

AUGUST 2024

A GOLDEN NIB PUBLICATIONS

FREEDOM FASHION

FASHION FORWARD

CUTTING EDGE
ACCESSORIES

EMBRACING WORTHINESS

STAY STYLISH AND
FASHIONABLE AMIDST
CHAOS

UNMASKING DEPRESSION 2024

LT
LIVE IN TRIUMPH

4th YEAR
fashion
event

Solo Rider

SPECIAL ARTICLE BY
MANMEEDH

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SPECIAL ARTICLES



**Solo Rider - Endurance Tested
in Darkenss - Manmeedh**



**Fashion and Beauty Brands
Championing mental health**



Breaking the Silence



Trends 2024



If not now then when



Natures Cure for the Soul



Embrassing Worthiness



Editor's Notes

Golden Nib Publications

Hey Freedom Family!

We're excited to present our latest edition, focusing on the intersection of fashion and mental health. As one of the few fashion magazines dedicated to mental health causes, we share stories of resilience and hope.

Born from the 'Live In Triumph Fashion Event (LIT),' initiated by Anuradha Das of 'My Precious Life,' our magazine debuted on August 15, 2023. After a successful launch in the USA, we're thrilled to announce our second Indian edition on August 15, 2024, at the LIT Fashion event themed "Unmasking Depression."

We remain committed to addressing depression and supporting mental health. True freedom in fashion comes from uplifting each other.

"Fashion is the armor to survive the reality of everyday life." - Bill Cunningham

Regards,

Gina



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Confidence: The Foundation of Connection

In today's world, fashion isn't just about clothes—it's about connection. As an experienced fashion journalist from India, with a globetrotting career and a degree from Paris's most prestigious fashion university, I've seen firsthand how fashion can forge stronger, more meaningful relationships. From building confidence to creating shared experiences, let's explore how fashion can be harnessed to empower

long-lasting relationships, particularly in the vibrant, ever-evolving Indian context of 2024.

Shared Experiences: Bonding Over Style

When you dress well, you feel good. This boost in confidence is crucial in fostering relationships. Confident individuals are more likely to open up and connect on a deeper level, making fashion an invisible but powerful ally in building bonds. Imagine stepping out in an outfit that makes you feel unstoppable—your demeanor changes, and this positive energy can enhance every interaction.



Fashion can be a language of love. A thoughtfully chosen piece of clothing or an accessory can speak volumes about your affection and understanding of your partner's style. Personalized fashion items—like a custom-made bracelet or a tailored suit—show a deep appreciation for their individuality, strengthening emotional bonds.



**Enhancing Communication:
Visual Harmony**

Coordinating outfits or adopting complementary styles can be a fun way for couples to visually express their unity. Whether it's matching colors for a special occasion or subtly echoing each other's style, these sartorial choices enhance communication and signal a strong connection to the outside world.

**LO
VE**

through Fashion



THE INDIAN FASHION SCENE IN 2024

India's fashion landscape in 2024 is a dazzling blend of tradition and innovation. Here's how fashion is currently shaping relationships across the country:

Cultural Celebrations: From weddings to festivals, fashion plays a central role in India's cultural life. These events, marked by elaborate attire and rituals, offer a platform for families and communities to bond and strengthen social ties.

Youth Influence: The younger generation is leading the charge in using fashion as a means of self-expression and social connection. Social media influencers inspire millions to embrace individuality and confidence, positively impacting peer relationships.

Workplace Dynamics: As India's economy grows, professional attire is evolving. Today's corporate fashion blends comfort with style, fostering a sense of belonging and teamwork. Inclusive dress codes are creating more harmonious and respectful workplaces.

In conclusion, fashion is much more than a superficial pursuit—it's a powerful tool for building and sustaining relationships. In India and beyond, it bridges tradition and modernity, personal expression and collective identity. By embracing fashion's potential, we can create relationships that are not only stylish but also deeply meaningful and enduring.

The Future: Fashion's Evolving Role in Relationships

Looking ahead, fashion's influence on relationships in India is set to deepen. Here's what we can expect:

Sustainable Fashion: As environmental awareness grows, sustainable fashion will take center stage. Couples and communities embracing eco-friendly choices will find new ways to bond over shared values.

Tech-Integrated Fashion: The future of fashion is smart. Wearable tech and smart fabrics will offer innovative ways to stay connected, from clothes that change color based on mood to accessories that provide haptic feedback.

Personalization and Customization: Advances in AI and 3D printing will make personalized fashion more accessible. Bespoke items reflecting individual preferences and relationship milestones will add a unique touch to how we express our bonds.



Life is vintage

Vintage fashion celebrates the timeless elegance and craftsmanship of bygone eras, offering a unique glimpse into the sartorial history and cultural trends of yesteryears.



Life is vintage

Embracing vintage fashion allows individuals to express their individuality and creativity by blending classic pieces with contemporary styles, resulting in distinctive and personalized looks that transcend fleeting trends.

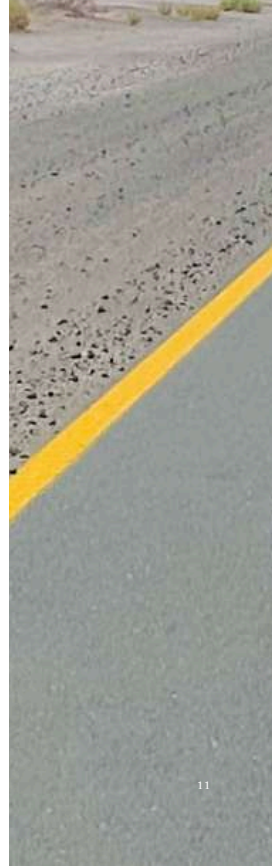
SOLO Endurance Tested in The Darkness: Cycling Through Dubai's Winter Nights



Dubai's Al Qudra, known for its expansive desert landscape and striking beauty, transforms into a formidable challenge for cyclists during the depths of winter. For 7 consecutive days, I embarked on a grueling journey, pushing my limits, battling against both the elements and my own physical constraints.

The Start: 2AM: As the clock struck 2 at AM, I found myself standing amidst the serene darkness of Al Qudra. The air, crisp and biting, seemed to challenge my resolve even before I embarked on my daily odyssey. The faint glow of the moon above provided little solace as I clipped into my pedals, ready to confront the unknown that lay ahead.

The Loneliness of the Night: The solitude of the desert at night enveloped me as I pedaled into the darkness.



7 DAYS 700 KM



The only sounds accompanying me were the rhythmic whirring of my wheels against the asphalt and the occasional howl of the wind. Each stroke of the pedal felt like a battle won against the cold, unforgiving night.

Weathering the Storm: Dubai's winter nights are notorious for their unpredictability, and I found myself at the mercy of nature's whims. From bone-chilling winds to sporadic bursts of rain, every day presented a new challenge to overcome. But amidst the chaos, there was a strange beauty in the way the desert landscape transformed under the veil of darkness.

Physical and Mental Fortitude: As the hours stretched on, fatigue threatened to consume both my body and mind. The relentless cold seeped into my bones, and every muscle screamed for respite. But with each passing kilometer, I dug deeper, drawing strength from the sheer determination to see this challenge through to the end.

The Battle Against Doubt: There were moments of doubt, moments when the darkness seemed endless, and the finish line appeared nothing but a distant mirage. But it was during these moments of despair that I found my resolve tested the most. With unwavering determination, I pushed through the doubt, focusing solely on the rhythm of my breath and the steady cadence of my pedals.

