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# DIVAPLANET

MAGAZINE

AUGUST 2024 | VOL. 07

AUTHOR OF DEBUT BOOK  
**THREADS OF  
UNTOUCHED  
EMOTIONS**

Published her first book,  
exploring themes of emotional  
growth and self-help.

**POWER OF  
LITERATURE  
AND  
HEALTHCARE**

The impact that both  
medical practice and  
literary expression can  
have on individuals and  
society.

**MEDICAL  
EXPERTISE  
WITH  
LITERARY  
CREATIVITY**

**INTER-  
NATIONAL  
BEST  
ACHIEVER  
AWARD**

Literature Award by DRDC.

#Best International Researcher

COVER STORY | PG. 04

# ANESTHESIOLOGIST **DR. MONIKA SHARMA**

Expertise in anesthesiology, delivering patient care with precision and skill.



**COVER STORY**

**PG.04**

## **DR. MONIKA SHARMA**

Bridging Medical Expertise and Literary Ambition.



**PG.06**  
**SUSHMA SHARMA**

From Fitness Entrepreneur to Fashion Icon, A Journey of Determination and Grace.



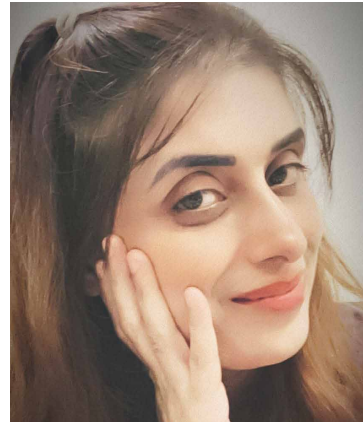
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# IN PURSUIT OF GROWTH: BRIDGING MEDICAL EXPERTISE AND LITERARY AMBITION

*A dedicated Anaesthesiologist and passionate writer, she authored "Threads of Untouched Emotions," exploring emotions and positive choices. Awarded the Rabindranath Tagore Literature Award in 2024, she aims to inspire readers and young doctors. Her short-term goal is to succeed as an author, while her long-term aspirations include advancing in anesthesia and integrating personal growth with her writing.*



COVER STORY

**D**r. **Monika Sharma, an Anesthesiologist by profession**, born and raised in Delhi, studied MBBS from Sharda University, School of Medical Science and Research, Greater Noida. **She completed her post graduation MD Anaesthesia in 2023 from Maharashtra, DMIHER University.**

According to her during her medical journey of 10 years, facing every day new

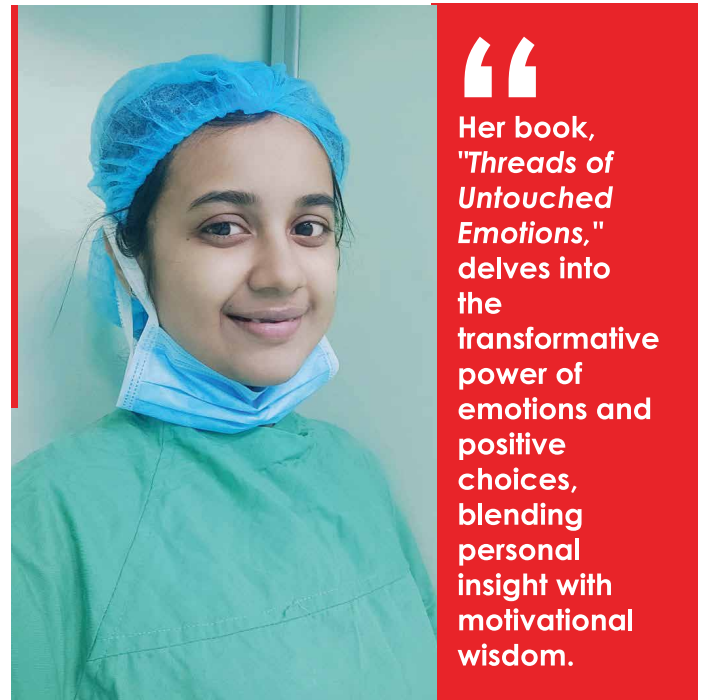
challenges and struggles both personally and professionally became a great source of motivation in shaping her into the women with strength and confidence.

**As a medical professional, apart from academic study, she also learnt art of dealing with human lives with patience and care.** Hardships and constant dedication towards her dreams helps in molding me into an independent women with practical skills and taught lesson of never lose infinite hope despite of disappointments.

Her post graduation days journey was not easy, **she had worked in the Pandemic Era of covid-19 for 2 years wearing PPE dress day night during that tough time**, facing mental and physical torment every single day, pressure of working in such a stressful, worst conditions, saving the life of people in that dreaded circumstances.

At that time, lack of any alternative options- you have to take care of your safety also apart from saving patient's life fighting from covid. It was really very challenging situation for medical professionals. Currently she is working in Rajiv Gandhi Superspeciality Hospital, New Delhi.

**She has published various research papers in National and International journals in the domain of Anaesthesia. Recently She received an International Best Researcher Award 2023, for her innovative research article on theme Labour Analgesia.** She has also received Novel Research Academy award for her other research articles work.



