

# WOMEN ENTREPRENEURS BUSINESS NETWORK

## PRUDENCE TEAM



# Ritu Puri ~ Sr Ambassador North Goa



Prudence



Since  
Oct 2018

*Ritu Puri*  
FASHION HOUSE

**Business Category:** Clothing

**Specialisation:** Fashion Designer

**Contact No:** (M) 9834830984

**Email:** [ritupurigoa@gmail.com](mailto:ritupurigoa@gmail.com)

**Address:** 646, Kadamba Depot Road,  
Near Porvorim Regency  
Porvorim,  
Goa

## About 'Ritu Puri Fashion House'

Ritu puri is a Fashion Designer with more then 16 years of experience in this fashion industry  
RITU PURI FASHION HOUSE stablsh in 2016

### Specialised in making

- Western
- Indian
- Indo Western
- Formal Gowns
- Semi Formal Dresses
- Bridal Lahngas

### Customised uniforms for

- Corporate houses
- Hotels, Restaurants & cafes
- Hospitals & Clinics
- Casino

### Design Exclusive High-end Garments

- Design outfits for calendar shoots
- Design outfits for fashion shows
- Design outfits and for beauty pageants

# Urvashi Desai Gohil ~ Mentor



Prudence



Member Since  
25 May 2020  
Last Renewal  
12 may 2022



**Business Category:** Professional Service  
**Specialisation:** Interior Designing & contracting

**Contact No:** (M) 9158833148  
**Email:** [intelligentideas.goa@gmail.com](mailto:intelligentideas.goa@gmail.com)  
**Address:** Amber Teak – By Intelligent ideas, Shop No C3, Supreme By the Valley, Near Mandovi clinic, Pilerne, Bardez Goa. 403521

## About 'Intelligent Ideas'

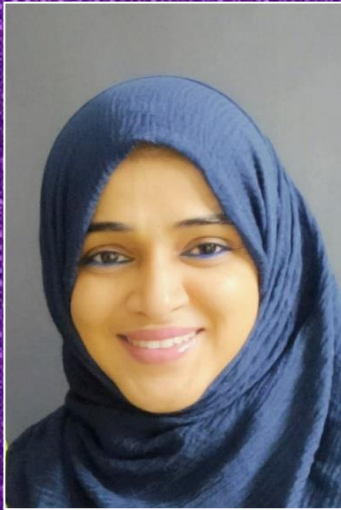
### Intelligent Ideas re-define spaces!

Its all about choosing your interior designer to design or revamp your entire house or part of it .

- We design and execute turnkey interiors & exteriors of residential and commercial projects – bungalows, apartments, restaurants, cafes, shops, offices, hotels.
- We look at the entire project - right from conceptual planning, architectural drawings, structural designing, approvals to construction, execution and management of the projects.
- We also work on renovation of existing structures and create truly special well designed aesthetics for indoors and outdoors.
- Home & work spaces acquire that special touch with every little element - be it a rug, a carpet, a planter, a vase, a candle stand, a motif that you carefully place in exactly that right spot. Hence we have introduced our inhouse budget friendly décor store **AMBER TEAK** as a value added service to enhance the comfort and aesthetics of your homes, restaurants, stores & offices.
- We have had the pleasure of working on exclusive projects for clients around all around Goa.

As a client and beneficiary you want everything perfect, So here we are with years of experience and happy clients all over Goa.

# Nadia Aslam ~ CHAPTER HEAD



Prudence



Member Since  
15 July 2021  
Last Renewal  
15 July 2022

**Business Category:** Food  
**Specialisation:** Chocolatier

**Contact No:** 7875759977

**Email:** [nadias.sweettooth@gmail.com](mailto:nadias.sweettooth@gmail.com)

**Address:** A 402,  
Esmeralda Casa de Povo,  
Taliegao ,  
Panjim- Goa 403001

## About 'Nadia's SweetTooth Studio'

Immerse your self in the world of flavors of exotic chocolates presented to you by **Nadia's SweetTooth Studio**. Established since 8 years, we introduced various chocolate flavors, offering a wide range to choose from.

You name it, we have it! And we have even those flavors which you can not even think of... From Butterscotch Crispies to Guava Chili and Almond Coriander Praline to Rosemary Tablets.

**Just to name a few chocolate flavors we offer in Basic/  
Premium And International Range**

- Flavoured/Crunchy/
- Centre Filled Chocolates
- Bars And Tablets
- Truffles Balls / Bonbon
- Chocolate Pinata & Bombs
- Chocolate Spreads
- Chocolate Bouquets
- Chocolate Granola Bars
- Truffles And Fudges
- Chocolate Florentine
- Chocolate Paan

We take bulk corporate orders, small order for personal cravings and for all kind of occasions.

Today **Nadia's SweetTooth Studio** is a brand which has created a *Niche* and gained *Trust* of their clients.

If you have a Sweet Tooth, we have the right flavor for your cravings...

