



# wicci

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WOMEN'S INDIAN CHAMBER OF COMMERCE AND INDUSTRY

National Council  
**LIFESTYLE AND FITNESS**



Live a lifestyle that matches your Vision....

Love yourself enough to Live a Healthy Life, as being  
healthy and fit isn't a Fad or a Trend. It's a  
**LIFESTYLE....**





## Lifestyle & Fitness Council Mission



- Improve the community's understanding of mental and physical health/fitness and the mind-body connection
- Provide training and opportunities for individuals to identify barriers to fitness and lifestyle related challenges and provide programs and an environment that supports and improves resilience for these individuals.
- Improve the Self-Perception of the Individuals
- To develop a positive process, tailor-made to suit the agenda of the council aim
- Spreading - Art of being Happy
- Finding the missing link in our life – SELF with our MIND

# The 5 SENSES

Using your 5 senses to change your Lifestyle and Health for a Fitter Future.....

**SIGHT** – Power of observation, concentration and ability to see through the things. The ability of ‘inner eye’ – ability to visualize, build a powerful vivid vision.

**TOUCH** – Caring, intimacy, bonding emotional connect- the conscious practice of Empathy.

**TASTE** – The unexplainable feeling – the pain, joy, delight, despair, disconnect, elation, contentment ..Taste the Success .....

**HEAR** – Extending a listening ear. Intent listening with a trained ear is an asset.

**SMELL** – It leaves a permanent stamp on our olfactory memory. “having nose of new opportunities”, great ideas have turned fruition because they “smelt them”.



# National Council Team

**The Inner Eye (SIGHT):** Council's values, core beliefs and passions. Giving stability and form to the Council.

**Empathetic Leader (TOUCH):** Guiding Council's purpose. Guiding the council to stay true to the purpose and support others as they grow together.

**The Taste of Success (TASTE):** The council's expert team. The expert team will be responsible to give their expert opinions about the various sectoral issues in the industry they represent.

**Listening Ear (HEAR):** The leaves and the fruit of the tree represent the Council work results in terms of marketing and feedback. These results are the outcomes of a council's working collectively toward the same results.

**Nose for Talent (SMELL):** Values, Ethics, Beliefs and SELF. Generating ideas and ways for the ideas and skills to get manifested positively.





**Smita Ghosh**  
National President



**Rupali Khanna**  
Vice President

Lifestyle and Fitness Council





## KNOWLEDGE & LEARNING

Doctoral Student-Psychologist-Happiness  
Navigator-Hypnotherapist-Healer-Trainer-  
Motivator-Gamifier-Emotional Intelligence Coach

Each one of us has to contribute back to Society. Mine is therefore a journey to own up to our responsibilities towards a larger cause - A cause that I believe has the capacity to change society in small ways leading to a better, more aware future. I love turning great ideas into reality. I am passionate about my work. Because I love what I do.

What I strive for - is to make a difference. A difference that may end up making the crucial difference between negativity and positivity in people's lives.

Trainer and Facilitator with over 8 years' experience. Over the time I have established expertise in Behavioural skills, soft skills, Emotional Intelligence and Self Awareness. I have training experience across Industries, running long and short-term training workshops and programs.

## Awards

- Indian Psychological Association (IPA)- Academic Excellence Award 2020
- Super Woman 2020 – Forever Star India Awards
- Research Excellence Award 2020 – Institute of Scholars (INSC)
- Excellence Award Women Researcher – National Educational Brilliance Award (NEBA)
- Award for Contribution in Health Awareness – International Education Award
- Top 50 Influencers – GTown Society Magazine
- Remarkable Women 2021 Award
- Appreciation – Humanitarian Excellence (I Can Foundation)
- Award for contribution in Research and Development in higher education – MIMT
- Best Research Paper Presentation - MIMT
- Bharat Gaurav Puraskar and Certificate of Excellence Award 2021 – KTK Outstanding Achievers and Education Foundation
- Mindful Educator of the Year Award 2021- Mind On
- IBRF Young Researcher Award-2021 – International Benevolent Research Foundation

