



GLOBAL RESEARCH CONFERENCES 2023:

**‘BUILDING SUSTAINABILITY AFTER THE
COVID-19 PANDEMIC’**

Ignite Your Passion For Sharing Research

8th & 9th May, 2023

AT

King’s College, Cambridge, United Kingdom

CONFERENCE PROCEEDINGS



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CONFERENCES 2023:
‘BUILDING SUSTAINABILITY AFTER THE
COVID-19 PANDEMIC’**

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Venue

King’s College, Cambridge, United
Kingdom

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Conference Schedule

Sunday 7th May 2023

4pm	Hotel Check in. Attendees arriving early are welcome to enjoy the sites and beauty of Cambridge	Respective hotels
6.30pm	Network Dinner <i>The Fellows House Cambridge, Curio Collection by Hilton 33 Milton Road CB4 1UZ</i>	The Fellows House Cambridge

Monday 8th May 2023

9.30 am to 10 am	Registration & Refreshments	Saltmarsh Study
10am to 11 am	Inauguration	Beves Room
11am to 11.20 am	Morning Tea Break	Saltmarsh Study
11.20 am to 11.45am	Keynote Address	Beves Room
11.45 am to 1.15 pm	Session 1	Beves Room
1.15 pm to 2 pm	Lunch Break	Saltmarsh Reception Room
2 pm to 3.30 pm	Session 2	Beves Room
3.30 pm to 4 pm	Afternoon Tea	Saltmarsh Study
4 pm to 4.15 pm	Vote of Thanks	Beves Room
4.15pm to 4.30 pm	Photographs	Beves Room

Tuesday 9th May 2023

9.30 am to 10 am	Registration & Refreshments	Saltmarsh Study
10am to 11am	Session 1	Beves Room
11.am to 11.30 am	Morning Tea Break	Saltmarsh Study
11.30 am to 12 pm	Keynote Address	Beves Room
12pm to 1.30 pm	Session 2	Beves Room
1.30pm to 2.30pm	Lunch Break	Saltmarsh Reception Room
2.30 pm to 3 pm	Book Launch Special	Beves Room
3pm to 3.30pm	Afternoon Tea	Saltmarsh Study
3.30 pm to 4.30pm	Valedictory/ Award Ceremony	Beves Room

Message From Chairperson of Global Research Conferences (GRC)

On behalf of the Global Research Conferences team, we would like to warmly welcome all Speakers, presenters, participants, delegates, and attendees to this international conference held at King's College, Cambridge University. We would like to extend our deep gratitude for sharing all your hard work and diverse research, with the view of creating solutions to challenges that we are experiencing in contemporary life. The theme *Building Sustainability after the covid-19 pandemic* has been selected due to the global upheaval that we have been experiencing resulting from the covid-19 pandemic. This international conference is our way of working together to find positive progression and sustainability within a rapidly changing world.

The GRC 2023 is intended as a step towards a top-class conference on research and innovation post covid-19 with the endeavour to facilitate societal progression. It is our belief that these international conferences will provide a platform for researchers, scholars, members of academia and experts in their various fields to share their knowledge, with the aim of finding solutions to contemporary challenges. Together we will be able to explore the latest trends, meet like-minded individuals, share research on an international platform and take the opportunity to build global connections.

It is our belief that GRC 2023 will provide all with the opportunity to share their original research, exchange ideas and be inspired towards carrying out future research. In addition, we have an opportunity to broaden our diverse knowledge base with individuals travelling from all over the world to be present at this international conference.

In addition, we would like to extend our earnest appreciation to the Organising Committee members, the conference Advisory board and Review board members for their hard work, time, dedication, and support in contributing to this international conference in various capacities. We would like to thank all the authors that have submitted their excellent work to GRC 2023.

Let's continue to *“Ignite Your Passion For Sharing Research!”*

Yours Sincerely

Alan Hock

GRC Chairperson

Message From the Director of London Organisation of Skills Development (LOSD)

I am extremely happy to learn that Global Research Conferences is holding an International Conference at King's College, Cambridge University from 6th to 9th May 2023. The theme is very relevant for today's world Building Sustainability After the Covid-19 Pandemic. The world currently is very turbulent, we are facing many challenges that have been accelerated as a result of the covid-19 pandemic. Skill development during times of rapid change is of immense importance, as they provide individuals with the necessary tools to adapt to change and grow for the better.

London Organisation of Skills Development (LOSD) focuses on providing individuals with the opportunity to develop existing skills and learn new skills, so that efficient solutions to forthcoming challenges can be implemented swiftly. In addition, through the vast range of courses offered by LOSD, individuals can create a better quality of life for themselves and future generations within global nations. GRC is an invaluable component of helping to facilitate skill development through knowledge acquisition and dissemination on a global platform, attaining amicable solutions to challenges. I am

very grateful to the GRC team for the time and effort that they have put into creating a global platform through which researchers, academics, educators, students, and professionals in their areas can present unique research. It is an opportunity for us to learn from each other and find innovative ways through which we can help global societies.

