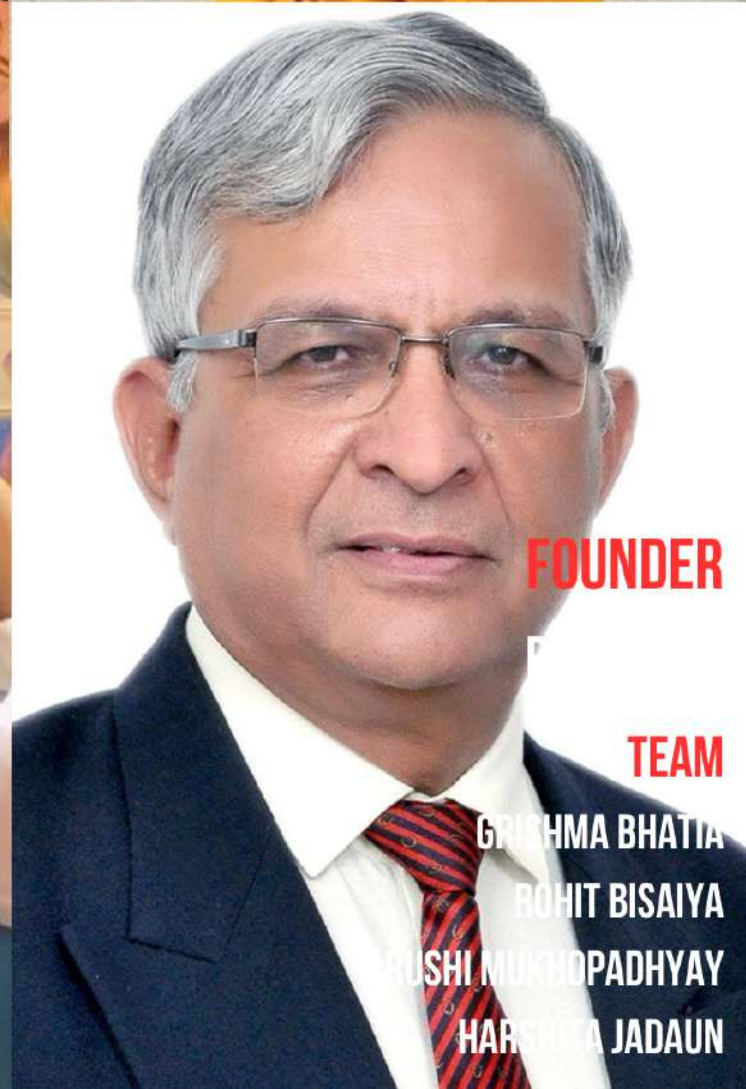




RUTBA

MONTHLY E-MAGAZINE
MAY 2024



Rutba where you get to know about your favourite celebrities

SHIKSHA SAMAROH

FOUNDER

TEAM

GRISHMA BHATIA

ROHIT BISAIYA

RUSHI MUKHOPADHYAY

HARSHITA JADAUN

FOUNDER: REKHA JHA



हॉ बिहार हूँ मैं
शिक्षा का विस्तार हूँ
ज्ञान का भंडार हूँ मैं
माँ शारदा क्री संतान हूँ
विद्या का अधिकार हूँ मैं
विक्रमशिला व नालंदा हूँ मैं
हॉ मैं बिहार हूँ

-Rekha
jha

Rekha Jha, A motivational speaker, pranic healer, poet, singer and teacher. A person who strongly believes that, "All that happens, happens for good".

She is the founder of Unique Academy, Soul and Smile, Shiksha Samaroh, Bharat Vishva Guru, Mithilaa Mahaan, Spreak the Word, HerHyge=iene, 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."

"SHIKSHA SAMAROH"



