

POSITIVE DAY

NEWSPAPER

INTERNATIONAL
WOMEN'S DAY

A NEW VOICE
A VENTURE BY NIAA CREATIONS

MARCH
2023

PAGE 2 - SPORTS & ENTERTAINMENT PAGE 8 - HEALTHY LIFE PAGE 10 - PERSONALITY OF THE MONTH

INTERNATIONAL WOMEN'S DAY MARCH 8

International Women's Day (8 March) is a day for us to join voices with people around the world and shout our message for equal rights loud and clear: "Women's rights are human rights!"

**WOMEN RIGHTS
ARE
HUMAN RIGHTS**

It's a time to celebrate the achievements of women, whether social, political, economic or cultural.

We have come a long way. Whereas once women couldn't vote, we're now leading countries. While we once faced restrictions on where we worked, we're now running corporations.

International Women's Day (IWD) is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

It began in New York City on March 8, 1857, when female textile workers marched in protest of unfair working conditions and unequal rights for women. It was one of the first organized strikes by working women, during which they called for a shorter work day and decent wages.

The theme for International Women's Day 2023 is

**'CRACKING THE CODE:
INNOVATION FOR A GENDER
EQUAL FUTURE'.**

EQUALITY



SPORTS AND ENTERTAINMENT

SPORTS

MADHYA PRADESH WINS SENIOR WOMEN'S NATIONAL HOCKEY CHAMPIONSHIP

Hockey Madhya Pradesh was named the winner of the 13th Hockey India Senior Women National Championship in 2023 after defeating Hockey Maharashtra 5-1 in the championship game in Kakinada, Andhra Pradesh.

Diksha Tiwari converted two early on in the game as Hockey Madhya Pradesh used penalty corners to defeat Hockey Maharashtra in Sunday's 26th Feb. 2023 Final.

Hockey Maharashtra had a chance to win with just a few seconds left thanks to a goal from Lalrindiki (25'), but Manmeet Kaur (38'), Preeti Dubey (42'), and Aishwarya Chavan (42') scored for Hockey MP to clinch the title.

MP coach Paramjit Singh was delighted with the victory.



C
H
A
M
P
I
O
N
S

She said, after they lost in the quarter-finals last year in Bhopal, they focused on the skills of a few players to help them in set pieces, namely Diksha Tiwari's penalty corner hit and they also shored up their defence. They also worked on building great chemistry within the team and changed their defence pattern. They played with three deep defenders instead of two, which worked perfectly for them throughout the championships.

ENTERTAINMENT

BACKSTREET BOYS TO PERFORM IN INDIA AFTER 13 YEARS

BACKSTREET BOYS DNA WORLD TOUR

History will be made again, as the iconic boy band Backstreet Boys will bring their DNA World Tour to India in May. The band is returning to India after 13 years.

According to a press release, the Backstreet Boys: DNA World Tour in India will be a two-city affair, making its first stop in Mumbai, followed by New Delhi. In the India leg, Backstreet Boys will perform at Jio World Gardens, Mumbai on May 4 and Jawaharlal Nehru Stadium, New Delhi on May 5.

"AJ McLean, Brian Littrell, Nick Carter, Howie Dorough and Kevin Richardson have been enthralling fans across the globe for over three decades and are expanding their massive world tour to India on popular demand.

"The DNA World Tour celebrates their rich history of flawless choreography, harmony-laden vocal prowess and an arsenal of mega-watt hits such as 'I Want It That Way', 'Everybody (Backstreet's Back)' and 'As Long As You Love Me', along with the latest hits from their recent album 'DNA' including 'Don't Go Breaking My Heart', 'Chances' and 'No Place', amongst others.

Backstreet Boys will perform at Jio World Gardens, Mumbai on May 4 and Jawaharlal Nehru Stadium, New Delhi on May 5.



Fashion

A VETERAN BRIDAL FASHION DESIGNER- HEENA PARAG MODI



HEENA PARAG MODI

AQUARIANS BRIDAL
(FOUNDER)

Heena Modi, CEO Of Aquarian's Bridal, Zeal Inc. started her journey at a very blossoming age of 16. The idea of pursuing a career in Fashion Industry was encouraged by her elder sister.