I extend my greetings and felicitations to all those associated with GRC and wish this international conference all the successes.

Warm Regards

Prof. Dr. Parin Somani

Director of LOSD

Message From the King of Chhota Udepur

It is very gratifying to note that Global Research Conferences are hosting an international conference at King's College, Cambridge University on 6th to 9th May 2023. Organising such a prestigious event after the unprecedented covid-19 pandemic reinforces the objective of building sustainability after the covid-19 pandemic.

The timing of the conference is more than adequate due to the fact the world has re-opened and numerous challenges have become evident that need addressing. This can be achieved through novel research from within this international conference and exchange of ideas towards developments on a national and international level. I am sure that through the global platform that researchers, academics, and specialists in various fields within this conference, there will be an exchange of diverse ideas and collaboration for future research. I convey my warmest felicitations and greetings to the organisers of GRC 2023 and wish the participant's good luck. I send my best wishes for the success of GRC 2023.

Yours Sincerely,

Maharaja JaypratapSingh V Chauhan

King of Chhota Udepur

Message From the Queen of Chhota Udepur

I would like to extend my warmest well wishes to the success of GRC 2023 held at King's College, Cambridge University. The amount of hard work and dedication to bring together world class researchers, scholars, members of academia and individuals specialised in various fields is immense. We have been faced with several challenges in every field, and there is a need to face these challenges with educated solutions, which can only be implemented through research and innovation. Therefore, I am most grateful to GRC 2023, and all the individuals involved for organising this international conference. GRC 2023 has provided a platform for all individuals to come together, share novel research to find solutions to contemporary challenges. Through such initiatives societies globally can progress, therefore I commend GRC 2023 for this initiative. I hope that in addition to attending the international conference, you can experience the cultural and recreational activities mentioned on the GRC website within the Hidden Gems section. I know that the GRC team will make this conference memorable.

Warm Regards

Maharani Tanvirji J Chauhan

Queen of Chhota Udepur

Inaugural Chief Guest Speaker

Parul Begum

Life and Leadership Coach / International Best-Selling Author



Dr. Parul Begum is an international keynote speaker, award-winning life and leadership coach, and best-selling author. Dr Parul Begum has delivered thought-provoking keynotes to some of the industry's most prominent corporations and organizations, including Global Women Club London, Global Woman Club Accra, and Relationship Communication Group based in the United States,/. Dr. Parul champions the success of women and young girls who desire to build a sustainable life after harassment or abuse. As a Specialist Safeguarding Trainer. Dr. Parul serves as CEO and Founder of Arzaf Coaching Consultancy & Training Ltd, a global company that helps women who have experienced adversity in life, such as domestic violence, sexual abuse, or childhood trauma. Dr. Parul hosts a wildly popular podcast broadcast live on YouTube, Parul is the contributing author of the Amazon #1 best-selling book, *Strong and Free Vol2*. She has authored two eBooks: *Boost Your Confidence in 7 Days* and *7 Secrets to Unshakeable Confidence*.

Inaugural Speaker

Chehreh Dashti

Director and Practitioner



Chehreh Dashti is an independent prescriber practitioner and director of Cher cosmetic company.

She has been practicing aesthetic procedures for over 13 years as well as assessing and counselling individuals.

Chehreh Dashti has been given the opportunity to educate, encourage and make people feel better about themselves both mental and physical by applying relevant aesthetic procedures. She believes that everyone deserves to feel better and look their best regardless of their age.

Valedictory Chief Guest Speaker

Cllr. Sunil Chopra

Mayor of Southark



Councillor Sunil Chopra is the Mayor of Southark, he has lived in Southark for many years and became the first Indian Origin elected Councillor in 2010. He has been elected as the mayor of London Borough of Southark

for the second time in 2022 and represents London Bridge & West Bermondsey. Councillor Sunil Chopra has a compassionate nature, being involved in providing support to various groups and forums in the borough and is dedicated to community service. He is a businessman he holds the record of raising the most money ever through the borough's Mayoral Charity Appeal. He has strong ties between the UK and India and encourages Indian entrepreneurs and business people to invest into the UK. He also has business connections in Turkey, Djibouti and the Far East. Councillor Sunil Chopra graduated from the University of Delhi, BA LLB. He is founder trustee of the Southark Hindu Centre and appointed as Patron for BEDE.