By taking action,
you are one step
closer to the life you
always desire!

Finding Solace in the Sunrise: As the first light of dawn painted the horizon in hues of orange and gold, a sense of euphoria washed over me. The weary darkness of the night gave way to the promise of a new day, filling me with renewed energy and hope. With each sunrise, I felt myself growing stronger, more resilient, ready to face whatever challenges lay ahead.

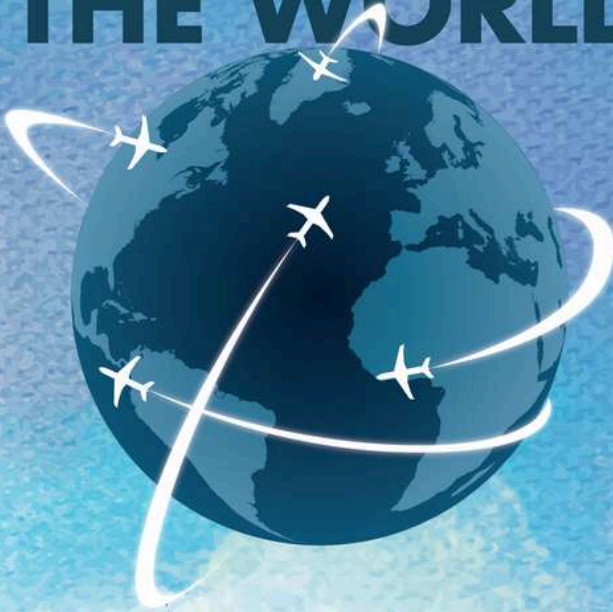


The Triumph of Perseverance: 07 days may have seemed like an eternity, but as I crossed the finish line on that final no morning, I knew that every pedal stroke, every moment of struggle, had been worth it. In the heart of Dubai's winter nights, amidst the solitude of Al Qudra, I discovered the true meaning of endurance.

Looking Back: Reflecting on those seven days, I realize that the true test of strength lies not in our ability to avoid challenges but in our willingness to confront them head-on.

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ANURADHA DAS
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15TH AUG

Unmasking depression

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LIVE IN TRIUMPH

pageant

AN INITIATIVE OF



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A full-page photograph of a man standing outdoors on a paved path. He is wearing a bright blue turban, a green vest over a white t-shirt, and green trousers. He has a beard and is looking towards the camera. The background shows green foliage and a building. In the top right corner, there is a white box with the name 'JASWINDER SINGH' and a red vertical line to its right.

**JASWINDER
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LIFE IN TRIUMPH

**MR. HARYANA
2023**

JASWINDER SINGH

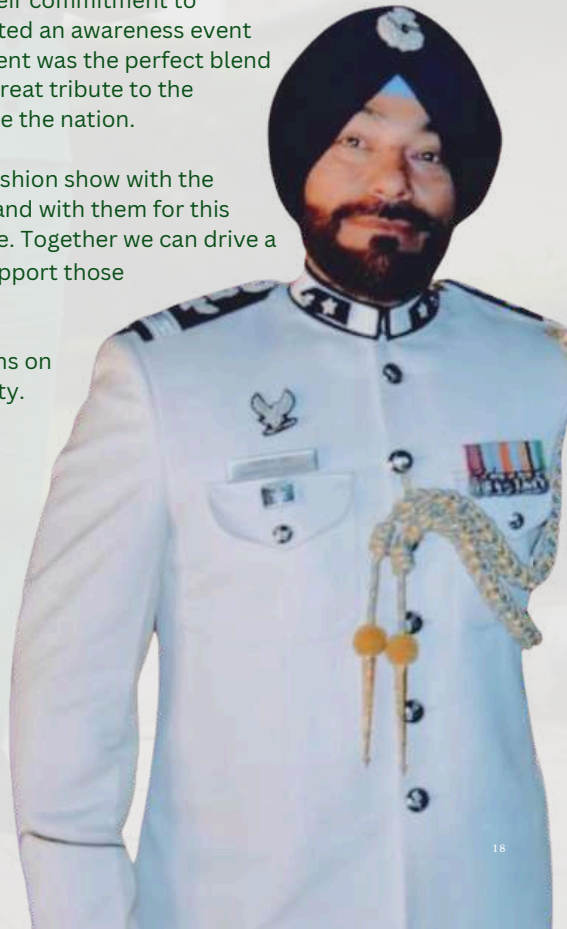
I am Air Commodore Jaswinder Singh (Retd), served in the Indian Air Force. After my retirement, I saw an advertisement on social media regarding a Fashion show with a very important social cause of 'Domestic Violence'. Along with contributing towards building our nation, it was time to contribute towards building society. Since then, it has been a wonderful association with LIT.

LIT took this creative initiative of organising a fashion show to raise awareness and foster dialogue on the important social issue of domestic violence. It was a lavish and very well-organised event by the LIT team under the guidance of Ms. Anuradha Das, where all participants and audience members were respected. The highlight of the event was when famous Bollywood star, Ms Sudha Chandran shared her experiences.

'Honouring our Heroes' - LIT reflected their commitment to honouring our heroes when they conducted an awareness event for Indian Air Force 'Air Warriors'. The event was the perfect blend of elegance and patriotism, reflecting a great tribute to the valour and spirit of our soldiers who serve the nation.

On 15 Aug 24 again LIT is conducting a Fashion show with the theme 'Unmasking depression'. Let us stand with them for this event and their wonderful social initiative. Together we can drive a positive change, break the stigma and support those struggling with depression.

Best of luck, LIT team, and congratulations on this important initiative of building society.



2023



LIT
LIVE IN TRIUMPH

JUNIOR



Shanaya Sahoo is a young star who participated in LIT 2023, running for the LIT Junior title. She is passionate about karate and has won 5 gold medals in district level tournaments, a gold medal MGFI karate tournament state level and a silver medal at the Delhi Olympics 2024. At just the age of 8, she has several accomplishments to her name and we are inspired by her dedication and commitment.

**SHANAYA
SAHOO**



SHANAYA
SAHOO



ANY TIME
ANYWHERE
READY TO
SERVE

MRS & MR
RANJAN KUMAR DAS

Meet Ranjan Kumar Das, a dedicated social worker impacting lives since 2015. During the Covid-19 pandemic, he and his team provided food and water to those in need and played a crucial role in vaccination drives, administering 400-500 vaccines daily. His efforts were vital in coordinating with government programs.

Ranjan also runs a tuition center in slum areas for about 100 children, offering academic support and promoting health, hygiene, and etiquette. His goal of enrolling 10-15 slum children into government schools each year is transforming communities.

Recognized for his exceptional social work, Ranjan is being awarded at the LIT Fashion Event. His achievements include organizing mega health check-up camps, being honored by the Haryana health department and the Lakhera Samaj, and completing disaster management training as an Aapda Mitra, a friend in disaster management. Ranjan Kumar Das exemplifies service and integrity, inspiring others with his selfless contributions.

Honoring Ranjan Kumar Das

A friend in need to all





REENA
KAUSHIK



MRS 2023

Mrs. Reena Kaushik is the title holder of Mrs Haryana, 2023 at LIT. She is a professional makeup artist, a professional model and a known influencer on Instagram with 45,000 followers.

HARYANA

Mrs Reena has worked with celebrity fashion designers and done several runway shows and shoots with brands. She also believes in the importance of hardwork, helping people in need and loving yourself first.