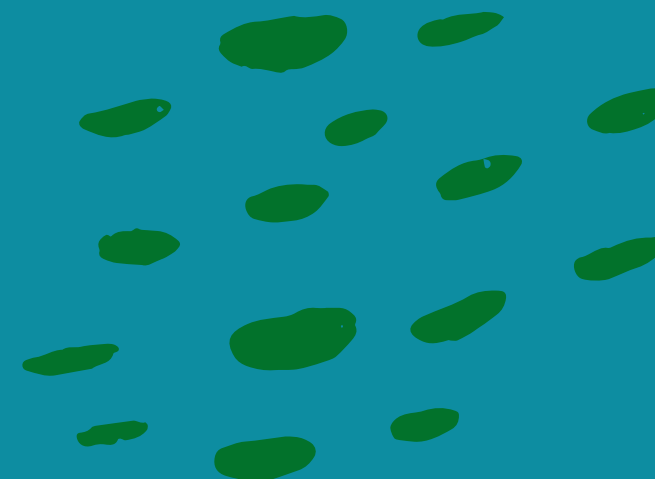
## Experience

- Mi Merak - Director
- Happiness Navigator & Behavioural Counsellor - Anand Niketan School
- Motivator /Trainer/Jury - Forever Star India Awards
- Covid19 Helpline Volunteer - Poddar Foundation
- Prominent Speaker at National & International Platform & Conferences
- Published more than 5 research papers in National & International Journals and as Book Chapter

Be a reason for  
someone's Happiness &  
Smile....

## PROFILE

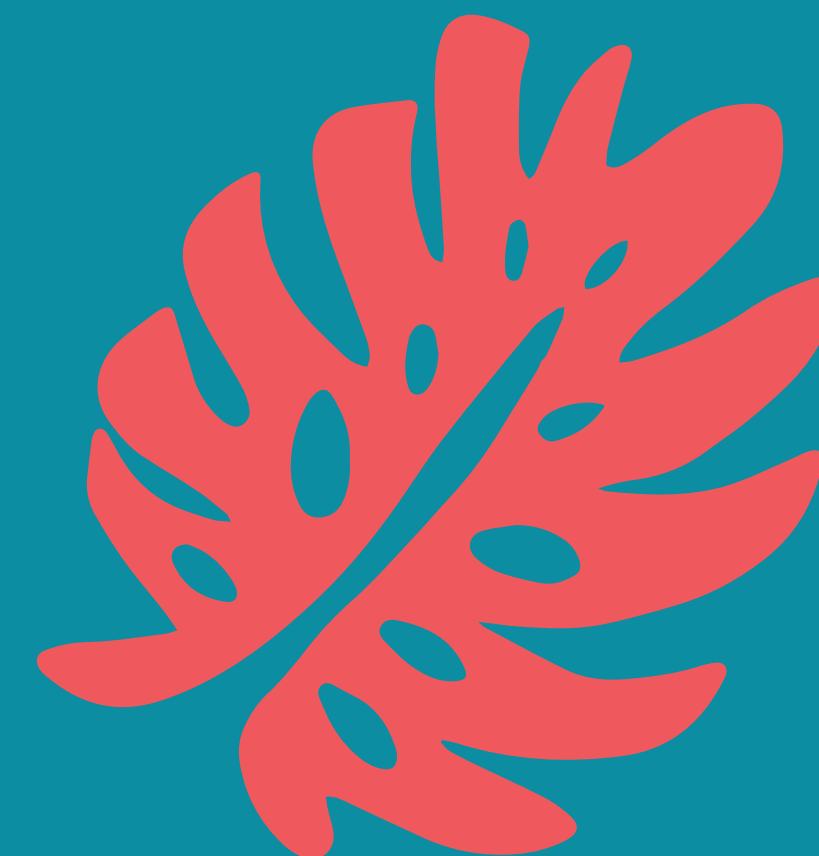
I am research scholar practising as a behavioural counsellor, hypnotherapist and trainer. I am passionate about human mind and emotions which led me to practise as happiness navigator. I am also an expert in meditation and mindfulness.

