

MAGAZINE

AUG 2025

WOMAN EMPOWERMENT

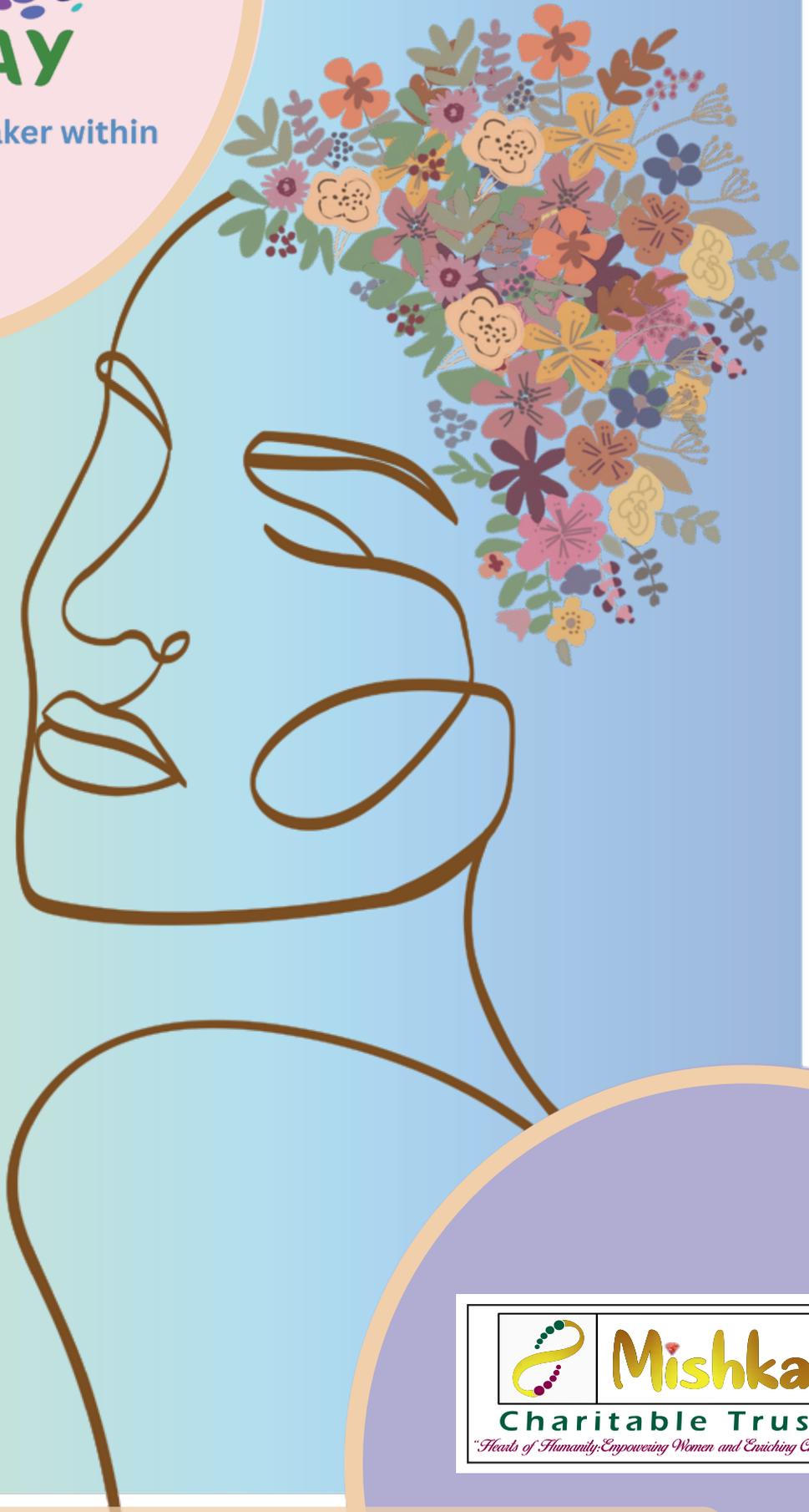


**WISEWAY**

Igniting the ChangeMaker within

LIFE SKILLS

INAUGURAL ISSUE



AN INITIATIVE OF MISHKA CHARITABLE TRUST



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# Meet Our Team



**Mr. Sudhir S  
Salunke**



**Dr. Bhavneet  
Kaur**



**Ms. Anjum  
Kapasi**



**Mr. Amit**



**Dr. Simmi  
Khanna**



**Ms. Shalini  
Khurana**



**Dr. Kousar  
Shah**



**Ms. Shivvani**



**Mr. Mohammad  
Rafi**



**Dr. Tarun  
Malik**



**Dr. Ankit  
Chaudhary**



**Dr. Ankush**



## **Anjum Kapasi**

**Editor-in-Chief**  
**Wiseway Magazine**

**Founder**  
**Mishka Charitable Trust**

### **From My Heart to Yours: The Vision of Wiseway**

There's a unique strength that comes from believing in yourself, and yet, it is one of the hardest things to do. We all battle self-doubt, questioning our worth, our abilities, and our purpose. I know this because I've been there too—more often than I care to admit. The journey of life is never straightforward, but one thing I've learned along the way is that within each of us lies an incredible power to rise, transform, and make a difference.

When I started Mishka Charitable Trust, it was just a seed of an idea—a simple hope to bring people together, to empower women, and to foster a generation of children who would grow with compassion, confidence, and a sense of community. Like any journey worth taking, it has had its ups and downs. But the vision of seeing lives change, of hearing stories of growth, resilience, and transformation, has always driven me forward.

Behind every success story is a struggle, and I think it's important we acknowledge that. We all have those moments—times when we feel like we're not enough, when life seems too overwhelming, when dreams feel distant. I've had days where the weight of responsibility as a mother, a wife, and a leader has felt too heavy to bear. I've faced doubts about whether I was making a real difference, whether my efforts were enough. I know many of you feel the same at times, and I want to tell you: it's okay. It's okay to have moments of weakness because that's where strength is born. It's okay to feel lost sometimes, because every journey has its moments of confusion. What matters is that we keep moving forward, even if it's just one small step at a time. What matters is that we don't let fear stop us from believing in the power we carry within us.

Wiseway brings together a wealth of articles on topics that matter—be it personal development, health and wellness, education, or women's empowerment. It is a space where real-life success stories, personal reflections, and expert advice come together, creating a vibrant tapestry of wisdom. But Wiseway is more than just articles—it's a community. It's a shared space where every reader, writer, and contributor plays a part in inspiring others.

I cannot express enough gratitude to the writers who have come forward to share their talents with us. Each article, each piece of advice, and each personal story adds depth to Wiseway. Our writers, with their diverse backgrounds and experiences, bring unique perspectives that make this magazine truly special. Whether they are sharing their personal journeys, expertise, or insights, their contributions are what breathe life into these pages.

As I look toward the future, I see so much potential. Potential for more women to break free from the chains of self-doubt and societal expectations, for more children to grow up with the confidence that they can make a difference in the world. I see a future where we stand together, stronger, braver, and more compassionate.

So, as you read through this issue of Wiseway, I hope you find something that speaks to your heart. Whether it's a small nugget of wisdom, a story that inspires you, or simply the reminder that you're not alone—I want you to know that this space was created for you. You are part of something bigger, something meaningful, something filled with possibility.

To everyone who reads, contributes, or simply supports Wiseway—thank you. You are helping us create something that goes beyond words. Together, we are building a legacy of wisdom, compassion, and Change.

Lets Keep Igniting The Change Maker Within...!

With love & gratitude,  
Anjum Kapasi



## ***Bhavneet Kaur***

***Principal Shree Satya Sai Vidyalaya Jamnagar***

### **Importance Of AI in Education**

The integration of Artificial Intelligence (AI) in education has transformed the learning landscape, revolutionising the way students absorb and retain information. AI-powered tools have made learning more personalized, efficient, and engaging.

***"AI is not replacing teachers, but it's augmenting their capabilities."***

***– Andreas Schleicher, Director of Education and Skills at the OECD***

One significant application of AI in education is adaptive learning software. This technology adjusts the difficulty level of course materials based on individual students' performance, providing a tailored learning experience. AI-driven chatbots and virtual assistants also offer real-time support, answering queries and clarifying doubts.



