

THIRD EDITION

BEAUTY MAGAZINE

SHARINA WORLD



2 MISS
UNIVERSE
IN
2021

SHARINA
AMBASSADORS
Miss World
Miss Universe
& More

URGENTWAY
URGENT & PRIMARY CARE
WALK-IN MEDICAL
CENTER

CPA CLINICS

**MARKETING
WORLD**

ZUMBA

FASHION

85
BEAUTY
TIPS

**CREDIT REPAIR
CLINICS**

CONTRIBUTION

**DREAM
VACATIONS**





A World Of Possibilities, Opportunities,
Encouragement, And Networking Resources

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Sharina World Leadership Team

Welcome Dear Reader!

It is an absolute pleasure to welcome you all to the much awaited Third Edition of the Sharina World Beauty Magazine. Our dedicated team makes sure that you have a great experience every time you visit.

Perhaps you have already noticed that our online Sharina World Beauty Magazine is free of pop-up Ads and intrusive banner Ads. That is because we are focused on making our wonderful magazine a non-intrusive destination for your enjoyment and source of inspiration. We will never sacrifice principle for money. Our staff works tirelessly to bring you the most thoughtful points of view, professional tips, and inspirational stories through our Sharina World Beauty Magazine.

We aim to empower and inspire our readers to be involved and have a positive impact locally, nationally, and internationally. If you find our content relatable, like and share it among others. Don't forget to follow us on Instagram. We look forward to serving you now and in the future as we embark on a journey through the world to bring insightful, inspirational, and educational material to life.

It is an honor to have you as a regular visitor, and we would like to thank you for being a part of this journey. Sharina World believes in giving back to the community and appreciates all the contributions and support from the Ambassadors.

A special thanks to the UrgentWay Team for successfully performing over 50,000 COVID-19 tests over the year and for contributing over \$1 million. Together we can achieve more and make a positive impact.



Arjumand J. Khan (Shan)
CIA, CPA, & Executive MBA
Chairman & Chief Executive Officer



Third Edition Top Contributors



Dr. FAIKA KHAN
CHIEF MEDICAL OFFICER



SHAN KHAN
CHIEF EXECUTIVE OFFICER
SAHIL KHAN
CHIEF DEVELOPMENT OFFICER



OLGA PERSTNEVA
CHIEF PROGRAM OFFICER



NASIR SIDDIQI
CHIEF MARKETING DIRECTOR



Supervisor Joseph Saladino, Councilwoman Vicki Walsh, and Receiver of Taxes Jeffrey Pravato have been instrumental in raising awareness and controlling the spread of COVID-19 in New York. We are thankful to them, our team, and everyone else for their support in this noble cause.

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MANHATTAN



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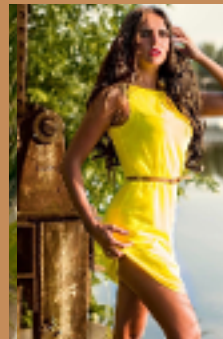
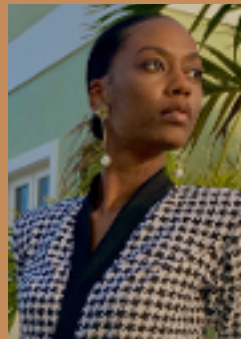
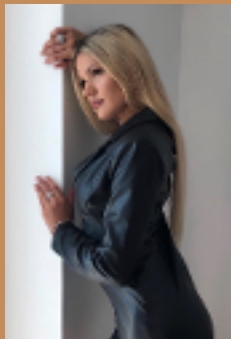
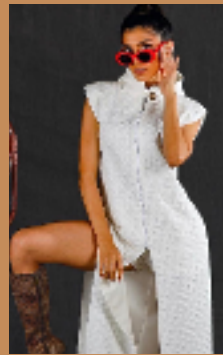
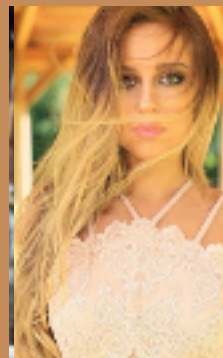
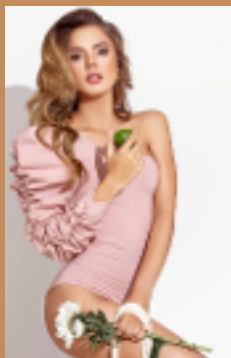
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TO STARDOM AND
PROFESSIONAL OPPORTUNITIES!



Sharina World Beauty Magazine





ANA LUCIA TEJEIRA

Miss Charm International Panama 2020



Sharina World Beauty Magazine Welcomes Ana Lucia Tejeira To The Sharina World Family

1) Full Name

Ana Lucia Tejeira

2) Any Title (Pageant System / Year)

Virreina Hispanoamericana 2021.

Second Runner-Up in Miss Panamá 2019 and Miss Charm International Panamá 2020.

3) Platform / Social Cause Supported

Have been a volunteer in several non-profit organizations in Panamá such as:

Club Activo 20-30 that emphasizes the education of children.

PROBIDSIDA focuses on protecting the dignity and welfare of people affected by HIV-Aids.

TECHO works with informal settlements to overcome poverty through training and joint action of its people.

ANCON is a leading organization in the conservation of biodiversity and natural resources of Panama for the benefit of present and future generations.

4) Hobbies

Painting, cooking, hapkido, yoga, dancing (salsa), and singing.

5) Languages Spoken

English and Spanish.

6) Education and Profession

I graduated with a Bachelor's Degree in Science and later obtained an Interior Design Degree from University Santa María La Antigua Panamá. I also have a Master's Degree in Commercial and Retail Design from ELISAVA Barcelona School of Design.

7) Goals / Aspirations

Right now, one of my biggest goals is to represent my country in the best possible way in Miss Charm International Pageant, for which I am preparing myself very hard.

One of my great goals is to learn Mandarin, a challenging language so different from Spanish. I hope to have a fluid conversation in Mandarin in 5 years.





Another dream is to teach people in the University about Interior Architecture that I have pursued as my passion and profession.

I often plant trees, making an interior a more sustainable place using materials with low environmental impact. I wish to dedicate a part of my life to spreading the values of respect for nature and the importance of balance to have a better quality of life. Lastly, but not the least, to start a family.

8) Brief Story - What got you where you are today?

All my life, I liked the modeling world. In 1986, my mother participated in Miss Panama and had the opportunity to compete in Miss Latin America. When I was little, I always saw her with such elegance. I wanted to be like her, but as years passed by, the dream became more and more distant. I dedicated myself to my studies. I have an immense passion for my profession. I studied for a Bachelor's Degree in Interior Design, and I had excellent professors who taught me to not let go of life projects. With dedication and commitment, anything a person wishes can be achieved.



9) What is your idea of happiness and success?

I believe that happiness is relative. Each of us creates a version throughout our course and circumstances in life. For me happiness is linked to being able to see my friends and family, smile with them, have all my health and senses in order, see nature, hear music, listen to the waves in the sea, feel the touch of a hug from my grandmother and enjoy a delicious meal. I want to be able to deliver my knowledge to others, love without condition, and feel at peace with my soul. If you are happy, then life will surprise you with opportunities, the important thing is to know how to take advantage of them with hard work, responsibility, and always do everything with your heart and passion. If you fulfill your wishes, then in the end, you will have success.



10) Imagine that you have been selected as an influential person in the country for a week. What do you plan to do for the country in just a week?

I am convinced that we all have the power to influence the people in our country. If we all had the same mentality; that by working together we can make a huge difference, we would improve not only one country but an entire world for future generations.

Just imagining that the paradisiacal beaches of the world are made of billions of small shells, makes me think that what will happen if we all did our part to create a more sustainable world. In a world where we are educated with tolerance and respect, we would leave a great legacy for future generations. I am convinced; we can all be part of a life plan where we aim to not only improve the country but the world as a whole.

11) Who is the most inspiring person in your life and how?

My family always inspires me. I want to thank my ancestors who gave me physical beauty and my family for teaching me the importance of values and good education. Physical beauty is only a facade, but education and personality will always be with you. For me, the most beautiful thing about a face is the eyes. They are the portal to your soul which cannot deceive you.



PORTFOLIO



analuciatejeira10



📍 **ANGOLA**

BREZANA DA COSTA Miss World Angola 2020

Sharina World Beauty Magazine Welcomes
BREZANA DA COSTA To The Sharina World Family

1) Full Name

Brezana Da Costa

2) Any Title (Pageant System/Year)

Miss World Angola 2019/2020.

3) Platform / Social Cause Supported

Education System For Children.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

Music, cooking, and doing makeup.

6) Languages Spoken

English and Portuguese.

7) Countries Visited / Would love to visit in near future?

Visited Namibia, England, and South Africa. Would love to visit France, Haiti, and Portugal in future.

8) Education

Diploma.

9) Profession

Business Administrator.

10) Goals / Aspiration

Be a powerful women to inspire others.

11) Any personal message that you would like to share?

My dreams made me indulge in my passion to become a model.

My dedication and efforts did not go in vain and today I have a title.

I wish all of you the best and to continue to dream big!





 **PORTFOLIO**

 brezanadacosta



Miss Mundo Angola 2019
Brezana Da Costa



CLAUVID CABRERA DALY

Miss Universe Dominican Republic 2019

Sharina World Beauty Magazine Welcomes
CLAUVID DALY To The Sharina World Family



1) Full Name

Clauvid Cabrera Daly

2) Any Title (Pageant System/Year)

Miss Universe Dominican Republic 2019.

3) Platform / Social Cause Supported

Causes against Child Marriage.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

Reading and content writing.

6) Languages Spoken

Spanish and English.

7) Countries Visited / Would love to visit in near future?

Israel, Greece, Venice, Poland, India, e.t.c.

8) Education

A College Student.

9) Goals / Aspiration

Changing the World.

10) Any personal message that you would like to share

Dare to be Different. To achieve your goals, you just have to believe.

11) Brief story - What got you where you are today?

Effort and Determination.



 **PORTFOLIO**

 **clauviddaly**

A video thumbnail featuring a close-up portrait of Clavid Cabrera Daly. To the right of the portrait is a red play button icon. The SHARINA WORLD BEAUTY MAGAZINE logo is in the top right corner of the thumbnail. Below the portrait, the text "Clavid Cabrera Daly" is written in pink, and "Miss Dominican Republic 2019" is written in purple.



FRIDA FORNANDER - GRACIA

Miss Universe Sweden 2017

Sharina World Beauty Magazine Welcomes
FRIDA MARIA FORNANDER
To The Sharina World Family

1) Full Name

Frida Maria Fornander - Garcia

2) Any Title (Pageant System/Year)

- Miss Teenager Sweden 2011-2012
- Miss Teenager Universe 2012 Top 10
- Miss Teen Model Universe 2012
- Miss Universe Gothenburg 2013
- Miss Universe Sweden 2013 1st Runner Up
- Miss Earth Sweden 2014
- Miss Planet Sweden 2015
- Miss Planet 2015 1st Runner Up
- Miss Charity Queen Sweden 2015
- Miss Apollo 2016 1st Runner Up
- Miss Palm Wings 2016
- Miss Top Model International Sweden 2016
- Miss Top Model International 2016 3rd Runner Up
- Miss Universe Gothenburg 2017
- Miss Universe Sweden 2017

3) Platform / Social Cause Supported

I have worked with many different charities throughout my pageant

days. One very close to my heart was, 'I am a girl foundation' that supports young girls in several countries and their right to education/health care etc. I'm now looking to help animals and our environment as much as I can.

4) Relationship Status

Married.

5) Hobbies / Fun Facts

Traveling, cooking, working out at the gym, going on road trips, hiking in nature, and hanging out with friends.

6) Languages Spoken

Swedish is my mother language, and I'm fluent in English. I also speak a little Spanish and German.

7) Countries Visited / Would love to visit in near future?

I have been blessed to have visited over 30 countries so far, and some of my favorites are; United States, Greece, Italy, and Montenegro.

I would love to visit some paradise islands like Maldives, Bali, Seychelles, and The Bahamas in the future.

8) Education

I went to Beauty College for 3

years to become a hairstylist and makeup artist.

9) Profession

I recently quit modeling after 11 years in the industry and started a business together with my husband in Los Angeles. It's called Blooma and we make dried floral arrangements for weddings, events and boutiques. I love to work with something creative like this!

10) Goals / Aspiration


My biggest goal is to open up a business related to health to help others improve their lifestyles. I also aspire to work for more charity causes. I want to change the world for a better place for everyone.

11) Any personal message that you would like to share?

My message to all of you is to be kind to yourself and others. Never stop working on your goals and dreams. Great things take time, but in the end, the universe has a plan for all of us, and all we can do is trust that. And as I always say - There is nothing you can't do, once you have decided to do it.



 **PORTFOLIO**

 fridaforndergarcia



📍 UNITED KINGDOM

JADE BAMBROUGH

Miss Universe GB Finalist 2020

Sharina World Beauty Magazine Welcomes JADE BAMBROUGH To The Sharina World Family

1) Full Name

Jade Bambrough

2) Any Title (Pageant System/Year)

Miss Universe GB Finalist.

3) Platform / Social Cause Supported

I'm working on raising awareness of the importance of cervical cancer screening. I want all women to put themselves first and attend their smears.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

I attend photo-shoots and modeling at bridal fairs. I also enjoy spending time with my family and friends.

6) Languages Spoken

English.

7) Countries Visited / Would love to visit in near future?

Cameron, USA, Canada, and Dubai.