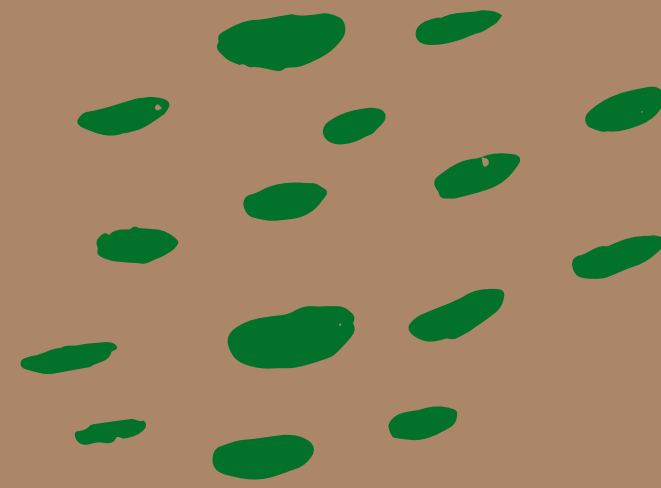


# SMITA GHOSH

## National President

## Lifestyle & Fitness Council





# Rupali Khanna

## National Vice-President

### Lifestyle & Fitness Council

#### My Life Mantra

I do express my feelings through facial expressions, body language and footsteps as I am a Choreographer. Being a Teacher and Mentor since so many years I strongly believe in positivity and passionate about learning new things. Love to organize things so run an event company named 'The Belle' of the ball.

I was in banking sector for 7 years in telephonic marketing of liabilities. Conducted training for the same. Currently playing a role of coordinator of Gujarat State for Miss. And Mrs. India organised by Forever leaves Jaipur.

I believe in not being judgmental, lending ears to others and try new things with hard work and dedication.

Fruits will follow.....







# Jianah Tulsija

## National Council Member

### Lifestyle & Fitness Council



### My Life Mantra

**‘The biggest adventure you can take is to live the life of your dreams.’**

I, Jianah Tulsija believe in rising up with the sun to live the life of my dreams. Being a mom of a 5 year old and a full time partner I live a life that's challenging and chaotic yet unbelievably beautiful.

Being a Co-founder partner of Tulsija & Associates a Chartered Accountant firm as well as a qualified CA, CS and Certified Concurrent Bank Auditor, my current work portfolio involves managing the Bank Audit, Incorporation and Company Law Compliance and taxation portfolio of the firm. Learning, leading and yearning are important requisite to achieve success in any part of your life.

Having been awarded Ms. Talented by ICAI in 2019, I have also served as a convenor for Women Empowerment Committee of ICAI for the year 2020-2021. I am also Gujarat state Vice President of women's Indian Chamber of Commerce & Industry- WICCI (For mentoring and soft skill council) And also a member of an NGO i.e Being Woman

I strongly believe that to create a righteous life one should seek to enjoy it's smaller moments and here I am working each day to carry a potli of such moments home at the end of the day.

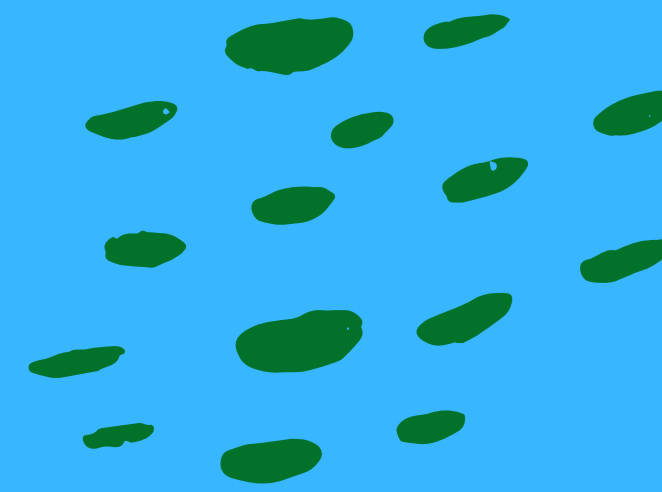




In charge Director, Student Services and Subject head Journalism and Mass Comm  
(Dr Babasaheb Ambedkar Open University Ahmedabad)

