

LITRO FASHIONATE

Issue 10
March 2025

Magazine an Initiative by Litro Fashionate Foundation
www.anuragyam.com



WOMAN OF THE YEAR DR. SONIA ANAND RAWAT

Politician, Singer & Profound Orator
Uttarakhand Ratan Award &
Uttarakhand Pride Award
by Uttarakhand Government
Awarded with the Sa-Re-Ga-Ma-Pa
by Zee Telefilms Ltd.

WOMEN



कला | साहित्य | संस्कृति

The Team

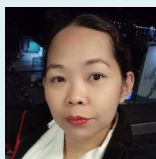
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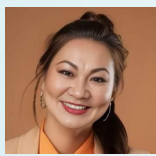
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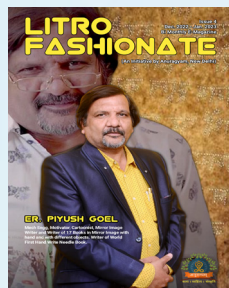
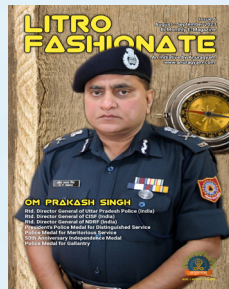


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Registration Number : 441841
Regd. No. UDYAM-DL-08-9070
NGO darpan : DL/2025/0516721

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Design & Layout :

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Website :

www.anuragym.com



Founder's Desk

As I sit down to pen this editorial, I'm filled with a sense of pride and admiration for the incredible women we are about to introduce in our feature, "Top 20 Inspiring Women from Across India." These women are not just leaders in their fields, they are the embodiment of resilience, ambition and the relentless spirit that defines India today. While the paths these women have walked are often steeped in challenges, they have done so with grace, grit and a determination that is both humbling and motivating. Their stories remind us that empowerment doesn't come from being given a platform—it comes from building your own, from forging forward despite the odds and from constantly challenging the status quo. This issue is not just a tribute to these remarkable women, but also a call to action for every reader. Whether you're a young woman figuring out your own path or someone who has already achieved a measure of success, these women's stories are a powerful reminder that no dream is too big and no obstacle insurmountable. As we celebrate their achievements, let us also take a moment to reflect on the collective power of women across the world. The future is being shaped by their hands, their ideas and their courage. It's time for all of us to stand up, support and be inspired by the trailblazing women who are creating a brighter, more inclusive tomorrow. Here's to the Top 20 Inspiring Women featured in this issue—and to all the women out there who continue to inspire us every single day.



Er. Sachin Chaturvedi
 Founder, Litro Fashionate Foundation
 Brand initiative Anuragyam
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 Science Communicator
 Author, Writer, Poet
 Best Teacher Awardee
 Universal Global Excellence Awardee

Convenor's Desk



Welcome to another exciting edition of Litro Fashionate Magazine! As the Convenor, I am delighted to present a tapestry of creativity with great pride and admiration that we celebrate the extraordinary women featured in this edition—our Top 20 Inspiring Women from across India. These trailblazers exemplify the power of determination, resilience and innovation. Their stories inspire us to challenge boundaries, break barriers and lead with purpose. As we continue to empower women in every field, let their achievements serve as a beacon of possibility for future generations. Together, we can create a society where every woman has the opportunity to thrive and inspire positive change.

Deepali Jain
 National Convenor, Anuragyam
 Creative Head, Litro Fashionate



Woman of the Year



STORIES

6 | Dr. Sonia



10 | Dr. Babita



12 | Ruhi



14 | Anjali



16 | Gaganpreet



18 | Supriya



20 | Neelam



22 | Dr. Sheelu



24 | Dr. Sarita

Strong women don't wait for opportunities; they create them.

Top 20 Inspiring Women



26 | Maya SH



28 | Usha



30 | Nargis



32 | Dr. Sarika



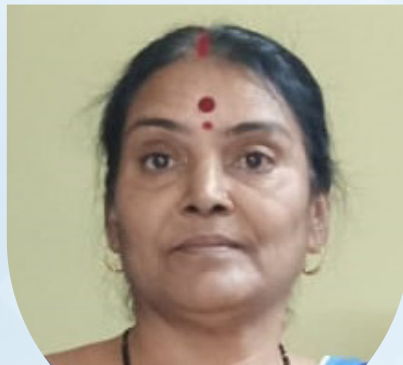
34 | Dr. Yojna



36 | Rama Goyal



38 | Neelu



40 | Manju



42 | Amba



44 | Shubhra



46 | Abhilashaa



48 | Manju Jain

She doesn't just break barriers,
she builds bridges.



Woman

Dr. Sonia Anand Rawat

Politician, Singer & Profound Orator
Uttarakhand Ratan Award &
Uttarakhand Pride Award
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Awarded with the Sa-Re-Ga-Ma-Pa
by Zee Telefilms Ltd.

Empowering Women, Empowering Society

Dr. Sonia Anand Rawat's journey is a symphony of passion, perseverance, and purpose. From the serene valleys of Uttarakhand to the grand stages of Indian music – sharing the stage with Shaan (Singer) and engaging in social activism, she has crafted a life that resonates with melody and meaning. A celebrated singer, profound orator and dedicated philanthropist, Sonia's story is an inspiration to aspiring artists and change-makers alike. Born with an innate love for music, Sonia's journey began in the foothills of the Himalayas, where she grew up immersed in Uttarakhand's rich folk traditions. Her parents recognized her talent early and encouraged her to explore the depths of classical and contemporary music. At Guru Nanak Public School, she won the Best Music Student Award (1995), setting the stage for a lifetime of accolades. Her dedication led her to prestigious platforms such as the Sangeet Kala Natak Academy (1996) and the Vandana Vajpai Group's Swar Pariksha Award (1997). By the late 1990s, she had already made a name for herself, winning the Sa Re Ga Ma Pa Award (1999) from Zee Telefilms Ltd. Despite her rising fame, Sonia remained committed to academic excellence. She pursued a PhD in

of the Year

Women of the Year are not just celebrated for their achievements, but for the resilience, wisdom and compassion they bring to the world, inspiring others to rise and make a difference.

Music from Kumaon University, refining her craft with a deep understanding of musical theory and performance. Her academic journey took her through institutions like Indra Kala Sangeet Vishwavidyalaya, where she graduated with distinction. Her big break came in 2005 when she participated in Sa Re Ga Ma Pa, India's longest-running musical reality show. This platform not only showcased her exceptional vocal talent but also cemented her status as one of Uttarakhand's most beloved artists. Dr. Sonia Anand Rawat is not just a singer; she is a performer who captivates audiences with her energy and authenticity. Her participation in Kauthig in Mumbai has become a tradition, where she entralls viewers with her melodious voice and engaging stage presence. She has recorded numerous singles and lent her voice to various musical projects, earning the Best Singer Award (2007) by the Uttaranchal Press Club and the Uttarakhand Sur Kokila (2010) by Padma Bhushan Dr. Gopal Das Neeraj.





Beyond the stage, Sonia's voice echoes in the realm of social change. She founded GOONJ, a non-governmental organization dedicated to health, education and women's empowerment. Through GOONJ, she funds the education and medical expenses of 100 underprivileged children, half of whom are girls. She donates 10% of her earnings to sustain this mission. A staunch advocate for gender equality and women's rights, Sonia speaks out against female infanticide, the gender pay gap and workplace discrimination. Her efforts have earned her the Uttarakhand Pride Award (2011) and recognition from prominent social organizations.

In 2021, Sonia officially joined the Indian National Congress (AICC, Delhi Headquarters), bringing her voice and influence into the political arena. Her association with Congress goes back decades — she played a pivotal role in the Uttarakhand statehood movement (early 2000s) and campaigned for the Pauri Garhwal Lok Sabha Seat (2014).

Her musical journey is decorated with numerous accolades, including: - Atal Shikhar Samman (2017) - Uttarakhand Ratan (2018) & - Uttarakhand Queen (2017)

One of her significant contributions was spearheading the “Ladki Hoon, Lad Sakti Hoon” campaign, empowering women to stand up for their rights. She has also actively worked to develop infrastructure, most notably transforming a dumping yard into a public park in Dehradun, investing ₹20 lakh from her personal funds. Dr. Sonia Anand Rawat's life is a manifestation to the power of talent, hard work and a heart devoted to social good. Whether through her soul-stirring songs, her advocacy for the marginalized, or her commitment to political change, she continues to inspire a generation. Her journey reminds us that success is not just about personal achievements but about using one's platform to uplift others. In the melody of life, Sonia Anand Rawat is not just a singer—she is a voice of change, a beacon of hope and an artist whose legacy will resonate for generations to come.



Dr. Babita Hundal

Textile Designer & Guinness World Record Holder

Her artistic journey began with her first solo exhibition in Chandigarh in 1987, marking the inception of a prolific and illustrious career. With an eye for aesthetics and a passion for creativity, she ventured into textile design, working at La’Affair in GK, New Delhi. Her artistic prowess led to another solo exhibition in New Delhi in 1992, followed by a major showcase in Panchkula in 2018.



Since 2017, Dr. (Hon.) Hundal has actively participated in numerous national and international group exhibitions, both online and offline. Her artistic brilliance has been recognized on a global scale, with her name etched in the Guinness World Records in 2021 and 2022, earning her prestigious medals and certificates. Her talent has garnered widespread acclaim, with a plethora of medals and trophies celebrating her extraordinary contributions to the art community. Among her many outstanding exhibitions, her painting “Smooth Sail” was the showstopper in Chandigarh, captivating art connoisseurs with its depth and finesse. Similarly, her masterpiece “Unveil the Desire” not only won the Best Art Award in Kathmandu but also stood as the highlight of the exhibition.