# Manalee Verneker ~ VICE CHAPTER HEAD

Prudence



Member Since  
11 Jan 2022  
Last renewal  
7 Jan 2023

**Business Category:** Finance

**Specialisation:** Mutual Fund Advisor

**Contact No:** 9730500213

**Email:** [manalee@financialwisdom.co.in](mailto:manalee@financialwisdom.co.in)

**Address:** Financial Wisdom  
CF-1, Pancharatna Building,  
behind Borkar Super Store,  
Margao,  
Goa-403601

## About 'Financial Wisdom'

Manalee Verneker is the founder of Financial Wisdom, a privately established financial services firm based in Goa, India. Financial Wisdom was founded by her in 2021, after just less than a decade of experience in the field of personal finance. She is a Certified Financial Planner (CFP) from Financial Planning Standard Board US and Chartered Wealth Manager (CWM) from American Academy of Financial Management.

- Her experience includes working in
- Mutual Fund Companies
- Wealth Management
- Financial Planning for Companies
- personal finance management

She has a good understanding of both Indian and International markets and products. She is passionate about financial literacy and is a strong advocate for financial advice that focuses solely on the individuals.

'Financial Wisdom' focuses on creating goal based financial planning for clients through Mutual Fund Investments, helps clients in achieving their financial goals-

- Children's education
- Retirement planning
- Buying a new home
- Buying a car
- Dream vacation

We are currently helping around more than 75 families in achieving their Financial Goals.

# Nikita Malhotra ~ WPL Head- WEBN



Prudence



Since 1 Feb 2021  
Last Renewed  
2 Jan 2023

**Business Category:** Hospitality

**Specialisation:** Tourism Rentals

**Contact No:** (M) 6354825047/  
8700753109

**Email:** [reservations@vedastays.com](mailto:reservations@vedastays.com)

**Address:** Corlim Grande,  
Opp. Deccan Company,  
Corlim, Old Goa- Goa -403110

## About 'Veda Hospitality'

**Veda Hospitality** manages and markets Villas, apartments and hotel rooms and rents them out to tourists on a short and long term basis. We have an inventory of approximately 50 rooms as of now, spread across North and South Goa. Veda Hospitality is expected to have an inventory of more than 200 rooms across India by the end of 2023.

Services offered:

- Booking of Villas, apartments and hotel rooms to tourists on short and long term stay
- Taking villas, apartments and hotel rooms on lease and to manage their operations and marketing
- We handle group bookings as well including corporates and other institutional groups.
- We have tie-ups with 4 star and 5 star properties as well

# Ria Patil Chandray ~ Ambassador



Prudence



Member Since  
26 Oct 2020  
Last Renewal  
14 Oct 2022



**Business Category:** Manufacturer

**Specialisation:** Sanitary Napkins

**Contact No:** (M) 9545319999

**Email:** [giaindustries@josapads.com](mailto:giaindustries@josapads.com)

**Address:** Solson Adobe,  
Off Chogm Road,  
opp Pizza Hut  
Porvorim- Goa

## About 'JOSA'

**JOSA is a ONE STOP solution for all your menstrual needs**

Brand **JOSA** is organic Biodegradable sanitary pads .

The factory is based in Thivim, karaswada- Goa in name M/s.Gia Industries .

JOSA Sanitary pads are made from organic Cotton and Corn materials which is certified by CIPET and ISO 9001 We have All sizes starting from 240mm, 280mm, 340mm, 400mm.

Josa brand has panty liners too.

Josa Sanitary Products range starts from Rs.30 which are straight fluffy fat pads and Ultrathin pads Goes on at Rs.41, Rs.45, Rs.65, Rs.70, Rs.108, Rs.120, Rs.160, upto Rs.190

These prices are based on different sizes and quantity of pads in a pouch / Box.

We also deals in Vending machines and Incinerators machines.

JOSA gives Comfortable, Rash-free, Chemical-Free pads .

Since its Biodegradable ,it starts getting degrading from 180 days to 400 days .

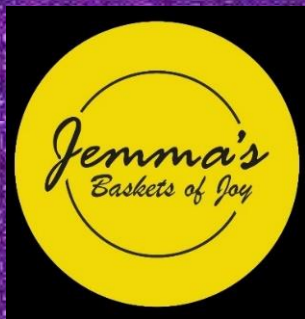
A normal market pads are made of 90% plastics and gets around 600 years to degrade and have to be burned

SWITCH to JOSA for more comfortable periods plus avoid CANCER like diseases

# Jermaine Stella Mendes ~ Ambassador



Prudence



Member Since  
3 July 2020  
Last Renewal  
6 June 2022

**Business Category:** Bespoke gifting solutions (Food, Flowers, Plants & More)  
**Specialization:** Premium Bespoke baskets of joy (Jams, Preserves, Syrups & Wine)

**Contact No:** (M) 8805716386

**Email:** [emailjermaine@hotmail.com](mailto:emailjermaine@hotmail.com)

**Address:** House No. 30 A,  
Rosemary Villa, Igrez Vaddo, Marna  
Siolim, Goa - 403517

## About 'JEMMA'S BASKETS OF JOY'

*Premium, customized gifts at your doorstep*

At **Jemma's** we work with you to curate premium gift baskets from products that are made by women entrepreneurs from Goa. Your gift reaches the heart of your loved one and also empowers a fellow Womenpreneur! **From Jams & Preserves, Drinks Like Squashes, Wines By Jemma's Homemade** to other varied range of quality products.