Keynote Speaker

Prof. Dr. Parin Somani

Director: London Organisation of Skills Development



Prof. Dr Parin Somani is Chairperson of Global Research Conferences, Chief Editor of Global Research Journal, Independent Academic Scholar, TEDx Speaker, Educator, International Motivational speaker, Author, Writer, Banker, Humanitarian, Philanthropist and Multi-International Award Winner. She has achieved Eight

Doctorate degrees and has been recognised Five times in the World Book of Records, Twice in the India Book of Records, Asia Book of Records, Karnataka Book of Records and also in the Golden Book of World Records. With the aim to help global societies in the field of Education, Women Empowerment and Youth Development. Prof. Dr. Parin Somani has travelled to more than 117 countries around the world and has published 41+ educational papers, newspaper/magazine articles, 19 books and featured in 100+ videos, 177+ newspapers/ books for her amazing societal

contribution. During the COVID-19 pandemic she has helped to educate 100,000+ people globally through her Humanitarian work hence, invited to deliver her research at Harvard University and invited by Governors of different Indian States to discuss challenging issues to help global societies.

The Impact of Covid-19 on Education & Inequalities

Prof. Dr. Parin Somani has been travelling globally, to conduct research into the impacts of the covid-19 pandemic on global societies. Her Keynote address focuses on the impact of covid-19 on education and the inequalities that have been exacerbated as a result. Prof. Dr. Parin Somani has identified challenges pertaining to the following: financial stability, digital inequalities, gender inequalities, the necessity for skill development, associated stigmas and a rise in negative mental health impacts.

Through this keynote address Prof. Dr. Parin Somani will share her profound experiences and recommend the implementation of practical solutions. Her findings will help to facilitate societies globally towards taking a step to positive sustainable growth, despite future uncertainties. This will help societies to reside in the world post-covid-19.

Keynote Speaker

Prof. Hui Fang Huang

Professor with the Department of Education



Prof. Hui Fang Huang (Angie) Su, Ed.D., is a professor with the Department of Education at the Abraham S. Fischler College of Education and School of Criminal Justice. She was honored with the President's Distinguished Professor of the Year Award 2017-2018. Dr. Su is the creator of Project

MIND ® – Math is Not Difficult, a K-12 mathematics enhancement project currently being implemented in classrooms throughout the United States. She is the Past President of the Florida Distance Learning Association and the President of the Florida Association of Mathematics Teacher Educators (FAMTE). She is also a Florida mathematics standards framers and writers team member. Dr. Su has received numerous awards and recognitions, including the prestigious Presidential Award for Excellence in Mathematics and Science Teaching

from the National Science Foundation, the William T. Dwyer Award for Excellence in Teaching, Palm Beach County Elementary Mathematics Teacher of the Year, Walmart Teacher of the Year, State of Florida's Little Red School House Award for school principals (for Project MIND), and the Women of Distinction Award from the Soroptimist International. Prof. Hui Fang Huang (Angie) Su is assisted by: Dr. Jia Borrer.

Dr. Jia Borrer



Jia Borrer received her doctoral degree in Educational Leadership in May of 2012. Dr. Borrer serves as a faculty member at NSU's Abraham S. Fischler College of Education and School of Criminal Justice. She has over 20 years of classroom

teaching experience and holds National Board Certification. She teaches multiple courses in education at the Undergraduate, Master's, and Educational Specialist level in the areas of Curriculum and Instruction, Teacher and Educational Leadership, and Early Childhood Education. Areas of research include early childhood, elementary education, STEM education, teacher leadership, bullying, and emotional resilience.

STEM Research and Awareness

In this keynote address, we will discuss two critical areas of STEM research. Firstly, we will delve into teaching mathematics to preschool children with Autism. This research is crucial as it highlights the need to provide specialized education for children with Autism, who often face challenges in learning traditional math concepts. By exploring innovative teaching strategies using Project MIND -Math Is Not Difficult, we hope to promote inclusive and effective math education for children with Autism, improving their long-term academic and life outcomes.

Secondly, we will address the need for increasing STEM awareness among middle and high school female minority students. Despite the growing demand for STEM-related jobs, women and minority groups remain underrepresented in these fields. Our research aims to bridge this gap by promoting STEM education, providing mentoring opportunities, and offering access to role models. By encouraging young girls and minority students to pursue STEM education, we hope to create a more diverse and inclusive workforce to drive innovation and progress in our society.

In conclusion, this keynote address will provide valuable insight into two crucial areas of STEM research, particularly on promoting diversity and inclusivity in

STEM education. We aim to inspire educators, researchers, and policymakers to work together toward a more equitable and sustainable future by addressing the challenges and opportunities in these fields.

