

FEMMIETIMES

Media



SUPER 30
WOMEN

MANISHA SUBBBA Super Woman Glam Icon

Exclusive Interview With Multi-Talented Personality Manisha

OUR TEAM

Teamwork is the force behind every successful business. Only when employees come together, share a common vision of the goal, put together their strengths, complement their weaknesses, and help each other in times of need- can an organization grow to its greatest heights.

Manisha Gangawat

Magazine Head

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Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus

EDITOR'S LETTER

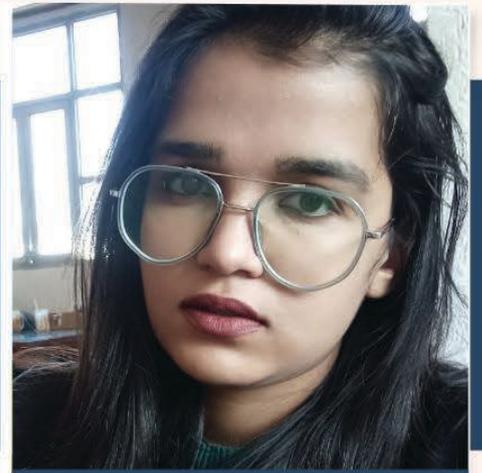
Dear Readers,

In our much-anticipated January 2024 edition, Femmetimes Magazine proudly presents a special feature that pays tribute to the indomitable spirit and extraordinary achievements of the ***Super Women of India - 2024***. These remarkable individuals have not only broken barriers but have also become symbols of inspiration, resilience, and empowerment.

Get ready to be inspired by the stories of women who have conquered challenges, shattered stereotypes, and carved their own path to success. From diverse fields such as business, science, arts, sports, and social activism, our featured Super Women of India have left an indelible mark on the nation.

In this edition, we delve into the journeys of these trailblazers, exploring the moments that defined them, the challenges they overcame, and the impact they've made on their respective industries. Each story is a testament to the power of determination, passion, and the unyielding belief that women can achieve anything they set their minds to.

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MAGAZINE EDITOR

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Woman Educator Leader - 2024

RANJANA RAJORA SHARMA

“A Visionary Leader Shaping Education for Over Two Decades”

In the realm of educational administration and management, Ranjana Rajora Sharma stands as a doyen, boasting a remarkable 22-year journey marked by excellence and dynamic leadership. Her tenure as an Administrator at prestigious institutions like Neerja Modi School, Jaipur, and Darshan Education Foundation, Delhi, has been characterized by a relentless commitment to fostering optimal results in general administration, strategic planning, research, and development.

Ranjana's unique approach combines thoughtful planning, budget-friendly strategies, and a creative flair, setting her apart as a perfectionist dedicated to delivering the best for students, staff, and the organization. Currently spearheading Darshan Education Foundation in Delhi, overseeing a chain of 23 schools in India and South America, Ranjana's leadership style brings a fresh perspective, fostering enthusiasm and a positive, result-oriented approach within her team. Her impactful contributions extend beyond administration, including heading international projects and being part of curriculum development teams. Ranjana Rajora Sharma is more than an administrator; she is a transformative leader shaping the future of education.

Awards and achievements

1. Zee Media – NATIONAL ACHIEVERS AWARD –

2023: Inspirational Leadership – Excellence in Education Community.

2. Economic Times – THE TIMES GROUP LEADERSHIP EXCELLENCE AWARDS – 2023.

3. OUTLOOK MAGAZINE – Special Edition on Independence Day 2023 - CHANGEMAKERS OF MODERN INDIA.

4. FORTUNE MAGAZINE – Special Edition on MOST VALUABLE BUSINESS ICONS & VISIONARY LEADERS.



5. *Queen Book Awards – OUTSTANDING ACHIEVER AWARD IN EDUCATION SECTOR.*

6. *Asian Education Award 2023 - OUTSTANDING CONTRIBUTION IN EDUCATION.*

7. *Perfect Women – October 2023 Edition Cover Girl with cover story.*

8. *Dr. Baba Saheb Ambedkar – National Contribution Award 2023 nominee.*

9. *Special Edition of Perfect Women Magazine: Top 30 Successful Women.*

10. *MID-DAY – MUMBAI by Perfect Women: TOP 100 Dynamic Women of the Year 2023/2024.*

11. *Selected as Educator Delegate for meeting with His Holiness Dalai Lama.*

12. *Asia's Icon Award – Women Leader category from INDIA for Education.*

13. *Featured in FORBES- Showstoppers 2023 edition.*

14. *Recognized in FORBES- Asia Power Businesswomen 2023 edition.*

Some Q&A with Ranjana Rajora Sharma:

Q. In the rapidly evolving landscape of education, how do you envision incorporating technology and modern teaching methodologies to enhance the learning experience for students in your schools?

Ranjana Rajora Sharma: “In navigating the dynamic educational landscape, I see technology as a pivotal force to revolutionize teaching methodologies. Embracing this shift is imperative for fostering global awareness and preparing our students as citizens of the world. By integrating cutting-edge technology, we can create an immersive learning environment that transcends boundaries and encourages innovative thinking. My vision is to empower students with the tools to navigate the digital age, ensuring they not only keep pace but thrive in an interconnected world. It's about cultivating a learning experience that goes beyond textbooks, nurturing curiosity, and fostering skills that are relevant on a global scale.”

Q. With your extensive experience in administration and leadership, what advice would you give to aspiring women leaders looking to make a significant impact in the field of education today?

Ranjana Rajora Sharma: “Drawing from my extensive journey in administration, I would advise aspiring women leaders in education to anchor their efforts in focused, strategic work. Tailor your plans to address the specific needs of the educational landscape. Prioritize initiatives that tangibly contribute to practical knowledge and skill development. Embrace a holistic approach, emphasizing collaboration, innovation, and a commitment to continuous improvement. Cultivate resilience in the face of challenges, and be unwavering in your pursuit of excellence.”

Remember, each decision made and action taken should align with the overarching goal of making a lasting, positive impact on students, staff, and the educational community at large.”

Q. Your achievements reflect a commitment to excellence. Can you share a specific instance where innovative thinking played a crucial role in overcoming a challenge, contributing to the success of your educational institutions?

Ranjana Rajora Sharma: “One notable instance of innovative thinking impacting our educational institution was our pioneering international program. Despite diverse socio-economic backgrounds and linguistic challenges, our students, particularly from B and C towns, excelled. This experience highlighted the transformative power of providing the right opportunities to students. By breaking through language barriers and broadening their horizons, we witnessed their remarkable achievements. It affirmed that with innovative initiatives, we can create pathways for success, unlocking potential across various strata of society and fostering a culture of excellence in our educational endeavors.”



Super Woman Model & Artist

ANITA S

“Bridging Creativity and Commerce in the Advertising Arena”

In the dynamic realm of advertising, Anita S, the ***Creative Servicing Head at a renowned agency***, stands as a beacon of innovation and strategic prowess. Armed with a Commercial Arts, Interior Design, and Textile design background from Rachana Sansad, Prabhadevi, Mumbai, and a BCom from Mumbai University, Anita seamlessly merges artistic brilliance with a solid foundation in business. Her multifaceted expertise transforms campaigns into captivating narratives that not only captivate audiences but also drive commercial success. In this exclusive article, delve into Anita’s journey, exploring the symbiosis of creativity and commerce that defines her role as a trailblazer in the advertising landscape. Discover the alchemy behind Anita’s success as she orchestrates a harmonious blend of visual aesthetics and financial acumen. Unveil the strategic mindset that has propelled her to the forefront of the industry, navigating the complex intersection where creativity meets the bottom line.