8) Education

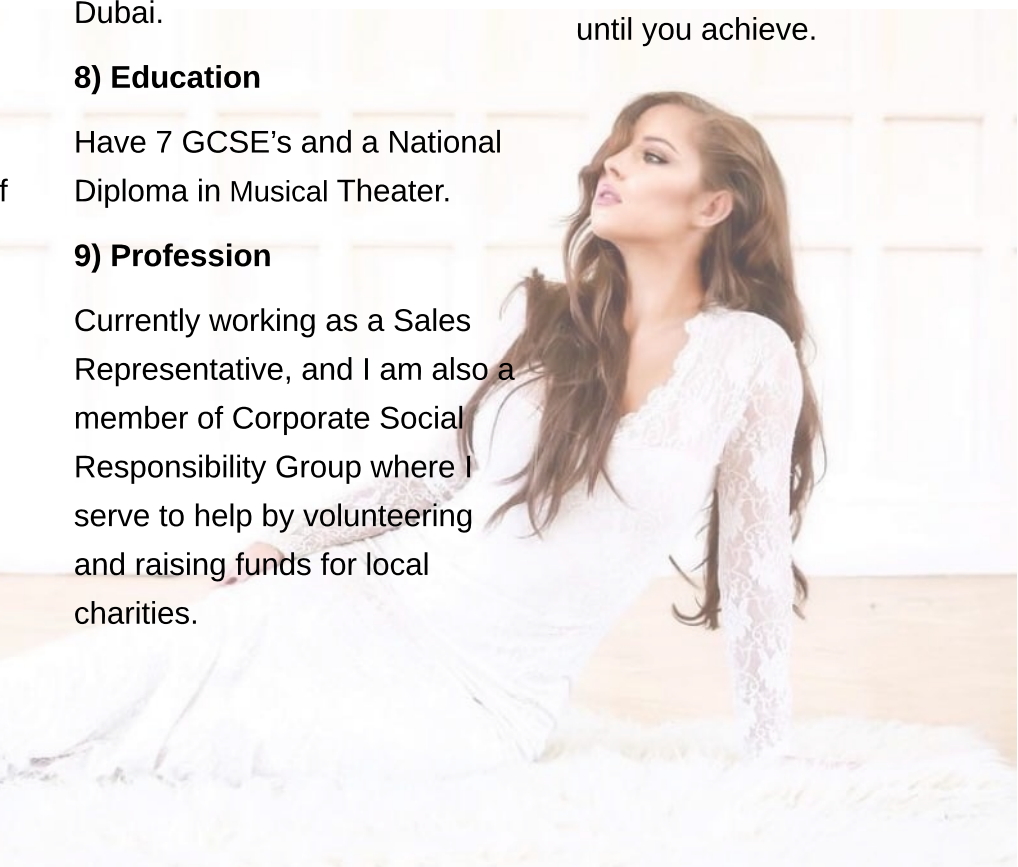
Have 7 GCSE's and a National Diploma in Musical Theater.

9) Profession


Currently working as a Sales Representative, and I am also a member of Corporate Social Responsibility Group where I serve to help by volunteering and raising funds for local charities.


10) Brief story - What got you to be successful?

To be successful, you have to be dedicated and consistent. If you don't succeed, you have to keep trying, trying, and trying until you achieve.





 **PORTFOLIO**

 **jadebambroughx**

A video thumbnail featuring the woman in a black lace outfit on the left and a white lace outfit on the right. In the center is the Sharina World Beauty Magazine logo. A red play button icon is overlaid on the logo. Below the images, the text 'Jade Bambrough' is written in a green script font, and 'Miss Universe Great Britain Finalist 2020' is written in a green sans-serif font at the bottom.

Jade Bambrough
Miss Universe Great Britain Finalist 2020



UNITED STATES OF AMERICA

DR. MICHELLE LYNAM M.D.
Dr. World 2022

Sharina World Beauty Magazine Welcomes
DR. MICHELLE LYNAM M.D. To The Sharina World Family

1) Full Name

Dr. Michelle Lynam, M.D.

2) Any Title (Pageant System/Year)

Dr. World 2022

Dr. United States of America
2021

3) Platform / Social Cause Supported

My platform is COVID-19 education, mental health awareness, and mentoring young girls to enter science fields.

4) Relationship Status

I have been married for 20 years to a wonderful husband and a father of our three girls. We met in medical school, and he is a plastic surgeon.

5) Hobbies / Fun Facts

I enjoy working out, and as an artistic outlet, I like face painting. It is a great skill to raise money at charity events. Halloween is my favorite because we can dress up creatively as a family. I am waiting for the pandemic to end to start painting again.

6) Languages Spoken

My native language is English. I studied French in High School. I understand a bit of Czech, my parent's native language.

7) Education

High school - Valedictorian
J.R. Tucker High School.

College - Massachusetts
Institute of Technology, Biology
Major, conducted re-combinant

gene research and discovered a gene.

Medical School - Medical
College of Virginia at Virginia
Commonwealth University in
Richmond, Virginia, USA.

Residency - VCU
Anesthesiology, graduated with
Honors as Chief Resident.

8) Profession

Anesthesiologist.

9) Goals / Aspiration

I would continue educating about COVID-19 to end the loss of lives, and no one else develops long COVID. I would encourage mental and economic healing to commence in the upcoming year.



Gregory Jones

 **PORTFOLIO**

 **doctormodelmom**

10) What is your idea of happiness and success?

For me, happiness and success start at home with a loving family. I value hard work and educating one's self throughout their entire life. It is always important to be kind to others when you think no one is watching. Giving back to your community is also very important.

11) Imagine that you have been selected as an influential person of country for a week. What do you plan to do for the country in just a week?

My strong desire during this pandemic is to convince people to listen to science and not let politics sway their opinions. The virus has robbed us of everything. I would want everyone to get vaccinated. Every human on this planet who is not vaccinated is a potential mutant virus factory. If a mutated virus can escape the vaccine's defenses, we will lose more lives. I'm thrilled that teens are getting vaccinated now because I am concerned about the incidence of long COVID in these children after mild disease. My three daughters and I are all vaccine volunteers.

12) Who is the most inspiring person in your life and how?

My parents are the most inspiring people in my life. My late father was a brilliant M.D. / Ph.D. Physician and Researcher who held multiple patents. He kept learning his whole life. His greatest love in life was my mother, a high-spirited adventurous soul. In the 1960s, Communist Czechoslovakia allowed my parents to go to Africa to work for the World Health Organization. Rather than returning to their homeland when summoned, they met at the American Ambassadors' home in the cover of darkness and made a daring escape to the United States of America. My brother and I were gifted, being born and raised in a land of freedom and opportunity. They left behind their home, family, language, money, and reputation so they could start a family in a free country. They are my heroes.

13) Brief story - What got you where you are today?

During my residency years, I got approached by modeling agencies, whom I never took them seriously. After struggling with miscarriages and infertility, my husband and I finally had three daughters. When my daughters were older, they got discovered by a modeling agency. While backstage at fashion shows, I got mistaken for a model. Realizing Beauty has no age, I decided to join them on the runway. During fashion shows, I met several lovely women in the pageant system. I always admire them for their beauty, poise, and communication skills. One of these girls encouraged me to participate in a pageant for women with doctorate degrees. I was initially very hesitant, but the director guided me through the application process. Despite my lack of experience, my enthusiasm and passion for educating people about the pandemic helped me win the crown. Because of my family story, I have a deep love for my country and could not be prouder to hold the title of Dr. United States of America. Now, I also hold the title of Dr. World 2022. I use my crown and sash every day to educate, inspire, and mentor others.



14) Any personal message that you would like to share?

This pandemic has united humanity as a global community like never before. I recognize the kindness we have shown for one another and applaud the work of the researchers. I hope my work as the Dr. United States of America and World inspires the youth to become the future scientists of tomorrow to navigate the next global crisis.



📍 RUSSIA

NADIA PETROVA

Medalist Olympic Games 2012

Sharina World Beauty Magazine
Welcomes NADIA PETROVA
To The Sharina World Family



1) Full Name

Nadia (Nadezda) Petrova

2) Any Title (Pageant System/Year)

Number 3 in the WTA rankings in singles and doubles. Bronze Medalist in 2012 London Olympic Games. Winner of 13 titles in singles & 24 in doubles.

3) Birthday

8 June 1982.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

I love to travel, explore the world, and learn new sports.

6) Languages Spoken

Russian, English, and Polish.

7) Education

Russian State University of Physical Culture and Sports.

8) Profession

Pro Athlete & Tennis Coach.

9) Goals / Aspiration

My goal is to promote tennis throughout the world by supporting charity tennis organizations. I envision seeing a champion coming out of my students and returning to the professional tour with the player.

10) Brief Story – What Got You Where You Are Today?

Sports have always been a part of my life. I grew up in a sports family, with my parents being sports coaches and professional athletes. I picked up a tennis racket at a very young age and showed results instantly. So there was no doubt for me that I would become a professional athlete one way or another. I enjoyed playing tennis for many years as a hobby at first, gradually turning into a profession with a good source of income. Now I enjoy coaching and working with children.

11) Who Is The Most Inspiring Person In Your Life And How?


In tennis, Steffi Graff inspires me the most. She is a real champion who won many Grand Slam tournaments. I liked her style of playing. She was always graceful and very polite on the court. And in real life, I adore Sophia Loren. She is a beautiful person inside and out, and she is a role model for many women.

12) Any Personal Message That You Would Like To Share?

In these difficult times, I wish everyone to stay safe and healthy. Always dream big, and work towards your goal. Dreams come true, but it takes a lot of effort. Enjoy every day as it is your last one.



 **PORTFOLIO**

 petrovatennis



Olympian Tennis Star
Nadia Petrova



GUINEA BISSAU



NAIZE SIMAIRA NDUTA

Miss Bissau e Guine-Bissau 2018

Sharina World Beauty Magazine
Welcomes **NAIZE SIMAIRA NDUTA**
To The Sharina World Family

1) Full Name

Naize Simaira Nduta

2) Any Title (Pageant System/Year)

Miss Bissau e Guine-Bissau 2018.

3) Platform / Social Cause Supported

Miss Ambassador and Social Activist, especially for children.

4) Relationship Status

Dating.

5) Hobbies / Fun Facts

From Prada to dancing, reading and singing.

6) Languages Spoken

Portuguese, Frances, Wolof, Cirilo, and a bit of English.

7) Countries Visited / Would love to visit in near future?

Senegal, Gambia. I want to visit South Africa, England, France, USA, Dubai, Brazil, and Peru.

8) Education

Preparing to enter a fashion course.

9) Profession

Student.

10) Goals / Aspiration

My goal is to raise the flag of my land that is Guinea-Bissau. Few people in the world know about it, and I want to show the power of Guinean and African women by helping all children in need.

11) Any personal message that you would like to share?

We, black women, can give a voice in the world. Courage, faith, and dedication can change everything, and overcoming fear increases our ability as human beings.



Royal Suit

 **PORTFOLIO**

 **_nay_s_pereira_**



Miss World Guinea Bissau 2018
Naize Simaira Nduta



📍 BAHRAIN

PAULINA KRESTOVA MODEL

Sharina World Beauty Magazine Welcomes
PAULINA KRESTOVA To The Sharina World Family

1) Full Name

Paulina Krestova

2) Any Title (Pageant System/Year)

Model.

3) Relationship Status

Married.

4) Hobbies / Fun Facts

Traveling, following sports, and modeling.

5) Languages Spoken

Russian, English, and at a beginner level of French, German, and Spanish.

6) Countries Visited / Would love to visit in near future?

Visited a big part of Europe, Bali, and Middle East.





 **PORTFOLIO**

 paulina_krestova



Model
Paulina Krestova

ROSEMARY ARAUZ MEJIA

Miss Honduras Universe 2019



Sharina World Beauty Magazine
Welcomes ROSEMARY ARAUZ
MEJIA To The Sharina World
Family

1) Full Name

Rosemary Arauz Mejia

2) Any Title (Pageant System/Year)

Miss Honduras Universe 2019.

Miss Continente Americano 2012.

3) Platform / Social Cause Supported

Working with a foundation.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

Listening to music, practicing yoga, and reading.

6) Languages Spoken

Spanish and some English.

7) Countries Visited/ Would love to visit in near future?

Visited Ecuador, Guatemala, Nicaragua, El Salvador, Mexico, Belize, and United States. I would like to visit Dubai, Spain, Italy, Germany, Colombia, and Cuba.

8) Education

Public Accounting and Finance.

9) Profession

Model and jewelry brand owner ARAME.

10) Goals / Aspiration

To be a successful woman and have the ability to help others achieve their goals.

11) Any personal message that you would like to share?

It has never been easy to achieve what we want in life. Life presents us with challenges to test our capacity of achieving anything we want, despite any circumstance we face. The right moment always exists; you have to look for it, capture it, and achieve what you want. Keep striving for your ambitions, and never give up.

12) Brief story - What got you where you are today?

I was a shy person since childhood. I never thought of achieving what I have achieved so far. As I grew up to be independent, I decided to fight for everything I wanted. Shyness left, and I was in charge of taking advantage of every opportunity. It hasn't been easy but not impossible, and I will continue to fight for everything I want.



PORTFOLIO



rosemary_arauz



SHARON
DENISE
MEYER



Miss World Curacao 2019

Sharina World Beauty Magazine
Welcomes SHARON DENISE MEYER
To The Sharina World Family



1) Full Name

Sharon Denise Meyer

2) Any Title (Pageant System/Year)

Miss World Curacao 2019.

3) Platform / Social Cause Supported

I run a campaign to help animals, their rights and fight against cruelty.

4) Relationship Status

Single.

5) Hobbies / Fun Facts

Dancing, traveling, and exploring new cuisines.

6) Languages Spoken

English, Spanish, Dutch, and Papiamentu.

7) Countries Visited / Would love to visit in near future?

I have visited countries in America and Europe and wish to go to Africa, the Middle East, and Asia.

8) Education

University Graduate.

9) Profession

Real Estate Investment Manager and Model.