Her book, "Threads of Untouched Emotions," delves into the transformative power of emotions and positive choices, blending personal insight with motivational wisdom.

### PASSION LEADS TO PATHWAY OF ACHIEVEMENTS -

Literature and spirituality have always been her passions, even alongside her academic medical studies. From a young age, she enjoyed writing, collecting quotations, reading spiritual books, and expressing her feelings through poetic verses in her diary. Her devotion to Lord Krishna grew profoundly, leading her to win the **Bhagavad Gita contest in 2010 by ISKCON Delhi**. This achievement marked a turning point in her spiritual journey. **She received the book "Laws of Nature" by Swami Prabhupada**, which further fueled her spiritual and literary pursuits. Throughout college, she continued to write about philosophical fundamentals, balancing her healthcare career with her love for spirituality and literature.

### JOURNEY OF BOOK WRITING -

After years of dedication to her medical career, she now embraces her hidden passion for writing. Overcoming life's challenges has deepened her desire to explore emotions and life's complexities through her unique literary style. **Balancing her role as an Anaesthesiologist with her journey as an author, she finds writing offers her relaxation and personal growth.** Despite the challenges, she sees this dual path as a gift, providing fulfillment and aligning her mind and heart towards self-growth and inner peace.

### ABOUT BOOK -

**Her debut book, "Threads of Untouched Emotions,"** explores how individuals can nourish their souls by following a path of positive choices. The book navigates life's highs and lows with a blend of pain, laughter, and faith in divine wisdom, offering readers a chance to believe in themselves with strength and patience. **Awarded the Rabindranath Tagore Literature Award by DRDC in April 2024**, this self-help book motivates readers to embrace and manage their emotions. It emphasizes the importance of inner work in transforming oneself and discovering the mystical creation that is our true self.

### PROFESSIONAL AMBITIONS -

Her short-term goal is to succeed as an author with her book, hoping readers appreciate its motivational message. She aims to continue writing while pursuing her medical practice. As an Anaesthesiologist, her long-term goal is to gain advanced skills and experience in anesthesia at renowned institutions. As an author, she aspires to connect with young doctors, promoting patience and positivity in the demanding medical field, and encouraging them to embrace writing for inner growth. **She wants aspiring doctors to recognize the value of their journey and aspiring authors to appreciate the profound impact writing has on personal and creative development.**

# FROM FITNESS ENTREPRENEUR TO FASHION ICON - A JOURNEY OF DETERMINATION AND GRACE"



**S**ushma Sharma is a multifaceted woman whose life is a testament to resilience, dedication, and compassion.

Raised by a resilient army officer father and a courageous mother, she embodies a blend of fearlessness and confidence. Her father instilled in her the strength to face any challenge head-on and imbibed discipline and a strong sense of duty from a young age. While her mother nurtured her to live life with unwavering confidence and courage. This unique upbringing has forged a woman who never backs down, approaching every situation with determination and grace.

Her athletic prowess shone through as she became a dashing captain for the girl's team and lead to national volleyball competitions, earning accolades and even receiving an award from the Chief Minister Sheikh Abdullah, a moment of great pride for her.

Her journey took a significant turn, married at the age of 20, tragically, her first child did not survive, and following that pregnancy, she weighed 108 kg. Despite the absence of gyms at the time, she successfully reduced her weight using her own methods. Doctors advised against a second pregnancy due to severe complications from the first, warning it could be life-threatening.

However, she chose to take the risk, resulting in the birth of her daughter, Chandani. This second pregnancy caused her to regain the weight she had previously lost, but she once again shed the excess pounds through her own regimen. This transformation ignited a passion in her to help others facing similar challenges. She joined a reputed gym to learn aerobics, further equipping herself with the skills to assist others in achieving their fitness goals. About a decade later, a medical condition caused her to gain weight again. After five years of enduring and struggling, she transformed herself once more, emerging in a new, healthier form.

Sushma Sharma, driven by personal experience and newfound expertise, founded 'Sushma's Fitness Venture' entirely on her own merit, without leveraging her husband's status as an IRS officer. Her success remained under the radar until a social gathering revealed her accomplishments, earning her the respect of the business community. Her mission was clear: to support individuals struggling with weight issues, as she once had. Sushma's dedication to fitness even extended to a small role in the Marathi film 'Savat Mazi Ladki,' showcasing her love for the arts.

As a businesswoman, Sushma navigated competition and politics with resilience.

However, her interests went beyond fitness and business. She delved into spirituality, exploring healing energies and crystals through Pranic Healing under Grandmaster Choa Kok Sui. Her spiritual journey deepened with Shiv Yog and Avdhoot Baba

Shivanand ji, and she became a senior teacher at The Art of Living Foundation, founded by Sri Sri Ravi Shankar ji. Sushma's organizational skills shone as she managed large-scale events for Shiv Yog and was recognized for her leadership in The Art of Living Foundation's Silver Jubilee event. Sushma is also a devoted animal lover, actively engaged in animal welfare, especially during the COVID-19 pandemic, where she treated, sterilized, and fed stray animals. Her boundless empathy and dedication to service extend to every aspect of her life.