The products range boasts of aesthetically chosen visual delights from our wood crafters, Bespoke designers, our home-chefs, plants & floral arrangements. We deliver 365 days, so don't wait for an occasion to surprise your loved ones.

"Why gift one when you can gift many.." is what we believe at Jemma's. Our hampers can be gifted for a **whole host of occasions:**

- Wedding Favors,
- Bridal Entourage,
- New Birth /Birthdays,
- House-warming,
- Return Favors
- Festivals/ Valentine's Day,
- Mother's /Father's Day
- Corporate Gifts,
- Thank You.

**Chose your Joy of Gifting Options for both him & her.**

- Joy of Pampering
- Foodie Blast
- Guilt-free Edible Arrangements
- Beauty Baskets
- Bounty of Goa
- Corporate gifts

# Gargi Sagarkar ~ Ambassador



Prudence



Member since  
7 June 2021  
Last Renewal  
1 June 2022



**Business Category:** Food

**Specialisation:** Corporate Meals/  
Catering/Chaat Counter

**Contact No:** (M) 7720051350

**Email:** [gargisagarkar@gmail.com](mailto:gargisagarkar@gmail.com)

**Address:** Shree Nava Durga

Home In The Woods  
near Kadamba Depo  
Porvorim - Goa

## About 'Home Chef by SG Eateries'

We at Home Chef, are very passionate about Food. Whether Indian style North Indian, or Goan or Maharashtrian style food or Chinese food or the most popular Indian street food- CHAAT ! We cater to your needs, to spread smiles through our food...

- Corporate Meal boxes for
- Breakfast | Lunch | Snacks | Dinner

We under take Catering orders for all cuisines, Veg & Non-Veg for all occasions

- Weddings Event
- Corporate Events
- Small Private Parties

And Our Chaat counter includes variety of snacks and chaat

- |              |                             |
|--------------|-----------------------------|
| ▪ Pani Puri  | ▪ Kuchhi Dabeli             |
| ▪ Sev Puri   | ▪ Vada Pav                  |
| ▪ Dahi Vada  | ▪ Sandwiches                |
| ▪ Aloo Tikki | ▪ Shawarma                  |
| ▪ Pav Bhaji  | ▪ Samosas- Chicken / Paneer |
| ▪ Misal Pav  | / Aloo                      |

# Sumaiya Sayed ~ Member



Prudence



Member Since  
2 March 2021  
Last Renewal  
31 March 2023



**Business Category:** Beauty Studio  
**Specialisation:** Luxury Makeup Artist,  
Aromatherapy & Naturopathy  
Treatments

**Contact No:** (M) 9970073141  
**Email:** [summy141516@gmail.com](mailto:summy141516@gmail.com)  
**Address:** Sumaiya's Beauty Studio  
Below Hotel The Ferns Residency  
Marine Drive , Caranzalem  
Panaji - Goa 403002

## About 'Sumaiya's Bridal & Beauty Studio'

Sumaiya Sayed is a Luxury makeup artist with an additional specialization in skin-care and hair-care with Aromatherapy & naturopathy

- Her expertise are in **bridal makeovers** and offers varied packages for pre-wedding bridal care. Alongside bridal makeup, she also specializes in pre-wedding shoots and guest makeovers.
- She takes assignments for model makeovers for fashion shoots.
- She takes consultations for skin and hair treatments and then customises and create Creams /Oils based on **Aromatherapy and Naturopathy**.
- **High Frequency Skin and Hair Treatments, Galvanic Treatments** which includes **Skin Ionization, Orange Ionization & Ultrasonic Skin** treatments based on aromatherapy & naturopathy.
- She caters to varied range of age groups- **infants to elderly** For skin and hair treatments she treats Age group **16 years to 60 years** at her studio.

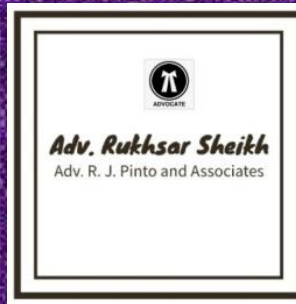
# Rukhsar M Sheikh ~ Member



Prudence



Member Since  
Oct 2019  
Last Renewal  
12 June 2022



**Business category:** Professional Service  
**Specialisation:** Advocate

**Contact No:** (M) 9890168338  
**E-mail:** [rukhsarsheikh25@gmail.com](mailto:rukhsarsheikh25@gmail.com)  
**Address:** Off. no. T-2 3rd floor  
Shambhavi Cepilumar Society,  
Dada Vaidya Road, Panaji - Goa

## About 'Adv. Rukhsar M. Sheikh'

I am an Advocate based in Panjim, Goa.