Her artwork has transcended borders, finding admiration and permanent places in collections across India and beyond, a manifestation to the universal appeal of her vision and creativity. Dr. Hundal’s academic credentials are as impressive as her artistic journey. She holds a three-year degree in textile designing, an advanced course in textile design, a year each in fashion designing and commercial art and an Art Master’s (with distinction) from South Delhi Polytechnic. This strong educational foundation has been

instrumental in shaping her innovative artistic approach.

Her participation in global art events includes the Art Carnival 2023 in Budapest and the Teleport 2023 exhibition in Poland. She has been honored by Harvard World Records with a medal and, in 2024, received an Honorary Doctorate Award Council certificate, along with a membership certificate from the World Human Rights Protection Commission International Organization.

She has also been featured in two prestigious art books, Indian Contemporary Art Hundred Best Artists 2024 and You & Art 2 International Contemporary Art Book 2024. Furthermore, she has graced the cover of ICONS OF INDIA magazine, solidifying her status as an eminent artist.

In 2024 and 2025, Dr. Hundal's excellence has been recognized with numerous accolades, including the International Eminence Award for The Best Paint Artist of the Year 2024, the Lifetime Achievement in Painting Award 2024 and participation in the International Art Exhibition in Manila (Philippines).

Her recognition continues with the Women Icon Award 2025, Harvard World Record 2025, London World Record 2025 and Bharat Book of Records 2025. She has also been honored as an awardee for WAH! WOMENIYA – Women's Excellence Awards, Season 4 (2025).

With an unyielding passion for art and an unparalleled dedication to her craft, Dr. (Hon.) Babita Hundal stands as a beacon of artistic brilliance, inspiring generations of artists with her remarkable journey and extraordinary achievements.



Ruhi Banerjee

She has played a pivotal role in shaping academic strategies and career trajectories for students, college graduates and working professionals. As a member of the esteemed army fraternity, she brings discipline, leadership and a structured approach to education and mentorship. Her extensive experience in education management and academic strategy has transformed countless lives by providing tailored career roadmaps and strategic guidance.



A lifetime member of the International Career Counselors Club, Ruhi Banerjee has dedicated herself to career coaching and mentorship. Through her insightful counsel, she empowers individuals to make informed career decisions, equipping them with the tools needed to navigate the professional world successfully. Her mission is not just to guide individuals toward personal success but also to contribute to the nation's progress by shaping future leaders. Beyond career counseling, Ruhi Banerjee is the founder of "The Woman," a dedicated platform focused on women empowerment, upliftment, recognition and celebration. Through this initiative, she champions gender equality, provides support for professional growth

and fosters an environment where women can achieve their fullest potential. Her tireless efforts have created a platform for women to inspire and support one another in personal and professional spheres. In addition to her commitment to education and women's empowerment, Ruhi Banerjee is deeply involved in social impact initiatives. She collaborates with various NGOs to provide career readiness programs for underprivileged individuals, ensuring they have the skills and opportunities to build a sustainable future. Her efforts in bridging social and economic gaps through education and employment readiness have garnered widespread recognition and respect. Her dedication to serving humanity as a form of spirituality has earned her a lifetime membership of the World Peace Research and Development Foundation. This honor underscores her relentless pursuit of a better, more equitable society through education, mentorship and advocacy. A distinguished education strategist and mentor, Ms. Ruhi Banerjee has received the prestigious 5th Women Prestige Award 2025, an honor conferred by Lions Club Delhi Veg in association with Naari Shakti Ek Nayi Pahal Foundation. This grand event, which celebrates women excelling in various fields, took place in New Delhi on February 16, 2025. The 5th Women Prestige Award, which she received at a grand ceremony, is a manifestation to her unwavering commitment to excellence and service. Expressing her gratitude, Ms. Ruhi Banerjee stated, "I am honored to be recognized among such incredible women. This award is not just a personal achievement but a reflection of the collective effort to empower individuals and uplift society. My mission is to continue mentoring and guiding professionals, ensuring they achieve success and contribute to the nation's progress. I thank Lions Club Delhi Veg for this recognition and motivation."

As she continues to break barriers and pave the way for aspiring professionals, Ms. Ruhi Banerjee remains steadfast in her vision: to create a generation of successful professionals who will drive the growth and development of the nation for decades to come.



The visionary founder of Konfluence Artworks, has masterfully blended artistic expression with entrepreneurial acumen. Specializing in Tanjore Artworks, women's wear, jewellery and home decor products, she has carved a niche in the world of aesthetics and craftsmanship.

Anjali Bindra

Her journey into the realm of entrepreneurship was preceded by an illustrious career in Human Resources, where she amassed over two decades of experience. This vast professional background has equipped her with the strategic insight and leadership skills that have been instrumental in her transition to business and social service.

Beyond her artistic and entrepreneurial pursuits, Anjali has been deeply involved in social work, channeling her passion for community welfare into meaningful initiatives. She has actively served as the Club Secretary of the esteemed Inner Wheel Club Noida for the past two years, demonstrating unwavering commitment to humanitarian efforts.

Her dedication and leadership have now been recognized with her election as the Club President, a role through which she continues to drive positive change on a larger scale. Anjali has spearheaded numerous impactful projects aimed at uplifting society.

Her initiatives encompass a broad spectrum of causes, including women and child welfare, senior



citizen support, environmental conservation, village development, education and family welfare. With a keen understanding of societal needs, she has worked relentlessly to create programs that foster empowerment, inclusivity and sustainable growth.

Under her leadership, the Inner Wheel Club Noida has witnessed the successful execution of various charitable endeavors that have touched countless lives, reinforcing the club's mission of service and solidarity.

Her work embodies a harmonious blend of creativity, compassion and purpose. Whether through her business, which celebrates heritage artistry, or her unwavering commitment to social betterment, Anjali continues to be a source of inspiration.

With her at the helm of Inner Wheel Club Noida, the organization is poised to expand its reach and impact, ensuring that her vision for a better, more inclusive world becomes a reality.



Dr. Gaganpreet Kapoor



She is a renowned and trusted name in world-class dentistry and aesthetics, known for her visionary approach—‘Providing World-Class Dentistry and Aesthetics at Affordable Prices.’ Her commitment to excellence has impressed everyone, making her a sought-after expert in her field.

As the Director of Art-De-Dental-Aesthetic Surgery & Laser Clinic, located in the heart of Delhi, she has redefined dental care and aesthetic procedures with cutting-edge technology and a patient-centric approach. Hailing from a distinguished family of business houses in Delhi and Kashmir, Dr. Kapoor was the first in her family to attend boarding school and later pursued her education at Aligarh University.

A fellow of the prestigious Royal College of Surgeons, Scotland, she has always been passionate about the rapidly growing aesthetics market. To stay ahead in her field, she pursued advanced courses from leading institutes across the UK and the USA, continuously upgrading her expertise. Beyond her clinical excellence, Dr. Kapoor is a dedicated humanitarian.

She has actively led massive social campaigns, providing relief during the Kashmir floods, Nepal

earthquake, Kerala floods and the COVID-19 pandemic, working tirelessly on the ground to support affected communities. Her commitment to social causes extends to volunteering for blood donation camps in collaboration with the Lions Club and organizing free dental check-up camps for schools, underprivileged communities and religious institutions.

Her insights and expertise have made her a recognized media personality. She is a TV panelist on leading national news channels and a columnist for renowned newspapers such as The Times of India, Hindustan Times and The Indian Express. Dr. Kapoor's professional contributions and social initiatives have earned her widespread recognition and accolades from both government and private organizations.

Dr. Gaganpreet Kapoor's professional journey is marked by extensive experience with top-tier hospitals, including BLK-Max Super Speciality Hospital, Primus Super Speciality Hospital, Maharaja Agrasen Hospital, MGS Hospital, Confsmile and many others.

Her achievements have been widely covered by prominent news channels, newspapers and magazines, further cementing her reputation as a pioneer in dentistry and aesthetics. With an unwavering commitment to excellence, innovation and philanthropy, Dr. Gaganpreet Kapoor continues to inspire and set new benchmarks in her field, making world-class dental and aesthetic care accessible to all.



Award Received by Aishwarya Rai



Supriya Mohana



In a world where balancing multiple roles is often considered a challenge, she stands as a shining example of how dedication, resilience and passion can make the impossible possible. A Computer Science Engineer by profession, she has been excelling in the IT industry for the past 14 years and is currently serving as a Technical Manager in a US-based multinational firm. Specializing in 5G Core Networks in the Telecommunication R&D sector, Supriya's expertise in technology is a manifestation to her commitment to continuous learning and innovation.

But her achievements go far beyond her corporate career. Supriya's love for fashion and beauty led her to step onto a different stage, one that celebrates confidence and grace. She was crowned as the First Runner-Up in the prestigious Mrs. India beauty pageant by Mrs. India Co., proving that beauty and intelligence go hand in hand. As a certified international makeup artist and a professional bridal makeup artist for the last six years, she has been helping women enhance their confidence and embrace their inner beauty.

Hailing from Dakshina Kannada and raised in Bangalore, Karnataka, Supriya has skillfully balanced her diverse responsibilities—not just as an IT professional and beauty queen, but also as a mother, daughter, daughter-in-law and wife. Despite wearing multiple hats, she ensures that her passions never take a backseat. Her creative pursuits include silk thread jewelry making, Lippan art and cooking traditional Mangalorean delicacies.

A sports enthusiast from childhood, Supriya has excelled in throwball and long jump, demonstrating the same competitive spirit that she applies to every aspect of her life. She firmly believes in breaking barriers, pushing limits and achieving dreams despite challenges.

Her philosophy of “Beauty with Purpose” is deeply rooted in her journey. She is passionate about empowering women to become the most confident versions of themselves, encouraging them to embrace self-care and self-love. Having been trained and groomed by national and state winners of Femina Mrs. India, she understands the importance of preparation, perseverance and personal growth.

Supriya’s journey in the world of fashion and glamour doesn’t stop at pageantry and makeup—she is also deeply interested in modeling and actively takes up modeling assignments. Her poise, elegance and ability to adapt to different styles make her a natural in front of the camera, proving that beauty and confidence can be expressed in multiple forms.