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MONTHLY E-MAGAZINE

MAY 2024

MIS NARESHI MUDGAL



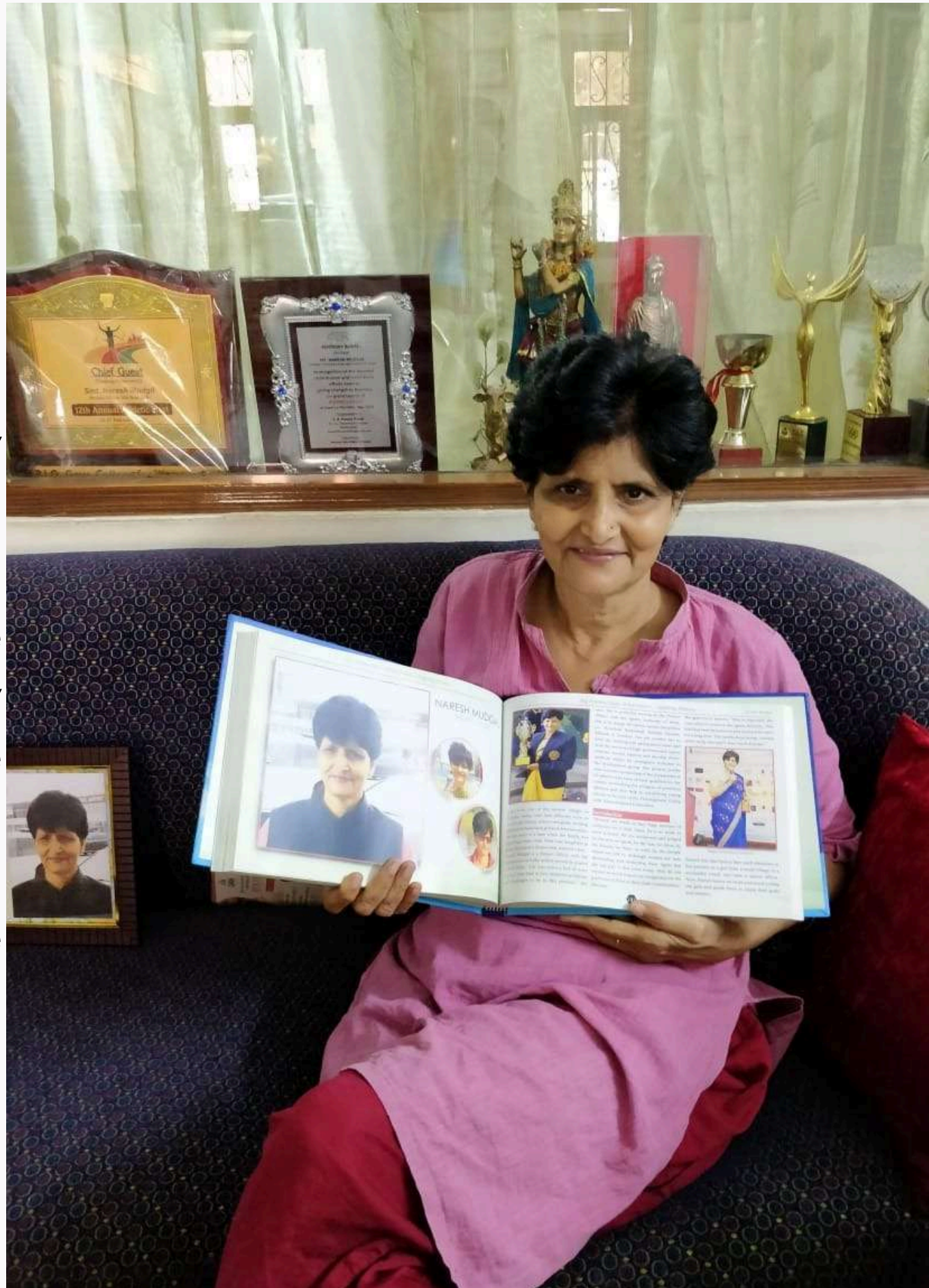
RECOGNITION

Shiksha Samaroh
RUTBA E-MAGAZINE



**NAME : NARESH
MUDGAL**

Naresh is a sportswoman who has made India proud with her glorious achievements. Having attained this success in life, Naresh is surprisingly serene and philosophical about all her achievements. Naresh has also had to face such obstacles in her journey as a girl from a small village to a successful coach and now a sports officer. Now, Naresh leaves no stone unturned to help the girls and guide them to attain their goals and dreams.