AI-powered analytics help teachers track student progress, identifying areas where students need extra attention. This data-driven approach enables educators to refine their teaching methods, optimizing learning outcomes.

***"AI can help teachers focus on what they do best – teaching, mentoring, and inspiring students."***

***– Dr. Maria Langworthy, Education Researcher***

Intelligent tutoring systems, powered by AI, provide one-on-one support, mimicking human tutors. These systems offer immediate feedback, encouraging students to learn at their own pace.

**The future of AI in education holds much promise with potential applications in:**

- Enhanced accessibility for students with disabilities
- Teacher training and support
- Automated grading and feedback
- Personalized learning paths

**"AI has the potential to revolutionize education by making learning more accessible, effective, and enjoyable."**

**– Dr. Rose Luckin, AI in Education Expert**

As AI continues to evolve, its role in education will expand, creating a more inclusive, effective, and student-centered learning environment. By embracing AI, educators can unlock new possibilities, empowering students to reach their full potential.



## **Dr. Ankit Chaudhary**

**Designation:** Resident Medical Officer

**Experience:** 7 years of clinical practice

**Qualification:** BNYS, M.Sc. in Clinical Nutrition,  
Ozone Therapy Expert

## **Understanding PCOS: A Comprehensive Overview**

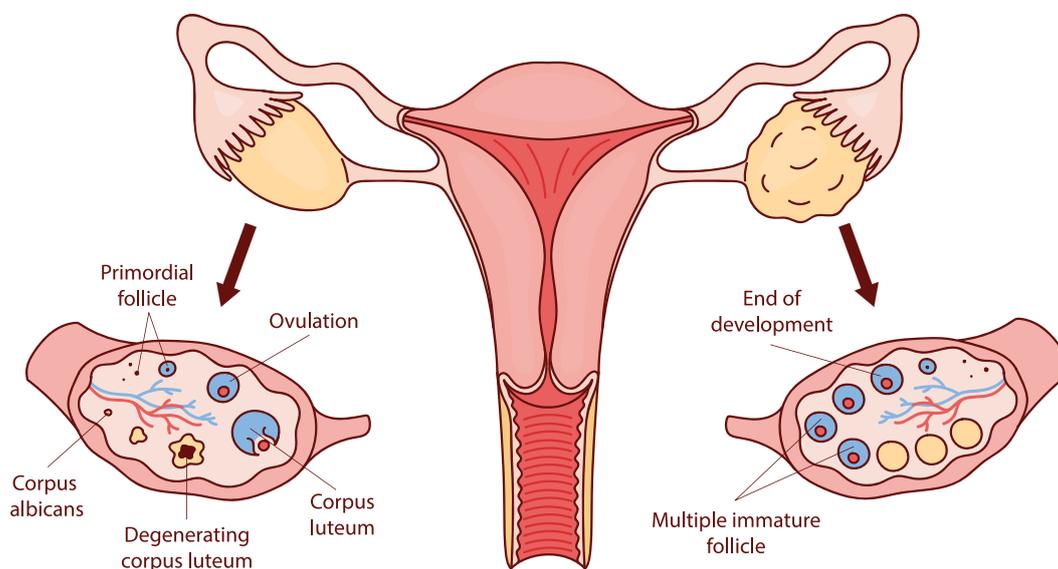
Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting approximately 1 in 10 women of reproductive age. Characterized by a combination of symptoms, PCOS can lead to various health issues, including infertility, metabolic disorders, and psychological effects.

### **Symptoms and Diagnosis**

PCOS manifests in several ways, including irregular menstrual cycles, excessive hair growth (hirsutism), acne, and weight gain. Women may also develop ovarian cysts, although not all with PCOS have them. Diagnosis typically involves a thorough medical history, physical examination, and blood tests to measure hormone levels, often adhering to the Rotterdam criteria, which consider ovarian dysfunction, hyperandrogenism, and polycystic ovaries.

### **Causes and Risk Factors**

The exact cause of PCOS remains unclear, but genetic, hormonal, and environmental factors play a role. Insulin resistance, which is common in women with PCOS, can lead to elevated insulin levels and contribute to weight gain and other metabolic complications. A family history of PCOS or type 2 diabetes also increases the risk.



### **Management and Treatment**

While there is no cure for PCOS, symptoms can be managed effectively. Lifestyle changes such as a balanced diet and regular exercise can help regulate menstrual cycles and improve insulin sensitivity. Medications like hormonal contraceptives can alleviate symptoms like irregular periods and acne. For those seeking to conceive, medications like Clomiphene citrate may help induce ovulation.

## Ministrations

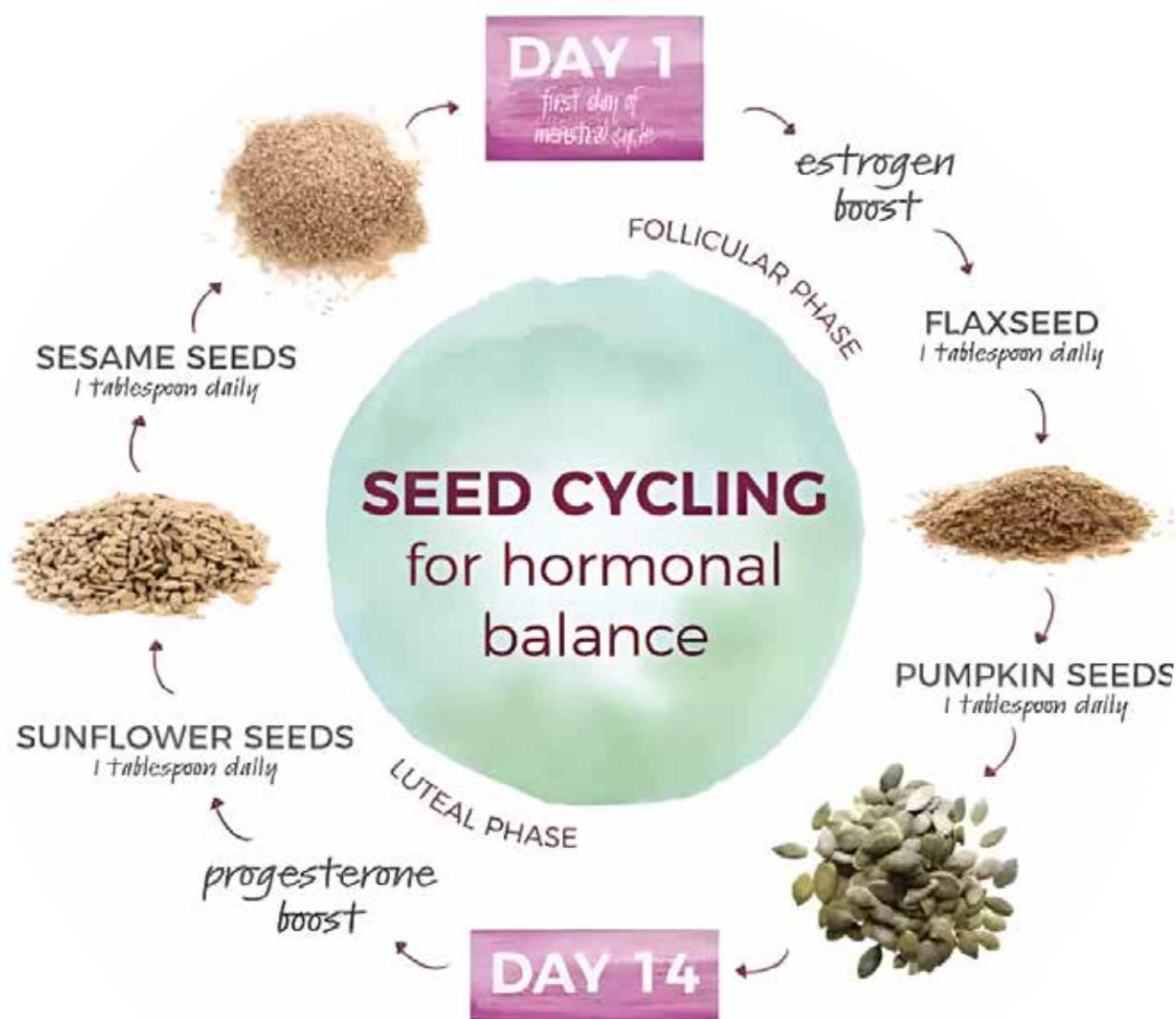
Seed cycling is a naturopathic practice that involves eating different seeds during different phases of the menstrual cycle to balance hormones and potentially treat polycystic ovary syndrome (PCOS). The idea is that the nutrients in the seeds can support hormone production and metabolism.

