

WOMEN LIKE YOU

VOLUME 2



50+ inspiring stories
of women achievers

From the Desk of **P R Seshadri**

Managing Director & CEO,
South Indian Bank



Last year, ***Women Like You*** captured powerful stories of courage, enterprise, and quiet determination. The response to the book was highly encouraging. It travelled beyond our pages and offices, sparking conversations, inspiring young leaders, and reaffirming the strength of women who are shaping business and society.

At South Indian Bank, our philosophy of investing in relationships guides everything we do. It extends beyond serving customers. It influences how we support our people, expand opportunities, and foster a culture where leadership grows naturally. Continuing ***Women Like You*** is a natural extension of that commitment.

As of February 2026, women constitute 4,250 members of our workforce, representing 46.09% of our total employee strength. 174 women serve as Branch Heads and 4 as Regional Heads, leading from the front. Our 26 all-women branches stand as confident expressions of capability and trust. These numbers reflect relationships built on trust, opportunities extended with belief, and confidence in leadership without boundaries

Since 1929, South Indian Bank has remained committed to its customers, employees, and the communities we serve. Empowering women is inseparable from our larger purpose. It shapes how we build enduring relationships and create lasting value.

As we celebrate International Women's Day 2026, may this edition encourage more women to step forward, take charge, and shape the future with confidence.

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The Architect of Young Minds: The Legacy of Dr. Sara George Muthoot

For more than five decades, Dr. Sara George Muthoot has served as a cornerstone of India's educational landscape. As the Director of St. George's School and Paul George Global School in New Delhi, her journey reflects a rare blend of traditional Indian values and forward-looking global vision. For Dr. Sara George Muthoot, education has never been merely a profession; it is a personal mission to nurture human values and shape individual destinies.

The path to building these institutions demanded resilience. She was entrusted with the responsibility of founding St. George's School at a time when societal expectations often clashed with her progressive ideas. Navigating administrative barriers and entrenched norms, she remained unwavering in her conviction. She envisioned the school not as a rigid framework, but as a dynamic space where children could discover and develop their unique strengths.

Leadership Through Compassion

Her leadership is defined by both resolve and empathy. While she never hesitated to make firm decisions in the best interest of her students, she is equally known for her ability to listen. By treating every child as her own, she fostered a culture of trust rather than authority. In doing so, she demonstrated that modernization and heritage can coexist meaningfully within education.



Key Achievements & Milestones

- Led the establishment of St. George's School, with its building inaugurated in 1993 by the then President of India, Dr. Shankar Dayal Sharma.
- Contributed significantly to India's educational reforms and policies, advocating for inclusive and holistic systems.
- Launched Paul George Global School, integrating modern pedagogy with Indian ethos.
- Recipient of numerous prestigious honours including Lifetime Achievement Award for her five decades of service to education and social welfare.

Her Motto

Education, when led with vision and empathy, becomes a transformative force for generations.

Looking Ahead

Today, Dr. Sara George Muthoot continues to guide her institutions with the same clarity of purpose that marked their founding. She remains dedicated to nurturing responsible, value-driven citizens equipped with integrity and readiness for a changing world.

Against the Odds: Anju Bobby George's Story of Endurance

In sport, victory often belongs to those who refuse to let physical limits decide how high they can fly. Anju Bobby George is one of those people. She was born in Kottayam, Kerala, and eventually became the gold standard for Indian athletics. As a two-time Olympian and a national record holder, her journey from the fields of Changanassery to the global stages of Athens and Paris is a story of incredible determination.

Overcoming the Impossible

The graceful jumps the world saw on television were actually performed under intense physical pressure. Anju was born with Unilateral Renal Agenesis, meaning she has only one kidney. This caused her to deal with chronic fatigue, body swelling, and a severe allergy to painkillers. After a serious injury at 17, she competed with what she called a "dead take-off leg." Moreover, in the early 2000s, Indian athletes lacked the advanced sports medicine and customized nutrition support available today.

To continue competing, she relied on willpower and a staggered training plan designed by her husband and coach, Robert Bobby George, which allowed her body more recovery time between sessions. In 2003, despite doctors in Germany advising six months of complete rest just 20 days before the World Championships, she competed in Paris, which led to her historic Bronze win.

Key Achievements & Milestones

- Won the Bronze medal in the long jump at the 2003 World Championships in Paris with a jump of 6.70 meters.
- Her performance at the 2005 IAAF World Athletics Final was eventually upgraded to a Gold medal.
- Set a national record of 6.83 meters at the 2004 Athens Olympics, a mark that has not been broken in over 20 years.
- Was honored with the Arjuna Award in 2002, the Major Dhyan Chand Khel Ratna in 2003, and the Padma Shri in 2004.
- World Athletics named her "Woman of the Year" in 2021 for her work mentoring young girls through her foundation.



Her Motto

South Indian at heart,
Global in spirit.

Looking Ahead

Anju now dedicates most of her time to training the next generation of athletes, using her foundation to provide the support and resources she once lacked. She is a reminder that physical limitations need not define a person's potential.

Designing a Life of Purpose: The Journey of Dr. Anitha Suseelan

Dr. Anitha Suseelan has always seen architecture as a way to create balance and social impact, not just buildings. As Professor and Head of the School of Architecture at Christ University, she has spent 27 years in Bangalore working to connect academic learning with the realities of rural India. Alongside this professional journey came a deeply personal turning point: the loss of her husband, who was her closest companion and strongest supporter.

Dr. Anitha often reflects that without his unconditional encouragement, her achievements and the life she built with her family would not have been possible. Continuing her work while processing this loss demanded great emotional strength. At the same time, she was navigating a professional challenge of her own. She wanted to reshape architectural education so it moved beyond classrooms and theory and responded directly to regional and social needs.

Impact Through Innovation

She found direction by focusing her energy on social outreach. Through the Rural Studio at Christ University, Dr. Anitha helped take architectural services into rural communities and redefined how students learn from the field. This work was made possible by strong institutional support and a committed team that shared her vision. The impact of these efforts reached well beyond India and showed how architecture can serve as a practical tool for social change.

Key Achievements & Milestones

- Led the school to rank among the top eight internationally in the Times Higher Education Asia Awards 2024.
- Designed and commissioned the ₹60 crore School of Architecture building at the Kengeri campus.
- Contributed to the London Design Biennale India Pavilion and received the Lafarge Holcim participation award.
- Recipient of the Patrick Geddes Award, Vastu Shilpa Foundation Award, and the National Teachers Award for Best Teacher.



Her Motto

The highest education is that which does not merely give us information but makes our life in harmony with all existence.

Looking Ahead

Today, Dr. Anitha Suseelan continues to lead with purpose, resilience, and social responsibility. Her work reflects a firm belief that education must shape lives, strengthen character, and create meaningful impact beyond professional success alone.

Balance in Intellect and Enterprise: Dr. Delony Manuvel's Journey

Dr. Delony Manuvel's journey is defined by her ability to maintain balance. For her, academic research and high-end jewellery retail are not separate paths, but interconnected pursuits guided by social intelligence. As a Director of Manuvel Malabar Jewellers, Dr. Delony manages six showrooms across the Delhi NCR region, including prominent locations in South Extension and Noida. Simultaneously, she has dedicated over 20 years to a rigorous academic career, culminating in a doctorate in English Literature.

The central challenge of Dr. Delony's journey has been navigating the 'paradoxes of stability'. Her research focuses on the complex compromises women often make to maintain balance in their personal and professional lives. Managing a sprawling retail empire while producing a documentary on menopause and serving as Secretary-General of the International Centre for Kathakali required more than time management. It required a deep understanding of human behaviour.

Integrating Research into Retail

Dr. Delony overcame these hurdles by applying her academic insights into social intelligence directly to her business strategies. Rather than viewing her research and her retail operations as competing interests, she used her studies on women's experiences to inspire innovative management practices. This unique approach allowed her to lead diverse teams effectively and foster a workplace culture built on empathy and intellectual growth.

Key Achievements & Milestones

- Earned a PhD in English Literature, with acclaimed research on social intelligence and women's stability.
- Successfully expanded Manuvel Malabar Jewellers to six locations across Delhi NCR, Gurgaon, and Noida.
- Serves as the Secretary General of the International Centre for Kathakali.
- Directed and produced a mini-documentary on menopause to highlight women's health.



Her Motto

The ones who fear
equality are the ones
who benefit from
inequality.

Looking Ahead

Today, Dr. Delony continues to strengthen both her academic and business pursuits with steady focus. As her retail network expands and her research evolves, she remains committed to purposeful growth rooted in insight and leadership.

Built Thread by Thread: The Journey of Milan John

For Milan John, the founder of MILANTIQUE, building a business has been a lesson in perseverance. When she launched her design studio in Thrissur, she had no family background in commerce and no formal mentor to guide her. She began instead with a clear vision and the demanding task of sourcing fabric and managing manpower entirely on her own.

The early stages brought a steep learning curve. Milan handled every aspect of operations through trial and error, especially in all-India sourcing. Navigating national suppliers, ensuring quality control, and managing timelines required constant attention. Each setback became part of her training. “Everything was a learning experience,” she says, “and the teacher was my day-to-day challenges.” Over time, experience replaced uncertainty with clarity.

Turning Challenges into Growth

Her progress was driven by a shift in mindset. Rather than feeling overwhelmed by the risks of the textile industry, Milan chose to approach them as opportunities to strengthen her capabilities. She began breaking long-term ambitions into smaller, practical steps, which reduced operational strain and improved planning. This disciplined approach allowed her to make steady, measurable progress.

Finding the right people marked another turning point. By building a dependable team and establishing structured workflows, she moved beyond the early trial-and-error phase. The business gradually evolved into a stable and growing organisation, supported by clear systems and shared commitment.

Key Achievements & Milestones

- MILANTIQUE now serves a worldwide customer base, exporting quality goods across borders.
- Honored by Red FM with the Red Shakthi Award for her resilience and positive impact on the community.
- Received the Ente Sambrabham Award for her innovative contributions to the fashion industry.
- Actively supports small-scale businesses and provides career opportunities for aspiring designers.



Her Motto

If you aspire to achieve something tomorrow, begin working on it today. Taking immediate action transforms aspirations into attainable results.

Looking Ahead

Milan remains focused on thoughtful expansion and consistent improvement. She continues to look ahead with clarity and purpose, carrying her signature sense of style while sustaining a steady, lifelong commitment to learning and personal growth.

Building from the Heart: Shyji Ashly's Blueprint for Empowerment

Shyji Ashly had a longstanding ambition to open her own factory; she wanted to perfect the art of making a house feel like home. A commerce graduate with a keen eye for detail, Mrs. Shyji initially watched from the sidelines as her family's furniture venture navigated the fluctuations of business. She noticed and sought to address the quality issues in outsourced products. She knew that if they wanted to provide lasting happiness to their clients, they had to take the labor of love into their own hands.

In 2015, she established her factory in Muvattupuzha, blending modern technology with a personal touch to meet exacting standards. Guided by the philosophy that a well-used space creates a well-lived life, her dedication to quality sparked immense growth through word of mouth and glowing referrals.

Leadership Through Resilience

The true depth of her leadership was tested during the COVID-19 pandemic. While the world came to a halt, she refused to let her team down. She turned her factory into a self-contained community where employees lived and worked on-site to meet urgent hospital needs at the Ernakulam Taluk Hospital. It was a period of intense pressure, but it proved that her business had a heart.