Only When It's Too Late

**BOOK LAUNCH DURING
2024 FREEDOM FASHION EVENT**

*this is ~~so~~ my story
In a way ig, its not
even the half of it!!*

Suzzan Smith

**Unmasking Depression: A Teen's
Artistic Journey Through
Darkness**

*By purchasing and sharing
this book, you are
contributing to a vital
conversation about the
mental well-being of our
youth and helping to pave
the way for a future where
no child feels abandoned or
alone in their darkest
moments.*

**Golden Nib Publications Unveils a
Heart-Wrenching Masterpiece,
"Only When It's Too Late"**

*Let us come together to
support our young people,
to listen to their silent cries,
and to ensure that we do not
wait until it's too late to offer
the help and love they so
desperately need.*



In a world that often overlooks the silent struggles of its youth, "Only When It's Too Late" emerges as a beacon of truth and a call to action. This poignant book, published by Golden Nib Publications, a sister concern of the GDMR Foundation, delves into the harrowing reality of adolescent depression through the eyes of a courageous young artist.

Set to be released on August 15th, 2024, during the LIT Freedom Fashion event themed "Unmasking Depression," this collection of evocative pencil drawings offers an unfiltered glimpse into the turmoil faced by teenagers battling with depression and suicidal thoughts. The event's focus on mental health awareness provides the perfect backdrop for the launch of this impactful book.

A Silent Cry for Help

"Only When It's Too Late" is not merely a book; it is a raw, unflinching testament to the inner battles waged by countless young people every day. Each drawing is a window into the artist's soul, revealing the depth of pain, the relentless

whispers of unworthiness, and the dark allure of escape that haunts those who suffer from depression.

This book is a stark reminder that the struggles of our children are real and that their voices, though often silent, are desperately calling out for help. It urges parents, guardians, teachers, and society at large to recognize the signs of distress and to act before it's too late.

The Importance of Vigilance and Empathy

As parents and guardians, we bear a profound responsibility to be vigilant and empathetic towards

our children's experiences. Whether they face stress at school, college, or the workplace, it is our duty to identify and address the bullying, abuse, or conflicts that may be impacting their mental health.

A Collaborative Effort for Change

The collaboration between Golden Nib Publications and the GDMR Foundation underscores a shared commitment to mental health awareness and advocacy. Through this book, they aim to dismantle the stigma surrounding adolescent depression and to foster a community where every child's voice is heard, and their pain acknowledged.

Join the Movement

The release of "Only When It's Too Late" is more than just a literary event; it is a movement towards greater awareness, understanding, and action. Join us at the LIT Freedom Fashion event on August 15th, 2024, as we unveil this powerful book and take a stand against the silence that too often surrounds mental health struggles.



ANISA BEGUM

Fashion Designer, Soft skills Trainer



[AnisaBegum.career coach](https://www.youtube.com/channel/UC...)

FASHION DESIGNER | FASHION STYLIST | FOUNDER AND MANAGING DIRECTOR OF PRINCESS INTERNATIONAL INSTITUTE OF FASHION AND DESIGN and JEEVANA foundation | PRESIDENT OF AB EDUCATIONAL SOCIETY | FOUNDER OF ANISA COUTURE AND SISU A PLATFORM TO SUPPORT CRAFT MENS AND WEAVERS FASHION BRAND | PAST PRESIDENT OF INNER WHEEL CLUB OF VIJAYAWADA MIDTOWN | PHILANTHROPIST | SOCIAL ACTIVIST | SUPPORTER OF HIV INFECTED WOMEN AND CHILDREN.

Neil brings over 15 years of extensive experience in Nutrition Science, exercise physiology, and sustainable weight loss programs. His specialization in the health and fitness sector has led him to explore and successfully experiment with various dimensions of corrective and healthy lifestyle management. Neil holds certifications as a Fitness Nutrition Coach, Lifestyle and Weight Management Specialist, and Yoga instructor.

Neil is the founder of Zen Wellness driven by a vision to prevent lifestyle-related diseases, reduce dependency on medications, and minimize costly hospital bills. Neil strongly advocates investing in health as a preventive measure, championing a proactive approach over a reactive one.

Neil has been diligently researching, experimenting and incorporated natural methods to achieve youthfulness and reverse aging. His Specialized session provides deep insight to factors important for youthfulness.

Neil firmly believes age is just number, even at the age of 45 he performs strength training, cardiovascular training, maintain great flexibility and love doing callisthenic workouts. He achieved an attractive personality by incorporating healthy eating habits, multidimensional workouts and practicing Healthy KETO and INTERMITTENT Fasting. Neil has also been doing fashion shows and runway modelling and aspires to become super model. Neil is a full time Information Technology Project Manager. Neil started his fashion journey with LIT platform where he gained immense confidence to showcase his modelling talent to the whole world and become an inspiration to so many average looking and elderly men.



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Zenwellnesswms@gmail.com


www.conciouslivingz.com

A woman with long dark hair is singing passionately into a microphone on a stage. She is wearing a black, sleeveless, sequined top. The background is a vibrant blue and purple light show with bokeh effects and starbursts. Overlaid on the image is a large, stylized purple 'gia' logo, with 'JEEN' written in white, uppercase letters to its right.

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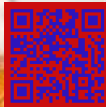
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near by doorsteps

**SUPER
CHAI**




Meet Pushvinder Rathore, a talented professional makeup artist and influencer with over five years of experience in the beauty industry. Passionate about makeup from a young age, Pushvinder takes immense joy in transforming her clients, especially brides and their families, on their big day. With an eye for detail and a love for her craft, she ensures every client feels beautiful and confident.

Pushvinder looks forward to bringing her expertise to your special events, making you look and feel your best.

Pushvinder

Cover Photo

 [makeupbypush](https://www.instagram.com/makeupbypush)



SWAG IN

**WTA
LIS**

Fashion Show Creative Director
Show Choreographer
Founder of Bepanache Entertainments , HRW
Co-Founder of Eleyo Professionals.

GAURAV KALRA



Ankit Abrol, a celebrated Celebrity Makeup Artist with over 8 years of experience, has made a significant impact in the beauty industry. Renowned for his exceptional skills, he has worked with Bollywood stars like Kajol, Madhuri Dixit, and Pooja Banerjee, creating stunning transformations that highlight natural beauty. Ankit's talent for personalized, flawless looks has earned him admiration from high-profile clients and everyday people alike. His dedication to his craft and commitment to perfection have established him as a respected figure in makeup artistry, making him a sought-after professional in fashion shows, red carpet events, and bridal makeovers.

Kaushik Sheel has been working in the field of fashion, retail, and design for 19 years. He currently heads visual merchandising in the North Zone, having worked with Shoppers Stop, Debenhams, and many other national and international brands. Kaushik has mentored numerous fashion enthusiasts and guided students at Satyam, Amity, FDDI, and other fashion institutes. He has also served on the jury panel of several renowned fashion schools. Being a jury member at LIT last year was a remarkable experience for Kaushik, as he witnessed the power of fashion for a cause and its impact. He is very excited to see this year's event unfold, especially as it focuses on a cause close to his heart



Asmita Dutta is a multifaceted talent who has made a significant impact in the fashion industry as a renowned model, artist, and titleholder. With her striking beauty and charisma, she captivates audiences worldwide. As the reigning Mrs. Queen Universe International, Mrs. India Enigma, and Mrs. India Popularity 2023, Asmita showcases her grace and versatility on the global stage. She has dazzled on top runways and collaborated with celebrated designers, consistently raising the bar in fashion. Beyond modeling, her artistic flair shines through various creative endeavors, proving her versatility and innovation. Asmita continues to inspire and leave a lasting mark on both the fashion and art worlds.



