

Passion, Purpose and Promise



# WHA

## The World Health Awards

Festival City, Dubai, UAE

P.N.I. 

### COVER STORY

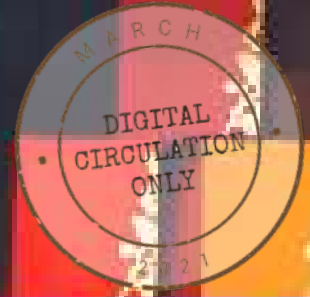
WHA: The first people's  
choice awards in the  
health & wellness industry

### ABOUT P.N.I.

Changing the way the world's  
professionals do business

### P.N.I. Highlights

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### Success Stories!

Dr. Hanan Selim &  
Firuzi Kotwal

Upcoming Events  
in 2021

[theworldhealthawards.com](http://theworldhealthawards.com)

March 2021

Issue 1

Digital circulation only ★



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Dr. Hanan Selim & Firuzi Kotwal, the minds behind The World Health Awards, the first people's choice awards in the health & wellness industry! The inaugural edition was held on March 13, 2021 in Dubai.

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A community for healthcare and wellness industry professionals, with the first chapter in Dubai & plans of going global in multiple countries by 2025!

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Everything you need to know about the inaugural World Health Awards, award categories, and the Summit.

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Winners of World Health Awards 2021





# Meet the FOUNDERS

The powerhouses behind the World Health Awards- the world's first people's choice awards in the wellness and healthcare industry!









## Dr. Hanan Selim Founder

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Dr. Hanan Selim is ranked as one of the world's most influential thought leaders in health-care and wellness culture by Global Gurus.

As a Transformational Keynote International Speaker, award winning author and founder of the Healology Wellness Psychology, and with an experience of over 25 years, Dr. Hanan's chronic bio-disruption research and mind-brain-organ connection methodologies have influenced the wellness, future of healthcare and natural prescription industry through her unique neuroscience and wellness psychological and physical approaches

to chronic conditions and performance transformation. Known as "the pharmacist of the future", she mentors and coaches' entrepreneurs, business owners and health professionals to multiply their impact and capabilities to gain a competitive advantage for their career or business, after the results she's seen in her own transformation and many of the people she has worked with globally.

Her passion to help others maximize health and peak performance began at the age of seven. She decided to become a clinical pharmacist to give everyone medicine to feel better.





## Firuzi Kotwal

### Founder

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Email: [firuzik@vmprofessionals.ae](mailto:firuzik@vmprofessionals.ae) ★

Instagram: @firuzikofficial

Firuzi Kotwal is a prolific entrepreneur based in Dubai. She embarked on her journey of success in 2018, and is dedicated to helping businesses grow, maximize their potential, and offers platforms to collaborators looking to monetize their, skills, talent and expertise.

Throughout her career, she has successfully managed teams, companies, countries, delivered regulatory requirements, and trained hundreds of individuals.

As founder & CEO of Global Learning Institution, Firuzi focuses on personal branding, cultivating a Mindset for Financial Freedom, and turning passion into profits. She is a recognized

public speaker, and helps her clients to maximize their own skills, personal brand and image. She also serves as Partner and CEO of Visionary Mindset Professional & Management Development, where she customizes & delivers to clients' requirements on soft skills, compliance and leadership training.

She is also the author of a biographical book published by her, titled "Catching A Glimpse of What it's Like to Be Successful" to help others achieve financial freedom, and finds great reward in empowering others to realize their dreams through her Formula 4 Financial Freedom Events.







# P.N.I: Professional Network International

Professionals, Partnerships, and Profits  
[www.pniglobal.org](http://www.pniglobal.org)



# About PNI



Professional Network International (PNI) is a health and wellness networking group that has the first chapter in Dubai and is going global in 22 countries, by 2025.

Members meet to promote their businesses, collaborate, communicate and be part of a community of like-minded professionals.

PNI Community is a PNI members-only international network that will link to the global network partners of more than 240,000 expected members.

**Website:** [www.pniglobal.org](http://www.pniglobal.org)

# Advisory Board:



**President-**  
H.E. Laila Rahhal



**Vice President-**  
H.E. Dr. Edna Joyce Santos



**Chief Advisory Board-**  
Consultant Firuzi Kotwal



**Secretary Treasury-**  
Dr. Hanan Selim



**Chief of Education-**  
Consultant Manal Zeineddine



## H.E. Laila Rahhal

### President

H.E. Laila Rahhal is the founder & President of Business Gate Club USA, President of Global Entrepreneurs Commonwealth Entrepreneurs Club, and a Goodwill Ambassador, and International Ambassador of Peace and Tolerance.