10) Goals / Aspiration

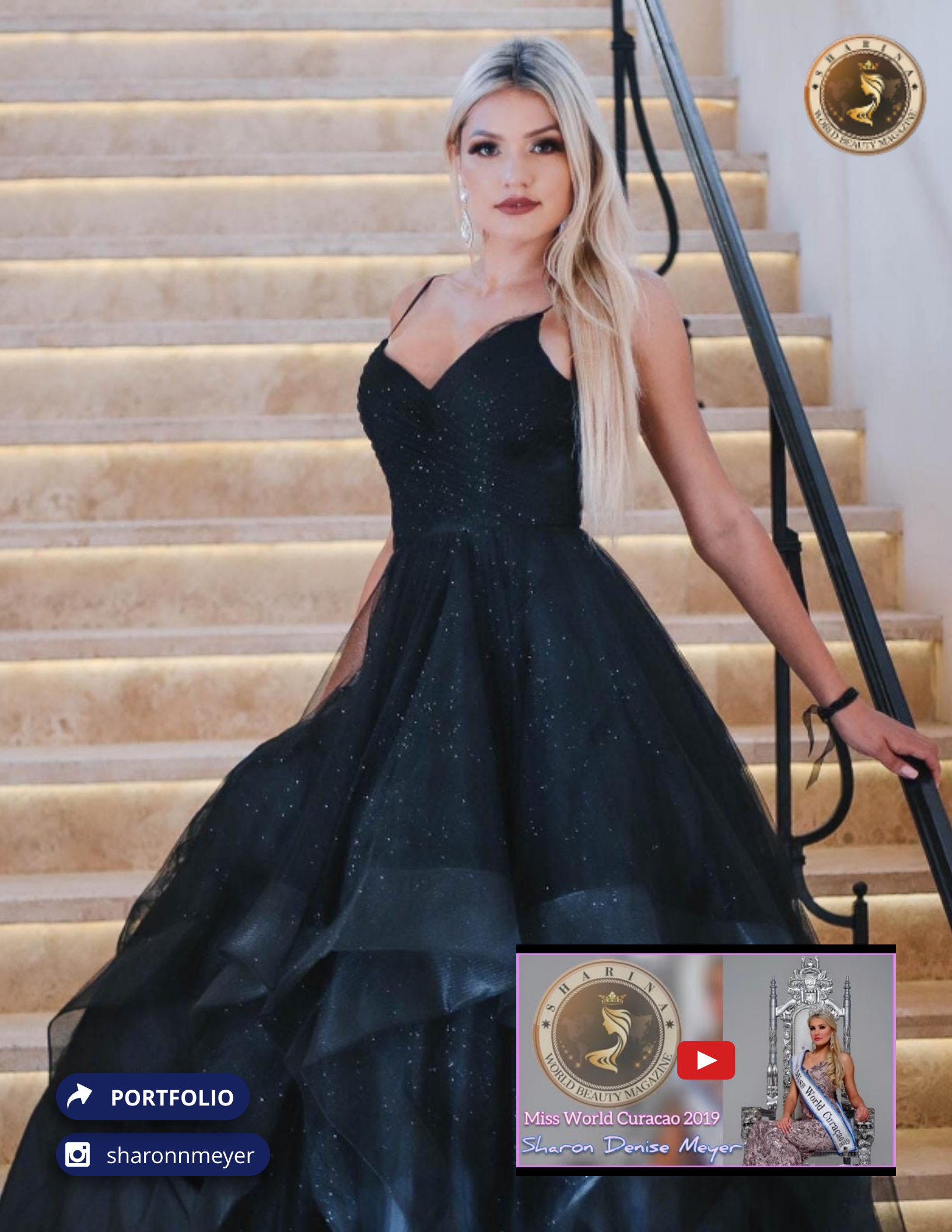
To evolve my campaign into an international organization to help animals in need.

11) Any personal message that you would like to share?

We need to come together as a world, be less selfish, and focus on the right path. We see the destruction of the world happening in front of our eyes.

12) Brief story - What got you where you are today?

Since childhood, I was always obsessed with animals which I probably got from my mom. My mom is from the Galapagos Islands, where you find unique nature and animals, and their preservation is a serious priority. My mom and I would always help stray dogs on the Island Curacao by feeding them and getting them medical help if needed. It was always very heartbreaking for me to see these animals suffer. So when winning the title of Miss World Curacao, I knew that I wanted to be the voice of the voiceless who cannot fight for themselves.



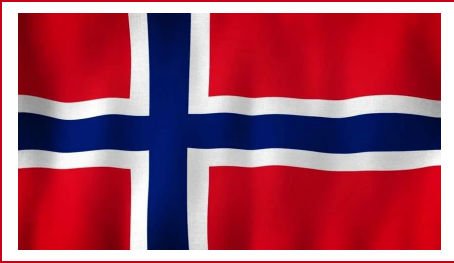
 **PORTFOLIO**

 **sharonmeyer**



Miss World Curacao 2019
Sharon Denise Meyer

A video thumbnail featuring the SHARINA WORLD BEAUTY MAGAZINE logo on the left, a red play button icon in the center, and a photograph of Sharon Denise Meyer sitting on a silver throne. She is wearing a blue sash that reads 'Miss World Curacao'.



NORWAY

SUNNIVA HØIÅSEN FRIGSTAD
Miss Universe Norway 2020
Sharina World Beauty Magazine
Welcomes Sunniva Høiåsen Frigstad

1) Full Name

Sunniva Høiåsen Frigstad

2) Any Title (Pageant System/Year)

Miss Universe Norway 2020.

3) Platform / Social Cause Supported

My advocacy is Sexual Abuse, and I work with a national organization called "Nok" which means enough; it symbolizes that enough is enough (a no is a no)!

4) Birthday

28 April 2000.

5) Relationship Status

Single.

6) Hobbies / Fun facts

I love to work out (cross country, skiing, and jogging) and be with friends! A fun fact is that my first runway walk was when I was nine months old (carried in my mother's arms).

7) Languages Spoken

Norwegian and English (I understand Danish and Swedish).

8) Education

Marketing and Management/Leadership student.



9) Profession

I work in a grocery store besides studying.

10) Goals / Aspirations

My main goal is to help the sexually abused. To help understand, it is never the victim's fault, and one can still reach out for help.

11) Who is the most Inspiring Person in Your Life?

I don't think I can pick one person! My aunt won Miss World Norway in 1997, who inspired me to join the Miss Universe Competition. Nevertheless, my mother is my everyday inspiration!

12) Brief story - What got you where you are today?

Hehe, I guess I said that in no. 11.

13) Any personal message that you would like to share?

My message to everyone is, ALWAYS be yourself no matter who or where you are because your personality is the most valuable thing within you.



 **PORTFOLIO**

 **sunnivafrigstad**

A video thumbnail showing Sunniva Høiåsen Frigstad in a swimsuit, holding a flag. The thumbnail includes the SHARINA World Beauty Magazine logo, a play button icon, and the text "Miss Universe Norway 2020" and "Sunniva Høiåsen Frigstad".

SHARINA
WORLD BEAUTY MAGAZINE

Miss Universe Norway 2020

Sunniva Høiåsen Frigstad

📍 CZECH REPUBLIC

TAMILA KHODJAEVA

Miss Planet Czech Republic 20/21

Sharina World Beauty Magazine
Welcomes TAMILA KHODJAEVA
To The Sharina World Family

1) Full Name

Tamila Khodjaeva

2) Any Title (Pageant System/Year)

Miss Planet Czech Republic 20/21

Miss Global 2018 2nd Runner-Up

<https://missglobal.com/>

It was my first international beauty pageant ever. I always wished to conquer a big stage, but there has never been a competition in Uzbekistan for a national pageant. Apart from that, I have lived in the Czech Republic for quite a while. Sadly my age didn't let me join the national pageant. So I decided to beat this door for both of my home countries on my own.

As a result, my paperwork got accepted by Miss Global Organization, got awarded the title Miss Global Uzbekistan, and that's how my road to pageantry started. Stars aligned in my favor, so I got a lot of sponsors and supporters.



In the end I was awarded as the 2nd runner-up in Miss Global 2018.

Each event gives you a field with more opportunities to grab. My placement in MG led me to the Miss International organization. They also accepted an application by my national director. I was even in pre-arrival hot picks throughout the year. Unfortunately, my National Director, Uson B was a fraud who deceived me, Miss Kazakhstan, along with MI org. Therefore, we lost precious time and dropped shortly before the pageant started. To say we were devastated means to say nothing.



@majficom

Supratar Search Contest - A virtual competition by Miss Supranational Organization for countries without a national director. I represented the country I was born in, and achieved 9th position out of 40 contestants.

I'm the only one Miss Planet Czech Republic.
<https://missplanetinternational.com/>

When the time came, the heavens decided to give me a new chance to fight. Even bad luck with MI brought me something useful and connected me with other contestants, their partners, and national directors around the world. Therefore, I was honored to be selected by Miss Planet Organization to represent the Czech Republic. I must say, this is a unique pageant that officially supports Sustainable Development Goals by the UN. Due to global pandemic, Cambodia being the owner of the competition, postponed the contest and now expected to be held in June 2022. One of the core parts of the total participation score strongly depends on a social project based on one or more goals.

3) Platform / Social Cause Supported

1. Blood donation with Europlasma.cz
2. Raise awareness about Domestic Violence together with neodkladejto.eu
3. Breast Cancer awareness
4. Charity work in general (Slza Zviřat - animal shelters support)

One strong advantage of the pageantry is that it's not only a stage to compete, but a platform to grow as a person. It inspired me to seek causes where my background and voice can matter. I have been donating blood and blood plasma since 2015. Together with the donor center, we support the development of medicines based on human blood plasma, such as treatments for immune deficiencies and bleeding disorders,



healing burns, traumas, and severe liver disease.

Apart from that, an amazing opportunity to raise my voice against home violence came to my life. It is an honor that organizations like Neodkladejto.eu believe I can be helpful because this is what pageant contestants aim for. Last but not least, as a supporter of feminine dignity and self-awareness, I decided to learn more about breast cancer because this is one of the most underestimated threats to women's health due to different myths in our minds. For example, not everyone knows that risky group is not only women over 50 but younger women too.

4) Birthday

14 December 1991.

5) Relationship Status

In a relationship.

6) Hobbies / Fun Facts

Performing arts, singing and acting. A huge fan of "The Pirates of the Caribbean" franchise.

7) Languages Spoken

Russian, English, and Czech.

8) Education

Masters in Marketing Communication. Though I believe the only successfully marketed product is myself.

9) Profession

I am a model, actress, and an aspiring coach. I am known for being the master of ceremonies. Besides, life gave me a lot of opportunities to apply my skills in different fields such as forex trading, administration, and sales.

10) Goals / Aspirations

When I was a kid, I wanted to break free from the unhealthy mental environment I lived in. I loved singing so much and always dreamt of becoming a performing artist. Achieving my dream year after year, I started to question myself, "What is my core destiny?". And I realized I want to be a channel to share meaningful messages amongst people through my passion for arts. To open a window to souls who are seeking security and support. I may not be notable, and if I can enlighten and inspire at least one soul to do the right thing. I would know what my destiny truly is.

11) Brief story - What got you where you are today?

My life has been a roller-coaster. All the family drama I had before moving to the Czech Republic and the following events helped me expand my mind box and open the person I wanted to be. I let my feminine nature shine, learned how to protect my boundaries, and filtered people in my

community. It is natural to lose track when you crave freedom and are finally allowed to choose your path. Luckily the sea did not swallow and allowed me to sail. It takes a lot of bravery to take the first step. My childhood dream to perform on the stage began to come true with my first amateur photo shoots. I remember how terrified I was before joining the first beauty contest. There were other issues I had to solve, but the Universe started assisting me by opening doors, inviting people such as my beloved designer Katrine Kravc to support me, and I realized it was a sign - I needed to give it a try. Well, I am thankful that I did. I felt like I instantly upgraded my capacity and boosted my self-awareness. You have a natural fright of trying something new, but it's an indescribable feeling when you see the results.



12) What is your idea of happiness and success?

I have known dozens of people with tremendous experiences and backgrounds. I was among people in relatively the same conditions and initial resources. But each person was uniquely different and saw the world through a different glass. Some may have billions of dollars, live abroad, or operate in the same system, though some may be happy and ready to achieve new milestones. While others stay negative and unsatisfied. It made me realize that true happiness lies beyond material success or recognition. It is an inner state, a mindset, which cannot be reached. It is a flowing, permanent feeling of gratitude to the Universe for what you already have, for what you have already achieved, for the air you breathe, and the ground you walk on. It's self-awareness, first of all. When do you know who you are? What are your strengths and weaknesses? What are the reasons for your actions and reactions? Finally, it leads you to understand what your purpose in life is. Everything is intertwined together into harmony.

13) Imagine that you have been selected as an influential person of country for a week. What do you plan to do for the country in just a week?

I would create more facilities and integration centers for foreigners in the Czech Republic. As an ex-pat myself, I firmly believe the migration process should not only be controlled but supported. As for now, the mandatory integration course is only under maintenance and seems to be more formal, than friendly and supportive. On behalf of an influential person, I would also work with current restrictions and lock-down to make the situation easy for the citizens to cope with, and help infrastructure functioning to help people keep their workplaces. In Uzbekistan, I would impact local police forces to investigate cases of domestic abuse, as they mostly ignore the cause of more violence. Therefore,

women don't have any support and are afraid to speak. I would also force authorities to integrate gender equality discipline in institutions to teach the population to respect women and support their life choices instead of forcing them to marry against their will.

14) Who is the most inspiring person in your life and how?

I never thought to be inspired by a life coach, but it happened. Her name is Mila Levchuk. She may not be the only one in this industry, but she had a deep impact even distantly with her blog and course based on psychology and her own experience. As a professional teacher, she could find exact words to reshape existing knowledge into a new form and blow new life into me and thousands of other women. I learned self-esteem, self-confidence, the ability to protect boundaries, and building healthy relationships with people.

15) Any personal message that you would like to share?

To choose a mindset which leads you towards your goal, and helps you stay mentally healthy. There are a lot of negative and old-fashioned, destructive ways of thinking. How many times have you heard when people, rather than blaming you for your tiny imperfections, cheered on your success. Certain people will convince you that you suffer from life challenges because you were bad and you deserved to be punished. This scenario is embroidered in our brains what makes us suffer not by obstacles we face but from low self-esteem and self-confidence. Just no. You fall to learn, to stand up, and become stronger. Every scar you get doesn't make you ugly. You're the star, and you are brought into this world for the greater good. There are always two ways in every situation. You either win or give up. But even if you reach the bottom, you can always take off from it to the top.



 **PORTFOLIO**

 **tamila_sparrow**



Tamila Khodjaeva

Miss Planet Czech Republic 20/21

TAREA BIANCA STURRUP

Miss Universe Bahamas 2019

Sharina World Beauty Magazine
Welcomes Tarea Bianca Sturrup to the
Sharina World Family



1) Full Name

Tarea Bianca Sturrup

2) Any Title (Pageant System/Year)

Miss Universe Bahamas 2019. It was my first pageant ever, and I won on the first try. I didn't think it would be difficult, but it taught me to respect, so many pageant queens, especially multiple titleholders.

3) Platform / Social Cause Supported

Dementia Awareness. I'm an elderly care advocate. I have a very close relationship with my grandparents and value the wisdom and respect we can gain from our elderly communities around the world.

4) Relationship Status

I'm single! But I'm accepting dates.

5) Hobbies / Fun Facts

I love walking in fashion shows, reading, watching films, painting, and drawing. Writing is another hobby.

