romantic life this month.



**Aquarius:** You will pick up fresh knowledge as well as significant religious knowledge. With your father or grandmother, or another authoritative individual, you can run into problems. Your actions will determine the outcomes, and only your hard effort will bring you luck. To succeed, put more effort on achieving your goals than on waiting for miracles.



**Cancer:** At the start of the month, wonderful possibilities will present themselves. Don't be wary of what life throws at you; if you have faith, the outcomes will be as you had hoped. Face reality and work to enhance your relationships with other family members even if you could face some difficulties on the family front.



**Scorpio:** You will broaden your intellect this month. Dreamers like you can benefit from spending time in nature, such as by taking a long walk in the forest. Mid-month, your emotional life could flourish. There may be disagreements and delays in the activities, but there will also be chances to build a solid partnership.



**Pisces:** Your dreams will swallow you. Positive personality improvements occur this month. Your issues with love will be solved. Making wise choices will help both you and those around you. Your emotions will be under your control. You might experience family troubles toward the end of the month, but you can handle them.



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<sup>\*\*</sup>Ex-showroom. <sup>^^</sup>The range figure is based on ICAT certification in test conditions. Performance figures may differ in conditions other than test conditions. Vehicle body colour may differ due to printing process. Images used in this ad are for representation purpose only. In view of our policy of continuously improving our products, we reserve the right to alter specifications, features and designs without prior notice and without liability. All variants are subject to availability. Please check details with your nearest MG dealer for latest information. Accessories and features shown in the pictures may not be a part of standard equipment and will differ according to the variant. Details as per owner's manual. Available in select cities. <sup>^^^</sup>Cumulative figure of kms driven by all MG ZS EV customers on Indian roads till date which has resulted in reduction of 205 lakh kg CO<sub>2</sub> emission. <sup>^</sup>Calculated up to 50,000 kms of preventive maintenance (including parts, consumables, labour, taxes) along with and as of date electricity charges in Delhi NCR. <sup>\*</sup>T&C Apply. Offer is valid till 31<sup>st</sup> March 2023.