#### Achievements and Awards

- Designed PG, Bachelors & Certificate Course on Mass Communication & Journalism (BAOU)
- Presently working on writing a book regarding the Topic — Ethics & Journalism
- Certificate Course designed for OMKAR-e portal Titled 'Communication in Mass Media' (BAOU)
- Gold Medal – Graduation Degree in B.Sc. in Home Science Extension & Communication
- Gold Medal - Master's Degree in M.Sc. in Home Science Extension & Communication.
- Published more than 30 articles in International and National journals
- Prominent Speaker and Speaker Session Chair at various International and National conference
- Committee Member with various capacity in most of the Universities of Gujarat



# Awa Shukla

## National Council Member

### Lifestyle & Fitness Council





# Dr Rupinder Kaur

## National Council Member Lifestyle & Fitness Council



I am an accredited trainer in soft skills and image consulting from ICBI and a member of IMPA (Image Management Professional Association), TTT (Train the Trainer) expert from ICBI under Scotland Qualifications Assurance (SQA) & by NABET (National Accreditation Board of Education & Training) . My qualifications include Doctorate in Marketing, an MBA in Marketing & Operations, a BBA, and a Diploma in Human Resource Management, and a Diploma in IT.

### Career Highlights:

An experience of 1.5 Decades in industry of Training and on different senior positions. As an Entrepreneur (Image and Soft skills Trainer), my work includes helping people satisfy their social, professional, emotional, health and practical needs with empathetic coaching techniques and a pragmatic strength-based approach based on a structured Experiential Learning methodology and have trained hundreds of Institutes and thousands of participants across schools, colleges , Societies(RWA) and corporates.



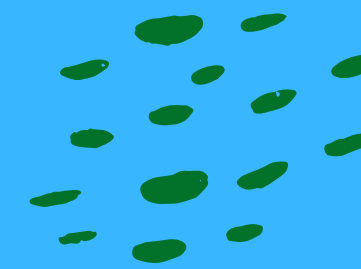
## Soft skills and Behavioural skills Trainer

An Arts graduate in English Literature and Political science. I always had a flair to connect with people. Hence developed a keen interest in learning local and foreign languages. Affluent in speaking and understanding English, Hindi, Marathi, Gujarati, Punjabi and understanding Malayalam. This always has helped me connect and deliver to my audience during training sessions. I believe everyone has something to say. We should try and be good listeners as well. Being a listener myself has helped me learn many things from everyone. This also helps me encourage others to speak.

Worked as a Banker- Quality Assurance Officer in UAE for 3 years gave an amazing experience of working with people from different countries, cultures and languages.

Corporate trainer for 14+ years. Have trained staff in Banking, Mutual funds, technical teams, Customer Service Personals and TTT for aspiring trainers.

Blessed with good communication and interpersonal skills



## **Navneet Rojin** **National Council Member** **Lifestyle & Fitness Council**





# Ragini Bharadwaj

## National Council Member

### Lifestyle & Fitness Council



The Story of My Life.....  
“Soaked in self-love, what I radiate is love”

People know me as Ragini Bharadwaj and loved once call me ‘Rags’. Professionally, I am a journalist, working as Senior Assistant Editor with The Times of India (Ahmedabad).

With over 25 plus years of experience in journalism, school education is my forte and interacting with children is my passion. I am a foodie moreover I like to share it with other people as well. Even as I am a post grad in history, you can discuss anything under the sun with me over a cup of coffee. My connect with animals comes naturally and I am an animal whisperer. Nobody can match my enthusiasm to explore the new.