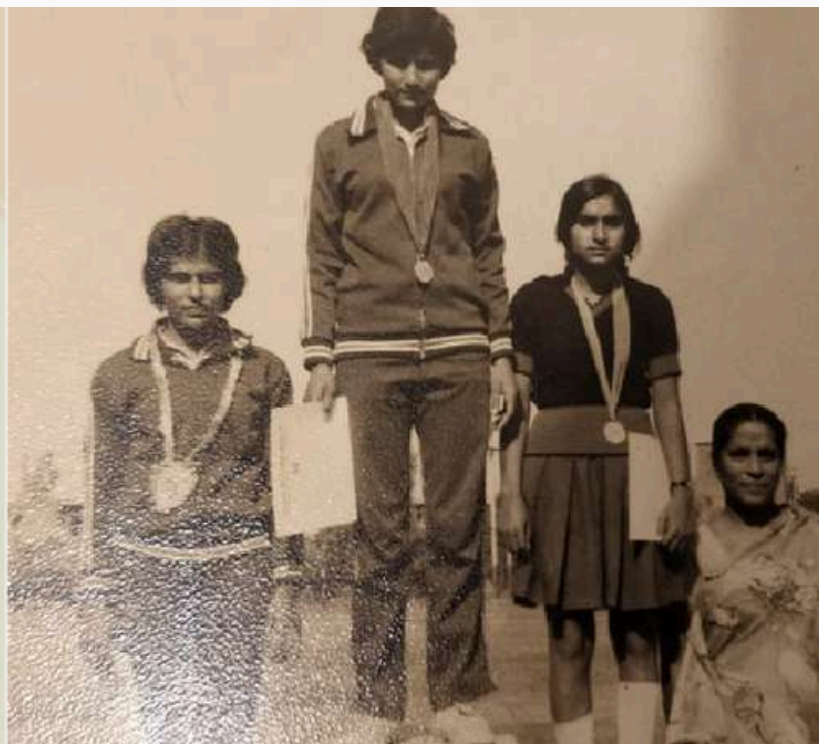
RUTBA
Shiksha Samaroh

STORY OF SUCCESS



Naresh was born in a Brahmin family to Smt. Shanti Devi and Shri Ved Prakash at Jai Jai Wanti village of Haryana's Jind district. Due to the absence of a government school in the village, all the children, including Naresh had to travel to a school located in the adjoining village. Due to this, several parents did not send their daughters to school. But Naresh was lucky! She was interested in studies and her mother encouraged her to continue her education. Naresh started her sports career as an athlete. She displayed her talent in the district athletics meet. She won almost every race and that included 400 meters race, 100 meters race, long jump and high jump. Each teacher present in the meet was astonished by her performance.

RUTBA



Participating and winning various athletic meets now became a regular feature for her. By the time she cleared class VIII examinations, she had won various prizes while playing at the National level. Realizing her talent and passion, the family members encouraged her to participate in these events. “My brother helped me practice a lot. I used to run at least 7000 - 8000 meters a day so as to win the 3000 meter run. My brother would accompany me on his bicycle and I would run the whole way,” she recalls with passion. She won various accolades and was often felicitated on the Republic Day and Independence Day celebrations.

Having won the State Athletics Championship and proved her mettle in the athletic meet, Naresh now wanted to explore further in the stream. But it was tough for her mother to afford her studies. One fine day, as if an answer to her heartfelt prayers, she got an offer from Hisar Sports College of HAU. The government sponsored her education from Class XI. She further did Bachelors in Humanities and Physical Education (BHP) from Hisar University. Later she shifted Athletics to Basketball. Playing basketball requires natural skill and Naresh had to work hard on it. It is required to properly condition one’s body, practice with the right drills, and master the mental aspects of the game. Naresh shares, “There is no 'Trick' as such. I knew that I could gain excellence only after putting in lots and lots of hard work. So I practiced dribbling, dribbled with both hands, without looking down. I practiced day and night; one can't become a lights-out shooter overnight. It's takes months and months of practice.” Naresh tried hard to dribble with both hands looking forward try to dribble in a ‘V’ shape using her both hands, improved on her shooting posture and action and shooting.

RUTBA



In Basketball, she bagged medals at various events - district, state and national level.

In the year 2002, Naresh was nominated to be sent to Budapest in Hungary for a Diploma in General Conditioning. She went to Hungary with full zeal and was able to complete the course on time. Meanwhile, her in-laws back home shouldered the responsibility of looking after her small children.

She was aware that the next Commonwealth Games were to be held in India in 2010. Netball was a new sport added to Commonwealth Games this time and Naresh was given the task of selecting and mentoring the team. For this purpose, she was sent by the government to Singapore in 2009 to do a Level 2 course as a coach in Netball. Then in 2010, Commonwealth Games were held in New Delhi, India and she was the official coach for the team.



RUTBA

To excel, Naresh gave all her head, heart and soul to the profession. She managed to do various professional courses to make a niche for herself and further improve her effectiveness. Few of the courses attended by her include:

Attended twice Medical Rescue & Resuscitation Course Organized by National Association of critical Care Medicine in 1998 & 2000.

Attended “Asian Basketball Confederation advanced coaching clinic” organized by Basketball Federation of India in 1998.

Attended “Sports Medicine workshop” organized by Sports Authority of India (Min. of Health) in 2001.

Attended “Rural Sports Workshop” during German Festival in India held at New Delhi (India) jointly Organized by German Sports Confederation and Sports Authority of India (Ministry of Human Resources) in 2014.