6) Languages Spoken

I speak English and can sign ASL.

7) Countries Visited / Would love to visit in near future?

I've been all around the Caribbean: Jamaica, Cuba, Curaçao, Cayman Islands, too many islands in The Bahamas, the US, Canada, England, and the list goes on! However, my life will be complete when I visit Japan. It is at the top of my all-time wish list.

I have a Bachelor's in Political Science from Oakwood University and an MBA emphasis on marketing from Washington Adventist University. I loved my time at WAU and worked in the community through a non-profit organization Enact.us. We've always had a special relationship. They've even granted my proposal for Bahamian students to be educated for one year, free of cost, after Hurricane Dorian.

9) Profession

I currently work as a Sr. Executive in Stats for my country's Ministry of Tourism & Aviation.

10) Goals / Aspiration

My goal is to enjoy my life every day. I aspire to encourage others to do the same.

11) Any personal message that you would like to share?

I've learned that embracing your flaws makes you beautiful. It takes time to see yourself as beautiful without comparison and for me, it's a daily effort. However, the effort is worth it.

12) Brief story - What got you where you are today?

I've experienced quite a bit of hardship in my life. Those stories your grandparents tell of walking miles in the snow or rain to get to school are things I can relate to. Every low point in my life has taught me to always believe in a better tomorrow and be grateful.



UNIVERSITY
OF THE BAHAMAS




OUR MISSION

The mission of the University of The Bahamas shall be to advance and expand access to higher education, promote academic freedom, drive national development and build character through teaching, learning, research, scholarship and service



 **PORTFOLIO**

 tareabianca



📍 CZECH REPUBLIC

VENDULA NEUWRTOVÁ

Sharina World Beauty Magazine Welcomes
VENDULA NEUWRTOVÁ to the Sharina
World Family

1) Full Name

Vendula Neuwrtová

2) Birthday

18-02-1992

3) Relationship Status

Single.

4) Hobbies / Fun Facts

Sport (fitness, running, butt crushing, biking, skating, etc.), traveling, adrenaline, cars, culture (balls, theaters, cinemas), and sauna.

5) Languages Spoken

German, Czech, and Basic English.

6) Countries Visited / Would love to visit in near future?

GB, Turkey, Russia, German, Tunisia, Switzerland, Belgian, Toledo, Mauritius, and many others. I am going to the Cook Islands.

7) Education

College with DIS degree (Certified Specialist).



8) Profession

Working in Skoda Auto.

9) Goals / Aspiration


Be more successful, more efficient in sports, build a house in the village, and get to know the world more.

10) Any personal message that you would like to share?

I don't like lies. I don't smoke. I don't drink alcohol. I like Kinder chocolate. I live near Prague, but I love my native Silesia. I'm an exotic type, so I prefer summer with the sun and the sea. I have long brown hair and brown eyes. I like to smile. I don't live without sports, I run 10 km in 59: 50 min. namely 2x, 2x a week fitness and 2x squats (2x 800).



 **PORTFOLIO**

 vendyneu

2 Miss Universe In 2021

The year 2021 provided us with 2 Miss Universe Winners! 69th and 70th Miss Universe 2021 beauty pageants made big contributions in saving the world. Beautiful, bright, spectacular, and charismatic girls from all over the world competed for the title of the most beautiful but they ended up confirming that all are indeed winners!



At the 69th beauty contest held in Florida (USA), the winner was the representative of Mexico - 26-year-old Andrea Meza. The crown was given to her by the previous winner Zozibini Tunzi. Also in the top five were girls from India, Brazil, the Dominican Republic, and Peru. Note that this is not the first time Mexican women have managed to get the coveted award at the Miss Universe Contest.



Contestants from the sultry country won in 1991 and 2010.

Andrea Meza: What does she do?

The 69th Miss Universe is 26 years old, lives in Chihuahua and works as a programmer.

Andrea Meza, who received the title of "Miss Universe - 2021", studied software development. She believes that getting a specialty in a field where men rule is a success.

In addition, Andrea is involved in social activities. Additionally, she speaks out against gender inequality with the Municipal Women's Institute.

She impressed everyone with her final speech. She commented on how beauty standards have changed over time. Nowadays, according to Andrea, beauty is not only about appearance. The most important thing is that which comes from the heart and soul.

This is not the first time she participated in beauty contests. In 2017, she entered the top three at the Miss World Competition.



Brazilian Julia Gama took the honorable second place.

The third place was taken by a participant from Peru Yanik Maseto.

Miss Universe is one of the most prestigious beauty contests in the world.

Together with Miss World, Miss International and Miss Earth, they make up the so-called Big Four.

Until 1971, the competition was held in the United States, since 1972 - every year in a new country.

Last year, due to the pandemic, the competition did not take place, so that Miss Universe 2019 Zozibini Tunzi wore the crown longer than any other winners.



Miss Universe 2021

- Harnaaz Sandhu

Harnaaz Sandhu was crowned MISS UNIVERSE at the 70th MISS UNIVERSE Competition live from Eilat, Israel in December 2021 at the age of 21, bringing the crown back to India after 20 years.

She draws her inspiration from her mother, who broke generations of patriarchy to become a successful gynecologist and led her family. Driven to support other women the same way, Harnaaz grew up working with her mother at health camps addressing women's health and menstrual hygiene.

Deeply conscious of the privilege her mother's struggles have gifted her, Harnaaz today is a strong advocate for women's empowerment, particularly their constitutional rights to education, careers, and their freedom of choice.

Professionally, Harnaaz is an actor with two Punjabi films slated for release in 2022, and hopes to break stereotypes that the world has for women.

Her favorite actor is Priyanka Chopra, and she draws inspiration from her body of work. In her spare time, Harnaaz enjoys the company of friends, loves yoga, dancing, cooking, horse riding, and playing chess. She is a water baby and never misses a chance to jump into a pool to rejuvenate herself.



She believes in the saying,

Great things happen to those who don't stop believing, trying, learning, and being grateful.

Early Life And Education

She attended Shivalik Public School and the Post Graduate Government College for Girls, both in Chandigarh. Before becoming Miss Universe, Sandhu was pursuing a master's degree in public administration. In addition to her native language Punjabi, Sandhu is also fluent in Hindi and English.



Pageantry

Sandhu began competing in pageantry as a teenager, winning titles such as Miss Chandigarh 2017 and Miss Max Emerging Star India 2018.

After winning the title of "Femina Miss India Punjab 2019", Sandhu competed in Femina Miss India, where she ultimately placed in the Top 12.

Miss Diva 2021

In the Miss Diva 2021 contest's opening statement round during the grand finale, Sandhu, as one of the top 10 semifinalists, stated:



" From a young girl with fragile mental health who faced bullying and body shaming to a woman who emerged like a phoenix, realizing her true potential. From an individual who once doubted her existence to a woman who is aspiring to inspire the youth. Today, I stand proudly in front of the Universe as a courageous, vivacious, and compassionate woman who is all set to lead a life with a purpose, and to leave behind a remarkable legacy."

At the end of the event, Sandhu was crowned as the winner by the outgoing titleholder Adline Castelino. Thus, she acquired the right to represent India at the 70th edition of the Miss Universe pageant.

Miss USA 2019
**CHESLIE
KRYST**

 chesliekryst



chesliekryst  May this day bring you rest and peace 

3d

Life Is Unpredictable
Success Does Not Have To Be
Cherish Life And Live To The Fullest



April 28, 1991 - January 30, 2022

Cheslie will always be remembered for her personality, beautiful heart, talent, and intelligence.

REST IN PEACE BEAUTIFUL

DREAM VACATIONS USA

Every year thousands of tourists come here to plunge into the world of contrasts, natural and man-made wonders, known for their uniqueness. This country is striking in its scale. Almost every state, city, and village has its attraction - a business card, which people from all over the world come to admire. Therefore, the question, "*What to see in the United States?*" is not an easy one for even the Americans themselves.

1. THE STATUE OF LIBERTY (New York)

First time in America, people tend to see all the sights of the United States. One of the most famous symbols of the country in the world - the Statue of Liberty - is located on a small island in the port of New York. The majestic sculpture of a woman with a torch in her hand, outstretched to heaven, has become the personification of America's freedom. The crown on her head has seven rays, which means seven continents and seven oceans (in Western geographic tradition). On her other hand, she holds a plate with the date of the adoption of the Declaration of Independence engraved on it. The monument was made by French craftsmen as a gift and transported to the island in parts. Here the Americans built the base and assembled the statue. The Statue of Liberty is not only a symbol, but also an active lighthouse in New York Harbor. The height of the statue from the beginning of the pedestal to the top of the torch is 93 meters. The figure is made of copper plates mounted on a steel frame.





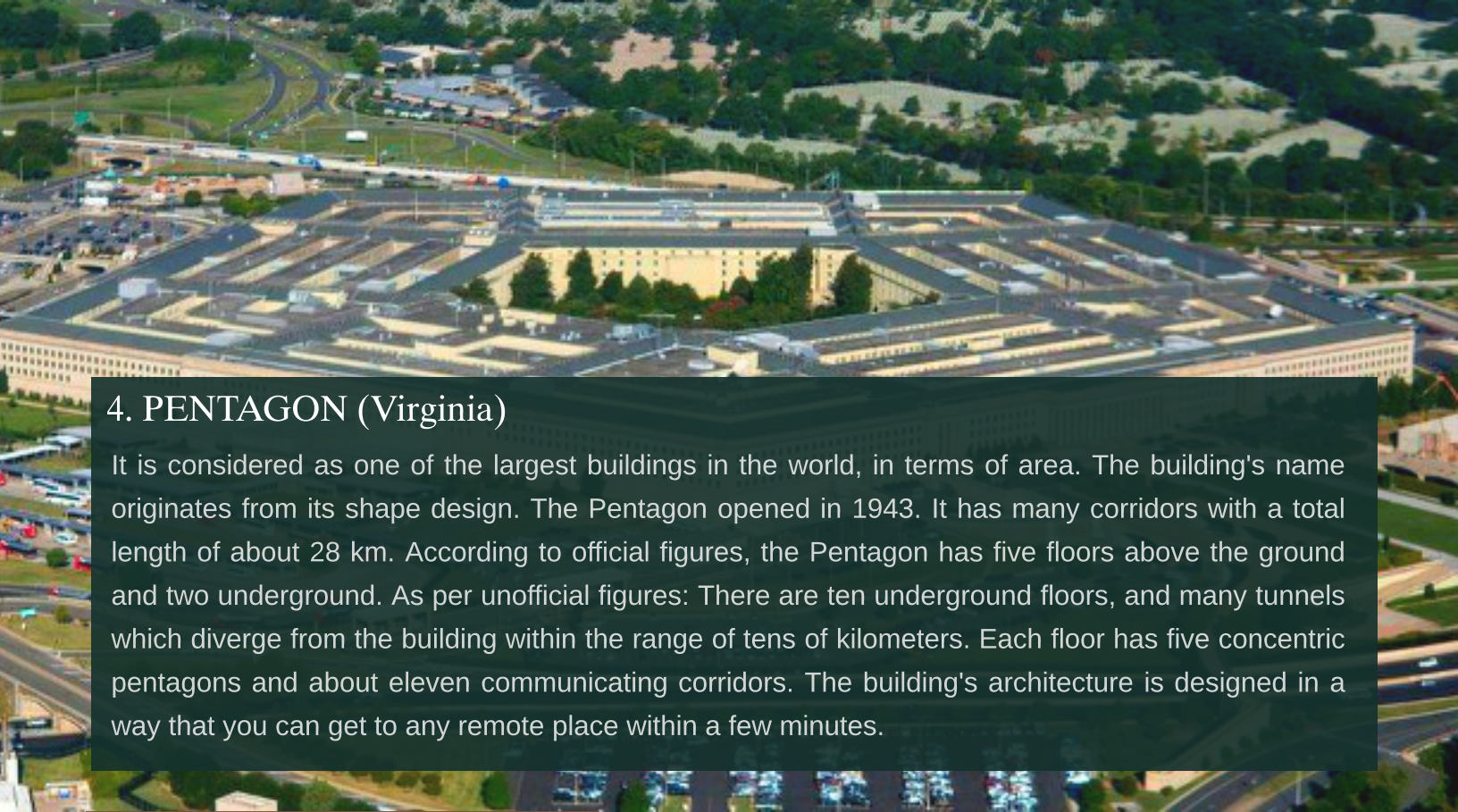
2. CHINATOWN (New York)

In Chinatown, when you see a popular habitat for the Chinese diaspora, a stone's throw from the fashionable areas of the Big Apple; time slows down. The ethnic flavor shines through in this place in everything: traditional elements of the architecture of the Middle Kingdom, red lanterns, signs written in hieroglyphs, crowds of immigrants from China, Vietnam, and other Far Eastern countries. Grand Street and Canal Street attract tourists and locals alike with numerous bars and restaurants for authentic Chinese cuisine. There are also concentrated shops and street clumps of immigrants from Asia, selling souvenirs, imitations of famous high fashion brands, and authentic Chinese products such as fish candies, spices, and bean noodles. The street's fish market is generally a separate attraction; vendors sell live snakes, turtles, frogs, shrimps, shellfish, and fresh fish. Life in Chinatown is in full swing around the clock, and oddly enough, this area is considered as one of the safest in all of New York.

3. THE WASHINGTON HOUSE (New York)

The residence of the country's rulers is named after the color of the building itself. It is one of the main attractions in the United States, and every year about 1.5 million tourists flock to the capital to see the grandeur and beauty of the world famous building. The date of construction dates back to the beginning of the 19th century. The White House has 132 rooms, more than 30 bathrooms and 3 lifts. 2 of 6 floors are underground. Official receptions are held in the Dining Room. Around the house there is a garden with a total area of 7 hectares.





4. PENTAGON (Virginia)

It is considered as one of the largest buildings in the world, in terms of area. The building's name originates from its shape design. The Pentagon opened in 1943. It has many corridors with a total length of about 28 km. According to official figures, the Pentagon has five floors above the ground and two underground. As per unofficial figures: There are ten underground floors, and many tunnels which diverge from the building within the range of tens of kilometers. Each floor has five concentric pentagons and about eleven communicating corridors. The building's architecture is designed in a way that you can get to any remote place within a few minutes.