Martha Davidson



Martha Davidson is the founder of Mpowering Minds Now where her mission is to empower corporate leaders use Neuroscience leadership practices and inspire midlevel managers specifically in the STEM profession to accelerate their desire to own a seat in the executive suite utilizing neuroscientific leadership strategies. Currently less 5 % of African American Women in STEM rise to senior leadership and less than 25% of women in technology over-all are in leadership positions. She is Certified in Neuroscience Coaching and Leadership specializing in Unconscious Bias, Corporate Leadership Consultancy and Speaker focusing on Advocacy for women in Technology. She is an International Speaker and Author that is passionate in empowering others to amplify their purpose and superpowers with the brain in mind. She has over twenty-five years in Cybersecurity as a global leader and influencer for Fortune 100 companies in United States, the Royal Bank of Scotland and BCD Travel. Her mission is to empower 100,000 women to Empower Women in technology professions to thrive by 2024. She is a Google Women Techmaker Global Ambassador and DEI advocate Truist Women In Tech.

Sustaining Organizational Social Engagement Post Pandemic in Diverse Work Environments with Neuro- Leadership

Martha Davidson

Founder: Mpowering Minds Now

ABSTRACT

The COVID-19 pandemic has significantly transformed the dynamics of social engagement in work environments and has heightened the importance and awareness of the implementation of Neuro-Leadership practices. Neuro-leadership integrates the connection between the brain and effective leadership. It is an emerging leadership concept that promotes, emotional and social intelligence, empathy/compassion, decision making, cultural intelligence and inclusiveness building a cohesive, collaborative environment irrespective of physical work environments (in office, hybrid or remote). There is an emerging body of qualitative research that examines the intersection of neuroscience, social intelligence, and

social engagement both pre- and post-COVID-19. The objective of evaluating emerging qualitative research is to evaluate the influence of implementing Neuro-Leadership qualities post pandemic within an organization. Weigh how employees in diverse physical locations are socially engaged feeling connected and fulfilled with Neuro-Leadership engagement. Additionally, it examines how to implement leadership strategies post-pandemic that embodies the mission and culture of an organization's ability to implement sustainable social engagement policies. This research provides key insights for organizations to implement a leadership strategy that ensures success and employee well-being. Results have identified the following qualitative research studies: The Neuroscience of Empathy and Compassion in the Workplace by Mary-Frances Winters; Social Intelligence and Emotional Intelligence in the Workplace by Goleman, Boyatzis, and McKee; Social Engagement and Its Role in Workplace Culture by Rani Dhawan. My research documents varied findings and insights on the impact of Social Engagement post pandemic.

Keywords: Organization, Social Engagement, Qualitative research, Neuro-Leadership

Dr. Angelica Wagner



As the Founder of the Grace Center for Healing, Dr. Angelica Wagner has been a pioneer and global leader in creating profound life transformations of traumatic brain injury patients since 2009, when she almost lost her own vision due to a traumatic brain injury. Dr. Wagner incorporates cutting edge non drug brain techniques utilizing hertz frequencies of light, sound, orthomolecular nutrition, and essential oils to regenerate the brain. She holds a Diplomate Award in Addictionology, as a Doctor of Integrative Medicine, Bodytalk Pa Rama Practitioner, Eastern Medicine Practitioner and Access Consciousness Facilitator. Dr. Wagner has been awarded the top global neuroscientist in the world and is a top 100 Global Doctor. Angelica is the author of five books, including the best selling series “ Are You Ready for a Miracle ?” (™) and “Secrets of the Millionaire Mind” (™). Dr. Wagner has transformed lives in environments of schools, with veterans, with athletes, with the handicapped, in corporations, and in populations of incarcerated institutions. She has dedicated her life to healing, teaching and speaking on international stages to inspire, empower

and educate for the highest potential of a society struggling with the invisible wounds of mental health.

The Pharmacology and Neuro-Biology of Addiction in Japan

Dr. Angelica Wagner

Founder

ABSTRACT

Drug abuse in Japan began after World War II with three epidemics of methamphetamine abuse followed by solvent abuse. Adolescents are using over the counter and prescription drugs legally and dying as a result. Benzodiazepines are the second most prevalent drug after Meth addiction. With the emergence of the financial catastrophes due to Covid, in alignment with the Japanese culture of innovation, drive and hard work, the number of suicides in children will markedly increase over the next decade. This study aims to:

- To educate Japanese scientists of the future of drug use in this country.

- To educate Japan about the pharmacology of Meth, Cocaine and opioids from the past use.
- To educate Japan about the pharmacology of Synthetic Cannabis and its effects on the brain.
- To educate the audience of Japan about the pharmacology of Ritalin/ antidepressant drugs and the effects on the brain in children.
- To educate the audience about the Neurobiology of Brain Reward Cascade, its debilitating effects when harmed by drugs/alcohol and the cascade of destruction in integrative systems of the body as a consequence.
- To educate the audience that the combination of cultural pressures, legal, illegal drug use will cause long term harm, destroying the genius of this technologically advanced nation.