With her family's support, she developed her Business. During her long journey she decided to help many people in pursuing Fashion as their careers. As a Chief Member of Surat Chambers of Commerce, Heena is often invited in lot of events as a speaker to share her immense knowledge about Textile and Fashion Industry, International Level, and also Usage of Technology in Fashion Industry.

She extended her Business Tie Ups in Countries like UK and Dubai. Her business instincts always drove her for setting up a manufacturing unit in Surat and increase employment and career opportunities for the local people. She is very promising entrepreneur to deliver International Quality work being in Surat, Gujarat. She looks forward to wrap her future in success by showcasing her Talent in Fashion Industry and representing Gujarat on International Platform.

In order to help Budding Talents cope with current competitive scenario in Fashion Industry, she has started Gala Tours and Events with the help and support of Mr. Malik and Prity Desai.



Beauty Care

BINITA DESAI- MEN'S SKIN HEALTHCARE TIPS



DR. BINITA M. DESAI
COSMETOLOGY (SKIN AND BEAUTY) MDAM

COS-METICA Beauty Spa UNISEX SALON
SKIN - HAIR - BEAUTY - NATUROPATHY & HERBAL CLINIC

Men's skincare is no longer limited to herbal soap and aftershave. Men should begin taking better care of their skin than just washing it with soap. Skincare is an essential component of self-care and love.

Starting a skincare regimen for men is never too late. Why should girls have all the fun with skincare when men must also take care of their skin? The most fundamental routine for Men's Skin Care is as follows:-

WHY SHOULD GIRLS HAVE ALL THE FUN WITH SKIN CARE

2) SPF:

No matter the situation, wearing a good sunblock is essential whether you're inside or outside.

1) CLEANSE:

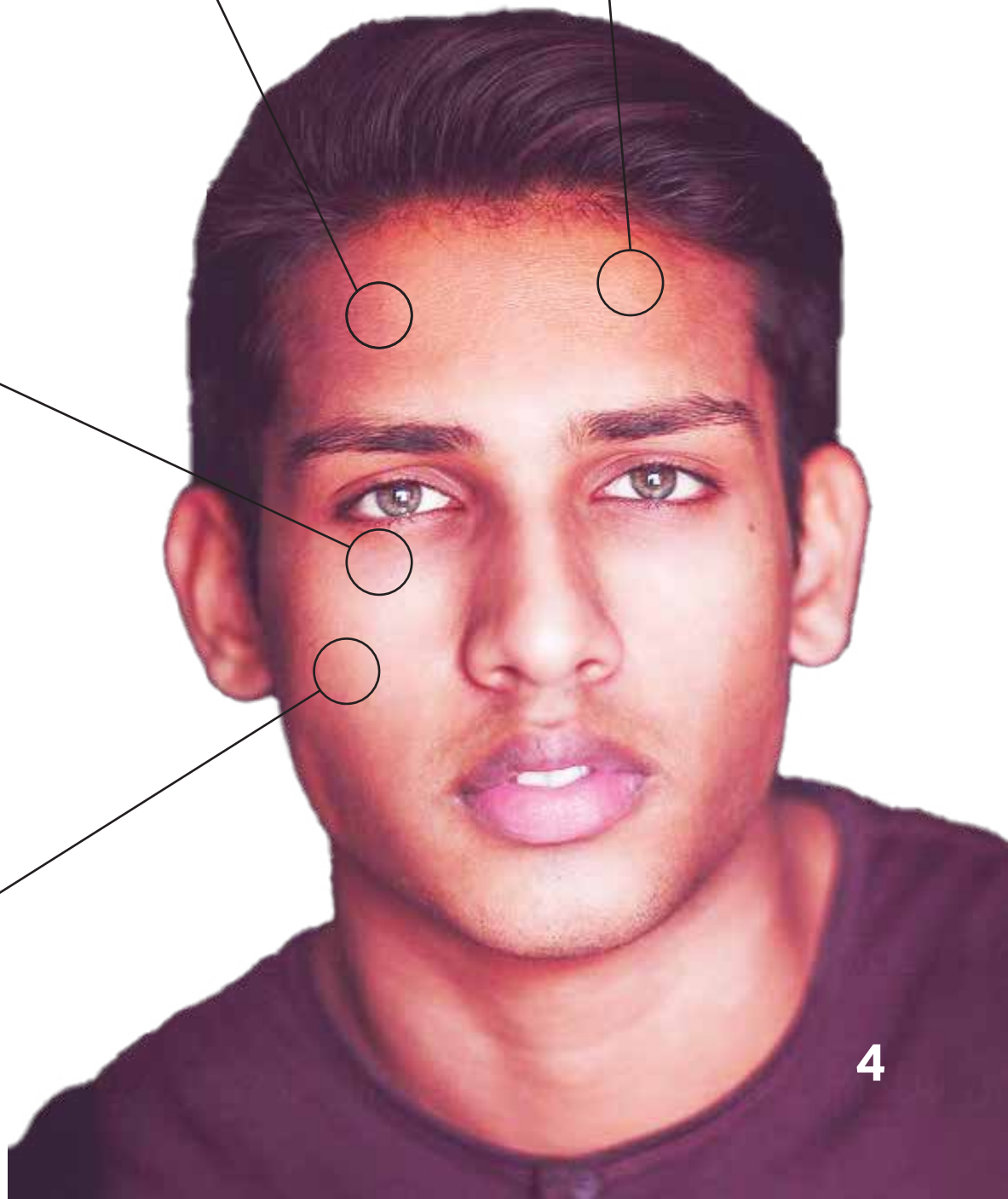
Men need to wash their faces every day, with a product made specifically for your face, not to mention the extra oil and dead skin cells that naturally build up on your face.

