

**SHARINA
AMBASSADORS**

Miss World,
Miss Universe, &
More

FASHION

Tips & Advice
From The Experts

**DREAM
VACATIONS**

URGENT WAY

Family Medicine
&
Aesthetics Center



**2020
FIRST EDITION**

**HEALTH
&**

LIFESTYLE

**WEALTH
MANAGEMENT**

MARTA BELLIDO GONZALEZ
MISS GOLD CATALUNA 2021

**SHARINA WORLD
BEAUTY MAGAZINE**



SHARINA WORLD AMBASSADORS





CELEBRITY AMBASSADORS

Thanks to our celebrity ambassadors for supporting us in our empowerment and platform to stardom drive!



RISING STARS

Be Heard, Be Known ... Be A Star!
Share your story and talent and get featured among top global beauty and talent stars.

Accelerate your journey to stardom and professional opportunities!

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SHARINA WORLD LEADERSHIP TEAM

Welcome Dear Readers!

Sharina World wishes all a wonderful and blessed year.

Sharina World was established to provide a secure and quality global platform for education, training, health care, accounting services, networking, recognition, and success.

The founder, Mr. Khan, of Sharina World was honored and recognized by Wall Street Journal in 2013 as one of the world's most promising business leaders. Mr. Khan was born in USA and has extensively traveled and worked throughout Asia, Africa, North America, Europe, and Australia. Mr. Khan belongs to a family of physicians and global entrepreneurs. His experiences include working over 10 years as Global Leader for International Business Machines (IBM) and General Motors (GM) – Fortune 500 companies, which helped him establish global connections.

After graduating from Executive Master of Business Administration program from University of North Carolina, Mr. Khan in support with the Board of Advisors formed Sharina World.

Sharina World believes in giving back to the community, and appreciates all the contributions and support from the Ambassadors. Together we can achieve more and make a positive impact. We strive to provide professional tips and positive and inspirational stories through our Sharina World Beauty Magazine, which helps empower and inspire the readers to get involved and make positive impact locally, nationally, and internationally.

Arjumand J. Khan (Shan)

CIA, CPA, & Executive MBA

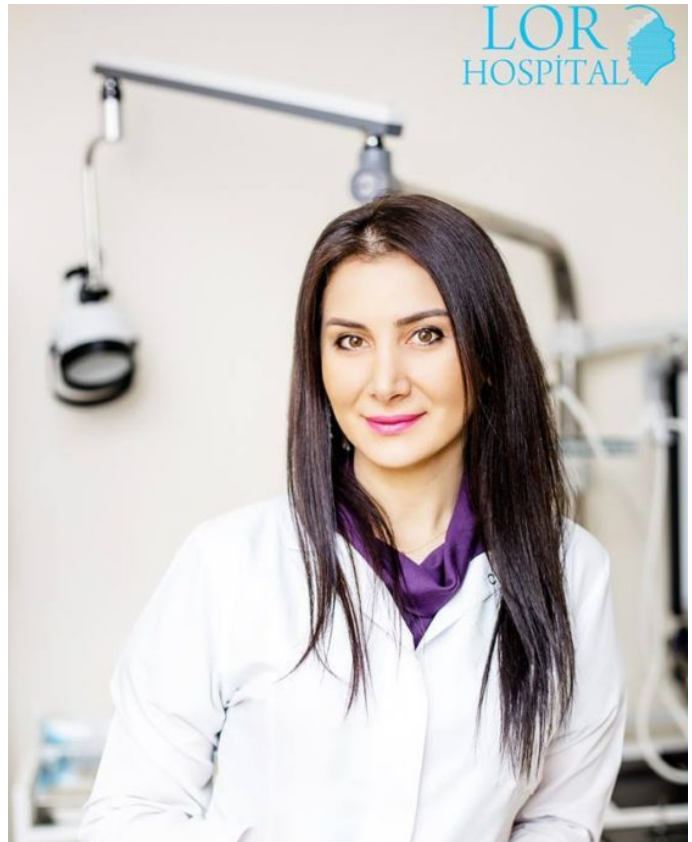
Chairman & Chief Executive Officer



Dr. Faika Khan
Chief Medical Officer



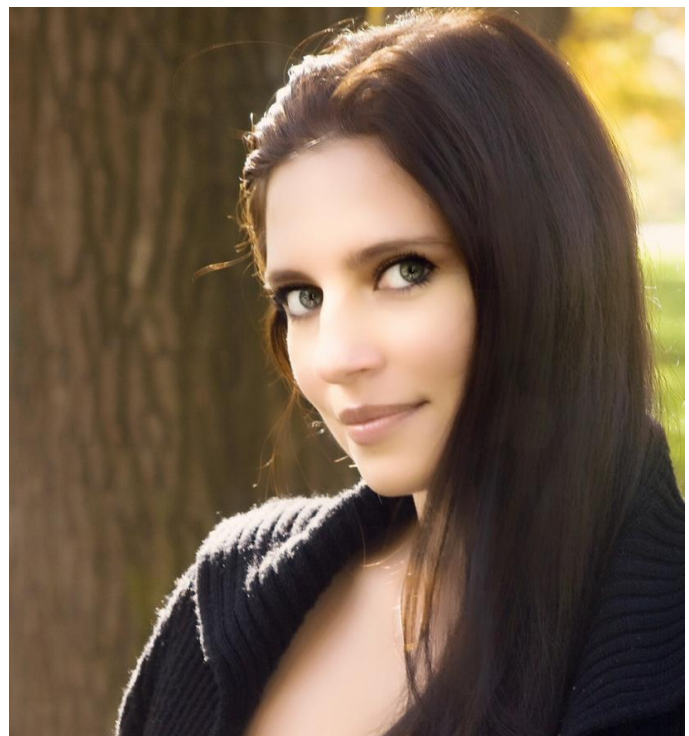
Dr. Sevinc Sixaliyeva
Health Advisor



Sahil Khan
Chief Development Director



Olga Perstneva
Chief Program Director



Primary care is essential for a healthier life. At UrgentWay, our primary care services focus on preventative medicine - assisting in maximizing good health. Primary care services prevent illnesses through annual medical check-ups, age-appropriate screenings, female healthcare, and effective vaccinations.

We are currently facing a health threat unlike any other in our lifetime. We are all affected by the Coronavirus Disease 2019 (COVID-19) pandemic and we must overcome this together.

There are certain ways, that we can fight it such as boosting our immune system. Our immune system is a complex network of cells, tissues, and organs that work together to defend against germs, infections, and diseases. The immune system helps our body to recognize "foreign" invaders and its job is to keep them out, or if it can't, to find and destroy them. If our immune system cannot do its job, then the results can be serious.