I am in practice for over 6 years. Right now working as a law associate at 'Adv. R. J. Pinto and associates', Panjim – Goa

We take up all kinds of civil cases as well as criminal matters in all courts across Goa.

Apart from that, I also make

- Legal Contracts and Agreements Related to Businesses and Property Dealings.
- Mutation Papers/ Mudkarial/ Tenancy Matters, Registrations of Marriage/ Foreign Marriage, Matrimonial/ Maintenance Petitions,
- Accident Claims and any other matters/ agreements requiring legal assistance.
- All kind of legal advice and assistance

# Dr. Riddhi Sampat ~ Member



Prudence



Date of Joining  
25 Sept 2021  
Last Renewal  
8 October 2022



**Business Category:** Medical

**Specialisation:** Physiotherapist & Rehabilitation. Antenatal and Postnatal care consultant

**Contact No:** 9970170105/ 8208580371

**Email:** [driddhisampat@gmail.com](mailto:driddhisampat@gmail.com)

**Address:** Building no.1, Staircase no.3 G. Flr , Kamat Complex, Tonca, Panjim , Goa 403002

## About 'Physiomed'

**Physiomed** - Physiotherapy and Rehabilitation Centre, it started 4 years ago by Dr. Riddhi Sampat. She is practicing in Goa since 15 years, with 20 years + experience in her field. She has worked as a consultant in Manipal Hospital, Campal Hospital And Vintage Hospital

At **Physiomed** they treat all kinds of patients having

- Orthopaedic,
- Sports,
- Neurology,
- Geriatrics,
- Paediatric,
- Pre and Post operative surgical cases,
- Cardio-Pulmonary cases,
- Antenatal and Post natal cases,
- Gynaecological cases

Physiomed has qualified physical therapists who promote, maintain, & restore health through Physical Examination, Diagnosis, Prognosis, Patient Education, Physical Intervention, Rehabilitation, Disease Prevention And Health Promotion.

# Sheryl Lucia Vaz ~ Member



Prudence



Member since  
30 Oct 2021  
Last Renewal  
7 November 2022

**Business Category:** Performing Artist

**Specialisation:** Musician Singer,  
Music Band

**Contact No:** 9923145285

**Email:** [cia3105@gmail.com](mailto:cia3105@gmail.com)

**Address:** Salaria ,  
Goa- Velha,  
North Goa 403108

## About 'Top-Notch'

Sheryl Vaz , hailing from Goa, sings in various styles ranging From

- Pop
- Jazz
- Bollywood
- Goan
- Modern songs

She took a liking for the Portuguese Singing and won a lot of prizes in competitions such as Vem Cantar (Portuguese Singing competition) Voice of Goa, Goencho Avaz and many more...

She sang with Goa's top bands like "Extreme", "Strum-Punch" and performed with different musicians too.

She is a Violinist and has her own music band which performs at different events such as weddings, corporate events and stage shows

The languages they cover are English, Hindi, Konkani, Spanish, Portuguese.

She sings and performs at all kind of occasions, events and functions in Goa

# Monalisa Dhawan ~ Member



Prudence



Member Since  
4 Nov 2021  
Last renewal  
3 Nov 2021



**Business Category:** Manufacturer & Supplier

**Specialisation:** Handicraft, Bags & Souvenirs

**Contact No:** 9620114111

**Email:** [treazur.in@gmail.com](mailto:treazur.in@gmail.com)

**Address:** Gera Astoria,  
Caranzalem,  
Panjim - Goa

## About 'Trezur Craft'

Trezur has evolved as a leading manufacturer and supplier of all kinds of bags and souvenirs for reputed hotels and corporate establishments within Goa and outside Goa. The primary options offered by the brand include exquisitely designed eco-friendly jute, cotton, and cloth, canvas bags with customization for all occasions and for all age groups.

### Our Products List:

- Handbags, Wallets, Clutches,
- Folders, Potli, Pouches,
- Wedding Take away Bags,
- Corporate Favours,
- Bag packs, Jute Planters Bag,
- Organisers, Luggage Bags,
- Polyresin magnets,
- Shells art pieces,
- Coconut Shell Art,
- Goa Souvenirs
- wooden key chain
- Return favors/ treasures for all occasions and all age groups.

### Materials:

- Jute, Juco,
- Cotton, Canvas,
- Linen, Akkad,
- Jacquard, Patola,
- Block Print, Organza,
- Hem, Plastic Sheets,,
- Cane, Bamboo,
- Leather, Rexin
- POP
- Coconut etc

We also have a wide range of accessories crafted by a team of local artisans.

At Treazur, we value your choices and your time

Always here for you with zero waiting time, and zero follow-ups!