This article provides an insightful glimpse into how Anita S has carved her niche, leaving an indelible mark on the advertising canvas. Join us on a journey through her educational roots, professional milestones, and the ingenious fusion of artistic flair and business acuity that distinguishes her as a leader in the fast-paced world of advertising



Notable Awards and Achievements

- *Notable achievements and recognition in the fashion sector.*
 - *Mrs. Asia Pacific - Ambassador*
- *Mrs. Asia Pacific - Most Encouraging Women Of the year*
 - *Mrs. Asia International World - 2nd runner-up*
- *Mrs. Asia International World - title of Best Confident*
- *Mrs. India winner with the title of Mrs. India Best Skin.*
 - *Received award - Prestigious Indian of the year*
 - *Received award - Prestigious Woman of the year*
 - *Dedication to representing India on national and international platforms.*
 - *Contributions have positioned her as a valuable contributor to the industry.*



Q&A with Anita S:

Q. As a seasoned commercial artist and model, how do you navigate the evolving trends in the industry to stay relevant and creative?

Anita S: "As a seasoned commercial artist and model, I stay relevant and creative by constantly embracing evolving industry trends. I remain proactive in learning from emerging styles, attending workshops, and engaging in collaborative projects. My adaptability and openness to new technologies ensure that I not only stay current but also bring fresh perspectives to my work, allowing me to navigate the dynamic landscape of the industry with creativity and relevance."

Q. Living in the vibrant city of Mumbai, how has the cultural diversity influenced your work as an artist and model?

Anita S: "Residing in Mumbai's diverse cultural milieu has profoundly shaped my work as an artist and model. The city's vibrant tapestry of traditions and lifestyles serves as constant inspiration, infusing my creations with a rich blend of colors, themes, and narratives that reflect the eclectic spirit of Mumbai."

Q. Could you share a pivotal moment in your career that shaped your artistic journey, and how do you continue to challenge yourself in a dynamic field like commercial art and modeling?

Anita S: "To navigate the dynamic field of commercial art and modeling,

I constantly challenge myself by embracing new trends, exploring diverse styles, and seeking innovative collaborations. This constant drive for growth and adaptation ensures that I stay at the forefront of the industry, bringing fresh perspectives to my work."



Expert Woman - Spiritual Consultant
& Life Coach

JINAL SONI

“SpiritualVibes: Guiding Transformation
with Jinal Soni’s Holistic Expertise”

Introducing

Jinal Soni, a seasoned Spiritual Consultant, Mentor & Life Coach with over 25 years of experience in the realm of holistic healing. As a Reiki Grand Master, Lama Fera Master Teacher, Crystal Healer & Therapist, Humkara with Haleem Healer, Advance Pranic Healer, and Yoga Instructor, Jinal Soni from Ahmedabad embarked on her spiritual journey at the young age of 16. Founder of “SPIRITUALVIBES,” she passionately utilizes modalities like Usui Reiki, Lama Fera, Crystal Healing, and Humkara with Haleem to address diverse issues. Through her company, SpiritualVibes, Jinal not only provides healing but also imparts certified courses in alternative medicine, advanced yoga, and meditation. With a mission to enhance lives from various angles, Jinal Soni stands as a beacon of spiritual guidance and transformative teachings. Explore the world of healing and self-discovery with Jinal at www.spiritualvibes.in.

Awards and Achievements

- 1. Heartfelt Recognition:** Considers the blessings received from individuals overcoming challenges as her true achievements.
- 2. Media Presence:** Featured in interviews on prominent platforms like Zee News, Divya Bhaskar, News 18, Gujarat First, contributing to the betterment of lives.
- 3. Gifted Healer:** Discovered unique spiritual gifts at a young age, fostering a deep belief in the transformative power of spiritualism and healing.
- 4. Life Transformation:** Advocates that the path of spiritualism can profoundly alter life journeys, drawing from her personal experience and that of numerous clients.
- 5. Mentorship Impact:** Renowned for mentoring thousands of individuals, sharing her well-treasured knowledge for the overall welfare of others.



SPIRITUAL VIBES

Upbeat Your Vibration

Some Q&A with Jinal Soni:

Q. How do you integrate modern trends and technology into your spiritual healing practices at Spiritual Vibes?

Jinal Soni: "At Spiritual Vibes, we seamlessly blend spirituality with modern trends and technologies to enhance our healing practices. We incorporate various technologies, including Meditation Apps, a Virtual Wellness Platform, and biofeedback apps and devices. Our website, www.SpiritualVibes.in, serves as a hub for online support and courses, allowing people worldwide to easily connect with us and benefit from our services. Additionally, we leverage social media for community support and foster online forums to create a connected spiritual environment. Embracing these technological tools complements traditional spiritual healing, making our practices more accessible and tailored to contemporary lifestyles."

Q. As a mentor and life coach, how do you address the evolving needs of individuals in today's fast-paced and dynamic world?

Jinal Soni: "I must say that everyone needs to take care of their physical health as well as their emotional and mental health. And for that, one should turn to spirituality. Only with spirituality, everyone can be happy easily and quickly and can keep others happy."

Q. Can you share a brief insight into your most impactful spiritual healing case and the positive outcomes achieved areas?

Jinal Soni: "By the grace of God, I've successfully addressed each client's challenges through my spiritual knowledge and healing techniques. I possess a robust command of distance healing, yielding tremendous results in resolving various physical, mental, and financial issues. Distance healing proves highly effective in alleviating stress and fostering positive relationships in today's fast-paced life. I also offer specialized student healing to enhance exam performance and eliminate distractions for students. Recognizing the immense pressure on students aged 15-20 from parents and educational institutions, my student healing approach enables them to excel in exams without succumbing to pressure and anxiety."

Through student healing, I empower young minds, contributing to their career development and fostering better mental growth. This holistic approach aids in overcoming addiction and breaking free from detrimental habits. In the present day, distance healing plays a pivotal role in resolving domestic issues efficiently, without imposing a burden on anyone's time."



Super Woman Expert HR Professional Sree Lata Shankar

“Pioneering Excellence in
HR & L&D Across Industries”

Embarking on a remarkable 24-year journey, Sree Lata Shankar stands as a distinguished HR & L&D Leader, reshaping the corporate landscape. Armed with a Commerce degree, a PG Diploma in Management specializing in Human Resources, and a Master's Degree in Personnel Management, she embodies a blend of academic prowess and practical acumen.

Sree Lata's footprint spans pivotal sectors such as Banking, Telecom, IT & ITES, where she has held various HR roles with finesse. A seasoned professional, she seamlessly combines her vast experience to consult and advise companies on the intricacies of HR. From strategic planning to hands-on execution, Sree Lata's multifaceted journey reflects a commitment to excellence. Join us in exploring the dynamic career of Sree Lata Shankar, an architect of progressive HR practices and a beacon in Learning & Development.

Sree has two passions – Teaching & Writing. She has been teaching for last 14 years. She teaches HR in Management Colleges and conducts Soft Skill Training for Corporate Companies, Engineering & Management Colleges. She has also been writing poetry for the last five year, has written 38 poems to date.

Sree has been the Master of Ceremonies & anchored many events. She was the Master of Ceremony Held In September -2023 for a Product Leaders Forum held in Hyderabad.

She recently started a Podcast titled Leadership Talks. Leaders across Industries, Domains, Verticals. We have aired 7 episodes to date. Hoping to touch 100 episodes

Sree Lata is a multitasking individual. Her hobbies range from Tanjore Painting, Terracotta, Block Printing, Tie & Dye, Batik Printing etc.

Awards and Achievements:

- Visionary Leader: Triumphs of Talent Award
- Women Leader: Hybiz TV Recognition
 - HR Leader: Tackyon Award
- Visiting Professor: National Corporate Campus.
- Motivational Speaker: Alluri Institute of Management Science.