At the heart of Sushma's vibrant life is her family. Her husband, now a self-employed Advocate Consultant, her daughter, a doctor in the UK, and her son, an award-winning fashion photographer, are her pillars of strength. During the pandemic, Sushma stepped in as a practice model for her son's budding photography career. This collaboration reignited her childhood dream of modeling, leading to stunning photos that graced international fashion magazines and even Times Square Billboards.

Sushma Sharma's journey is a testament to her determination, versatility, and compassion, making her an inspiring figure in both entrepreneurship and the world of fashion.



# COMMITTED TO EXPLORING NEW CREATIVE HORIZONS AND PUSHING THE BOUNDARIES OF MAKEUP ARTISTRY.

▶ she shares her expertise and nurtures new talent. Celebrated for her innovative and personalized makeup techniques, Nikita transforms each client's experience, leaving a lasting impression. Her journey is marked by numerous accolades, a dynamic portfolio, and an unwavering commitment to beauty, making her a true trailblazer in the industry.

**N**ikita Goswami embarked on her remarkable journey by completing a fashion and media makeup course at Pearl Academy of Fashion, Delhi. She began her career as a makeup advisor at Sephora, quickly gaining experience and honing her skills. Eventually, she launched her own Makeup Academy and worked as a makeup artist with Bobbi Brown.

Nikita Goswami's story is one of passion, dedication, and artistic brilliance. Through her work, she has touched countless lives, helping people feel confident and beautiful. As she continues to create and inspire, there is no doubt that Nikita will remain a shining star in the world of makeup artistry.

With a thriving career and an ever-growing list of satisfied clients, the future looks bright for Nikita Goswami. She is excited to continue her journey, exploring new creative horizons and making her mark in the beauty industry.







# HOW HAS NIKITA GOSWAMI'S BRILLIANCE MADE HER A STANDOUT IN MAKEUP ARTISTRY?

– NIKITA GOSWAMI

## Q. What's a memorable experience from your career?

One experience that stands out is when my team and I completed 52 makeups in a day, with me personally handling 25. It was a challenging but rewarding experience that showcased our skills and teamwork.

## Q. What advice would you give to aspiring makeup artists?

My advice is to work extensively, stay updated on the latest trends, maintain a professional online presence, and always strive for perfection. Give your best shot every time, and never stop learning.

## Q. What are your favorite makeup products or tools?

I swear by brands like Bobbi Brown, NYX, Christian Dior, Giorgio Armani, Forever 52, Anastasia Beverly Hills, and Urban Decay. My go-to tools include the beauty blender, hydrating spray, and pencil brush.

## Q. How do you handle challenging clients or situations?

I remain calm, patient, and humble, trying to understand the situation from the client's perspective. This helps me address their concerns effectively.

## Q. What are your thoughts on future trends in makeup artistry?

I believe minimalist makeup will continue to dominate, with a focus on natural, effortless looks. "Less is more" is the new mantra.

## Q. How has education and training impacted your development as a makeup artist?

Learning is an ongoing process. I continually upgrade my skills by taking courses globally, as makeup trends evolve daily. I'm

both a student and teacher, always learning and sharing knowledge.

## Q. Describe a memorable project or collaboration.

One highlight was working as a makeup artist on songs with singers and artists like Indeeep Bakshi for Zee Music and T-Series, as well as various brand shoots.

## Q. How has social media impacted your career?

Social media has been a game-changer, allowing me to showcase my work globally, stay updated on trends, and connect with clients worldwide. It's a blessing in disguise!

# THE EVOLUTION OF HIRAL SINGH: MERGING SPIRITUALITY WITH MEDICAL AMBITIONS AND ENTREPRENEURIAL SUCCESS.



## START JOURNEY IN THE SPIRITUAL FIELD AT JUST 14 YEARS OLD

### Q. How did you start your journey in the spiritual field at just 14 years old?

Growing up in a religious family, I was deeply involved in worship and fasting, often seeking my grandmother's guidance on deities. With a natural psychic ability to connect with the divine, I felt a strong attraction to Lord Krishna and Radha Maa at 14 during the lockdown. I asked for their guidance on using my abilities to help others, which led me to discover tarot cards and occult practices. As a self-taught reader with no formal teacher, I initially helped myself and now assist thousands. I believe spiritual healers are divinely chosen to support and guide others.

### Q. What inspired you to create "thatocultsoul", and what services do you offer through this platform?

Before creating "thatocultsoul," I practiced occultism offline, helping neighbors, friends, and family with predictions and manifestation techniques. Eager to learn and grow but lacking guidance, I turned to Instagram and the online world, creating my account to expand my knowledge and help more people. As I began taking bookings and offering 1:1 manifestation coaching, my skills and intuition deepened. I connected with fellow healers, learned from them, and read many books. Today, I proudly offer Tarot/Osho readings, manifestation coaching, candle healing, face reading, spells, and numerology (Lo Shu Grid) on my page.

