

# RUTBA

MONTHLY E-MAGAZINE

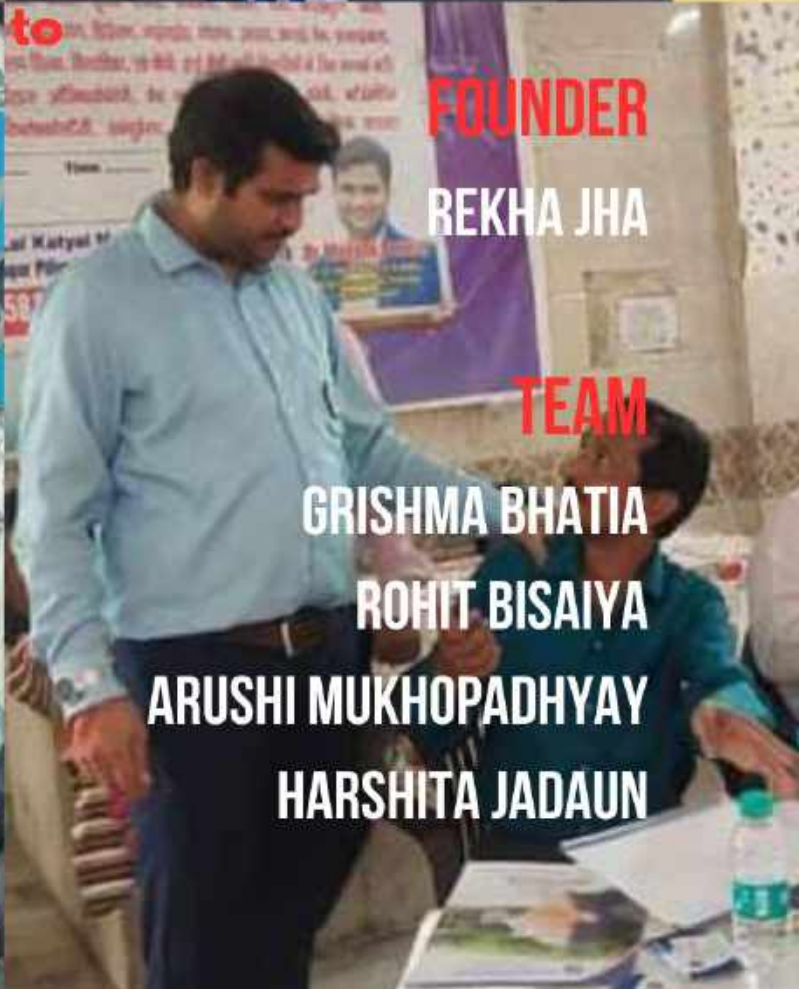
FEBRUARY 2024



Rutba where you get to know about your favourite celebrities



SHIKSHA SAMAROH



FOUNDER

REKHA JHA

TEAM

GRISHMA BHATIA

ROHIT BISAIYA

ARUSHI MUKHOPADHYAY

HARSHITA JADAUN

February 2024  
Volume 22

# RUTBA



## **DR. VINITA KANSAL**

Find out amazing and unheard incidents of your favourite celebrities. RUTBA means the real person behind your favourite celebrities.

Contact us for collaboration:-  
[samarohshiksha@gmail.com](mailto:samarohshiksha@gmail.com)

Dr. Vinita Kansal, is a well-known Physiotherapist from NCR with 17+ years of experience in the field of Physiotherapy. She is the Director at Healthy Living Physiotherapy Clinic, Greater Faridabad. She completed her BPT from Kasturba Medical College (Manipal University) in 2007. She completed her MPT (Neurology) in 2009 from Maharishi Dayanand University and has previously worked with Apollo Hospital New Delhi & Institute of Brain & Spine.





She is also a Media Personality. She has done Health shows on various news channel like India News and SDS etc. She met honourable President Of India Draupadi Murmu Ji at Rashtrapati Bhawan on 22 January 2024 and was appreciated and encouraged for her work. She received the Women Prestige Award 2024 from the Ambassador of the Myanmar at Myanmar Embassy for the inspirational work in health sector as Entrepreneur. She has vast experience in treating thousands of patients with various conditions like orthopaedics, neurological, gynaecological, sports, fractures & post-surgical patients etc. She has made a difference in the lines of these patients and brought smile back on their face.