3) MOISTURISER:

Moisturising is the final but not the least significant step in a skincare regimen. It preserves your natural moisture levels, so you can incorporate it into your routine based on your skin type. If you have oily skin, you can use a gel or matte texture.

4) SERUMS:

It can be added to address specific concerns or needs. Active ingredients such as hyaluronic acid, vitamin C, and retinol can be combined with the basic steps.



Nutrition and Book Review

WHAT IS DIABETES?



SHWETA GARODIA
CLINICAL NUTRITIONIST AT UNISN HEALTH CHECKUPS & DIAGNOSTIC CENTRE

We've all heard of the disease, but let's really understand it. This is the first part of our series Deconstructing Diabetes with Shweta Garodia – a leading Clinical Nutritionist from Surat city.

You get diabetes when one of these things happens in your body.

A) The pancreas doesn't produce enough insulin, or when

B) The body cannot use the insulin being produced.

WHAT IS INSULIN?

Insulin is a hormone that regulates glucose levels in our bodies. Contrary to popular belief, Diabetes can be prevented if we follow a healthy lifestyle that includes a good diet and an exercise regimen followed religiously. Diabetes has less to do with your sugar intake and more to do with the kind of life you lead. A person with a sedentary lifestyle is at a higher risk of getting Diabetes.

A Diabetic patient has to take certain precautions and keep the following things on hand at all times in case of a medical emergency –

1) Home blood glucose monitoring kit (Glucometer):- Regularly check your blood sugar levels.

A Diabetic patient has to take certain precautions and keep the following things on hand at all times in case of a medical emergency –

1) HOME BLOOD GLUCOSE MONITORING KIT (GLUCOMETER):-

Regularly check your blood sugar levels.



2) KETONE KIT:-

Home ketone test kit can be used to check ketones in your urine or blood. (Normally, the cells in your body use glucose (sugar) from your blood for energy. If your cells can't get enough glucose, your body breaks down fat for energy instead. This produces an acid called ketones, which can build up in your blood and urine.)



3) EMERGENCY SUGAR SOURCES:-

In case of a sudden drop in blood sugar levels, one should always carry glucose tablets, sugar candies or Fruit juices.