Attended “Refresher courses” for updating and promoting new upcoming techniques. Same have been incorporated in day-to-day practice during coaching sessions in 2014.



RUTBA

Naresh's is also a Fitness Expert and has taken training from Budapest, Hungary. She is a trainer to various individuals and corporates. She often writes and shares her views on fitness. Many of her articles have been published too. Naresh is committed to the core and extremely sensitive to the needs of the youth and the senior citizens, especially those, coming from the low strata of the society. She guides the young boys and girls on how to maintain physical fitness through awareness about proper nutrients and exercises. She has the persuasive skills to motivate even the housewives to be physically fit. Naresh has exclusively curated a Health and Fitness Needs for Women Member of Parliaments. She explains, "Our women MP's need to pay special attention for health & fitness considering that their age patterns characterize menopause, disturbed periods, increasing fat and reducing energy at the same time their job require 24*7 responsibility, hectic travel and socializing schedules."



Naresh elaborates, "As a fitness expert I was always thinking on this subject and I would like to thank you all for giving me an opportunity to express my views about the very important issue of "Health & Fitness Needs for Women members of Parliament". "Though our MPs with their energy level have been serving their responsibilities towards our nation and their family, I would like to insist that they are equally responsible for taking care of their health so as to ensure a long, efficient and sustainable inning. For having desirable Health and Fitness; our MPs need to take care of their Physical, Nutritional and Psychological needs because there is a direct relationship between one's fitness level, food intake and psychological mood (depression / hyper / anxiety etc.)."

Stay fit.
Stay safe



Naresh also informs them that their current age profile is causing increasing fat with reducing muscles, reducing stamina and ill-effects on physical appearance. Thus following a well designed fitness program becomes more important than energy intake and dietary composition. The well designed fitness program will benefit following to efficiently handle increasing responsibilities in a sustainable manner:

Bones, Joints & Muscles
Heart and Vascular system
Diabetes and metabolism
Cancer and immune system
Mental health and overall quality of life

Naresh explains, "To make fitness program as part of our MPs inseparable habit it need to be tailor-made considering individual health profile and requirement of our MPs."

Naresh also stresses on the Dietary Needs and mentions that, "While our MPs require balanced food intake; their travelling and socializing schedule does not allow them to follow the desirable diet programs. We need to understand that the key is diet balancing and not diet reduction. We can't make substantial changes in our taste buds which are governed by cultural, regional and genetic background. What we need is an expert help who can guide us how to balance our diet intake considering fitness program, our background, travel & socializing compulsions."



A well balanced diet program would provide following benefits:

Well contented nutritional requirement
Efficient immune system
Improved physical appearance
Overall health and psychology

Laying down stress on the Psychological needs, Naresh explains, "Our MPs need to maintain their positive attitude throughout in most challenging situations and thus needs to maintain very high quality of mental health. A well designed fitness schedule increases oxygen level in the body & brain and increases metabolism that results in significant improvements in tension anxiety, depression, anger & fatigue and help one copes with daily stress."

वेटरन्स इंडिया नारी सेना में जींद की बेटी नरेश मुदगल संभालेगी राष्ट्रीय महासचिव की जिम्मेदारी

● सरकारी क्षेत्र के बाद अब समाज हित में निभायेगी अहम रोल

जींद, ब्यूरो (इंडिया टाइमर): जींद की माटी में पली-बढ़ी नरेश मुदगल सरकारी क्षेत्र में खास पदों पर जिम्मेदारी निभाने के बाद अब वेटरन्स इंडिया की नारी सेना एंड वुमैन इंप्रूमेंट विंग में राष्ट्रीय महासचिव की ड्यूटी निभाकर राष्ट्रहित में बढ़-चढ़ कर काम करती हुई नजर आयेंगी। जींद की बेटी नरेश मुदगल की प्रतिभा को देखते हुए यह अहम जिम्मेदारी उस संस्था संगठन ने दी है, जिसमें रिटायर्डमेंट होने के बाद जज, आर्मी अधिकारी, देश और समाज हित में अहम रोल निभा रहे हैं। नरेश मुदगल की इस उपलब्धि को जींद ही नहीं, हरियाणा के गौरव के तौर पर देखा जा रहा है। महिला शक्ति जब कुछ खास कर गुजरने की सोच रखकर आगे बढ़ती है, तो किस तरह वह शीर्ष स्तर की जिम्मेदारियों में अहम रोल निभा सकती हैं, इसे नरेश मुदगल ने