Tabbu is a talented corporate trainer, Life Coach, and NLP practitioner who empowers individuals to navigate life's challenges and achieve their dreams through her nurturing approach, integrating external beauty and intellectual prowess. As the second runner-up in Mrs. India 2018, she remains grounded, understanding her true significance lies in uplifting others. Alongside her husband Neil, a fitness and nutrition expert, they form a supportive and harmonious couple, fostering personal growth and fulfillment.

Dr. Manisha Kaushik is a versatile Genetic Engineer and Gold Medalist Microbiologist who also excels as a First-Generation Business Entrepreneur in facility management, interiors, insurance, and telecom. A certified author, editor, poet, and mentor, she empowers others through her diverse roles. As a sought-after fashion model and actor, she appears in ad campaigns and will soon feature in web series and music videos. A TEDx Speaker and social activist, she contributes to societal discussions and initiatives, inspiring many with her balanced life and passions for trekking, gardening, reading, and cooking.



Renny Sharma, the reigning Mrs. Goa 2022, embodies talent and beauty with her elegance and poise. Beyond pageantry, she is a sought-after yoga instructor and a successful entrepreneur and actor. With over 150 shoots, including ad campaigns and short films like "DHARA 376 IPC" and "KaramPhal, Do 2022," Renny captivates audiences with her magnetic presence. Recently, she completed a high-profile ad shoot in the USA and has participated in over 30 hotel staycation shoots, illuminating every project with her unmatched talent and charm

Dharshani Sivakumar's journey is one of remarkable transformation, overcoming limiting beliefs, self-doubt, and a lack of confidence to emerge as a certified image consultant and soft skills trainer. Initially struggling to stand up for herself and battling her own fears and thoughts, she turned her weaknesses into strengths and created a unique identity. Today, she holds a bachelor's degree in Communicative English and is an International Certified NLP Master Practitioner, life coach, and motivational speaker.

Dharshani's story of personal growth and resilience now serves as her inspiration, and she leverages her experiences to inspire others. Through DS Image Consulting, she is on a mission to empower women entrepreneurs, helping them turn the impossible into possible and transform from anxious to confident. Her dedication to impacting and transforming lives reflects her belief that self-inspiration is key to inspiring others.



Pratibha Ambekar is a distinguished Handwriting Analyst, Graphologist, NC NLP Practitioner, Mindfulness Practitioner, and Soft Skills Master Trainer. She trains teachers, students, and corporate professionals, transforming lives by altering thought processes. An advocate for mental health, she uses graphotherapy and her mantra, "Mind your writing! Write your mind!" to emphasize the link between handwriting and mental clarity.

As the founder of Rachayita Manopraticimb Private Limited, Pratibha provides coaching focused on mental well-being, emphasizing a strong, positive outlook. Her expertise and dedication empower people to unlock their full potential and lead fulfilling lives.

My name is Mahi Yadhuvanshi, a professional equestrian representing India in international show jumping. My passion for the sport drives me to excel and bring honor to my country.



I am also dedicated to social causes, supporting the education of underprivileged children, assisting those in need, and focusing on animal welfare, especially horses and cows. My work extends globally, reflecting my commitment to making a positive impact. As a full-time traveler, I explore the world year-round, gaining insights that I share as a jury member.

I am excited to contribute as a jury member for the Mr. Bharat and Mrs. Bharat competition, looking forward to inspiring and guiding the participants.



DIRECTOR, GLOBAL KEY ACCOUNT MANAGEMENT ASIA PACIFIC, SAUDI CARGO, SAUDI ARABIAN AIRLINES

Dr Vandana Singh

In the dynamic world of logistics and aviation, Vandana Singh stands out with 28 years of global experience in India and Southeast Asia. Her innovative mindset and dedication have transformed the industry. Vandana has held key positions in leading companies, showcasing unmatched expertise in air cargo and ensuring seamless goods transportation.

Her leadership, characterized by teamwork, integrity, and respect, has earned her admiration and loyalty.

Vandana excels in multitasking, adapting to the fast-paced industry, and finding innovative solutions. She is a role model for aspiring women professionals, breaking stereotypes and paving the way for others. Her contributions have been recognized with numerous accolades, inspiring many to dream big and work tirelessly.

MUKESH GAMBHIR

DIRECTOR, RADIO MANAV RACHNA 107.8

Mukesh Gambhir is a highly accomplished individual with a diverse career. Recognized as "The Best Speaker" and "All Round Best Student" at Government College, Gurgaon, he became a lecturer at I.B College, Panipat, and Vaish Degree College, Bhiwani, directing several acclaimed plays.

In 1979, he joined the Excise and Taxation department in Haryana, serving in various districts and retiring as Joint Excise and Taxation Commissioner in 2008.

After retirement, he became the Director of Radio Manav Rachna 107.8, where he continues to contribute his talents. His journey exemplifies hard work, dedication, and excellence in both academia and his professional career.



DR NOOTAN

MAIN SPEAKER AT LIT UNMASKING
DEPRESSION 2024 PAGEANT



CMO, Gurgaon
(MO I/C PHC palra)
awarded by Honourable
Governor of Haryana Sh
Bandaru Dattatreya ji , DC
Gurugram Dr Yash Garg ji

SANGITA DAS



Educator, Principal, Assistant director, a mother, an inventor and a reformist

GUEST SPEAKER
AT LIT 2024
PAGEANT
UNMASKING
DEPRESSION

With over 15 years of experience as an educationist, I am Sangita Das, an educator, principal, assistant director, mother, inventor, and reformist. My motto, “Social Reforms by Education with Edutainment,” drives me to use innovative methods for raising future generations.

I am involved with various government organizations like the Red Cross and Civil Defence, and NGOs such as Lions Club and