She is well known in the media, and also holds the following credits to her name, among numerous others:

- Owner of Zamzam service in Bremen, Germany
- Founder and President Of Business Gate
- International Business Development- Opening doors



for investors with global network.

- Co-founder and partner at GM of Macan FUEL and petroleum product trading
- Co-founder & partner of Toscano General Trading
- Strategic Partner with Safeer Corporate Services Provider
- President Global for Comment Entrepreneur Club UK
- Head of African affairs and Zone Director and Representative office in Africa and Middle East for the chamber of commerce Brazilian African Moroccan.
- Vice-President of Diva Production company in USA.



## Dr. Edna Joyce Santos

### Vice President



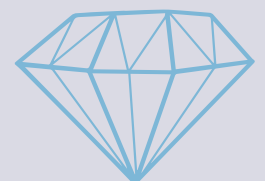
Dr. Edna Joyce Santos is presently the Head of the Department of Ophthalmology at Union Medical Center, Ras AL Khaimah, UAE.

She was recently appointed Chairperson of Sirach Health and Wellness, and Special Advisor to the Holy Royal Crown Council, and is a former Chair of Global Goodwill Ambassadors UAE.

In addition to being a published author (two of her books are available on Amazon), she is a strong professional with a Doctor of Medicine (M.D.) from Far Eastern University and a Bachelor of Science with a Major in

Psychology from the University of the Philippines.

Dr. Santos was also a member of the Board of Directors of MMG Group of Hospitals in the Philippines and has been head of the Department of Ophthalmology of the different hospitals in the Philippines and the United Arab Emirates.





## **Firuzi Kotwal**

### **Chief Advisory Board**



Firuzi has played an active role in offering platforms to all who wish to work with her to monetize their, skills, talent & expertise, since starting her first business in 2018. A serial entrepreneur who has been honoured by “The Worldwide Association Of Female Professionals” for demonstrating excellence, maintaining perseverance, and ascending the summit of professional accomplishment.



## **Dr. Hanan Selim**

### **Secretary Treasury**

Dr. Hanan Selim is an international author, multi award winning speaker and recognized by global gurus as the most influential thought leader in health and wellness. She helps healthpreneurs make an impact in their passion, promise and profits.

## Manal Zeineddine

### Chief of Education



Currently an education consultant and director at O.R.B.I.T.S. development, education has long been Manal Zeineddine's passion and according to her, continues to be a lifelong, multidimensional journey, through which learning and teaching mingle and expand!

Through her vigorous 20 years of experience in her native, Lebanon, and Saudi Arabia, and the daily encounter with school owners, ministry education supervisors, colleagues, staff, parents, and students, she discovered her inner strengths, and their potential, mutually enriching intrinsic motivation for true learning, achievement,

and continuous growth!

After two decades in educational leadership, Manal speaks about the urge to have intrinsically-motivated, interdependent, emotionally stable communities, in alignment with academic achievement.

She founded O.R.B.I.T.S. Development Code, a vital approach to community empowerment and leadership consciousness. Institutions can foster potential development and sustainability in all areas.





# PNI Launch Party



Photos of guests at the official launch party of PNI- Professional Network International, in Dubai (March 2021).





# VIP Guests of WHA 2021



## Dr. Mansoor Alobeidli

After a 12-year long football career, with a medicine degree from Europe, Dr. Mansoor founded a successful real estate company. A decade later, as a practicing medical doctor, he joined a medical health insurance company in 2014. In 2014, he also produced & acted in his first short 'The Capital Garden'. He was also elected as the National Director of World Beauty Congress of UAE and promoting beauty championships in the UAE. In June 2014, he was nominated as President of the SO.SI.SE.SA. in the Middle East, which is a Cultural Humanitarian Foundation in Romania to support orphans. In 2017, Dr Mansoor Alobeidli founded Bedazzled Events in Dubai, through which he would promote Makeup Artists, Hairstylists, Designers, Models & creative artists through events.

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## Manal Alkhatib

Manal Alkhatib has over 17 years' experience in media. Her professional experience includes presenting news, reporting on events, conducting interviews with key people, investigating leads, gathering facts and covering local, regional, national and international events of interest to the audience. She's currently a broadcaster at Dubai Channels Network.



# The World Health Awards

Passion, Purpose and Promise







WHA marks a pivotal point in the health & wellness industry! There's so much we still don't know about the emerging trends in the health & wellness industry. And there's so much work we can still do recognise achievers and initiatives, which WHA focuses on as it's key initiative.