धरातल पर करके दिखाया है। जुलाना के जैजैवती में जन्मी और जींद में पढ़ने वाली इस महिला शक्ति नरेश मुदगल ने अहम जिम्मेदारी मिलने के बाद कहा कि देश-समाज के लिए कुछ खास करने की सोच से ही हमेशा शिद्दत-ईमानदारी से कार्य किया है। यदि नेक सोच को लेकर कोई आगे बढ़ता है तो निश्चित तौर पर राह आसान हो जाती है। सरकारी क्षेत्र में जिस तरह नेक नीति से कार्य किया था, उसी सोच को सिंचते हुए अब उस संगठन ने अहम जिम्मेदारी सौंपी है। देश की व्यवस्था को संवारने और जरूरतमंदों के भविष्य को निखारने में जितना भी योगदान दिया जाए, वह कम होता है। मुझे गर्व है कि उस संगठन ने सेवा का मौका दिया है, जो महिलाओं, युवा शक्तियों, बुजुर्गों और राष्ट्रहित को सर्वोपरि मानकर कार्य करने में विश्वास रखता है। इतना कहती हूँ कि महिलाओं में यदि कुछ खास करने का जुनून हो तो वह निश्चित तौर पर अपनी मंजिल को छूती हैं।



Progress takes time and discipline.



May 2024

RUTBA



Rashmi Ahuja



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 : Harshita , Arushi, Rohit

May 2024

Founder - Love Light Healing

As a womb and DNA healer, dedicated theta healer & self love coach, I specialize in facilitating deep healing and transformation on a cellular level. Through intuitive energy work and ancestral healing techniques, I assist clients in releasing energetic blockages and restoring balance to their womb space and genetic lineage. With reverence for the sacred connection between past, present, and future, I guide individuals towards reclaiming their inherent vitality and stepping into their highest potential."



“ Self Love is the art of Embracing Yourself “

Self love is all about the importance of embracing our individuality both inside and outside. There are a few steps to help you practice self-love so that you can begin to appreciate what's special about you and start feeling that you are special.

1. Find your Magical side - Write down your good qualities & the things you are good at or your strengths on physical, mental, emotional and spiritual level.

2. Love through Gratitude - Make a journal and write down your blessings.

3. Yoga & Meditation - 21 days challenge to practice yoga & meditation daily.

We all have been through some darkest moments of our life, where we felt broken, somebody broke our trust, heart, confidence, self-esteem and sometimes felt like the end of our world. Eventually, you got to know all that happened to you is a part of life, growing up and learning to be who you are as a person. During the process of my life, I have come to the conclusion that we have to love ourselves before we can love anyone else. And I believe that everyone learned this now because the whole internet is filled with self love quotes, but I truly believe that the loving yourself means becoming the Real you with all your flaws and imperfections. Your life started to change when you start looking things at the bigger perspective, where you start putting yourself first. Our completion always comes from the source(God). God made us complete and whole. Never wait for anybody to come to you and complete you, you already completing yourself with your own light. Now, look at the different angle, when you were a fetus in your mother's womb, who was taking care of you, who were the people helping you to develop your organs properly for nine months, you survived safely in the womb. Source of creation was always working of your needs day and night to feeding and protecting you. Everything created and taken care of was full of perfection. When you were born, you had everything & everyone around you which was needed at that moment. All your needs be taken care of, don't be in hurry to achieve all at once, go slowly, connect with yourself, listen to your self and then move further. Yes, you can do it, believe in yourself that you are the co-creator and can create your life the way you want to by loving yourself.

Rashmi Ahuja (Energy Healer & Self Love Coach)

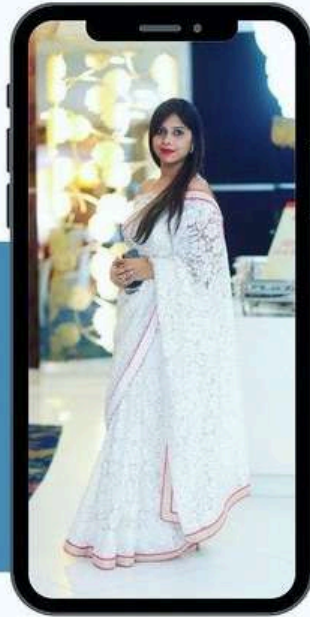


Love Light Healing

Embrace Healing
& Grow with
Confidence

Best Services

Theta Healing
Womb Healing
Inner Child Healing
Ancestral Healing
Counselling
Chakra/Energy Healing