This study is conducted through a clinical trial with 100 people. Japanese culture is very competitive in educational study and work ethic. Long term effects have been found including societal, pharmacological, neurobiological and macro-economic.

Keywords: Pharmacology, Neuro-biology, Japan, Education

Aparna More



Aparna More has a degree in software engineering and she is passionate International Yoga Therapist by profession. With eight years of experience, Aparna More has been living and teaching Yoga. She lives with the staunch belief that “I am enough” to make this place a better one. The purpose of her life is to spread the beauty and magic of Yoga at National and International levels. Aparna More has a Diploma in Yoga education and a teacher’s training certification from the World Yoga Alliance. She contributes her efforts into helping people towards taking their longest journey – which is the journey inwards through Yoga. Aparna More is specialised in rekindling hope in cancer survivors, people with disabilities and helping people to start loving their lives again. She does this by helping these souls to connect with themselves. Aparna More is a recipient of the Best Yoga Therapist (2022) and an Indian Icon Women personality (2019) from Western India region for her contribution in the field of Yoga.

YOGA – a need of today and ASSURANCE of tomorrow

Aparna More

International YOGA Therapist

ABSTRACT

The rise in emotional and mental instability has become a major concern in many parts of the world, particularly after the coronavirus pandemic. Yoga has been identified as a medium through which physical and mental health challenges can be stabilised. The purpose of this study is to investigate the connection between Yoga and physical, mental, emotional, and spiritual health.

Yoga can be perceived as a combination of therapy, meditation, and exercise, connecting the self to overcome limitations linked to conditional thinking. It is a life science covering aspects of human life, relating the human body with the mind. It endeavours to establish a pathway for positive progression whilst maintaining the natural relaxed state of the body.

Upon physically performing the yoga positions or asanas there are numerous benefits including increasing serotonin levels and boosting mental clarity. Bending forward inculcates surrendering

activity, in contrast bending backwards opens the heart facilitating suppressed emotions to be cleared. In addition, pranayama reduces the rate of respiration and the heart rate, thus assisting individuals to reach mental stability. Internal cleansing techniques aids individuals to release stored emotions to make space for love & compassion within oneself.

This study has found that there is a strong correlation between Yoga, mental and emotional health. Yoga creates bespoke impressions over the mind and body, to awaken the infinite potential within the self. Further quantitative studies are recommended to establish a causal relationship and develop preventive measures going forward.

Keywords: Yoga, Mental Health, Meditation, Emotional health

Leena Patel



Leena Patel is *Founder and CEO* of Global entrepreneurial system GES one soul army certified by CERN & NASA. She is from Ahmedabad, Gujarat, India. Leena Patel's hard work and dedication had resulted in being awarded 19 International Awards and several Titles. In addition, Leena Patel is a Brand Ambassador at 4 International/National Associations, and she is a World Record Holder for being an EDUCATOR & EDUPRENEUR.

AI based Sustainable Electricity Generation (AI-SEG)

Dr. Leena Patel and Dr. Avani Dave

Founder and CEO

ABSTRACT

The global coronavirus (covid-19) pandemic resulted in humans taking a pause from their mundane lives. It has facilitated individuals to act in retrospect and react

thoughtfully to the new normal way of living on earth. In addition, they have started to think about how to share common resources due to the rise in cost of living. Electricity has played an important role in fuelling industrial, commercial, and household appliances. Simultaneously, it has contributed to the running of technology, social media, and communication equipment, which was highlighted during the lockdown period, as it was utilised to keep humans informed and connected. Not all energy generation techniques are sustainable, resources such as natural gases, coal, and nuclear resources used in electricity generation are limited. Therefore, finding sustainable alternatives for electricity generation, will help humanity greatly in future events like covid-19 pandemic. In conclusion, this work presents a cumulative analysis of sustainable alternatives through which electricity generation can occur, highlighting limitations and presenting novel AI-driven approaches to conserve different forms of renewable energy and use of them to generate electricity. Ultimately, we all look for the innovative dimensions of life-standard, to achieve and aspire with the goals of 5th industry revolution as well in the future.

Keywords: AI, Covid-19, Sustainable, Electricity

Wani Iris Manly, Esq



Wani Iris Manly, Esq. is a TEDx and award-winning Speaker on change, a business and IP lawyer, and a bestselling author. She's the founder of the speaking and global consultancy firm the House of Inspirational Business based in Paris, France, W. Manly, P.A., a boutique business and IP law firm, and Where Inspiration Meets Law®, which provides legal contract templates, resources, and education for entrepreneurs. Wani has 19 years of international business, corporate and IP law experience while working exclusively with C-Suite executives of multinational and public companies; including, but not limited to; Mastercard, Inc., Visa, Inc. and Office Depot, Inc., to name a few throughout her career. Wani is the bestselling author of *“Get Out Of SURVIVAL MODE And Live the Life You Really Want,”* and is best known for her daredevil move from Miami to Paris--- a city where Wani knew no one, not one word of French, without a Plan A, B or C, purely on following universal signs over the course of a year that led her to Paris, clearly demonstrating that if you're going to live life, why not live it daringly as an adventure. Wani's philosophy for success in life and in business is quite simple ---you are under zero obligation

to be the same person you were five minutes ago so change.