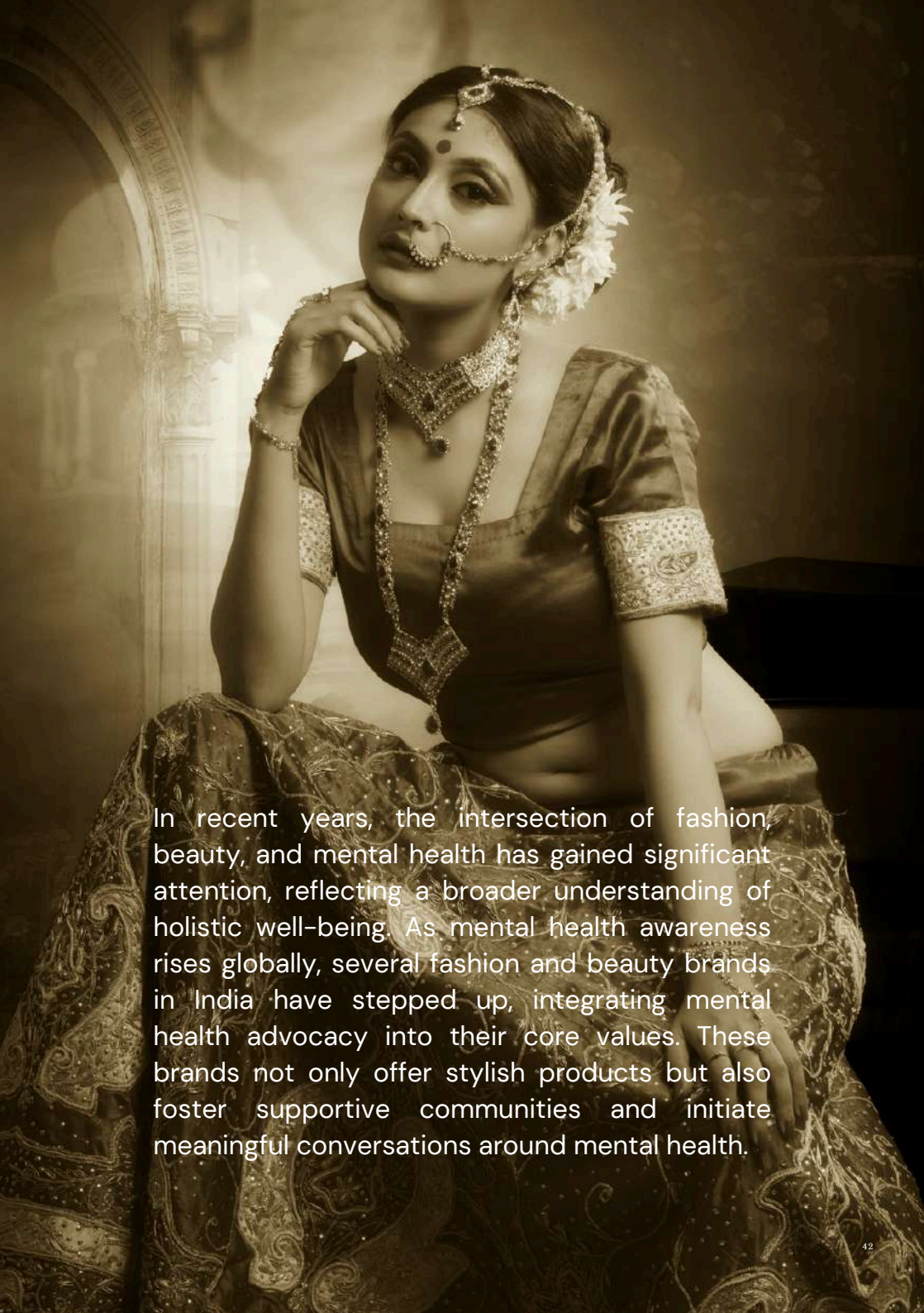
Gurgaon Vikash Manch, leading projects on waste management, environmental protection, and women’s safety.

I hold dual post-graduate degrees in English and an MBA in HR, and am currently pursuing a PhD. I also serve as a Course Committee Member for CBSE Tourism, CBSE Resource Person, Observer for NVS, KVS, CTET, and UMC member in the Haryana Board of School Education.

A woman is shown in a close-up, portrait-style shot. She is wearing a dark red sari with a gold border and intricate gold jewelry, including a headband, earrings, a necklace, and a ring. Her hand is raised to her face, and she is looking upwards and to the right. The background is a solid, warm brown color.

FASHION & BEAUTY BRANDS

CHAMPIONING
MENTAL HEALTH IN INDIA



In recent years, the intersection of fashion, beauty, and mental health has gained significant attention, reflecting a broader understanding of holistic well-being. As mental health awareness rises globally, several fashion and beauty brands in India have stepped up, integrating mental health advocacy into their core values. These brands not only offer stylish products but also foster supportive communities and initiate meaningful conversations around mental health.



Luxurious Ayurveda

- **Forest Essentials: A Holistic Approach to Beauty :** Forest Essentials, renowned for its luxurious Ayurvedic skincare products, has always emphasized the harmony between mind and body. Their holistic approach extends beyond their product line to include initiatives promoting mental well-being. By collaborating with mental health experts, they offer workshops and seminars focusing on mindfulness, stress relief, and the therapeutic benefits of traditional Ayurvedic practices.



- **The Souled Store: Community and Conversations:** The Souled Store, a popular destination for quirky and expressive apparel, has made significant strides in mental health advocacy. Recognizing the pressures faced by young adults, they regularly partner with mental health organizations to host virtual support groups and workshops. Their campaigns often feature messages of self-love and mental resilience, resonating deeply with their youthful customer base.

- **Nykaa: Beauty with a Purpose** Nykaa, a leading beauty retailer, has used its platform to spotlight mental health issues. Their **#FeelGoodWithNykaa** campaign, launched in collaboration with mental health professionals, aims to destigmatize mental health conversations. Nykaa's initiative includes a series of videos, articles, and live sessions focusing on self-care, mental health awareness, and the importance of seeking help.



NYKAA

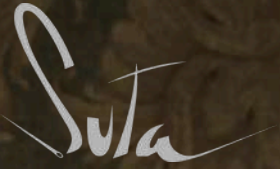
- **Fabindia: Integrating Wellness into Lifestyle:** Fabindia, synonymous with Indian ethnic wear and lifestyle products, has expanded its wellness category to include mental health. Their Fabindia Experience Centers offer spaces for yoga, meditation, and counseling sessions. By integrating these services into their retail environment, Fabindia promotes a balanced lifestyle where mental health is as important as physical well-being.



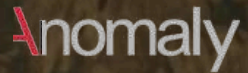
fabindia
CELEBRATE INDIA



- **Suta: Stories of Strength and Solidarity:** Suta, known for its handwoven sarees and sustainable fashion, has created a strong narrative around mental health. Through their #SutaWarriors campaign, they share real stories of individuals battling mental health challenges. This initiative not only humanizes mental health issues but also creates a supportive community for their customers.
- **Anomaly: Embracing Individuality and Self-Expression:** Founded by actress Priyanka Chopra Jonas, Anomaly focuses on hair care that encourages self-expression and confidence. The brand's messaging emphasizes the importance of mental health, promoting a positive self-image and the idea that beauty begins from within. Their social media platforms are often used to share mental health tips and support resources.



Suta



Anomaly

These Indian fashion and beauty brands exemplify how the industry can play a pivotal role in mental health advocacy. By leveraging their influence and reach, they create supportive communities, initiate vital conversations, and offer resources that contribute to the mental well-being of their customers. As these initiatives gain momentum, they set a powerful precedent for the global fashion and beauty landscape, demonstrating that true beauty and style encompass both outer appearance and inner health.

FASHION MODEL

**DINESH
MOHAN**



FASHION MODEL

RITIKA PATAK

FASHION MODEL

SUSHANT KUMAR





SONIKA CHOPRA

MODEL | ACTOR

"BREAKING THE SILENCE: UNITING FAMILIES AGAINST DEPRESSION IN A DIGITAL AGE"

As the founder of "My Precious Life" and the driving force behind the "Live In Triumph" initiative, I am deeply passionate about the intersection of fashion and mental health awareness. Our journey began with a mission to address pressing societal issues, starting with suicide prevention, combating depression, and shedding light on domestic violence. This year, our focus turns to the pervasive issue of depression, with the upcoming "Unmasking Depression" fashion event in Delhi on August 15th, 2014.

These innovative initiatives are more crucial than ever in today's world, where mental health issues often go unnoticed or stigmatized. By leveraging the power of fashion and community engagement, we

strive to break down barriers, spark conversations, and foster a supportive environment for those struggling with mental health challenges. Through the platform of our fashion shows, we not only raise awareness but also provide resources, support, and hope to individuals and families affected by these issues.