Get in touch

📞 9818761334

Rashmi Ahuja

Love Light Healing™



Rashmi Ahuja



Rashmi.s.ahuja



lovelighthealing_2222
rashmi_ahuja0810



Rashmi-ahuja

Website-<https://www.lovelighthealing.net>

Email-info@lovelighthealing.net

Contact us for collaboration:-
samarohshiksha@gmail.com

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May 2024

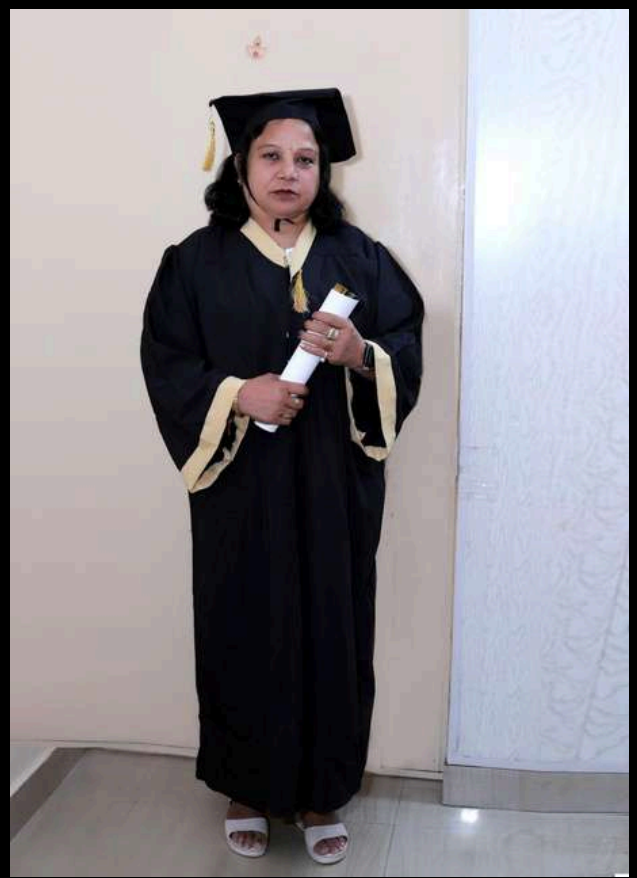
DR VEENA AGGARWAL



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



A digital age
powerful icon ,a
passionate
healer,an
innovative leader.



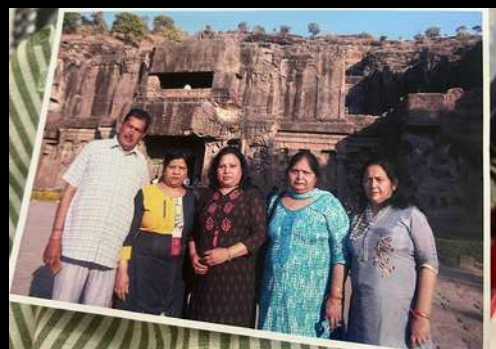
A globe trotter (Barcelona, Ireland, Melbourne, Netherlands, Spain, Paris, Switzerland, Dubai)



Global perspective ..real education is experiential learning 🍀



Kanya poojan during Navratras



On trip to Ellora Caves with lioness club member

Empowered Principal for more than three decades, a classical dancer, a social engineer, founder of girl uplifting social organisations, innovative leader, Who strongly believes in her view point that success is connected with action .Sucessful leaders keep moving. They make thousands mistakes but never quit.

Cultivating collaborative learning ,introducing NEP peadagies and hues in her outstanding sr sec school in Haryana state ,engaging with parents and stakeholders ,facilitatng seamless communication and involvement in her students educational journey .

Her strength has been leading an interactive sessions for dynamic powerful educators on National education policy ,she didn't just dive into NEP methodology but surfing the waves of experiential learning ,making every second a joyful ride of innovation . Together she just not embracing the CHANGE ,rather moving to the rhythm of innovation in education .



Hailing from Moga ,Punjab ,mother of two most sucessful boys and a beautiful princess ,settled abroad ,and a supporting family of both the sides ,she being passionate decided to lift the masses by joining school teaching in 1989.

Her credentials, best athlete, best shooter, all round best girl in IG college brought vibrant colours in her job profile and stepping up stairs reached the highest level of successful principal of a great repute school in Kaithal district.



Multi facet personality ..music
,sports,fashion designing
,photography



Playing table tennis n selected in
college tennis team



Being passionate about gardening, dancing, music, has been a name in most prestigious lioness club. She works mainly to bring smiles on destitute face whether it is a crippled child, widow or a girl child.

Her goal is to contribute handsome amount wherever it is best used.