Key Achievements & Milestones

- Expanded her facility from 15,000 to 35,000 square feet.
- Launched a specialized metal furniture factory in May 2025 for large-scale institutions.
- Earned a Green Certificate and recognition under Kerala's Thousand Mission project for commitment to eco-friendly, sustainable manufacturing.
- Supports 150 families and empowers 25 women through direct employment opportunities.



Her Motto

I have felt from experience that if we have sincerity, honesty and dedication in our actions, we can ensure success.

Looking Ahead

Today, with her husband, Ashly, and children, Aksa and Steeve, by her side, she is preparing for global expansion. Mrs. Shyji's journey is a reminder that success is built on strategy, empathy, and resilience.

The Recipe for Resilience: Dr. Elavarasi P Jayakanth's Path to Success

Dr. Elavarasi P Jayakanth's story is a reminder that strength is not found in never falling, but in the courage to rise again with even greater resolve. Originally from Usilampatti, Tamil Nadu, she discovered her passion for entrepreneurship in her late teens. Using traditional recipes passed down through generations, she began making sweets at home. What started as a small neighborhood demand quickly blossomed into a beloved food brand in Thrissur, Kerala.

Turning Adversity into Achievement

Elavarasi's path to success, however, was met with a devastating turning point. In 2011, she became the victim of a violent robbery at her own supermarket. The incident stripped her of her financial security and left her struggling with deep physical and mental trauma.

Starting over from scratch with minimal capital, she opened a small hot chips stall near Thrissur railway station. Through sheer grit, she rebuilt her life, repaid her debts, and transformed that single stall into the thriving Aswathy Hot Chips empire. Today, it has become a household name with multiple outlets, standing as a symbol of her resilience.

Key Achievements & Milestones

- Holds high-ranking roles as the State Vice President of the Bakers Association and District President of the Jackfruit Consortium in Thrissur.
- Serves as the Secretary of the Human Rights Foundation - Women's Cell, focusing on empowerment and protection for women in her community.
- Recipient of the Mathruka Sambrambaka Award, the Kerala Women Entrepreneur Award, and the Karma Ratna Award, among several others.
- Honored with the Vanitha Shreshtha Award, K.V.V.E.S Award, MBSE Award, and the Paachakarni Award for her contributions to the food industry.



Looking Ahead

With over fourteen years of experience, Dr. Elavarasi continues to expand her culinary footprint and mentor aspiring women leaders. Her story is proof that setbacks are merely setups for a greater comeback. Her journey stands as a gentle nudge; when sincerity and dedication lead the way, even the most difficult trials become a legacy of lifelong success.

The Power of Self-Motivation: Ganga Warrior's 39-Year Career

Reliable financial leadership is the result of decades spent choosing precision over shortcuts and teamwork over individual credit. Ganga R Warrior has spent 39 years building her professional life at Arya Vaidya Sala in Kottakkal. She currently works as the CFA, which she views as the most significant milestone of her career. Her long path from a young student to a senior executive is a story about personal discipline and the value of a strong support system.

The Path to Excellence

Ganga faced major hurdles early in her life when she was married at a young age and moved from Thrissur to the Malappuram district. It was difficult to adjust to a new home while trying to finish her CA studies and handle the responsibilities of being a parent. In her work life, she also had to deal with the fast-moving world of technology, which sometimes made it hard to keep up with the latest digital changes.

She found strength in her mother's example of financial independence and her husband, Mr. Bhaskara Varier P's, support during her studies. Today, she manages her complex role with a zero-error mindset, relying on a strict to-do list and the belief that a job is only finished once it is done correctly.

Key Achievements & Milestones

- Dedicating 39 years of service to her professional journey in Kottakkal.
- Successfully balancing her demanding CA studies with the responsibilities of marriage and raising children.
- Building a leadership style based on teamwork where every employee is working on the same page.
- Ensuring that every person working under her guidance achieves their own share of professional satisfaction.



Looking Ahead

Ganga enjoys her work and her personal hobbies by staying organized and motivated. She is a firm believer in self-motivation and uses her weaker moments as a chance to boost her own spirits. She feels that true success comes from putting in 100% effort while ensuring the entire team moves forward together.

A Palette of Success: The Global Journey of Nimmi Sheriff

Nimmi Sheriff's career shows how a steadfast vision can achieve premier international standards. Instead of following local trends, she traveled internationally to learn from the world's best. With a trail of prestigious diplomas from London, Singapore, and Paris, she brought a global standard of beauty and personal care back to Kerala.

Refining the Vision

Launching La Femme in Thrissur on March 22, 1987, she began her career with just a single staff member. Over the past 39 years, she has meticulously scaled that modest start into a comprehensive center. Today, her brand, Rayn Skin Clinic Private Limited, has over 90 employees and specialized units for advanced aesthetics, body sculpting, face-lifting, bridal artistry, and a dedicated hair studio.

Key Achievements & Milestones

- Became the first Indian beautician to complete the elite bridal and stage makeup course at Joe Biasco in Hollywood.
- Earned advanced diplomas in high-definition makeup from London and precision hair cutting from Peter & Guys in Singapore.
- Attained a couple more diplomas in hair science at Vidal Sassoon, London, and cosmetic science at Pivest, Paris.
- Transformed a solo venture into an expansive institution featuring a dedicated SPA bridal studio and a specialized facelift unit.
- Named Best Entrepreneur and Best Business Woman by the Chamber of Commerce.
- Recipient of the Best Bridal Makeup Award in South India from Sunsilk India.
- Honored with the PNK Unni Memorial Woman Entrepreneur Award and the Best Women Entrepreneur Award from the University of Calicut.



Looking Ahead

Now entering her fourth decade of leadership, Nimmi continues to lead her team with the same focus on world-class quality and innovation. Her journey from a one-person shop to a renowned clinical institution shows how tenacity and a global perspective can redefine an entire industry. She remains a mentor for aspiring stylists, showing that persistent effort leads to lifelong success.

The Art of Movement: Adira Nair's Promise Towards a Healthier Tomorrow

In Ranchi, Jharkhand, Adira Nair is redefining what it means to lead a healthy lifestyle. Her journey began when she realized her community needed a better way to live and move. With over 6 years of experience in the fitness and wellness industry, she set out to build a sustainable ecosystem for mind-and-body training. Starting her brand, Azgard, from the ground up meant understanding and navigating a region that lacked a structured fitness culture while building credibility in a dynamic market.

Finding the Stride

Starting a new business always has its challenges. Adira addressed early hurdles like limited resources and functional complexity through a focus on modernization and systems. She focused on operational discipline and leveraged technology to bridge the gap between professional training and member engagement. She launched a dedicated branded app that turned solitary workouts into a community activity. At the same time, she prioritized legal compliance and team development and transitioned Azgard into a formal corporate entity, Unitedazgard OPC Private Limited.

Key Achievements & Milestones

- Scaled and formalized her business into a recognized brand for holistic mind and body training.
- Developed a dedicated branded app to streamline training schedules and member connectivity.
- Introduced innovative fitness formats and specialized training programs for kids.
- Created local employment opportunities by training and developing fitness professionals.
- Established brand protection through trademark filings and structured business agreements.



Her Motto

Build with purpose,
move with discipline,
and grow with integrity.

Looking Ahead

Adira remains dedicated to a philosophy that values ethics as much as endurance. Her journey from a startup to a structured regional leader proves that when consistency meets a vision of care, a business remains a legacy of well-being.

A Lifetime of Motion: Nayana Bhuta's 58 Year Journey

Nayana Bhuta's life is a masterclass in how unfaltering courage can turn a difficult beginning into a sprawling multi-industry legacy. Her journey took a definitive turn when she moved from Amreli and Rajkot to Mumbai following the passing of her father. From those early days, she portrayed a relentless capacity for hard work. Her formative years laid the foundation for a lasting sense of independence that has now spanned 58 years.

Owning the Art of Diversification

The road to success was defined by significant personal and professional hurdles. After her father's passing, as the second-youngest of four siblings, she began her professional life at just 18. From providing tuition to fund her education to running a home beauty parlor, she embraced every opportunity to support her family. Later, managing the demands of her business while raising two children required a delicate balance between family life and professional ambition. But she handled everything with tremendous zeal.

While many entrepreneurs specialize in one field, Nayana embraced the challenge of diversification. She became a partner at the firm M/s Osho Developers, focusing on the construction and redevelopment of housing societies. Her curiosity for business led her to expand into diamond trading, watch manufacturing, and the hospitality sector through her own cafe.

Key Achievements & Milestones

- Built a career spanning fifty-eight years of continuous entrepreneurial growth.
- Partnered with M/s Osho Developers in Mumbai's construction sector.
- Successfully diversified her business on a large scale.
- Achieved a peaceful and thriving social and financial standing through dedication.
- Cultivated a workplace where employees are treated as extended family members.



Her Motto

Work should be your passion, and you will achieve success.

Looking Ahead

Today, Nayana stands at a significant achievement, driven by a goal that was never just about money but about striving for a more peaceful, better life. Her journey reflects determination, shaped by clarity of purpose and steady resolve.

From Caregiver to Creator: Mrs. Soma Mukherjee's Journey of Reinvention

Some stories are written by dreams and reshaped by sacrifice. Mrs. Soma Mukherjee's journey reflects both, with remarkable courage. Today, she is the proud founder of one of Durgapur's leading boutiques, Aritri's, known for elegance and personalised design. Her brand stands as a symbol of resilience, creativity, and determination. Yet her path to success was far from linear.

When Life Redefined Her Path

A former banker with a stable career, Soma enjoyed financial independence and professional recognition. However, when her mother suffered a heart attack, her priorities changed overnight. She stepped away from her job to care for her daughter and family. For two years, she devoted herself entirely to her home. The income stopped, and gradually her professional identity faded. The transition was emotionally and financially challenging. Yet the desire to rebuild her life never left her.

Fashion had always been her quiet passion. Though she lacked formal training, creativity came naturally to her. Restarting was daunting; she had limited capital, no mentorship, and little entrepreneurial experience. Managing staff while balancing family responsibilities added further pressure.

Choosing courage over fear, she took a defining step. Over the years, she had invested in small pieces of gold jewellery. She availed a gold loan of ₹3.5 lakh and founded Aritri's. She began modestly with ready-made articles and gradually expanded into customised designer wear as customer trust grew. With steady determination, she later secured a business loan to move into a larger space which became a turning point in her growth journey.

Key Achievements & Milestones

- Recognized as one of the leading boutiques in Durgapur.
- Achieved the top ranking on Google for "best boutique in Durgapur."



Her Motto

Keep faith in yourself,
stay consistent, and
never give up.

Looking Ahead

With rising recognition, Mrs. Soma Mukherjee continues to expand Aritri's vision and confidence. Her journey proves that a pause in one's career does not define the future; it can become the foundation for something greater.

Selina Sourya Pattnaik's Journey of Intentional Reinvention

Selina Sourya Pattnaik views her career as a series of purposeful beginnings. She moved from a management degree to a career in law before finding her place in the health tech industry as the co-founder of HB+. Her efforts transformed a vision of accessible wellness into a premium fitness studio in Bhubaneswar that has now served over 1,200 people.

Turning Adversity into Triumph

As a woman in a field often dominated by male peers, she frequently walked into rooms where her presence required extra effort to be acknowledged. Selina chose not to react with resistance but with patient empathy and thorough preparation. This mindful approach enabled her to build trust gradually, proving that leadership is often about making others comfortable enough to listen.