**Here's how seed cycling works:**

**Eat flax and pumpkin seeds:** During the first half of your menstrual cycle, also known as the follicular phase, eat one tablespoon each of freshly ground flax and pumpkin seeds per day.

**Eat sunflower and sesame seeds:** During the second half of your menstrual cycle, also known as the luteal phase, eat one tablespoon each of ground sunflower and sesame seeds per day.

**Repeat:** Start the cycle again on the first day of your next period.





## ***Simmi Khanna***

*Clinical Dietitian, Food Innovator and TEDx Speaker*

### **Anaemia Mukt Bharat: Empowering India Through Nutrition**

Anaemia Mukt Bharat (AMB) is a flagship initiative launched by the Government of India, aiming to reduce the prevalence of anaemia across the country.

#### **Understanding Anaemia and Its Causes**

Anaemia occurs when the body lacks sufficient red blood cells or haemoglobin to carry oxygen to the tissues. The most common type is iron-deficiency anaemia, which results from inadequate iron intake or poor absorption of iron from the diet. Other causes include chronic diseases, infections, and deficiencies in vitamins like B12 and folic acid.

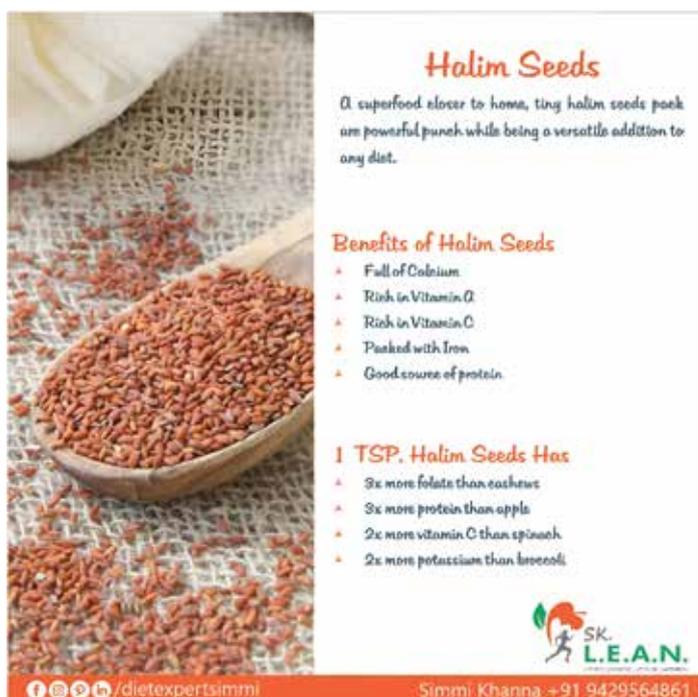
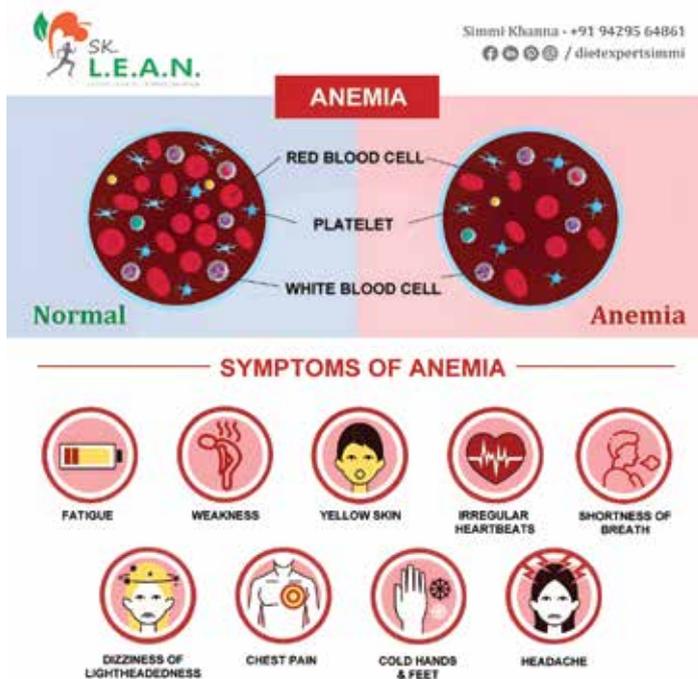
#### **The Role of Diet in Combating Anaemia**

Diet plays a crucial role in both preventing and treating anaemia. Consuming foods rich in iron, along with nutrients that enhance iron absorption, is essential for maintaining healthy haemoglobin levels.

1. **Fenugreek Leaves (Methi):** Fenugreek leaves are a great source of iron and can be included in various dishes like paratha, thepla, or methi aloo.
2. **Dates (Khajoor):** Dates are not only high in iron but also in fibre and other essential nutrients. They can be eaten as a snack or added to desserts and smoothies.
3. **Pomegranate:** Known for its high iron content, pomegranate is often recommended for people with anaemia. It can be consumed as fresh fruit, juice, or added to salads.
4. **Sesame Seeds (Til):** Packed with iron, they can be used in chutneys, sprinkled on salads, or added to baked goods.
5. **Amaranth (Rajgira):** Both the leaves and seeds of amaranth are rich in iron. The leaves are used in curries, while the seeds can be used to make porridge or added to salads.
6. **Kidney Beans (Rajma):** A popular source of iron in Indian cuisine. Make curry or salads.
7. **Beetroot:** Rich in iron and folate, beetroot helps in increasing haemoglobin levels. It can be consumed as juice, in salads, or cooked as a vegetable.
8. **Halim Seeds (Garden Cress Seeds):** These tiny seeds are a powerhouse of iron. Just a tablespoon provides a significant amount. They can be soaked in water or milk overnight and consumed in the morning.
9. **Bathua (Chenopodium Album):** A leafy green vegetable, Bathua is abundant in iron, calcium, and other essential nutrients. It can be added to parathas, curries, or consumed as saag.
10. **Amaranth (Rajgira):** Both the leaves and seeds of amaranth are rich in iron. The leaves can be used in curries, while the seeds can be used to make porridge or added to salads.
11. **Bajra (Pearl Millet):** An iron-rich grain, often used to make rotis, porridge, or khichdi. Especially beneficial during winter.
12. **Chana (Chickpeas):** Rich in iron, chickpeas can be used in dishes like chana masala, salads, or as roasted snacks.
13. **Dry Fruits (Raisins, Apricots):** Excellent sources of iron. They can be eaten as a snack or added to cereals, salads, and desserts.
14. **Soybeans:** Rich in iron, soybeans can be used in various forms like tofu, soy milk, or simply as boiled soybeans in salads.
15. **Drumstick Leaves (Moringa):** A superfood with high iron content. They can be used in soups, stir-fries, or made into a podi.

## Tips for Enhancing Iron Absorption

- 1. Pair with Vitamin C:** Consuming vitamin C-rich foods like citrus fruits, tomatoes, and bell peppers along with iron-rich foods enhances the absorption of non-heme iron (plant-based iron).
- 2. Cook in Iron Pots:** Cooking food in iron utensils can increase the iron content of the food, especially when preparing acidic foods like tomato-based curries.
- 3. Include Probiotics:** A healthy gut microbiome is essential for optimal nutrient absorption. Incorporating probiotics like yogurt or fermented foods can aid in better iron absorption.