During the current COVID-19 pandemic, it is more important than ever to practice good health hygiene habits and build immunity that help prevent the spread of illnesses and other viruses like COVID-19. Also, health and safety tips can be found through the World Health Organization website:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

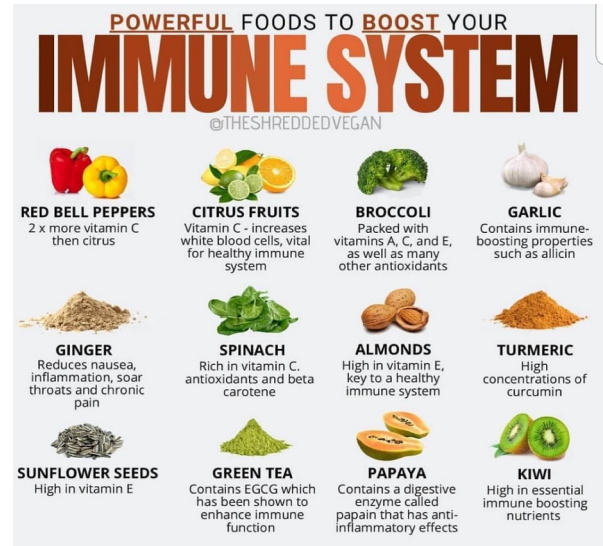
Our board-certified physicians, registered nurses, and medical assistants work together to provide efficient and effective care. After much success at our four locations throughout New York City and Long Island, UrgentWay is expanding globally and will be providing medical care in Pakistan soon.

In Pakistan, we will be providing family medicine services along with aesthetic treatments. We know that it is a stressful time, but we are here to assist in whatever way we can!



MEDICAL EXCELLENCE

COMPASSIONATE CARE



Anastasia Subbota

Miss Ukraine Universe 2019

Ukraine

Sharina World Beauty Magazine welcomes Anastasia Subbota to the Sharina World family

1) Full Name

Anastasia Subbota

2) Any Title (Pageant System/Year)

Miss Ukraine Universe 2019

3) Platform / Social Cause Supported

Anastasia is a big supporter of suicide awareness and promotes the importance of



mental health. She is a volunteer and works closely with veterans who were affected by the military conflict in the Eastern part of Ukraine. She also works with several charitable foundations that support children.

4) Relationship Status

Not married

5) Hobbies

Painting, fishing, traveling, and learning new cultures

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

She has visited 25 countries, which include China, Thailand, Malaysia, Indonesia, Japan, Turkey, Italy, France, Croatia, England, and USA

7) Languages Spoken

Ukrainian, English, and Russian

8) Education

IT Designing

9) Profession

International Model

10) Goals/Aspirations

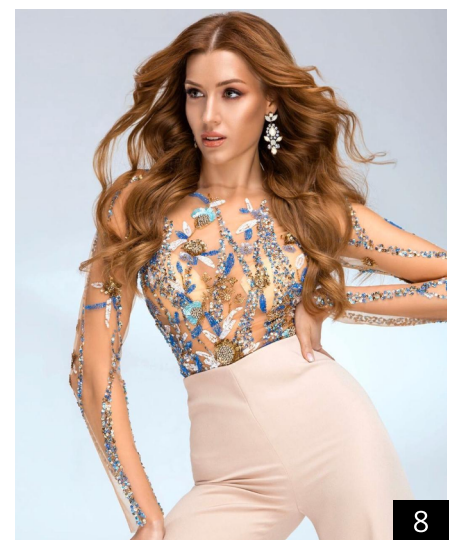
Get married and have 2 kids

11) Any personal message

Never give up and do what you like

12) Brief story - what got you where you are today

I am a strong person, and I always get what I want. I worked very hard to be the woman who I became. I never stop and there are a lot of dreams that I want to implement in reality.





Anna Hakobyan

Actress and Model



Sharina World Beauty Magazine Welcomes Anna Hakobyan to the Sharina World Family

Anna Hakobyan is "Miss Charm – 1996", "Miss Shirak 1997" region, "Miss Gyumri 1996", "Miss Star 1996" – Goddess of Armenian beauty, "Miss Fashion Model 1996", "Miss Spectator Sympathy 1996", "Vice Miss Spring 1996", and "Miss Armenia 1997" entered top 10

Languages

Armenian and Russian

Favorite Flowers

Roses and Lilacs

Love Listening

Chopin and Beethoven

Favorite Movies

The Godmother, Pretty Woman,

Hachiko, and The Godfather.

Favorite Quotes

"Believe in yourself and you will achieve all that you want"

"Believe in the dream and it will come true"

Jackie Collins

Education

Bachelor from the Academy of Arts in film actress and theater

Films

Played various roles in 5 feature films and video clips

Goals

Reach great heights and travel around the world

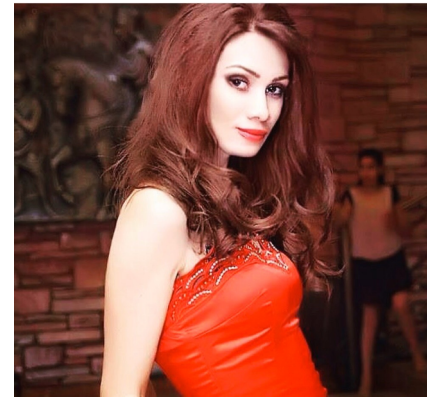
Hobbies

Include reading and traveling

Height 173 cm

Birthday: 04.02.1980

"I am a woman, and I act like a woman. I appreciate myself. I trust and believe in God. I decorate the world with myself, helping it to become better. With an open heart, I help people. My path is the path of Goodness, Wisdom, and Love. I am a woman whose life has had falls and highs. But what is not normal is when you fall and do not rise. The one who does not rise, the loser. The winners fall and stand, They always get up, so they become the winner, such is the WINNER. I am a person who is hated because



she is a kind, purposeful, beautiful, famous person and strive for happiness. I am striving for a lot, but some don't like it. I am a woman whom they love and respect. I believe in God. I love the world and myself in which I live. I respect those people who have a purpose in life. Believe in yourself and you will achieve all that you want. Strive for happiness and you will be happy. My favorite color in life is yellow. The sun is yellow and it is life. I like to know my country and discover new things!"



Instagram





A video thumbnail with a yellow background. On the left is the Sharina World Beauty Magazine logo. To its right is a red play button icon. Further right is a small image of the woman in a red dress. Below the logo and play button, the text "ANNA HAKOBYAN" is written in purple, and "RISING STAR" is written in white on a green bar at the bottom.

Charlotte Louise White

Miss Universe GB Finalist 2019



Sharina World Beauty Magazine Welcomes Charlotte Louise White to the Sharina World Family

1) Full Name

Charlotte Louise White

2) Any Title (Pageant System/Year)

Former Miss Hertfordshire & Miss Rickmansworth, Miss Universe GB Finalist 2019, and Miss Supranational England Finalist

3) Platform / Social Cause Supported

In 2017 I started my own campaign called The Monthly Visit to help homeless women at their time in need. This year I

managed to branch into 7 local schools as Period Poverty is becoming a serious issue in the UK causing a lot of young women to miss school.

4) Relationship Status

Currently in a long term relationship with my Boyfriend Lewis.

5) Hobbies

I love swimming. I make sure I do 60 lengths every day. I also enjoy boxing and staying fit in the Gym. Most weekends you will find me walking with the love of my life... my basset hound Nelson.

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

Dubai, Canary Islands, Egypt, Mexico, France, Amsterdam, Spain, Dominican Republic, Cape Verde, and Malta. I would love to visit the Philippines and also go to Nashville as I absolutely adore country music.

7) Languages Spoken

English and French (little)

8) Education

11 GCSEs and 3 A Levels in English Language, Drama, and Business Studies

9) Profession

I work full time in the pharmaceutical industry as an Executive Assistant for the Senior Vice President of Western Europe

10) Goals/Aspirations

To be successful independent woman to inspire many young women to go after their dreams

and hopefully be able to represent my country at the Miss Supranational International final in Poland. This would also help me take my campaign to an International level and help put a stop to period poverty worldwide.