As a tech-savvy leader, beauty queen, artist and model, Supriya continues to inspire women to pursue their dreams—whether in technology, fashion, or personal transformation. Her journey is proof that with determination and the right mindset, a woman can truly have it all.



MRS. UTTAR PRADESH QUEEN OF VIRTUE SEASON 1

Neelam Hamdard



She is one of resilience, determination and an unbreakable spirit. She was born and raised in a conservative society where boys and girls were treated differently. While the world around her tried to confine her dreams within societal expectations, she was determined to carve her own path. She set ambitious goals for herself, knowing that achieving them would make her an inspiration for many.

Neelam Hamdard's story is not just about winning a title—it's about breaking stereotypes, defying odds and showing that no dream is too big. She is a living inspiration, proving that with determination and self-belief, a woman can conquer the world, no matter where she comes from.



Living in a small town with big dreams was no easy feat. Challenges were inevitable, but she never wavered. She balanced multiple roles—an Army officer’s wife, a teacher, a mother—while silently nurturing her aspirations. Pageantry had never been part of her childhood dreams, but fate had different plans. As the saying goes, “Hard work and sacrifices always pay off,” and Neelam’s journey was a manifestation to this truth. Her life took a turn in October 2021.

On an ordinary day, while scrolling through social media, she stumbled upon an opportunity—MRS. UTTAR PRADESH, QUEEN OF VIRTUE SEASON 1. Something inside her told her that this was her moment. With excitement and courage, she decided to step into the world of pageantry. Winning the subtitle “MRS. POPULAR VIRTUOUS QUEEN” was a surreal experience, but Neelam Hamdard refused to rest on her laurels. She knew she was capable of achieving even more. Determined to reach greater heights, she once again juggled her responsibilities—wife, mother, teacher—while relentlessly pursuing her new dream. The journey was far from easy. She had taken a three-year gap and needed to reinvent herself. It demanded discipline, late-night practice sessions and an unwavering belief in herself. Finally, the day arrived when her prayers were answered.

She registered for the Mrs. India competition, facing fierce competition and endless challenges. Despite sleepless nights filled with sweat and tears, she pushed forward. Her hard work bore fruit when she won the Mrs. India title, proving not just to herself but to the world that perseverance and passion can break any barrier.





Dr. Sheelu Sagar

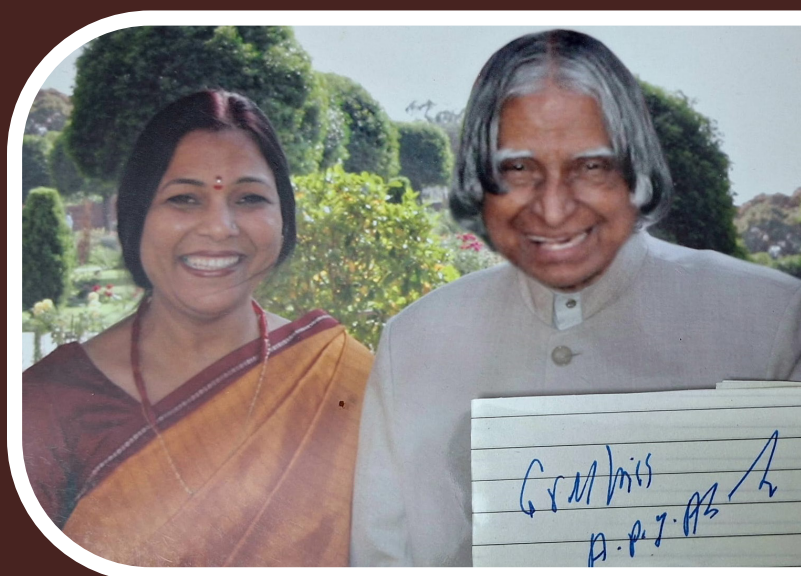
She found herself in the presence of such a noble guide, embarking on a life-changing journey as an undergraduate student at Delhi University in 1982. The lives of great personalities shower the nectar of inspiring guidance, solace and courage, soothing our minds and hearts even in moments of fury, tension, anguish, depression, tragedy and dilemma. Currently serving as the Deputy Controller of Examinations at Amity University, Noida, Dr. Sheelu Sagar continues to inspire and lead with her dedication, wisdom and humanitarian spirit, leaving an indelible impact on society.

Dr. Sheelu Sagar's journey is one of resilience, dedication and unwavering commitment to society. Born into a disciplined and patriotic family, as the daughter of Late Lt. Col. JP Tripathi and Smt. Shakuntala Tripathi, she imbibed strong values of service and perseverance from an early age. Her roots in Prayagraj, Uttar Pradesh, gave her a solid cultural foundation and her passion for education and social welfare was evident from a young age. From the outset, Dr. Sheelu Sagar excelled in academics. She pursued her B.Sc. and B.Ed. from the University of Delhi, laying the groundwork for a stellar career in education. She further enhanced her expertise by earning an MBA with first division with distinction from Amity University, Noida. However, her thirst for knowledge and dedication to societal improvement led her to undertake a Ph.D. in Management. Under the guidance of Dr. Ishwar V. Basavaraddi, the Ex-Director of

Morarji Desai National Institute of Yoga, Ministry of Ayush, she explored the profound impact of yoga and meditation on employees' quality of life in Delhi NCR. Her research not only contributed academically but also practically, as she actively promoted yoga-based lifestyle interventions for holistic well-being. Her professional journey led her to the esteemed position of Deputy Controller of Examinations at Amity University, Noida. Despite the demanding nature of her job, she remained deeply involved in numerous research initiatives. Her impressive portfolio boasts over 35 research papers, 27 of which are Scopus-indexed, covering topics such as health, quality of life, Indian Vedic Yagya, Vedic meditation, Surya Namaskar and environmental protection. Her work has been widely recognized in high-ranking international journals, making significant contributions to her field. Dr. Sheelu Sagar's contributions extended beyond academia. She dedicated herself to social causes, working tirelessly as an active member of several NGOs. Her unwavering commitment to reviving Indian cultural heritage saw her educating

people on traditional values through yoga, Vedic Yagya and meditation awareness programs. Her initiatives reached children, women and men across various platforms, instilling in them life-management skills and a deep appreciation for India's rich spiritual heritage. One of her most remarkable contributions was her association with Shree Jee Gau Sadan, Noida. As an executive committee member, she played a pivotal role in safeguarding and nourishing over 1,600 cows, calves and bulls. For the past 15 years, she has been actively conducting Vedic Hawans, Sanskar ceremonies and talks on the heritage of cows, emphasizing their significance in Indian culture. Her dedication to education extended to Bhartiya Chaturdham Ved Bhawan Nyas, a Central Government-recognized organization providing Sanskrit education and scholarships to students learning ancient scriptures. She ensured that the wisdom of the Vedas continued to be passed down to future generations. Dr. Sheelu Sagar's impact was not limited to traditional education alone. In 2004, as the Project Manager of an NGO, she designed a pioneering initiative—three mobile computer buses equipped with 16 computers each. These buses traveled to various slum areas in Delhi, providing free computer education to underprivileged children. Her efforts were highly appreciated by none other than the Late Dr. APJ Abdul Kalam, the Hon'ble President of India, who invited her and her team to Rashtrapati Bhavan to commend their exceptional work. Throughout her life, Dr. Sheelu Sagar received numerous accolades for her relentless service. She was honored by the Arun Vihar Residents Welfare Association (AVRWA) in Noida as a 'Women Achiever – A Role Model in the Community.' She also played a significant role in organizing a socio-religious function on February 15, 2019, to pay tribute to the martyrs of the Pulwama attack and raise funds for their families. Her commitment to social causes was further recognized when she received a distinguished award from the Women Entrepreneurs Association Noida, under the chairmanship of Smt. Vimla Batham, President of the Uttar Pradesh State Commission for Women. Additionally, Amity University's Founder President, Dr. Ashok K. Chauhan, acknowledged her valuable contribution towards the university's 'Day of Belongingness.' Her commitment to literacy and education began early. In 1995, she collaborated

with Dr. Kiran Bedi, IPS, to collect and distribute educational kits to prison inmates, enabling them to learn and reform their lives. Her contribution to the National Literacy Project in 1990 also earned her recognition for enrolling and teaching the maximum number of illiterate individuals in Delhi's slums. Dr. Sheelu Sagar's spiritual and moral foundations were further strengthened through her training at Shanti Kunj, Haridwar. For three months, she underwent rigorous training on moral-spiritual regeneration, learning from the ancient wisdom of Indian heritage. This experience solidified her resolve to expand the reformative and constructive endeavors of the Vedic Age. As an ardent believer in holistic development, she actively engaged with various community projects. She organized collective Kanya Poojan and Hawan ceremonies during Navratri, fostering a sense of tradition and cultural pride. She also contributed to the fundraising efforts for constructing classrooms and a cultural hall at Bhaurao Devras Saraswati Vidya Mandir, Noida. A woman of deep convictions and unwavering commitment, Dr. Sheelu Sagar continues to inspire people through her relentless efforts. Whether through academic research, social work, or cultural revival, her impact is profound and far-reaching. Her journey stands as a reflection to the power of perseverance, education and selfless service. In a world that often forgets the values of tradition and spirituality, Dr. Sheelu Sagar remains a beacon of hope, tirelessly working to blend the ancient with the modern, the spiritual with the scientific and the personal with the societal. Her life is not just an inspiring story—it is a legacy in the making.



She is an accomplished and multifaceted personality from Chennai, has made remarkable contributions in various fields, leaving an indelible mark on society. With a strong educational foundation, she holds a B.A. degree and a Diploma in Classical Music from the esteemed Sangeet Prayaag Centre, Allahabad. Her deep-rooted

Dr. Sarita Jain

passion for music and arts has propelled her towards excellence in singing and dancing, earning her numerous accolades.

passion for music and arts has propelled her towards excellence in singing and dancing, earning her numerous accolades.