## Quiz: Test Your Knowledge!

- 1. What is the most common cause of anaemia?**
  - A) Vitamin D deficiency
  - B) Iron deficiency
  - C) Protein deficiency
  - D) Zinc deficiency
- 2. Which of the following foods is NOT a good source of iron?**
  - A) Beetroot
  - B) Halim seeds
  - C) Bathua
  - D) White rice
- 3. Which vitamin helps in the absorption of iron?**
  - A) Vitamin A
  - B) Vitamin C
  - C) Vitamin D
  - D) Vitamin K
- 4. What should be avoided during meals to improve iron absorption?**
  - A) Milk
  - B) Fruits
  - C) Tea and Coffee
  - D) Water

## Answers:

1. B)
2. D)
3. B)
4. C)



## ***Ms. Shalini Khurana***

***Co-founder, AntahVridhi***

With over 25 years of experience as a Principal, Trainer, Consultant, and Academic Auditor, I have seen firsthand how education shapes the future of our children.

### **"Strengthening Young Minds:**

#### ***How Indian Pedagogy Shapes Confident and Resilient Individuals"***

In the Indian context, where tradition and modernity coexist, the role of nurturing young minds to become confident, strong, and fearless individuals is paramount. This holistic development requires a blend of academic excellence, social-emotional growth, and strong value systems.

#### **Building Confidence**

Confidence is the cornerstone of personal growth. In the Indian education system, traditionally focused on discipline and academic achievement, it is essential to create an environment where every child feels capable and valued. Confidence grows not just from success but also from the freedom to explore, make mistakes, and learn without the fear of being judged. Schools must encourage risk-taking, innovation, and expression, ensuring that each child finds their voice and feels secure in their abilities.

#### **Fostering Strength Through Resilience**

Resilience is the ability to recover from setbacks and persist through challenges. Indian pedagogy, with its emphasis on hard work and perseverance, naturally supports the development of this trait. However, resilience also comes from cultivating a growth mindset—teaching children to view challenges as opportunities for growth rather than insurmountable obstacles. Educators and parents play a crucial role in nurturing this mindset, providing support while allowing children to navigate difficulties independently.



#### **Cultivating Fearlessness**

Fearlessness doesn't mean the absence of fear; it's the courage to confront it. Indian social systems, with their strong emphasis on community and family, offer a supportive environment where children can express their fears and anxieties. By providing emotional support and teaching coping mechanisms, we can help children develop the bravery to face life's challenges head-on. Educators must foster an atmosphere of trust and openness, where students feel safe to take on new challenges without fear of failure.

#### **Integrating Social and Emotional Learning (SEL):**

In the Indian educational landscape, where relationships and social bonds are deeply valued, integrating social and emotional learning (SEL) into the curriculum is crucial. SEL enhances empathy, emotional regulation, and effective communication—skills that are vital for personal and academic success. By teaching these skills, we prepare children to navigate not just their educational journey, but also the complexities of life.

### **Balancing Tradition and Innovation:**

The Indian education system is a rich blend of tradition and modernity. While we draw strength from our cultural values, we must also embrace innovative teaching methods that cater to the diverse needs of today's learners. This balance allows us to nurture individuals who are grounded in their values yet prepared to thrive in a globalized world.

### **The Role of Educators and Parents:**

As educators and parents, we have a profound responsibility. Our role is to guide, support, and inspire children as they navigate their educational journey. By fostering open communication, setting positive examples, and providing opportunities for self-expression, we can nurture confident, strong, and fearless individuals.

In conclusion, the goal of education is not merely academic achievement but the holistic development of individuals who are resilient, confident, and courageous. By embracing Indian pedagogy's strengths and integrating social and emotional learning, we can help our children realize their full potential and become the leaders of tomorrow.





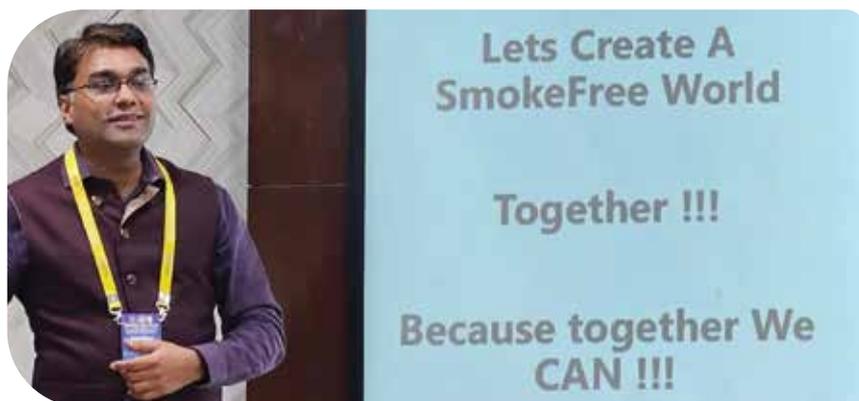
## ***Dr. Ankush***

***Creator of Smoke-Free Life  
Director at Lungsukh  
Consultant Pulmonologist***

### **Unlocking the Power of Behavioral Change: A New Approach to Quitting Smoking**

Changing a habit or behavior is often seen as one of the hardest things to do. You've probably heard or even thought the same. But with the growth of fields like neuroscience, cognitive behavioral science, neurolinguistic programming, and others, changing a habit like smoking is actually much easier these days than you might think.

Though I'm a pulmonologist and chest specialist by profession, my passion lies in helping people change their behaviors for the better. In my practice, I often meet smokers who have tried and failed to quit using traditional methods. From my experience with cognitive behavioral sciences and neuroscience, I've developed a method called the Smoke-Free Life Method. This approach is based on a mix of cognitive behavioral science, neuropsychology, hypnotherapy, psychotherapy, and neurolinguistic programming.



One surprising fact I came across in a U.S. National Health Survey is that the most successful trigger for quitting smoking is a heart attack. It's because, until that moment, a smoker's mind has linked smoking with pleasure. However, when someone experiences a heart attack, they associate smoking with the pain and fear of that event. This strong emotional and physical pain can lead them to decide, in a split second, to quit smoking for good.

The power of this behavioral change is what inspired the Smoke-Free Life Method. We use similar principles, helping people change their mental associations with smoking without needing to go through something as severe as a heart attack. Our method doesn't rely on willpower alone, which has a success rate of just 12%, but instead works with the mind's natural tendencies to create lasting change.

Traditional methods like nicotine replacement therapy or medications also have low success rates. But with our Smoke-Free Life Method, we've seen success rates as high as 93%. One of the key components of our method is what we call the Craving Buster Module. This module teaches our clients how to manage cravings with various tools and techniques, ensuring they not only quit smoking but stay smoke-free for life.

We consider someone to have successfully quit smoking only if they remain smoke-free for more than three years. Before that time, the risk of relapse is still significant. To date, we've helped over 780 people quit smoking using our method, and our approach doesn't just focus on smoking itself. Smoking is often just a symptom of deeper issues, and by addressing those root causes, we help people achieve a complete life transformation.

In conclusion, changing a habit like smoking is very achievable, especially when you understand the signals your subconscious mind is sending. By paying attention to these subtle clues in language, behavior, or thoughts, we can help you change for the better—easily and without struggle.



## ***Shivvani***

***Designation:*** Journalist, Freelancer

***Experience:*** 6 years as an Investigative Journalist;  
2 years as Assistant Director  
(2 Bollywood films and 8 TV advertisements);  
Project Head at a Production House for 2 years

***Qualification:*** Master's in Mass Communication

## **COMPASSION CHRONICLES** **"CHANGEMAKERS UNSCRIPTED"**

Priya, a quaint girl from Agra, has now become a beacon of hope for many girls and women in Delhi. Here at DHERYA (Priya's NGO), she is a pillar of strength, a strict teacher, a pressing negotiator, a doting wife, and a friend who is always available to someone in need.

Let's see what this superhero is made of.



**SHIVANI:** How do you describe yourself?

**PRIYA:** In one word I would say, I am BRAVE. Very brave.

I have a fighting spirit and don't know HOW TO SAY NO. If I decide to do it, I will do it.

This is what I am, since childhood.

I faced several roadblocks in life but I kept going. My father said not to pursue studies after school—parents were hesitant to send girls for higher education then—but I fought and completed my Masters in English as well as Social Work.

**SHIVANI: When did you decide to become a social worker?**

PRIYA: Well, I must say it was a journey. Initially, I wanted to be an IAS officer, but with a lot going on at the same time—my marriage, shifting into a new city, and a new family—I couldn't crack the exam. But one thing was crystal clear to me: helping people around me is what makes me happy. The scale doesn't matter, it could be as trivial as giving a shoulder to someone to lean on or teaching a bunch of kids who need help.