# Samridhi Shet ~ Member



Prudence



Member since  
27 Nov 2021  
Renewed Dec 2022

**Business Category:** Food

**Specialisation:** Farsan & Faral

**Contact No:** 8308489360

**Email:** [samridhi.shet@gmail.com](mailto:samridhi.shet@gmail.com)

**Address:** Hno. 317 Goljuem,  
Chorjuem,  
Aldona,  
Bardez, Goa

## About 'Kha.Com'

At KHAU.COM, we take care of your snacking requirements. Authentic recipes and preparations make our products the most craved for !

At Kha .Com we 'make when ordered' so you have the freshest and crunchiest and tastiest experience. that's the secret of how we have won hearts for a decade.

We also accept orders for all your special occasions and festive requirements.

### Our speciality :

- Shankarpali
- Fenori
- Coconut mhillla
- Baby shower faral
- Variety of Churma, Chivda,
- Chikki,
- Barfi

### Goan Authentic Delicacies:

- Shirvolyo
- Avalpoli
- Sanna
- Donne
- Ghons

Do try our variety of amazing delectable snacks

# Priyanka Gupta ~ Member



Prudence



Member Since  
17 Jan 2022  
Last renewal  
7 Jan 2023



**Business Category:** Home Made  
**Specialisation:** Pickles

**Contact No:** 9717922081

**Email:** [oomahfoods@gmail.com](mailto:oomahfoods@gmail.com)

**Address:** Villa near soccoro panchayat  
Porvorim  
Goa-403501

## About 'Oomah'

'OOMAH' is a brand that is created in 2020 after a good 3 years of R&D. This started by 'mother In Law- Daughter In Law combination of professionals. Initially the name was 'NIRVANA' but due to trademark issues, changed the name to OOMAH.

Oomah is now a registered name and has FSSAI license as well.

This concept was created for providing healthy, fresh and homemade pickle options to customers.

### Benefits:

- Batch Processing : To keep it fresh small batch processing is essential.
- Handpicked veggies and hand-pounded masalas.
- Chemical free jaggery and dates for sweetness in most of our pickles.
- Only Rock salt and sea salt , no refined salt.
- cold pressed mustard oil in most of the oil based pickles. we use recyclable glass jars .
- Sundried pickles to retain its better shelf life.
- Free from artificial colour and flavour.

# Pradnya Rane ~ Member

Prudence



Member Since  
22 April 2022

**Business Category:** Digital  
**Specialisation:** Social Media  
Strategist & Graphic Designer

**Contact No:** 9823572027

**Email:** [pradnya.gaonkar@gmail.com](mailto:pradnya.gaonkar@gmail.com)

**Address:** Rane Nilay,  
Durgawadi,  
Taleigao, - Goa

## About 'Sara Creations'

**Sara Creations** brings agility and ability to small businesses with digital marketing!

Digital platforms have become the mainstream channel to showcase the best of your products and services to customers.

Pradnya is a graphic designer and can bring the benefits of creating artwork and digital marketing to you. She specializes in creating content for a wide range of digital as well as print channels including..

- **Websites,**
- **Social Media,**
- **Videos,**
- **Brochures,**
- **Advertisements** and more...

Since the time of foundation of **Sara Creations** in Nov 2020, Pradnya is focused on helping small businesses such as restaurants, and home-run businesses, to develop their unique digital footprint.

She has work for lot of happy and prestigious clients in this short span.

She is looking forward to put her experience and expertise at your disposal to help your business grow and emerge as a **Recognized Brand**.

# Kunjali Nirwani ~ Member



Prudence



Date of Joining  
10 July 2022

**craftgully**.com

**Business Category:** Online store

**Specialization:** Art and Craft Supplies

**Contact No:** 9322652579

**Email:** [kunjali@chingariventures.in](mailto:kunjali@chingariventures.in)

**Address:** unit 2A/204, Horizon  
Residences,  
Taleigao Road,  
Near Hotel SinQ,  
Dona Paula, Goa 403004

## About 'CraftGully.com'

Set up in 2012, with an initial focus on providing quilling related crafting supplies to crafters across India, CraftGully.com has today grown to cover a wide range of quality crafting supplies catering to:

- Decoupage
- Scrapbooking
- Mixed media
- Macrame
- Card making,
- Jewellery making,
- Flower making

Mainly an online store with its warehousing and logistics based out of the idyllic state of Goa, CraftGully.com is now the most trusted partner for crafters. Apart from crafting supplies under the brand CraftGully, we now have a range of painting related supplies under the brand Creative Genie, as well as a range specializing in scrapbooking and paper craft related supplies under the brand Scrappy Tales. Recently, we worked with a leading Indian conglomerate to compile and produce a series of kits geared towards building fine motor skills, developing spatial ability, encouraging scientific enquiry, and enhancing environmental awareness in pre-primary children.

We believe crafting is not only a fantastic avenue to express your creativity, or to build skills, but also serves as a great stress buster in these unusual times, both for children and adults.