A true polymath, Dr. Sarita Jain's expertise extends far beyond music. She is an adept yoga trainer, a skilled sportswoman and an ardent social worker. Her proficiency in various sports, including carrom, volleyball, throwball, badminton, pickleball, cricket and table tennis, showcases her dynamic spirit and versatility. Her dedication to fitness and wellness is evident in her commitment to yoga and meditation, where she has earned the title of "Meditation Queen." She is a Patron Member of the Global Jain Mahasabha and an active member of prestigious organizations such as the Rotary Club of Madras Mount, Inner Wheel Club and Jain Mahila Mandal. Her affiliation with these institutions highlights her commitment to social service and community development.

Dr. Jain's achievements are truly commendable. She has won multiple awards, including the Best Singer Award in a state-level competition, the Best Bhajan Singer Award and the Best Dancer Award. She has also excelled as a musical event manager under the banner of "Sangeet Sarita." Her talents have extended into the realm of spiritual healing, earning her international recognition as an esteemed healer.

Her relentless dedication has been acknowledged through numerous prestigious awards and honors. She has been bestowed with the Nari Ratna Award (2022-2024) and the Naari Shakti Award, recognizing her as a leading force in women's empowerment.

She has also received the Bhaktamar Gaurav and Bhaktamar Vibhushit titles, further establishing her prominence in the spiritual and cultural domains. Additionally, she holds the Excellence Healer Award, acknowledging her profound impact in the realm of spiritual healing. Dr. Sarita Jain's journey is a manifestation to her unwavering commitment, immense talent and relentless pursuit of excellence. As a social worker, singer, sportsperson and spiritual guide, she continues to inspire and uplift countless individuals, leaving a lasting legacy in every field she embraces.





Maya SH

In the ever-evolving landscape of contemporary literature, there emerged a force of nature whose words ignited minds and empowered hearts. Maya SH, also known by many distinguished titles such as Mayaa Devi, Mayaa Tai, Mayaa Di, Mayaa Audio SH, Pushpa 'The Fire,' Padma of the East, Lady Robin Hood, MS Dhoni of Writing, Lady Singham, Lady Karl Marx, Female Chulbul Pandey and Lady Gandhi, carved an indelible mark in the literary world. Her journey was not just one of success but of resilience, advocacy and unwavering dedication to social transformation.

Born with an innate passion for storytelling, Mayaa SH found solace in the rhythm of words. As she grew, so did her conviction that literature was more than just a medium of expression; it was a force for change. She believed that the power of words could transcend boundaries, challenge stereotypes and redefine narratives. Her relentless pursuit of excellence earned her the prestigious title of Number 1 Modern Literary Star of India, 2022, awarded by Cherry Book Awards, making her a beacon of inspiration for aspiring writers across the globe. Her journey to literary stardom was neither simple nor smooth. She faced numerous challenges, but she never wavered. Instead, she transformed every obstacle into an opportunity to rise higher. The Grand Christmas Competition 2.0 was one such defining moment in her career, where she competed against more

than 1000 participants and triumphed in the category of 'Other than English write-ups.' This achievement not only cemented her place in the literary world but also set a world record, proving that her words had the power to touch lives beyond linguistic barriers. A true warrior for gender inclusivity, Mayaa SH seamlessly blended literature with advocacy. Her writings became a clarion call for feminism, gender equality, trans-mogrification on the transgender community and mental health awareness. With every poem, article and book, she dismantled societal constructs that confined individuals to predetermined roles. She refused to let silence be the response to injustice and through her pen, she gave a voice to those often unheard. Her commitment to social change was not just theoretical; it was deeply rooted in action. Her advocacy for women's rights and gender inclusivity aligned with the 2030 Agenda for Sustainable Development. By leveraging her expertise and certifications from the United Nations, she ensured that her literary

contributions were not merely confined to bookshelves but extended to real-world impact. Her work resonated with those striving for identity, economic freedom and social empowerment. Her contributions to literature were unparalleled. She co-authored over 150 anthologies, published 14 solo books and collaborated with more than 86 publication houses. Magazines and international publications recognized her brilliance, featuring her prominently. One such significant recognition was her feature in *Tejaswi - The Imperishable on Women Power and Honour*, a reflection to her relentless efforts to highlight women's struggles and triumphs.

Her literary journey began with the powerful poem "The Candle in the Wind." This award-winning piece was more than just words on paper; it was a beacon of hope for many. It spoke of endurance, of standing tall against the fiercest storms, a sentiment that reflected Mayaa SH's own journey. Her words carried the weight of experience, of empathy and of a deep understanding of the human condition. Beyond her literary endeavors, Mayaa SH dedicated herself to guiding women through stress management. She recognized that mental well-being was an integral part of empowerment. Through open conversations, she helped countless individuals combat anxiety and fear, encouraging them to embrace their true potential without hesitation. Her legacy continued to grow, touching lives far beyond the literary sphere. She was not just a writer but a movement in herself. With every book she wrote, with every stage she graced and with every voice she uplifted, she reaffirmed the transformative power of words. Her journey was a reflection to the fact that literature, when wielded with purpose and passion, could indeed change the world.

Mayaa SH remains a luminary in contemporary literature, a symbol of resilience and a torchbearer of social change. Her name, etched in the annals of literary history, continues to inspire generations to dream, to write and to rise above challenges, just as she did. In her words, in her actions and in her indomitable spirit, she lives on—a true architect of a more inclusive and empowered world.





Usha Agarwal

found encouragement, the elderly found companionship and the sick received care. She worked tirelessly, raising funds and gathering resources, never hesitating to knock on doors to seek help for those in need. Even in the face of challenges, her spirit remained unshaken. When resources were scarce, she found innovative ways to sustain her charitable efforts, rallying her community to join hands in service.

One winter, a devastating flood swept through the town, leaving many homeless and helpless. As others hesitated in fear, Usha Agarwal acted swiftly. She mobilized volunteers, arranged shelters and ensured food reached every affected family. Her determination

turned despair into hope, proving that even in the darkest times, humanity could shine through. Her unwavering commitment to social service made her an

inspiration too many. Young women admired her strength and the youth followed her

In a small town where life moved at a steady pace, Usha Agarwal stood as a beacon of hope and kindness. She was not a woman of wealth or political power, but her heart carried an abundance of generosity that transformed countless lives. Her days were spent not in pursuit of personal gain but in service to those who needed her the most.

From an early age, Usha Agarwal had understood that true happiness lay in giving. She dedicated herself to uplifting the underprivileged, ensuring that no child in her town went to bed hungry. Whether it was providing food, arranging education for children, or supporting widows in distress, she took it upon herself to ease their burdens. Her actions were never driven by recognition but by the pure joy of seeing others smile.

Her small home had become a refuge for many. Struggling students



path of selflessness. She did not seek fame, yet her name became synonymous with compassion. One evening, as she sat by the riverside, watching the sunset, a young girl approached her with a notebook. "Usha Agarwal," she said, "I want to be like you. I want to help others."

Tears welled up in Usha Agarwal's eyes, not out of sorrow but gratitude. She knew then that her efforts were not just changing lives—they were planting seeds of kindness for the future.

Her journey continued, undeterred, proving that true greatness lies not in what one has but in what one gives.



Nargis Bano

Despite facing numerous challenges, she turned every obstacle into an opportunity for growth. Financial constraints, societal expectations and infrastructural limitations never deterred her. Instead, they fueled her determination to create meaningful change. She firmly believed that education was the key to breaking cycles of poverty and empowering future generations.

Nargis Bano's journey stood as a reflection to the power of perseverance and dedication in the field of education. Armed with a Master's degree from Indira Gandhi National Open University (IGNOU) and a Bachelor of Education from Al-Falah University, she fortified her expertise further by qualifying the Central Teacher Eligibility Test (CTET) in 2021. Her academic achievements not only reflected her dedication but also underscored her passion for shaping young minds. As a teacher at JVN School in Delhi, she consistently employed innovative teaching methods, making learning both engaging and accessible for her students. Her classroom radiated an atmosphere of curiosity and enthusiasm, where students thrived under her guidance. However, her passion for education extended far beyond the walls of the school. Recognizing the struggles faced by underprivileged

students, she established a coaching center to mentor and support those with limited resources. Through this initiative, she transformed the lives of countless children who otherwise might not have had the opportunity to pursue their dreams. Her students, many of whom came from disadvantaged backgrounds, found in her a mentor who not only imparted knowledge but also instilled in them the confidence to dream big. She encouraged them to push beyond their limitations and believe in their potential. By organizing free workshops and remedial classes, she ensured that no child was left behind. Many of her students, under her unwavering guidance, went on to achieve academic success and secure scholarships for higher education.

With this unwavering vision, she aspired to establish a primary school dedicated to offering quality education and strong foundational learning. She meticulously planned every aspect of her dream school, ensuring it would serve as a beacon of hope for children from marginalized backgrounds. She envisioned a learning space that fostered creativity, critical thinking and holistic development. Her goal was not just to provide education but to nurture future leaders, thinkers and changemakers who would contribute positively to society. Her efforts did not go unnoticed. She gained recognition within the educational

community for her commitment to social upliftment. Various organizations invited her to share her experiences and insights, hoping to inspire others to contribute to the cause of education. She was honored with several accolades for her exceptional dedication, but for her, the true reward lay in seeing her students succeed and transform their lives through education.

Through her relentless dedication, she inspired not only her students but also fellow educators, parents and the broader community. Her story became a source of motivation for aspiring teachers and social reformers, proving that one individual's passion could indeed create ripples of transformation. Even as she continued her journey, she remained steadfast in her mission, constantly evolving and innovating to provide the best for her students. She sought partnerships and funding opportunities to turn her vision of a primary school into reality. With every step forward, she reinforced her belief that education was the most powerful tool to shape a brighter future.

Nargis Bano's legacy grew with every student she nurtured, every barrier she dismantled and every dream she helped realize. She stood as a living example of how education, when pursued with passion and purpose, could change lives and build a more empowered society.