**H**iral Singh, an 18 year old from New delhi. Iam a Medical student,will be a doctor in the next 3-4 years apart from that Iam an entrepreneur ,CEO and Founder of Thatocultsoul. Iam a tarot card reader, A psychic, Law of attraction/manifestation coach,Spell caster and a spiritual healer who have helped over thousands of people till date with my blessed abilities and intuitions to achieve their desires and also helped people to gain clarity in their lives.

**Q. How did you develop your knowledge of occult practices, and how do you incorporate them into your coaching?**

I expanded my knowledge of occult practices through sacred books, meditation, online conversations with healers, and guidance from Lord Krishna and Radha Maa. I also use a trial-and-error approach. Before recommending any new ritual or remedy, I test it myself and seek feedback from my family to ensure its effectiveness. Only after verifying its success do I suggest it to clients. Intuition and worship play crucial roles in occultism, especially when working with deities. We constantly learn and refine our understanding, which enhances my coaching and practices. This careful approach helps me provide reliable guidance to others.

**Q. How do you balance your spiritual business with your studies?**

Balancing my spiritual business with my studies was pretty tough earlier, But as i grew more in this field, I made some money and now i have a team of 10+ People handling/managing my page, my editors, my finance team, my content team etc. I am really grateful to them, just because of them today, handling a spiritual business along with studies is a lot of more easier, also, Time management plays a huge role: we have 24hrs in a day and its not less, we should know how to utilise our time well, Bookings are open 24/7 on my page because my team is there to handle everything but reading and regime is given by me only during weekends or on a given time slot.

**Q. Do you find that your spiritual practices enhance your academic pursuits, or vice versa?**

My spiritual practices have always enhanced my academic pursuits! And i swear on that, in many situations where i used to find a specific subject difficult i used to call upon my animal spirit guides and angels and within no time that subject used to become easy for me, for example: I am a medical student and during my time i used to find chemistry difficult but at the time of boards: I aced in that subject, all thanks to my spiritual practices, beliefs and my

spirit guides/deities. And being a law of attraction/manifestation coach also many times i manifested a postpone in my exams, and yes even that used to happen. Spirituality and occultism play a huge role in enhancing your academics

**Q. With over 3 years of experience in this field, what do you consider your greatest accomplishment?**

My greatest accomplishment came when my parents began appreciating my work. Initially, they didn't take my efforts seriously, relying only on my grandmother's teachings about deities and energy. However, as I gained recognition and people started calling me "angel," "magician," and "Vishnupriya," their perspective changed. My manifestation techniques and remedies began showing results for my family, which helped them understand my passion for this field. Now, as a six-figure earner, even celebrities seek my guidance. This recognition and success mark my biggest achievement.

**SOME SUCCESS STORIES OR TESTIMONIALS FROM CLIENTS –**

**SELF LOVE REGIEME**

Hi hiral your self love course work so well I was anxious and having nightmares and a disturbed mind 11:21 AM

I feel so relaxed peaceful now 11:21 AM

You are angel 😊 11:21 AM

**MANIFESTATION COURSE REVIEW**

Hiral is a very good and , most importantly , positive guidance. She gives good exercise to acheive you what you want. Also, excellent knowledge of the subject very sweet and courteous . Listens with patience and without judgement. Honestly, baki sbke pass etne paise khrch krne k baad muje kbi lga nhi tha ki vo vapis aayega but vo bapis aa gya vo b apni family ko mnkr aur bilkul vaisa bnkr jaisa muje chahiye tha. Thanks to dear Hiral. God bless you ❤️ 1:52 PM

**MONEY MIRACLE MANIFESTATION**

Hello 11:22 AM

Hiral I was trying to contact you but your team answered that money course is a miracle my sales became so good iam earning three times more now review dena tha 😊😍 all the best for your future you are a magician 11:23 AM

You are bro ... He is just physically attracted to me ... 😊

Now I need to make distance from him 😊

He is becoming too clingy now

Haha

My readings never lie 🌹

I just need to maintain some distance .. vo khud hi give up kar .... 😊 .. mujhe kuch karne ki jarurat padege hi nhi .... 😊

Thank you ...so much

Love you bro ..❤️❤️

# From Engineering to Art, The Inspirational Journey of a Self-Made Abstract Painter



Art by Babita Hembrom

Art is characterized by abstract painting and mixed media techniques. Her work combines various materials and methods to create depth and texture, reflecting her personal experiences and unique style.



**B**abita Hembrom has an engineering background with a few years of experience. She then transitioned to being an educator for almost 15 years before quitting due to health issues. Painting was a hobby in her early age, and she pursued it after quitting her job, becoming an abstract painter specializing in mixed media work. Now, she is an entrepreneur, successfully selling her artwork.

## Q. How did you start your journey as an artist?

My artistic journey began as a student hobby. After leaving my teaching career, I developed a passion for abstract painting and mixed media. This pursuit became central to my life, leading me to a full-time art career. My unique style and dedication have helped me become a successful entrepreneur in the art world.

## Q. Describe your artistic Style and what influence your creativity most?

My artistic style is abstract painting, with a specialization in mixed media work. It is a combination of various materials and techniques to create depth and texture. My experiences and transitions, such as working as an engineer, educator, and artist, have all had an impact on my creative process.