Born in 1958,shining like SUN is found mostly in distributing tracksuits ,toothpastes, books, medicines in her free time in slum areas .



Donation at hospital



Empowering women



Donated for mass marriages
Disha club donation

Her skill set to manage stress ,time and people effectively,positive attitude ,learning and organising ,creating ,developing and maintaining a competent team environment ,open to negative feedback,like to accept new challenges make her an outstanding eduleader.

In poetic mood ...
visualisation of
dream ...a good
blend of IQ ,EQ
and SQ



A good blend of
body ,mind and
soul



Nation First
Viksit Bharat

Her mission is:

Miles to go before I sleep

Miles to go before I sleep.



10 Classroom Management Secrets For Elementary Teachers

Establish clear, simple, and age-appropriate rules and expectations for the behavior in the classroom.

Use positive reinforcement techniques such as praise, stickers, or a reward system to encourage good behavior.

Establish consistent daily routines for activities like entering the classroom, transitioning between subjects, and lining up.

Use visual aids like charts, posters, or signals to remind students of expectations and redirect conduct without disrupting the lesson's flow.

Model the behavior you expect of your students. Show kids how to listen carefully, raise your hands, take turns, and respect others by your actions.

Give each student personalized attention and appreciation for their efforts and accomplishments. Recognize their contributions to the class.

Move throughout the classroom to observe student behavior and offer assistance as required.

Maintain open and straightforward contact with the pupils. Encourage children to share their views and feelings.

Hold regular classroom meetings in which students can express their thoughts, voice concerns, and propose solutions to problems.

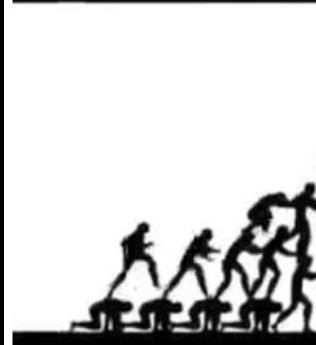
Top Talent



Leader + Teamwork

=

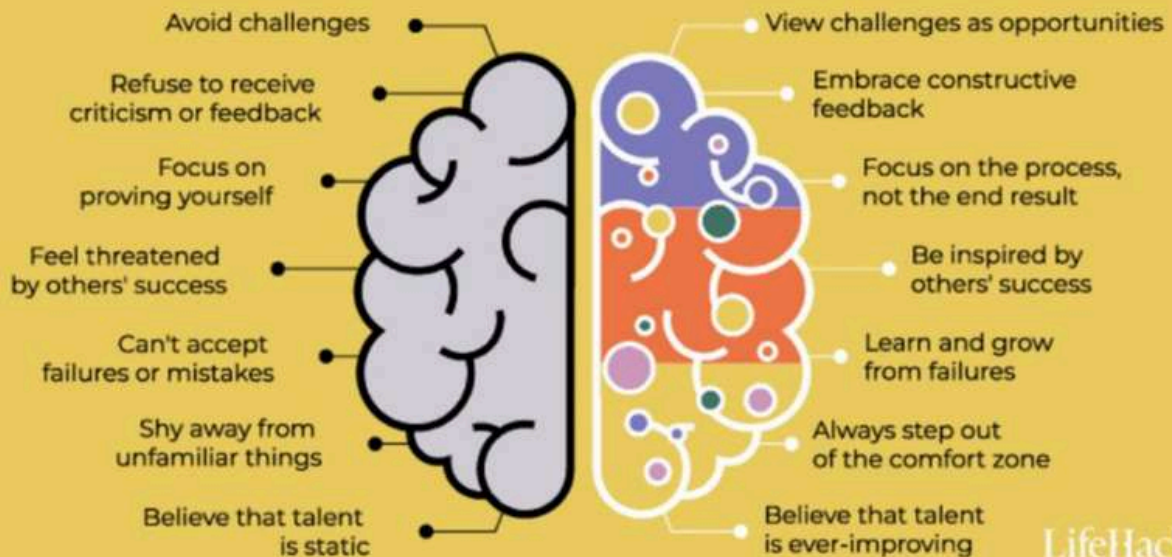
Success



Life doesn't give us everything in order. All it throws at us is a mess.

Its our positivity, creativity, and fun that put things in order, and bring beauty to it.

Fixed Mindset vs Growth Mindset



MIND - BODY CONNECTION

This *mind-body awareness* can lead to a better understanding of how *mental & emotional states* impact *physical well-being*

IT DOESN'T MATTER HOW MANY RESOURCES YOU HAVE.