- *Invited As Guest Speaker at Corporate Companies, Engineering colleges, B-Schools, HR Forums, Seminars, Webinars.*
- *Topics covered: Management, Business, Leadership, Global Digital Transformation, Women Empowerment, Leadership Development, Diversity, Inclusion & Equity, Careers in Digital Economy, Enhancing employees' growth through organizational capabilities.*
- *Frequently invited by renowned institutes like LPU, Narsee Monjee Institute of Management Studies, IIM Amritsar, Kalinga Institute of Management, ICFAI Business School, Pune Institute of Business Management, Sivia Shivani Institute of Management, Institute of Aeronautical Engineering, ICBM School of Management, Balaji Institute of Telecom Management, Amity University, Avantika University, Anurag Group of Institutions, Guru Nanak College of Management, Nizams College of Management, Vidya Jyothi Institute of Technology & Management.*

Some Q&A with Sree Lata Shankar:

Q. How do you leverage technology in HR processes to enhance performance appraisal and streamline employee relations, keeping up with the latest trends?

Sree Lata Shankar: "Every sphere of life revolves around technology, and so does everything related to work. Various HR tools are available in the market today that enable the HR team to capture employees' performance throughout the year; helping HR teams and reporting managers to consolidate employee performance during the Annual Appraisal. These tools are ERP tools further enhanced with AI. They help capture real-time data and generate various reports within a short time, thus saving many hours for all managers and HR personnel."

Q. In the rapidly evolving workplace landscape, what innovative strategies have you implemented for compensation and benefits to ensure they align with the changing needs of employees?

Sree Lata Shankar: "A pertinent aspect I have always focused upon is to ensure everyone works towards the company's goals, keeping in tune with the company's vision & mission. Also, keeping abreast of the latest or niche technologies is crucial. The key is to always be able to adapt and adopt, both as an individual and organization as a whole."

Secondly, I have always insisted on training. Every organization should invest in training employees at all levels. Training is the key to ensuring employees' performance can be maintained at the optimum level, helps in the growth of the employee, which, in turn, catapults the organization's growth, and reduces attrition dramatically. As long as the employee is constantly learning, even if there is only lateral growth and not vertical growth, they will not wish to resign from the company."

Q. Considering the importance of skills development, could you share your insights on integrating modern training and development methods that foster continuous learning and growth within the organization?

Sree Lata Shankar: "Skill development and enhancement are required by every individual and employee throughout his career/life. This being the reality, training has to be a predominant function for every organization. If one is not learning, he becomes obsolete. Organizations should make it mandatory and have specified hours of training as a rule. Technical training, cross-functional training, and soft skill training have to be imparted throughout the year. In today's age of advanced technology, there are a plethora of platforms where anyone can learn from. E-learning/web learning, on-the-job training, classroom training, job shadowing, case studies, blended learning, etc. Training is essential, similar to other key elements of organizations, and companies should invest in training their employees."



Beauty queen - 2024

Ratna Dabre

“Beyond Threads: Ratna Dabre’s Journey from Textile Engineering to Beauty Triumphs”

Introduction:

Ratna Dabre, a dynamic B.Tech textile engineer, seamlessly blends technical expertise with a diverse portfolio in beauty pageants, talent contests, ramp walks, modeling, and devotional video albums. Her remarkable journey unfolds from the challenges of college life to the triumphs of winning beauty pageants, ultimately establishing herself as a professional engineer. Life, for Ratna, is a perpetual teacher, shaping her into a resilient individual. Embracing growth and learning, her narrative stands as a testament to the fusion of engineering prowess and a vibrant artistic spirit. Ratna Dabre: Bridging Beauty and Engineering Brilliance.

Awards and achievements:

1. NARIRATNA GAURAV PURASKAR 23-24: Adorned with a prestigious award, marking a journey of continued excellence.
2. Bhartiya Veshbhusha Competition: Top honors in the Mom and Daughter category by Gokul Maze.
3. Nrutyta Shiromani Performance: Mesmerizing online dance performance with daughter in Navi Mumbai.
4. Play and Win by WWT: Secured victory in the Play and Win competition.
5. Womeniya Kollhapuriya 2020: Triumphed in an online Beauty Contest by Womeniya.
6. Navawadhu Beauty Contest: Secured 2nd Runner-up position in LMK 2020 contest.
7. Saree Speaks 2020: Showcased elegance in the Saree Speaks event.
8. Maharashtra Mahotsav 2019: Proud Semi-Finalist in the prestigious Maharashtra Mahotsav.
9. Iravati 2019: Emerged victorious in Iravati at Maharashtra Saundarya Samradhni state level.
10. Mrs. Perfect Maharashtra Beauty with Propose 2019: Earned the coveted title.
11. Lokmat Sakhi Manch Shravansohala: Enthralled audiences as Mangalagaur.
12. Mel Sanancha Khel Paithanicha 2019: Clinched the Best Costume Award.
13. Mom and Daughter Fashion Show: Secured 2nd Runner-up position on Women’s Day, March 2019.
14. Pragati 3 Fashion Show, October 2018: Dazzled the runway as a professional Bride.
15. Sanskarbharati Drawing Competition, September 2018: Bagged a cash prize in the drawing competition.





Some Q&A with Ratna Dabre:

Q. As a multifaceted professional with diverse experiences in beauty contests, talent shows, and modeling, how do you balance your career with being a mother to an 8-year-old daughter?

Ratna Dabre: “Juggling the demands of beauty contests, talent shows, and modeling alongside motherhood demands strategic planning. I leverage technology for efficient scheduling, collaborate with my partner and extended family for support, and maintain a resilient mindset to navigate the challenges, ensuring a well-rounded life for both my career and my daughter.”

Q. Your recent victories showcase your success in various competitions. Can you share a memorable moment or achievement that holds a special place in your heart and has significantly influenced your journey?

Ratna Dabre: “In my personal life, the ultimate joy that forever shines is welcoming my little girl into the world. It turned our home into a happy hub dominated by females – a real girl power moment!”

On the professional runway, strutting my stuff with my daughter marked my debut, and clinching the second spot was a confidence booster. It brought back memories from my own childhood, realizing how different her experiences are compared to mine.”

Q. In the ever-evolving landscape of fashion and beauty, how do you stay updated with the latest trends, and what advice would you give to aspiring individuals looking to make their mark in the industry?

Ratna Dabre: “To stay current in the dynamic world of fashion and beauty, I consistently follow industry publications, engage in networking events, and leverage social media platforms for trend insights. My advice to aspiring individuals is to cultivate a genuine passion for the industry, stay curious, build a strong professional network, and be adaptable to change. Continuous learning and authenticity are key to making a lasting impact in this ever-evolving landscape.”