11) Any personal message

Don't be afraid to be yourself. When I was younger I wanted to be approved by everyone, was I skinny enough, pretty enough, was my opinion what they wanted to hear? I was so afraid to be me and when you're completely yourself and happy who you are that is when your inner beauty shows.

I have always been passionate about helping the homeless, having helped serve food at my local shelter, to offering my time over the Christmas periods at the local food bank. Back in 2015, I slept on the streets with a group of people raising £52,000 for our local shelter and it really opened my eyes. Having been competing in Miss Universe Great Britain taught me to shatter glass ceilings and anything is possible if you try and in 2017 The Monthly Visit was born. It is a non-profit organization and I distribute the products to local shelters and schools. My donations mainly come from friends, family, work, local businesses I contact, or people who find my page. It is incredible to see how generous people can be. Together we achieve more when we work as a team.



Instagram



Dayane Abi Allam

Actress and Model



Sharina World Beauty Magazine Welcomes Dayane Abi Alam to the Sharina World Family

Education

Dayane Abi Allam has a Bachelor in International Affairs and Diplomacy and is currently pursuing Masters in Media Studies. One of her achievements was being the Valedictorian of the Faculty of Law and Political Science with a GPA of 3.8.

Titles

Won title of Miss Summer Lebanon 2015 and has represented Lebanon in Miss

Intercontinental 2016 in Sri Lanka. She has also represented Lebanon in 6 beauty festivals in the Arab world.

Television Appearances

She has her own TV show about human rights (Safha Jdideh) and have hosted and presented many events on TV. She is also an actress and freelance model.

Contributions

Working with an organization, Permanent Peace Movement, to support peace building, conflict resolution, advocacy, women and child rights, coexistence in the Arab World and Lebanon, and foreign refugees

Goals

Goals are many, including the use of media to communicate with the world. Media should be used to spread values of coexistence, peace and respect of others regardless of their belongings (religion, race, gender, ethnicity). For her, Lebanon is an amazing country; however, the political system is corrupted and people in certain areas are having a hard time “coexisting” with one another. She would like that “Fanaticism” regarding each Lebanese person’s confession would decrease, so that we can judge people only according to their humanity, morality, qualifications, and qualities in all work fields.

Hobbies

Dancing and Sports





Emma Strandberg

Miss Universe Sweden 2018



Sharina World Beauty Magazine Welcomes Emma Strandberg to the Sharina World Family

Emma Strandberg, born on May 16 1996, represented Sweden in Miss World 2016 and in Miss Universe 2018.

Ms. Strandberg was roommate with Helena Heuser of Denmark and competed together with her and Miss Universe 2018 Catriona Gray in Miss World

2016. The trio sisters share a special bond and were destined to be together from World to the Universe. They even have nicknamed each other, with Helena being named Margaret, Emma being named Britta, and Catriana being named as Susan. Her best part of Miss Universe was "opportunity to work with Smile Train and also to connect with women from all around the world". Smile Train is a nonprofit organization and charity providing corrective surgery for children with cleft lips and palates.

Ms. Strandberg was born and raised in Hallstahammar, an hour away from Stockholm (capital of Sweden).

Ms. Strandberg attended Malardalens University, where she studied International Communication. She is very creative, and her passion includes interior designing. She is a model and an actress.

Ms. Strandberg loves to travel and would like to travel all over the world. She loves the outdoors and nature, and her interests include horse riding. She has been horse

riding since she was 6 and has had 4 horses in her life.

She has a beautiful and caring heart and personality, and it shows the moment you meet her. You will be in love with her beautiful presence. Her motto in life is "Always be thankful, helpful, and positive".

Ms. Strandberg has come a long way from being a shy countryside girl to being a Super Star and Glamorous Princess known globally. Her biggest dream is to help others with self confidence and share her story with those who have similar life stories.






**EMMA
STRANDBERG** 
MISS UNIVERSE SWEDEN (2018)
MISS WORLD SWEDEN (2016)



Judit Grnja

Miss World Argentina 2019



Sharina World Beauty Magazine Welcomes Judit Grnja to the Sharina World Family

Full Name

Judit Grnja



Any Title (Pageant System/Year)

I am Miss World Argentina 2019-2020. I was queen of spring, queen of my city, of my province, and now of my nation.

Platform / Social Cause Supported

I am in the cause of community help (children's canteens) and it is what makes me happier, taking only one plate of food to a child changes his face and gives you a beautiful smile

Hobbies

I am a Christian and what I love most is going to camps, to church, and youth meetings. Having a communion with God is the best hobby.

Countries Visited/Would love to visit in near future

When I made my international trip, which was only thanks to the organization of my Argentines (Nadia Cerri), it was my first time outside of the continent.

I would love to travel to other continents, but with the situation in my country it is very difficult. I prefer to continue my studies and be able to defend myself.

Education

Economic Sciences (second year)

Goals/Aspirations

I would like to continue being a person of influence in the places where I move

Any personal message

I would like to tell people who read

this, that they should never stop believing in God

Brief story - what got you where you are today

I love God, my family, and my friends, that if you were ever told that you were an ugly person or you don't fit in the group, it doesn't matter. Some people were born to excel. The craziest thing about all this is that it was God's purpose, every step, every word, guided me to want to be better and bigger every day, do it all with love.

Today I am miss and this is the best thing that happened to me because my voice is heard more loudly, and you know what it means? That my life serves as an example for other people.

When you think about leaving the road, because there are many stones, don't do it. Because the promise of reward is very close, wait and fight, it's worth it.



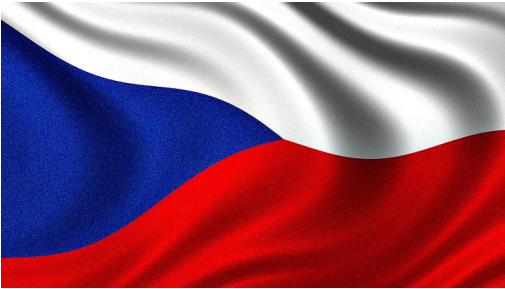


MISS WORLD ARGENTINA 2019

Judit Grnja

Lucie Kudova

Semifinalist Miss Czech Republic 2020



Full Name

Lucie Kudova

She is 22 years old.

She likes dancing, playing piano, travelling, and visiting new places. She loves architecture, sculptors, and pictures by famous painters.

She would like to become a fashion designer.

Relationship Status

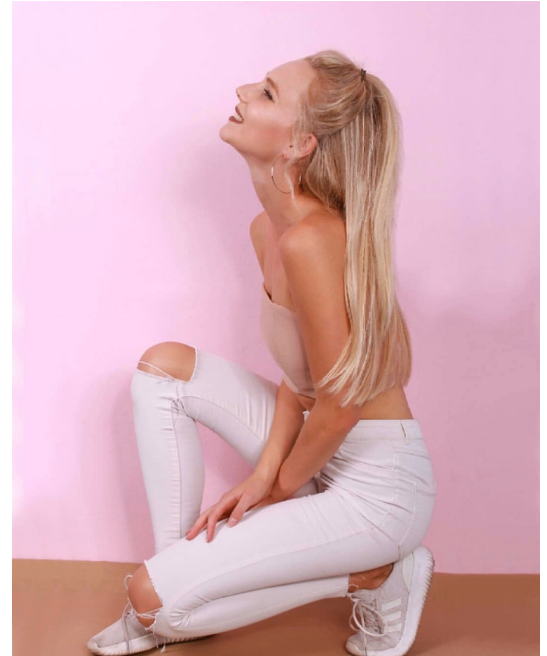
Have boyfriend

Languages Spoken

English, Czech

Professional Status

She has finished school and focusing on fashion designing



Goals/Aspirations

Her big dream as a child was to be finalist of Miss Czech Republic.