It was when I joined TEACH INDIA (an initiative by The Times of India) that I got exposed to the ground realities, visited slums, and had one-on-one conversations with the women and young girls.

I still remember, when we were out at a slum visit, I gathered all the girls and asked them why they were not attending the classes that we had started exclusively for them.

The answers baffled me—it wasn't the usual lack of money or the will of paternal figures, but loads of paltry reasons: the toilets were inaccessible in the morning hours as men of the house needed to be ready for work before them, lack of space to change clothes, no crèche for smaller kids, and the list went on.

That's when I thought—these practical problems needed practical solutions, and I am capable of putting my mind and sweat into it.

I started by tweaking the timings of the class, then providing special classes for a selected few.

I wanted to do more, be more, so I decided to have my own NGO.

I floated the idea among my friends, some of them helped, and that's how I started DHERYA – Ek Saath Ek Vishwas.



**SHIVANI: Your NGO works extensively for women and children. Why have you chosen to work in this direction specifically?**

PRIYA: There clearly is an inequality that exists when it comes to sons and daughters in our country. With time a lot has changed, but still in my experience with underprivileged families, I've seen that the father-daughter bond is great—there is love, there is care—but when it comes to spending money on the same daughter to make her more skilled and independent, the majority doesn't do it.

I want to provide a fighting chance to all females so that they can work for a better future and not become a burden on anybody.

**SHIVANI: Why did you choose to work in Delhi?**

PRIYA: I hail from Agra, and when I was small, it was my dream to come to Delhi.

For us in Agra, Delhi was the utopian place to be—the capital of India, a city with a lot of history.

But when I came to Delhi after marriage, it dawned on me that rampant urbanization has forced people to live in ghettos, which are present in every corner of Delhi.

These ghettos or slums fail to give a decent life to these working-class people, leading to a trail of problems behind it. At one point, I thought maybe life in smaller towns and villages was better, but one cannot tell others to dream small or aspire less. So I decided, if this was my home now, then I must make it better. That's how I started working from Vishwakarma Colony in Pul Pehladpur in Delhi.

**SHIVANI: Who is your inspiration?**

PRIYA: My mother is the one person I look up to. You throw any challenge towards her, and she will come out smiling. The other personality I believe shaped me is Dr. A.P.J. Abdul Kalam. His books, his thoughts just ignite a fire in you and help you to work towards your dreams. On the same note, Kiran Bedi too is an idol. She single-handedly paved the way for women in India to take up new and challenging roles fearlessly.

**SHIVANI: How do you measure success in your work?**

PRIYA: My greatest incentive is the smile that I bring to the faces of girls and women I work for. Nothing can be a bigger reward than that.

**SHIVANI: What are the biggest challenges in running an NGO?**

PRIYA: The lack of funds, making a strong team, keeping them motivated, and working on credibility issues from time to time are some common challenges.

**SHIVANI: Is society conducive to NGOs?**

PRIYA: You need to have a strong connect with the society around you to run a successful NGO. I am blessed with a very understanding husband and a good bunch of friends who have been a backbone for me from the start.

People around you often assume that if you are running an NGO, you must be quite rich. Such perceptions can be harmful to an NGO. I try to keep things transparent with people so that they too can understand the work we do and even contribute in their capacity.

Similarly, connecting with the community you are working for is also crucial. I make sure I spend my weekends interacting with and distributing food to them. This helps to keep the communication channels open and ultimately makes the environment more and more conducive.

**SHIVANI: Share some positive changes that have come with time in your profession.**

PRIYA: Social media has played quite a positive role in sensitizing people about NGOs and their work. It has also made mobilizing funds and required amenities to the target audience very precise. The other positive would be the increasing involvement of young volunteers in today's time. This makes me feel a breath of relief that the future ahead comes with better times.

**SHIVANI: What do you see yourself doing in the next ten years?**

PRIYA: My experience in social work has taught me to take the small victories and to assist a person to make small, positive changes in their lives every day.

If that is my legacy to the people I've worked with, then I am happy if I am able to give more and more time, support, and encouragement to the women and kids around me—and hopefully make them self-sufficient so that there are more Priyas among them.

**SHIVANI: One advice for someone considering a career in social work?**

PRIYA: Plan for the best and prepare for the worst. This is what I follow, and all it needs is a lot of patience, a lot of Dherya.

## Mishka Charitable Trust's Counseling Seminar: Empowering Students for Success

On February 11, 2024, Mishka Charitable Trust hosted an impactful Counseling Seminar aimed at empowering students with essential life skills to navigate academic pressures and personal growth. Held at the Dhirubhai Ambani Bhavan in Jamnagar, the seminar focused on helping students develop the tools needed to succeed both academically and personally.

### Time Management: A Key to Success

The seminar kicked off with a session on Time Management, led by Bhavini Thakar, an experienced Associate Professor and Head of the Psychology Department at DKV College, Jamnagar. Drawing from her 37+ years of experience, Bhavini Ma'am delivered practical advice on how students can manage their time more effectively. Her insights on organizing workloads, setting priorities, and eliminating procrastination left students feeling confident about tackling their academic challenges.

One student shared,

*"I've always struggled with balancing my time, but now I have clear strategies to keep up with my studies."*



### Mindfulness and Personality Development

Next, Anjum M. Kapasi, Founder and Chairwoman of Mishka Charitable Trust, took the stage to address Mindfulness and Personality Development. With over 12 years of experience in education and counseling, Anjum Ma'am emphasized the importance of being present in the moment and cultivating self-awareness.

She encouraged students to develop their personality by working on confidence, communication, and mindfulness techniques that can help them stay focused and calm.

One student remarked,

*"Anjum Ma'am made me realize how important it is to believe in myself and stay mindful during stressful times."*

### Yoga, Meditation, and Pranayam: Techniques for Inner Peace

The seminar continued with an enlightening session on Yoga, Meditation, and Pranayam led by Shital P. Ghelani, a certified yoga therapist with over 10 years of experience. Shital Ma'am introduced students to simple yet powerful breathing techniques and meditation practices that can help manage anxiety and stress.

The students were captivated by how easily they could incorporate these practices into their daily routines.

One participant noted, "I never knew that just a few minutes of deep breathing could help me relax so much. I'm definitely going to use this during exam time."

### Stress and Emotional Management

The seminar concluded with an engaging session on Stress and Emotional Management by Mamta Balasubramaniam, a registered special educator and certified CBT counselor. With over 13 years of experience, Mamta Ma'am provided students with actionable techniques to handle academic stress and emotional challenges.

She discussed the importance of self-care, emotional resilience, and the ability to recognize when to seek help.

One student reflected, "Her advice on dealing with stress made me realize how important it is to take care of my mental health."

### A Successful, Holistic Seminar

The seminar, designed to address key areas of student life, was a resounding success. Students left the event feeling equipped with tools to manage their time, stress, and emotional well-being, while also focusing on their personal growth. Mishka Charitable Trust, through this seminar, reaffirmed its commitment to nurturing not only academic excellence but also the holistic development of students.

Chairwoman Anjum Kapasi expressed her satisfaction with the event, saying, ***"Our goal was to provide students with practical life skills they can use beyond the classroom. I'm proud to see how receptive and engaged they were."***

The seminar was a meaningful step toward empowering students to thrive—not just in their studies, but in life as well.