Her story continued to be written, not just in her own achievements, but in the countless lives she touched and transformed along the way.



Dr. Sarika Shrivastava is a leading exponent of Dietetics and Nutrition in Central India, boasting an illustrious career spanning over 18 years in the field. With a Ph.D. and an M.H. Sc degree in Food and Nutrition, she has established herself as an eminent figure in both academia and the healthcare sector. Her expertise is extensive, covering areas such as Nutritional Diagnostics and Prognosis, with a specialization in Clinical Nutrition, Infertility and Weight Management. Her unparalleled knowledge and dedication to her field have enabled her to transform the lives of countless individuals through personalized dietary solutions and nutritional interventions.

Currently, Dr. Sarika Shrivastava serves as a Senior Dietitian at Pahlajani Women Hospital, Raipur and Ashoka Superspeciality Hospital, Raipur. In addition to her key roles at these prestigious institutions, she is associated with Lotus Clinic, Raipur, where she offers expert dietary consultations. Her influence in the healthcare domain extends further as she provides consultancy services to various hospitals and online healthcare portals, including Mediczy and Dr. Lybrate. Her contributions in the realm of virtual healthcare have made nutritional guidance more accessible to individuals seeking expert advice online.

Passionate about ensuring adequate nutrition for every individual, Dr. Sarika Shrivastava has taken a pioneering step by founding NutriCare, a brand dedicated to offering a wide range of affordable nutritional products. Her vision behind NutriCare is to bridge the gap between nutritional deficiencies and cost-effective solutions, ensuring that people from all walks of life can maintain optimal health. Her dedication to public health and well-being extends beyond clinical practice, as she has also carved a niche for herself in the literary world.



Dr. Sarika Shrivastava

A prolific writer, Dr. Sarika Shrivastava regularly contributes articles to esteemed newspapers and magazines, addressing various nutritional and health-related concerns. Her writing serves as an educational tool, enlightening the public on the significance of balanced nutrition and its role in preventing and managing diseases. She has further cemented her reputation as an authority in her field by authoring a book, which provides in-depth insights into dietetics and nutrition, making scientific knowledge accessible to the general public. Dr. Sarika Shrivastava's academic achievements are equally impressive. She has published ten research papers, two of which have gained international

recognition, while the remaining eight have been featured in esteemed national journals. Her scholarly contributions have added substantial value to the scientific community, reinforcing her expertise in the field of nutrition and dietetics. Her groundbreaking research work has provided valuable insights into dietary patterns, clinical nutrition and holistic health, making significant contributions to the existing body of knowledge.

Her profound expertise has garnered national attention and she has been featured on major news platforms. Her interviews have been broadcasted on DD-India, ETV Bharat, Zee News, TV 24, News Vistar TV, Anadi TV, News 18 and Asian News, where she has shared her knowledge on various health-related topics. Through these appearances, she has reached a wider audience, educating the public on essential aspects of nutrition and wellness.

Beyond her professional achievements, Dr. Sarika Shrivastava is a passionate advocate for social welfare. She is the founder of two impactful groups, Manavta Manch and Freedom of Speech. Manavta Manch is dedicated to humanitarian causes, aiming to support underprivileged communities and promote overall well-being.

Freedom of Speech, on the other hand, is an initiative that encourages free expression and constructive dialogue on crucial social issues. Her dedication to societal upliftment is evident through her tireless efforts in these organizations, where she actively works towards fostering positive change.

Dr. Sarika Shrivastava's unwavering commitment to public health, nutrition and social service has made her an inspirational figure in the field of dietetics and beyond. Whether through her clinical practice, academic contributions, literary works, media appearances, or social initiatives, she continues to influence and inspire countless individuals. Her journey is a reflection to the impact that passion, expertise and dedication can have on society

Through her multifaceted contributions, she remains at the forefront of promoting nutritional awareness, health advocacy and social welfare, ensuring a healthier and more informed future for all.





Dr. Yojna Jain

Dr. Yojna Jain's journey has been one of unwavering determination, groundbreaking innovation and profound social impact. A visionary entrepreneur and healer from New Delhi, she turned her personal struggles into a beacon of hope for many. As the Founder and CEO of an FPO in Palwal, Haryana and the driving force behind Heuristic Healing in Delhi, she pioneered a transformative approach to wellness, one that seamlessly blended science with holistic healing.

Her path was carved out of adversity. In 2001 and again in 2004, she faced life-threatening challenges that could have easily shattered the spirit of any ordinary individual. However, Dr. Jain emerged from these experiences with a newfound purpose, dedicating her life to researching and developing healing-based, daily-use products.

Armed with the knowledge of organic agriculture, she explored the medicinal potential of self-cultivated herbs, leading to groundbreaking innovations in wellness. Her extensive research and product formulations have redefined personal care and health, focusing on natural healing mechanisms that empower individuals to regain their vitality without dependence on synthetic

interventions.

Her expertise transcended multiple domains of wellness. With an astute understanding of the body's natural regeneration processes, she developed advanced solutions for hair and scalp health, enhancing biotin, keratin and growth factors that promote cell renewal.

Her work in dental care revolutionized gum tissue regeneration, strengthening the teeth, gums and jaws. Skincare was yet another field where her contributions proved remarkable—her anti-wrinkle formulations enhanced collagen production, effectively rejuvenating the skin.

Beyond skincare and dental health, Dr. Jain's research extended to tissue and muscle

regeneration. She worked extensively with necrosis-controlling herbs, hydration-boosting solutions and bone wellness innovations by incorporating naturally sourced calcium and vitamin D from ghee, orange juice, cereals and herbs.

Her holistic dietary wellness solutions introduced herbal diets, teas and nutrient-rich formulations, including DHEA for hormonal balance and zinc-magnesium blends for skin rejuvenation. Each of her creations was backed by rigorous scientific study, proving that natural healing could be as potent, if not more, than chemical-based solutions.

However, Dr. Yojna Jain's contributions were not limited to personal care and health innovations alone. With an unyielding resolve to empower farmers, she actively engaged in educating them about the benefits of organic and herbal farming.

She spearheaded initiatives to transition them from traditional cereal cultivation to the cultivation of medicinal herbs, significantly improving their livelihoods. By integrating hundreds of farmers into the Farmers Products Organization (FPO), she not only provided them with sustainable agricultural techniques but also facilitated increased income opportunities, uplifting entire communities.

Her grassroots programs brought healing to those who needed it most. In rural areas, where modern medical care often remained inaccessible, she implemented practical applications of her products. The results were nothing short of miraculous. Massaging with her healing serums led to significant improvements in severe health conditions, while common ailments like hair fall saw dramatic recoveries. Her work proved that nature held answers to many health concerns and with the right application, holistic wellness could be made available to all.

Dr. Jain's journey stands as an inspiration to countless individuals, demonstrating that adversity can be transformed into an opportunity for growth, healing and positive societal change. Where many would have faltered, she forged ahead, breaking barriers and redefining wellness paradigms. She did not just create products; she built a movement—one that championed the power of organic healing, sustainable farming and community empowerment.

Her legacy continues to grow as she tirelessly works to introduce newer, more advanced healing methodologies. Each formulation, each initiative and each step forward is a reflection to her unwavering dedication. She does not see herself merely as an entrepreneur or healer; she is a pioneer on a mission to redefine wellness, foster sustainable farming and empower communities with the priceless gift of natural healing.

Through perseverance, innovation and an indomitable spirit, Dr. Yojna Jain has created ripples of change that will be felt for generations. Her story serves as a powerful reminder that when passion meets purpose, the possibilities are limitless.



In a world where many turned a blind eye to the struggles of the underprivileged, one woman stood out as a beacon of hope and compassion. Rama Goyal, born into a family deeply rooted in the Rashtriya Swayamsevak Sangh (RSS) movement, felt a profound calling to make a difference in her community. Driven by a steadfast determination to uplift the marginalized, Rama Goyal embarked on a remarkable journey. She founded organizations like Hriday Foundation and Sanskritik Club, dedicated to empowering women and addressing societal concerns. Through these platforms, she tirelessly worked to provide educational support, healthcare initiatives and skill development programs, transforming the lives of countless individuals. Her efforts extended beyond mere charity; she focused on sustainable

development, ensuring that those she helped could stand on their own feet and lead independent lives.

Rama Goyal's unwavering commitment did not go unnoticed. Over the years, she was honored with numerous accolades, including prestigious awards from Lions Club International, for her outstanding contributions to social welfare. Her work in areas like water conservation, traffic management and menstrual hygiene education earned her the admiration of her peers and the community at large. She organized awareness campaigns and workshops, educating thousands about crucial issues that were often overlooked.

Her efforts in menstrual hygiene education led to the distribution of sanitary products and the breaking of taboos surrounding women's health in rural communities. But Rama Goyal's impact extended far beyond the awards and recognition. She was a true catalyst for change, inspiring others to join her in the fight for a more equitable and compassionate society. Her work with the differently-abled, providing them with assistive devices and rehabilitation support, was a reflection to her unwavering dedication to creating a more inclusive world. She worked closely with physiotherapists and doctors, ensuring that those with disabilities received the best care possible. Many who once

struggled with mobility and independence found new hope through her initiatives.

As Rama Goyal's influence grew, she expanded her reach, establishing a presence in her native Uttarakhand. Here, she continued her mission, founding the Ekal Vidyalaya movement to bring education to remote and underserved areas. Understanding that education was the cornerstone of empowerment, she worked relentlessly to provide learning resources, recruit dedicated teachers and develop curriculum tailored to the needs of rural students. Her efforts ensured that children, especially girls, who previously had no access to schooling, could now dream of a brighter future.



Rama Goyal

Her work did not stop at education. Recognizing the growing need for better relationships between law enforcement and the community, she pioneered initiatives to bridge the gap between the police and the public. She organized community meetings and forums where citizens could voice their concerns, fostering trust and cooperation. She believed that safety and security were fundamental to a thriving society and worked tirelessly to ensure that law enforcement agencies operated with empathy and understanding.