Globally, the world is undergoing a paradigm shift in the health & wellness \$4.2 trillion industry. The beliefs, mindset, and priorities are being re-evaluated by all individuals & corporates alike, more diligently now more than ever before.

COVID has taught the world to realise the value of health & healthy lifestyle. Hence WHA is making an exponential impact in the health & wellness industry. Bringing international speakers to create awareness about women's issues like breast cancer, ovarian cancer & endometriosis with cutting edge preventative protocols that push the science forward and make

discoveries that can improve the lives of millions of people around the world.

### **USP- Competitive Advantage:**

Unlike other summits that are focused on commercial business, we're a community-focused summit bringing awareness & knowledge of vaccines and other new initiatives.

WHA has organized the Happy Health International Day event on March 9th, The World Health Awards Gala Dinner on March 13th recognising health-care professionals making an impact.

With the launch of Dubai WHA in 2021, we will be expanding globally to continue making an impact in all parts of the world. We plan to launch in 4 additional countries every year with a mission to reach 22 countries by 2025.



[theworldhealthawards.com](http://theworldhealthawards.com)

## ★ Award Nomination Categories:

1. Excellence in Wellness Facilities
2. Excellence in Mental Health
3. Excellence in Sustainable Health
4. Excellence in Meditation
5. Excellence in Healing
6. Excellence in Healology
7. Excellence in Health Coaching
8. Excellence in Holistic Health
9. Excellence in Wellness
10. Achievers Awards
11. Prestigious Partner Awards



## ★ Health & Wellness Summit:

At the Intercontinental Hotel,  
Festival City, Dubai, UAE.

- An event dedicated to the community to bring awareness about Ovarian Cancer, Endometriosis & celebrate International Woman's Day.
- Helping you live your healthiest and most fulfilling life!

### Why Attend?

This event is For wellness enthusiasts, professionals, and entrepreneurs. Our speakers are internationally recognized health and wellness experts. Whether you are trying to eat healthier, get fit, sleep better, be mindful, or detoxify your life, the Wellness Summit will help you learn actionable steps to living a healthier and happier life.

### Prestigious Partner Programme:

We are open to partnering with esteemed organisations who wish to sponsor these prestigious events.



### CONTACT:

**Dr. Hanan Selim &  
Mrs. Firuzi Kotwal**  
(Co-founders of The  
World Health Awards

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# WHA 2021 Awardees ★

Nominees in 12+ categories,  
and over 4000 voters!







Gillian Elsworth  
Excellence in Wellness



H.E. Laila Rahhal  
Excellence in Wellness Facilities



Dr. Supriya Sharma  
Excellence in Research





Faisal Alshawa  
Excellence in Healthpreneurship



Katrina Umanska  
Excellence in Yoga



Navana Kundu  
Excellence in Meditation





Dr. Mariam Shaikh  
Excellence in Mental Health



Dr. Sonakshi Ruhela  
Excellence in Mental Health



Dr. Hibah Shata  
Excellence in Mental Health





Dr. Nongnush Ammoury  
Excellence in Healology



Muzaffer Asli Ramphul  
Excellence in Healology



Sarmistha Mitra  
Excellence in Holistic Health







Saahil Mehta  
Excellence in Sustainable  
Health



Gloria Halim  
Excellence in Health Coaching



Elena Buriani  
Excellence in Health Coaching





Ramona Djefal  
Excellence in Healing



Dr. Mansoor Alobeidli  
Achievers Award



Manal Alkhatib  
Achievers Award





Arshi Ayub Mohamed  
Achievers Award



Dr. Alka Kalra  
Achievers Award



Shine Rajendran  
Achievers Award





Maya Al Hawary  
Achievers Award



Leena Gauba  
Achievers Award



Dr. Hanan Selim  
Founders Award



Firuzi Kotwal  
Founders Award







Mr. B  
Prestigious Partner



Adeshola Helen Onadipe  
Prestigious Partner



Nasimara Nisar Pasha  
Prestigious Partner



# ★ Prestigious Partners

## Special thanks



Bertrand St. Louis (Mr. B)

Product of a single mom, Mr. B holds a Bachelor's degree in Business Management from Arizona, USA.

He has 35 years of experience in the Energy industry, training, developing and managing operations systems.

He's an energy industry consultant and is the host of the podcast "Free Talk With Mr B", where you can find and listen to the stories of ordinary people and everyday people freely sharing their experiences as a way of giving back to the global community.