The impact of our initiatives extends far beyond geographical boundaries, resonating with youth and older generations alike, both in India and the United States. In a world where the pressure to conform to societal norms and expectations can be overwhelming, our events offer a beacon of acceptance, understanding, and solidarity. By showcasing stories of resilience, celebrating diversity, and promoting self-expression through fashion, we empower individuals of all ages to embrace their struggles and triumphs, knowing that they are not alone in their journey towards mental well-being.

In today's interconnected world, depression has become rampant, exacerbated by the pressures of social media and other pervasive influences that infiltrate the youth in negative ways. The constant comparison, unrealistic standards, and cyberbullying prevalent on social platforms can take a severe toll on mental health, particularly among impressionable young minds. To bring about change in society and unify families across the world, we must confront these challenges head-on and develop novel solutions that promote resilience, empathy, and connection.

First and foremost, it is essential to raise awareness about the prevalence and impact of depression, destigmatizing the conversation surrounding mental health and encouraging open dialogue within families and communities. Education and early intervention are key, equipping individuals with the knowledge and tools to recognize the signs of depression and seek help when needed. By fostering a culture of support and understanding, we can create a more inclusive and compassionate society where no one feels alone in their struggles.





LIVE IN TRIUMPH

Furthermore, we must address the root causes of depression and societal pressures that contribute to its rise. This requires a concerted effort to challenge harmful norms and values, promote positive social interactions, and create environments that prioritize mental well-being. By fostering a sense of belonging and purpose, both within families and broader communities, we can mitigate the risk factors associated with depression and build resilience against its effects.

In India, where mental health awareness is gaining a momentum but still faces significant challenges, the initiatives like ours serve as catalysts for change. By highlighting the universality of mental health struggles

and the transformative power of community support, we inspire individuals to speak up, seek help, and advocate for better mental health resources and policies. Together, we can create a world where mental health is prioritized, stigma is eradicated, and everyone feels empowered to live their precious lives to the fullest.

Innovative solutions are needed to tackle the complex challenges posed by depression and its impact on society. This includes leveraging technology for good, harnessing the power of social media and digital platforms to promote mental health awareness, provide support resources, and foster positive connections. Additionally, community-based initiatives, such as support groups, peer mentoring programs, and



art based interventions like our "Live In Triumph" fashion shows, play a crucial role in fostering resilience, empowerment, and unity among individuals and families across the world.

Ultimately, addressing depression and unifying families requires a multifaceted approach that encompasses education, advocacy, support, and cultural change. By working together, embracing diversity, and prioritizing mental well-being, we can create a more compassionate and inclusive world where everyone has the opportunity to thrive.

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Anuradha Das, a seasoned social worker, has experienced the profound impact of unity and collaboration in driving positive change. Motivated by her unwavering commitment to creating a meaningful difference in society, she embarked on a journey to extend her influence through various creative avenues. From her thought-provoking books to her dynamic movie production company and awe-inspiring fashion events, Anuradha has found innovative ways to spread awareness and inspire others to join the movement for a better world.

My precious Life

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1. Sustainable Fashion:

With growing concerns about environmental impact and ethical practices in the fashion industry, sustainable fashion has emerged as a prominent trend. Designers are incorporating eco-friendly materials, ethical production methods, and zero-waste techniques into their collections. By promoting sustainability, fashion designers are not only reducing their carbon footprint but also raising awareness about the importance of conscious consumption and environmental stewardship.

TRENDS 2024

2. Inclusive Fashion:

Fashion has the power to celebrate diversity and challenge traditional beauty standards. Inclusive fashion designers are embracing body positivity, gender diversity, and cultural representation in their designs. By featuring models of different ages, sizes, ethnicities, and abilities on the runway and in campaigns, fashion designers are promoting inclusivity and empowering individuals to embrace their unique identities. This trend is not only fostering a more inclusive industry but also challenging societal norms and promoting acceptance and understanding.

FASHION INDUSTRY TRENDS:

Merging Style with Social Awareness

In the ever-evolving world of fashion, designers are not only pushing the boundaries of style but also using their creative platforms to raise awareness about pressing social issues. From sustainability to inclusivity, fashion has become a powerful tool for sparking conversations and driving positive change in society. Let's explore how fashion designing trends are making waves by integrating social awareness into their designs.



3. Fashion Activism:

Fashion has long been used as a form of protest and expression. Fashion designers are harnessing the power of clothing to advocate for social justice and political change. Whether it's through slogan tees, statement accessories, or symbolic designs, fashion activists are using their platforms to raise awareness about various issues, from human rights and gender equality to racial justice and LGBTQ+ rights. By wearing these garments, individuals can show their support for important causes and spark meaningful conversations in their communities.



4. Cultural Heritage Preservation:

Fashion designers are drawing inspiration from diverse cultures and traditions, celebrating the rich heritage of different communities around the world. By incorporating traditional textiles, craftsmanship, and motifs into their designs, fashion designers are not only paying homage to cultural heritage but also promoting cross-cultural exchange and understanding. This trend highlights the importance of preserving cultural diversity and promoting cultural appreciation in the global fashion industry.

FASHION TRENDS

5. Collaborations for Change:

Fashion designers are teaming up with non-profit organizations, activists, and social enterprises to create collaborative collections that support charitable causes and raise awareness about social issues. Through these partnerships, designers are using their influence and resources to make a positive impact in communities around the world. Whether it's raising funds for humanitarian aid, supporting environmental conservation projects, or promoting education and healthcare initiatives, fashion collaborations are driving meaningful change and inspiring others to get involved.

In conclusion, fashion designing trends are not just about creating stylish garments; they are about using fashion as a platform for social awareness and activism. By integrating sustainability, inclusivity, activism, cultural preservation, and collaboration into their designs, fashion designers are demonstrating the transformative power of fashion in shaping a more conscious and compassionate world. As consumers, we have the opportunity to support these initiatives and use fashion as a means of expressing our values and making a positive impact on society.





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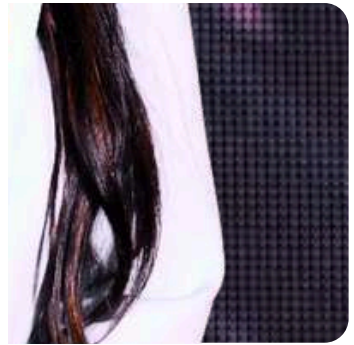
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"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

**GITHI
SREENIVASAN**
FOUNDER & MANAGING DIRECTOR



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“IF NOT NOW, THEN WHEN?”

EMBRACING FASHION AS A PATH TO HEALING AND
RENEWAL

By Margarita Perez
Photography by Francois Mercer



"If not now, then when?" These words resonate with a profound sense of urgency, urging us to seize the present moment and embark on the journey towards growth and self-discovery. In the realm of mental health, particularly in the context of depression, this mantra carries even greater significance. When caught in the grip of despair, it's easy to succumb to the notion that change is impossible or that the pursuit of happiness is futile. However, these words remind us that the power to transform our lives lies within our grasp, awaiting only our decision to take that crucial first step towards healing.

Seize the present moment and embark on a journey of self-discovery with the mantra, "If not now, then when?" Embrace fashion as a tool for empowerment and expression, knowing that the time for positive change is always within reach.

Acknowledging and addressing depression requires courage and determination, but it also presents an opportunity for profound personal growth. "If not now, then when?" prompts us to confront the inertia that often accompanies mental health challenges and encourages us to embrace the possibility of change. Whether it's seeking therapy, practicing self-care, or reaching out to loved ones for support, each action taken towards recovery is a testament to our resilience and inner strength.