## Q. Who are some artists that Inspire you?

I do not follow any one's idea. Bright colours and nature create powerful feelings within me, resulting in an artistic impression in my artworks.

## Q. What challenges have you faced as a self-made artist, how do you overcome them?

Self-made artists face challenges like building credibility, balancing creativity with market demands, and managing health issues. To gain recognition, I used my unique style and high-quality work, leveraging social media and exhibitions. Managing health issues involves a flexible schedule, self-care, and using art as therapy.

## Q. How do you see your art evolving in the Future?

I see my art evolving through new techniques, personal themes, complex projects, and digital elements. My goals include international recognition, community and educational initiatives, and reflecting personal growth, all driven by my passion for art and readiness for new challenges.

# A SUCCESSFUL HOMEMAKER, A FORMER TEACHER AND A FORMER GRADED SINGER OF ALL INDIA RADIO & DOORDARSHAN

Mrs. Bijaya Roy's life is a testament to her dedication, talent, and compassion. Her accomplishments as a musician, supportive wife, and nurturing mother highlight her exceptional character and make her an inspiring figure.



**M**rs. Bijaya Roy epitomizes a life rich in dedication, talent, and compassion. Balancing her roles as a devoted wife, loving mother, and accomplished musician, she has made significant contributions both personally and professionally.

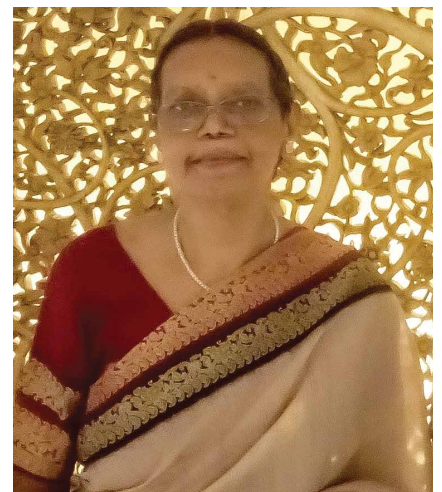
Mrs. Roy began her career as a primary school teacher, demonstrating her commitment to education. However, her deep passion for music prompted a career shift. She is Sangeet Visharad from Prachin Kala Kendra, Chandigarh. Trained in classical and light music from Prayag Sangeet Samiti, Allahabad, she became a graded singer with All India Radio (AIR) and Doordarshan (DD), where she performed for nearly two decades. Her performances across

various AIR and DD stations, including Lucknow, Ranchi, Bhagalpur, Allahabad, and New Delhi, showcased her exceptional talent. Her musical expertise extends to Bengali Rabindra Sangeet and Nazrul Geet. Mrs. Roy has graced numerous concerts and events across India, captivating audiences with her versatility in Sugam Sangeet, Ghazals, Bengali modern songs, and devotional music. Notably, she was the lead singer for the traditional Bengali program "Mahishasuramardini" during Durga Puja in Lucknow and Allahabad, demonstrating her deep connection to Bengali devotional music.

Mrs. Roy's support extends to her husband, Mr. I.P. Roy, a former Senior Administrative Officer with All India Radio and Doordarshan. Her encouragement and partnership have been crucial to his professional success. In addition to her family and musical endeavors, Mrs. Roy has a keen interest in politics and current affairs. As a student of political science, she enjoys discussing these topics with her family, reflecting her ongoing engagement with contemporary issues.

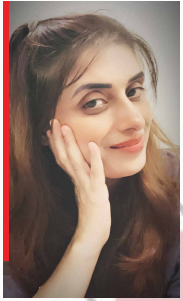
Beyond her professional achievements, Mrs. Roy is celebrated for her empathy and compassion. Her ability to connect with others on a personal level and offer support reflects her emotional intelligence and commitment to fostering positive change. As a mentally strong woman, she has been a pillar of strength for her family, providing unwavering support during difficult times.

Her role as a mother has been particularly impactful. Mrs. Roy has raised her son, Mr. Himadri Roy, with effective discipline and positive values. His success as the Head of Human Resources at Hindustan Pencils Private Limited is a testament to the strong foundation she provided.



An avid traveler and religious individual, Mrs. Roy's journeys, both within India and abroad, enrich her life with diverse experiences. She takes pride in sharing stories of her travels, particularly those involving religious pilgrimages and historical visits.

# RAPE IN INDIA: A NATION'S NEGLIGENCE AND THE DIRE STATE OF WOMEN'S SAFETY



~ **AUTHOR - MEHJABEEN**

**I**n India, the word "rape" has become synonymous with an uncomfortable truth that the nation struggles to face. Despite the numerous incidents of sexual violence

that dominate headlines, there is a disturbing pattern of negligence that permeates every level of society—from law enforcement to the judiciary, and even within communities themselves. This negligence has created an environment where women are not safe, and where justice is often an elusive dream for survivors.