## Laura Esteban



The creator of the WHA trophies, Laura is from Madrid, Spain and is a self taught resin artist. She found her passion almost 2 years ago when she discovered the art of resin. Since that moment, she happily works with mostly resin, daily.



Art is not something new in her life. In one way or another she's always been an artist; as a professional model and dancer. These professions gave her the opportunity to travel around the world where she worked & discovered different cultures and learning about them. Resin art is her full time career these days.  
*Instagram- @laroeb.resin.art*





# Excellence & Achievers Awardees



## Dr. Nongnush Ammourey

Dr Nongnush Ammourey graduated with a Ph.D. Pharmaceutical Sciences and Biopharmacy from the University of Paris- XI. After 15 years of experience in the pharmaceutical industry and leadership roles in drug clinical development and safety, she returned to her initial passion for natural health therapeutics and founded "Destination Wellness - Health Awareness" in Dubai.

She applies the latest discoveries in Epigenetics, Neurosciences, Gut Health, and Microbiome, and also practices the art of

"Healology", promoting genuine natural body & mind health. She helps people to evolve from constant fatigue to full energy, from chronic diseases to self-healing. She offers personalized consultation & gives educational conferences for corporations and communities that want to promote natural preventive and effective healthy lifestyles.

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## Dr. Hibah Shata



Dr. Hibah Shata is the owner of Maharat, Child Early Intervention, Child Learning Enrichment, & Dr. Hibah Shata Clinic.

She's Saudi Arabian, and graduated as a dentist in 1992 with Honours, In 1995, she received Masters from the University of London, and in 1996 FDSFRCSI a Fellowship from the Royal College of Surgeons in Ireland.

In 2010, she founded Child Learning and Enrichment Medical Center, a preparatory center to foster inclusion in mainstream schools. In 2013, she became an EFQM Assessor and founded Maharat Learning Center in 2017, a smart center for the inclusion support of children and young adults with developmental delays, cognitive

and learning disorders.

She was recognized with the Cartier Women Initiative Laureate for Middle East and North Africa 2019, & Distinguished Women in Healthcare 2019 Award for outstanding accomplishments in healthcare, and the Princess Haya Award for Special Education- Jury Choice for Autism support, also in 2019.

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## Elena Buriani

Elena Buriani is the co-founder & CEO of LEA Growing People, and a mental fitness, marriage and parental coach.

She's an Italian with a degree in foreign languages, & after working as Talent & HR Recruiter for Tetra Pak Packaging Solutions and after being gifted with a Special Needs child, she developed a passion for: positive intelligence, performance excellence, conflict management and adaptive strategies.

After moving to Dubai, she founded Music Together Sol Mi Do Dubai, & as a former professional dancer, enjoys a lifelong relationship with body awareness, and is

a Pilates and Qi Gong instructor.

By co-Founding LEA Growing People, her mission is to develop confident parents, high performing leaders, impactful teams and balanced families.

She stands for reducing limiting beliefs and sterile behaviours, holding the vision that challenges and conflicts can always be transformed into growth opportunities.

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**LinkedIn:** Elena Buriani



## Saahil Mehta



As a global citizen, Saahil has built successful businesses across 3 continents; but even thereafter he struggled to experience peace, happiness & abundance. But only once he was able to conquer his self-limiting mindsets & habits he was able to re-invent the complete spectrum of his life.

Today, Saahil runs his business ventures & has also embarked upon this new life as an author & a coach; he's deeply focused on guiding thoughtful leaders to navigate their health, wealth and relationships as they scale their summit with the help of his proven set of tools.

Paradoxically on one hand Saahil leads his life with absolute 'ahimsa' the art of non-violence, but

when it comes to personal mastery & performance he loves to destroy his limits and consistently conquer himself.

With his debut book 'Break-Free' he shares his personal journey of how he transcended all odds to scale the summits of his dreams, and how you too, can dream up new personal summits every day, once you have mastered the art of decluttering life by adopting his fool-proof process of breaking-free.

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## Navana Kundu

Navana Kundu, Doctorate in Effects of Meditation on Human Mind and Happiness, is a highly regarded expert therapist, trainer, and consultant. As a coach and international speaker of Emotional Mastery, she is also a practitioner in 20 different therapy and coaching modalities to accelerate positive change and paradigm shift in people's lives.

In her early 20s Navana formed a highly successful career in fashion industry in Milan.