# Dr Sneha Bhagwat ~ Member / Rucha Satarkar (Representative)



Dr Sneha Bhagwat  
Owner

Date of Joining  
30 July 2022



Rucha Satarkar  
Representative

Prudence



## About 'OORJA WELLNESS CENTRE & SPA'

**Oorja Wellness Centre** is a shelter for all longing to keep up the health status and cure acute & chronic diseases.

Oorja Wellness Centre & Spa offers all kinds of Ayurvedic Wellness Treatments and therapies. After successfully serving since 2014 in Margao- South Goa, in Nov 2021 Oorja opened its door in the heart of the Capital city Panjim – Noth Goa to spread good health.

The services offered at Panjim center are:

- Ayurvedic treatments and consultations with expert doctors
- Consultations with Dr. Sneha Bhagwat- Skin & women health
- Consultations with Dr Pranav Bhagwat- Eye & ENT specialist
- Ayurvedic medicines
- Panchakarma
- Ayurvedic Massages
- Abhyanga
- Ayurveda Deep tissue massage
- Stone therapy
- Shirodhara
- Wellness products
- And many more...

**Business Category:** Health & Wellness Centre

**Specialization:** Ayurveda wellness & Spa

**Contact No:** 8208504687

**Email:** [oorjawellnesspanjim@gmail.com](mailto:oorjawellnesspanjim@gmail.com)

**Address:** 1st floor, Hotel Panjim Residency,  
Near Old Secretariat,  
Panjim- Goa, 403001

# Reefat Shaikh ~ Member



Prudence



Date of Joining  
11 AUG 2022



**Business Category:** Photo & Videography for All Occasions

**Specialization:** Wedding Shoots & Commercial shoots

**Contact No:** 9923650923

**Email:** [reef@photopundit.in](mailto:reef@photopundit.in)

**Address:** Silvio Hights, T-14, Third Floor,  
St Inez  
Panjim- Goa

## About 'PHOTO PUNDIT'

'Photo Pundit' has been in the business for 12 years.

I started as a freelance photographer and gradually gaining recognition as one of the leading professional wedding photographer in the industry.

Photo pundit specializes in **Photos** and **Videos** for

- **Wedding Shoots**
- **Commercial Ad Shoots**
- **Fashion Shoots**
- **Hotel Shoots**
- **Product Shoots**
- We cover everything from the fundamentals Of Photo Editing through the more demanding, **Advanced** stuff.

I am working as a professional film maker from Goa, India. I love making films.

We create ad's Building beautiful brand stories.

We create stories to last forever...

Travelling across the world for shoots is both a literal and a creative journey . Some of our best weddings have been shot in locations like Dubai, Singapore, Abu Dhabi among many others. My work has reflected many kinds of stories and experiences.

# Mehrun Yasin Shaikh ~ Member



Prudence



Date of Joining  
24 August 2022



**Business Category:** Hardware & Plumbing

**Specialization:** Paints, Sanitation Ware, Hardware, Plumbing And Building Materials

**Contact No:** 9823377202

**Email:** [Mehrunyasinshaikh@gmail.com](mailto:Mehrunyasinshaikh@gmail.com)

**Address:** AS-9, 2<sup>nd</sup> floor, Shah Building  
St Cruz  
Tiswadi  
North Goa

## About 'Amaim World'

We are into retail trading in paints, Plumbing sanitary ware and water proofing and construction supply.

We have wide range of best brands.

- Safety Gears
- Construction Safety Belts
- Caps
- Gum Boots,
- Gloves
- Fabrications Safety Glasses
- Cutting Wheels
- Welding Rods
- All painting materials
- Paints,
- Spray Paints
- Brushes
- Designer Stencils
- Silicon Fevibond
- Fevicol
- Araldite
- White Cement
- Putty
- Dr Fixing
- Water Proofing Chemicals
- Bath Fittings
- Plumping
- Water Tech
- Woodguard
- PoP powder
- Wood polish
- Glossy & Matt finish oil paints,
- Wood polishing color
- Wax
- Hardware
- Pvc Construction Gamela
- Pvc and GI nets
- Corrugated GI roofing sheets
- Screws
- Hammers
- Pawda
- Pikas



Prudence



Date of Joining  
24 August 2022

**Business Category:** Clothing Printing

**Specialization:** Customise & T Shirt  
Printing

**Contact No:** 9623978891

**Email:** [hatersdesignwear01@gmail.com](mailto:hatersdesignwear01@gmail.com)

**Address:** Flat no. F-2 / 2,  
Chamunda Residency,  
Near DG Mart,  
Caranzalem,  
Panaji, Goa – 403002

## About 'Haters Design Wear'

**Haters Design Wear** is a custom Printing on T-Shirts with the unique and funky designs

We started this company in 2020 and after 2 years, in January 2022, we got it as a registered. We are a company which makes Custom printing & Designing.