In addition to her social work, Rama Goyal was a fierce advocate for environmental conservation. She spearheaded afforestation drives, waste management programs and river-cleaning campaigns. She understood that protecting the environment was crucial for the well-being of future generations. Under her guidance, numerous communities adopted sustainable practices, reducing their ecological footprint and preserving the natural beauty of Uttarakhand. Despite the challenges she faced, Rama Goyal never wavered in her commitment. There were times when financial constraints threatened to halt her initiatives, but her determination and ability to rally support from like-minded individuals ensured that her work continued. She inspired a network of volunteers and philanthropists who shared her vision, multiplying the impact of her efforts manifold.

Rama Goyal's story is one of resilience, empathy and the transformative power of a single individual. Through her unwavering commitment to making a difference, she has inspired countless others to follow in her footsteps, creating a ripple effect of positive change that continues to reverberate across communities. Her legacy stands as a reflection to the remarkable impact that can be achieved when passion, purpose and perseverance converge. She not only transformed lives but also sowed the seeds of compassion in the hearts of those who had the privilege of witnessing her work. Awarded by Bal Ayog & Social Justice Department, Uttarakhand. More than 800 Divyangs have benefited from Rama Goyal's techniques.

As her journey continues, Rama Goyal remains steadfast in her mission, proving that true change begins with the courage to take the first step. Her story serves as an inspiration to all, reminding us that one person's determination can indeed change the world.



Neelu Sharma



Neelu Sharma's journey was one of passion, resilience and an unwavering commitment to helping others. With over two decades of experience in astrology, she had carved a path that blended dedication, learning and personal growth.

Her professional journey began in the field of education. She initially started teaching young children and what began as a small initiative soon blossomed into a full-fledged tuition center and playschool. She found immense joy in shaping young minds and providing them with the foundation for a bright future. However, amidst her responsibilities as an educator, her heart always gravitated towards the mystical sciences—particularly astrology.

Determined to deepen her understanding, Neelu Sharma pursued formal education in astrology at Bhartiya Vidya Mandir, where she earned the prestigious Jyotish Acharya degree in Vedic astrology. This academic endeavor not only refined her knowledge but also gave her the confidence to embark

on a journey as a professional astrologer. The wisdom of the stars, planetary movements and their influence on human lives fascinated her. She found herself drawn to helping people understand their destiny and navigate life's challenges with clarity.

Her thirst for knowledge did not stop with Vedic astrology. She explored other mystical sciences such as Krishnamurti Paddhati (KP Astrology), Reiki, Numerology and Palmistry. Each discipline provided her with new perspectives and insights, allowing her to offer holistic guidance to those who sought her counsel. Her clients came from diverse backgrounds, each bringing unique concerns and questions. Through her deep understanding of astrology and mystical sciences, she provided them with clarity, hope and direction.

Being self-employed came with its share of challenges. Establishing credibility in the field of astrology required immense dedication and perseverance. There were

times of doubt, financial struggles and the need to constantly prove her expertise. But Neelu Sharma remained steadfast, believing that her knowledge and intuition could make a difference in people's lives. Word of her accuracy, empathy and insightful readings spread and soon, she became a trusted name in the field.

Over the years, Neelu Sharma witnessed countless transformations. She saw individuals regain confidence, make informed decisions and overcome obstacles after seeking her guidance. Many returned with gratitude, sharing stories of how her predictions and advice had led them to better opportunities, improved relationships and personal growth. These moments reinforced her belief in her work and motivated her to continue.

Despite the success she achieved, Neelu Sharma never stopped learning. She attended seminars, studied ancient scriptures and remained updated with evolving astrological techniques. Her mission was not just to predict but to empower—helping people understand that their destinies could be shaped through awareness, effort and the right guidance. Her journey was not just about astrology; it was about human connections. Through her work, she built lasting relationships, shared emotional moments and became a beacon of hope for many. She understood that beyond planetary alignments and charts, people needed compassion, reassurance and someone to listen to their fears and dreams.

Neelu Sharma's story was a reflection to perseverance and the power of following one's passion. She transformed her love for astrology into a fulfilling career, overcoming challenges with resilience and an open heart. As she continued her journey, she remained committed to using her knowledge and experience to light the path for others, guiding them towards clarity, purpose and a better tomorrow.



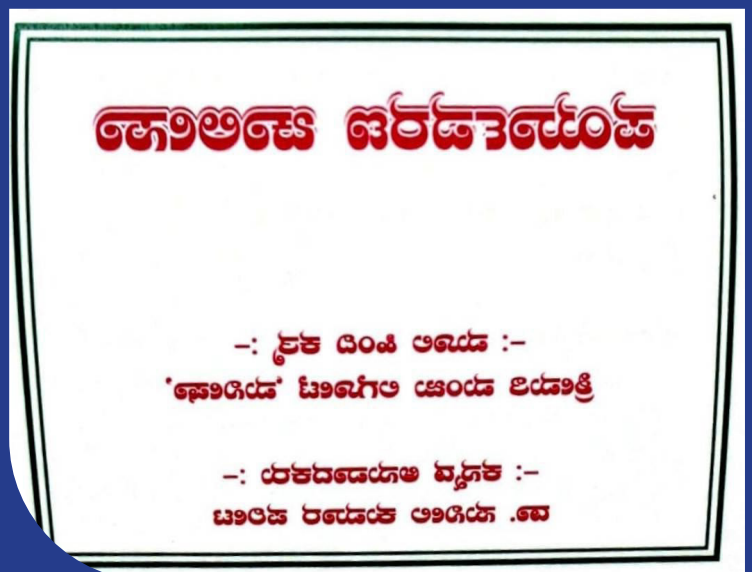


But academics and career were only a part of her vast spectrum of interests. Writing, singing, social service, gardening and culinary arts defined the richness of her life. Her literary journey took flight with her poetry collection, Manjul Moti, a book that resonated deeply with readers. Recognizing its brilliance, the Railways honored her with its highest literary award, the Maithili Sharan Gupt Samman.

Not stopping there, she penned an Environmental Chalisa, which not only found appreciation but was translated into Kannada and circulated across various institutions. However, life had its trials in store for Manju Langote. In 2019, darkness literally descended upon her world when she lost her eyesight completely. For most, such a setback would have meant the end of dreams. But for Manju

Manju Langote

Manju Langote's life had always been a reflection to perseverance and passion. She is from Betul, Madhya Pradesh. Born with a keen intellect and an insatiable thirst for knowledge, she pursued higher education with relentless determination. With a Master's degree in Economics and Political Science, along with a B.Ed., she carved a successful career for herself, rising to the esteemed position of Chief Office Superintendent in the Railways.



Langote, it became a new challenge—one she was determined to overcome. She refused to surrender to her disability. She continued to write, however imperfectly—her words, though sometimes crooked or misshapen, still held meaning and fire. Writing was not just a passion; it was her soul's language and she refused to let go of it. But her struggles didn't end there.

The literary world she had been a part of for years turned its back on her. Many literary platforms sidelined her, choosing to ignore her work simply because she could no longer conform to the norms of typed or neatly formatted submissions. Despite being ostracized, she did not let rejection define her journey. Instead, she kept pushing forward, determined to share her voice with the world.

For seventeen years, she remained a constant presence in her local literary circles, refusing to bow down to the challenges thrown her way. Though she faced rejection from many quarters, she continued to create, to express and to contribute her best to literature and society. Her unwavering spirit remained a beacon of hope, reminding everyone that talent and passion are not bound by physical limitations.

Her story is not just about personal achievement; it is a reflection to resilience. It speaks of how, even in the face of darkness—both literal and figurative—one can choose to shine. Manju Langote's journey is a reminder that determination can defeat adversity, that rejection can fuel perseverance and that true passion finds its own way, no matter the obstacles. Despite all odds, she continues to inspire, to write and to give her best to literature and society. And in doing so, she has become a symbol of unwavering strength and unbreakable spirit, proving that no setback is strong enough to silence a truly determined soul.

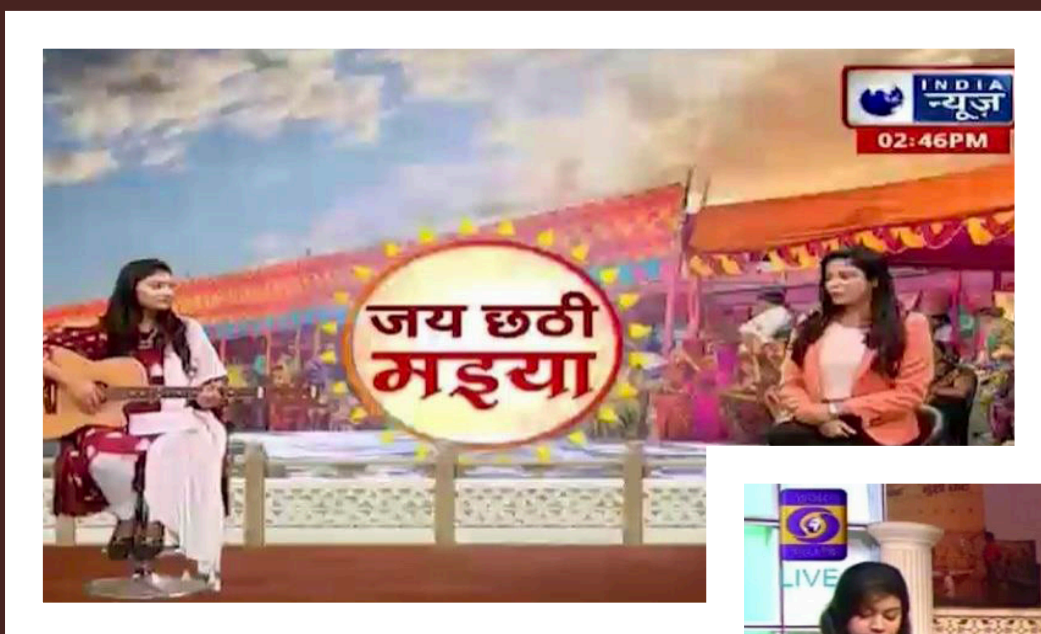


Amba Mishra

Amba Mishra's veins like a sacred melody. Born with an innate passion for rhythm and harmony, she began her musical journey at the tender age of six. With unwavering dedication, she pursued her love for music academically, completing her graduation from Prayag Sangeet Samiti, Allahabad and later earning her master's degree from Bhatkhande Sangeet Vidyapeeth. Determined to spread the joy of music, Amba established her own academy, where she nurtured aspiring musicians and vocalists. Her devotion to society was evident in her collaboration with NGOs like Beti Bachao Beti Padhao, where she empowered young girls through music and education. Recognizing the healing power of melodies, she