## A CULTURE OF SILENCE AND INACTION -

Rape cases in India are often met with silence and indifference. Whether it's the reluctance to report the crime due to fear of stigma, or the lack of urgency from authorities to investigate and prosecute, the response is consistently inadequate. This culture of silence only emboldens perpetrators, who know that the odds of facing consequences are slim. For many survivors, the journey toward justice is fraught with obstacles. Police stations, which should be safe havens, often become battlegrounds where victims are met with skepticism and victim-blaming. The legal process is slow and bureaucratic, with cases dragging on for years, leaving survivors to relive their trauma with little hope for closure.

## THE FAILURE OF INSTITUTIONS -

India's institutional response to rape is deeply flawed. Despite laws meant to protect

women, the implementation is weak. In many cases, police fail to register complaints, or worse, they pressure survivors to settle or withdraw their cases. Courts, too, are bogged down by delays, and the conviction rate for rape cases remains abysmally low.

This negligence is compounded by societal attitudes that trivialize rape and place the burden of shame on the victim rather than the perpetrator. These attitudes are pervasive, cutting across all strata of society, and they contribute to a toxic environment where women are afraid to speak out and seek justice.



### **UNSAFE STREETS, UNSAFE HOMES -**

The notion that India is unsafe for women is not just a perception—it's a reality. From urban centers to rural areas, women face the threat of sexual violence daily. Public spaces are often hostile, with incidents of harassment, assault, and rape occurring with alarming frequency. But the danger doesn't stop at the doorstep. Homes, too, can be unsafe, with domestic violence and marital rape remaining serious, yet underreported, issues.

This widespread lack of safety is a direct result of the systemic negligence that has allowed violence against women to go unchecked. Despite promises of reforms and initiatives to improve women's safety, the ground reality remains grim. Without genuine commitment

### **THE URGENT NEED FOR CHANGE -**

The notion that India is unsafe for women is not just a perception—it's a reality. From urban centers to rural areas, women face the threat of sexual violence daily. Public spaces are often hostile, with incidents of harassment, assault, and rape occurring with alarming frequency. But the danger doesn't stop at the doorstep. Homes, too, can be unsafe, with domestic violence and marital rape remaining serious, yet underreported, issues.

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violence against women to go unchecked. Despite promises of reforms and initiatives to improve women's safety, the ground reality remains grim. Without genuine commitment from the government and society, these initiatives are little more than lip service.

### **WOMEN'S RIGHT TO SAFETY: A CALL FOR ACCOUNTABILITY -**

In a society where women empowerment is often celebrated, the harsh reality of sexual violence remains a glaring contradiction. Every woman deserves to live without fear, yet the issue of rape continues to haunt our communities. The right to vote is a powerful tool, and women must use it to elect leaders who genuinely prioritize their safety.

It's not enough to appoint leaders who speak of progress without addressing the fundamental issue of women's security. When those in power fail to protect women, they betray the trust placed in them by the electorate. It's a shameful reflection on the system when the very leaders chosen to safeguard our rights fall short.

Women must demand more—leaders who not only promise change but take concrete actions to ensure that our lives are safe. This is not just about empowerment; it's about survival and dignity. The time for empty promises is over. It's our right to vote for leaders who will make safety a reality, not just a slogan.

**Rape in India is not just a criminal act—it's a symptom of a larger societal failure. The negligence that allows sexual violence to persist unchecked is a betrayal of the nation's women. India must do better. The fight against rape and for the safety of women cannot be won through empty promises and half-hearted measures. It requires a collective will to confront the uncomfortable truths, hold perpetrators accountable, and create a society where women can live without fear. Only then can India truly claim to be a safe and just nation for all its citizens.**



# A Visionary Designer and Empowering Leader, Inspiring Change and Creativity

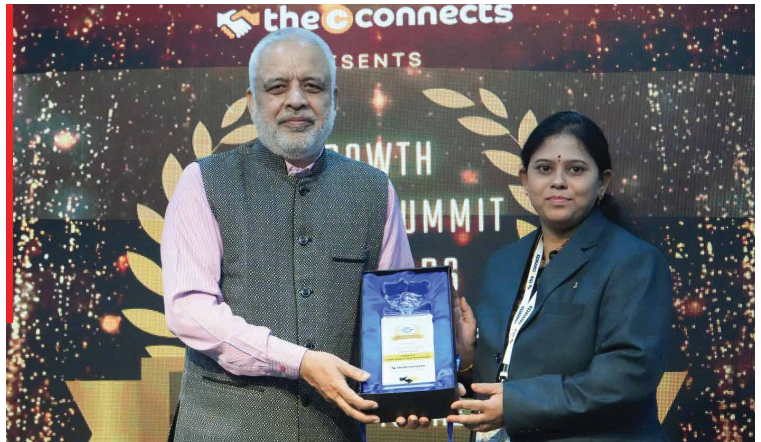
## **Maddyz Design Studio -**

*With great awareness of trends, Brand Awareness and Graphic Design we design and curate compelling design content that elevates your brand visibility globally. Videos are medium for engagement. We specialize in Crafting visually appealing content tailored to elevate your brand's presence across diverse Markets.*