# SPEAKERS PROFILE



## **Anjum Kapasi**

### **Education:**

- M.A. English.
- M.A. Education.
- PGDGC-Post Graduate Diploma in Guidance and Counseling.
- NLP practitioner trainer
- B.Ed. pursuing

### **Experience:**

- 12+ Years in education field from New Delhi



## **Bhavini Thakar**

### **Education:**

- M.A. M. Phil
- Associate Professor
- Head of Psy. Dept in DKV Collage Jamnagar. (Received National Scholarship)

### **Experience:**

- 37+ Years Experience



## **Mamta Balasubramaniam**

### **Education:**

- RCI registered special educator
- Diploma in child psychology (EDI, UK)
- Diploma in Supporting children with reading writing difficulties (University of London)
- B.Ed. in special education
- TEAM CBT counsellor

### **Experience:**

- 13+ Years Experience



## **Shital P. Ghelani**

### **Education:**

- MA In Yoga
- Yoga Therapist (level 6), In 2022
- Yoga Teacher And Evaluator (level-3), 2020
- Yoga Instructor At Qci (level-1), In 2019
- CYED

### **Experience:**

- 10+ Years Experience





## **Shivvani**

**Designation:** *Journalist, Freelancer*

**Experience:** *6 years as an Investigative Journalist;  
2 years as Assistant Director  
(2 Bollywood films and 8 TV advertisements);  
Project Head at a Production House for 2 years*

**Qualification:** *Master's in Mass Communication*

### **Minakshi's Solo Adventure:**

#### ***A Journey of Surprises, Solitude & Self-Discovery in "Shangarh"***

For me (Minakshi Sharma, 53 years old), life as an Assistant CEO was a nonstop whirlwind of deadlines, meetings, and teacher training. I often dreamed of a peaceful escape, but it always seemed just out of reach—especially when my family couldn't join due to their packed schedules.

One evening, with a mischievous grin, my daughter said, "Mom, why not take a solo break?" The thought of traveling alone at my age felt dull. A mix of fear and curiosity bubbled inside me. Could I do it? But my daughter wouldn't give up, and before I knew it, she had planned a surprise solo trip to Shangarh, Himachal Pradesh—my very first adventure alone.

As reality sank in, my disbelief morphed into excitement. Solo travel? Wasn't that for the young and introverted? Maybe it was finally time to surprise myself.

#### **The Journey to Shangarh**

The bus ride from Delhi to Manali felt like stepping into a time capsule. With headphones on, I soaked up a playlist of Hindi and English songs—from classic melodies to modern beats—and for a moment, I was the heroine in a vintage Bollywood adventure, ready for whatever lay ahead.

When we reached Aut, I was a bit lost. But fate had me covered—a cab driver appeared, asking, "Shangarh?" Without even bargaining (a skill I'm usually proud of), I hopped in, laughing to myself, "I must be God's favorite child." The ride was worth every rupee, as the mountains revealed breathtaking views along the way.

Arriving at the Zostel, I quickly sensed this wasn't the plush welcome of a resort—no towels, no greetings. Just a cozy bunk, shared with two younger girls, and a relaxed vibe. Everyone around me seemed half my age. I felt a pang of doubt, but that quickly faded when I stepped outside and was greeted by the cinematic beauty of Shangarh—rolling green meadows, thick forests, and a village life that seemed to exist in a peaceful bubble. The crisp air whispered,

**"You belong here."**



## Day 1 (Evening): Exploring the Meadows & Café that Served Life's Lessons

After freshening up, I set off to the meadows, camera in hand, eager to capture their beauty. The open space, so free and vast, made me feel lighter than I had in ages. I snapped photo after photo, each capturing the peace surrounding me. My only companions were two stray dogs who loyally followed me around, making me smile with their playful antics.

Wandering further, I came across a group of schoolchildren collecting trash, guided by a dedicated teacher. Drawn to their efforts, I encouraged the kids and shook the teacher's hand, feeling a surge of warmth. Small moments can be so powerful.

I ended my evening at a café run by a woman from another state who had settled in Shangarh. Over coffee, I asked if she was happy in such a quiet place. Her answer left me thoughtful: "The woods, the flora, the fauna—they're more honest and healing than any city. Peace like this isn't found just anywhere." Her words resonated deeply, and as I sipped my coffee, I felt the rush of life slow down.



## Day 2: Temple, Bonding, Wild Berries & a Campfire

I woke early, invigorated by the mountain air, and set off with my two roommates—a warm-hearted Gujarati and a spirited Maharashtrian—to visit the Shangchul Mahadev temple. Amid the peaceful greenery, we shared stories and laughter, our cultural exchanges making the experience all the more meaningful.

Along the trail, we discovered bushes of wild berries, and, after the guide assured us they were safe, we gathered handfuls, savoring the burst of tart sweetness as we walked.

Afterward, hunger struck, but the café was closed. Thankfully, my Gujarati friend pulled out homemade Dhokla, Fafda, and Upma, and it was, hands down, the best meal of my trip.

That evening, we gathered around a campfire under a starlit sky, with a local guitarist strumming soulful tunes. I sang along, carefree, feeling more alive than I had in years.

## Day 3: Love in the Air

On my third morning in Shangarh, I set out for a solo walk along a quiet trail and ran into a young couple from Chennai. The boy, with a nervous smile, revealed he was planning to propose that evening and needed some help with the setup.

Excited, I enlisted my two roommates, and together we turned event planners—gathering flowers, candles, and decorations to create a dreamy scene. By evening, everything was ready. Music played softly as he knelt, and, with her resounding "yes," laughter and cheers filled the air.

For me, it was a beautiful reminder of the magic in new connections and how they know no bounds—of age, background, or place.



## Day 4: The Forest Walk to Lapah – A Journey of Courage, Curiosity, and Connection

The day started early with a forest walk to Lapah, a village hidden 30 km away from Shangarh. I joined a group of twelve, with only one other woman—a lively young village girl serving as our guide. Six kilometers into the journey, however, the forest's beauty lost its charm for the eleven men with me, who decided to turn back. So there I was, left alone with my guide, and I felt a strange, thrilling sense of adventure take hold.

My guide turned out to be an unexpected mentor. She eagerly shared her knowledge, pointing out medicinal plants and telling me about the stunning bed of flowers gracing the trail—thanks to a tree called Kannur.

Then, with a mysterious smile, she cautioned me about “snake plants”—skinny stems that she claimed snakes climb to sip dew from the leaves. I laughed, thinking it was surely a folk tale. The plants looked too delicate to support even the smallest snake.

Upon reaching Lapah, I was in awe. The women of Lapah radiated strength, working tirelessly in the fields, mending homes, and extracting sesame oil. I couldn't help but shout, “I salute you!” They responded with warm laughter, pulling me into their circle.

On our way back, the forest gifted me a surprise: there, draped around one of the “snake plants,” was a thin, sleek snake, gracefully sipping dew just as my guide had described. I laughed, marveling at the truth behind her tale.



## Day 5: A Farewell to Shangarh

As I packed my bags on the final day, a wave of gratitude washed over me. This solo journey, which had once felt daunting, had transformed into a beautiful adventure—filled with self-discovery, laughter, and connections I hadn't expected.

My daughter had been right all along: sometimes, a solo trip is the best surprise life can offer.



## ***Mohammed Rafi***

***Prominent NLP (Neuro-Linguistic Programming) trainer and practitioner***

### **How to Develop a Strong Presence and Personality ?**

To develop a strong presence and personality, here's how you can make an immediate impact using NLP techniques:

When you're talking to someone, subtly mirror their body language, tone of voice, and energy. For example, if they're speaking slowly, slow down your speech too. This builds instant connection and makes you more relatable.

Use direct language. Instead of saying, "I think," say, "I know" or "I believe." This makes you sound more certain.

Practice in front of a mirror. Speak clearly, project your voice, and notice how confident language changes your tone.

When you catch yourself thinking something negative like, "I'm not good enough," immediately replace it with a positive statement such as, "I am learning and improving every day." This change in your inner dialogue boosts your confidence and presence.

Close your eyes and imagine yourself in a situation where you have a strong presence. See yourself walking confidently, smiling, and engaging with others. Visualizing success makes it easier for you to act that way in real life.

So, if you are looking to develop a strong presence and personality, remember that it starts with how you feel about yourself and how you connect with others. Through NLP techniques, you can create a powerful presence that people are drawn to.

If you want to dive deeper into mastering these skills, I invite you to join one of my NLP workshops, where we'll work together on building the presence and confidence that you already have inside of you.





## **Dr. Tarun Malik**

**Clinical Psychologist & Hypnotherapist**

**PhD in Clinical Psychology**

**Experience of almost a decade**

**Delhi**

Public speaking consistently ranks among the top fears for many people, often surpassing even the fear of death. As a psychologist who has spent years studying human behavior and working with clients to overcome anxiety, I've seen firsthand how the ability to speak confidently in front of an audience can transform lives—personally and professionally. But what makes public speaking so daunting, and how can we master it? Let's dive into the psychology behind this skill and explore practical strategies to help you shine on any stage.