Change Is the Name of the Game for Building Sustainability After the Covid- 19 Pandemic

Wani Iris Manly, Esq

Attorney and Author

ABSTRACT

Change is name of the sustainability after the Covid-19 Pandemic. Yet as humans, we grossly fear change. In fact, at the end of 2021 Google Trends shows that people googled the “fear of Covid” and the “fear of change” at alarming and rivalling rates. That is how much we fear change. We fear it equally as death, resist and avoid it at all costs, even though change is the only constant in life. With the Covid-19 Pandemic ushering in a new world, we have no choice but to stop resisting change, we ourselves are being forced to change, at the risk of our very own survival and ability to thrive in this new technological advanced AI world. So then how do we stop our innate

resistance and fear of change and change now. This study aims to help people learn to change; we must change our negatively held perspectives and affirmation that change is hard. • People will learn to accept change is uncomfortable, and how to be comfortable with being uncomfortable amid change. • Help individuals towards acclimatising to this new change, their desire to change must be greater than their desire to stay the same. Our world as we knew it is gone. The only way forward to build sustainability in this post-pandemic world is for us to become the change this new world requires. Otherwise, we will remain stuck in the past, be made redundant and unable to forge ahead in this new world.

Keywords: Change, Sustainability, Covid-19, Learn

Kumkum Sheth



Kumkum Sheth is a *Director and Fashion Designer*. She founded Kiyana's wardrobe due to her passion for the world of fashion and design. She specialises in a broad range of fashion due to her vast experience dominantly in India, Dubai and Singapore. She focusses on fusing the Indo western cultures together through her designs and professional expertise. Kumkum Sheth gained her BCom from Delhi university and was awarded her master's degree MBA in marketing from NMIMS (Mumbai). Kumkum Sheth is captivated by the thought processes that go into designing an array of different garments and is inspired when clothes make cultural statements. Her flexibility in designing ethnic fashionwear led Kumkum Sheth to being awarded the Best Ethnic Designer of the Year 2021- 2022. She believes that the best designs are simple, yet amazingly adorned with smart crafted products and exquisite workmanship and skills from the city of Nawabs, Lucknow.

Fashion, Chinkankari and Society

Kumkum Seth

Director and Fashion Designer

ABSTRACT

Fashion is an important element of global societies and in many ways as it contributes to identity of individuals. The connections to culture and religion and facilitates individuals to represent themselves and express their individuality. Fashion comprises of an array of styles and is continuously changing through history to contemporary life. All individuals make their own fashion choices, whether it consist of following societal trends, imitating global icons, public figures, or role models. This was evident through the coronavirus (covid-19) pandemic when the use of personal protection equipment (PPE) became mandatory. To some extent masks started to become a fashion accessory, as people started to match masks with their clothes to make it look ‘trendy’ or wearing masks comprising of designs. Clothes are usually worn in line with societal rules and regulations; however fashion designing can be known to push societal norms. This study aims to understand fashion in the Pan-India focusing on Chinkankari works. Through research and personal experiences results have revealed the following:

Fashion and confidence, Individual beauty and comfort, Khaka the initial design and Empowerment. It is evident through the research conducted, that fashion is a means through which inner beauty can be highlighted suited to individual needs. Fashion has the ability to empower individuals to be themselves, be confident and glorifying their choices simultaneously bring cultures together.

Keywords: Fashion, Chinkankari, Society, Pan-India

Nurbanu Somani



Nurbanu Somani is a postgraduate researcher at Anglia Ruskin University, in Cambridge, exploring the therapeutic benefits of music to promote health and wellbeing in older adults with late onset of vision loss. She is passionate to connect with people and bring

joy into their lives by promoting music as an outlet for comfort and emotional expression.

Music-based interventions, wellbeing and vision impairment'

Nurbanu Somani

Research Student

ABSTRACT

Purpose: The purpose of the current scoping review study was to explore the therapeutic outcomes and strategies

used in music-based intervention studies aimed specifically at people with a Vision Impairment (VI).

Methods: This scoping review was developed according to the Joanna Briggs Institute methodology. The included research studies and literature included any persons with a VI that utilise music therapeutically as part of treatment intervention meeting the inclusion criteria with regards to the population, concept, and context. There was no publication language restrictions. Electronic database searched were, MEDLINE, EMBASE, CINAHL Plus, PsycINFO and Web of Science. Further searches included the reference lists of included studies and other grey literature. Descriptive statistical analysis was conducted to compare the research design, country/settings, intervention methods/materials and therapeutic outcomes related to music interventions.