## DREAMS

I want to heal the pain of people across India and across the globe. I want to utilize my knowledge and skills to improve the quality of life of people. I want to bring awareness regarding health especially in women, to make people understand the importance of Health and self-care and importance of prioritizing their health and making it the topmost priority. I also want to emphasize on adopting a healthy lifestyle.

## WORK

I am a Physiotherapist and have been practicing since last 17 years.

At our clinic we emphasize a lot on Exercises.

Exercises keeps you moving and movement is life.

We treat patients of various conditions like Orthopaedic, Neurological, Gynaecological, Paediatric, Post Surgical cases.



Our clinic is a 6 bedded clinic with excellent team of well qualified physiotherapists.

The clinic is fully equipped and follows the most advance treatment protocol and delivers excellent results. We organize various camps at frequent intervals.

We also organize various health talks for public awareness.



## LIKES AND DISLIKES

My work is my passion, I really like spending time in my clinic treating patients.

It gives me immense satisfaction to relieve the pain of people and helping them and getting back to their normal life.

I like spending time with my self.

Exercise, Yoga, Pranayam and Meditation is my daily morning routine.

Loves cooking healthy food for my family during weekends.

I hate gossiping, criticizing & judging people.



## Health

I keep my physical, mental & emotional health as my top most priority.



# Beauty

I believe in simple living & finding happiness in small things.





Fitness Status

Daily workout,

Meditation & Pranayam



Personal Information:

My husband is an Electronics Industry veteran working with a Korean MNC as General Manager. We are blessed with 2 wonderful kids



## Future Plans

To open chain of clinics in NCR to promote good health in the society.



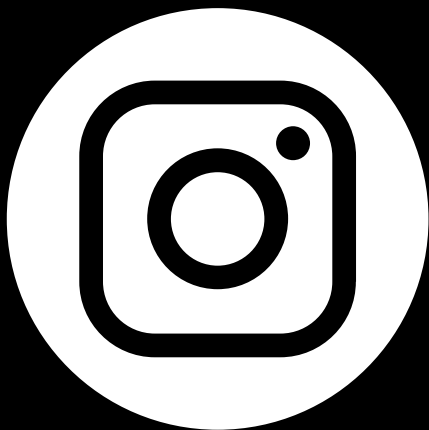
Contact Info

Mobile: +91 9873730040

# Social Media Links



[https://youtube.com/@Dr.VinitaKansal?  
si=2vB1eCdXVCVtjxLS](https://youtube.com/@Dr.VinitaKansal?si=2vB1eCdXVCVtjxLS)



[https://www.instagram.co  
m/dr.vinitakansalofficial/](https://www.instagram.com/dr.vinitakansalofficial/)



[https://www.facebook.com  
/profile.php?  
id=100094079566406&mi  
bextid=JRoKGi](https://www.facebook.com/profile.php?id=100094079566406&mbextid=JRoKGi)

February2024

# RUTBA



Tejleen  
Kaur

Find out amazing and unheard incidents of your favourite celebrities. RUTBA means the real person behind your favourite celebrities. Contact us for collaboration : [samarohshiksha@gmail.com](mailto:samarohshiksha@gmail.com)

Founder: Rekha Jha

Team : Harshita , Arushi, Rohit

February 2024

You are fierce, bold and daring

And best when it comes to caring

The patience to listen, the willingness to understand,

Shining more than a diamond, you are truly grand !

Humble and graceful, passionate and strong,

Compassionate and creative, you stay like this lifelong !

Handling every responsibility with a smile

Darling women, you have it all because you are truly versatile !

This is the way I feel about women !





I hail from a defence background, being fourth generation in the army. My father was a surgeon and the first urologist in the Army, Navy and Air Force, He rose to be a General in the army. My mother and grandmother were both scholarship holders. My parents survived the Partition of 1947, having migrated from Pakistan to India. They taught me never to cry and to get up, every time I fell !

As I grew up, these were the life skills that sailed me through my learnings, trials and tribulations. I did my Masters in History. Then I did a Diploma in Computers. I started my career in the early 90's with Tatas as a computer instructor. Concurrently, I also prepared and gave the exam for being an air hostess in Air India (in the 90's, it was an international carrier). I cleared all these stages, which took a couple of months and I got selected. Unfortunately by the time the call letter came, I was married and married women couldn't join as air-hostesses then !