Faridabad, Haryana. Her passion for music therapy remained undiminished, as she continued working with disabled children, using the power of sound to bring healing and joy. Beyond performances, Amba's creative pursuits led her to release her own music album featuring bhakti songs, Bollywood melodies and fusion tracks. Her voice resonated across platforms like Spotify, Gaana, Wynk Music, Amazon Music and Apple Music, reaching listeners

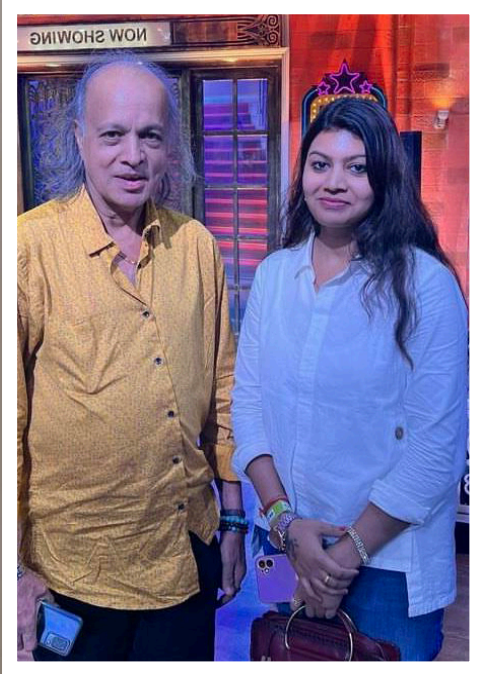
far and wide. Amba's excellence in music earned her the honor of being named the Brand Ambassador of Sukun Social Sansthan for the Beti Bachao Beti Padhao campaign. She graced numerous prestigious events, performing Lok



worked as a music therapist for disabled students at Mahashweta Hospital, Varanasi, bringing comfort and hope through her soulful tunes. Her exceptional talent earned her invitations to perform on prestigious platforms such as DD National, DD Varanasi and FM radio channels. Among her most cherished performances was at Shubh Banaras on Assi Ghat, a revered stage in the heart of Varanasi, where she mesmerized audiences with her classical renditions. In 2019, Amba embarked on a new journey as she embraced the joys of marriage and motherhood. With the unwavering support of her family, she continued her musical endeavors, establishing the A2R School of Music. Her academy flourished, providing vocal and instrumental training to countless students in



Sangeet on Doordarshan UP and Doordarshan Varanasi, captivating audiences at Sur Ganga in Varanasi and enthralling listeners on Red FM, Radio Mirchi and Radio City. Her talent was recognized on a grand scale when she was invited to The Kapil Sharma Show for a live performance. She shared the stage with renowned artists, playing the guitar with legends like Ranjit Barot, Sanjay Vidyarthi and the legendary Hariharan at Mahishasur Ghat in Varanasi.





Shubhra Mishra

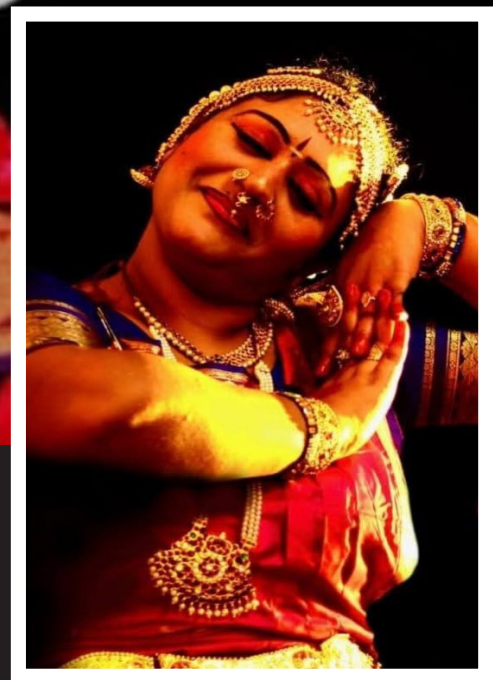
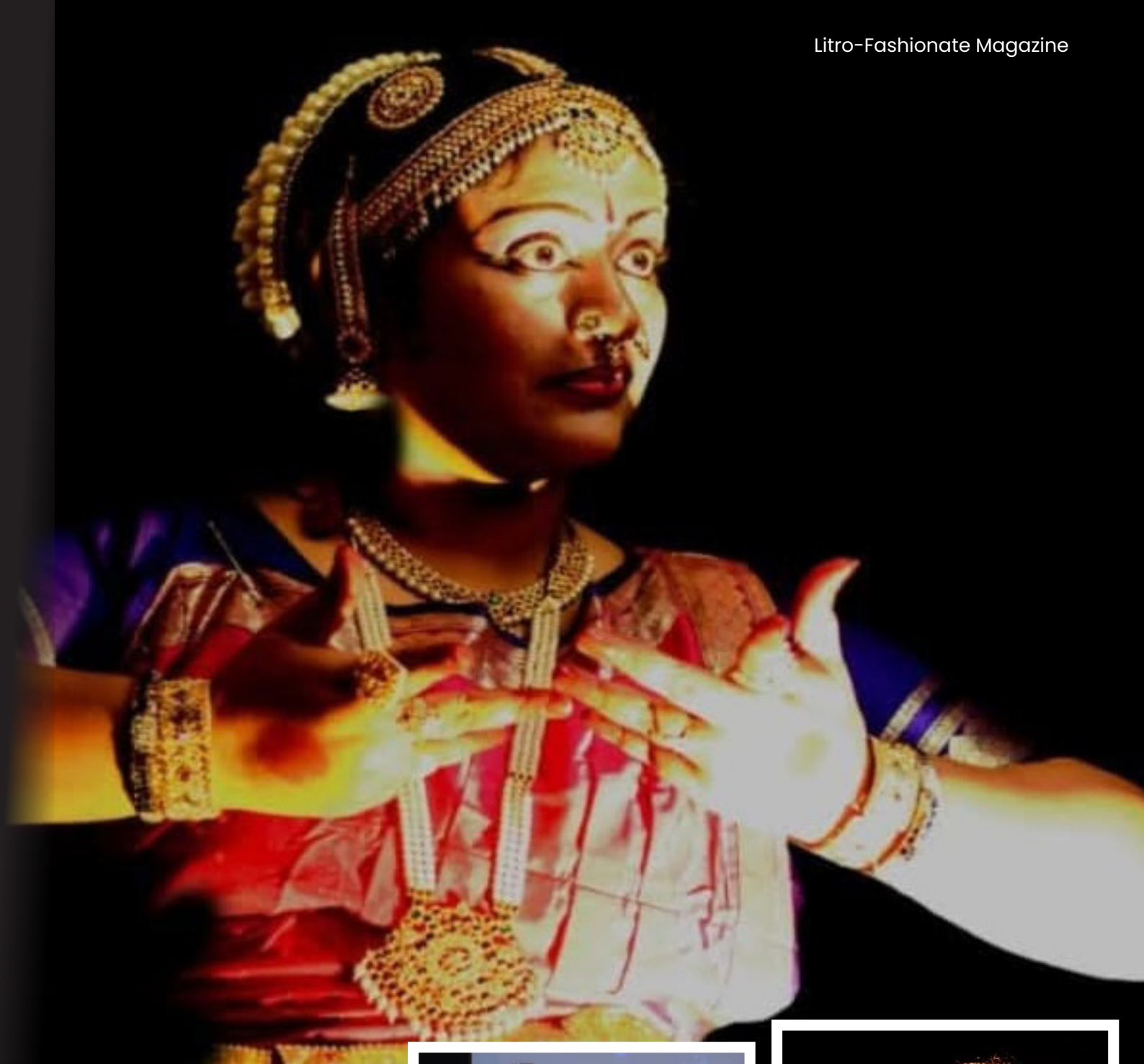
art and science could coexist. Balancing circuits and choreography, she moved seamlessly between two worlds, never letting one overshadow the other. Her talents extended beyond dance. Shubhra Mishra was a gifted singer, her voice carrying the same grace as her movements. She was also a state-level sports player, demonstrating remarkable discipline and determination. Every achievement was a reflection to her relentless spirit and refusal to be confined to a single identity.

Through years of rigorous training and unwavering perseverance, Shubhra Mishra emerged as an inspiration to many. She traveled across the country, performing, teaching and spreading the essence of Indian classical dance. She believed that dance was not merely about movement but a form of storytelling, an expression of the soul.

Her journey was not without challenges. Societal norms often dictated that one must choose a single path, but Shubhra Mishra defied expectations. She proved that passion and hard work could break barriers. Whether on stage, in a classroom, or in a lab, she remained true to herself, inspiring countless others to follow their dreams fearlessly.

Shubhra Mishra's story is one of dedication, resilience and boundless love for the arts. She stands as a beacon of inspiration, proving that with commitment and courage, one can truly master multiple realms and leave an indelible mark on the world.