**H**ello! I am **Lion. V. Vasantha Madhuri**, a professional Graphic Designer and Video Editor with over 15 years of experience. As the Founder and CEO of Maddyz Design Studio, based in Hyderabad, my journey in graphic design began in 2008, and I have been passionately committed to creating impactful visual communication ever since. Alongside my career in design, I am actively involved in various organizations. I currently serve as the Secretary for Lion's Club of Hyderabad Shepard for the term 2024-2025, Secretary General of the Curling Association of Telangana since 2023, and General Secretary and Coach for the Telangana Crossbow Shooting Association since 2022. Additionally, I have been the Joint Secretary for the Walk Voluntary Organization (NGO) since 2018. My dedication to my craft and community has earned me several accolades, including the Trailblazer Award in Graphic Design & Visual Communication in 2023, the Excellent Spectacles Distribution Award, and a Silver Medal at the Dwitiya Sansad Khel Spardha in Crossbow, held in Agra.

**Contact -** 7075340123

**Email -** maddyzdesignstudio@gmail.com



## **Q. What inspired you to start Maddyz Design Studio, and what's the story behind the name?**

As I continue to gain significant experience in the design industry, I have been inspired to take the next step and establish my own firm. In today's rapidly evolving digital world, it is clear that relying solely on freelancing and a limited range of projects is not sufficient for sustainable growth. I believe it is time to expand, not only to enhance my own professional journey but also to create opportunities for others who are eager for a chance to showcase their talents. By building a team and growing this venture, I hope to contribute meaningfully to the industry and provide employment to those who are passionate about design and are seeking to make their mark.

## **Q. What advice would you give to aspiring female entrepreneurs in the design industry?**

For aspiring female Entrepreneurs in the design industry, my advice is to embrace your unique perspective and creativity, as these are invaluable assets in this field. Building a successful career in design requires resilience, continuous learning, and a commitment to excellence. Don't be afraid to take risks and push boundaries, as innovation often comes from stepping outside of your comfort zone.





**Q. What's your favorite project you've worked on, and why was it so meaningful?**

I find it challenging to single out any particular project as my favorite. My professional approach involves embracing each project as a unique challenge, and I am committed to giving my best effort to every task I undertake. Each project presents its own set of opportunities and complexities, and I derive satisfaction from addressing these varied challenges. The diversity and variety of projects contribute significantly to my professional growth and skill development.

**Q. How do you balance multiple services like graphic design, web design, and video production under one studio?**

We are a highly talented team that offers a comprehensive range of services. Throughout my experience as a freelancer, I have cultivated strong professional relationships with fellow designers and developers. These connections have enabled me to seamlessly manage and coordinate various aspects of our projects, ensuring that everything runs smoothly and efficiently. This network of skilled professionals allows us to deliver exceptional

results while maintaining a cohesive and well-organized approach to our work.

**Q. Are there any design-related hobbies or side projects you're passionate about?**

Worked for Jawahar Nagar Swach Sarvekshan 2020 Govt. Project. Developing own personal brand materials, including a website, business cards, and a portfolio.

\*Apart from Designing as a Sports coach, Trained in Ice Curling at Karlstad, Sweden by International Canada Coach Mr. Darren Moulding, in August 2023.

\*Interested in DIY Craft Projects, Engaging in hands-on projects like making handmade decorations, upcycling old items.

\* Involved in Many Social Activities from Lions Club and NGO like Conducting Medical Camps, Distributing Nutritions Products, Clothes, Groceries for needy people. Involved in Welfare Programmes for Women Empowerment, Rural Youth, Education and Health.

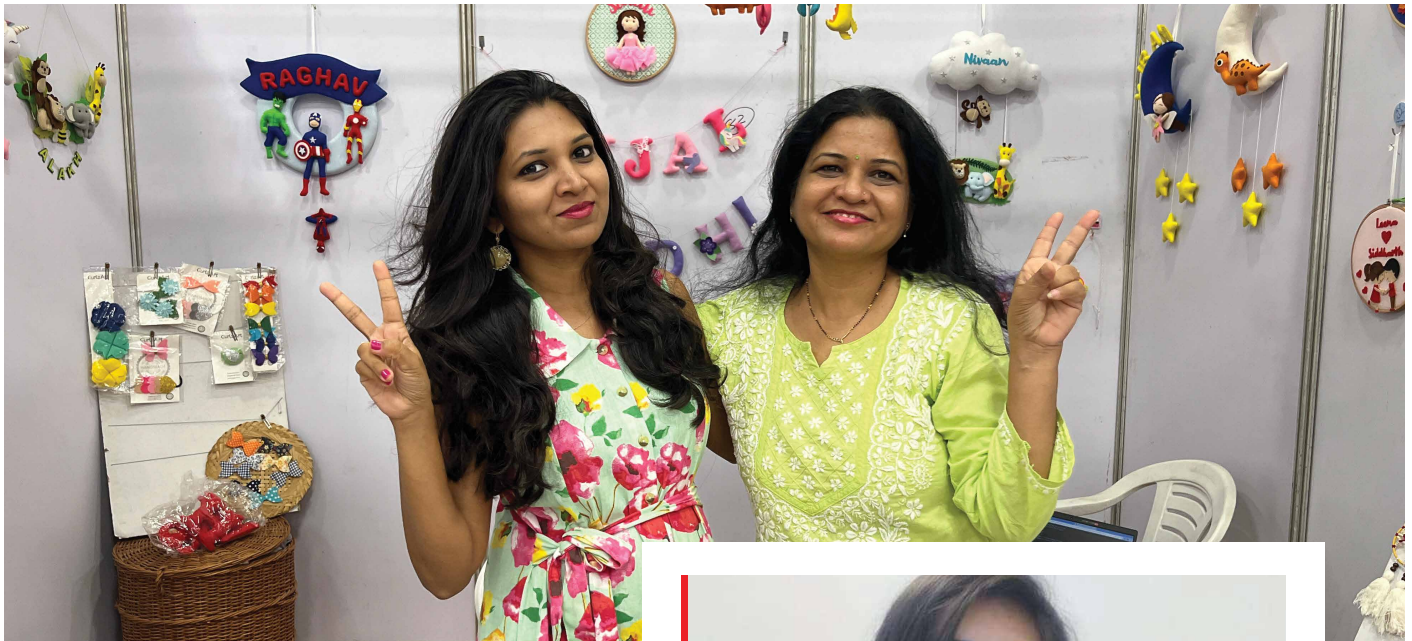
**Q. What's the most significant lesson you've learned as a female entrepreneur?**