After marriage, I moved from a vibrant metropol to a small town. Down went my corporate job as well as the opportunity to fly international skies ! But in the bargain, I got married to a tall smashing aviator in the army ! And that's when my life became so adventurous! Soon came Kargil War ! I was pregnant at that time and my husband was sent to the border. Travelling on the bumpy roads of Assam's hinterland to reach & teach in Army School was sheer adventure! I didn't visit any doctor or get my ultra-sound done in the initial six months as there was no such facility in the vicinity! All men and vehicles were on the border. The hospital was far away too !

Around the time my elder child arrived, the war came to an end. Me and my husband stayed together for some months and soon he again got posted to the border ! I moved in with my parents in Chandigarh. I used this time optimally, by doing my Masters in Journalism (by correspondence) bringing up my hyper-active toddler and teaching in a prestigious school in City Beautiful! I continued like this for six years. My husband became an optional subject in my life (though not by choice!) Our relationship stood the test of time as we barely stayed together for four months in those six years !





God was kind and bestowed my husband with promotions in due course, I also moved up the ladder and started teaching in an MBA College. I would intermittently conduct workshops on Communication Skills and Personality Development. Soon, I was lucky to be chosen as Chairperson of Vocational Training Centre and Army Skill Training Centre. I also helmed the Ecological Committee at the same time.




Now was the opportunity to do what I believed in strongly! Sustainable Development was my goal! Water conservation, promoting usage of recycled paper, reducing carbon footprints..... the list was endless! On this basis, I was selected as an ambassador for UNACCC, an international organisation with members in more than 100 countries, all working towards sustainable development. Now, I was being invited by various national and international forums to give talks on SDG's. To carry forward these goals, I also manage a charitable trust on my father's name, Gen (Dr) Jaswant Singh Charitable Trust. We give free education to the needy girl child in rural areas and also hold free medical camps in these areas. These were the realms my parents and me are very passionate about and we worked tirelessly towards this goal ! The trust has been running successfully since 2006 and we have educated lots of children and treated hundreds of patients till now.

**I firmly believe in the adage, “You must be the change you wish to see in the world”.**



  
**Carnival Academy of Education**  
*We Cordially Invites You To*  
**"Sawan Mahotsav & Convocation Ceremony" 2023**

**CHIEF GUEST:**  
**MS. TEJLEEN KAUR**  
 Ambassador of UNAccc,  
 Chairperson Ecological and  
 Amenities Committee in the Army



27th | Aug | 2023  
 Venue  
 8th floor Galaxy Hall, Red Velvet  
 Kedwaipuri, Patna  
 Time:- 1 pm to 4pm




**Invited as chief  
 guest at various  
 events**



At Bihar's raj bhavan. On invitation of the Governor, showcasing the cultural program by our NCC Cadets which they performed in Delhi during Republic Day





**Addressing various schools to enlighten them about various SDG Goals**

**Welcoming All India FICCI FLO Chairperson Mrs Dalmia and her team ,to exchange entrepreneurial ideas with our army ladies, at my house**



**Another picture with mrs Dalmia CHAIRPERSON of FICCI FLO**



**Conducting various courses in our Vocational Training centre for our army wives**





**At Mr Om Birla Residence**





**Celebrating 'Azadi ka Amrit mahotsav' with our families**

**Felicitating ladies who conducted courses in the vocational training centre which I managed**



**Conducted competitions, online and offline, for army children. Now felicitating them in the above picture**

**Counselling or families on various issues. Rendering help and creating a positive environment**



**Chairperson of Vocational Training centre and Army skill training centre. Conducting the monthly meeting**

February 2024  
Volume 21

# RUTBA



**SHITIZ JHA**

Find out amazing and unheard incidents of your favourite celebrities. RUTBA means the real person behind your favourite celebrities.

Contact us for collaboration:-  
[samarohshiksha@gmail.com](mailto:samarohshiksha@gmail.com)

My name is Shitiz Jha, 24 years old. Based in Delhi, India, I am deeply committed to making a positive impact in the field of environmental policy and sustainable development.



<https://www.linkedin.com/in/shitiz-jha-84b96a122/>

# Journey

My journey has been one of continuous learning and growth. As a Masters in Public Policy student, I've had the opportunity to delve deep into the intricacies of policy-making and its impact on society. Along the way, I've encountered various challenges that have helped shape my perspective and refine my skills.



# Dreams

My ultimate dream is to become a prominent figure in the sustainability sector as a policy expert. I aspire to leverage my knowledge and expertise to enact meaningful change and contribute to a more sustainable future for our planet.