Shubhra Mishra was born in Calcutta, a city where art and culture thrived in every corner. From a young age, she found herself drawn to the rhythm of dance, the melody of music and the discipline of sports. While many pursued a single path, she embraced them all, carving a unique journey that blended tradition with modernity. Dance was not just an art for Shubhra Mishra — it was her passion and sadhna (spiritual practice). She trained in Odissi under the esteemed Guru Sri Mayadhar Rout and further refined her skills in the Mohapatra style under Rojalin. But her thirst for learning did not stop there. She pursued a graduation degree in Odissi, a diploma in Kuchipudi and later completed a PhD in Bharatanatyam. Her dedication to the classical arts was unparalleled. Despite her deep love for dance, Shubhra Mishra also excelled in academics. She became a M. Tech engineer in Electronics and Communication, proving that



Set out to Create Cherished Memories for Cancer Warriors...

Abhilashaa Pattnaik



the resilience, the courage and the sheer determination that cancer warriors displayed. It was this spirit that she sought to celebrate through the “Cancer Warrior Beauty Pageant.” Unlike conventional beauty contests, this event was more than a showcase of external beauty. It was a tribute to strength, perseverance and the triumph of the human spirit. The pageant welcomed women who had battled cancer, offering them a stage not just to walk the ramp, but to shine in their most powerful selves. Every participant had a story to tell—a story of survival, hope and unwavering determination.

When the event was announced, the response was overwhelming. Women from different walks of life, each with their own battle scars and victories, came forward. Some had lost their hair to chemotherapy, others bore the marks of surgeries, but all of them radiated a beauty that went far beyond appearances. The excitement in their eyes spoke of a long-awaited celebration—not of struggle, but of life itself.

On the day of the pageant, the atmosphere was electric. The audience was filled with family members, friends and supporters who had witnessed the journey of these warriors. As the contestants walked the ramp, applause echoed through the hall. Each step was a statement, a declaration of their triumph over fear and pain. The gowns they wore were not just fabric and embellishments, but symbols of their strength and self-worth. Tears welled

Abhilashaa Pattnaik had always believed in the transformative power of fashion. As a fashion consultant, she had spent years helping people express their confidence through style. But her mission took on a deeper purpose when she decided to channel her expertise into a cause that truly touched her heart—the empowerment of cancer survivors.

Inspired by her mother, a courageous warrior who fought cervix cancer, Abhilashaa Pattnaik had witnessed firsthand the emotional and physical toll the disease could take. Yet, she had also seen something even more powerful:

up in the eyes of many as stories of survival were shared. One contestant spoke about her battle with breast cancer and how she had learned to love herself again. Another shared how the pageant had given her the confidence to step out of the shadows of her illness and embrace life with newfound joy. The event was not just about crowning winners; it was about reclaiming identity, dignity and dreams.

For Abhilashaa Pattnaik, seeing the impact of the pageant was deeply fulfilling. She knew that this was more than just a single event—it was a movement. It was a reminder that beauty was not defined by conventional standards but by the strength that one carried within. It was about showing the world that cancer warriors were not just survivors; they were fighters, role models and inspirations.

As the winners were crowned, they held their heads high, their smiles reflecting their victory over an adversary that had once threatened to take everything away. In that moment, it was clear that this pageant was not just a competition—it was a celebration of life, love and the power of the human spirit.

Abhilashaa Pattnaik had set out to create cherished memories for cancer warriors and she had succeeded beyond measure. Through fashion, compassion and a supportive community, she had given these women a reason to stand tall and proud. And as she looked at the glowing faces before her, she knew that this was just the beginning of a legacy that would continue to inspire countless others for years to come.



Jain Health Fitness Club, a haven for those seeking a healthier lifestyle.

Manju Jain

and built a career as a wellness coach and social activist. Through sheer determination and relentless hard work, she earned recognition and respect in her field. Manju Jain founded the Jain Health Fitness Club, a haven for those seeking a healthier lifestyle. She dedicated herself to healing people, guiding them toward wellness through fitness and holistic practices. Over the years, she transformed the lives of more than 75 individuals, offering them not just physical well-being but also mental and emotional strength. Her dedication



Manju Jain, a determined and passionate woman from Meerut, Uttar Pradesh, embarked on a remarkable journey of self-discovery, resilience and service. Born into a simple family, she married at the age of 21, embracing the responsibilities of a new life. However, she harbored dreams beyond societal expectations—dreams of independence, wellness and making a meaningful impact on people’s lives. Despite numerous challenges, Manju Jain refused to be confined by circumstances. She struggled immensely to establish herself, facing financial constraints, societal barriers and personal setbacks. With no external support, she carved her own path



was acknowledged with numerous awards and certifications, both nationally and internationally. Her unwavering commitment extended beyond her fitness club. She actively contributed to her community, helping those in need and spreading awareness about health and wellness. Her work with international organizations brought her global recognition, further strengthening her resolve to continue serving society.

In 2010, she participated in the prestigious Mrs. Meerut competition, where she achieved the first runner-up position. This achievement was a reflection to her perseverance and determination, proving that age was no barrier to success. Manju Jain's journey was not without disappointments. She aspired to participate in the first episode of MasterChef India, but her application was rejected because she adhered strictly to vegetarian cooking, a value deeply rooted in her Jain heritage. Though this setback was disheartening, she did not let it deter her spirit. Instead, she continued to inspire others through her culinary expertise, advocating for the richness and health benefits of vegetarian food. Her personal health battles were another chapter in her extraordinary story. She faced multiple health issues, but rather than succumbing to them, she turned to exercise and wellness techniques to heal herself. Her personal experiences only strengthened her credibility as a wellness coach, as she became a living example of the power of holistic healing.

Today, at 59, Manju Jain stands as a beacon of inspiration. She is not just a wellness coach but a healer, a mentor and a guiding light for many. Her journey of struggle, resilience and triumph serves as a reminder that success is not defined by circumstances but by the courage to rise above them. Through her unwavering dedication and selfless service, she continues to make the world a healthier and better place — one life at a time.





AWARD OF YEARS

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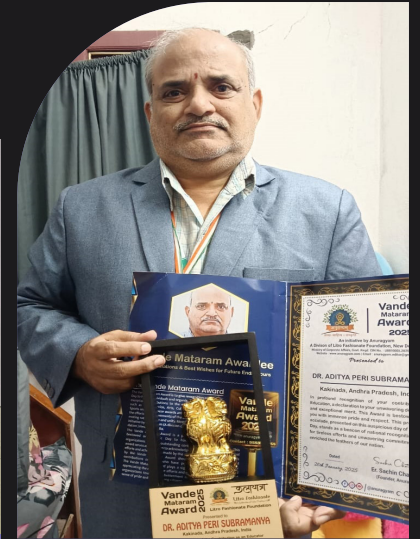
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Categories : Art & Craft, Author, Dancing, Social Activist, Educator, Professional (Energy Healing, Aromatherapy, Vastu Consultant & Numerologist), Singing, Sports, Cube Playing, Researcher and Literature



Awardees



शानक भास्कर, 02/03/2025

डॉ. महोबे वन्देमातरम अवार्ड से सम्मानित

सिटी रिपोर्टर | नरसिंहपुर

कला के क्षेत्र में उत्कृष्ट प्रदर्शन के लिए ख्याति प्राप्त चित्रकार और शासकीय महिला महाविद्यालय नरसिंहपुर के चित्रकला विभाग के विभागाध्यक्ष डॉ. यतींद्र महोबे को कला, साहित्य और संस्कृति से जुड़ी संस्था अनुरागयम, नई दिल्ली द्वारा 'वन्दे मातरम अवार्ड 2025' से सम्मानित किया गया।

श्रेया गुप्ता ने वुशु में जीता स्वर्ण पदक

सिटी भास्कर शहडोल | अनूपपुर निवासी श्रेया गुप्ता ने ऑल इंडिया यूनिवर्सिटी गेम्स में वुशु मार्शल आर्ट में शानदार प्रदर्शन करते हुए स्वर्ण



मंचाल करेंगे कैडेट्स

कई कैडेट्स 27 को पीएम की रैली में होंगे शामिल

एनसीसी ऑफिसर विजयपाल को मिलेगा वंदे मातरम अवार्ड

मेरठ। छात्रों परिषद हांग संचालित सीएचपी इंटर कॉलेज मेरठ के एनसीसी ऑफिसर विजयपाल सांवरिया का वंदे मातरम अवार्ड के लिए चयन हुआ है। अवार्ड अनुरागयम संस्था के संस्थापक सचिन चतुर्वेदी द्वारा गणराज्य दिवस पर नई दिल्ली में प्रदान किया जाएगा।

संस्था की नेशनल कन्वीनर दीपाली जैन ने बताया कि संस्था कला, साहित्य और संस्कृति क्षेत्र में उत्कृष्ट कार्य के लिए अवार्ड देती है। विजयपाल सांवरिया सीएचपी इंटर कॉलेज में राजभाषा हिंदी के प्रवक्ता और एनसीसी ऑफिसर के साथ ही प्रसिद्ध राजस्थानी लोकनर्तक भी हैं।

बह मूलरूप से राजस्थान के अलवर जिले के मांचल गांव के निवासी हैं। प्रसिद्ध लोकनृत्य घूमर और कालबेलिया में उन्हें महारत हासिल है। राजस्थान के छोटे से गांव मांचल से निकलकर अपनी इस कला का प्रदर्शन वे स्थानीय और राष्ट्रीय स्तर पर लगातार करते रहते हैं। राजस्थान की कला और संस्कृति को बढ़ावा देने के लिए स्थानांतर प्रयासरत हैं। इस अवार्ड के लिए उनका चयन होने से विद्यालय परिवार और 72 वर्षी बटालियन एनसीसी में हर्ष का माहौल है।

विद्यालय के प्रधानाचार्य नरेंद्र वादव और 72 वर्षी बटालियन एनसीसी के प्रशासनिक अधिकारी कर्नल रविंद्र सिंह भंडारी ने उन्हें शुभकामनाएं दीं। वादव

विजयपाल सांवरिया





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