Helping others is a good trait but my experience has taught me that you can only help a person who is ready to help himself. Besides being a good listener, creative writer, people’s confidante, I am terrific in reading energies.

Fear is what governs all of us, moving beyond , I am exploring life beyond fears. Also eager to assist people who are keen to do so. Self enhancement courses “ Dream walker death” and “Keahak” , have helped me tread path without fear . Besides, I am also acquiring wisdom to balance sexual energies.

My life philosophy – “Do not tell me the sky is the limit when there are footprints on the moon.”



## Healer and Therapist

After 14-year corporate experience in

- Airtel, Batliboi Ltd, PDPL Pvt Ltd,
- MP Flying club among others

I decided to focus my energies in pursuing my true passion of helping others and began my journey on the path of healing and therapy and for the past 15 +years .

I have experience in

Past life Regression, Meditation, Reiki (healing + teaching), Dance Movement Therapy, Numerology, Womb Healing, Color Therapy, Tarot Card reading, EET/EFT and other modalities

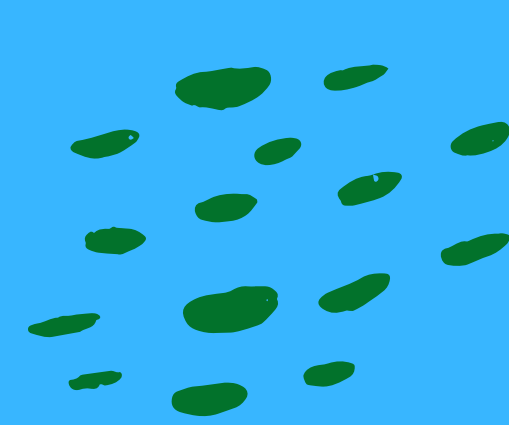
I have been a student for life and every therapy, and every interaction helps me learn. I have hence continued learning, treating, reading and experiencing life.

This journey has been eventful and filled with enriching experiences for me. For the past 15+ years I have been practicing past life regression, my cases include people with physical ailments such as piles, fibroids, tumors and even cancer patients to people with mental disorders and relationship issues.

I have been associated with the NGO: Sanjeevani- Life Beyond Cancer since 2018 helping cancer patients cope with their prognosis and live a fuller life.

I conduct workshops on:

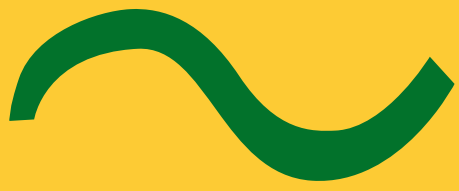
- Parenting
- Know thy self
- Reiki
- Dance movement therapy
- Meditations
- Self Hypnosis
- Affirmation Techniques
- Chakra Healing
- Emotion Empowerment Techniques or Emotional Freedom Technique



# Ruchira Prayag

## National Council Member Lifestyle & Fitness Council





# Indu Khanna

## National Council Member Lifestyle & Fitness Council



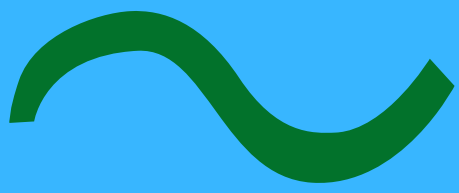
### Indu Khanna

Soft Skill Trainer, International Reiki  
Grandmaster Acharya

Indu Khanna a soft skill Trainer, International Reiki Grandmaster Acharya, Access Consciousness facilitator, Star Gold Award winner, Reiki Council of India ISO CERTIFIED achiever with MBA background facilitating Soft skill training and teaching 24 Healing modalities worldwide, successfully running Nirvana Healing centre facilitating Wellness and mental grooming sessions- offline & Online classes - vision is to create excellence in inner and outer mental emotional and physical Health in the corporate and public sector from last 15 years.

She has worked as soft skill trainer with following companies.