Sharina World Beauty Magazine Welcomes Lucie Kudova to the Sharina World Family



Instagram





A decorative graphic overlay with a dark, swirling, galaxy-like background. It features a circular portrait of the woman from the main image. To the left of the portrait, the text reads "LUCIE KUDOVÁ" in large white letters, followed by "MISS CZECH REPUBLIC 2020" and "Semifinalist" in smaller white text. Below the portrait, there is a red play button icon and a black banner with the word "DESIGNER" in white. The graphic is decorated with yellow and white geometric shapes like circles and triangles.

Maria Bunina

Mrs Russia Earth 2019



Sharina World Beauty Magazine Welcomes Maria Bunina to the Sharina World Family

Full Name

Maria Bunina

Any Title (Pageant System/Year)

Mrs Russia Earth 2019. She represented Russia at the international competition Mrs. Earth in America in 2019 (Las Vegas).

Maria entered the top 5 most beautiful women in the world.

Relationship Status

Single

Hobbies

Travelling

Countries would love to visit in near future

Portugal/Italy/Czech Republic

Languages Spoken

Russian

Education/Profession

Teacher, Model, Artist and Actress

Goals/Aspirations

Include photo projects and advertising

She actively participates in various charitable and social projects. She also volunteers in education and womens rights. Participates in the movement (Happiness inside), which aims to draw public attention to the needs of expectant mothers.





Mariah Nyayiena Mageat

Miss World South Sudan 2019



Sharina World Beauty Magazine Welcomes Mariah Nyayiena to the Sharina World Family

1) Full Name

Mariah Nyayiena Mageat

2) Any Title (Pageant System/Year)

Miss World South Sudan 2019

3) Platform / Social Cause Supported

Water Pollution Solution

4) Relationship Status

Single

5) Hobbies

Reading & Writing
Inspirational Songs

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

Visited Kenya, Uganda,

Tanzania, and London. Love to visit U.S.A, Australia, Iceland, France, Jamaica, and Canada.

7) Languages Spoken

English, Kiswahili, and Nuer

8) Education

International Relations and Diplomacy

9) Profession

Model/Actress

10) Goals/Aspirations

I aspire to be among the young woman who are inspiring the lives of others, no matter who they're, and also accepting everyone the way they are. I believe acceptance is all that most people need,

11) Any personal message

Believe in yourself no matter who you're. If I made it to the Miss World stage, beside the fact that I am an orphan, anyone can make it in life. Your status in life and race can't limit your ability. Always strive for the best and be hopeful.

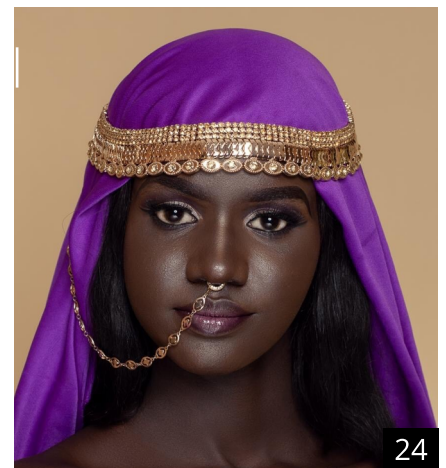
12) Brief story - what got you where you are today

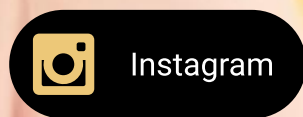
What has got me where I am today would be my foster mother. I am a firstborn of three girls. I lost my mom at the age of 6 years old. My father was a soldier. Whenever he went to the military, we would be left home alone with no one to cook nor give bath. We would always go walking around, begging for food.

It was really a bad situation but a blessing came our way and my foster mom saw us at the airport begging for food with no shoes on. We were barely naked in rugs. She immediately took us in as her own children

and gave us love and care. She raised us with passion and provided us schooling of our own choice. She sacrificed her happiness for us. She is the reason why I am where I am today. She even hustled for my ticket to London - just for me to represent my country at the Miss World competition and for me to fulfill my dreams ... I really love and treasure her. She is the definition of empowerment because she has really empowered me. She has instilled a sense of humanity in me.

I would like to be the next Racheal Nyadak Paul by giving the same care and love to others around the world and also be a foster mom or sister to anyone out there. I would like to be an inspiration to young girls and women across the world. I would also like to thank you, Sharina World and Team, as well.





Marta Bellido Gonzalez

Professional Model



I would like to be recognized as an International Model, wish to be on cover pages of prestigious magazines, and work for top brands like Victoria Secret. I want to be famous in the world of modelling.

Why do we have to limit our dreams? Since we dare to dream, let's do it big!!



Sharina World Beauty Magazine Welcomes Marta Bellido Gonzalez to the Sharina World Family.

Full Name

Marta Bellido Gonzalez

I am a professional model. I have done and obtained the title thanks to a school of models. I have done several parades and worked for different photographers.

On the other hand, I like to dance, act before camera, go to the gym, play the piano, etc.





MISS GOLD CATALUNA 2021
MARTA BELLIDO
GONZALEZ

RMB MISS GIRONA 2020
PROFESSIONAL MODEL SPAIN



Rafah Nanjeba Torsa

Miss World Bangladesh 2019



Sharina World Beauty Magazine Welcomes Rafah Nanjeba Torsa to the Sharina World Family

1) Full Name

Rafah Nanjeba Torsa

2) Any Title (Pageant System/Year)

Miss World Bangladesh 2019

3) Platform / Social Cause Supported

I am a cultural activist and a social worker working on various social causes from the age of 11 years as a LEO under Lions club international. Most importantly, I work for Education.

4) Relationship Status

Single

5) Hobbies

Photography (a passion as well), reading articles on world politics and affairs, and watching series and movies

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

Countries visited: India and United Kingdom. Would love to visit Portugal, Greece, Germany, Canada, France, and Switzerland.

If I may say, I would love to visit all the countries at least once.

7) Languages Spoken

Bangla (mother tongue), English, Hindi

8) Education

Doing my Bachelors in the department of International Relations at one of the largest, competitive, and prestigious institution of Bangladesh (University of Chittagong)

9) Profession

Artist, Cultural Activist, and Social Worker

10) Goals/Aspirations

I believe in having big aims but taking one step at a time. I have more than 100 goals.

11) Any personal message

Be the change you want to see and create opportunities. Above all, have a positive mindset.

12) Brief story - what got you where you are today

From being bullied for my skin color, physical appearance, and what not ... now and then, to still moving on in the direction of achieving my goals ... the ideals that got me where I am today are: having a positive optimistic mindset no matter what, acceptance, perseverance, good surrounding, gratitude, and always believing that I can!





Miss World Bangladesh 2019
Artist, Cultural Activist, and Social Worker
Rafah Nanjeba
Perisa
Be the change you want to see and create opportunities.



Raven Skye Rising Star



Sharina World Beauty Magazine Welcomes Raven Skye to the Sharina World Family

My name is Raven Skye!