5. HOLLYWOOD AND THE AVENUE OF STARS (Los Angeles, California)

Everyone wants to visit the Dream Factory and see with their own eyes the places where brands live and are created. Most of the film studios are located on the West Side. In Hollywood, location filming and film editing are carried out. The Oscar ceremony, the highest award of the American film industry, is also held here. Since 2005, Hollywood has been recognized as an independent territorial unit. You cannot pass by the famous landmark of the USA - Star Alley. It is a symbol of California and the most visited place in America. The Alley is located in the courtyard of the Grauman Theater and is a complex of concrete slabs with copper stars.



It is on these stars that the names of celebrities are captured. There are about 2,600 such plates. The first star appeared back in 1958. There are also plates with prints of the hands and feet of famous people. And not only people, the Shepherd Dog from the TV series "Commissioner Rex" was honored to leave paw prints. Nameplates belong to movie and theater stars, politicians, the first astronaut to set foot on the lunar surface, and other famous personalities. The main part of the Alley stretches for 15 blocks. More than 10 million people visit it annually. For those planning a trip to the United States, Hollywood and the Avenue of Stars are at the very top of the list of famous attractions.



6. NIAGARA FALLS (New York)

Niagra Falls is a group of 3 waterfalls at the southern end of Niagara George. The largest of the 3 is Horseshoe Falls (most powerful waterfall in North America), also known as the Canadian Falls, which straddles the international border of US and Canada.

During peak daytime tourist hours, more than 168,000 cubic meters of water goes over the crest of the falls every minute.

A popular spot for getting wowed or soaked amid natural splendor. Also, lots of adventurous honeymooners mark the destination in the to be visited places.



7. MOUNT RUSHMORE (South Dakota)

The Rock of Presidents is the main tourist attraction in the United States. Mount Rushmore is famous for carving giant monuments - the faces of four American presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln. It took the United States about fifteen years to create this landmark. More than 2.5 million tourists visit the eighteen-meter sculptures annually.



8. ALCATRAZ (Arizona)

Alcatraz is the name of an island located in San Francisco. In ancient times, it was of use as a defensive structure. Then it turned into an army prison, and later became an institution for dangerous criminals who have repeatedly escaped from ordinary prisons. At the moment, the prison is not functioning. It is a museum, where hundreds of tourists visit San Francisco every day. During the gold rush, hundreds of ships poured into San Francisco. For safe navigation, a lighthouse was installed on the island, which still stands today. The fort is equipped with powerful cannons. The construction of an old fort and a lighthouse on Alcatraz Island are popular attractions in the United States. Escapes from this impregnable prison were planned more than once, but all attempts were unsuccessful. Five people went missing; some got shot, and some drowned. Al Capone is considered as one of the most famous prisoners. This brutal mafioso landed on the island in 1934. He was denied all privileges, which hit his pride hard. A visit to the legendary prison is necessary to feel the spirit of the times and appreciate the scale of the prison territory.



9. LAS VEGAS (Nevada)

Las Vegas is deservedly considered the largest center of the gambling industry. The city is filled with many casinos and hotels. Endless concerts and light shows do not let tourists get bored around the clock. Coming here, be prepared not to sleep from night to morning. Many large companies with global brands hold their presentations and banquets here. As soon as you find yourself in Las Vegas, the question of what to see in the USA will immediately disappear. It is a city of big lights, money, desires, and fulfillment. In the city, you can see a replica of the Eiffel Tower or the Sphinx near the entrance to the casino. Bright neon signs will warm up your excitement, inviting you to come in and place a bet. Public transport consists of taxis and shuttle buses, so you can always quickly get from point A to B.



10. GRAND CANYON (Arizona)

This unique area is the most visited in America. An amazing miracle of nature, occupying about 5 thousand square meters. At the very bottom of the canyon, a river flows, which 5 million years ago became the reason for its formation. The Grand Canyon is enormous. Its depth reaches 1800 m, and its length is about 450 m. The width of the attraction is 29 km. Although this canyon is not the largest in the world, its popularity is growing every year. The uniqueness of the Grand Canyon is in the cliffs and many rocks that resemble ancient sculptures. Also, on the territory, there are beautiful waterfalls and caves. The climate and flora are varied here. At the very bottom of the canyon, the air temperature can reach + 40 C, as at the same moment on the plateau does not exceed + 150 C. Only here you can see how the desert zone smoothly turns into a mixed forest. The canyon is rich in various cacti, pines, birches, and majestic oaks. On its territory more than 1600 different plant species grow; about 90 species of mammals live; about 350 different birds, 47 reptiles, and up to 26 fish species live in the gorges. Here every tourist can go kayaking, canoeing, and SUP boarding. Those who prefer a more relaxing holiday can see the attraction from a helicopter. Or visit the bottom of the canyon, descending on mules.

11. MIAMI BEACH (Florida)

A resort town with a self-explanatory name, the most visited in the country. The most popular excursions in Miami Beach take place in the historic center. Here is a huge collection of various Art Deco architecture, built in the period from the 20s to the 40s of the last century. The length of the sandy beach is more than 11 kilometers, and hotels and private houses are located along with it. It is not uncommon to see celebrities sunbathing on Miami's beaches. After a hot day, take a stroll down Espagnol Way, where you will find many restaurants serving European cuisine. There are also small cafes where you can dine and relax in a cozy atmosphere. Oddly enough, in summer the resort has the lowest prices, but spring is an expensive holiday period.



12. HOOVER DAM (Nevada)

The dam is one of the largest hydroelectric power plants in the United States. The height of the concrete structure is 221 meters. The dam was built on the lower part of the Colorado River and is located in a canyon near the state of Nevada. Named after Herbert Hoover. If you have not yet decided what to visit in the United States, then be sure to include this famous dam in your list of attractions. When they began to build the largest dam in the United States, its architecture was simple and inconspicuous. When the project was completed, many were outraged by its inappropriate design. After that, had to use the services of a talented architect. He designed the architecture of the entire building in the Art Deco style. The dam used to connect Arizona to the Mexican border with a highway. This highway is quite dangerous: the serpentine includes sharp turns with zero visibility, and most importantly, landslides occur here. But in mid-autumn 2010, a bridge was opened next to the dam, which improved conditions for car traffic.

13. YELLOWSTONE (Wyoming)

This national park covers the territory of several states: Wyoming, Idaho, and Montana. Geysers and thermal springs are the hallmarks of Yellowstone Park. Tourists who find themselves in the park will see the most beautiful local lakes, rivers, and canyons. The lakes located in the mouth of the super volcano Caldera are famous attractions in the United States. The local flora and fauna are represented by several thousand plant species, as well as many mammals, animals, and birds.



14. GOLDEN GATE BRIDGE (San Francisco)

The Golden Gate is one of the most popular and recognizable landmarks in the United States. The Red Bridge crosses the San Francisco Bay. Its columns reach 230 m, and the height of the arch (its largest part) is 66 m. The length of the structure is more than 2700 m. The suspension bridge connects the city of San Francisco and the southern part of Marin County. It was opened back in 37 of the last century. Today, about 100,000 cars arrive on it 24 hours a day. The movement is carried out in 6 lanes. Depending on the intensity, the number of directions may vary. So, on weekdays, there may be four directions to the city and 2 from the city, on weekends, vice versa.



15. MONUMENT ALLEY (Arizona)

Interesting monuments of nature and culture of the United States - historical buildings, national parks, and unique natural formations - are concentrated in the state of Arizona. An unusual geological monument - Monument Valley in the northeast of the state - deserves a separate point on a journey to these lands. This is the land of amazing sandstone cliffs, which reach a height of 300 meters. Hundreds of millions of years ago, on the site of the desert plain where these rocks rise, there was a sea. At its bottom, for many millennia, silt settled, pressing the sand and forming porous sandstone, which in turn turned into shale. Later, the layer of the earth's crust heaved strongly, and the sea left, and a huge sandstone plateau formed in its place. Under the influence of water and wind, the plateau was eroded, and in our time only the strongest rocky columns, or Monuments, remained from it. There is hardly another country in the world that can compare with the United States of America in terms of scale, number of natural and man-made attractions, variety of climatic zones, and recreational opportunities. This country is very different. It's one thing to go to the northern, rather harsh state of Maine, and quite another - to sunny California, with its bustling Los Angeles and picturesque beaches. In the United States, you can arrange a shopping tour of the shops of New York and wander through the untouched expanses of one of the national parks.



Beauty Will Save The World! And Female Beauty Will Be Saved By Professional Beauty Tips.

There are thousands of tips to help you take care of yourself.
For our readers, we have shared the best of them.

FOR FACE

1. Change your skincare according to the season. In winter, creams are needed that protect the skin from bad weather, and in summer, light creams with an increased sun protection factor.
2. Use minimum makeup in the summer. Look for lightweight moisturizers or BB creams.
3. If you have a dry skin, use a cream blush and powder.
4. A pimple that has jumped up can be made invisible. Moisten a cotton pad with eye drops to prevent redness, place it in the freezer for 3-5 minutes, and then apply it to the inflamed area.
5. Toothpaste can also help get rid of a small pimples. Apply it on the spot and leave it to dry. The pimple will fade away.
6. Mask/Cover rashes with concealer not only on the face, but also on the body. Cover the pimple with concealer, and then powder.
7. To properly mask/cover the blue under the eyes, draw a triangle with the corrector and gently blend it in.
8. To find the perfect foundation shade, apply the cream to the jawline and evaluate the tone in a natural (day) light.
9. You can replace blush with lipstick if you don't find it in your makeup bag. First apply lipstick on your hand and then use a brush or sponge to apply it as a blush
10. Be careful not to overdo it with the bronzer, highlighter, and blush. The face will turn out to look like a puppet.
11. Try using natural Shea butter. It amazingly nourishes the skin, heals, soothes, helps fight dryness, inflammation, and fine wrinkles.
12. You can revive your face. This makes them even more noticeable.
13. Place your index and middle fingers on the side of your nose to determine where you want to blend the blush.
14. Remember the rule: first, foundation, then the corrector, and slight blush without makeup if you slightly pinch your cheekbones pores will not be clogged.

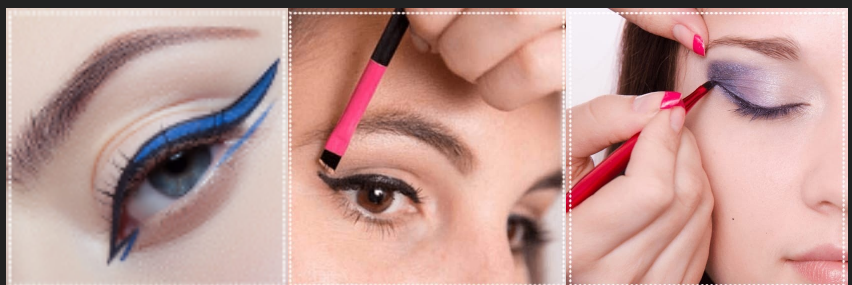




15. Special matting napkins can be successfully replaced with an ordinary paper or even a piece of toilet paper. Place the tissue on your face gently, but do not rub.
16. In order to remove oily shine from the face during the day, it is better to use matting wipes rather than powder. Thanks to this, you will look fresh, the makeup will not resemble a mask due to the large amount of powder. Make-up removers (milk, micellar water, and others) perfectly cleanse the skin with hair-dye that accidentally falls on the forehead or ears during hair dyeing.

FOR EYES

17. If a face powder does not suit your skin shade, use it as an eye-shadow base.
18. For the under eye area, use a liquid concealer. Apply it in dots and blend with your fingers.
19. The shimmer in the corner of the eye makes the eyes brighter and more expressive.
20. Eyebrow styling gel can be replaced with handy products. For example, hair gel. Apply it to the brush and style your eyebrows.
21. By applying the highlighter under and over your brows, you will instantly get a wide-open eye look.
22. Instead of eye-shadows, you can use a pencil: draw a few strokes and blend them carefully.
23. Don't throw away the mascara brush. Just wash it and insert it into a new mascara or use it to brush your eyebrows.
24. Eyes will look wider and fresher when you apply a pastel pink Kayal pencil on the waterline and under the eyebrow.
25. Apply a white pencil to the waterline if you want to hide redness in your eyes.
26. Out of liquid eyeliner? Draw arrows with a beveled brush and mascara.
27. Is the arrow crooked? Do not rush to wash it - touch up the shape with a beveled brush and concealer.
28. Blue eyeliner on the water line will accentuate the depth of grey eyes. Emerald eyeliner will give blue eyes a greenish tint.
29. You can get rid of long-lasting gel liner not only with micellar water, but also by using an ordinary olive oil.
30. One layer of mascara + loose powder + second layer of mascara = luxurious long lashes.
31. Want to make your eyes look bigger and your gaze more wide? Then paint over the eyelashes not to the temple, but the nose.





FOR LIPS

39. Light lip scrub: While brushing your teeth, brush over your lips. Dead particles will flake off, and menthol will improve blood circulation.
40. To prevent lipstick from staining your teeth, wrap your lips around your index finger and gently pull it out of your mouth without opening your lips. The excess lipstick will remain on your finger.
41. Before applying lipstick, apply foundation to the contours of the lips and add a dash of highlighter to the hollow above the upper lip. This will visually enlarge the lips.
42. Another trick that makes the lips look bigger and sexier is the light pearl ascent shadows applied in the middle of the lips.
43. Is your expensive lipstick broken? Do not be upset! Heat the tip remaining in the tube with a lighter and press the broken part tightly against it. Then refrigerate the lipstick for 15-30 minutes.
44. You can do it yourself with a lip plumper. Just add a drop of peppermint oil to your favorite lip gloss.
45. Petroleum jelly + loose eye-shadow = homemade lip gloss. You can create shine in any shade!

32. Lumps and spider legs on the lashes are not a sign of poor mascara. There is simply too much product on the brush. Remove excess mascara from it by lightly blotting with a paper towel.
33. If you use an eyelash curler, warm it up with a hot stream of air from a hairdryer before use. The cilia will turn out to be more curled.
34. To apply the glue to the false lashes evenly, do it with the tip of an invisible lash.
35. Is it a pity to part with your favorite mascara, which is about to end? Remove the rubber dispenser from the tube - there is still a lot of product hiding under it.
36. If, while painting your eyelashes, you stain your eyelids or the skin under the eyes with mascara, do not immediately wipe it off with a cotton swab or cotton pad. Wait for the mascara to dry, then brush it off with an eyebrow brush.
37. Soak dried mascara for five minutes in hot water if you want to "revive" it.
38. A few drops of saline will also help "revive" mascara.