Woman Dentist - 2024 DR. DEBASMITA NATH

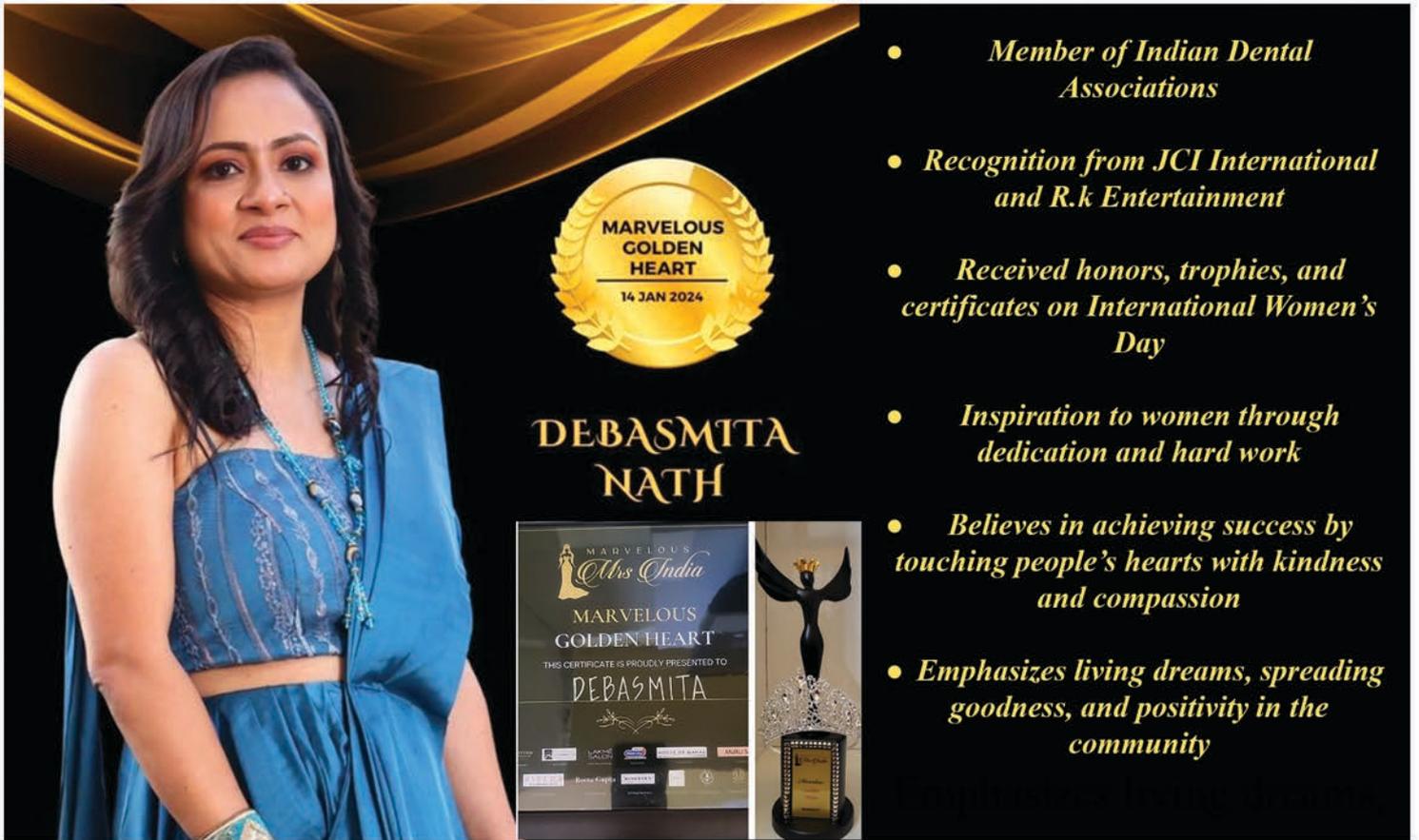
“Empowering Smiles and
Hearts – A Dental
Professional’s Journey of
Care and Triumph”

Meet Dr. Debasmita Nath, a dedicated dentist hailing from Silchar, Assam. Completing her education in Bangalore, she embarked on a journey of dental care, establishing Drishti Dental Clinic in her hometown. With a rich background in healthcare, she contributed 15 years to institutions like Silchar Medical College, ECHS, and Borkhola Rural Hospital. Dr. Nath’s commitment to community health extends beyond her clinics; annually, she conducts health awareness camps, providing free treatment and medicines in rural areas.

*Family plays a significant role in her life—she is the daughter of the late Dr. Sudhangshu Sekhar Nath and Hasi Nath, and a caring sister to an engineer in Germany. Balancing her professional and personal life, Dr. Nath took a break from her career to raise her two children. Now, with a daughter aged 11 and a son aged 10, she continues her passion for healthcare while achieving a personal dream. **Crowned “Queen with Golden Heart” at the Marvelous Mrs. India 2024, she is set to represent at the Milestone International Mrs. India in Bangkok this April. Dr. Debasmita Nath exemplifies a woman of substance, compassion, and accomplishment.***



Awards and Achievements:



Some Q&A with Dr. Debasmita Nath:

Q. What innovative dental technologies or treatments are you currently incorporating into your practice to enhance patient care and experience?

Dr. Debasmita Nath: "Root canal treatment, painless tooth extraction, orthodontic treatment, IMF for fractures along with restoration, scaling, and all other necessary treatments are performed in my clinic. I believe that, regardless of the technology or treatment, maintaining good communication between a patient and a doctor is crucial."

Q. As a dental professional, how do you stay updated on the latest advancements in dentistry, and how do you integrate this knowledge into your daily practice?

Dr. Debasmita Nath: "I stay updated by either reading about them in dental journals or discussing with my fellow colleagues during seminars or conferences. Nowadays, we can also update ourselves through social media. I incorporate new restorative materials and acquire the latest instruments in my dental practice. I always prioritize patients' comfort."

Q. Can you share insights on the importance of preventive dental care and any specific recommendations you have for maintaining optimal oral health in today's fast-paced lifestyle?

Dr. Debasmita Nath: "We should not forget that the way we take care of our overall health, we should also prioritize our oral health. Poor oral health can impact overall well-being. Maintain a healthy diet with foods rich in fibers, calcium, and various vitamins. Brushing twice a day, avoiding sugary and sticky foods, tobacco, lime, and smoking are essential. Develop habits like brushing, flossing, and rinsing the mouth after eating. Regular dental check-ups are crucial, as preventive measures are more effective than delayed interventions. A good oral health not only ensures a beautiful smile but also contributes to an enhanced overall appearance."



Super Woman
MANISHA SUBBA
Super Woman Glam Icon
-2024



“Manisha Subba: From Teaching Heights to Financial Success in the Urban Jungle””

In the heartwarming tale of Manisha Subba, a journey unfolds from the serene mountains of Nagaland to the dazzling lights of Noida, Uttar Pradesh. Starting her career as a teacher, Manisha’s path took an unexpected turn as she ventured into the challenging realm of Real Estate in Delhi. Balancing the roles of educator and financial advisor, she carved a niche for herself, embodying resilience and determination.

Manisha’s narrative extends beyond professional accomplishments. As a finalist in Miss India 2023 Woman of Substance, she not only clinched the coveted subtitle “Talented Diva” but also secured the esteemed title of Runner-Up. Her journey into the glamorous world of modeling echoes a tale of courage and self-discovery. Despite initial reservations, Manisha’s partner and unwavering pillar of support encouraged her to pursue her childhood dream, propelling her into the spotlight.

The article delves into the intricacies of Manisha’s life, exploring the challenges she overcame, from language barriers in a new city to conquering the demanding modeling industry. Beyond the accolades, it unravels her philosophy on life, emphasizing the importance of passion, hard work, and the unwavering support of loved ones. Manisha Subba’s story is a testament to the indomitable spirit of a woman who navigates diverse realms, embracing each challenge with grace and determination.

Awards and achievements:

- “Miss India 2023 Woman of Substance” Finalist
 - Subtitle: “Talented Diva” recipient
 - Achieved Runner Up in the Finale
- Award presented by celebrity “Zoya Afroz”
 - Dream come true moment
- Recognized for hard work and dedication
- Success attributed to following passion



Some Q&A with Manisha Subba:

Q. What inspired you to transition from teaching to becoming a Financial Advisor in Real Estate, and how has this career change impacted your life?