I have always wanted to become a model but just haven't had the confidence to put myself out there. Now, here I am, outgoing, passionate and willing to work hard at my goals. One of my main goals is body positivity. I want to show to the other girls that they are beautiful just the way that they are. I was a foster child, so I also strive to prove to everyone that my past doesn't define my future.





Sylvie Silva

Miss Universe Portugal 2019



Sharina World Beauty Magazine Welcomes Sylvie Silva to the Sharina World Family

1) Full Name

Sylvie Silva

2) Any Title (Pageant System/Year)

Miss Universe Portugal 2019

3) Platform / Social Cause Supported

I defend the cause of the environment by participating in events with Prince Albert of Monaco for the cleaning of the beaches and the city - in order to fight against pollution.

4) Relationship Status

Single

5) Countries Visited/Would love to visit in near future

I would like to visit islands like the Caribbean or visit Space

6) Languages Spoken

I speak Portuguese, Spanish, and French fluently and currently working on my English

7) Education

I study landscape architecture, a passion for nature that I have had since I was a child. This is also why I force myself to pre-raise it.

8) Profession

Model

9) Goals/Aspirations

My goal is to continue my studies and travel. I also hope to continue in the fashion world, as a model - why not.

10) Any personal message

All my life I have followed and admired the Misses, as well as the fashion world. For me it was a far and unachievable dream, because I was someone who had very little confidence in me and who felt bad about myself. The fact of participating in my first Miss Universe competition, and of having qualified as Miss Universe Portugal was a real chance. It was a gratifying experience, which made me evolve in all.

I believed in myself and followed my dreams.





MODEL
**SYLVIE
SILVA**
Miss Universe
Portugal 2019



Terrisita Johnson

Entrepreneur / Beauty Influencer



My hobbies are reading, dancing, music, art, cooking, shopping, and collecting Barbie dolls.

I am currently a Brand Ambassador with Mayvonn hair and other brands, entrepreneur, plus size model on social media, social media marketer, hair weave stylist, blogger, and a distributor in hair, eyelashes, and makeup products. I am pretty popular on my social media. My Instagram account has have over 17,000 Followers. My Pintrest account has over 30,000 viewers and I have over 13,000 likes and followers on my Facebook page.

I am a very determined and hard working woman. My goals are to go higher in my career in modeling and continue to show the world the beauty of mid-age women and to let everyone know no matter how old you are you can accomplish anything. Also, I would like to come out with my own line of anti-ageing products and makeup. My aspiration is myself and my son and daughter. I am determined to keep on going no matter what happens.



Instagram

Sharina World Beauty Magazine Welcomes Terrisita Johnson to the Sharina World Family

Welcome to my world! I am Terrisita Johnson! I am a self-made woman. A woman with many talents. I love to sing and dance. As a child growing up, I attended hip-hop dance classes and Ballet performance dance. I currently still dance and sing. Music motivates me in every way. I love all kinds of music. My favorite is Hip-hop, Jazz, Rap, and R&B.







Rising Star
Terrisita
Johnson

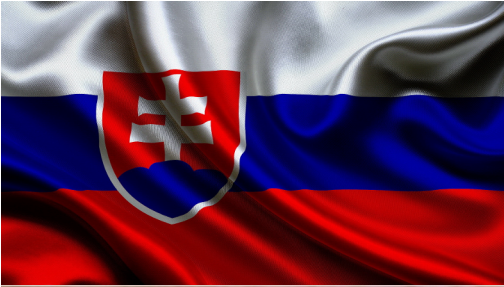
Entrepreneur
BEAUTY INFLUENCER

2000 F 8.0 M 43 045/2.8.120

A video thumbnail featuring a woman with long dark hair wearing a red sequined bikini top. She is making a peace sign with her hand. The thumbnail includes a red play button icon and a black background with yellow and white text.

Vanessa Bottanova

Miss Universe and Earth Slovakia 2017



Sharina World Beauty Magazine Welcomes Vanessa Botanova to the Sharina World Family

Full Name

Vanessa Bottanova

Any Title (Pageant System/Year)

Miss Universe and Miss Earth Slovakia 2017

Hobbies

Running, gym, playing tennis, and dancing

Countries Visited/Would love to visit in near future

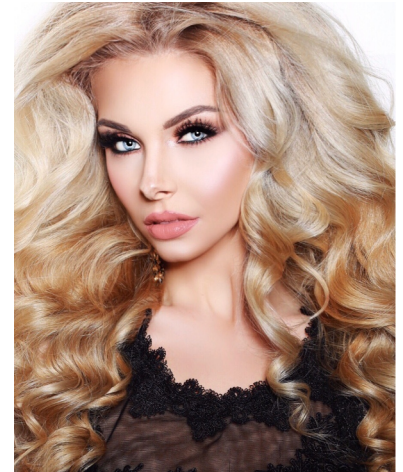
So many countries ... I will write cities or Islands ... Vienna-Austria, Budapest-Hungary, Prague-Czech Rep., Bratislava-Slovakia, Rome, Lignano, and Milan-Italy, Paris-France, Zurich and Geneve-Switzerland, Bali-Indonesia, Boa Vista-Cape Verde, Las Vegas, Chicago, El Gouna, Hurghada, Marsa Alam, Sharm el Seikh, Istanbul, Antalya, Alanya, and Belek-Turkey, Tunis ,Vodice, Brac-Croatia, Cancun-Mexico, Labadee-Haiti, Jamaica, Miami, Portoroz-Slovenia, Kyiv-Ukraine, London, Hastings, Ilfracombe-UK, Bangkok-Thailand... Maybe I forgot something, but it is not important haha. Next holiday is going to be in Phuket probably.

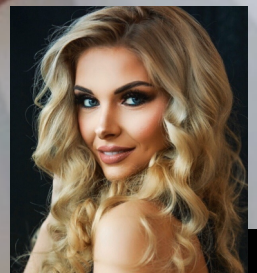
Languages Spoken

English, German, Czech, and Slovakian

Profession

Part time model and part time doing contracts for real estates





Fashion Trends For Spring 2020

Based on the past fashion Weeks in New York, London, Milan, and Paris, we have compiled a list of some of the most popular trends for the next season

Leather

Leather is the undisputed leader amongst the trends of the Spring - Summer 2020 Season. Black and brown leather pieces are rated as the most versatile and easy to wear. The perfect starting point for a stylish leather outfit!



Appliques & Embroidery

Previously designer brands opted for bright and high-contrast combinations; however, monochromatic floral embroidery or applique

poetic coats have been fashionable this season



Checked Print

A checked print coat is a timeless classic of women's wardrobe, and a fitted coat is amongst the top fashionable style options



Tropics

Tropical prints are taking over this summer. This explosion of color and chaotic mix of all the flora and fauna of beaches, forests, gardens, islands and whatnot is exactly what we've been waiting for to balance everything out, if not to make us enjoy the hot season properly.



Christian Dior

Zebra Print

While the leopard print is gradually losing ground, its place is taken by a black and white pattern like a Zebra. The best examples are from Ricardo Tisci and Dries van Noten.



Neon

This fall, we fell in love with shoes in bright neon colors, and spring 2020 will be the season of fluorescent total bows. Neon clothing will always turn heads, but there are more subtle, grown-up ways to style it out—from blending with muted tones to opting for simple accessories.