IF YOU DON'T KNOW HOW TO USE THEM, IT WILL NEVER BE ENOUGH.

Talent without action



Talent with action



@valuevisualized

AURA



RED well-grounded, energetic, strong-willed

ORANGE adventurous, thoughtful, considerate

YELLOW creative, relaxed, friendly

GREEN social, communicator, nurturing

BLUE intuitive, spiritual, freethinker

INDIGO curious, spiritually connected, gentle

VIOLET wise, intellectual, independent

April 2024

RUTBA



Rakesh Prashar

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

Founder: Rekha Jha
Team : Harshita , Arushi, Rohit

Contact us for collaboration :-
samarohshiksha@gmail.com

April 2024

I am a senior citizen, fuelled by the passion of a teenager, which is evident in every facet of my life. Although my roots lie in Delhi, my upbringing spans various parts of the country, as my father too was a commissioned officer in the Indian Air Force. Raised in a disciplined defence environment and having served in the same disciplined profession, discipline has become ingrained in my life.



Journey:

My life's journey spans over six decades, delineated into three distinct phases. The initial two decades were a vibrant tapestry of exploration and adventure, as I traversed every corner of our great nation as my father was a commissioned officer in the Indian Air Force. Following in his footsteps, I embarked on my own career in the Indian Air Force, spending the next two decades in service to my country. However, my trajectory took an unexpected turn as I transitioned into the corporate world, delving into the realm of safety. This evolution not only marked a change in profession but also underscored my enduring dedication to safeguarding others.



Witnessing tragic workplace fatalities fuelled my passion for training, propelling me to bridge the gap between theory and practice. With a fervent desire to prevent the tragic and avoidable fatalities in the workplace, I embarked on a mission to bring about a transformative shift in peoples attitude towards safety. Transitioning from a military background to a safety professional, my life has now found a new purpose, earning for me the title of a 'Soldier turned Saviour', as I continue to champion the cause of workplace safety.



Dreams:

Presently, my singular aspiration envisions an India where precious lives are not lost in unnecessary, unfortunate, and preventable accidents, whether in workplaces or on the roads. My mission of 'Making India Safe,' is my commitment, dedicated to eradicating avoidable tragedies and fostering a safe environment for all.



Works:

I am an Internationally Certified Corporate Safety and Soft Skills Trainer, Author, YouTuber, Personality Trainer for Civil Services Exams, Sportsman, Adventure enthusiast, and a Sports Commentator on All India Radio & Doordarshan.

With a rich portfolio, I have conducted over 2000 safety training programs for various organisations and corporates globally, and more than 500 soft skills training sessions for diverse entities, including corporates, educational institutions, colleges, and NGOs.

I have authored a book on safety titled 'Organic Safety – Awakening the Safety Mind'. The purpose of this book was to break several myths associated with safety and to develop an 'Attitude for Safety'. I have already started my work on my second book titled, 'Safety Leadership', which I intend to release this year.

Through my YouTube channel, 'Organic Safety,' which boasts of over 200 videos and nearly 2500 organic subscribers, I strive to elevate safety awareness and transform attitudes, aligning with my dream of 'Making India Safe.'

I was featured on the cover page of 'Fire Engineer' in February 2020.

I was honored with the 'Safety Professional Excellence Award' at the World Environment Summit in January 2020, and the 'Best Trainer Award' in 2013 from ISTD. Additionally, I received commendation from the Chief of Air Staff in 1999.

I am a prolific writer and have contributed numerous articles to leading magazines, showcasing my dedication to safety and training excellence.



SAFETY & SOFT SKILLS MOTIVATOR





Future plans:

I am dedicated to persisting in my dual passions of training and writing, driven by the overarching objective of contributing to the realisation of a safer India.



Health and Fitness Status:
I am a healthy and physically fit individual, who's mantra in life encompasses both the pursuit of health and a harmonious balance in life. My commitment to holistic well-being is evident in my daily exercise routine, mindful dietary choices, and a proactive approach to maintaining mental and physical vitality.



Likes and Dislikes:

Preferences: I am an ardent nationalist who values transparency in actions and communication. I appreciate individuals who embody genuineness, honesty, and truthfulness.

Disinclinations:

I harbour a deep-rooted aversion for those lacking patriotism or national pride and display a disregard for national values. I also have a dislike for those who engage in corruption and unethical conduct, betray trust, and fail to uphold their promises and commitments.

Team Members:



Khushi Mishra



Grishma Bhatia



**Arushi
Mukhopadhyay**



Harshita Jadaun

SHIKSHA SAMAROH

Rutba