### **The Psychology of Public Speaking Anxiety**

When you step up to a podium or face a room full of expectant faces, your body's fight-or-flight response often kicks in. Your heart races, your palms sweat, and your mind might go blank. This reaction stems from our evolutionary wiring: being scrutinized by a group once signaled potential danger, like being ostracized from a tribe. Today, that ancient instinct translates into fear of judgment, failure, or rejection.

Cognitive distortions also play a role. We overestimate the likelihood of negative outcomes ("Everyone will think I'm incompetent") and underestimate our ability to cope ("If I mess up, I'll never recover"). These thought patterns fuel what psychologists call performance anxiety, which can sabotage even the most prepared speaker.

Yet, here's the good news: public speaking is a skill, not an innate talent. By understanding the psychological mechanisms at play and applying evidence-based techniques, anyone can become a confident, compelling speaker.

### **Reframing the Fear**

The first step to mastering public speaking is to reframe anxiety as excitement. Physiologically, the two emotions are remarkably similar—both involve elevated heart rate, adrenaline, and heightened alertness. Research by Harvard psychologist Alison Wood Brooks shows that telling yourself "I'm excited" instead of "I'm nervous" can improve performance by shifting your mindset from threat to opportunity.

Try this simple exercise before your next talk: Pause, take a deep breath, and say aloud, "I'm excited to share this." This small act can redirect your energy and help you approach the stage with enthusiasm rather than dread.

### **Preparation: The Backbone of Confidence**

Preparation is the antidote to uncertainty, which is a primary driver of anxiety. As a psychologist, I emphasize the importance of structured preparation to build self-efficacy—the belief in your ability to succeed. Here's how to prepare effectively:

1. **Know Your Audience:** Understanding who you're speaking to allows you to tailor your content and tone. Are they colleagues, students, or industry experts? What do they care about? Anticipating their needs builds rapport and reduces the fear of disconnection.
2. **Craft a Clear Structure:** A well-organized speech is easier to deliver and follow. Use the classic "tell them what you're going to tell them, tell them, then tell them what you told them" framework. Break your talk into an introduction, key points, and a conclusion to keep both you and your audience on track.
3. **Practice with Purpose:** Rehearse in conditions that mimic the real event—stand up, use your slides, and time yourself. Record your practice sessions to identify areas for improvement, such as filler words ("um," "like") or pacing. Research shows that deliberate practice, where you focus on specific weaknesses, is far more effective than rote repetition.
4. **Visualize Success:** Mental imagery is a powerful tool used by athletes and performers. Close your eyes and vividly imagine delivering your speech with confidence, engaging the audience, and receiving applause. This technique, rooted in cognitive-behavioral therapy, strengthens neural pathways associated with positive outcomes.

## Managing Anxiety in the Moment

Even with thorough preparation, nerves can still creep in during the actual moment. Here are psychologist-approved techniques to stay calm and present:

- **Breathe Deeply:** Slow, diaphragmatic breathing activates the parasympathetic nervous system, counteracting the stress response. Before you begin, inhale for four counts, hold for four, and exhale for six. Repeat three times.
- **Ground Yourself:** Anxiety often pulls us into our heads, disconnecting us from the present. Use a grounding technique, like feeling your feet firmly on the floor or noticing the texture of the podium, to anchor yourself in the moment.
- **Embrace Imperfection:** Perfectionism is the enemy of progress. Remind yourself that audiences don't expect flawlessness—they value authenticity. If you stumble, pause, smile, and continue. Most listeners won't notice minor mistakes, and those who do will appreciate your humanity.
- **Connect with the Audience:** Shift your focus from yourself to your audience. Make eye contact, ask a question, or share a relatable anecdote. This fosters a sense of collaboration, reducing the “me vs. them” dynamic that fuels anxiety.

## The Power of Authenticity

In my work with clients, I've noticed that the most memorable speakers are those who are unapologetically themselves. Authenticity resonates because it signals vulnerability and trustworthiness—qualities that audiences crave. Rather than imitating someone else's style, lean into your unique voice, quirks, and experiences.

Share personal stories that illustrate your message; studies show that narratives are more engaging and memorable than dry facts.

Authenticity also means aligning your content with your values. When you speak about something you genuinely care about, your passion shines through, captivating your audience. As psychologist Carl Rogers once said, “What is most personal is most universal.” Your truth will connect you to others in ways you can't predict.

## Building Long-Term Confidence

Becoming a skilled public speaker is a journey, not a destination. Each speaking opportunity, whether a team meeting or a keynote address, is a chance to grow. Reflect on what went well and what you'd like to improve after each experience. Over time, this iterative process builds what psychologists call “mastery experiences,” which are the foundation of lasting confidence.

Consider joining a group like Toastmasters, where you can practice in a supportive environment, or work with a coach to refine your skills. Exposure therapy, a cornerstone of anxiety treatment, applies here: the more you speak, the less intimidating it becomes.

## The Ripple Effect of Public Speaking

Mastering public speaking does more than boost your career or social presence—it transforms how you see yourself. In my practice, I've witnessed clients who, after conquering their fear of speaking, report greater self-esteem, assertiveness, and resilience in other areas of life. The ability to express your ideas clearly and confidently is a superpower in a world that values communication.

So, the next time you're asked to give a presentation or share your thoughts, remember: the stage is not a battlefield but a platform for connection. Embrace the butterflies, prepare with intention, and let your authentic voice shine. As a psychologist, I can assure you that the mind is capable of remarkable growth—and with practice, you'll not only survive public speaking but thrive in it.



## ***Bhavneet Kaur***

*Principal Shree Satya Sai Vidyalaya Jamnagar*

## **English Learning with Grammar Games: An Engaging Approach**

### ***Introduction***

Learning English grammar can be a daunting task, but it doesn't have to be. Grammar games offer an entertaining way to develop language skills, making learning enjoyable and effective. In this article, we'll delve into the benefits of grammar games, explore various types, and provide an in-depth example of a noun-focused game.

### **Benefits of Grammar Games**

1. Improved retention: Interactive games enhance memory retention.
2. Enhanced engagement: Games make learning fun, increasing participation.
3. Contextual understanding: Games provide real-life contexts for grammar application.
4. Personalized learning: Games cater to different learning styles.
5. Builds confidence: Success in games boosts language confidence.
6. Develops critical thinking: Games encourage analysis and problem-solving.
7. Fosters collaboration: Multiplayer games promote teamwork.

### **Example Grammar Game: Noun Adventure**

**Objective:** Identify and categorize nouns (places, animals, things).

Learning English grammar can be a daunting task, but it doesn't have to be. Grammar games offer an entertaining way to develop language skills, making learning enjoyable and effective. In this article, we'll delve into the benefits of grammar games, explore various types, and provide an in-depth example of a noun-focused game.

### **Gameplay:**

1. Prepare flashcards or game cards with nouns (e.g., park, lion, book).
2. Divide players into teams.
3. Set up three categories: Places, Animals, Things.
4. Shuffle cards and draw one.
5. Read the noun aloud and ask teams to categorize it.
6. Teams earn points for correct categorization.
7. Bonus points for identifying noun types (proper, common, collective).

**Sample Nouns:**

**Places:** city, library, beach, park, mountain

**Animals:** elephant, dolphin, butterfly, cat, dog

**Things:** guitar, phone, chair, book, computer

**Variations:**

1. Add images for visual aid.
2. Include sentence-building challenges.
3. Incorporate noun-related grammar rules (e.g., plural forms).
4. Use real-life scenarios for context.

**Additional Grammar Games**

1. Verb Volley: Action verb identification.
2. Adjective Scavenger Hunt: Descriptive word search.
3. Sentence Builder: Grammar construction challenges.
4. Pronoun Puzzle: Identifying correct pronouns.
5. Tense Timeline: Verb tense sequencing.
6. Grammar Bingo: Vocabulary recognition.
7. Word Order Wizard: Sentence structure practice.