She never credits her success as a solo fight; her passion was sustained by the immense encouragement of her husband and family. As a certified NLP practitioner, Selina also integrates behavioral transformation into her fitness solutions to ensure holistic health.

Key Achievements & Milestones

- Co-founded HB+ and scaled it into a global health tech brand focused on mindful living.
- Launched a premium fitness and wellness studio in Bhubaneswar, providing personalized wellness and care.
- Positively impacted more than 1,200 individuals through specialized programs and services.
- Received the Shakti Saman Award by CII for excellence in Women Entrepreneurship.
- Created local employment in Odisha by building a team of dedicated health professionals.



Her Motto

In life, everything is about balance. And balance was never meant to sit in the centre. Sometimes it leans here, sometimes there; and life stays whole anyway.

Looking Ahead

Selina remains guided by a perspective that values the natural shifts of life instead of a static point of perfection and approaches change with acceptance, seeing it as part of growth rather than something to resist.

The Sanctuary Within: Richa Ravi Agrawal's Urban Revolution

Richa Ravi Agrawal has spent over two decades practising Gandhian principles, advocating for the dignity and self-reliance of marginalized communities in Maharashtra. While her early efforts focused on maternal health, nutrition, and livelihood training, her personal transformation through yoga and meditation fuelled her newfound mission to bring deep spiritual silence to the heart of the clamorous city.

Bridging the Gap

She observed that the most impactful wellness programs were often tucked away in remote nature settings, making them nearly impossible for busy urbanites to access. To change this, she envisioned a sanctuary under one roof where seekers wouldn't have to put their lives on hold to reconnect with themselves. This led to the creation of AUM Life, standing for Awareness, Understanding, and Meditation.

Building an "Urban Ashram" in a constantly moving environment meant dealing with skepticism from those who viewed wellness as a luxury rather than a necessity. Richa overcame this by grounding ancient wisdom in a structured, accessible format and maintaining a disciplined personal practice.

Key Achievements & Milestones

- Established AUM Life as a recognized name in holistic wellness, gaining visibility across major media platforms.
- Curated Transformative Retreats both across India and internationally, building a global community for mindful living.
- Decades of service in community welfare, focusing on menstrual hygiene and healthcare access for marginalized women since 2012.
- Corporate wellness expansion through the launch of structured programs for modern-day employees, designed to support emotional well-being in high-pressure work environments.



Her Motto

Inner balance is the foundation of sustainable success.

Looking Ahead

Richa's journey proves that the most intentional spaces are born of a commitment to integrating mindful living into modern life. She remains anchored by her belief that inner transformation is the ultimate catalyst for change.

Systems of Integrity: Dr. Jyothi Kumar's Journey of Academic Excellence

For Dr. Jyothi Kumar, education began as a calculated decision mapped on a long-term plan; it was a calling. She entered her first classroom with the belief that teaching carries the power to nurture confidence and open doors of possibility. Her early years taught her patience and humility, grounding her in a purpose that eventually drove her to influence education at a systemic level through administration.

Leading with Clarity and Conviction

Transitioning to leadership required Dr. Kumar to balance a perfectionist's habit for detail with the pragmatism needed to prioritize people over processes. As a woman administrator, she faced gendered scrutiny, and even her assertiveness was sometimes misinterpreted. But she chose consistency over confrontation and earned her well-deserved recognition through integrity and performance. Her career reached a defining chapter when she became the founding dean of the Bannerghatta Road Campus for CHRIST (Deemed to be University), a task she approached with the mindset of building a vision-driven startup.

Key Achievements & Milestones

- Led the Bannerghatta Road Campus of CHRIST (Deemed to be University) as a founding dean from its inception to a vibrant academic community.
- Championed a "clan culture" within the institution, valuing relationships and mutual respect to ensure people felt they belonged.
- Utilized extensive international travel to integrate global academic practices and foster innovation among faculty and students.
- Focused on collective growth by identifying potential, nurturing talent, and building highly committed teams.



Looking Ahead

Supported by a husband and son who shared the responsibilities of home, Dr. Kumar breezed through the difficult balance of professional ambition and family life. She believes that institutions thrive when people feel they belong, not merely when they comply. Her leadership remains cemented in the belief that education, when done with integrity, can change the world.

The Sight of Sincerity: Dr. Amita Verghese's Forty-Year Vision

Dr. Amita Verghese began her journey in 1990 within the quiet walls of a rented house in Tiruvalla with basic examination equipment and an earnest vision. What started as a one-woman practice has evolved into the Eye Microsurgery and Laser Centre, a premium institution that has redefined ophthalmic care in Kerala. Her story is not just about the evolution of a clinic but the persistent pursuit of clinical excellence.

Building a Legacy of Light

In 1992, alongside her husband, Dr. Verghese Joseph, she founded the Eye Microsurgery Centre. She became a pioneer in cataract intraocular lens implantation at a time when very few centers in the state performed the procedure. This spirit of innovation led them to introduce specialized services like Medical Retina in 1993 and Vitreo Retinal Surgery in 2000. By 2025, the center reached a new milestone with the launch of a refractive surgery department featuring advanced laser technology.

Key Achievements & Milestones

- Transformed a solo private clinic into a multi-center eye hospital with over 150 employees.
- Pioneered intraocular cataract implantation surgery in the state of Kerala.
- Established an educational center providing hands-on training for Phaco surgeons.
- Launched the VASM Charitable Trust to ensure accessible eye care through school screenings and awareness programs.
- Commissioned a 6,500 square foot theatre complex with NABH standard operating facilities.



Her Motto

Work ethically with sincerity to do the best for all. Patients, colleagues, employees, and family.

Looking Ahead

Dr. Amita's legacy continues through her children, who have joined the profession to carry forward the family's commitment to eye health. She maintains that at the heart of any successful practice is a balanced focus on every individual involved in the journey.

Reimagining the Tradition: Dalia Nandy's Vision for Modern Fashion

In Calcutta, Dalia Nandy is proving that even a forty-year-old legacy can find a new voice. As the Head of Design and Marketing at M/s Eros & Co, she took the bold step of introducing a women's wear segment to a company that had exclusively served men for four decades. This was more than just business expansion; it was her brainchild, born of a desire to blend traditional roots with modern Indo-Western silhouettes.

Turning Challenges into Success

Dalia initially faced the challenge of building a brand from within an established name. She was met with skepticism regarding her Indo-Western designs and the need to create a network in a competitive market. Instead of looking outward for strangers, she looked at the company's existing family of clients. She connected with the younger female members of these families, she understood their specific needs, and curated a product line that resonated with them. This focus on individual connection created a sense of customer delight that fueled the brand's growth. This human-centric approach allowed her to build a base of 1500 active clients in just 18 months.

Key Achievements & Milestones

- Introduced the first ladies' wear division for a brand with a forty-year legacy in menswear.
- Built an active base of 1500 women customers in just one and a half years.
- Formed a dedicated team of 50 women across stitching and logistics.
- Scaled the brand digitally to reach international and pan-India clients.



Her Motto
Passion for Fashion.

Looking Ahead

Dalia stands for women's empowerment and understands that empowerment stems from confidence. To her, every garment is an opportunity to honor the strength and individuality of the woman who wears it, ensuring that her legacy is measured in the confidence she inspires.

The Soil as a Calling: Swapna James's Twenty-Year Harvest

Swapna James sees farming as a way of life built on passion and purpose. Based in Palakkad, she manages a nineteen-acre farm in Kulakkattukurissi that serves as a benchmark for sustainable biodiversity. Her journey is defined by the collection of rare indigenous crop varieties and a commitment to soil health through eco-conscious practices.

Building a Balanced Ecosystem

The farm functions as a living laboratory for circular organic agriculture. By integrating livestock such as poultry and ducks with a diverse array of mixed crops, including tubers, ginger, and nutmeg, she has created a self-sustaining environment. This intentional design acts as a natural seed bank, attracting researchers and farmers interested in zero-budget farming and rainwater harvesting. Supported by her husband, Mr. James Pulikkathazhath, she balances the physical demands of the land with a mission to mentor other women in agriculture.

Key Achievements & Milestones

- Was awarded the Millennium Farmer of India 2025 award as a recognition for her long-term contributions to the agricultural sector.
- Received the National Innovative Farmer Award 2021 by the Indian Agricultural Research Institute.
- Received the prestigious Karshakasree (2018) & Karshak Thilakam (2017) honors for her farming excellence.
- Received the TATA Wireon Award as a recognition for her success in managing complex mixed-farming models.
- Awarded the Kairali TV Kathir and Akshaya Sree awards for her influence in the farming community.



Looking Ahead

Her evolution into a mentor for other women shows that sustainable agriculture is most effective when the knowledge is shared. She continues to ground her work in a permanent commitment to organic farming. For her, success is not measured in yield alone but in the health of the soil and the resilience of the local ecosystem. She sees her achievements as a collective effort. As she reflects on her journey, she notes that only with the strong support of her family can she accomplish all this.

From Teenager to Trendsetter: Henin Sudarsan's Rise in Fashion

Henin Sudarsan did not wait for the perfect moment to enter the business world. When she was just 15, during the COVID-19 pandemic, when the world stood still, she began selling jewelry and clothing online. This early entry into the market gave her a six-year head start in the fashion industry.

The Road to Expansion

As the pandemic subsided, Henin transitioned her digital success into a physical presence. She moved from a small-scale online shop to a spacious boutique located on MG Road, a prime location in Thrissur. Her brand now focuses on the high-demand segment of customized bridal wear, sarees, gowns, and bespoke stitching.

Scaling to a premium location posed significant capital requirements, particularly for procuring high-quality stock from North India. While she initially relied on personal savings and family support, the growth of her boutique required a more robust financial structure. She opened her first current account and quickly secured a 10 lakh overdraft facility. This support enabled her to secure the necessary inventory and advance her operations.

Key Achievements & Milestones

- Launched her first entrepreneurial venture at age 15 during the global pandemic.
- Successfully scaled from online sales to a premier boutique in a prime location.
- Specialized in the intricate market of customized bridal wear and designer gowns.
- Established a professional financial framework to support inventory sourcing.
- Integrated a complete digital payment system to streamline boutique operations.



Her Motto

Now or never.

Looking Ahead

Henin operates with an urgency that defines her brand and sharpens her decisions. She continues to lead with a mindset that prioritizes decisive action, clear direction, and swift execution, ensuring progress is never slowed by doubt or hesitation.

Two Hundred Roofs: Dr. M.S. Sunil's Impact on Housing

Dr. M.S. Sunil's life is defined by a refusal to look away from human suffering. A retired professor and former Head of the Department of Zoology at Catholicate College, she began her philanthropic journey as a schoolgirl, sharing food with children on the street. In 2005, she discovered that one of her students was living without a proper roof. Instead of waiting for a government agency to intervene, she collected materials and funds from friends to build the house herself. This act of personal responsibility became the foundation for a mission that has spanned decades.

Building a Better Community

The Dr. M.S. Sunil Foundation, established in 2016, focuses on tribal and socially underprivileged communities where inequality is most severe. Her "Home for Homeless" project targets those with the least resources, specifically widows with children and patients in need of a safe environment. By 2021, her efforts had resulted in the construction of 200 houses, providing a sense of security to more than 810 individuals.