Men's Shirt

Feel free to remove the shirt from the shoulder of your husband or boyfriend to wear with pleated skirts, jeans, and even a dress



Pastel Shade

Pastel clothing trend is totally in for the spring and summer seasons of almost every year. The world of pastel colors has so much to offer, but it has to be done right to avoid looking washed out. This type of coloring brings luxury to mind, candies, and innocence.



Color Suits

Another way to diversify the boring office dress code. Pantsuits in bright colors only strengthened their positions in our wardrobe.



Polka Dots

Designers are digging in their luxury heels when it comes to the almighty dot - simply put, the trend shows no sign of slowing. Most of what was on the runway featured larger more bold polka dots, but any dots will do and if you are feeling really bold, why not go for a head to toe polka dotted outfit, like the one featured.



TIPS FOR A BETTER SLEEP HYGIENE

Do you often find yourself struggling to fall asleep? Don't worry, we have got few tips for a better sleep hygiene. Improve your sleep with some positive and healthy lifestyle changes.

- 1) Maintain a regular sleep schedule; going to bed and getting up at the same time all seven days of the week helps set up your sleep-wake cycle
- 2) Avoid eating right before going to bed. Ideally take your last meal 4 hours before you intend to sleep. Also, avoid eating high carbs and fatty food at nighttime.
- 3) Avoid taking caffeinated drinks and alcohol before you go to bed.
- 4) Limit your screen time, make sure to put away your phones, laptops, ipads and any other gadget because the screen lights can alter the production of melatonin; a hormone that regulates the sleep-wake cycle.
- 5) Dim or switch off the lights in your bedroom before going to bed. Study suggests a dark and slightly cold room helps get you a good sleep.
- 6) Limit day time naps and go to bed at night only when you are sleepy and super tired.
- 7) You can do yoga or light exercises to relax yourself before going to bed. A warm shower also helps relax the body.
- 8) Avoid frequent clock-watching. Many people who suffer from sleep problems keep on checking their phones or watches to see the time. As mentioned earlier, no gadgets in the bed.
- 9) Get a comfortable mattress and a perfect pillow for your neck.
- 10) Lastly, and most importantly, train your mind to block out all the negative thoughts when you go to sleep. Meditate. Don't overthink when you're in bed. In fact, just don't think. Use your bed only to sleep or to have sex with your partner.

TIPS FOR HEALTHIER SKIN

DERMATOLOGISTS

RECOMMENDATIONS



Do Not Skimp On Protection

To make sure that you apply enough sunscreen (a key element in maintaining youthful skin), the president of the Women's Dermatological Community, Dr. Lisa Garner puts on palm (about half a teaspoon) a broad-spectrum sunscreen with SPF 30 or more and applies to the face, neck, and ears. "This amount is enough to apply the sunscreen in two layers, but I can be sure that I will not miss anything."

A Little Sun - Kissed

"A light tan rejuvenates the skin for years, leveling its tone," which, according to a recent study, is a key characteristic of young skin, says Cambridge-based dermatologist Ranella Hirsch.

Her personal choice: Olay Complete Touch of Sun Daily UV Moisturizer + a Touch of Sunless Tanner (\$15), and a lotion with a slight tanning effect.

Best breakfast for skin

Doris Day, a New York dermatologist, begins her morning with an almond Breakfast : "Almonds contain essential fatty acids that help stop inflammatory processes that accelerate the appearance of wrinkles, sagging and rashes on the skin." If you don't like nuts , do your skin a favor by eating a dish of salmon, tuna, or halibut for lunch or dinner.

Avoid Bumps

"The constant jolts that your skin experiences during cardio exercises, such as running, can lead to weakened collagen and sagging skin," says Oakland dermatologist Katie Rodan. — Therefore, until the invention of t-shirt bras for the face, stick to bike and elliptical".

Aerosol Against Dryness

To keep your skin supple, Los Angeles -based dermatologist Jessica Wu sprays La

Roche-Posay Thermal Spring Water (\$8.50) on it several times a day. Bonus: this product is filled with minerals , including selenium, which protect against harmful UV light.

Powder Protection

"Sunscreens lose their effect 3 hours after application, if not earlier, so you can't do without re-application," says Washington -based dermatologist Elizabeth Tanzi. — For easy correction, she uses Colorescience Pro Sunforgettable Powder SPF 50 (\$60).

Care In Pairs

"Cross- care is the key to early recovery. Some ingredients, such as sunscreens and antioxidants in the morning and retinoids with peptides at night, work better in pairs , " advises new Orleans dermatologist Mary Lupo.

Vegetables On The Face

Frozen peas soothe itchy, irritated eyes. New Jersey dermatologist Jeanie Downey uses this method : "When I get home from work, I take off my makeup and put a pack of frozen peas on my eyelids for 5

minutes. "This helps reduce swelling and pigmentation in the eye area . Unlike ice, the bag of peas carefully takes the shape of the eyes for a speedy effect.

Cut Down On Sugars

The breakdown of sugars-glycation-damages collagen, which is responsible for the smoothness and elasticity of the skin. To prevent this natural process from getting out of control, Texas dermatologist Nayla Malik sticks to carbohydrates with a low glycemic index, such as whole grains. They are initially low in sugar, and the body absorbs them slowly, which helps reduce the loss of collagen.

Yoga

Although we are used to lying face -up for skin care at a dermatologist's appointment, Washington-based dermatologist Hema Sundaram advises, on the contrary, to lean face -down: "such as the embryo pose, the dog face - down and greeting the Sun improve blood circulation – and the influx of oxygen gives the face a pleasant glow." And this is not all the benefits of yoga for beauty: a recent study found that regular yoga classes reduce the inflammatory process and stress that accelerate skin

aging.

Zen For The Skin

If anyone has a nervous profession, it's doctors. Sudden bursts of tension can increase the production of hormones that lead to rashes or worsen diseases such as psoriasis.

"Controlling stress helps soothe the skin – but it's easier said than done," says Los Angeles -based dermatologist Annie Chiu. A 10-minute break and applying a face mask helps her solve this problem. Another trick is to turn off your phone: " no smartphone after 8pm –" says Dr Chiu. "Even a little thing like that helps a lot."

Drink Tea

Back in her youth, new York dermatologist Amy Wechsler loved green and black tea for their taste. Now she drinks 3-5 cups a day for her skin. Research shows that these teas contain protective substances such as EGCG (the antioxidant epigallocatechin gallate) and theafavins, which protect the skin from cancer and collagen breakdown- the causes of wrinkles.

Gentle Cleansing

"A gentle cleanser is one of my top secrets," says Chicago – based dermatologist Johnny Breedon. She prefers CeraVe Hydrating Cleanser (\$11), which contains ceramides – fatty substances that

help retain moisture in the skin.

Healthy Body Great Skin

"I strictly do strength exercises and recommend that my clients only increase their loads with age ," says Los Angeles – based dermatologist Patricia Ferris. Goal: elastic skin from neck to toe as a result of tightened muscles. "It works like face fillers, only all over the body," Ferris explains.

Consume Less Sodium

Diet soda is a weakness of Kansas dermatologist Audrey Kunin, which she is not able to refuse. But when she found out that each of the 6 cans she drinks a day contains between 25 and 50 mg of sodium , leading to puffy eyes and a jawline, she switched to a soda that doesn't harm the skin: Diet Rite without



SELF LOVE

5 STEPS TO HAPPINESS

People commonly believe that it is hard to love themselves and some find it impossible. The following five simple steps will help you lead a happy life.