We are one the few companies who uses DTF Printing machine (digital printing)

**We create:**

- Banners and Props printing for Birthday parties & Events
- Exclusive bespoke printing for bridal Groups bachelorettes / Birthdays/ Corporate events
- Instant Photo Frames for Weddings / Parties /Event
- Logo Printing for Company/ Hotels/ Salons/ banks/ Networking platform / Social Clubs / Casino
- Printing on Ceramic Mugs

We print on any type of Fabrics but we specially focus on Pure Cotton T-Shirts.

We make best quality and best T-Shirts for our esteemed and Valuable customers.



Prudence



Date of Joining  
1 September 2022

**Business Category:** Manufacturer & Exporter of Paper Products

**Specialization:** Personalised Paper Items & Theme Based Customised Packaging Material

**Contact No:** 7798680099

**Email:** [monisha30@gmail.com](mailto:monisha30@gmail.com)

**Address:** RH1, Sequeira Enclave,  
Alto Ribandar,  
Goa 403006

## About 'Dreams By The River'

**Dreams By The River** is all about Paper!

It was a dream we converted into reality in 2014, and in 2018, we got our dream registered and licensed under MSME and got Export License too.

We manufacture all Products made of '**PAPER**' which includes **Cardstock And Kappa Board**.

- Gift Boxes
- Gift Carry Bag
- Scrapbooks
- Explosion Boxes
- Greeting Cards
- Theme Based Bespoke Party Deco & Props
- Cake & Cupcake Toppers
- Cash Envelopes
- Invitations

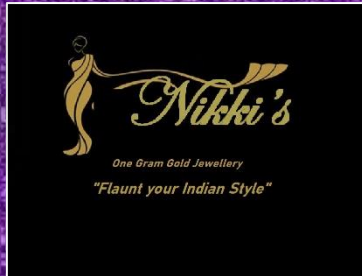
We **design and manufacture each item personalize and customize** with people's names or logos or as per the theme specifications.

- Notecards
- Planners
- Note Pads
- Stickers
- Business Cards
- Letter Heads
- Folders
- Bookmarks
- Time Tables
- Calendars
- Post It Notes
- Organizers

# Nikita Ayyagari ~ Member



Prudence



Date of Joining  
7 September 2022

**Business Category:** Jewellery

**Specialization:** 1 Gram Gold Plated  
Jewellery & Imitation Jewellery sets

**Contact No:** 9764820656 | whatsapp:  
8698887789

**Email:** [Nikita@nikkifashions.com](mailto:Nikita@nikkifashions.com)

**Address:** Flat no -520, GERA Astoria,  
Opp. Harley Davidson Showroom,  
Caranzalem, Panaji -403 0028

## About ' Nikki's '

Nikki's, started in the year 2016, has been swiftly gaining recognition as a fast growing brand in the realm of "**1 g Gold and Imitation Jewellery**" in India. Our mission at Nikki's is to empower women to confidently exhibit their Indian style, as we endeavour to curate an exquisite collection of handpicked imitation jewellery sets that cater to every occasion, encompassing various cultures and traditions of India. We offer all types of necklace sets (with earrings) and our illustrative product line is as follows:

### Necklace sets - Long & Short-

- Plain Gold Jewellery
- Stones/Beads Jewellery
- Kundan Jewellery
- Temple Jewellery
- Antique Jewellery

### Bangles-

Plain Bangles, Stone  
Bangles, Antique  
Bangles

### Chokers –

Plain / Stones

- We Offer Customization based on Customer requirements for 1 Gram Gold jewellery only.
- We Provide Warranty (On Manufacturing defects and the same doesn't cover regular wear and tear) for all our products except Imitation Jewellery.

# Mitali Naik ~ Member



Prudence



Date of Joining  
15 September 2022

**Business Category:** Performing Artist

**Specialization:** Bharatnatyam Dancer  
Teacher, Performer

**Contact No:** 9822485807 / 88301866736

**Email:** [mitalinaik8341@gmail.com](mailto:mitalinaik8341@gmail.com)

**Address:** B9 3rd floor Ritu Enclave  
Tambdi Mati  
St Inez  
Panaji Goa

## About 'Mitali Naik-Artist'

Mitali Naik is trained Bharatnatyam and classical dancer. She began pursuing dance from an early age of 6 years. She is M.A. in BHARATNATYAM from Pune University, ALANKAR in BHARATNATYAM from the prestigious Akhil Bharatiya Gandharva Mahavidhyalay

And She is presently taking advance training in Bharatnatyam from her Guru Smt. Dr. Ambika Vishwanathan.