Key Achievements & Milestones

- Nari Shakthi Puraskar (2018) from the Hon. President of India
- Best NSS Programme Officer Award of M.G. University 2006 to 2008
- Best Blood Donor Motivator Award for 2008, 2009, 2010, 2014, and 2015
- Human Rights Defender Award 2016
- Holy Innocence Award (2020)
- Niswardha Puraskar by Radio Macfast (2020)
- Work of Mercy Award 2018 from SYMS Bahrain
- Sthree Shakthi Award 2018 from News18
- Eastern Bhoomika Award 2018
- Women Achiever Award 2018 from The Hindu
- Air India Manorama's Best Teacher Award
- Mahila Rethnam Award of Human Rights Foundation
- Seva Keerthi Puraskaram from Janam TV
- Mother Teresa Award from Kalayapuram Ashraya
- Lifetime Achievement Award from KCS Chicago
- Jeevakarunya Puraskaram from the Justice V.R. Krishnaiyyar Foundation
- Best Bhoomithra Sena Club State Award
- Sath Seva Puraskar of Lions Club
- Malayalappuzha Gopalakrishnan Pradhama Puraskar
- Good Samaritan Special Puraskar
- Ambedkar Fellowship 2010
- Paristhithi Award 2010
- Jenaseva Puraskar
- Gandhibhavan award for Best Social Worker
- Vanitha Samaj Seva Puraskar
- Desamithra Special Puraskaram 2009
- Kera Keralam Project Merit Certificate
- Dr. Kamala Bhaskar Award

Looking Ahead

Dr. Sunil's career is defined by the belief that a compassionate society is built through direct action. She remains a dedicated philanthropist whose work continues to focus on uplifting impoverished communities and providing shelter to the homeless.



Engineering Excellence: Chandrani Sur Roy Chowdhury's Journey of Innovation

Chandrani Sur Roy Chowdhury began her professional life as a Chemical Engineer, spending several years in the research and development department of Sika India. Her marriage in 2006 led her to leave this corporate role, yet her technical education soon found a new application within her family's business holdings. She initially applied her skills to Aksh Print Packaging, a manufacturing unit that required her specific engineering profile, before eventually becoming a partner at Liluah Service Station, a prominent HP dealership in Howrah.

The Road to Industry Leadership

Entering the fuel dealership sector meant confronting deep-seated gender stereotypes. Convincing her in-laws to look past traditional stereotypes was a significant challenge, as the family was initially against her overseeing the research and development of the business. While her extended family resisted, her husband, Prosenjit Sur, supported her ambition and involved her directly in the family enterprise.

In the early years, the professional environment was equally resistant; customers frequently complained about having to deal with a woman regarding technical or operational matters. Balancing the demands of an expanding business with domestic life became a delicate act. She managed this work-life pressure by identifying as a working housewife to appease family members while maintaining her professional authority. Ultimately, her engineering background provided the technical know-how necessary to win over skeptical clients and secure her place as an industry leader.

Key Achievements & Milestones

- Successfully transitioned from a specialized R&D role to an active partner in a major HP petroleum dealership.
- Achieved the highest business volume on GT Road, Howrah, for her service station.
- Strategically expanded tank capacity and allied product sales in collaboration with HP leadership.
- Established a comprehensive banking relationship to streamline credit and digital payment operations.



Her Motto
Work is worship.

Looking Ahead

Chandrani continues to balance her role as a leader in a technical industry with her commitments as a working homemaker. She operates with a focus on practical results and professional integrity, ensuring that her business remains a benchmark for excellence in Howrah.

Precision and Partnership: Shobhna Nandgopal's 30 Year Industrial Mission

Shobhna Nandgopal did not wait for market stability to build her legacy. In 1989, she founded Odin Controls in Visakhapatnam, with just three employees and a modest turnover of Rs. 5 lakhs. Over thirty years, she transformed this small operation into a multi-crore industrial powerhouse with 19 employees. Her leadership has seen the business navigate three decades of technological evolution to become a trusted name in electrical and automation solutions.

The Path to Industrial Scale

Competing against established dealers required a focus on specialized, high-quality service and keeping pace with constant shifts in switchgear technology and industrial automation. She addressed these challenges by building Odin into an authorized System House for Siemens (Automation and Drives) and a channel partner for industry leaders, including Schneider (LT, HT, Relays, and Digital Solutions), SICK Sensors, and Elecon/Power Build (Gear Boxes and Geared Motors).

The firm is recognized for its ability to study specific industrial applications and recommend precise products, ensuring prompt after-sales support, commissioning, and maintenance. This technical expertise has allowed Odin to serve as a trusted vendor for major regional industries, including VSP, HPCL, Dr. Reddy's Labs, BHEL, VCTPL, and Sri Venkateswara Agro. In 2020, the company reached a significant milestone by celebrating thirty years of operations, an event attended by high-ranking officials from global partners and major clients.

Key Achievements & Milestones

- Reported 16.2 crore revenue for the financial year ending March 2024, achieving 17% annual growth.
- Successfully completed over 548 projects; currently managing an active portfolio of more than 651 clients.
- Hosted their 2025 seminar with Schneider Electric, training 72 professionals in digital switchgear and sustainability.
- Maintained a 4.9/5 service rating on business platforms, reflecting high local customer satisfaction.
- Actively supports senior citizen homes and community service initiatives in Visakhapatnam.



Looking Ahead

Shobhna continues to prioritize technical knowledge sharing and specialized service. Beyond business operations, she remains committed to community service and social work in Visakhapatnam. Her focus remains on providing technical clarity and reliable support to the industries that power the region.

Illuminating Lives: Mariamma Pius' Legacy of Classic Art Lamps

Mariamma Pius is the proprietor of Classic Art Lamps, a firm that has defined lighting design standards for 56 years. Established in 1968, the company has evolved from a traditional manufacturer into a specialist in lighting technology, including LED automation and human-centric design. Her work involves creating bespoke fixtures from diverse materials such as brass, terracotta, aluminum, and fiber, designed to impact human behavior, mood, and health.

Leading with Resilience

The firm's legacy reached a critical turning point in 2003, when a major fire broke out at its two-story godown. While all employees were safe, the operational loss was a significant setback. During this time, Mariamma's husband, Pius Mathew, provided the support needed to navigate the crisis, while her clients rallied around her to encourage the firm's continued operation. This resilience helped her bounce back and lead a revolution in smart automation, incorporating tunable, dimmable systems that create specific atmospheres. Today, the firm delivers tailored products across India and abroad, representing more than 25 national and international LED brands.

Key Achievements & Milestones

- Received awards for maintaining quality and innovation from former cabinet ministers Oscar Fernandes and Elamaram Karim.
- Executed large-scale lighting projects for prestigious hospitality brands, including the Taj Group, Tamara Group, and the KTDC hotel chain.
- Designed lighting for high-end developments like The Identity Twin Tower and luxury resorts such as Leela Kovalam and Kumarakom Lake Resort.
- Provided specialized architectural lighting for prominent figures in the Malayalam film industry, including actors Mohanlal and Mammooty.
- Serves on the advisory board of the Women Entrepreneur Network (WEN), having previously served as the Kottayam chapter chair.



Her Motto

Light up your life as you like.

Looking Ahead

Mariamma continues to champion the idea that illumination is a fundamental element of well-being. Light is not just for seeing; it is to experience. Light gives life, energy, peace, and health. At Classic Art Lamps, they believe the right light can change the way you live.

Choreographing Tradition: Kalamandalam Sreedevi KR's Journey in Classical Art

Kalamandalam Sreedevi KR has dedicated her life to the discipline and preservation of Indian classical dance. In 1983, she completed an intensive 5-year course in Mohiniyattam and Bharathanatyam under the guidance of legendary gurus, including Kalamandalam Sathyabhama and Leelamma. Her excellence as a student earned her the K.N. Pisharodi Medal for the best student at Kerala Kalamandalam, launching a professional career that now spans 43 years.

The Promise of Preserving Heritage

After beginning her teaching career in 1984, Sreedevi sought to deepen her expertise. She studied Kuchippudi under the direction of Kalamandalam Chandrika Menon and pursuing higher studies at the Kalakshetra Kuchippudi Academy. In 1986, she founded the Chilanka Dance and Music Academy in the heritage village of Aranmula. Her vision was to establish more than a school; she created a research and training hub for South Indian classical arts, offering instruction in Kathakali, Mohiniyattam, and even the martial art of Kalarippayattu.

Her choreographic portfolio includes complex productions such as Sreesankaram and Ramayana, which often use traditional Nilavilakku lamps in their staging to maintain historical authenticity. Recognized by the Kerala Sangeetha Nataka Academy, the institution serves as a vital cultural hub that also offers free training to orphans and impoverished students to ensure talent is not limited by financial status.

Key Achievements & Milestones

- Received the Kerala Sangeetha Nataka Academy Gurupooja Award in 2020 for her lifelong service as a teacher and performer.
- Awarded the Kalarathna Award in 2005 in memory of the legendary Kalamandalam Kalyanikutti Amma.
- Chosen as the State President of the All Kerala Dance Teachers Union.
- Honored with the Njananda Puraskaram in 2023 for her significant contributions to the field of classical arts.



Looking Ahead

Sreedevi continues to promote young talent through annual dance and music festivals held across various regional temples. Her entire family is immersed in the arts, with her husband Mohanan serving as a Kathakali director and her children pursuing Kuchippudi and classical music. She remains devoted to researching and disseminating South Indian traditions, ensuring that the heritage of Aranmula thrives for the next generation of performers.

Beyond Borders: Feba Jose's Global Export Success

True innovation is not just about discovery; it is about the resilience to grow beyond borders and the discipline to master the environment. Feba Jose does just that, with tenacity and perfection. She holds an M.Tech. in Industrial Biotechnology and serves as the CEO of Plantae Biotech. Based in Thrissur, she has spent the last 4 years bridging the gap between scientific innovation and the international plant market. Her professional career is defined by her ability to pair rigorous biological research with a vision for commercial scale.

Vision with an Aim for Global Expansion

Establishing a biotechnology firm required Feba to address the practical impacts of environmental instability. She observed that climate change was increasingly affecting the growth of tissue culture plants, which threatened the consistency and health of her inventory. To secure the production cycle, she implemented specialized equipment designed to maintain precise temperature control within her facilities. This technical intervention stabilized the growth environment and ensured high-quality yields despite external weather variations. With a reliable production line in place, she achieved a significant milestone by successfully exporting tissue culture plants to international markets within 12 months of the company's establishment. This entry into the global trade sector portrayed her ability to combine technical mastery with strategic marketing.

Key Achievements & Milestones

- Was recognized as the Eminent Women Entrepreneur of Thrissur district for the period through 2022 and 2023 by the District Industries Centre.
- Successfully executed international exports of tissue culture plants within one year of launching her firm.
- Manages the global marketing strategies for the National Rose Garden alongside her role as CEO.



Her Motto
Aim high.

Looking Ahead

Feba remains committed to advancing the reach of Indian biotechnology on the world stage. She continues to refine her production techniques to meet the evolving standards of international horticulture. Her approach to business is defined by a refusal to settle for local success alone.

The Golden Age of Indian Hockey: Eliza Nelson's Conviction

True greatness is often forged in the quiet hours of discipline, long before the roar of a stadium acknowledges a champion. Hailing from Pune, Eliza Nelson stands tall as that champion in Indian sports history, having captained the national women's field hockey team during its most decorated international era.

Perfecting the Pitch Amidst Hardship

The path to international gold was frequently obstructed by institutional challenges. Eliza navigated a period defined by inadequate infrastructure, weak logistics, and systemic gender-based neglect. Overcoming these systemic barriers required a spirit that remained undeterred by resource constraints and fueled by a pursuit of national pride. Her ability to cultivate a unified team culture propelled India to a historic fourth-place finish at the 1980 Moscow Olympics.