FOR HAIR

46. Is your scalp dry and covered with dandruff? Rub burdock oil into it (sold in any pharmacy).
47. If your hair tends to be wavy, dry it by pressing down on both sides with a towel. No rubbing movements!
48. If your hair tends to be oily, don't apply conditioner to the roots - start from the ear. Use avocado masks to add shine to your hair.

49. To get rid of split ends, twist the strand into a spiral and trim off any protruding hairs.
50. Baby powder or talcum powder are great alternatives to dry shampoo if you don't have one on hand.
51. Use dry shampoo in the evening, not in the morning. Overnight, the excess powder will crumble, and you will get a larger volume.
52. Use anti-static wipes (usually used to wipe screens) to style electrified, unruly hair.
53. To prevent hair from puffing up after blow-drying, spray the comb with hairspray and run it through your hair. Caution! By spraying your hair, not a comb, you will get a gummy effect.
54. Contrary to popular belief, you need to pin invisible hair with the wavy side facing down, so they hold better.
55. Hairpins and invisible hair glides? Spray hairpins with hairspray before using.



FOR NAILS

56. A couple of drops of perfume on a comb - and your favorite scent will always be on your hair.
57. Use an eye cream to care for your cuticles.
58. To easily remove polish from the skin around your nail, coat it with petroleum jelly before doing your manicure.
59. Do you need to wipe off the varnish, but the special liquid is out? Apply clear polish to your nails and wipe it off without drying. It will come off along with the old coating.



60. Do you need to wipe off the varnish, but the special liquid is out? Apply clear polish to your nails and wipe it off without drying. It will come off along with the old coating.
61. Broken nail? Do not worry! Paint the tips of your nails with a shiny polish to mask the unevenness.
62. If you have too shiny eye-shadow that you bought once "for a holiday" and will no longer use them, you can make a bright varnish out of them by adding to the bottle with clear varnish.

FOR BODY

63. Does your skin need extra nourishment that your product does not provide? Add some baby nourishing oil to your body lotion.
64. Baths with mint will relieve excessive sweating in summer. Mint can also be combined with sage, chamomile and walnut leaves.
65. Keep hand cream in the kitchen and apply it to your hands every time you wash the dishes.
66. Got a face scrub that is too harsh? Use it to exfoliate your hands, elbows and heels.
67. Exfoliate before using a self-tanner.
68. Shaving foam can be replaced with hair conditioner. It will soften the skin and provide a close shave.
69. Almond oil + 30 drops of tea tree essential oil + 30 drops of peppermint essential oil = hair growth retardant after application.
70. If the fake tan does not come off evenly, apply baking soda to the sponge and scrub the dark spots.
71. A common antiperspirant can help with calluses on your feet. Putting it on the area where your shoes are rubbing will help reduce friction.



72. One tablespoon of cinnamon + one teaspoon of cocoa + one teaspoon of nutmeg + two teaspoons of cornstarch = homemade bronzer. It can be used for the body.
73. If you do not want your body skin to dry too much in winter, do not take hot baths: hot water washes away the protective oil from the skin. Better take a warm shower.
74. To get rid of corns, apply a thick layer of petroleum jelly or greasy cream to dry corn overnight and wear socks. In the morning, the corns will be easily removed.





75. To stop getting ready for so long in the morning, make a playlist of a few of your favorite tracks and play it in the morning when you get ready. When the last track is finished, you should be ready. This will not only pump your discipline, but it will also cheer you up in the morning.
76. Visit cosmetic stores with a shopping list and do not agree to the persuasion of consultants to test the "supernova". This will save you from impulsive spending.
77. Do not strive to have cosmetics for all occasions. Olive oil can easily deal with many problems.
78. Strike a balance: if there is a shimmer in your eye makeup, then give preference to matte lipstick. And vice versa.
79. And more on balance: intense eye makeup suggests a subtle tint on the lips. And vice versa, bright lips are a minimum of makeup on the eyes.
80. Broken eye-shadow, compact powder or blush? Soak a cloth with rubbing alcohol and blot the cracked product with it. Soon the alcohol will fizzle out, and the cosmetics will be like new.
81. To remove foundation from your collar, apply some shaving cream to the stained area and remove the stain with a damp cloth. Fast and efficient!
82. If sweat stains remain on your clothes, squeeze some lemon juice onto them before washing.
83. Revise your cosmetics every six months and throw out expired products.
84. Keep all of your products in an organized manner.
85. Smile more often! A smile makes you beautiful even without makeup. And always believe, *Beauty lies in the eyes of the beholder.*



WINTER LOOKS

We have looked at all the fashion magazines, and latest runway shows to bring the most fashionable looks for the winter season. Keep on reading to rock your fashion looks!

LOOSE SWEATERS

Some days are just too cold to care about fitted outfits. Winters are splendid as you can wear a loose sweater and look fashionable while being super comfortable! Loose sweaters are available in sweater dresses. Just pair them with a pair of tights and sexy boots, and you will look the most stylish wherever you go!

SKINNY JEANS

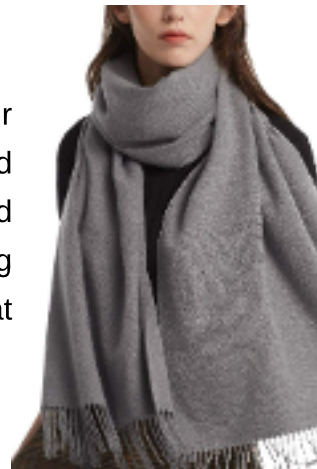
Skinny jeans in winters are a blessing in disguise! They keep you warm as the fabric is in contact with your skin at all times. Imagine this; a loose sweater, a bun, a sling bag paired with skinny jeans and sneakers. Don't you feel gorgeous just by imagining this look?!

WARM SCARVES

Oh yes! If you live in a windy city then scarves are your best friend! A good scarf will not only keep your neck and chest warm but also add that pop of color and sophistication to your entire look. If you plan on rocking an all-black outfit then a bright scarf could just be that attention-grabbing part of your wardrobe!

FITTED SWEATERS

Date night? A fancy dinner? Or just a glamorous night out with your ladies? Flaunt your style with fitted sweaters and pants of your choice. Fitted sweaters with long sleeves will make you feel feminine and totally in your element. Flirting with your man never got better!



BOYFRIEND HOODIES

They're warm, they're comfortable, they're cozy and they smell like the love of your life. What else do you need while you sip hot chocolate by the fireplace with a book in your hand? Plus, he will never mind seeing you in his clothes and how cute you'll look in them.

WOOLEN SOCKS

Do you get cold feet usually? Literally! It's so important to keep your feet warm in the coldest of weather. The urge to cuddle with woolen socks is not a joke! No one wants to snuggle and cuddle with cold feet. They can also look very adorable in different colors and patterns and the way they fall right over your ankles.

TRENCH COATS

High-end fashion peaks here! Trench coats are a must-have item in your closet. Rain, snow, wind; they can fight all of them off while making you look glamorous! A well-stitched trench coat can be just the thing to wrap up your whole look! The cherry on top, indeed.

THICK SOLE BOOTS

The best part about winters is the boots. You know, those combat boots which make you look like a tough, sexy queen! Walking with authority is in fashion!

KNEE-HIGH BOOTS

These look effortlessly sexy! Knee-high boots are the best to keep your legs warm and strut your stuff with confidence. Pair your look with your favorite knee-high boots and turn heads as you make your way forward!



ZUMBA

What is Zumba and how to lose weight with it!

A way to lose weight for those who hate exercise.



Zumba is a group fitness program that combines conventional aerobic movements with simple elements of Latin, hip-hop, and belly dancing. The lesson is held to the rhythms of salsa, rumba, meringue, flamenco, and other directions. Zumba is positioned as a dance party - bright, driving and not similar to the usual weight loss workouts. In addition to the classic Zumba, there are nine more directions of the fitness program - from Aqua Zumba® in the pool to Zumba® Toning with dumbbells for additional load on the upper body. There are also separate areas of Zumbini™ for children 0-3 years old and a high-intensity training STRONG by Zumba® for those who want to push through the workout, diluting cardio exercises with dance combinations to music.

How quickly can you lose weight with it?

Zumba is an interval training session that alternates between high and low-intensity dance moves. Thus, the process does not require rest, and you can move at a high heart rate for all 40-50 minutes of the session. If you exercise five days a week, even without a calorie deficit in your diet, you can lose a kilogram of fat in 3-4 weeks. In combination with a soft diet - in 1.5 - 2 weeks. At the same time, unlike jogging or other cardio, vibrant dance rhythms and the pleasure of moving to the music reduce perceived effort.

What is the use of Zumba, besides weight loss?

Heart Rate During Dance Workout Zumba®: Is the "Fitness-Party" a Good Workout? within 64–94% of the maximum heart rate and averaging 79%. This is enough to pump the cardiovascular system and improve the body's endurance. In addition, zumba strengthens the muscles in the body. Many dance moves and moves involve the abs. Jumps and lunges strengthen the hips and glutes. Traditional zumba practically does not load the upper body. If you want to pump up your arms, chest, and back, try the dumbbell variation. Zumba also improves flexibility and coordination, makes the body more flexible and obedient.





Is Zumba suitable for those who can't dance?

Zumba choreography includes only basic dance movements and does not require any previous dance or sporting experience. Any movements are learned in a few minutes, and combinations, as a rule, are repeated many times in a row, so that it is not difficult to remember them. In addition, like any party, Zumba is devoid of the formality of the classic direction. Within the framework of basic movements, you have space for improvisation.

Who is not allowed to do Zumba?

Since Zumba is a fairly intense training method, you should approach it with caution during pregnancy. Before starting a session, consult with your supervising doctor and inform the trainer. It is also worth warning the instructor if you have knee or back pain, arthritis, and other diseases of the joints and spine. In some combinations of Zumba, there are sharp and intense movements that can be harmful for existing problems. If you have diabetes, your blood sugar can drop dramatically if you are not used to physical activity. Before going to your first workout, consult your doctor. Also, be wary of getting into intense dancing if you have cardiovascular disease.

How often can you practice?

Since the classic Zumba does not include strength movements and does not greatly fatigue the muscles and the central nervous system, you can exercise daily. This way you will lose extra pounds faster and build endurance.

What do you need to do Zumba?

First, find a certified Zumba instructor in your city. The owner of the ZUMBA® brand (Zumba Fitness LCC) develops programs and choreography, selects music, teaches instructors, and licenses them. You can check out coaches with a valid license at Zumba.com. Find one and come to the class. If you are going to work out at home, you can do it using the DVD from the same Zumba Fitness LCC. Workout discs are sold on the official website as well as on Amazon. To practice, you only need free space, comfortable clothes, and sneakers.

Is it possible to practice Zumba for free?

Since Zumba does not require a detailed analysis of the technique and does not contain complex elements, you can learn combinations from videos on YouTube. Remember about the ability to change the speed up to 0.25 - this way you will have time to see any element.



A microscopic view of several platelets. The central platelet is large and roughly spherical with a textured, bumpy surface. It has several long, thin, reddish-orange tentacles extending from its surface. Other smaller platelets are visible in the background, some appearing as flat discs and others as more rounded shapes with tentacles.

PLATELETS

WHY ARE PLATELETS NEEDED AND HOW MANY SHOULD BE NORMAL?

The level of these blood cells will tell you how well you are protected from blood loss and thrombosis.

WHAT ARE PLATELETS?

Thrombotic (low platelet count) are blood cells that can form clots (blood clots) to stop possible bleeding.

For example, if you cut yourself, platelets recognize the signal from the damaged blood vessel and rush to it to literally close the wound with themselves. Platelets are one of the three main types of blood cells. They differ from erythrocytes and leukocytes in that they are able to change their shape.

HOW PLATELETS WORK?

These blood cells can exist in two forms - inactive and active. In an inactive form, platelets are like flat plates, tiny plates. In English, these cells are called platelets (from the word plate - plate, plate). This condition persists as long as they travel freely in the bloodstream. But as soon as cells receive a signal from a nearby damaged blood vessel, they change. In medical terms, they take an active form. Tentacles

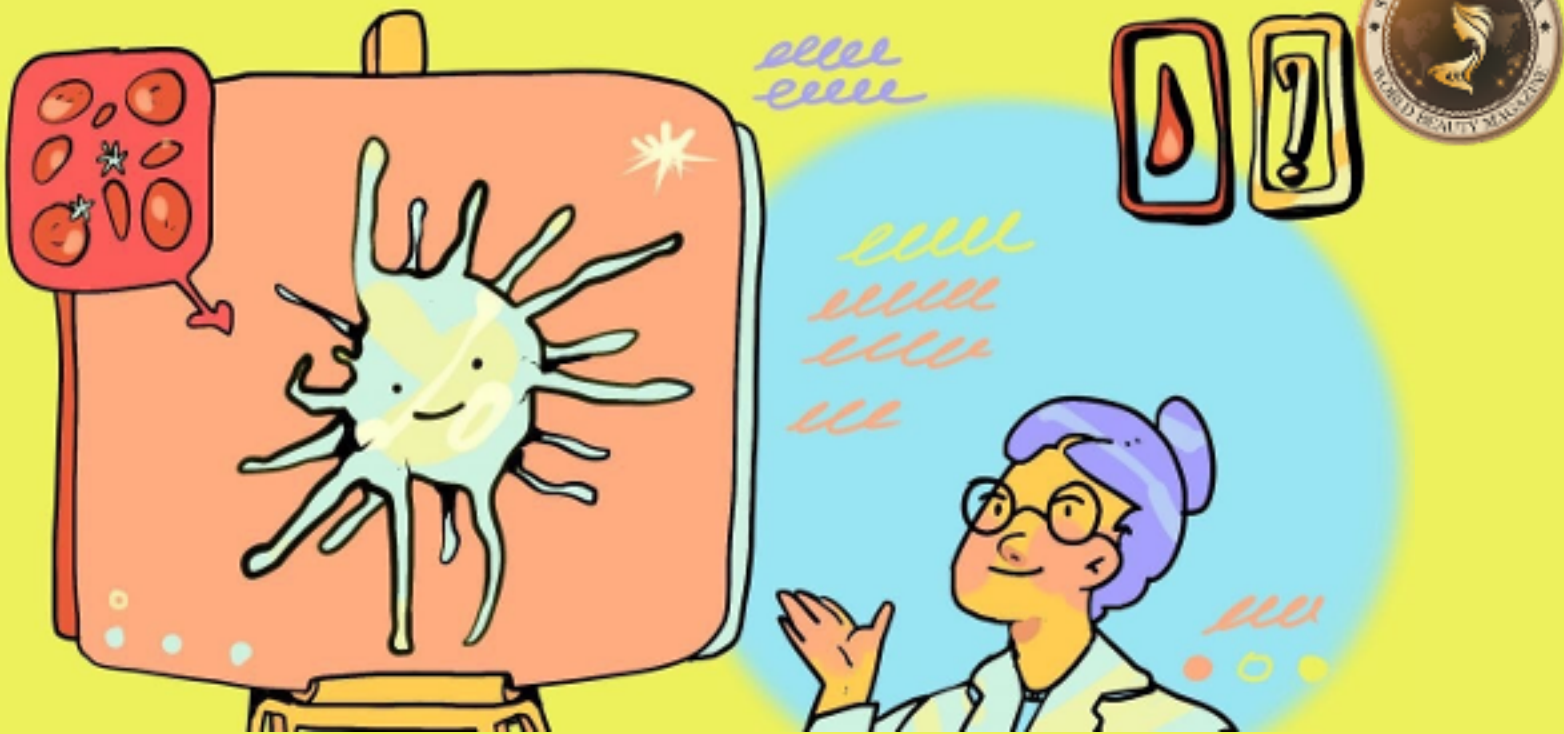
grow in the "little plates", and outwardly platelets look like small octopuses

The tentacles help to securely attach to the damaged area of the vessel. And at the same time stick to each other. This is how a blood clot forms. The blood clot will persist until the damage to the vascular wall heals, that is, until the vessel stops signaling an injury.