# Nidhi Shukla

National Council Member  
**Lifestyle & Fitness Council**

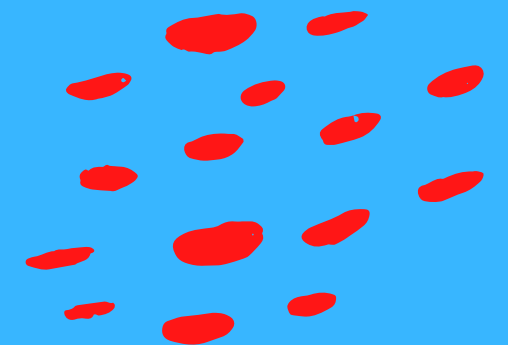


### My Life in a Nutshell...

Looking back to the college days I now realize that this is who I was meant to be. A licensed Zumba instructor and a functional and personal fitness trainer. I was always really passionate for fitness and now I am happy that it is one of my successful careers as well. I own a fitness Studio and we are running batches successfully from last 7 years with more than 150 happy clients. I hold 7 certificates from FSSA and 2 Certificates from Zumba. I started my fitness career in my late 30's and I believe it is never too late to do something for yourself and to achieve your goals.

### Achievements: -

- Level -1 & Level 2 Zumba
- FSSA - Functional -Strength-Gym & Group Trainer
- Forever Star India Awards (Miss/Mrs. India) Jury & Trainer
- Winner of Mrs. India Divas Earth 2021
- More than 7 years' experience as trainer







# Nikisha Dharmesh Kapasi National Council Member Lifestyle & Fitness Council



## EXPERIENCE:

Passionate, Active Listener, Agile, Communication, Empathetic, Critical Thinker, Problem Solver, Leader, Responsible, Teamwork, Administrator, Handwriting Analyst

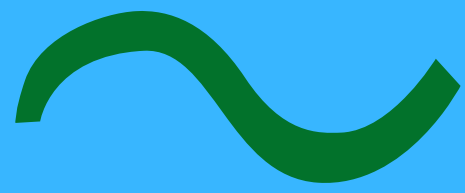
## CORE SKILLS:

16 years of PRAYATNA in creating awareness about Inclusion In Society about Special Needs Children.

## EDUCATIONAL CREDITS:

- Master's in science of Psychotherapy and Counselling (WHO ACCREDITED)
- Diploma in Remedial Education Currently pursuing bachelor's in special education Recognized by Rehabilitation Council Of India





# Kankana Roy

## National Council Member Lifestyle & Fitness Council

Lifestyle and fashion Journalist, Educationist, Writer



To create and leave behind a body of work that makes people think, empathise, dream, hope and aspire.

### Who I Am

Having grown up in different parts of the country, I am an amalgamation of the places I have lived in, the people I have met and the cultures I have encountered. Diversity, purpose, positivity, and an appreciation for the minutest and greatest of our blessings have always been the building blocks and echoes of my work whether as an interviewer, teacher, content creator, reporter or editor.

### What I Do

As Features editor for the oldest lifestyle magazine in the country, Femina, I was responsible for churning out a magazine that touched on subjects of fashion, food, wellness, architecture, feminism, trends, beauty, art, design, films, and entertainment. It was a wonderful to work with a dynamic and extremely talented group of writers, photographers and a multitude of social movers and shakers.

At Hindustan Times, I found a platform in print and digital to narrate unique and compelling stories of Gurugram and Delhi that reverberated with positivity, compassion, gratitude, enterprise, innovation and a pursuit of identity and happiness.

As a teacher and educator, I think I had, and have, the greatest opportunity- one to shape young, fertile minds in the quest of a better, brighter and more equal universe, of making them realize that possibilities are infinite where there is determination and hard work, and the sky truly is the limit of creativity and courage.