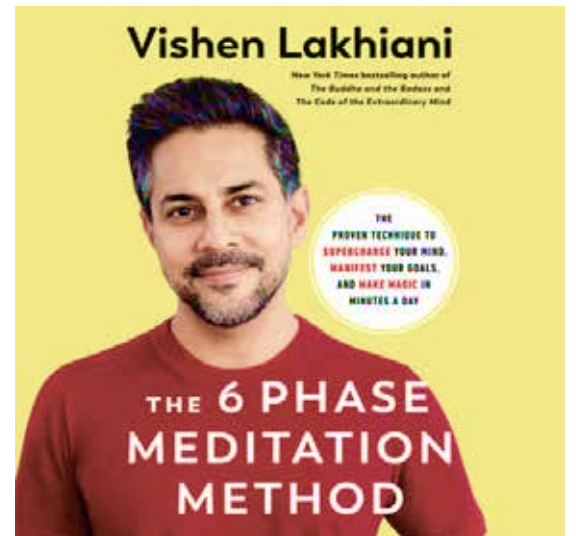


4) ALWAYS CARRY A MEDICAL ALERT IDENTIFICATION CARD:-

Always carry a Medical Alert Identification Card,– including your Name, Contact Number, Address and Medical Condition.



BOOK REVIEW



ZERO BULLSH*T MEDITATION: THE 6 PHASE MEDITATION METHOD

Vishen Lakhiani. is a Malaysian entrepreneur, author, and motivational speaker, of Indian descent. He is the founder and CEO of Mindvalley and the author of two books: The Code of the Extraordinary Mind and The Buddha and the Badass.

In Vishen's The 6 Phase Meditation Method book he has described about meditation program as a beautiful step-by-step guide that artfully combines gratitude, manifestation, and emotional mastery into a few minutes per day.

Aiming to hack meditation and create something that would allow the meditator to "level-up," on a daily basis, in each of these 6 areas, he has designed this incredibly powerful, 18-minute 6 Phase Guided Meditation. This meditation not only greatly enhances your brain power and emotional state, but completely transforms you – both consciously and unconsciously. It isn't about clearing your mind, it's about ENGAGING your mind and manifesting abundance in every aspect of your life. The book guides you through creative visualizations, mind exercises, and the following six phases to help you uplevel as your meditation practice (and your life): First 3 phases are the pillars of Happiness

1. Connection
2. Gratitude
3. Freedom from negative charges/forgiveness

Next 3 phases are pillars of Vision

4. Creative visualization
5. Intentions for the day
6. Blessing

Happy Life

PREDICTIONS ON THE STATE OF THE WORLD IN 2023 - BY DHARMIKSHREE JANI



DHARMIKSHREE ASTROLOGER & SPIRITUAL GUIDE

Dharmikshree predicts there will be a huge recession in Western countries from the beginning of 2023. The United States of America which keeps changing its foreign policy might experience job shortages and a lack of employment opportunities. This will come amid mass lay-offs in big corporations.

Coming to the topic of the Russian – Ukrainian war Dharmikshree predicts that with time the situation will become neutral and the reason will be the recession in the developed countries. This will bring the war to a halt. The Russo-Ukrainian will ultimately end and things will be peaceful again.

A land dispute between China, Vietnam and India will arise.

There will be a significant shortage of water and this problem will especially be prevalent in African countries where people will yearn for water.

Overall focus on savings and positivity to ride out 2023.

Dharmikshree Astrologer & spiritual guide – +91 9979729764. Save contact so we can add you to our spiritual broadcast.

CONTACT GURUJI ON WEBSITE -
[HTTPS://WWW.DHARMIKSHREE.ORG/](https://www.dharmikshree.org/)

WRITING ARTICLES FOR -
DIVYA BHASAKAR
TV 9

EXPERT IN
FACE READING
HOROSCOPE READING
PALMISTRY
ALL PUJA VIDHI

NIKKI NI KAVITA



BEING A SUCCESSFUL MOTHER IS NOT ABOUT BEING PERFECT, BUT ABOUT LOVING AND SUPPORTING YOUR CHILDREN UNCONDITIONALLY, AND GUIDING THEM TO BECOME THE BEST VERSIONS OF THEMSELVES.

SEEING MY CHILDREN EMBODY THE VALUES I HOLD DEAR, IS THE GREATEST SIGN OF MY SUCCESS AS A MOTHER.

તમારાથી છૂ જતા રડી પડી,
જાણે કેટલીયે લાગણીયો ઉભરાઈ પડી.

ધ્યાન એટલું રાખ્યું મારું,
તમારા પ્રેમ ની સામે હું ઝાંખી પડી.

સમય આપી જીત્યું મન મારું,
મારા સંસ્કારોની મને ઝલક મળી.

સ્ત્રી મને ગમતી છેક પ્રવૃત્તિ સાથે મારી,
સ્ત્રેજા ને સરસ મજાની ઠંડક મળી.