Key Achievements & Milestones

- 1975: Won gold during her India debut at the Begum Rasool tournament in Chennai.
- 1978: Gained elite experience at the Women's Hockey World Cup in Madrid.
- 1979: Competed in the Women's Hockey World Cup in Vancouver, Canada.
- 1980: Secured a historic fourth-place finish at the Moscow Olympics.
- 1982: Debuted as captain at the Asian Championship in Kyoto.
- 1982: Led India to three gold medals in the Asia Cup, Tenri, and Singapore.
- 1982: Captained the squad to the inaugural gold at the New Delhi Asian Games.
- 1982: Retired from international play with gold at the Begum Rasool tournament in Pune.
- 1982: Received the Arjuna Award for outstanding contributions to the sport.
- 1983: Conferred the Padma Shri, one of India's highest civilian honors.
- Post 1980s: Served on technical committees for the 2003 Afro Asian Games and 2004 Asia Cup.



Her Motto

Play for the glory of sports. Believe in yourself and with determination and conviction you can achieve anything.

Looking Ahead

Even after transitioning away from the international pitch, Eliza continued to influence the development of the game through her tenure with the Indian Railways and her work on various technical governing bodies. She continues to inspire new generations with the journey that guided her own rise to the podium.

The Soul of Rahat: Dr. Reshma Krishna Priya's Clinical Vision

Every significant milestone in healthcare begins with a distinct purpose, and for Dr. Reshma Krishna Priya, that purpose was born from observing the silent courage of the women she treated. During her early years in medicine, she witnessed mothers going through high-risk pregnancies with fortitude and families placing their absolute trust in her expertise. These experiences cultivated a dream of establishing a sanctuary where healthcare is felt rather than rushed.

The Approach Toward Empathetic Healthcare

Based in Bhubaneswar, Dr. Reshma Krishna Priya has spent over 8 years refining a clinical approach that integrates surgical precision with empathetic communication. She has specialized training in high-risk pregnancy, fetal medicine, and advanced laparoscopy, along with certifications in cosmetic uro-gynaecology and menopause practice.

She co-founded Rahat Hospital to serve as a space where expertise meets care and empathy. Her leadership is defined by the belief that every woman deserves a space where she feels safe, heard, and respected. The hospital was not envisioned as a mere medical facility; it was designed to support womanhood with strength and celebrate motherhood with dignity. This commitment to "healing with heart" allowed the hospital to achieve financial independence within its first quarter of operations, a timeline that far exceeds the industry average.

Key Achievements & Milestones

- Honored with the "Changemakers of the Society" award at The Mining Conclave Odisha by Deputy CM Sri Kanakvardhan Singh Deo.
- Invited as the youngest panelist at the Gen Next Hospital Summit, contributing to the dialogue on the future of health-tech.
- Established comprehensive care protocols for high-risk pregnancy, fetal medicine, and advanced laparoscopic surgery.
- Led her institution to reach critical financial milestones within months of its inauguration.



Her Motto

Every great journey begins with a purpose.

Looking Ahead

Dr. Reshma continues to drive Rahat toward a future where comfort and trust are the standard for every patient who comes under her care. Her mission remains to ensure that every woman has access to compassion and care during their motherhood journey with Rahat.

Breaking the Boundary: Asha Shobhana Joy's Historic Ascent

Professional cricket often prioritizes early-career breakthroughs, yet the trajectory of Asha Shobhana Joy's career depicts a definitive counter-narrative to the industry's norms. As the first female cricketer from Kerala to wear an Indian World Cup jersey, her achievement is a landmark in the sport's history. Her ascent was not a sudden rise but a 23-year journey of perseverance within the domestic circuit, showing that a player's peak is defined by their professional impact rather than traditional scouting timelines.

The Path to National Excellence

Asha began her journey with the Kerala Cricket Association during an era when access to specialized facilities and professional equipment was a significant challenge. Coming from a modest background, She often felt that basic gear, such as shoes, bats, and protective equipment, was a luxury. She was guided by mentors like Shabina Jacob and coach Aaron George Thomas to remain focused when progress seemed slow.

Her professional trajectory spanned multiple regions, including representing Team Kerala and later the Pondicherry Team. A definitive turning point was her role within the Indian Railways; this position provided the financial stability and personal grounding necessary to remain in the game with patience and resilience while waiting for the national call-up.

Key Achievements & Milestones

- Became the first woman to debut for the Indian national team at age 33.
- Secured her legacy as the first woman from Kerala to play for India in a World Cup.
- Transitioned into the Women's Premier League to represent Royal Challengers Bangalore and later the UP Warriorz.
- Received the 2024 BCCI Best Debutant Award, an honor representing decades of domestic labor and international success.
- Maintained a domestic career across 23 years, representing Kerala, Indian Railways, and Pondicherry.



Her Motto

Never stop believing.
Keep working hard
towards your goal.

Looking Ahead

Asha embraces her past struggles as the foundation of her success, serving as a reminder that dreams do not follow a fixed calendar. She believes that professional goals are achievable regardless of early setbacks.

Empathy at the Heart of Dr. Saluja T P's Clinical Excellence

The measure of a physician's legacy lies in the distance they are willing to travel to reach those who have been left behind. Dr. Saluja T P is a senior gynaecologist whose 23-year journey has been defined by the clinical transformation of the Wayanad district. She has spent her career addressing critical gaps in healthcare accessibility within the region. As a central pillar of Leo Hospital, she joined the institution founded by her father-in-law, Dr. T P V Surendran, to bridge the gap between rural isolation and modern medical care. Her work ensures that the region's geography is no longer a barrier to essential health outcomes.

Redefining Maternal Care

When Dr. Saluja began her practice, Wayanad suffered from a critical shortage of specialized infrastructure. Families facing high-risk pregnancies were often forced to undertake a grueling three-hour journey through hilly terrain to reach Calicut. In this environment, Leo Hospital began as a modest seven-bed clinic. Beyond the physical absence of hospitals, Dr. Saluja encountered a cultural reliance on unsafe home deliveries.

To redirect these families toward institutional care, she utilized a combination of technical expertise and emotional reassurance. She successfully managed complex, high-risk cases that had been referred with little hope, and gradually established the hospital as a safe haven. This consistent, ethical approach shifted community perceptions, making institutional deliveries the standard and drastically improving maternal health outcomes across the district.

Key Achievements & Milestones

- She played a vital role in evolving Leo Hospital from a seven-bed unit into a 250-bed multi-specialty institution.
- She integrated specialized services across all departments, including establishing an exclusive cardiology wing.
- She has 23 years of specialized experience managing high-risk pregnancies and obstetric emergencies.
- She successfully normalized hospital-based births in a region once defined by high-risk home deliveries.



Her Motto

A Journey of
Compassion, Courage,
and Commitment.

Looking Ahead

Dr. Saluja remains dedicated to the continued growth of Leo Hospital, ensuring that the visionary foundation established decades ago is strengthened by modern clinical excellence. Her leadership continues to demonstrate that quiet persistence and empathy can dismantle systemic barriers in healthcare.

The Healing Journey of Sholly Varghese Through Ayurveda

Every meaningful enterprise begins with conviction, and for Sholly Varghese, that conviction was rooted in a quiet faith in Ayurveda. What began as an aspiration to create authentic, high-quality Ayurvedic formulations soon evolved into a disciplined entrepreneurial journey. Based in Nellore, Sholly stepped into the manufacturing of Ayurveda products with clarity of purpose and the courage to build from scratch.

Building with Integrity

The early stages were exacting. Setting up a manufacturing unit that complied with GMP standards and Ayurvedic regulations demanded precision and patience. Licences, approvals, quality checks, documentation; each step required equal attention. Sholly approached these not as obstacles but as foundational requirements.

Sourcing raw materials proved to be as demanding. The strength of an Ayurvedic formulation lies in the purity of its herbs. Inconsistent supply or compromised quality was never an option. She built dependable sourcing networks and insisted on rigorous testing, ensuring that standardization never weakened tradition.

Entering the market also required patience. Competing with established brands meant earning trust the hard way. Instead of aggressive promotion, she focused on clarity. She educated customers and healthcare professionals about the safety and efficacy of her products. Transparent labelling and ethical marketing became her language. Slowly, credibility followed. Distribution expanded through partnerships and steady relationship-building rather than hurried scale.

Key Achievements & Milestones

- Established a fully compliant Ayurvedic manufacturing facility in Nellore.
- Secured reliable channels for high-quality herbal sourcing.
- Built brand trust through education-led engagement and consistent quality.
- Expanded distribution through careful, sustainable growth.



Looking Ahead

Sholly Varghese continues to deepen her commitment to authentic Ayurveda, focusing on sustained quality, wider reach, and responsible growth. She believes that longevity in this field is earned through integrity rather than speed.

Dr. Rini Raveendran's Medical Journey Through Spiritual Intelligence

Dr. Rini Raveendran serves as a Professor in the Department of Community Medicine at GMC Thrissur, bringing 25 years of clinical and academic insight to her field. Her guiding philosophy rests on the conviction that a high Intelligence Quotient (IQ) must be harmonized with a Spiritual Quotient (SQ) to achieve a complete understanding of healing. She believes, when a healer sets aside their ego, they become receptive to a Cosmic Intelligence that offers guidance far beyond the capacity of traditional clinical training.

The Path to Industrial Scale

The foundation for this belief was established 25 years ago during Rini's house surgeoncy when she was posted in a peripheral cancer ward. Late one evening, during a severe storm that cut all electricity and telephone connections, she was left alone to care for a woman suffering from gall bladder cancer. Isolated from the main hospital block and unable to seek help from senior doctors, she turned to intense prayer. Within 15 minutes, four doctors unexpectedly arrived through the darkness, having felt a sudden, inexplicable urge to enter the ward. This experience confirmed her understanding that when an individual acts without ego, spiritual help actively aids the human effort. This forged her worldview that doctors are not independent actors but nimithams assigned to perform specific duties within the Maya of life.

Key Achievements & Milestones

- Earned second prize in the national IAPSM Quiz at Tirupati in 2006.
- Directed the Second Best WIMA branch in Kerala as Secretary for the 2014 to 2015 term.
- Mobilized as a Nipah Warrior during the 2018 health crisis with the GMC Manjeri team.
- Led the premier Women's Wing of the IMA as Joint Secretary for the 2022 to 2023 session.
- Secured the Kayakalp, NQAS, Lakshya, and Haritha national awards while leading UFHC Paravattani.



Her Motto

Believe in miracles.

Looking Ahead

Dr. Rini remains focused on ensuring that future medical professionals acknowledge spiritual growth as a core competency. Guided by her beliefs, she holds that medicine is not only a science of precision but also a practice of faith and empathy.

Anu J Emmanuel's Journey of Assimilation in the Entertainment Industry

Before the arc lights dim and the cameras cut, Anu J Emmanuel carries the discipline of performance into every role she inhabits. She is a professional actress based in Hyderabad with 15 years of experience in the film industry. Her distinctive quality is a deep-seated dedication to a craft she undertook without any initial formal training or prior experience. Rather than being driven by conventional milestones, she prioritizes the intrinsic value of the creative process over the final goal.