We live in a world where everyone is exposed to and influenced by social media. It has become a platform where everyone can share their opinions, thoughts, and random pictures with others in order to seek validation. This has led to a lot of people to be fake and probably without even realizing. We define ourselves by the set standards of society, number of likes or comments on our posts. Therefore, it is not surprising that in an attempt to be ideal for all, a person acquires only problems and self-doubt. But if you believe in yourself, the complexities are easy to handle.

As psychologists have found out, for a successful and happy life you must first accept and love yourself. Of course, you can carefully avoid this and try to change others. But sooner or later, the system will fail

anyway, and you will have to face your fears. To change or not - the choice will always be yours. But before you answer this question, take a look at yourself? You can then think about whether such a life you dreamed would make you happy.

5 Steps To Happiness

First Step

Very often we belittle our merits and get used to hearing only criticisms. If your bosses or relatives notice you only when you did something wrong, take the initiative into your own hands. This does not mean at all that you need to be courageous and demand that you be praised every time. You will do it yourself. Every night, before going to bed, make a list of things you can praise yourself for. Rejoice at your achievements: the day will not live in vain, and you deserve a good rest.



Second Step

Some are so unaccustomed to hear compliments and receive gifts that, once in a similar situation, they begin to make excuses and belittle their merits. Learn to accept everything with gratitude and do not be shy. If you received a compliment, then you really deserved it.

Third Step

Daily practice with a mirror is considered the most effective in terms of full self-acceptance. Look carefully at your reflection and smile. And now, instead of worrying about things such as being overweight, find five virtues in your body that you can be proud of. Every day it is very important to switch your attention from a negative attitude to a positive one.



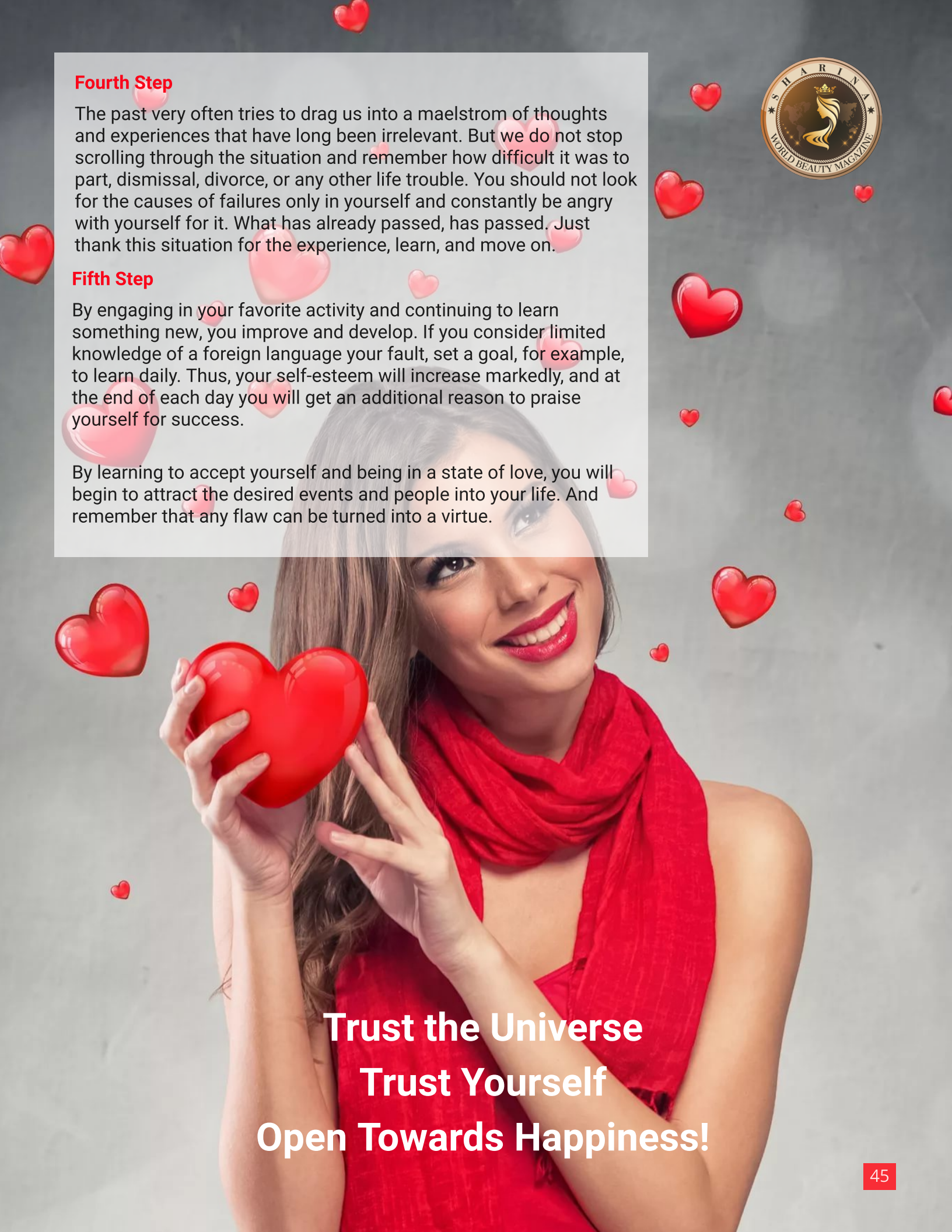
Fourth Step

The past very often tries to drag us into a maelstrom of thoughts and experiences that have long been irrelevant. But we do not stop scrolling through the situation and remember how difficult it was to part, dismissal, divorce, or any other life trouble. You should not look for the causes of failures only in yourself and constantly be angry with yourself for it. What has already passed, has passed. Just thank this situation for the experience, learn, and move on.

Fifth Step

By engaging in your favorite activity and continuing to learn something new, you improve and develop. If you consider limited knowledge of a foreign language your fault, set a goal, for example, to learn daily. Thus, your self-esteem will increase markedly, and at the end of each day you will get an additional reason to praise yourself for success.

By learning to accept yourself and being in a state of love, you will begin to attract the desired events and people into your life. And remember that any flaw can be turned into a virtue.



**Trust the Universe
Trust Yourself
Open Towards Happiness!**

DREAM VACATION PAKISTAN



Welcome to Pakistan! A country always known for its hospitality, rich cultural heritage, cradle of one of the earliest civilizations; The Indus Valley, home to three mountain ranges; Himalayas, Karakoram, and Hindukush with their alpine meadows and snow capped peaks makes it favorite amongst the adventure travelers and travel enthusiasts from all over the world. Tourism in Pakistan went almost to nil due to terrorism but after a successful journey from terrorism to tourism, Pakistan has once again emerged as one of the top adventure travel destinations in the world by British Backpacker Society and top tourist destination of 2020 by a UK based travel agency - CN. From Khunjerab pass in the north; the highest



border in the world around 4693 m, to sandy beaches and natural deep seaports in the south, from a unique small community of Kalasha people in Chitral to ancient civilization ruins and Mughal monuments in the provinces of Punjab and Sindh, from the cold desert in Skardu to the canyons in Hingol National Park in the province of Balochistan, Pakistan is a country full of breathtaking views, friendly people and scrumptious cuisines. In 2019, Pakistan introduced e-visas and visa on arrival to travelers from 50 countries. Here are few places in Pakistan we definitely recommend you to visit.