થઈ ગયા મોઢ બાળકો મારા,
દિલ ને પાકી આજે સમજ પડી.

જે આપીએ પાછું ચોક્કસ થી મળે,
એ વાત એકદમ સાચી પડી.

આભાર તમારો તમારા કારણે,
આજે હું એક સફળ 'મા' ને મળી.

<https://nikkinikavita.com/safal-ma/>

Happy Place EARTH ARCHITECTS



**ABHISHEK PATEL
EARTH ARCHITECTS
(FOUNDER)**

Interior design plays a significant role in every person's life. It may be overlooked most of the time but its importance has an impact that more and more people appreciate these days. It introduces people to beauty, relaxation, and modernism. Interior design is an important technique that is given a high attention all over



the world nowadays. People's interest in having a nice and attractive design for private and public buildings is increasing. This shows the importance of interior design nowadays.

One such Pioneers in the field of Architecture are, Consulting Architects and Interior Designers, Earth Architects, based in Surat, Gujarat.

Earth Architects focuses on your #HappyPlace and have made such kitchen areas, where random talks, food and experimentation are the source of connecting. It also focuses on specially designed living rooms where spending leisure time is considered time, well spent. They have precisely worked for bedrooms that gives everlasting memories.



STORY TELLING SESSIONS IN AVADH UTOPIA



As rightly said, by Robert McKee

Storytelling is the most powerful way to put ideas into the world today.

Storytelling is the oldest form of teaching. It bonded the early human communities, giving children the answers to the biggest questions of creation, life, and the afterlife.

Stories create magic and a sense of wonder in the world.

Storytelling is a unique way for kids to develop an understanding, respect and appreciation for other cultures, and can promote a positive attitude to people from different lands and religions.

With reference to the same power-pack concept, Avadh Utopia with NIAA Creations, brings world of Stories, Reading, Books, Imaginations and number of activities for our Little Utopians.

**WORKSHOPS ARE HELD ON
EVERY SATURDAYS FROM 5-6
PM, FOR THE AGE GROUPS OF
6 TO 12 YEARS.**

**FOR REGISTRATION CALL~
7069077393**



**PINAL PATEL
NIAA CREATIONS
(FOUNDER)**

#HAPPY PLACE

Healthy Life

SHIVDEEP CYCLES: A STORY OF GROWTH AND SUCCESS IN SURAT



**MR DIPEN AND NAREN GOSWAMI
OWNER OF SHIVDEEP CYCLES**

Shivdeep Cycles is a well-known name in the world of bicycles in Surat, India. The company has come a long way since its humble beginnings, growing into a successful business that provides quality bicycles to its customers. Let's take a closer look at the growth of Shivdeep Cycles in Surat.

FOUNDING AND EARLY DAYS

Shivdeep Cycles was founded in 1991 by Mr Pratap Goswami, a young entrepreneur passionate about cycling. He started the business with a small shop in Surat that sold basic bicycles and spare parts. At the time, the bicycle market in Surat was highly competitive, with many established players dominating the market.

However, Mr Pratap was determined to succeed and focused on providing quality products and excellent customer service. He ensured his shop had a wide range of bicycles, including high-end models and accessories, which set him apart from his competitors. Shivdeep Cycles is the only store in Surat which sells bicycles of up to 12 Lakhs. Their premium, high-end models brought the world of competitive cycling to Surat.

EXPANSION AND GROWTH

As Shivdeep Cycles began establishing itself in the Surat market, Mr Naren Goswami (Pratap Goswami's elder son) saw an opportunity to expand their business. He opened a second store in a different part of the city, which proved successful. The new store was more extensive and modern than the first one, quickly becoming a popular destination for cyclists in the city.

Encouraged by this success, Mr Naren Goswami continued to expand his business. The company also started manufacturing its own bicycles under the Shivdeep brand, which were known for their quality and affordability. Their efforts aimed to create a fitness community in Surat that regularly participated and engaged in high-octane cycling events—boosting the overall health and fitness of the city. They also have one of the most extensive distributorship networks and take part in consulting other upcoming brands on how they can reach their target audience and establish themselves in the market.