Manisha Subba: "Being a teacher I never thought I will become a Financial Advisor. When I started my journey in Delhi I have faced lots of rejection too as I was not good in speaking Hindi but it didn't de-motivated me I went for some interviews in schools and also in some other field. I was looking for some better option with my career growth and I met one friend of mine and he was already Associated in Real Estate, he explained me the entire work and the career growth in this field and I really got inspired with it. So I decided to work in Real Estate. And at first I started working as a Real Estate Advisor; it was really challenging for me but the best part is I never gave up, there were lots of ups and down but it never de-motivated me, each day was a task for me, each day was a learning for me here as it was completely different from Teaching. No work is easy it just need your determination, sweat and hardwork. Days passed by and months passed by within 6 months I create a sale and from there I got more motivated, during this journey I met lots of people, some people disappointed me, some played with honesty, emotions too but it didn't break me. I gave my 100% all the way, In this journey I met lots of people, some businessman, some doctors, engineers, high profiles, low profiles and I have learned from them too. I have learned how to represent myself in front of them. From Teaching to Real Estate it was never easy for me, each day was a challenging. I have learnt the Ethics of presenting myself, it built my confidence, I was scared of public speaking but with this profile I have learnt a lot and I improved my speaking Hindi too. Even I have faced lots of problems financially, mentally but without giving up slowly within a year I have become a Supervisor and then Financial Advisor. For me hardwork matters a lot, if you are passionate for something and you want to get it than no one is there to stop you. And this is how I am here today"

Q. Being a finalist in Miss and Mrs India 2023 Woman of Substance, what valuable lessons have you learned about self-confidence, personality development, and developing skills as a model?

Manisha Subba: "Being a finalist in Miss India 2023 Woman of Substance, the valuable lessons I've learned are unique. Unlike others, I always had a dream to face the crowd and stand in front as a model, but I didn't know what things we need to do. In this 3-day journey, I firstly learned that being a model is not an easy task; different industries have different tasks. Here, I have learned modeling life is not easy, also the whole day carrying heels on your foot and practicing the whole day and bringing the confidence in you while wearing heels is quite difficult too. I have met lots of new people from different parts of India; some were younger; some were older than me. **Each person out there was very nice and friendly;** everyone had different skills too.

I have learned how to speak in public with confidence; they made me more confident each time I saw different people. It automatically developed my personality as I am already into Real Estate, so it was not quite difficult for me to develop personality. When I talk about developing skills, then here I have learned that everyone has their own skills. Our coordinator and our choreographer taught us how to bring a smile to our face and how to walk confidently with a smile. It didn't take a long time for me to develop this skill inside me.

Yes, it was quite tough, though, carrying heels and practicing the whole day, and then on the finale day, we didn't get time to change. We got only 2 minutes to change, get ready, and turn back to the stage. So this is how I have learned that we should always be ready for everything; we should prepare ourselves and set our minds for every task."

Q. Balancing family responsibilities and pursuing your dream of becoming a successful model is commendable. Can you share some insights into how you manage these diverse aspects of your life?

Manisha Subba: "Balancing family responsibilities and chasing my dream of becoming a successful model is worthy. At first, I was unable to manage the time, but after a few days, I made up my routine, and my mom was there who supported me. She told me, "Do what makes you happy, and I am with you; I will manage everything." This was the only word that made me stronger. At the same time, I was working too. There were some days where I was unable to attend the meeting, there were some days where I didn't turn up to the meeting in the office because of tiredness, but as time passed, I made up my mind and I did it. It was never tough for me to manage family as my mom was the one who continuously supported me and still supporting me with all my works. For a time being, she managed everything and stood by my side. I was doing my job and also pursuing my modeling, so ups and downs were there, but I never lost hope. I was just chasing my dreams to come true. Some days were hard, but time management is really very important. If we know how to manage things on a daily basis, then it never becomes hard. Managing everything timely is not easy, but once we get into the routine, we will love it, and it will not create any problem, and we can easily manage things. The key for me was my mom's support and love. And this is how I manage in my life."



Q. Winning the subtitle “Talented Diva” and being a runner-up in Miss India 2023 Woman of Substance is a significant achievement. How do you plan to leverage this platform to inspire and empower other women?

Manisha Subba: “Winning the subtitle “Talented Diva” and being a runner-up in Miss India 2023 Woman of Substance is really a very big achievement for me; it’s all because of hard work, determination, and sweat, which I always say. At first, I thought, “No, I won’t be able to do it. I feel shy. What will people think if I do modeling? They will not think good. What will family members think?” But once I made up my mind that, “No, I will do it and find my own identity in this industry,” as it was always a dream to become a model. So, when I am getting this opportunity, then I should grab it in one go. The biggest role is my partner and mother here. And from there, my journey starts; every day, I started practicing at home, watching videos on how to walk on a ramp, how to do makeup, and so on. Each day, they motivated me. So, our hard work pays us always.

I would like to tell every woman, everyone will come into our life saying, “You’re a girl, stay at home, don’t put this much makeup, don’t go outside, and you should do household work, don’t talk to men.” See, when you will see dreams, lots of questions will arise; some will open their door for you, and some will close the door. But remember one thing: though people say anything to you, you just listen to yourself and chase your dreams. People will always point you out in every move of yours, but never get depressed with their words.

Though man or woman, everyone has the right to see dreams, so never ever think you can’t do anything. Let people say whatever they want, but you chase your dreams and achieve it. I believe if you chase your dreams, you will achieve it too.”

Q. Your partner has played a crucial role in supporting your journey. How do you maintain a strong partnership while pursuing your dreams, and what advice do you have for other women striving for success in various aspects of their lives?

Manisha Subba: “Yes, I can proudly say that my partner has played a very crucial role in supporting my journey, not only in this endeavor but also in my life. Without him, I would not have reached here. He is the only one who motivated me for everything, from my office work to my dreams. He brought this opportunity to me, asking, “It was your dream, right? So, I want you to grab this opportunity, and I will be there for you by supporting you.” He has always played a role in my life as a partner, father, brother, and friend. I accepted this opportunity, and we both worked very hard for it; it was not only me who was working hard, it was us.

There was a time when, with lots of work, I got demotivated too. Managing office work, attending meetings, coming home late, and then having to attend Zoom meetings for modeling – with all those ups and downs, he stood right beside me, motivated me, and said, “Yes, I believe in you, and you can do it.” I believe if your relationship is strong and your partner is supportive, you can achieve everything in life. Your partner is the biggest gift and strength for you. The advice to all women is never to lose hope and never give up. Chase your dreams; when you get any opportunity, just grab it, as opportunities also come when you are already stuck in something. So think carefully, work on it, and success will always kiss your feet.

“People say that there is a woman behind every successful man, but I truly believe that my partner has always been my support and stood by me throughout the ups and downs of my life. I am blessed to have him.”



Woman Educationist Of The Year-2024

NEETA POOJARY

“Empowering Minds,
Transforming Lives”

Meet Neeta Poojary, a visionary from Mumbai, whose transformative journey began in Karnataka at the age of 21. Founder of Lilly Kids, a flourishing preschool in Chickmagalur [Dist] Mudigere [Tq], she overcame challenges with unwavering determination, creating a haven for 300 children. When the pandemic struck, Neeta turned adversity into opportunity, initiating free teacher training programs that empowered over 3000 educators globally. Expanding her impact further, she founded Lilly Kids Prioritize Learning Courses, touching the lives of 15,000 individuals worldwide. Beyond education, Neeta runs an academy, providing employment to women in need. A trailblazer in education and a fervent advocate for women's empowerment, Neeta's journey exemplifies resilience and a commitment to positive change. Follow her inspiring story on

Instagram:

<https://www.instagram.com/p/C1pbC2MBMKr/?igsh=MWx0eDU5MHIwcnVueQ==>

Awards and Achievements:

- 1. Felicitated multiple times in Karnataka and Mumbai for outstanding contributions to education.*
- 2. Received recognition for making a significant impact on teaching methodologies.*
- 3. Won hearts of 100 individuals through dedicated efforts in social causes related to education.*
- 4. Successfully implemented a drastic change in teaching concepts, showcasing the power of education.*
- 5. Demonstrated resilience by navigating life's ups and downs, turning setbacks into strength.*
- 6. Acknowledged for achievements, accomplishments, and successes that bring happiness and pride.*
- 7. Embraced failures, mistakes, and setbacks as sources of strength and boldness in personal growth.*



Some Q&A Neeta Poojary:

Q. How did the challenges posed by the global pandemic shape the evolution of Lilly Kids Prioritize Learning Courses, and what innovative strategies did you employ to adapt to the changing educational landscape?