She spends considerable time in the Himalayas in her spiritual exploration. Inspired by her family's strong spiritual connection, she herself dedicated her life to study the ancient scriptures of Vedanta and holds a Master's degree in

Jnana Yoga. Her personal message is that everyone has unlimited potential to create the life they desire. She has been featured in Thrive Global, International Business Standard.

Her book Emotional Mastery – Toolkit for Success is one of a kind, written with her usual incredible candor and deep understanding. She regularly conducts workshops in Dubai, Europe, and India.

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## Ramona Djeffal



Born in Munich, Germany to Arabic and German parents, Ramona Djeffal resides part time in Dubai and specializes in the Science and Art of Transformation and Quantum Consciousness.

As the founder of Elite Mind Academy and a world leading energy healer, spiritual mentor, speaker, and a pioneer in consciousness awakening, she uses her gift to help people eliminate energy blocks, raise their vibrations, and manifest their ideal realities all over the world.

Over the past 13 years, she has transformed more than 10.000 people's lives globally.

Ramona gives seminars world-wide and has helped clients transform their lives in private mentorships, consultations, private retreats, and seminars. Some of whom are renowned Olympic athletes, actors, TV personalities, political and business leaders. Ramona's purpose is to heal, empower and awaken people into a higher awareness so they can unburden themselves from needless conflict & pain, and embrace a happier more fulfilled life of true passion, purpose & meaning.

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## Sarmistha Mitra

Sarmistha Mitra is a wellness coach & a transpersonal psychologist. She holds a Master's degree in Transpersonal Psychology from Atlantic University. Her gift lies in her helping people unleash their fullest potential. All her carefully crafted self empowerment workshops, meditations, one on one consultations and retreats are designed to facilitate the uncovering of answers through spirituality. Her holistic approach includes NLP, hypnotherapy, energy cleansing and chakra balancing.



Currently a clinical hypnotherapist & spiritual psychologist at Illuminations Wellbeing Center JLT in Dubai, she outlines specific processes to release heavy emotions or trauma or energy blockages to get free of anxiety, panic, fear, worry, pain and overwhelm.

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# Testimonials

## By WHA winners

**Mariam Shaikh:**

"Thank you Dr. Hanan & Firuzi for this wonderful award which is very close to my heart. Thank you to all my friends and well-wishers for your votes, support, & encouragement every step of the way! Would not have been possible without your support; loads of love! We rise by lifting others!"



**Navana Kundu:**

"Thank you! It was such an awesome experience & I'm so glad to connect with you!"







# Gala Awards Dinner

## World Health Awards 2021 ★



At the Intercontinental Hotel, Festival City in Dubai, on March 13, 2021.









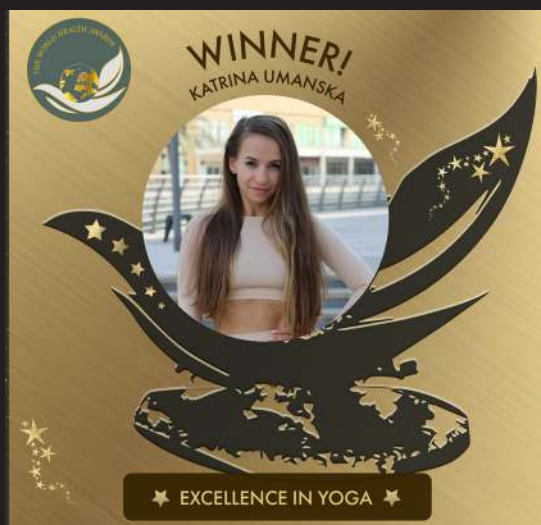














Healology Wellness tends to be categorised as a lifestyle or functional medicine, but the benefits of this scientific system are a lot more sophisticated than many alternative methods. Technically it is a type of practical medicine that includes psychology and preventative medicine, but goes much further than helping to calm the mind and soothe the soul, it also helps to heal the root cause that aligns the mind-brain-organ connection that prevents, protects and potentially recover from chronic conditions like obesity, diabetes, cancer, and many more.

Expert Healologist and holistic health practitioner, Dr. Hanan Selim (founder of Healology), was able to get the low-down on these chronic bio-disruptors

in your environment that are silently causing havoc to your health and well-being.

Quite often our bodies are thrown out of balance, and we have to deal with the unwanted stresses of everyday life called chronic bio-disruptors.

Healology works to restore those imbalances, to get you and your body back on a healthy, even synergy, and harmony.

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**LinkedIn:**

ae.linkedin.com/in/drhananselim

**Facebook:** @drhanan1

**Website:** [healology.me](http://healology.me)



**Healology**

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