Today, Shivdeep Cycles employs a team of experienced professionals passionate about cycling and dedicated to providing excellent customer service. They also cater to the needs of professional athletes and have served more than 7500 customers to date.

FUTURE PLANS

The company has come a long way but is not content to rest on its laurels. Mr Dipen Goswami (Pratap Goswami's younger son) has ambitious plans for the future, including expanding the company's reach beyond Surat and other parts of India.

To achieve this, they invest in new technology and marketing strategies to increase their brand awareness and attract new customers. They have also started a completely new and unique initiative called 'picknfix', which will assist people in having all their cycling needs met right at their doorstep. No more waiting for days to fix a puncture or oil a squeaky hinge. This speedy new service will pick up your cycle – fix it, and bring it back to you all shiny and new.

No other cycle provider in India offers this convenient and reliable service. Although the service is already available, the company is developing an app to make this service even easier to access. This is the best time to buy a shiny new bicycle for yourself or your loved ones from Shivdeep Cycles.

**-SHIVDEEP CYCLES WAS
FOUNDED IN 1991 BY
MR PRATAP GOSWAMI.**

**-THEY ALSO CATER TO
THE NEEDS OF PROFESSIONAL ATHLETES
AND HAVE SERVED
MORE THAN 7500
CUSTOMERS TO DATE.**

**-THE COMPANY IS
DEVELOPING AN APP
TO MAKE THIS SERVICE
EVEN EASIER TO
ACCESS.**

Happy Life

CONTROLLING YOUR CONSCIOUS MIND WITH NIRAJ VIRADIYA

Once, a boy asked me, “Please explain what the subconscious mind means?” so I asked him, “Do you know what the conscious mind means?” He had no answer. Around 90% of people can’t control their conscious minds. At any given time in the day, we will be busy with our work or doing something or the other and realise that we have forgotten to breathe or that our breaths are really shallow.

This is just one of the many examples that our conscious mind is not controlled. Over the course of the day, a myriad of thoughts plague our minds: “What do I eat?, What do I watch? What do I say?”. and even if its not what we should be doing at that time we are unable to get our thoughts into control because they give us gratification and humans instinctively run towards instact gratification which is why we get addicted to reels and social media.

Once we learn to control our conscious minds we can then move on to unlocking the power of our subconscious mind. Until then let’s stick with working on ourselves.



THE INDIAN RUG IS BRINGING SKILLED INDIAN CRAFTSMANSHIP TO THE FOREFRONT OF THE MARKET



RISHITA LUNAWAT
SHELI LUNAWAT

In recent years, there has been a growing movement in India to support and promote the work of skilled craftsmen and artisans. This movement, supported and aided by The Indian Rug, aims to preserve traditional craft techniques and promote their continued use while providing economic opportunities for those practising them. They specialize in handmade tufted carpets.

The Indian Rug was founded by two young entrepreneurs who are passionate about preserving India’s rich textile heritage. They recognized the value of traditional craft techniques, such as tufting, and saw an opportunity to create high-quality, handmade carpets that could be sold to a global market.

Tufting is a technique that has been used in India for centuries. It involves weaving yarns through a backing fabric to create a dense, plush pile. The technique requires a high level of skill and precision, as the tufts must be evenly spaced and tightly packed to create a durable, long-lasting carpet.

The Indian Rug works with skilled craftsmen who use wool sourced from New Zealand to create carpets that are not only beautiful but also sustainable and eco-friendly. By supporting these craftsmen and promoting their work, the company is helping to preserve a traditional craft that is in danger of being lost.

The company’s dedication to supporting local craftsmen has earned it the respect and admiration of many in the industry. Their designers are based in Barcelona, giving their configuration a dynamic, global touch that focuses on amalgamating Indian skills with international designs.

Currently, they are working on multiple high-profile projects in Surat, which will surely put them on the map in the market. Browse around their website and reserve your pick.

THE INDIAN RUG WAS FOUNDED BY TWO YOUNG ENTREPRENEURS WHO ARE PASSIONATE ABOUT PRESERVING INDIA’S RICH TEXTILE HERITAGE.

THEIR DESIGNERS ARE BASED IN BARCELONA, GIVING THEIR CONFIGURATION A DYNAMIC, GLOBAL TOUCH THAT FOCUSES ON AMAGAMATING INDIAN SKILLS WITH INTERNATIONAL DESIGNS.