### Awards and Achievements:

- Won the Amul Vidya Bhushan Award in the year 2007
- Won the Orator of the Year consecutively for three years 2008, 2009, 2010 at St. Xavier's College, Gujarat University.
- Represented the state of Gujarat for elocution and debate from 2008-2010 at the All India National Youth Fest.
- Won the Speaker of the year Award at Ahmedabad Management Association in 2016.
- Won the Woman of Substance Award for excellent journalism in the year 2020.

I am happy to receive the opportunity to be a part of an organization like WICCI, and in the company of such fine achievers and trailblazers.





**Dr DHARA DESAI**  
**National Council Member**  
**Lifestyle & Fitness Council**



I am registered Occupational Therapist with the All India Occupational Therapist's Association (AIOTA) as well as the Maharashtra OT/PT Council. I have received a Master's Degree in Occupational Therapy from T.N.M.C and BYL Nair Charitable Hospital (MUMBAI) in Developmental Disabilities.

In addition to mainstream education, I have achieved certificates in Sensory Integration, Autism, Clinical observations in Clinical reasoning, Handwriting Intervention & Handling Techniques, Brain-gym movements in children. I also conduct workshops and lectures for parents and children at our centre. I have been working with children having Autism Spectrum Disorder, Cerebral Palsy, Developmental Delay, Learning difficulties, Handwriting difficulties, Down's Syndrome, Dyspraxia, ADHD, Sensory Dysfunction, academic difficulties etc. since last 14+ years.



Sujok Therapist, Soft skill trainer, Artist, Educator and a Motivational Speaker

Be the one you have always envied,  
Let the pain be your treat to defeat.  
Nothing is impossible in this world,  
Be the girl of your deed.  
Have faith in yourself and lead the path,  
Someday you will definitely succeed.  
Love yourself and love others,  
Because that is actually everyone's need.  
Obstacles will come and challenge your faith,  
But never let these hurdles take you deep.  
Roar like a tigress and don't be a sheep,  
Let the phoenix of your soul be released.  
(Poem- Phoenix girl)

The above lines (written by me) truly define me as a person.

#### Learning & Education

- Pursuing Master's in dietetics and food supply management
- Pursuing certificate course in nutrition and child care.
- Advanced diploma and diploma in sujok therapy.
- Certified soft skill trainer from Madras University.
- Master's in Biochemistry.
- Bachelor's in Education.
- Bachelor's in Biotechnology and life sciences.

#### Achievements & Awards

- First runner up in purple queen pageant 2016 (triservices).
- Gold medallist in M.Sc. Biochemistry.
- Felicitated by lion's club on women's day in 2017.

My life's motto- "Live as if you were to die tomorrow. Learn as if you were to live forever."  
— Mahatma Gandhi



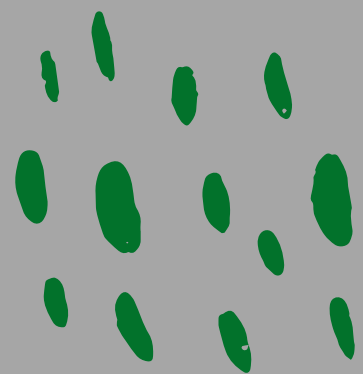
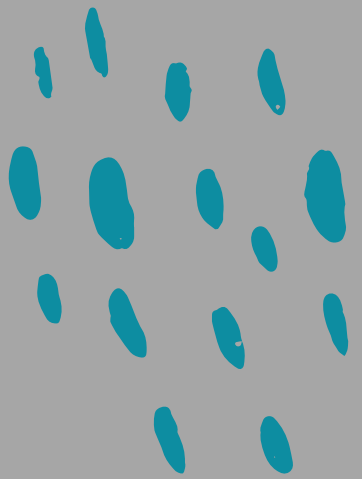
## Richa Khatri Chawla National Council Member Lifestyle & Fitness Council



# Healthy Mind - Healthy Body - Healthy Lifestyle...



Fitness : A Lifestyle with no Finish Line..



## The Inner Eye

**Nose for Talent**



**Empathetic Leader**

**The Taste of Success**

**Listening Ear**

**One Team - One Vision - One Goal**