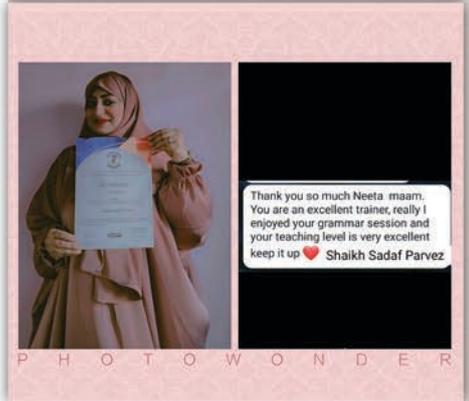
Neeta Poojary: "Lilly Kids" faced numerous challenges during the pandemic, but being the Director and Founder, I felt the need to transform the adversity into opportunity. I revamped the approach for teachers, parents, and educators, providing free online education and supplying books to many children. Recognizing the plight of jobless teachers, I established an online community, offering free skill based trainings to empower them, thus reaching many. To make the learning interesting I used art, craft and lot of activity based fun techniques to keep the sessions active and involved. This attracted participants of all age group, and I even had trainees from Dubai, Australia, U.K., and Nigeria- thus getting worldwide recognition.

Q. Your commitment to women's empowerment is evident in both job creation and skill development. Can you share some specific success stories of women whose lives have been positively impacted through your initiatives, highlighting the transformative journey of individuals within your programs?

Neeta Poojary: In a current competitive world where degrees are given importance, I focus on skill development, helping the individual find their passion for living. In the process I have encountered many who have the desire to achieve in life; but self-doubt being their greatest enemy. Through encouragement and by providing safe space for them to explore their inner self, I have seen them growing strong and independent. For instance, Shwetha Shetty, who is from Mumbai, trained in Lilly Kids Prioritize Learning for Jolly Phonics and ECCED course is now successfully running a home school and has secured her dream job." To teach in an international school. I also remember a parent from Karnataka, who had lost hope due to her daughter's special learning needs (ASD condition), and was rejected admission for the same in other schools. She was given admission in our Lilly Kid's where we focused on early intervention and unique learning methods that helped the child's development, who at present is pursuing grade six in a public school. I feel proud to see my rural as well as urban women trainees, doing equally well in terms of being able to manage their livelihood.

Q. In the age of digital transformation, how has technology played a role in enhancing your educational initiatives, and what do you envision for the future of Lilly Kids Prioritize Learning Courses in terms of leveraging emerging technologies to further empower educators and parents globally?

Neeta Poojary: When we lost hope in teaching during the pandemic, online education came like a boon, enabling us to reach many remote countries. We educated not only children but also teachers, and with great success, we have been blessed with 15,000 teacher trainings till now, made possible by our current technologies. Online mode helped us to reach rural to urban places all over the world. It helped greatly in providing a variety of study materials to the participants. I am planning to provide the learners with recorded audio session as life time access. Very importantly I make sure that I keep my trainees updated with useful information related to job opportunities, new courses that is of great help to them.



Woman Business Expert Of The Year -2024

SATHYAPRIYA V

“Navigating Entrepreneurial Frontiers with Vision”

Introducing

Mrs. Sathyapriya V, the CFO and Founder of wobizpro services, a visionary leader committed to shaping the landscape of innovation, entrepreneurship, digital marketing, and web designing. Her overarching vision is to inspire and create young entrepreneurs, paving the way for a dynamic and empowered business ecosystem.

With a keen understanding of the evolving demands of the industry, Mrs. Sathyapriya V leverages her expertise to not only steer wobizpro towards success but also to contribute significantly to the fields of digital marketing and web designing. By seamlessly integrating these domains into her entrepreneurial endeavors, she envisions a future where businesses thrive through personalized experiences, data analytics, and cutting-edge web design.

Under her leadership, wobizpro not only focuses on financial excellence but also on nurturing the next generation of entrepreneurs. Mrs. Sathyapriya V's multifaceted approach reflects her dedication to fostering innovation and creating lasting impacts in the realms of business, technology, and the entrepreneurial spirit.

Awards and achievements

- 1. Dream Realization:** Successfully achieved the set target, transforming childhood dreams into tangible realities.
- 2. Excellence Recognition:** Consistent 5-star client ratings and positive reviews attest to the excellence of wobizpro services.
- 3. Global Impact:** Dedicated to creating awareness and sharing opportunities worldwide, positively impacting lives.
- 4. Industry Recognition:** Appreciated by IIT, CFO, and CEO professionals for entrepreneurial prowess.
- 5. Inspirational Speaker:** Acknowledged achievement as an invited inspirational speaker at various schools and colleges



Sathyapriya V

CEO and Founder of Wobizpro.com

Digital marketing & web designing

vision: Create young Entrepreneurs

Q&A session with

Sathyapriya V:

Q. As a dynamic entrepreneur with a global business platform, how do you leverage digital marketing trends to connect e-commerce platforms and ensure success in today's competitive landscape?"

Sathyapriya V: " Customers now expect personalized experiences from businesses. With abundant data available, businesses can leverage data analytics and automation to deliver targeted content, personalized recommendations, and tailored marketing campaigns. Analyzing customer data allows businesses to gain insights into individual preferences, behaviors, and purchase histories. This information allows marketers to create highly personalized campaigns that resonate with their target audience. Personalized marketing helps businesses build stronger customer relationships and increases the likelihood of conversion and customer loyalty. Moreover, personalization extends beyond marketing campaigns."



Q. Your entrepreneurial journey involves wearing multiple hats, from founder to investor. Can you share a key lesson or strategy you've learned that has been instrumental in both promoting your own venture and providing cutting-edge marketing consulting services?

Sathyapriya V: " A successful career is like a rollercoaster with many ups and downs, whether you're an employee or an entrepreneur. Understanding how to maintain your success and move past your failures can help you lead a more productive and fulfilling career.

1. Welcome detours and failures with open arms.
2. A successful business requires 100% attention
3. Mistakes will surface new opportunities.
4. Tune out the noise and find your instinct.
5. Balance taking your time with acting fast.
6. Too much thinking is injurious to health."