The Art of Adaptation

While a new beginning often carries a weight that can stall even the most ambitious, it became a necessary catalyst for Anu J Emmanuel's growth. Upon moving from the United States to Hyderabad, she navigated the dual challenge of assimilating into an entirely new language and culture while simultaneously entering the film industry. Despite having very little prior knowledge of the craft, she committed to learning every aspect from the ground up, turning an overwhelming transition into a transformative professional journey.

By observing the passion of the artists around her, she began to transform her perspective, allowing a new environment to shape her as both a performer and an individual. This transition from a self-described misfit to an established professional was an ongoing assimilative process.

Key Achievements & Milestones

- She considers the greatest reward to be the privilege of her craft and the enduring support of her audience.
- She views the collective journey of collaborative storytelling as a primary professional milestone.
- She prioritizes the opportunity for continuous growth and the creation of meaningful art over trophies.



Her Motto

You are always your best friend.

Looking Ahead

Anu remains committed to the ongoing discipline of learning and self-refinement. As she often reflects, "Bloom where you are planted." These words guide her through overwhelming moments, reminding her to make the most of where she is in life, to trust herself deeply, and to return always to gratitude, resilience, and quiet inner strength.

Compassion in Practice: Dr. Shobha Krishna Moorthy's Community-First Medicine

Dr. Shobha Krishna Moorthy, an MRCP pediatrician from the Royal College of Physicians of Ireland, has spent twenty-six of her 40 years in practice serving the Ooty region. Her career is defined by a commitment to cultural integration, exemplified by her decision to learn two local languages to foster direct communication with the families in her care. This effort to dismantle barriers between the specialist and the community makes her an exemplary figure in healthcare, demonstrating that medical excellence is most effective when it is truly accessible.

The Architecture of Preventive Care

Upon relocating to Ooty, she balanced the rigorous demands of neonatology with the responsibilities of raising three children. Rather than limiting her role to treating acute symptoms, she prioritizes the long-term health of the community by counseling parents on nutrition and developmental milestones. This preventative focus ensures that wellness is built from birth, reflecting a career defined by foresight and empathy. Outside the clinic, her leadership as the President of Lions Ooty Crown reflects a commitment to civic health that extends far beyond hospital walls.

Key Achievements & Milestones

- Completed four decades of specialized pediatric and neonatal practice.
- Overcame linguistic and regional barriers to build a localized medical practice.
- Served as the President of Lions Ooty Crown for a one-year term.
- Integrated a holistic counseling model focused on nutrition and disease prevention into standard care.



Her Motto

Hard work is the foundation. Sincerity is the structure. Compassion is the roof.

Looking Ahead

Supported by her husband and children, she remains an active and vital practitioner dedicated to her community. Her professional life is built on a specific structure of values and sincerity towards her practice.

Learning as a Lifelong Calling: The Journey of Dr. Nirmala Joseph

Dr. Nirmala Joseph spent more than two decades as a professor of finance and taxation at St. Joseph's College of Commerce in Bengaluru. Her career reached a significant turning point when she chose to leave the stability of the classroom to found Manresa Technologies Private Limited, an organization focused on aligning academic theory with real world employability. This shift from institutional teaching to entrepreneurship demonstrates a vision of education as a lifelong, transformative catalyst, profoundly rooted in the ideal of *cura personalis*, which advocates for the compassionate care of the whole person.

Educational Framework as a Catalyst for Societal Change

The shift toward entrepreneurship was driven by an observation that formal instruction frequently fails to keep pace with the evolving demands of the real world. After 20 years of witnessing the power of the classroom, Nirmala recognized that pedagogy must be reimaged as a continuous and dynamic process to remain a true instrument of empowerment. She identified a moral responsibility to move against institutional inertia, seeking to close the widening gap between theoretical knowledge and the practical skills required for professional success. By founding Manresa Technologies Private Limited, she created a platform dedicated to expanding access to quality learning through the thoughtful application of technology.

Key Achievements & Milestones

- Devoted over 20 years to student mentorship and academic leadership in the fields of finance and taxation.
- Founded Manresa Technologies Private Limited to integrate technological innovation with traditional learning models.
- Applied her pedagogical expertise to address the specific needs of students navigating complex legal and financial systems.



Looking Ahead

Dr. Joseph's work through Manresa Technologies establishes a future where education is a dynamic, lifelong process that bridges the critical gap between theory and employability. The evolution of her role from a professor to a catalyst for systemic change underscores her belief that the ultimate purpose of teaching is to provide the competence and confidence necessary for an individual to flourish in a society.

The Dual Legacy of Dr. Dilna P in Healthcare and Trade

Dr. Dilna P operates at the intersection of two demanding worlds, maintaining a medical practice in the UAE while serving as the director of Kely Rahmans Exports and Imports in Kerala. By choosing to lead a business enterprise while continuing her work as a physician, she has redefined the boundaries of traditional career paths, proving that specialized expertise in one field can provide the discipline necessary to succeed in another.

Navigating the Challenges of Cross-Border Leadership

The transition from clinical medicine to the intricacies of international commerce required a steep learning curve, particularly regarding export norms and remittance settlements. Managing a business in India from her base in the UAE necessitates a rigorous schedule of frequent travel and constant cross-border coordination. Despite the logistical complexities and the societal challenges often faced by women in the trade industry, she has successfully expanded her father's vision to make the company even more profitable.

Key Achievements & Milestones

- Balances a high-stakes dual career as a medical doctor and businesswoman across two countries.
- Turned Kely Rahmans Exports and Imports into a stronger, more profitable business after taking charge.
- Selected to represent Arya Vaidya Sala at a prestigious AYUSH programme in the UAE.
- Learned international trade and export regulations hands-on, without formal commerce training.



Her Motto

Don't let the fear of losing be greater than the joy of winning.

Looking Ahead

Dr. Dilna P continues to hold two demanding worlds together. Her focus now is simple, grow with clarity, lead with confidence, and keep learning what the role demands without fearing failure, as failure is the only teacher that helps us cherish our triumphs.

The Specialized Wellness Journey of Valli Ramanathan

The strength of a legacy institution often resides in the quiet steadfastness of those who tie its traditional values with the tides of modernization. Valli Ramanathan is the Director and Nutrition & Wellness Contributor at Sitaram Ayurveda Speciality Hospital and Sitaram Retreats. With a professional journey spanning 30 years, she has acted as a foundational force within the Thrissur-based organization.

Adapting to a Structured Future

For much of her tenure, Valli operated behind the scenes as the organization transitioned from a small, relationship-driven setup into a highly structured system. This evolution required her to consciously adapt to modern technologies, formal Standard Operating Procedures, and new management tools. Instead of remaining within her comfort zone, she chose to prioritize growth, embracing these structural changes with patience and openness. She integrated modern processes while holding firmly to ancestral family values, and ensured that the institution remains resilient and prepared for tomorrow.

Key Achievements & Milestones

- Designed and structured specialized nutrition plans for guests at both the Sitaram Ayurveda Hospital and the Retreat.
- Served for three decades as the silent yet foundational backbone of the legacy Ayurveda institution.
- Led comprehensive employee welfare initiatives with a focus on compassion and consistency.
- Organized various medical camps and employee engagement activities that significantly strengthened community and workplace culture.
- Successfully steered the organizational shift toward technology and formalized SOPs while maintaining institutional values.



Her Motto

True healing begins with what we nourish the body, the mind, and the people around us.

Looking Ahead

Valli is committed to a path of continuous learning, viewing change as an essential requirement for the institution's future. She continues to adapt to new methodologies with openness, ensuring that the legacy of Sitaram Ayurveda thrives in a modern world.

Ink and Integrity: Krishna Kumari Chettri's Editorial Vision

In the rugged terrain of the eastern Himalayas, where the geography itself presents a formidable barrier to the flow of information, Krishna Kumari Chettri has spent nearly two decades defining the media landscape of Sikkim. As the proprietor of Sikkim Express, the state's prominent English-language daily, she has transformed a traditional print legacy into a modern institution. Her journey acts as a bridge between the intersection of logistical constraints and the relentless digital disruption of the 21st century.

Leading at the Top

Sustaining a print newspaper in Sikkim involves managing substantial logistical and financial constraints unique to a geographically isolated region. Throughout her career, Krishna has faced the mounting pressures of rising printing costs and the intense competition posed by emerging online platforms. Maintaining editorial credibility while adapting to the evolving preferences of a digital audience has been a continuous operational challenge.

She addressed these obstacles through a strategy of modernization and structure. She strengthened management systems and ensured strict statutory compliance, and facilitated the newspaper's successful transition into the digital era without sacrificing its established print legacy.

Key Achievements & Milestones

- She has maintained a dominant position in the Sikkim newspaper business since the beginning of her tenure.
- She was honoured with the Best Editor Award at the 19th Media Excellence Awards in 2025.
- She received the Emerging Leader Award on National Startup Day for her leadership and innovation.
- She expanded her professional reach into the state's tourism and hospitality sectors where she maintains a high reputation.
- She established her publication as a primary source for reporting on regional administration and community events.



Her Motto

Of this land, for its people.

Looking Ahead

With the anticipated growth of tourism and infrastructure in the state, Krishna's eyes are on expanding the technical capabilities and reach of her media operations. Her commitment to ethical journalism remains at the heart of her professional vision.

Taste and Trust: Jashma Irfan's Journey Through Kerala's Flavors

Building a digital community requires the courage to be yourself when everyone else is following a script. Jashma Irfan has spent the last six years building a digital home for culinary enthusiasts and travellers across Kannur and Thalassery. What began as simple, casual food explorations has evolved into one of Kerala's most popular digital platforms for travel vlogs and food reviews. Her journey shows how a clear purpose and persistence can transform a personal project into a successful professional enterprise.

Overcoming the Impossible

Jashma's early days were filled with financial uncertainty. Before brand partnerships existed, Jashma had to self-fund her travel and equipment with no guarantee of success. The work behind the camera was demanding, involving long hours of physical travel and even longer nights spent editing footage. It was also quite challenging to maintain a platform with the constant need to keep her followers engaged.

Instead of worrying about what others were doing, she focused on her storytelling and treated content creation like a craft. She protected her brand by saying no to deals that did not feel right, ensuring her audience always received her honest opinion. By being patient and refusing to chase overnight fame, she allowed her platform to grow naturally.

Key Achievements & Milestones

- Built a loyal following of lakhs of people across Instagram and YouTube through consistent, authentic storytelling.
- Successfully highlighted hidden eateries in Kannur, Thalassery, and Taliparamba, helping small local businesses gain much-needed visibility.
- Established a trust-based brand identity known for honest, relatable reviews rather than just promotional content.
- Transitioned from a self-funded hobby to a structured digital enterprise with meaningful brand collaborations.



Looking Ahead

Jashma continues to grow her platform organically by prioritizing the quality of her storytelling over quick scale. She remains focused on strengthening her connection with her community and discovering new stories within the world of local flavors. Her journey reflects a commitment to keeping her content authentic for the people who follow her.

The Heart of Hospitality: Jihan Abdulla's Modern Touch on Tradition

Hospitality is the art of making every visitor feel at home while they are away from it. Mrs. Jihan Abdulla is the leader behind The Hotel Canoe, a well-known hospitality brand in Kannur. Her father founded the hotel in 1993, focusing on quality service and integrity. What began as his dream eventually became a family legacy that Jihan was later asked to lead. For the past 9 years, she has balanced the pride of managing an established name with the pressure of maintaining its high reputation.