Naltar

Naltar is famous for its colorful lakes (2.5 hours drive from Gilgit). It grows the most delicious potatoes in the world. This pine-covered valley does not seem to be part of this world. If you really want to experience paradise in this world, you should visit Naltar at least once. This place will make you fall in love with it.



Shangrila Resort

In the far north of Pakistan, in Skardu, the central valley of the Gilgit-Baltistan, beauty, serenity, and wildlife are embodied. After Yaglota on the Karakoram highway, a narrow road turns towards Skardu. During the seven-hour journey you are met by several streams, springs, and the hospitality of local residents. After crossing the old wooden bridge built across the Indus River, you will reach Shangrila, a paradise on earth. This is a famous tourist destination in Skardu, which is about 25 minutes away by car. The highlight of this place is the airplane style restaurant in the Shangrila holiday house.



Deosai Plains

Deosai is located on the border of the Karakoram and the western Himalayas and in no case less than 4 thousand meters above sea level. It remains covered in snow for 8 months. Rest of the year, beautiful flowers of all shades and colors grow here, but on this plateau, spread over 3 thousand square Km, there is not a single tree. Sheosar Lake is also a part of this. This lake is one of the highest lakes in the world. Dark blue water with snowy mountains in the background and greenery with wildflowers in the foreground open such a view in summer that they entertain for the rest of their lives.



Lahore

Lahore is the capital of Punjab province and has many interesting historical attractions. One of the most remarkable FORTS in Pakistan is the Lahore Fort, a magnificent example of Mughal architecture. The Fort, built in 1566 by Mughal Emperor Akbar, has been destroyed and rebuilt many times throughout history, but what remains is well preserved. The Lahore Fort contains stunning marble palaces and mosques, each intricately decorated with colorful mosaics. Another attraction worth visiting in Lahore is the Shalamar gardens. This Royal complex is located just 7 km from the Lahore Fort. The gardens were influenced by Persian and Islamic traditions, and are a Prime example of Mughal gardens. Both sites were declared a UNESCO world heritage site in 1981 for their outstanding universal value.



Wazir Khan Mosque - located in the old quarter of the fortified city of Lahore, a short walk from Fort Lahore.

Badshahi Mosque, located west of Fort Lahore, was built in 1673 by Mughal Emperor Aurangzeb and is the second largest mosque in Pakistan (accommodating over 100,000 people). The architecture is super class - mughal era trends clearly visible all around.

Sikh Gurdwara, which is nearby, gives a unique message of peace - clearly indicating that all religions can worship with equal rights and peace.

Sind

If you want to know more about the ancient history of Pakistan, you should visit the province of Sind. Sind is home to some of the country's most important historical sites, including the archaeological ruins of Mohenjo Daro (one of the six UNESCO World Heritage Sites in Pakistan). Mohenjo Daro, built around 2500 BC, was one of the largest and most developed cities in the world during the Indus civilization and remain as one of the best-preserved urban settlements in Asia.

Bahawalpur

The princely state of Punjab boasts treasures of historical buildings, monuments, and parks, which many have never heard of. Bahawalpur is a city located along the left bank of the Sutlej River. Along with desert areas, Bahawalpur is known as a country of lush gardens that sooth your eyes, while magnificent palaces cannot but impress you.

Fort Ranikot

Ranikot, with a circumference of about 26 km, is the largest fort in the world. However, this was not enough to convince the authorities to develop it as a major tourist attraction. This fort is easily accessible from Karachi via the National Highway. This is a one-hour trip to Sann, home of Cindy's nationalist grandmaster Syed.

Karachi

Karachi is amongst the largest city proper in the world. Ranked as a beta global city, the city is Pakistan's premier industrial and financial centre, and is Pakistan's cultural, educational, and political hub. Tourists will have a great time cliff jumping, snorkeling, scuba diving, sailing, and enjoying other water sports activities.

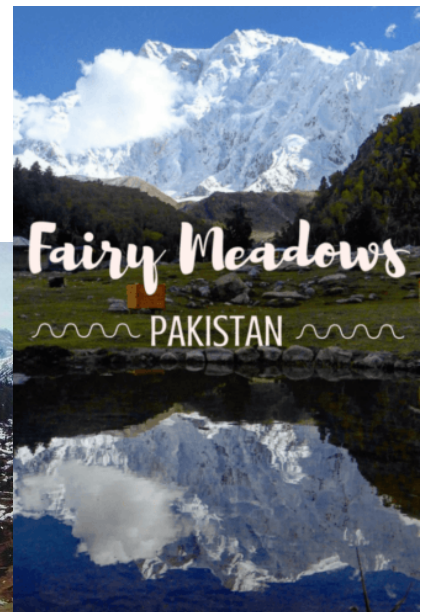


Pakistan has more peaks taller than 22,965ft than China and Nepal combined, making it an almost magnetic spot for adventure travellers and intrepid hikers (8 of the World's 20 Tallest Mountains). Pakistan is a beautiful country and home of some of the best hiking in the world. Towering mountains, lush valleys, dramatic rivers and lakes. Some of the spectacular treks in Pakistan are:



Fairy Meadows and Nanga Parbat Base Camp

Fairy Meadows is a truly amazing place. It's not just the name that's mythical, the place itself is magical. If you go at the right time of the year, i.e. when it's not covered in snow, you can push on to Nanga Parbat Basecamp – an 8 hour round trip hike. Looking down over the Fairy Meadows is the snowy fortress of Nanga Parbat (9th highest in the world).



Besides all these attractions and more, what makes Pakistan so special is the world-class hospitality that you will find throughout the country. Combined with so much natural beauty, it is not surprising that tourism is growing in Pakistan every year.

Alex Outhwaite's Video on Pakistan



Eva Zu Beck's Video on Pakistan



WEALTH MANAGEMENT



Taking care of your wealth often requires you to get into investment and to perform other steps that may be new to you. Wealth management is the process of using the financial assets you have accumulated to create the best lifestyle possible. Wealth management can be broken down into three different parts. All three must work together and are necessary for success.

- ▶ **Financial Plan and Timeframe:** Helps you determine the goals, short term and long term, you are trying to achieve with the wealth you have, and provide a clear plan of action for how to make that happen.
- ▶ **Investment Portfolio:** Investment decisions have an enormous impact on your ability to achieve your goals. With a plan in place, all investment decisions become a simple matter of choosing the most appropriate investment allocation to achieve the goals.
- ▶ **Review and Rebalance:** You should review your portfolio at least annually to make sure your asset allocation stays on track. During your review, you may decide to rebalance your portfolio – that is, change the proportion of assets you hold. This will involve selling some investments and buying others. When you rebalance, you need to think carefully about the costs and tax implications.



Wealth Management sounds simple, when you break it down as above, but multiple variables are involved and it is easy to be overwhelmed. Mistakes can have a huge adverse impact. Trusted financial advisors manage the variables for you, so that you enjoy your wealth. Sharina World's Team of Certified Public Accountants, Chartered Accountants, and Internal Auditors provide Accounting, Auditing and Assurance, Financial Management, and Tax services to simplify your daily accounting and financial management needs.

Contact us at: info@cpaclinics.com



Be positive and help each other in what ever capacity you can. Together everyone achieves much more!



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