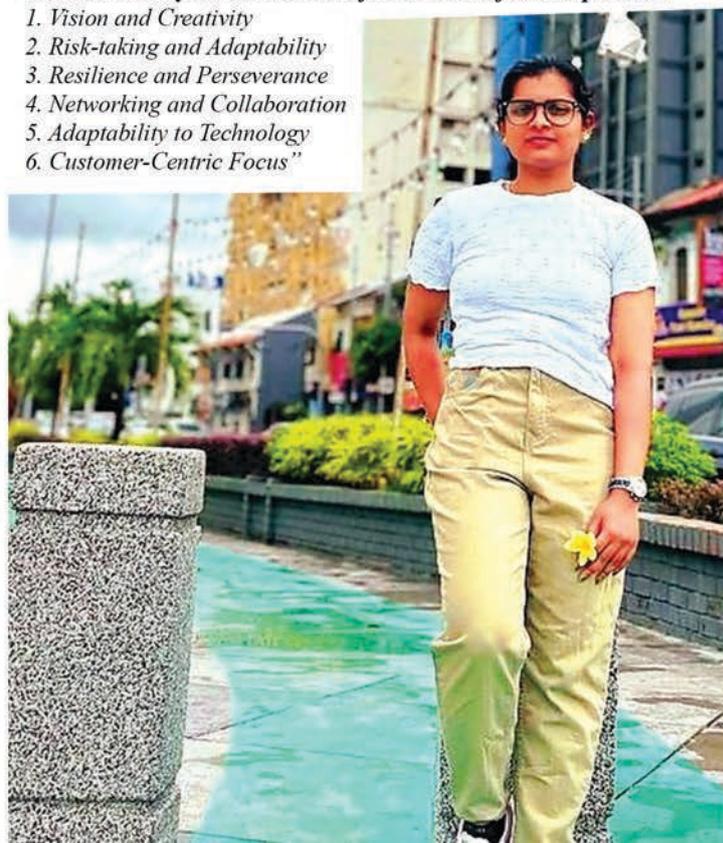
Q. Mentoring emerging visionaries is a significant part of your passion. In the rapidly evolving business landscape, how do you stay innovative and guide others to navigate challenges, especially in the realm of startups and entrepreneurship?"

Sathyapriya V: " Innovation and entrepreneurship are closely intertwined, creating a symbiotic relationship that propels progress. Innovation entrepreneurship refers to the integration of innovative thinking and practices within the realm of entrepreneurship. It involves identifying and capitalizing on business opportunities to create and develop novel products, services, or processes that meet market needs or solve specific problems. Innovation entrepreneurship goes beyond traditional business models and embraces a forward-thinking,

creative approach to problem-solving and value creation. It often involves taking calculated risks, adapting to changing circumstances, and continually seeking new ways to improve and differentiate in the competitive landscape. What sets entrepreneurs apart is their ability to discern business opportunities where others might only see challenges.

Here are the key attributes that define a successful entrepreneur:

1. Vision and Creativity
2. Risk-taking and Adaptability
3. Resilience and Perseverance
4. Networking and Collaboration
5. Adaptability to Technology
6. Customer-Centric Focus "



Woman Yoga Guru- 2024

SONI KUMARI

“From Healing to Leading: The Inspirational Journey of Soni Kumari”

Soni Kumari's transformative odyssey from a small town near Agra to the bustling streets of Bangalore speaks volumes about resilience and determination. Armed with a Science degree and an MBA in marketing, Soni's life took an unexpected turn after facing health challenges post her second delivery. Defying the suggestion of surgery, she embraced a rigorous routine of 16-hour intermittent fasting and intense workouts, shedding 11 kgs in just three months. The life-altering experience led her to discover the profound healing power of yoga, prompting a shift in her life's purpose.

Undeterred by the demands of motherhood, Soni pursued online Yoga teacher training while her daughter was merely 6 months old. Fuelled by her newfound passion, she swiftly transitioned from a housewife to the founder of the Peaceful Yoga Studio, defying odds at the age of 35. Soni's story is a testament to the transformative power of yoga, self-healing, and a resolute positive mindset.

Awards and achievements:

- 1. Bringing happiness to people – Ultimate achievement.*
- 2. Health transformations – Awards in the form of improved well-being.*
- 3. Life-saving impact – Awarded by saving lives from suicide.*
- 4. NGO-like commitment – Providing services with little to no fees.*
- 5. Monthly support for urgent surgeries – Humanitarian effort for the underprivileged.*



Some Q&A with Soni Kumari:

Q. How does your yoga studio stand out in embracing the latest trends in wellness and mindfulness practices?

Soni Kumari: "My studio is for everyone—kids, women, men, and senior citizens, irrespective of financial constraints. I teach the true values of yoga, including asanas, pranayama, meditation, mantra chanting, kriyas, cardio, games, and more. Each day's plan varies, designed and customized according to people's health and requirements. We believe in the philosophy that we don't choose Yoga; Yoga chooses us."

Q. With the increasing popularity of specialized yoga styles, can you share how your studio uniquely tailors classes like Bhakti yoga or Vinyasa to meet modern practitioners' needs?

Soni Kumari: "My each and every class starts and ends with Mantra chanting. Every day, I teach different sequencing and flow:

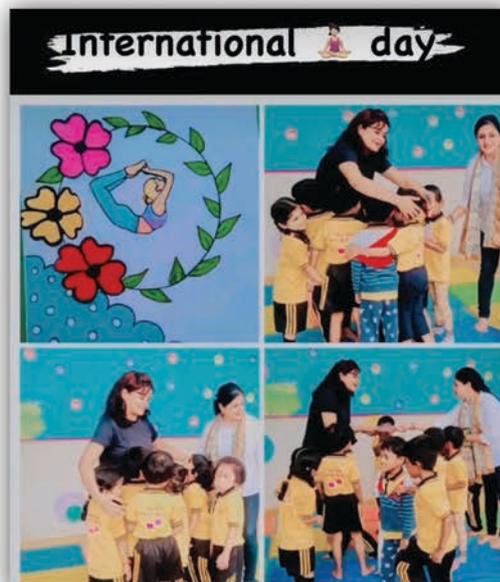
- One day Hatha yoga,
- One day Vinyasa,
- Some days, 108 times mantra chanting,
- Some days, 108 times Surya Namaskar;
- One day only cardio....

New day, new set of challenges.

I'm a True Yogi. My goal is to help people enjoy the wonderful benefits of yoga. I want to spread happiness around me and in society through Yoga."

Q. In today's fast-paced world, how do you incorporate technology or innovative approaches to make yoga accessible and appealing to a diverse audience in Bengaluru?

Soni Kumari: "The best marketing is word-of-mouth marketing. I have a 4.9 rating on Google. Google, Instagram, banners, society WhatsApp groups, and organizations like yours helping me to reach out to the audience. Thank you."



FOUNDER'S MESSAGE "Your kind acts of donation have gifted many people a second chance at life. We thank you for being the change this world needs."



“Anita Wadhvani: Nurturing Minds, Shaping Futures”

ANITA WADHWANI *Super Woman Psychologist*

Discover the profound impact of Anita Wadhvani, an esteemed educationalist and psychologist, who brings two decades of teaching expertise to the forefront. As an architect of learning, her journey unfolds with a dedicated exploration of the intricate dynamics of education. Applying psychological insights, she crafts teaching strategies that transcend conventional boundaries. Throughout the years, Anita has actively contributed to the progressive evolution of pedagogy, adapting to the ever-changing landscape of education. Championing student-centered approaches, she strives to empower learners, ensuring a transformative and positive educational experience. Join us in this insightful profile as we unravel the layers of Anita's influence, revealing her role in shaping the future of education and fostering a generation of enlightened minds.

*The Title **#Philanthropictrueloveranu** Psychologist Anita initiated this meaningful venture after her husband's passing in 2021, marking the conclusion of their cherished 20-year love-filled marriage. Motivated by her personal journey,*

Anita now dedicate herself to counseling couples and individuals, providing valuable insights into the significance of love in life. Through this endeavor, she aims to inspire others to appreciate and nurture their relationships, emphasizing the irreplaceable nature of love once it's lost. Grounded in the legacy of her own love story, Anita seeks to positively impact those seeking guidance on the enduring essence of true love.

In this captivating profile, explore Anita Wadhvani's profound impact on education as she seamlessly combines her dual roles as an educationalist and psychologist. Beyond her two decades of teaching, she emerges as a thought leader actively contributing to the ever-evolving educational landscape. Join us on a journey of inspiration and innovation as Anita continues to champion dynamic teaching methods, leaving an indelible mark on the minds of learners and the future of education.