Preserving a Foundation of Trust

Running a long-standing business comes with high expectations. Jihan had to ensure that the reputation her father built over many years stayed intact. She took on this responsibility with a clear plan and a lot of confidence. To do this, she introduced structured management practices and strengthened service standards. She ensured that quality remained consistent across both the restaurant and the room divisions, keeping the hotel a trusted destination for families and business travelers alike. Her leadership style shows that you can respect old traditions while embracing modern progress.

Key Achievements & Milestones

- Successfully developed and expanded The Hotel Canoe into a well-known hospitality brand in the region.
- Created valuable employment opportunities for people within the local community.
- Maintained excellent standards for service, hygiene, and the overall customer experience.
- Reinforced the brand's position in Kannur's aggressive hospitality market through smart operational decisions.



Looking Ahead

Jihan leads with a focus on long-term growth strategies while keeping her father's vision at the heart of the business. She remains a strong example of an entrepreneur who understands that responsibility is the root of strength. Her goal is to ensure that Hotel Canoe remains a premier spot in Kannur for years to come.

Mastering the Balance Sheet: The Story of Poonam Jeswani

True financial leadership is built on a foundation of precision and the ability to find hidden opportunities within complex systems. Poonam Jeswani began her career after graduating from the Shri Ram College of Commerce with a B.Com (Hons) degree and qualifying as a Cost and Management Accountant. In 1991, she joined Indian Oil, starting a professional journey that has now spanned 35 years. Her work has taken her across the country to various locations, including pipeline installations in Panipat and the Mathura Refinery. Throughout this time, she has built deep expertise in treasury management, budgeting, and internal audits.

Modernizing Corporate Finance

Managing the finances of massive organizations like Indian Oil and HURL requires high discipline and a constant focus on improvement. During her long tenure, Poonam has been responsible for modernizing how these companies handle their financial processes. She introduced new concepts and helped standardize the manuals her teams used, making their work more consistent.

In 2024, she was appointed as the Chief Financial Officer of HURL. In this role, she oversaw the organization of complex payment procedures and the improvement of her staff's training. She also worked on resolving long-standing issues related to taxes and customs, ensuring the organization could operate more efficiently.

Key Achievements & Milestones

- She was appointed as the Chief Financial Officer of HURL in 2024 and as a nominee director for AVFCCL in 2025.
- She successfully negotiated a reduction on a 12000 crore loan, saving the company over 800 crore.
- She managed the internal audit functions for major groups, including Research and Development and Business Development.
- She oversaw the first-ever dividend distribution for HURL while resolving difficult tax and customs issues.



Looking Ahead

Poonam continues to focus on implementing system improvements across every organization she works with. She is committed to ensuring that financial processes are clear and effective for future growth. Her work remains centered on maintaining a standard of excellence and ensuring long-term financial stability.

The Calm Strategist: Deepika Padhi's Journey in Finance

Deepika Gupta Padhi grew up in a small town in Uttarakhand within a traditional environment where expectations for women rarely included corporate leadership. Moving to Delhi to pursue higher education meant facing unspoken societal doubts and the pressure to prove that her ambition was valid. With her parents' support, she stepped beyond familiar boundaries to continue her studies. This early experience taught her self-belief and discipline, which became the foundation of her career.

Overcoming Barriers with Strategic Adaptability

Over a 23-year career, Deepika has worked across many different industries, including oil and gas, pharmaceuticals, and consumer goods. She began in financial product distribution but quickly moved into complex roles where she built treasury functions from scratch. At companies like Cairn India and Aurobindo Pharma, she managed significant fundraising efforts, including a 600 million dollar preferential issue. Today, she serves as the National Head of Treasury and Deposits at PNB Housing Finance Limited. She manages a massive portfolio of over 67,000 crore and is responsible for anchoring the organization's liquidity strategy.

Key Achievements & Milestones

- She managed a 2,500 crore Rights Issue that was oversubscribed by investors.
- She was named the Treasury Leader of the Year in 2025.
- She was recognized as one of India's Top 100 Women in Finance in 2019.
- She actively mentors young women and promotes financial literacy for the next generation.



Her Motto

Keep Dreaming. Keep Achieving.

Looking Ahead

Deepika remains focused on balancing her professional excellence with her roles as a mother and daughter. She believes that long-term success depends on three non-negotiable values: competence, credibility, and character. She hopes to continue inspiring others to follow their ambitions regardless of their starting circumstances.

A Lifetime on Screen: The Resilient Journey of Mallika Sukumaran

A long career in the spotlight requires the strength to face life's hardest moments with grace and discipline. Mallika Sukumaran has spent over 52 years as a distinguished figure in the Malayalam film and television industry. Working as an actor, producer, and entrepreneur, she has built a professional legacy that includes more than 60 films and numerous TV series. Her journey, primarily based in Trivandrum and Kochi, is a story of personal grit and the ability to maintain a respected career through changing times.

Overcoming the Challenges

The most difficult phase of Mallika's life began with the sudden demise of her husband, Sukumaran. She took on the challenge of raising her children alone while keeping her place in the competitive film industry. She moved through this period with deep discipline, staying focused on her work while providing her children with constant guidance. To secure her family's future, she branched out into business by opening an Indian restaurant in Doha, Qatar. She successfully managed this international venture while sustaining her presence in the film industry, proving her incredible perseverance in both cinema and commerce.

Key Achievements & Milestones

- She has completed 52 years of work in the Malayalam film and television industry as a versatile performer.
- She won the Kerala State Film Award for Second Best Actress for her role in the 1974 film Swapnadanam.
- She has acted in over 60 films and is widely recognized for her ability to play both comedic and antagonistic characters.
- She received the Chalachithra Prathibha Award from the Kerala Film Critics Association in 2016.
- She successfully expanded into international business by establishing and operating an Indian restaurant in Doha, Qatar.



Her Motto

Hard work, dignity, and perseverance are the keys to lasting success.

Looking Ahead

Mallika continues to be a respected voice in the industry, showing others that hard work can overcome even the hardest personal trials. She remains dedicated to both her acting and her business ventures, proving that age and experience are great assets for growth.

Stitching a Legacy: How P. L. Valsalakumari Tailored a Multi-Crore Empire

P. L. Valsalakumari proves that courage is the most important capital for any entrepreneur. Growing up in a village in Alappuzha, she discovered her passion for entrepreneurship and financial independence quite early while watching her family run a small tea shop. While learning typewriting, she supplied utensils and furniture to local households on an installment basis to build her cash flow and gain autonomy over her finances.

However, the early years of her marriage in Cherthala were marked by immense financial strain. With her husband earning a modest daily wage and early livestock ventures failing due to disease and neighbours' complaints, Valsalakumari realised survival demanded a new plan.

The Path to Success

Starting over with just 1,000 rupees from the sale of a family cow, she purchased a sewing machine. This single machine, operated from a house that lacked even a proper access road, became the foundation of a multi-crore trading enterprise.

Though she did not know tailoring, she taught herself to stitch and deliver clothes door to door. She then transitioned to selling household appliances on installment plans, traveling by two-wheeler with her husband to deliver goods. Eventually, she obtained a business license and established M/s Sreejith Traders, which stands tall today as a symbol of her sustained effort and determination.

Key Achievements & Milestones

- Established M/s Sreejith Traders, growing it into an enterprise with an annual turnover of 10 to 15 crore rupees.
- Built a legacy of 40 years of consistent growth and stability in the trading sector.
- Fostered a compassionate workplace culture where employees affectionately refer to her as Amma.



Her Motto

No matter how difficult the path may be, the determination to reach the goal will take us there.

Looking Ahead

Today, with her son Mr. Sreejith, and her family's support, Valsalakumari continues to grow her business with utmost sincerity. Her journey from a house with no road to a regional retail powerhouse shows that dedication can overcome any hardship.

Threads of Success: The Story of Pankaj Mahesh

Great fashion often starts at home, born from a simple desire to create something beautiful for the people we love. Mrs. Pankaj Mahesh is a fashion designer and entrepreneur based in Coimbatore, Tamil Nadu. She is the founder of the brand ANYA, which she started back in 2009. Over the last 17 years, she has grown her business from a personal creative interest into a professional boutique that serves the whole family.

Conquering the Impossible

Pankaj was entirely self-taught when she began her journey in fashion. In the early days, she focused solely on creating personal outfits for herself and her daughter, but eventually faced the difficult task of transitioning from a hobby to running a professional boutique. The hard part was finding a way to mix old heritage arts with what modern customers actually wanted to wear. She also had to build a team of experts from the ground up to help her create her designs. She used her natural imagination and her love for vintage embroidery to find her style. By hiring specialized designers and cutwork experts, she turned her personal ideas into a business that could grow.

Key Achievements & Milestones

- She officially launched her professional fashion brand, ANYA, in 2009.
- She established a "noble trend" in the industry for ceremonial ensembles and designer sarees.
- She became a specialist in working with premium traditional fabrics, such as Banaras and Kanchipuram silks.
- She expanded the brand into a "one-stop shop" that provides clothing, jewelry, accessories, and footwear for every family member.
- She successfully built and managed an exceptional team of experts to bring her artistic visions to life.



Her Motto

Turning your desires into reality through the beauty of Indian tradition.

Looking Ahead

Pankaj uses the beauty of Indian tradition to help her customers celebrate their most important moments. She continues to look for new ways to blend vintage arts with modern style, ensuring that every piece her boutique creates is both unique and timeless.

The Formula for Trust: Parvathy S Pillai's Blueprint for Excellence

Parvathy S Pillai, the Director of Zi Aesthetics Pvt. Ltd., believes that the most resilient structures are built from the inside out. Based in Thiruvalla, she leveraged her engineering and management background to reinvent the dermatology landscape in Kerala. While the healthcare industry often prioritizes aggressive marketing, Parvathy chose the path of medical ethics and patient-centric care.

Constructing a Foundation of Trust

The early years of building Dr. Skin Clinic required the uphill task of identifying specialized dermatologists and earning patient trust in a highly competitive space. Parvathy designed and implemented robust processes that ensured every patient received consistent care. This patient-centric approach helped Dr Skin to grow from a single clinic into a network of 8 centers across Kerala over 12 years.

Key Achievements & Milestones

- Expanded Dr. Skin from a single facility into a thriving chain of 8 dermatology centers across Kerala over 12 years.
- Established a comprehensive 360-degree skin and hair care solution featuring some of the top dermatologists in the state.
- Cultivated an inclusive leadership model with a team of over 100 professionals, nearly 90% of whom are women.
- Developed a trusted brand identity known for high-quality and ethical dermatological care.



Her Motto

When systems are right,
outcomes will follow

Looking Ahead

Parvathy's business model has always focused on endurance rather than fast expansion. By establishing a comprehensive skin and hair care solution with the best dermatologists, she has earned credibility through results rather than promotion. Her 18-year-long journey reflects that real innovation is not about doing more but about doing the right things exceptionally well.

More Than a Job: How Cindy George Transforms Lives

Helping someone find the right job can transform not just their life, but their family's future. With this belief, Cindy George began her mission to uplift as many families as possible. After moving to Bangalore with her husband, George Ninan, who joined Hindustan Aeronautics Ltd., she explored various paths before choosing manpower recruitment. In 2005, she founded JobKraft and built a distinct space in an industry where few women had ventured. For Cindy, recruitment is not merely a business but a meaningful way to support those who need it most.

Carving the Road to Success

Cindy entered an industry that was mostly dominated by men and was often associated with financial scams. She did not have a business background to lean on, but she relied on her strong values and professional skills to carve out a niche for herself. One of her biggest early achievements was securing an Overseas Recruitment License, making her one of the first women in Karnataka to do so.