# Works

Currently, I'm a Masters in Public Policy student with a focus on sustainability. Additionally, I am a guitarist and singer, using music as a creative outlet and a means of expression.



In terms of sports, I enjoy playing badminton to stay active and maintain a balanced lifestyle.

# Future Plans

In the future, I envision myself as a policy entrepreneur, leading initiatives that drive sustainable development and promote environmental stewardship. I aim to establish myself as a thought leader in the field, collaborating with stakeholders across sectors to implement innovative solutions to pressing sustainability issues.



# Health, Beauty, and Fitness Status

I prioritize my health and fitness by hitting the gym five days a week. Regular exercise not only helps me stay physically fit but also enhances my mental well-being and productivity. Additionally, I believe in maintaining a healthy lifestyle through nutritious diet choices and adequate rest.



# Likes and Dislikes



I am passionate about music, particularly playing the guitar and singing. It serves as a source of joy and inspiration in my life.

I also enjoy engaging in sports activities like badminton, which not only keeps me fit but also provides a refreshing break from academic and professional commitments.

February 2024

# RUTBA



Free treatment camp

## Dr. Mayank Porwal

Find out amazing and unheard incidents of your favourite celebrities. RUTBA means the real person behind your favourite celebrities.

Contact us for collaboration:-  
samarohshiksha@gmail.com

**Founder : Rekha Jha**

**Team: Arushi Mukhopadhyay, Harshita**

**Jadaun, Rohit Bisaiya**

*Lecture in galgotias university*



**Dr Mayank Porwal Renowned Holistic Therapist**

**Awarded by Acupressure Ratna Award.**

**Post Graduate in Yoga and Science of Living and specialization in Holistic Health including Auriculotherapy, Bach Flower Therapy, Reflexology, Yoga, Naturopathy, Cleansing**

**Therapy as well as Mudra Therapy. Conducting many seminars, workshops, conclaves, conferences, discussions as well as digital health awareness programs and webinars on holistic health on National as well as International Level.**





## Neem Karela Therapy camp in Dwarka

Conducting holistic health camps as well as lectures in different part on India like Falna, Umargaon, Indore, Ujjain (Madhya Pradesh) Noida, Ghaziabad, Vrindavan, Agra, Pithoragarh (Uttrakhand), Bangalore (Karnataka) and Delhi.

Participated In Various Holistic Health Conference, Seminars, Webinars and Camps.

9971130618



Meeting With Acharya Balakrishnan



## Free Treatment Camp

Currently General Secretary of International Naturopathy Organisation

West Zone - Delhi NCR

Lifetime Member of Acupuncture Science Association (ASA)

Director - Environment and Consumer Protection Foundation (ECPFO)

Member - Private Chikitsak Medical Association



We are conducting regular lectures and yoga classes across Delhi and other part of Bharhat.

Recently Organised International Yoga Day 2023, Conducted various activities across Delhi.

Free treatment camp in gurdwara for needy people

**We do Regular Free Camps in different parts of Bharat.**

**Director : Environment and Consumer Protection Foundation (ECPFO)**



*Health is the key*

**I am on the mission to teach 100000 women about Naturopathy and Holistic Health**



**Lecture for females**

# Founder



**SHE IS REKHA JHA , A  
MOTIVATIONAL SPEAKER, PRANIC  
HEALER, POET, SINGER AND  
TEACHER. A PERSON WHO  
STRONGLY BELIEVES THT, ALL  
THAT HAPPENS, HAPPENS FOR  
GOOD THE FOUNDER OF UNIQUE  
ACADEMY , SOUL AND  
SMILE, SHIKSHA  
SAMAROH, BHARAT VISHVA GURU,  
MITHILAA MAHAAN , SPREAD THE  
WORD  
HERHYGIENE, R R POWER  
PUFFS, MIRROR- TALK SHOW. SHE  
HAS BEEN AWARDED WITH SO  
MANY RECOGNITION LIKE NAREE  
SHAKTI, SWEYM SIDHA, NAREE  
SAMMAN, ENTREPRENEUR OF THE  
YEAR ETC.**



**SOUL & SMILE**

*"One thought, can change lives"*



# RUTBA E-MAGAZINE MEET OUR TEAM



*Rekha Jha  
Founder*



*Rohit Bisaiya  
Senior Journalist*



*Harshita Jadaun  
Graphic Designer*



*Arushi Mukhopadhyay  
Graphic Designer*

SHIKSHA SAMAROH

**Rutba**