As a female entrepreneur, one of the most significant lessons I've learned is the power and importance of resilience. The entrepreneurial journey is inherently challenging, with obstacles that can test the limits of anyone's resolve. However, as a woman in business, these challenges are often compounded by societal expectations, gender biases, and the need to navigate a male-dominated environment. As a woman, your unique perspective can lead to innovative solutions and approaches that might not be apparent in a more homogeneous environment. Embracing your individuality and the diversity of thought you bring to the table is not only empowering but also a key driver of success in today's competitive landscape.

**Q. What's your favorite part of the day, and why?**

For me, spending quality time with my family and ensuring adequate sleep are the highlights of my day. Family time provides a valuable opportunity to connect and create meaningful experiences, which greatly contributes to my overall well-being and happiness. Similarly, adequate rest is essential for maintaining my energy levels and ensuring that I am at my best both professionally and personally.

# ARTISTRY IN EVERY STITCH, UTKARSHA'S CURLZART STORY



**U**tkarsha Telang's creative journey led to the birth of CurlzArt, a brand that beautifully marries artistic vision with meticulous craftsmanship. What started as a hobby has blossomed into a thriving business, known for its unique felt creations and high-quality materials. CurlzArt stands out for its attention to detail and extensive customization options, reflecting Utkarsh's commitment to delivering personalized and exceptional products.

Social media has played a crucial role in CurlzArt's growth, enabling Utkarsha to connect with his audience, showcase his work, and build a loyal community through engaging interactions and giveaways. Looking forward, Utkar-

sha plans to expand CurlzArt's product lines, develop online courses, and explore new collaborations, aiming to enhance the e-commerce experience and potentially open a physical studio. With a focus on innovation and quality, Utkarsha is dedicated to making CurlzArt a leading name in the handmade felt industry.



**TRANSFORM YOUR  
PASSION INTO ART, AND  
LET YOUR CREATIVITY  
WEAVE THE FABRIC OF  
YOUR DREAMS.**



**Q. What inspired you to start CurlzArt, and what makes your handmade felt products unique?**

I began experimenting with felt as a hobby, and the joy of sharing my creations led to turning it into a business. CurlzArt stands out for its meticulous attention to detail, use of high-quality materials, and unique designs. Our craftsmanship is matched by our commitment to offering extensive customization options, ensuring each piece is personalized and special.

**Q. How do you balance creativity with the business side of things, and what advice would you give to aspiring craft businesswomen?**

I schedule dedicated time for designing and creating, allocate specific times for administrative tasks, and prioritize self-care. My advice is to stay true to your vision, develop a growth mindset, build a supportive community, focus on quality, and continuously improve and innovate.

**Q. What role does social media play in promoting CurlzArt, and how do you engage with your online community?**

Social media is crucial for showcasing my products and building community. I engage by

responding to comments, gathering feedback, and hosting giveaways. This approach promotes my brand, strengthens customer relationships, fosters loyalty, and helps me better understand preferences for continuous improvement.

**Q. What challenges have you faced as a craft businesswoman, and how did you overcome them?**

I faced self-doubt balancing creativity, business tasks, and marketing. I overcame these challenges by focusing on my strengths, scheduling time for both creative and business activities, and prioritizing self-care. This approach helped me manage responsibilities effectively while maintaining motivation and a healthy work-life balance.

**Q. What's next for CurlzArt, and how do you see your business evolving in the next few years?**

I envision expanding product lines, creating online courses, collaborating with other businesses, enhancing the e-commerce experience, and opening a physical studio or storefront. I'm excited to see CurlzArt become a leading brand in the handmade felt industry, known for its unique products and exceptional customer experience.

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