Awards and achievements:

1. Best Teacher- 2007
2. All-rounder Best Employee
3. Most Efficient Teacher 2014-15
4. Academic Excellence 2011-12
5. Best Proficiency 2014-15
6. Appreciation by Society Has EVE SHE 2020
7. Appreciated by District Judge Kota 8-14.
8. Appreciated as Principal by Science Olympiad Foundation (2010-2016)
9. Appreciated as Principal by Mr. Sonam Wangchuk from Eddubuddy and Education India
10. Appreciation for Working with NGO Samvedna Research Foundation Kota
11. Appreciation for Tireless Enthusiasm, Dedication, and Hard Work by Ruch Shetra Vikas Chambal Kota
12. Participation Certificate by CED 2022
13. Certificate by HRDC, The Delhi Public School Society for Interdisciplinary Learning 2020
14. Certificate for Stress Management Workshop
15. Certificate for YMCA Institute of Office Management
16. Certificate for International Conclave on Kargil Diwas 2021

Some Q&A with Anita Wadhvani:

Q. In a society increasingly focused on individualism, how do you navigate and promote the importance of collective love and community building in your advocacy?

Anita Wadhvani: "In promoting the importance of collective love and community building, I navigate the currents of individualism by emphasizing the interconnectedness of our experiences. Through my advocacy, I highlight that fostering a sense of community enhances our individual well-being. By showcasing examples of shared accomplishments and collaborative efforts, I aim to inspire individuals to recognize the strength and fulfillment found in collective love. Encouraging acts of kindness and promoting a culture of support, I work to shift the focus from pure individualism to a more balanced and harmonious coexistence."

Q. As a Love Advocate, how do you address the intersectionality of love, embracing diversity, and fostering inclusivity in a world that sometimes struggles with division and prejudice?

Anita Wadhvani: "As a Love Advocate, I address the intersectionality of love by emphasizing its inclusive nature. I promote the idea that love transcends boundaries, embracing diversity as a source of strength rather than division. Through advocacy, I encourage understanding, empathy, and open dialogue to dismantle prejudices. By fostering inclusivity, I strive to create environments where people from all backgrounds feel valued and accepted. Love, in its truest form, recognizes and appreciates the richness that diversity brings to our collective human experience."



Woman Excellent Make-Up Artist

Anam Ibad

*“Empowering Beauty
Through Passion and
Support”*

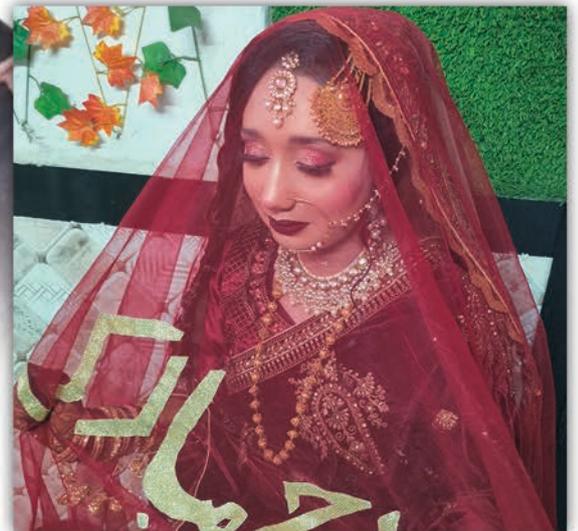
Meet *Anam Ibad, a trailblazing makeup artist whose journey is as captivating as her artistry. Embarking on her beautiful makeup odyssey, Anam found unwavering support from her husband, making her transition from a parlor makeup course to a professional makeup artist truly remarkable. The turning point came with Instagram, where Anam discovered a world of creativity and connection. Her transformative experience unfolded at the Airblack Beauty Club, where she honed her skills and evolved into a makeup maestro. Anam’s story is a testament to the power of passion, support, and the transformative influence of social media on one’s destiny. Join us as we delve into Anam Ibad’s inspiring journey, where artistry meets empowerment, and dreams become reality.*





Awards and achievements:

- 1. Certified Professional Advanced Makeup Artist skilled in hair and nails.*
- 2. Recognized with a prestigious industry award for outstanding contributions.*
- 3. Featured in leading publications for expertise in beauty and styling.*
- 4. Graduated from Airblack Beauty Club's advanced makeup artist course.*
- 5. Accomplished beauty educator, workshop facilitator, and collaborator with top brands.*



Some Q&A with Anam Ibad:

Q. What inspired you to become a makeup artist, and how do you stay updated with the latest trends in the ever-evolving beauty industry?

Anam Ibad: "I want to help people see their own beauty. I am passionate about helping others look their best. I prefer Instagram, following fellow professionals and engaging with posts; they automatically showcase the latest beauty industry trends. The beauty industry is revolutionized by becoming more realistic, natural, and innovative."

Q. Can you share some insights into your creative process and how you tailor your makeup techniques to align with current fashion and beauty trends?

Anam Ibad: "While staying current with trends is important, it is equally crucial to develop your own unique style as a makeup artist. Experiment with different looks, explore various artists' influences, and find what resonates with you."

Developing a signature style will set you apart from the competition and make you more memorable to clients and industry professionals."

Q. In the dynamic world of beauty, how do you balance embracing current trends while maintaining your unique artistic identity as a makeup artist?

Anam Ibad: "Cultivating a unique signature style is the cornerstone of a makeup artist's artistic identity, setting them apart in a crowded industry. A distinctive style not only showcases an artist's creative voice but also becomes a visual representation of their brand."





Health Tips By **DR. TRISHALA CHOPRA**

Mastering the Art of Managing Period Cramps

Ah, the monthly visitor—menstrual cramps. They're like an uninvited guest that often brings discomfort and disrupts our routine. However, fret not! Effectively managing period cramps can transform those difficult days into a more manageable experience. Here's a guide to help you navigate this natural part of life with ease.

▶ **MAINTAINING A HEALTHY LIFESTYLE :**

Exercise isn't just about fitness; it's your ally against cramps.

Activities like yoga, walking, or swimming boost circulation and release endorphins, natural pain relievers. Pair that with a balanced diet—think fruits, veggies, and whole grains—to regulate hormones and curb inflammation, reducing those bothersome cramps.

▶ **HARNESSING HEAT THERAPY :**

Say hello to your trusty heating pad or a relaxing warm bath. These remedies work wonders by soothing tense muscles and increasing blood flow to your abdomen, effectively dialing down the pain.

Harnessing Heat Therapy :

When the going gets tough, over-the-counter pain relievers like ibuprofen or aspirin can come to the rescue. However, remember to stick to recommended dosages and consult a healthcare professional for personalized advice.

Exploring Alternative Therapies :

Dive into alternative therapies like acupuncture or acupressure—they're more than just buzzwords. By targeting specific points in your body, they can provide much-needed relief from those pesky cramps.

▶ **HERBAL REMEDIES :**

Sometimes, Mother Nature knows best. Try ginger or chamomile tea; their anti-inflammatory and calming properties might just be the secret weapon against cramps. But as always, consult with a healthcare provider before using them.

Stress-Busting Techniques :

Stress and cramps go hand in hand. Practice relaxation techniques such as deep breathing, meditation, or guided imagery to ease tension and reduce the severity of menstrual discomfort.

Hormonal Helpers :

For some, hormonal birth control methods like pills or patches can regulate hormone fluctuations and alleviate cramps. Remember, these should only be used under the guidance of a healthcare professional.

Managing period cramps is a journey that involves various strategies. Experiment with lifestyle changes, home remedies, and, if needed, medical interventions to find what works best for you. Seeking advice from a healthcare professional is key to ensuring a comfortable, pain-free menstrual experience. Embrace these methods, and bid farewell to those unwelcome cramps!



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