**Online Resources**

1. Grammar Ninja
2. Grammar Games
3. Duolingo
4. Grammarly
5. ESL Library
6. Grammar Games

**Board Games**

1. Scrabble
2. Boggle
3. Taboo
4. Quelf

**Tips for Effective Grammar Game Implementation**

1. Start simple: Begin with basic grammar concepts.
2. Gradual progression: Increase difficulty levels.
3. Mix and match: Combine games for varied practice.
4. Encourage feedback: Monitor progress.
5. Make it competitive: Host tournaments.

## The Role of Technology

1. Mobile apps: Convenient, accessible learning.
2. Online platforms: Interactive, multimedia experiences.
3. Virtual reality: Immersive language environments.

## Conclusion

Grammar games transform language learning into an immersive experience. By incorporating games like Noun Adventure, learners develop a stronger grasp of English grammar, fostering improved communication skills. Incorporate games into your language learning journey and watch your grammar skills flourish.

## Appendix

### Noun Types

1. Proper nouns: Names of specific people, places.
2. Common nouns: General terms (e.g., dog, city).
3. Collective nouns: Groups (e.g., family, team).

### Grammar Game Design:

1. Identify learning objectives.
2. Choose engaging gameplay mechanics.
3. Develop clear instructions.
4. Test and refine.

## Word List:

### Places:

- City
- Library
- Beach
- Park
- Mountain
- River

### Animals:

- Lion
- Elephant
- Dolphin
- Butterfly
- Cat
- Dog

### Things:

- Guitar
- Phone
- Chair
- Book
- Computer
- Bicycle

By incorporating grammar games into language learning, learners can expect improved retention, engagement, and confidence. Make learning fun – play your way to grammar mastery!



### ***Dr. Kousar Shah***

***Designation: Executive Vice President and Zonal Head***

***Experience: 20 years plus***

## **Dear Woman – Are You Also Waiting for Others to Make You Feel Empowered?**

The world is constantly playing games around the idea of ‘women empowerment,’ and everyone, including women, is falling for it.

Everyone has been talking about making way for women in order to make them feel empowered, and the world—including women—believes that this is the right way, the only way to make a woman feel empowered.

In a way, we are saying that a woman’s empowerment is dependent on others, that others have to create a space for her in order to make her feel empowered.

But is that a strong line? Is that the way it should be? By this thought, are we really creating ‘women empowerment’ or, very smartly, making them more dependent on others—so that if others don’t change, they won’t feel empowered, and only if others do change, then the women will feel empowered?

I believe it’s a calculated mockery at the hands of the beholders, who don’t want to let the power go. While shouting slogans of ‘women empowerment,’ they still, smartly, subtly, and politically, have kept the invisible threads of control within their clutches.

Amidst this, I used to wonder: while the world has been more or less the same when it comes to ‘women empowerment,’ how have a handful of women been able to create that niche for themselves as leaders? What additional thing did they do that helped them rise to the top, despite no change in the surroundings?

That’s where I wanted to understand it deeper. And the reality that came out in my own ‘personal research’ on this was pretty strong, different, realistic, believable, and—most importantly—doable.

I found out that a successful woman leader has long realised that the mindset given to her as part of her upbringing had to change. And this mindset was given to her by three forces—parents, teachers, and the world’s reactions around her.

And this mindset was: *a woman can’t do this, a woman can’t do that, this specific thing is not meant for a woman, etc.*

As a result, whenever she fails—even on merit—or an idea is rejected purely on merit, the self-talk that echoes in her mind after that failure is what was given to her since childhood: *“I failed here because I am a woman.”* And the complex keeps getting reinstated in a vicious cycle.

Such women are large in number—women who, despite having all the talent, become victims of the ‘it’s not meant for me because I am a woman’ syndrome, and hence are never able to unlock and tap their true potential.

However, those successful women leaders who created a space and niche for themselves despite the surroundings remaining the same worked on their own mindset. They changed their own outlook first. They challenged the mindset passed on to women for generations—that “it’s not meant for me because I am a woman.” They practiced that change until they found themselves more and more empowered, turning into successful women leaders—and not just leaders, but sustainably successful leaders.



## Reader's Corner:

### The Magic of Reading in Everyday Life

Reading is something that touches our lives in so many unexpected ways. Whether it's curling up with a novel on a lazy afternoon or finding inspiration in a real-life story, books have a unique ability to connect with us on a personal level. In this space, we want to celebrate that quiet magic—the way reading shapes who we are, sometimes without us even realizing it.

We've all read that one line in a book that felt like it was written just for us. Maybe it gave you the courage to make a tough decision or brought comfort in a moment of doubt. Words have a way of sticking with us, gently nudging us toward new perspectives or simply giving us a sense of peace. For some, it might be a gripping novel that sparks your imagination; for others, it's the wisdom found in self-help books or the humor in a light-hearted story that gives us a little joy in our busy lives.

Reading isn't just about getting through the pages—it's about how those pages speak to you. Sometimes, it's a character's journey that makes us reflect on our own. Other times, it's a simple piece of advice or a poem that strikes a chord when we least expect it. Books have a quiet way of guiding us through life's ups and downs, offering lessons, inspiration, or just the comfort of knowing that someone, somewhere, felt the same things we do.

At Wiseway, we believe that every reader has a story. Maybe you've read a book that changed the way you see the world, or maybe a quote from a novel got you through a tough time. Whatever it is, this corner is for you to share those moments—because when we share our stories, we remind each other that we're all on this journey together.

We'd love to hear your thoughts! What book has stuck with you? What story has inspired you? Share your feedback, recommendations, or favorite reading moments with us at [wiseways.mishka@gmail.com](mailto:wiseways.mishka@gmail.com) or drop us a message on WhatsApp at **+91-9560579164**. Let's keep sharing, keep reading, and keep growing—because every story, big or small, matters.



### Together, We Create Change

At Mishka Charitable Trust, every project we undertake — be it empowering women, nurturing children's holistic development, or creating platforms for knowledge and growth — is fueled by a single belief: small acts of kindness can create ripples of big change.

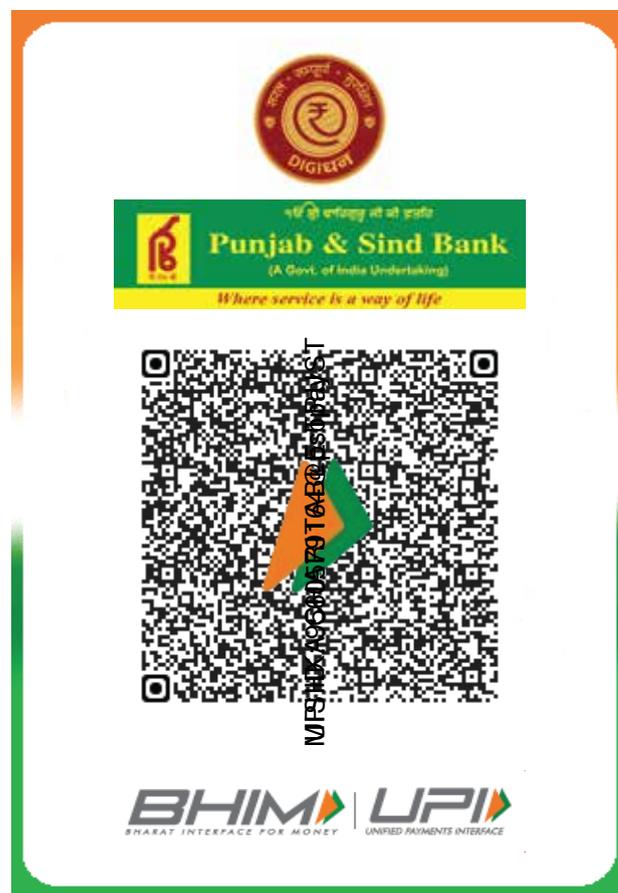
Your contribution is not just a donation — it's an investment in brighter futures, stronger communities, and hope that multiplies. Whether it's ₹100 or ₹10,000, each rupee you give helps us reach one more child, uplift one more woman, and touch one more life.

Join hands with us. Be the reason someone smiles, learns, and rises today.

### To donate or partner:

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fund projects  
they fund  
dreams,  
dignity,  
and destiny."*







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