Personality of the Month

CAPTAIN MEERA DAVE: A VETERAN OFFICER OF THE INDIAN ARMY AND A BEACON OF HOPE & POSITIVITY



CAPTAIN MEERA SIDDHARTH DAVE VETERAN OFFICER OF INDIAN ARMY

Meera Siddharth Dave was a captain in the Indian Army and specialised in Human Resources and Supply Chain Management. She was born and brought up in Gujarat, joined the force in 2005 and retired from her position in 2011. Being a woman and a Gujarati woman in the armed forces was rare at the time and continues to be today. Inspiration struck Meera Dave to join the Army when she saw a uniform-clad female captain and felt a calling to wear the uniform herself one day.

As she mentioned in her interview with One India, only a tiny portion of the people in the army hail from the state of Gujarat. She had an innate desire to represent her birthplace at a place that would make it proud.

Captain Meera Dave is a shining example of not only a conscious and responsible citizen but also a proud female who chose to represent her gender among the highest strata of society; the Indian Army. She didn't think of herself as weak or lesser than others. She didn't think of her femininity as a liability and proved that she could do anything a man could and more.

We feel proud to share her story with you this international women's day.



Healthy Life

TAPI FOODS

INDIA'S FIRST SOLAR FOOD PROCESSING INDUSTRY.

Tapi Fruit Processing Limited (TFPL) is one of the leading manufacturers of jelly-based fruit products started in 1999 by its founder director Ghanshyam Lukhi as a Proprietorship firm namely Tapi Food Products.. The company has its presence in PAN India along with exports to the USA, Canada, Gulf, UAE African countries, Australia and New Zealand. TAPI is a conceptual name that derives from its initial T-Towards, A-Agro, P-Products, and I -Innovation and holy river name Tapi of Surat city.

TAPI has a clear vision to generate employment of 1000 people and 1 million metric tonnes fruits and vegetable processing by 2030 providing rural employment. The company provides its products across 28 states and Union Territories in India, through the wide-spread network of 60 super-stockist.

Tapi Foods is honored to introduce themselves as India's first solar food processing industry. Having 10 Scheffler Dishes, they are able to generate free of cost steam for their processes.

TAPI FRUIT PROCESSING PRODUCT RANGE INCLUDES CANDIED, CRYSTALLISED, AND GLAZED FRUITS, FRUIT BAR, FRUIT JELLIES, FRUIT JAM & FRUIT LEATHERS, CHUTNEY & SAUCES, BEVERAGES, FRUIT CRUSH, FRUIT SYRUPS, AND NUTRACEUTICAL PRODUCTS SUCH AS VITAMIN GUMMIES.



ATUL BAKERY

ATUL VEKARIYA
FOUNDER



The idea of Atul was drafted first in the humble beginnings of 2007 when two people had dreamt of recreating the blithesome experience of freshness that one seeks in a bakery. Ever since its first shop was opened, Atul Bakery has welcomed customers from all walks of life. Serving freshly baked products likes cake, breads, cookies, pastries, namkeens etc. with a smile has been its motto since the beginning. Spreading sweetness through yummy cakes, biscuits, snacks, and more has always been part of Atul Bakery's vision.

On the occasion of Republic Day of 2007 the founding bricks of Atul Bakery were laid. As an ISO 22000 certified company, Atul Bakery has won awards of excellence such as the Guinness Book of World Records and Golden Book of Records.

Slowly spreading its presence across the nation, Atul Bakery has successfully opened 230+ outlets delivering the promise it was established to fulfil.

ATUL BAKERY HAS SUCCESSFULLY OPENED 230+ OUTLETS DELIVERING THE PROMISE IT WAS ESTABLISHED TO FULFIL.



FRESHNESS
BAKED



Positive Place

WAYS IN WHICH HOME FURNISHINGS CAN HELP ELEVATE YOUR HOME



Home furnishings are crucial in creating a comfortable, functional, and aesthetically pleasing living space. From furniture and décor to lighting and accessories, each home furnishing element adds to a home's overall ambience. Not only do they enhance the beauty of a living space, but they also have practical benefits that can improve our quality of life.