She remained personally involved, attending every recruitment interview herself. This ensured that jobseekers, especially from rural areas, were treated with dignity and matched carefully with suitable roles. She also mentored and groomed candidates, helping them gain the confidence to succeed.

Key Achievements & Milestones

- She founded JobKraft in 2005 and has now spent over 25 years in the recruitment industry.
- She built a reputation for integrity and sincerity in a field often known for profit-driven motives.
- Mentored and helped countless candidates from rural and underprivileged backgrounds get hired into stable roles.



Looking Ahead

Cindy views her work as a noble mission rather than just a typical business. She continues to lead her team with the same exuberant nature that first drew her to this work. For her, the success of JobKraft is not found in financial numbers, but in the joyful stories of the people she has helped find a better path. She remains dedicated to transforming the standard of living for underprivileged families through reliable and honest employment.

From Chalkboards to Digital Screens: Veena Goel's Vision for Modern Learning

Leading a school requires the ability to turn sudden global challenges into everyday lessons in resilience. Veena Goel does just that. She has been a pillar of the Delhi education sector since 1989. As the Principal of Apeejay School in Pitampura, she has spent the last 9 years guiding students and teachers through some of the most transformative times in modern schooling. Her journey is defined by a belief that a leader's job is to make transitions feel natural for everyone involved.

Toward the Modern Times

Adapting to frequent changes in the field of education is a constant challenge, and Veena has met it with a proactive mindset. The most significant test occurred during the pandemic, which demanded an immediate shift toward digitalization. This was not just a technical change but a human one, as it required training both staff and students to learn in entirely new ways.

Veena organized regular training sessions to help her team overcome hurdles and become familiar with the necessary technology. She stayed ahead of the changing needs of various age groups and ensured her school remained a place of growth even when the doors were physically closed.

Key Achievements & Milestones

- She has worked as a leader in the education sector for over 35 years, bringing a wealth of experience to her current role.
- She received the Delhi State Teachers Award, recognizing her as an outstanding educator.
- She led her institution through the sudden shift to digital learning, ensuring students and teachers adapted successfully to new technology.



Her Motto

Spreading happiness.

Looking Ahead

Veena continues to look for ways to enhance her students' educational experience in Delhi. She remains focused on proactivity as new trends emerge in the classroom, ensuring no child is left behind. Her goal is to ensure that her school is not just a place for academic learning, but a space where every student and teacher can find a reason to be happy.

The Heart of Somerville: Margarita Nalini Arul Raj's Journey

Teaching is about guiding a young minds with integrity and helping students see the world far beyond their textbooks. Margarita Nalini Arul Raj began her teaching career in 1984 at Loreto Convent School in New Delhi. She loved the daily interaction with children and spent nearly a decade there before her life took a new direction. When her husband, a military officer, took premature retirement, she joined Somerville School in Noida. This move brought her into a co-educational environment, which was a significant change from the all-girls school where she had previously taught.

The Path to Success

At Somerville, she was put in charge of the Economics Department because she had a master's degree in the subject from Bangalore University. She quickly realised that to keep her students engaged, she needed to connect the subject to the real world. She began using current topics from newspapers like The Economic Times in her lectures. Her goal was to empower her students to discuss national and global economics with their parents, and many eventually chose to study economics in college.

Her career continued to advance as she was appointed Headmistress and then, in 2006, the Principal of the school. Because she had worked her way up, she understood every part of the institution, from the students and teachers to the support staff. Under her leadership, the school achieved excellent results in Board exams and remained one of the best in the Delhi NCR region.

Key Achievements & Milestones

- Received the National Award to Teachers from the President of India in 2012.



Her Motto

Do unto others as you would have others do unto you.

Looking Ahead

Margarita remains committed to the idea that success is a team effort. She believes in taking her entire staff and support team along with her while leading with honesty. For her, the school is a community where everyone plays a vital role in helping students reach their full potential.

A Vision for Reform: Rita Benjamin's Path in Education

Rita Benjamin has spent nearly three decades building a career that spans the corporate world, high-level sports management, and academic leadership. With over 25 years of experience, she has established herself as a senior management professional and a motivating speaker focused on personality development and enhancing confidence. Her journey reflects how professional success can drive meaningful social reform.

Breaking the Barriers

Rita believes that the education sector must be reshaped and redefined to bring about the social changes our world needs. Throughout her career, she has been a strong advocate for critical issues such as population control and, most importantly, the rights and secured growth of the girl child. For her, education is not just about textbooks but about building the character required for individuals to thrive in a global environment. She has consistently worked to overcome professional hurdles, especially during high-pressure assignments, where her leadership was tested.

One of her most intense professional periods was serving as a senior official during the 2010 Commonwealth Games in Delhi. Based in the Games Village, she navigated many challenges and worked alongside high-level dignitaries and international teams from dozens of countries. Her ability to lead in such a visible, high-stakes environment helped cement her reputation for excellence.

Key Achievements & Milestones

- Served in senior management roles within the corporate sector for 25 to 30 years.
- Served as the Chairperson of Delhi University, contributing to the leadership of one of India's premier academic institutions.
- Developed a successful practice as a motivating speaker and guest lecturer focused on personality development.



Her Motto

The customer is the most important person in our premise & should always stand first.....as Gandhiji says.

Looking Ahead

Rita believes that effective service is the key to long-term success. She continues to advocate for the empowerment of young women, ensuring their growth is both secured and prioritized by society. Her goal is to continue using her platform to inspire others to work with integrity and a focus on serving the community.

Finding Light After Fire: Smitha Haridas's Story of Strength

Smitha Haridas grew up in a small village and attended a local Government LP school with very few resources. For years, her life revolved around marriage and motherhood, but when her daughter reached the fourth standard, Smitha decided to follow her true calling in visual media. She believes that we always find time for what we truly love, and for her, journalism and literature were essential parts of her identity.

The Courage to Begin

The transition from managing a home to reporting from the field was a significant challenge. Early in her career, she was tasked with covering a tragic railway accident that shook her deeply. Seeing the loss of life firsthand, especially that of a child, left her momentarily unable to speak. Through this, she learned to balance her natural empathy with the professional discipline required to tell a story clearly.

She also survived a traumatic fire incident while living abroad, a chapter that deeply affected both her and her daughter. Instead of holding on to fear, they chose to "paint their hearts with new colours," turning a painful chapter into a source of shared courage. Smitha's path proves that even after the most difficult trials, one can choose growth and happiness over defeat.

Key Achievements & Milestones

- She currently works as the Head of the Literature segment at 24 News Channel.
- She built a strong reputation as a newsreader with high viewer engagement.
- She gained extensive experience as a media professional during her tenure at Asianet News.
- She created a wide following on social media through her heartfelt and engaging poetry sessions.



Her Motto

Hard times can break us
or make us – the choice
is ours. I chose to
become happy.

Looking Ahead

Smitha remains a voice of integrity, showing that light can arrive unexpectedly even when everything seems dark. She continues to lead her life and career with the belief that love is the only universal language.

Building Ethical AI: The Vision of Maria Kuriachan

Maria Kuriachan's professional path began in India, where she was part of the very first batch of undergraduate robotics engineers in the country. This early start in advanced technology eventually led her to the United States. Today, she has over 10 years of experience and heads a vertical at a prominent Artificial Intelligence company. Her work is centered on a critical mission, ensuring that frontier Large Language Models (LLMs) are reliable, ethical, and safe for the world to use.

Turning Challenges into Wins

Maria's journey has been defined by the need to dismantle barriers, both at home and in the office. Early on, she had to navigate traditional family expectations to find the autonomy to pursue her own dreams. Once she entered the corporate world, she faced a new challenge: the "modesty" trap. While her upbringing rewarded restraint, the business world demanded boldness.

She overcame this by turning what others might see as a weakness into a strategic advantage. By using her natural ability to listen, she builds deep trust and empathy before stepping forward to lead with her ideas. She believes that since she could advocate for her dreams within her own family, she can certainly defend her strategies in a boardroom. This has allowed her to unlearn the habit of staying small and instead command the space needed to turn her visions into reality.

Key Achievements & Milestones

- She transitioned into a successful career in Big 4 technology consulting in the United States.
- She currently leads a dedicated vertical at a prominent AI firm focused on model reliability and safety.
- She serves as an intentional mentor, helping other women bridge the gap between their identity and their professional ambition.



Her Motto

You live life only once.
Live it fully and happily.

Looking Ahead

Maria focuses on pushing the boundaries of AI while acting as a bridge for the next generation of women in tech. She is committed to making sure that ambition and identity can exist together without compromise.

Journey to a Debt-Free Future: Bisini Nair's Story of Diligence

Bisini M Nair spent 13 years proving that an educator's discipline can build the financial backbone of a successful insurance firm. She is a professional in the insurance sector based in Ahmedabad, Gujarat. With 13 years of experience, she currently serves as the Director of Finance and Accounts at Raintree Insurance Broking Pvt. Ltd. She initially worked in the education sector before making a major leap into the insurance industry, which meant starting over with a steep learning curve.

Building a Secure Tomorrow

The early days of the organization were particularly demanding. Because the team was small, Bisini had to be involved in every aspect of the business while simultaneously raising her young children. To get through this, she committed to working long hours to set up the systems and processes that would eventually become the foundation of the firm. These structures were essential for the company's operational success and growth.

Her diligent management of the firm's accounts led to a significant milestone of achieving the status of a zero-debt company. This financial stability provided the secure platform needed to pursue even larger business goals.

Key Achievements & Milestones

- Successfully transitioned from the education sector to a leadership role in finance and accounts.
- Established the core systems and organisational processes that serve as the foundation of Raintree Insurance Broking.
- Achieved the status of a zero-debt company through careful and consistent financial management.
- Earned numerous awards from leading insurance companies for excellence in client servicing and premium growth.



Looking Ahead

Bisini remains focused on delivering value-driven risk management solutions based on an ethical advisory approach. She believes that there are no shortcuts to achieving lasting professional success. Her goal is to maintain the fiscal stability she worked so hard to establish while guiding her team toward new milestones.

Reaching for the Stars: Geeta Saseendran's 37-Year Journey at ISRO

Success in space exploration requires a level of focus that remains steady even when life presents its most difficult challenges. She has spent 37 years as a Scientist at ISRO. Based at the Space Application Centre in Ahmedabad, she has been a key contributor to the development of hardware for major projects, including the GEOSAT satellites and the Gaganyaan mission. Her career is a testament to her magical ability to balance her home and the world.

Conquering the Toughest Battles

Geeta faced the constant challenge of building hardware within strict time schedules for ISRO's various satellite projects. This often required her to stay at the office long after standard hours, even while she was raising her two children and caring for her mother.

In 2023, she faced her most difficult trial when she was diagnosed with breast cancer. She came through the treatment by maintaining a positive attitude and strong willpower, supported throughout by her husband and close friends. To stay healthy and fit, she makes time in her busy schedule for daily yoga and meditation, which helps her remain composed and meticulous in her work.

Key Achievements & Milestones

- She earned several promotions, culminating in her current senior management role as a Division Head.
- She received an award for presenting a technical paper at a Microwave Conference in India.
- She became a role model for her children, helping to shape their own personalities and career paths.



Her Motto

What the mind can conceive, it can achieve.

Looking Ahead

Geeta remains dedicated to her work in science and continues to update her professional skills to meet new challenges. She leads her division by keeping a focused mind and a positive outlook on every mission she undertakes.



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