Results: Results indicated, all eligible studies were conducted in settings that required travelling to external locations and have involved interventionist present in person during the intervention treatment.

Conclusions: The results from the scoping review are important to guide the development of more accessible and cost-effective future music interventions to improve wellbeing in people with a VI.

Vani Moodley



Vani Moodley is the Chief Executive at Vani Moodley & Associates (Pty) Ltd, a global Entrepreneurship, Management, Leadership and Employee Wellness training, consulting, coaching and development company. She has thirty years of experience in the respective sectors and has held national leadership positions in

various institutions (Independent Business Enrichment Centre, founded and directed Vuka Uzithathe-An Institute for Gender and Economic Development) and served on various boards including past chairman and founder member of Women Building our Africa Financial Services Primary Co-operative licensed by the Reserve Bank of South Africa, Past Vice President of the Durban Chamber of Commerce and Industry and Past Chairman (Durban) and member of the national board of Businesswomen's Association South Africa. She has travelled, networked, presented conference papers and trained in 28 countries and four islands in the world and has provided services to clients such as, Seda, The Dti, the GTZ (now GIZ), Oxfam America, The International Labour Organisation, The World Islamic Economic

Forum, the Government of Nigeria and The World Bank International Finance Corporation (IFC), Global training and development specialist and consultant for WORKPLACE OPTIONS, a global EAP (Employee Assistance Provider) training senior leaders, managers and executives for multi-national companies online and face to face.

She actively fosters international trade links between South African and global business.

Illuminating Truth to Turn the Tide

Vani Moodley

Chief executive and Trainer

ABSTRACT

Women leaders and entrepreneurs have made incredible strides in the business and corporate world, as a result, women have had a myriad of experiences in their growth process. Sharing these experiences will inspire others, facilitate introspection, enhance effective leadership skills and styles, and provide a preview on the future of women in leadership thirty years from now. Given that the World Economic Forum (WEF) in 2021 estimated that the world will take approximately 138 years to achieve gender

parity (exacerbated by GBV, patriarchy and the COVID pandemic), the future of women leaders and entrepreneurs is therefore a very significant topic to engage on and guide in this critical era. This study aims to draw comparisons and extract common themes, explore, and interrogate solutions to turn the tide for future women leaders and entrepreneurs, and explore scope for future research. Interviews with fifteen women in leadership positions from five countries are conducted as they share personal experiences. Research has also been conducted with women entrepreneurs and women leaders over the past thirty years. For true gender parity to be achieved, women leadership must be authentic, with unbiased reflection and introspection at multiple levels. This can be achieved in addition to addressing issues linked to GBV and patriarchy, key debilitating factors. There is a focus on the following factors: Real experiences, confronting fear with courage, admirable leadership styles, ethical and inclusive leadership, duty of care, bullying (by women against other women), mental wellness and optimal performance levels.

Keywords: Women leaders, Entrepreneurs, Skills, Gender

Dr. Michelle Nemec



Dr. Michelle Nemec is a change maker who not only changes those around her but reinvents herself through using mindset and EQ skills. All the way from Australia, Dr Michelle Nemec is a compelling and unforgettable speaker who is known for inspiring others.

As a Keynote Speaker, she has addressed audiences across several continents. She will soon have earned her sixth degree and her PhD investigated the role of emotional literacy in stakeholder wellbeing. She is an author and educationalist, a law graduate and MBA student as well as a marathon runner and ocean swimmer who will swim around the Greek Islands next year. Her experience in education, executive coaching and business set her apart as a lifelong learner and a person chasing adventures.

REBOOT, REBOUND AND RECOIL - THE ROLE OF RESILIENCE FOR INDIVIDUALS AND ORGANISATIONS IN THE COVID-19 PANDEMIC

Dr Michelle Nemeec

AtivateXL, Australia

ABSTRACT

This paper investigates the concept of resilience at personal, organisational and industry levels. The pandemic has made people feel vulnerable, out of control and repressed. Some industries have thrived and others haemorrhaged, needing to pivot and adapt to survive. Australia's geographic isolation has acted as a buffer and a point of differentiation from many other countries but did not provide immunity. Individuals have emerged from the COVID-19 with a different mindset, changed expectations about what they want from work and a

different outlook to life generally. Workplaces continue to be disrupted as worker sickness rates escalate, a phenomenon dubbed ‘quiet quitting’ takes hold as workers prioritise other parts of their life and the ‘Great Resignation’ decimates the intellectual and social capital within some teams and organisations.