WHY YOU NEED TO KNOW THE LEVEL OF PLATELETS IN THE BLOOD?

To understand whether the body is able to effectively cope with bleeding - both external and internal. The latter can occur, for example, with stomach ulcers or endometriosis. If there are not enough platelets in the body, it can lead to a large loss of blood.

And when there are a lot of platelets, there is a risk that they will begin to stick together just like that, without a distress signal from a blood vessel. Such blood clots are deadly. Moving freely through the bloodstream, they can block vital vessels and lead to myocardial infarction, stroke, pulmonary embolism.



WHAT IS THE RATE OF PLATELETS IN THE BLOOD?

The number of platelets is 150–450 thousand pieces per micro liter of blood. If the platelet count is above this level, then doctors talk about Thrombocytosis Diagnostic Evaluation, Thrombotic Risk Stratification, and Risk-Based Management Strategies. If below - about thrombocytopenia (low platelet count).

WHEN AND HOW TO DETERMINE THE LEVEL OF PLATELETS IN THE BLOOD?

This indicator is included in the general blood test (CBC). It is done by taking blood from a vein in the arm with a needle. A referral for a general blood test is usually issued by the Platelet Count therapist if you come for a preventive examination or with complaints of poor health. In some cases, the doctor will want to check the level of platelets, as they say, specifically: if you have symptoms that do not affect your well-being, but indicate a blood clotting disorder. These symptoms include, for example: bruises that appear on the skin just like that, for no apparent reason, Unexpectedly prolonged bleeding from tiny cuts and wounds, frequent bleeding from

the nose or gums, and heavy menstruation.

Also, regular tests for the level of platelets in the blood are needed for certain diseases or methods of therapy that can affect blood clotting. Such diseases include, for example, COVID-19 concerns aggregate around platelets.

WHAT ARE THE SYMPTOMS OF THROMBOCYTOSIS AND THROMBOCYTOPENIA?

Usually comes without any symptoms, but below are some:

- Headache
- Dizziness or lightheadedness
- Chest pain
- Weakness
- Numbness or tingling in hands and feet
- Bleeding from nose, mouth, gum, or intestinal tract
- Swelling and redness of hands and feet
- Fainting
- Stroke or heart attach in severe cases

WHAT TO DO IF YOUR PLATELET COUNT IS ABOVE OR BELOW NORMAL

Platelets, like other blood cells, are produced in the bone marrow and live in the bloodstream for 8-10 days and are consumed in the formation of blood clots. Deviations of their level from normal are possible for three main reasons for Platelet Count. The bone marrow is malfunctioning and produces too many or few platelets. There is some kind of defect in platelets that causes them to break down too quickly. There are certain conditions - illness, surgery, chosen treatment methods - that cause the body to use up or produce excess platelets. Only your supervising doctor should determine what exactly the blood test results

mean and what they may indicate. The doctor will look into your medical history, ask in detail about your health and symptoms. Perhaps the doctor will offer to retake the analysis or send for additional examinations. And only then will the doctor establish a diagnosis and decide whether you need treatment and what it should be.



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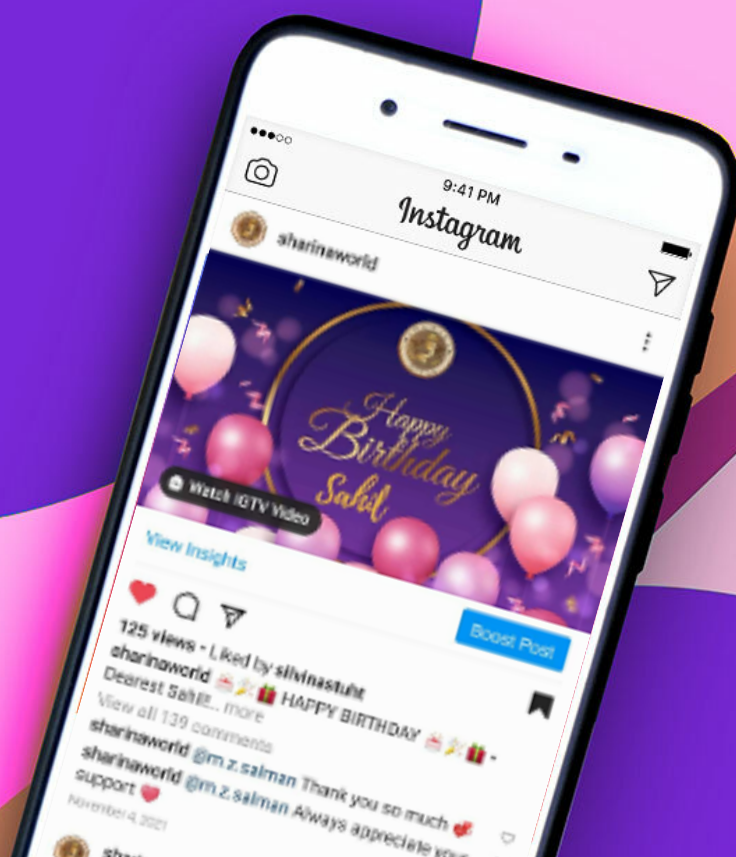
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FEATURE WITH US







The vision of *ATÉLIÉR DE BÍJOUX* “Collector Of Beautiful Jewels” brings wide and unique variety of Pakistani and Indian jewelry. It holds a special place in every south Asian’s heart and it is appraised worldwide as well. The brilliant craftsmanship of the rare gems extracted from the mines of Pakistan and India adds “The Bling” to our SK jewelry collection online. SK Jewels USA provides Trendy, Classy, Party wear, Gold-plated, Costume fashion, Fresh Water Pearls (with CERTIFICATE), Gold Vermeil and Real Stones Jewelry. South Asian Jewelries have refined details, attention-grabbing colors, stones and Real Pearls with elegant designs which are well known as a desired commodity across the globe. USA has an increasing demand of Pakistani and Indian jewelry online.

Which is why SK Jewels USA offers their best of the very best collections at affordable prices for you at a click of a button.

SK Jewels USA, is a Pakistani / Indian jewelry brand in the United States and stepped into digital market recently with an intention of selling one-of-a-kind, elegantly unique, and trendy jewelry that every women could afford without breaking the bank.

SK Jewels USA is an online Pakistani / Indian jewelry store in the USA and based in Westbury, New York. Offering some of the most exquisite jewelry collections that are a unique blend of the traditional and modern taste and culture.

SK Jewels USA is known for their statement cocktail rings, necklaces, earrings, and gemstone collection. If you’re in love with fine Pakistani / Indian jewelry in the USA, then you must check out their collections.

SK Jewels has an extensive selection of necklaces, earrings, head pendants, stunning rings, bangles, and list goes on,

Inspired by traditional and cultural Pakistani and Indian beauty, SK Jewels USA brings you their specialized premium quality Jewelry collections of kundan, minakari, thappa, jarao, american diamond, cubic zirconia, pachi kundan, farshi, nauratan, gold plated jewelry, jewelry with real stones, and real pearls (with certificate of authenticity).

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- Kundan Minakari Rings
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- American Diamond Rings, Bangles, & Sets
- Cubic Zirconia Rings, Bangles, & Sets
- Chokers
- Pendants
- Bracelets
- Head Pendants
- and MUCH MORE ...



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NaVetor cloud software is a modern, efficient, beautifully easy way to streamline your workday and navigate your business. Its intuitive design allows you to see a quick snapshot of practice activity, maintain complete electronic medical records, manage the health of your business, and save time. And with a mobile app, an ever-growing list of integrations, a free boarding module, and award-winning 24/7 tech support from Patterson.



A modern, efficient, beautifully easy veterinary cloud software designed to help you navigate your business.

THOUGHTFUL INTUITIVE DESIGN

Easy to use with every detail thought through, to maximize efficiency and minimize steps.

Organize your day, manage patient workflow, save time with a host of integrations, and keep your finger on the health of your practice. NaVetor contains all the features you would expect from an industry-leading Cloud Based Veterinary Practice Management Software.





FEATURES

Dashboard

Save clicks and time with workflow management tools that keep you on track and help you move quickly from task to task.



Mobile App

NaVetor now comes with a handy mobile app – part of your software subscription — which allows you to complete most client-facing tasks, from check-in to check-out, on a phone or tablet.



Whiteboard

Maintain a quick snapshot view of everything happening within your veterinary practice with NaVetor's finger-on-the-pulse whiteboard.



Billing

Streamline administrative processes and easily manage the business side of practicing veterinary medicine.



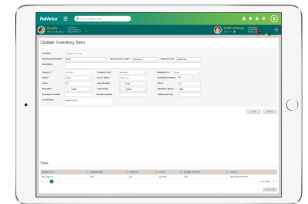
Medical Record

Efficiently create and maintain paperless medical records for each patient, so you can make better decisions, manage treatment plans, and capture charges electronically.



Inventory

Save time and improve accuracy when you manage your inventory electronically. NaVetor's intuitive, streamlined approach allows you to quickly and easily add or update the products you keep on hand.



Labs

Save time, eliminate manual data entry, and capture every charge. NaVetor now offers two-way integration with reference labs and laboratory equipment from IDEXX, Antech, and Zoetis. You can automatically request lab tests from the software and download results into the patient record.



Market

Great client communications is a hallmark of great veterinary practices. Easily send text and email reminders and birthday greetings right from NaVetor through Patterson's ePET Lite, which is built into the software. And with Patterson's Reputation Management solution, you can send unlimited surveys tailored to each client based on visit type, post positive feedback on your website, and encourage clients to post positive reviews on public review sites such as Google and Yelp.



Payments

Swipe your client's credit or debit card to instantly process payments with integrated, secure payment processing. Within NaVetor, simply turn on the integration with Global Payments Integrated to enjoy.





Corporate Finance

Effective financial management services enable smooth running of the business and facilitate achievement of business goals.

Do not know how to assess company performance? We leverage technology with expertise and experience of our team to provide you the insights to assess and grow your business.



Credit Repair Clinics

Interested in Getting A Car, Home, Credit Card, Or Even A Job.

No worries, CPA Clinics' Credit Repair Services Empowers Every Individual to Achieve Credit Scores They Deserve & Enjoy A Lifestyle of Greater Opportunity! Contact us today to avail services.



Internal Controls

Let Us Help Drive Efficient and Effective Internal Controls.

Our Certified Internal Auditors (CIAs) and Certified Public Accountants (CPAs) spend time to understand your business and requirements and provide the best services possible for your business.



Payroll Management

Pay Salary Easily and Comply with Regulations.

Are you having payroll and reporting headaches? We specialize in the complexities of payroll processing and taxes, as well as compliance with government regulations.



Tax Management

We Help You Keep More \$ In Your Wallet.

We take pride to be amongst the lowest priced CPA Tax Preparation and Filing Service Providers and are here to assist you to keep more money in your wallet.

MARKETING WORLD



Marketing your brand online is a challenging task. At Sharina World, we deliver results by marketing your brand online using our unique Brand Marketing Techniques!



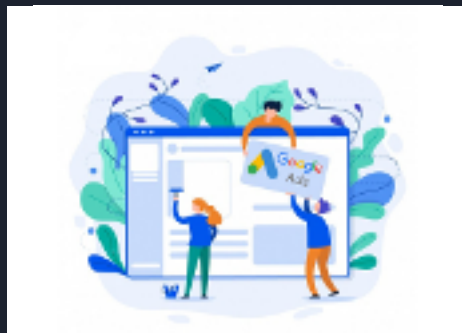
SEO Services

We will help you rank your website higher on Google, the widely used search engine in the world. Get dedicated strategies with Sharina World SEO Professionals who work with passion to fulfill your personalized need; make your brand rank higher on the search engine result page



Social Media Marketing

Social Media Marketing provides opportunities to target the interested audience and build strong and trusted relationships with them. At Sharina World, our team will analyze the market, assess your competitors, and build the most effective strategy to target the right audience for productive feedback.



Google Ads

Google ads give you ultimate control to show your ads to the user according to location, keyword search, age, and devices and even you can manage days, time, and frequency of ads. Google Ads provides results faster than SEO, if you use this tool along with SEO then it will amplify the results.



Website Development

Sharina World provides Custom Website Design and Development services globally and is recognized as an industry leader, as we have a team of experienced Web Designers and Developers committed to your success. We follow the market's latest trends and techniques so that you can get the best of everything.



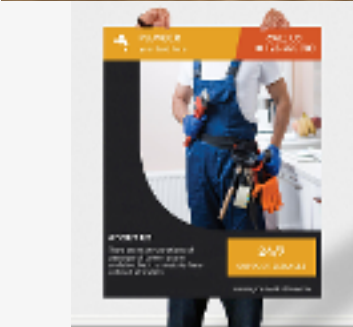
Get Featured on Sharina World

Sharina World is a vast platform that provides education, training, professional services, and opportunities to connect, grow, and get recognized. We support everyone to outgrow the barriers that are keeping them away from their true potentials. We help our clients to build their digital portfolio.