Fashion, with its ability to shape our outward appearance and reflect our innermost thoughts and emotions, can serve as a powerful tool in this journey of self-transformation. "If not now, then when?" invites us to explore the liberating potential of fashion, encouraging us to use style as a means of self-expression and empowerment. By embracing clothing that makes us feel confident and comfortable, we can cultivate a sense of agency over our appearance and reclaim ownership of our identity.

Ultimately, "If not now, then when?" serves as a rallying cry for those grappling with depression, reminding them that the path to healing begins with a single, courageous decision. By embracing the present moment and harnessing the transformative power of fashion, individuals can embark on a journey of self-discovery, resilience, and renewal, knowing that the time for positive change is always within reach.



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NATURE'S

CURE FOR

MOVING FORWARD

THE SOUL

I love green because it reminds me of the lush beauty of nature, evoking a sense of tranquility and harmony within me. Its vibrant hues inspire feelings of renewal and growth, serving as a constant source of optimism and vitality in my life. Whether I'm surrounded by verdant landscapes or wearing shades of green, this color never fails to uplift my spirits and connect me with the rejuvenating power of the natural world.



"Radiating confidence in shades of green, embracing the tranquility of nature while exuding timeless elegance. 🌿💚
#EmpoweredInGreen"

**"GREEN: A VIBRANT
SYMBOL OF RENEWAL
AND VITALITY,
HARNESSING THE
POWER OF NATURE TO
UPLIFT AND INSPIRE IN
THE FIGHT AGAINST
DEPRESSION."**

The color green holds multifaceted significance when considering its expression and role in combating depression. Psychologically, green is often associated with feelings of renewal, growth, and vitality, stemming from its natural connection to lush vegetation and the outdoors. In the context of fashion and design, incorporating green hues into one's wardrobe or living space can evoke a sense of rejuvenation and harmony, fostering a positive mindset. Additionally, green's calming properties can provide solace and tranquility, serving as a visual reminder to prioritize self-care and mental well-being. Furthermore, research suggests that exposure to green environments, whether through clothing, decor, or outdoor settings, can have mood-boosting effects and mitigate symptoms of depression. By integrating green into daily surroundings and personal style choices, individuals may find themselves better equipped to navigate the challenges of mental health, promoting resilience and emotional balance.

Fashion is a deeply personal form of self-expression, and everyone deserves to feel confident and comfortable in what they wear. Here are some universal fashion tips for everyone:

- **Find Your Personal Style:** Experiment with different styles, colors, and silhouettes to discover what makes you feel most confident and comfortable. Whether your style is classic, edgy, bohemian, or minimalist, embrace it wholeheartedly.
- **Invest in Basics:** Build a wardrobe foundation with versatile basics like a well-fitting pair of jeans, a white button-down shirt, a tailored blazer, and comfortable shoes. These timeless pieces can be mixed and matched to create countless outfits for any occasion.

"In order to be irreplaceable, one must always be different." - Coco Chanel

This quote by Coco Chanel encapsulates the notion that to stand out and be valued, one must embrace their uniqueness and individuality in all aspects of life, including fashion.

FASHION TIPS FOR EVERYONE

- **Prioritize Comfort:** Choose fabrics that feel comfortable against your skin and garments that allow for ease of movement. Comfortable clothing doesn't have to sacrifice style, so opt for pieces that strike the perfect balance between both.
- **Accessorize Thoughtfully:** Accessories can elevate any outfit, so choose them thoughtfully to add personality and flair. Experiment with statement jewelry, scarves, hats, belts, and bags to enhance your look and make it uniquely yours.





- **Tailor Your Clothes:** Proper fit is key to looking polished and put-together. If a garment doesn't fit you perfectly off the rack, consider taking it to a tailor for alterations. A well-tailored piece can make all the difference in how you feel and how others perceive you.
- **Mix High and Low Fashion:** You don't have to break the bank to look stylish. Mix high-end designer pieces with more affordable finds to create a chic and budget-friendly wardrobe. Remember, it's not about the price tag but how you style and wear the clothes.

- **Embrace Trends Sparingly:** While it's fun to experiment with the latest trends, don't feel pressured to follow them all. Choose trends that resonate with your personal style and incorporate them into your wardrobe in a way that feels authentic to you.
- **Confidence is Key:** Ultimately, the most important fashion tip is to wear whatever makes you feel confident and empowered. Stand tall, own your style choices, and let your inner beauty shine through. After all, confidence is the best accessory you can wear.



ANURADHA DAS

Philanthropist by nature,
author by interest,
motivational speaker and
life coach by choice,
movie producer as
service...

The founder and director
of My Precious Life, Belle
Events, Pink Club, A Rising
Eagle Productions LLC
and Bright Star World
Outreach

**CONNECT WITH US AND BE A
PART OF A GREATER PURPOSE**





My Precious Life, a compassionate and transformative platform dedicated to healing the hearts and empowering the souls of individuals worldwide. Founded by Anuradha Das, our mission is to address the crucial subjects of life that are often avoided, especially emotional and mental wellbeing. In today's challenging world, where a significant percentage of people face emotional and mental issues, there is an urgent need for support and guidance.

At My Precious Life, we believe that everyone is precious and deserves an abundant life filled with joy, purpose, and fulfillment. Anuradha's own journey of overcoming emotional struggles has inspired her to extend a helping hand to others who are facing similar challenges. Through 100% individual counseling, corporate workshops, and relationship counseling, we are committed to making a positive impact on the lives of our clients.

Reach out when you feel you are left out
www.mypreciouslife.co.in



A Rising Eagle Productions LLC is a major step of faith to start a movie production house to showcase real life inspirational stories that can impact and change perspectives of living. Many among us are unsung heroes. This platform gives opportunity to such heroes to share their stories of victory as well as defeat, that can in one way or the other transform and empower many.

A Rising Eagle Productions LLC is giving opportunity to the winners of LIT to be part of their upcoming project. This is a great opportunity to impact society.

www.arisingeagleproductions.com



TOUCHING ONE LIFE AT A TIME





fashion forward

EMBRACING THE CUTTING-EDGE ACCESSORIES AND GADGETS Of 2024



Dear Fashion Enthusiasts,

As we venture into the ever-evolving landscape of fashion in 2024, it's evident that innovation continues to shape not only the garments we wear but also the accessories and gadgets that complement our style. This year, we find ourselves at the intersection of fashion and technology, where wearable tech and futuristic accessories are redefining the way we adorn ourselves and interact with the world around us.

One of the most exciting trends of 2024 is the rise of smart accessories that seamlessly blend fashion and functionality. From smartwatches with customizable straps to augmented reality glasses that double as stylish shades, these accessories not only elevate our outfits but also enhance our daily lives with features like fitness tracking, notifications, and navigation.



Furthermore, sustainability remains a driving force in the fashion industry, and this ethos extends to accessories and gadgets as well. Eco-friendly materials such as recycled plastics, vegan leather, and sustainable metals are increasingly being incorporated into accessory design, reflecting a growing awareness of our environmental impact and a commitment to ethical consumption.

In addition to technological advancements and sustainability, personalization continues to be a key trend in accessories and gadgets. Whether it's through customizable jewelry, bespoke handbags, or 3D-printed eyewear, consumers are seeking out accessories that reflect their unique style and personality, embracing individuality in an increasingly homogenized world.