To keep staff, companies need to adapt as workers have now placed a higher level of importance on their health and wellbeing and are looking for a sense of meaning in what they do as well as ways to feel connected and that they are giving back and feel involved in their community. This paper draws on research across multiple disciplines and argues that resilience at all levels, across disciplines and industries is required to thrive in the future. An industry-based model for sustainability-innovation-resilience is examined to help industries respond to megatrends and future pandemics. Within this model, industries are called upon to enliven their Corporate Social Responsibility (CSR), and career development for staff to support staff wellbeing, providing a path forward to a healthier approach to work and wellbeing.

Keywords: *Health, COVID-19 impact, Resilience, Workplace health promotion, Sustainability-innovation-resilience*

Yanick Séide



Yanick Séide, M.Ed, is the Founder and CEO of Chrysalis Women Empowerment. A Certified Master Coach, facilitator, mentor, international speaker, and member of the International Society of Female Professionals.

Yanick Séide, provides life and career coaching, guiding professional women to get clarity, discover their innate talents and strengths, to have the purposeful life and career they aspire to.

THE EXPERIENCE OF RE-ENTRY WOMEN IN GRADUATE SCHOOL

Yanick Séide

Founder and CEO

ABSTRACT

Education is important for the progression of society and skill development within employment. However, many women ceased their pursue of higher education due to various factors. The number of mature women returning to studies at the graduate level is growing in numbers. Before reaching the decision to pursue graduate studies they weighed in the impact returning to studies would have on the family life: financial constraint and change in lifestyle. This theory- based research focusses on women over the age of 40 years old and it sought to investigate the particular challenges that affect the experience of the women in this cohort, the support systems available to them, and how their experience as a graduate student could be improved. The research followed a humanist approach, and the guiding theory follows Maslow's theory of human motivation based on a hierarchy of needs. The findings of the research indicate the challenges most mutually shared were related to multiple roles, family obligations, and finances. The study also indicated that interaction with other students and faculty were important, however these interactions were not easily developed or sustained.

Keywords: Women, Graduates, Students, Theory of human motivation

Dana Bagnall



Dana Bagnall is the Founder and CEO of Making A Difference Because You Matter, LLC. She is a Certified *Holistic Health & Wellness Coach*, *Neuro-Linguistic Practitioner*, Bioenergetic Health Practitioner, and International Keynote Speaker. Dana is the Author of "Soulful Wellness Journey - Live Life Abundantly: A Collection of Soul Food Recipes Plant-Based & Gluten-free," which includes a curated collection of wellness tips, nutritional charts, recipes, and a playlist of soulful sounds. She has partnered with top Fortune 100 financial organizations, leading national healthcare associations, and women business owners to educate them on how health impacts women's wealth and the practical steps needed to become proactive-- resulting in a citywide focus on this timely issue. Dana is passionate about helping women over 40, and their loved ones heal from the inside out to release pain, stress, fatigue, trauma, depression, and anxiety, while energetically mastering their well-being so they can live more abundantly. She has facilitated the mentoring of college students who have experienced disadvantages and helped to bring success in

their advancement academically, emotionally, spiritually, and physically. Dana continues to bring her expertise in counselling and advising with the public and private sectors to the services offered in her health and wellness academy.

P.U.L.S.E: The Love Connection that Unifies & Sustains a Healthy Lifestyle with Purpose

Dana Bagnall

Holistic health and Wellness Coach, NLP Practitioner

ABSTRACT

Globally, healthcare systems and individuals are collectively looking for a way to unify and sustain a healthy lifestyle with purpose after the COVID-19 pandemic. Physicians and practitioners are exhausted, frustrated, and overwhelmed to meet the care of patients, administrative duties of E.H.R. coding notes, and patient satisfaction surveys. Patients feel that healthcare puts profit before the people, and they are not being heard nor getting enough time to meet their needs during doctor

visits. Consequently, studies show that physicians and practitioners feel depressed and anxious. The departure from the healthcare system to provide higher-quality care or pursue something else is rising. The search for holistic/lifestyle medicine practitioners that provide equitable, customized, individualized quality care to meet patients' needs is in demand. Making A Difference Because You Matter, believes the healthcare system's sustainability (economically, environmentally, and socially) begins with "taking your pulse" in three different ways. Through using a holistic and bioenergetic model with evidence-based, groundbreaking tools to help clients get to the root of their challenges and live healthy lifestyles with purpose. Recommended therapies focus on awakening and understanding what triggers are causing dis-ease in their lives (spiritually, emotionally, physically, environmentally, nutritiously, etc.). Secondly, it involves correcting cellular information distortions. Lastly, it helps to cleanse and protect their well-being. This study helps people reach the root of their health challenges faster, lowers costs, and fosters qualitative care service between practitioners and clients. Lastly, it provides collaborative wraparound services with clients, the community, and health providers.

Keywords: Pulse, Healthy lifestyle, Mental health, Healthcare.

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OVERVIEW

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