One of the most significant benefits of home furnishings is their ability to create a welcoming and comfortable environment. Well-chosen furniture and décor can make a home feel warm, inviting, and cosy. They can also reflect the homeowner's personal style, creating a space that is uniquely theirs. Additionally, furnishings can help create zones within a home that serve different purposes, such as a comfortable seating area for entertaining guests or a cosy reading nook for relaxing.

Home furnishings also have practical benefits. Furniture, such as sofas, chairs, and beds, provide a comfortable place to sit or sleep, while storage solutions like shelves and cabinets help keep a home organized and clutter-free. Lighting is another essential aspect of home furnishings that can impact a space's functionality and atmosphere. A well-lit room can improve mood, increase productivity, and create a sense of warmth.

Another benefit of home furnishings is their ability to increase the value of a home. High-quality furnishings, especially those that are well-designed and made from durable materials, can increase a home's resale value. Homeowners who invest in quality furnishings can also save money in the long run by avoiding the need to replace cheap or poorly-made items.

Bharat Furnishings specialises in premium, luxury furnishings that can elevate the interiors of your house. They also have customization options available to choose the texture and colour. By choosing Bharat furnishings for your home furnishing needs, you can design a home that speaks to your individuality and create a home that truly feels like your own.



VISIT THEIR STORE AT - SHOP NO.5, UNION HEIGHTS, MAHARANA PRATAP RD, PIPLOD, SURAT, GUJARAT 395007

CONTACT THEM AT - 070480 04463

30 DAYS OF SELF IMPROVEMENT

- 01 Learn something new.
- 02 Go for a walk.
- 03 Start a Journal.
- 04 Exercise.
- 05 Say Something you are proud of.
- 06 Take a long deep breath.
- 07 Drink 2 liters of water.
- 08 No social media for 2 hours.
- 09 Watch an old movie.
- 10 Tell yourself what you like about yourself.
- 11 Buy a coffee for a stranger.
- 12 Text someone special.
- 13 Listen to your favorite song.
- 14 Write down your 5 year dream plan.
- 15 Make a 'stop doing' list.
- 16 Eat healthy meals.
- 17 Take a bath. and relax.
- 18 Clear space off your computer.
- 19 Meditate 10 minutes before bedtime.
- 20 Read something inspiring.
- 21 Cleaning your room.
- 22 Compliment yourself.
- 23 Have a big breakfast.
- 24 Unfollow people you don't want on social media.
- 25 Read something inspiring.
- 26 Go to a new place.
- 27 Watch a TED talk.
- 28 Make a bucket list.
- 29 Do something you never did before.
- 30 Great things are done one by a series of small things brought together.
- 31 Be Grateful to God for Everything

Positive Place

SMILING FACES BEHIND POSITIVE DAY NEWSPAPER



Pinal Vasanwala Patel
Founder & Chief Editor



Harsha chhawchharia
Co - Founder & Chief Editor



Siddharth Param
Business Manager



Parth Kotia
Co-ordinator



Dharana Shah
Content Writer & Creative Advisor



Subhi Gupta
Communicator



Varini Kalwani
Designing Head



Shivam Wagh
Co-designer



Chelna Shah
Assistant Manager



Khushi Puthawala
Co- Designer

POSITIVE DAY NEWSPAPER BRINGS YOU THE FELICITY OF READING WHICH WILL TAKE YOU TOWARDS THE JOURNEY OF SERENITY AND POSITIVITY.

One needs to find goodness in every day and we at



would just do that for you.

Publish your celebration of special days (birthday or anniversary) or events in our newspaper and make it memorable for your loved ones.

WE PUBLISH ARTICLES ON

BUSINESS POLITICS SOCIAL ENVIRONMENT SPIRITUAL ENTERTAINMENT CELEBRITIES LOCAL TO INTERNATIONAL
INNOVATION EDUCATION TRAVEL FOOD BOOK REVIEWS SPORTS CHARITY ACHIEVEMENTS REAL LIFE HEROES
MOTIVATIONAL INTERVIEWS POEMS BIRTHDAY INDEX AND MANY MORE.

Feel free to contact at:

pdaynewspaper@gmail.com or 98254-63936.

The articles written are the personal views of the writers. Positive Day Newspaper not necessarily agrees to it.

Scan QR code for feedback