SIGNATURE FASHION BOLD ACCESSORIES

As we embrace the cutting-edge accessories and gadgets of 2024, let us not forget the timeless appeal of classic pieces that withstand the test of time. While technology may continue to push the boundaries of what's possible, there will always be a place for elegant watches, statement jewelry, and chic handbags in our wardrobes. In conclusion, the fashion accessories and gadgets of 2024 represent a fusion of style, innovation, and sustainability. As we navigate this exciting landscape, let us embrace the opportunities for self-expression, creativity, and conscious consumption that these accessories afford us.

Stay stylish,

EMBRACING WORTHINESS

How to Stay Stylish and Fashionable Amidst Chaos

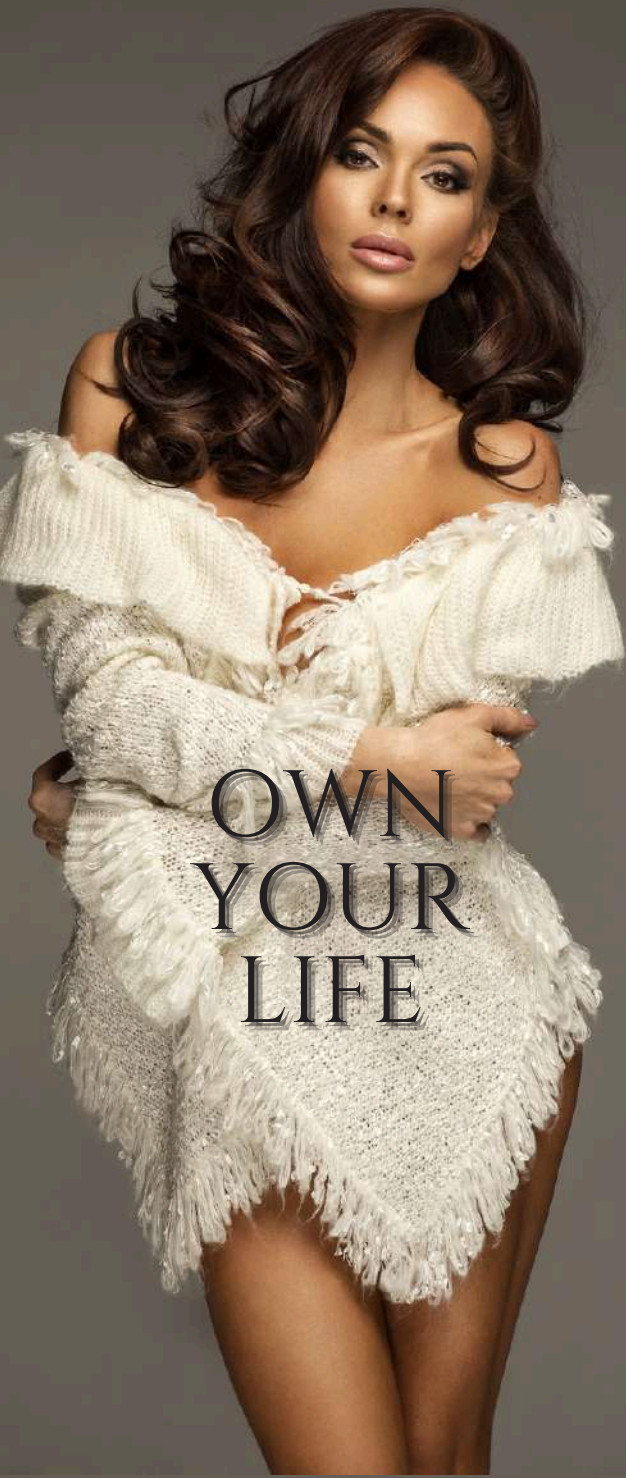
In the hustle and bustle of our modern lives, it's easy to feel overwhelmed and unworthy amidst the chaos. However, it's precisely during these turbulent times that embracing our sense of worthiness and style becomes all the more important. In this article, we'll explore how to cultivate confidence, express our unique style, and stay fashion-forward even in the midst of chaos.

First and foremost, it's crucial to recognize that our worthiness is not determined by external circumstances or societal standards. True worthiness comes from within, rooted in self-acceptance, self-love, and the recognition of our inherent value as individuals. By practicing self-care, setting boundaries, and prioritizing our mental and emotional well-being, we can nurture a sense of worthiness that serves as the foundation for our personal style journey.

"Remember this: Be kind to your mind."

When it comes to fashion, staying stylish amidst chaos requires a blend of creativity, adaptability, and confidence. Rather than succumbing to the chaos around us, use fashion as a form of self-expression and empowerment. Experiment with bold colors, statement pieces, and unexpected combinations to infuse your wardrobe with personality and flair. Whether it's a vibrant scarf, a tailored blazer, or a pair of statement shoes, embrace fashion as a tool for self-expression and authenticity.





OWN YOUR LIFE

EMBRACE YOUR
WORTHINESS,
UNLEASH YOUR
STYLE:
NAVIGATING
CHAOS WITH
CONFIDENCE AND
FLAIR.

Moreover, finding moments of calm and serenity amidst chaos is essential for maintaining our sense of style and fashion. Carve out time for self-care rituals such as meditation, journaling, or simply taking a leisurely stroll outdoors. These moments of mindfulness not only rejuvenate the spirit but also inspire creativity and clarity, allowing us to approach our fashion choices with intention and purpose.

In conclusion, fighting unworthiness and staying stylish amidst chaos is a journey of self-discovery, empowerment, and resilience. By cultivating a sense of worthiness from within, embracing our unique style, and finding moments of calm amidst the storm, we can navigate life's challenges with grace and confidence. Remember, true style isn't just about what we wear—it's about how we carry ourselves and the confidence we exude from within.



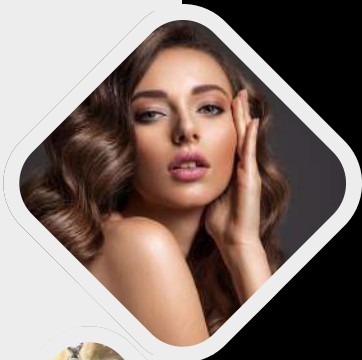
Legacy

THIS OCTOBER



Established 15 years ago in Australia as an offshoot of the USA-based International Pageant founded 35 years ago, our women's network has recently gained independence in 2022. Now proudly Australian-owned, our vision is to empower women worldwide to forge their own legacy projects, irrespective of winning the crown!

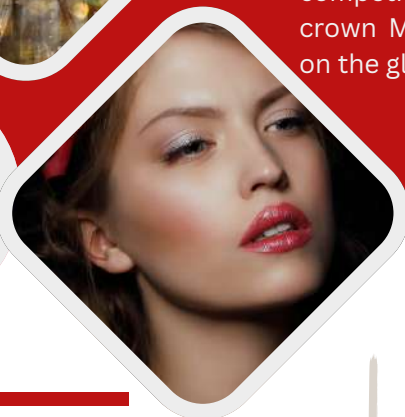
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As the Legacy International Pageant, we have cemented our reputation as an organization of integrity, high ethical standards, and unwavering commitment to consistently applying rules and regulations. Our mission is to offer ladies worldwide the chance to compete in a pageant system that upholds the highest moral values.

It is our goal to provide ladies everywhere the opportunity to compete in a pageant system that maintains the highest moral values.

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