Feature In A Magazine

Dedicated magazine feature helps in promoting individuals and business from around the world. Sharina World's magazine provide the best insight of the rising stars or brand stepping in the world with great potential. Sharina World believe in you and your flair, let the rest world be inspired by you.



Poster And Flyer Advertisement

Poster and flyers are two of the most common printed media advertising materials. They help deliver your message to targeted audience, catching their attention and urges them to buy your products and services. These advertisement tools highlight and boost your campaigns, products, and services.



Promote Your Brand

Sharina World is an immense platform that provide assistance in building strong digital appearance of their clients, helping them achieving their goals or set new trend in the digital market. Our platform connects the potential customers with the top-grade service providers.



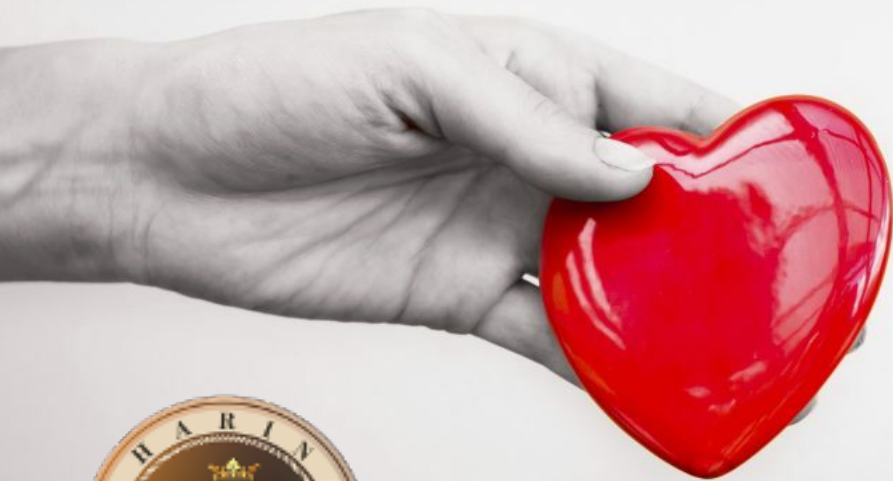
YouTube Video Services

YouTube video creation is not only about creating video, it is about knowing your audience interests and strategically develop your content for targeted audience to gain most out of it. YouTube is very strong digital marketing platform that provide the ultimate exposure to your brand.



Social Platform Application

Join the Sharina World Listing & Social Platform, For Ultimate Growth. Sharina World social platform application is online global directory with connectivity, where people can list their businesses and services for potential customers. Our platform will boost your online appearance and strongly impact the online marketplace.



SHARINA WORLD NON-PROFIT ORGANIZATION

Sharina World Foundation was established to prevent and alleviate human suffering without discrimination. We make no discrimination as to religious beliefs, nationality, race, class, or political opinions.

Sharina World Foundation endeavors to protect and improve quality of life and health by promoting friendship, cooperation, and lasting peace amongst all peoples.

Charity is important and designed for the benefit of people in times of need in any part of the world.

Though a charity's success should not be measured only by which has the lowest overhead cost, we are proud to average 90% of donations spent directly towards the cause and the remaining 10% on overheads and fundraising.

Healthcare Charity Organization

Sharina World Foundation focuses on making care more accessible so that collectively we are all healthier. Health care charity provides free or discounted medical care for those who cannot afford to pay. We work not only to treat diseases but also to provide a long-term solution to improve health. Our initiatives include working globally with Labs and Clinics to assist us with extending health care services such as Annual Physical Exam, Vaccinations, and COVID-19 PCR and Rapid Testing. We even go a step further and provide a \$10 Amazon Self-Care Gift Reward for being a responsible citizen.



Education & Training Charity Organization

Sharina World Foundation utilizes the donated funds to help set a solid foundation by sharing education and training materials and imparting knowledge and professional training. Sharina World Foundation is committed to getting kids back to learning and your life-changing gift is very much appreciated and Sharina World Beauty Magazine will dedicate an article on the contributions received.

Inspiration Charity Organization

Sharina World Foundation inspires the superhero mindset and empowers generations to realize their potential, manifest opportunity, and triumph over self-doubt. Inspiration is fuel to keep us going and drives us to be better and be the person we dream to be. We share positive inspirational stories from around the world through our magazines. Stories are a powerful tool to touch our hearts, as these motivate us to keep progressing towards our dream. By reading about the struggles the others went through to be successful, we can relate our life situations to the stories that we read. Inspiring stories trigger an emotional pulse point in our hearts and minds when we are in a distressing situation.

SELF-CARE REWARD

Sharina World Charity Foundation rewards self-care with a \$10 Amazon Gift Card. Prevention is better than cure. If you are experiencing any symptoms of COVID-19, then you should get yourself tested to protect both you and your loved ones and avail yourself of a \$10 gift along the way.

➔ Spread Hope & Save Lives





BE YOUR OWN BOSS GROW TO YOUR TRUE POTENTIAL

Sales Representative - \$2,000 New Rep Bonus

- Title :** Field Sales Representative
- Territory Location :** New York
- Salary :** Unlimited Earnings – Earn As Much As You Can!

Do You Like To Be In Control?

It takes determination, passion, dedication, and commitment to be able to control your schedule, your earnings, and future. This is not your typical sales job! You are your own boss, in control of your earnings and your work-life balance.

Are You A Self-Motivated Person With A Passion For Success?

If you are outgoing, a real "go-getter" with a positive "can do" attitude, comfortable in speaking with people and have a strong work ethic, then we would like to hear from you!

Your Individual Performance Is Rewarded

Better performance yields higher income, and you set your own schedule.



Why Choose Us?

What We Offer?



SHARINA WORLD provides multiple services including Accounting, Finance, Payroll, Internal Controls, Company Filing, Tax, Charity, Magazines, Community Platform, Personalized Gifts, Brand Marketing, IT Development, Jewelry, & Health Care. We are growing and we have multiple opportunities for sales representatives who would like to grow with us. We offer an uncapped earning potential, and the opportunity for advancement. We are currently seeking highly-motivated independent contractors in New York.

Are you a driven, energetic, and helpful sales professional looking to make great money? Be rewarded for your performance with uncapped commissions and minimum \$500 per month!

Stop searching and start growing your sales career and business with SHARINA WORLD.

What Is In It For You?

- 👉 \$2,000 New Rep Bonus Limited Time offer
- 👉 Minimum Weekly Pay With Unlimited Upside Potential
- 👉 Uncapped Commissions
- 👉 Flexible Schedule
- 👉 Growth Opportunities
- 👉 Consistent Year-Round Work



A World Of Possibilities, Opportunities,
Encouragement, And Networking Resources

Minimum Qualifications



- 👤 High School Diploma or GED
- 👉 No experience - No problem - **Training Provided**
- 👤 **Job Type :** Contractor
- 💰 **Pay:** \$500 per month + 10% Commissions
- 🗨️ **Language :** English or any other language (Preferred)
- 📍 **Work Location :** New York

To get more information and to speak with one of our hiring managers who will help you set up an interview please call us on 516-464-7444 or apply by clicking the link <https://sharinaworld.com/sales-representative/>

- 🕒 **Working Hours:** 12:00 PM - 9:00 PM
- 📞 **Phone :** +1-516-464-744

Join Us

Apply Now

COMPETITION

Many service providers and business owners are featured with Sharina World, and like us, they also wanted to give value to their consumers. We created an opportunity for businesses like Restaurants, Personal Health Care Centers, Spas, Nail Salons, and many more – as well as the service providers including but not limited to Doctors, Lawyers, Accountant, Painters, Carpenters, Locksmiths, Painters, Engineers, Architects etc. to get recognized in the community of their specific consumers.


Whether you are a provider or a consumer, Sharina World is going to benefit you a lot. Working together with providers, we created a special competition on our platform. In this competition, consumers can take part by following just a few simple steps in their favorite category available, and become a lucky winner of several hundred dollars GIFT CARD.



 [Register For Sharina World Competition](#)

At our competition platform, several business owners and service providers offer gift cards in various categories including Restaurants, Nail Salon, Beauty Salon, Spa, Personal Health Care Centers, Professional Accounting Services, Locksmith, Architect, Painter, and many more.

The participation process is pretty simple, it works on a “GIVE AND TAKE” formula, which means for taking part in the competition you have to Like, Comment, Follow / Subscribe, and Share the social links given in the form. Moreover, you will need to provide the social profiles you used to interact with as well for verification of engagement.




Competition Name **Pack & Go Choice**

Gift Card Value **\$500**

Pack & Go Choice offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)




Competition Name **Happy Birthday**

Gift Card Value **\$500**

Happy Birthday, eGift Card offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)




Competition Name **Happy Best Dad Ever**

Gift Card Value **\$500**

Happy Best Dad Ever eGift Card offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)



Competition Name **Best Mom Ever**

Gift Card Value **\$500**

Happy Best Mom Ever offers a Gift Coupon in the amount of \$500. Apply now to become the lucky winner.

[Apply](#)




Competition Name **Sharina World**

Gift Card Value **\$500**

Sharina World offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)




Competition Name **Spafinder**

Gift Card Value **\$500**

Spafinder offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)




Competition Name **UrgentWay**

Gift Card Value **\$500**

UrgentWay offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)



Competition Name **CPA CLINICS**

Gift Card Value **\$500**

CPA CLINICS offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)



Competition Name **NaVetor**

Gift Card Value **\$500**

NaVetor offers a Gift Coupon in the amount of \$500. Apply now to become one of the lucky winners.

[Apply](#)

ST. VALENTINE'S DAY

Make Valentine's Day Special For Your Beloved Partner

Valentine's Day is a day to celebrate romance and love. Those in a love relationship buy gifts for each other and show their love and appreciation to each other on this day.

Your love is magical and unique and so is the gift of featuring in Sharina World Magazine. Manifest your monumental love for your better half by being featured.



Feature On Sharina World Social Platforms



 Feature Your Loved Ones With Sharina World

Sharina World will feature your loved ones on their all social media channels.



Feature On Sharina World Magazine



Feature On Sharina World's YouTube Channel



Choose What's Best For You

Shoutout
Get the 3 in 1 package for **\$19** only

\$19

- Shoutout On Social Media Platforms
- Secure A Shared Space In **Sharina World Magazine**
- Have Your Own Customized **1 Minute YouTube Video**

[Get Now](#)

* Terms & Conditions Apply

Shared Feature
Get the 3 in 1 package for **\$29** only

\$29

- Shoutout On Social Media Platforms
- One Page Feature Post** In Sharina World Magazine (Digital)
- Have Your Own Customized **1 Minute YouTube Video**

[Get Now](#)

* Terms & Conditions Apply

Dedicated Print Feature
Get the 3 in 1 package for **\$99** only

\$99
Starting From

- Shoutout On Social Media Platforms
- 6 Pages** Sharina World Customized Magazine (Printed Magazine)
- Have Your Own Customized **Two Minute YouTube Video**
- Additional Pages Cost : **\$9 / Page**

[Get Now](#)

* Terms & Conditions Apply



SHARINA WORLD MARKETPLACE

WE'VE GOT IT ALL FOR YOU!



SHARINA WORLD OFFERING

\$10



URGENTWAY
WALK-IN MEDICAL CENTER



**Urgent Care
And Walk-in
Primary Care**



➡ As A Health Care Self-Care Reward For: Annual Physical - COVID Testing - Vaccination



SHARINA WORLD FOUNDATION



A non-profit 501(c)(3) organization, globally provides education, skills training, inspiration, empowerment, and improved health care and appreciates your tax deductible donations and contributions.

USA MED CLUB HEALTH SERVICES



We offer affordable health services plans starting from as low as \$79/month. Our services will help protect you and your family at most affordable price.

CURE PARTNERS
Health Informatics Company



A trusted development partner that specializes in architecting, developing and launching Medical, Dental and Veterinary solutions using latest cloud technologies, mature processes and industry knowledge.

CP solutions have powered some of the leading EMR and Veterinary products, serving thousands of customers in North America.

NaVetor
a Patterson Technology



A modern, efficient, beautifully easy veterinary cloud software designed to help you navigate your business.

Custom development – Dedicated development team with experience in Microsoft .Net, MS Azure, MS SQL Server, IOS mobile app development, Android mobile app development, and ETL / Data conversions.



ROYAL TOURS

We All Have Dreamed Of Living Like A Royal In Exotic Castles And Villas! Sharina World Fulfills Your Dreams! Fit For A Prince, Princess, King, Queen, Or Your Whole Royal Family!

CPA CLINICS



Accounting



Company Filing



Credit Repair



Finance



Internal Controls



Payroll



Tax

SK JEWELS USA



Offering A Wide Variety And Exquisite Range Of Jewelry Artistically Created By Experienced Artists And Designers

PERSONALIZED GIFTS



Personalized Gifts Guaranteed To WOW (Including Life Story Books, Certificates, Trophies, And Many More)

BRAND MARKETING



An Exclusive Magazine Feature That Helps Promotes Businesses And People From All Over The World



Google Ads Management - Search Ads, Remarketing Ads, Display Ads, Shopping Ads, Video Ads By Google Certified Professionals



Personalized Website Development And Maintenance



Personalized Website Page On SharinaWorld URL / Domain



Posters / Flyers Advertisement - Design And Distribution



Promote Your Brand With Website Reference Link On Country Page



SEO On-Page And Off-Page With Web 2.0 Link And Profile Page Creation



Social Media Marketing (Social Channels Posts Creation, Posting, And Engagement On All Sharina World Social Platforms)



Social Platform Application (App) - Global Online Directory With Connectivity



YouTube Video Creation & Posting With Optimization

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phone +1-201-401-4805



MEET THE TEAM

Art & Design

Iza Haroon - **Creative Design Director**

Marketing

M. Usman - **Marketing Manager**

Muhammad Faisal Khan - **PR Expert**

Website & Development

Wajahat Khalid **Web Developer / Team Lead**

Syed Umar Ali **Web Developer**

M. Hammad Malik **Web Designer**

Omer Raza **Web App Developer**

Social Media

Mariam Salman - **Social Media Executive**

Ali Ayub - **Social Media Expert**



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