She is been associated with Akhil Bharatiya Gandharva Mahavidhyalay and is their registered examiner upto visharad exams conducted by ABGMV

She conducts various Workshops

- **For Foreigners:** to propagate and portray Indian culture, and classical dance
- **For Young Children:** to create awareness among young children and imbibe the Indian culture among today's generation
- **For Students:** of dance to teach them new item and new techniques
- **For Women:** Basic Kathak Dance, Classical Dance, Folk Dance

# Yogita Ajay parit ~ Member

Prudence



Omkar  
traders



Date of Joining  
15 September 2022

**Business Category:** Wholesaler and retailer

**Specialization:** All Type of Disposable Products

**Contact No:** 8208623346/96732849416

**Email:** [Omkyotraders2020@gmail.com](mailto:Omkyotraders2020@gmail.com)

**Address:** Shop No.10, Zarina Tower,  
Magnum Plaza,  
St- Inez,  
Panaji – Goa

## About 'Omkar Traders'

My business was started on 11th November 2020

We are wholesalers and retailers in all types of disposable products.

We supply disposable products to Caterers, Hotels, Restaurants, Bakeries, and for all occasions as Birthdays and Parties, and get together

- **Containers** - Plastic/ Aluminum Foil/ Paper
- **Cups & Glasses** - Paper
- **Plates** - Paper/ Aluminum Foil Paper
- **Carry Bags** - non-woven/ cotton/ biodegradable
- **Brown Paper Bags** (with/ without handles)
- **Aluminum Foil Bowl**
- **Tissue Paper & Napkins** – All types/ with/ without prints motifs
- **Birthday theme items/ Balloons** etc
- **Aluminum Foils, Cling Wraps, Butter Papers**
- **Boxes** – For Cake/ pizza/ burger/ sweets
- **Paper Pockets** - French fries, Frankie's, kathi rolls etc

# Vedshree Samir Prabhu Lawande ~ Member



Prudence



Date of Joining  
15 September 2022

**Business Category:** Embroidery

**Specialization:** Thread Work By Hand  
& Workshops

**Contact No:** 9850208454

**Email:** [vedshreelawande@gmail.com](mailto:vedshreelawande@gmail.com)

**Address:** Block 46/101 Milroc Kadamba  
CHS, Old goa bypass road,  
Bainguinim,  
Goa 403402

## About 'Vedkala Collections'

I am a small homentrepreneur who runs an embroidery business. I am into this business for last two years

I take embroidery orders for

- Tops,
- Kurtas,
- Materials,
- Cushion covers
- Bedsheets
- pillowcases
- Masks
- handkerchief

I also create **DIY embroidery kits**

I conduct workshops

- Bead Work,
- Hand Embroidery,
- Kasuti
- Sequence work
- Mirrors work
- And Many More **Embroidery Techniques**

# Afreen Abulkasim Mulla ~ Member



Prudence



Date of Joining  
20 September 2022

**Business Category:** Food -Desserts

**Specialization:** Turkish & Middle  
Eastern Desserts

**Contact No:** 9529453849

**Email:** [afreen.ak.mulla@gmail.com](mailto:afreen.ak.mulla@gmail.com)

**Address:** Casa Masha Allah, Voilem Bhat,  
Near Sati Devi Temple,  
Merces,  
Santa Cruz , Tiswadi,  
Goa. 4030058.

## About 'Mia's Confectionery'

Mia's Confectionery is motivated, inspired by and dedicated to my 3 children.

We bring to you the best of Middle Eastern desserts including the popular Turkish and Arabic desserts!

Each dish is Freshly Home made with Love and Good quality ingredients.

### We specialize in

- **Kunafeh**
- **Baklava**
- **Maamoul**
- **Muhallebie**
- **Mafrokeh**
- **And many more**

We supply desserts for all kinds of big and small events.

We can customize dessert gift boxes for festivals.

We can collaborate with hamper makers for corporate gifting, and other occasions

# Anushka S. Vernekar ~ Member



Prudence



Date of Joining  
26 September 2022

**Business Category:** Home Décor

**Specialization:** Hand-poured Scented Candles

**Contact No:** 7030413289

**Email:** [florenceandcogoa@gmail.com](mailto:florenceandcogoa@gmail.com)

**Address:** 123, Gera Astoria,  
Caranzalem,  
Panaji –  
Goa, 4030028

## About 'Florence & Co.'

At **Florence & Co**, we believe in creating visual and spiritual experiences via our Fragrance-infused Candles in aesthetic jars and moulds.

We exclusively use natural waxes and certified fragrances for our products which makes them –

- Long Lasting, Sustainable, Eco-friendly, Non-toxic, Cruelty Free, Non-GMO And 100% Natural.
- Cotton & Wooden wicks used.- 100% Natural Wax based (Soy, Beeswax, Vegetable wax blend, Carnauba wax, Coconut wax etc.
- Hand-poured scented candles in different types of jars in various sizes (Glass, Concrete, Metal, Coconut Shell, Ceramic etc.)
- Festive Candle-Aromatherapy Essential oil Candles
- Book based Candles (Inspired by fictional places, characters & worlds)
- Color themed/ Colourful candles.
- Pillar Candles
- Wax melts & diffusers
- Hidden message surprise candles
- Gifting candles for weddings, corporate events, birthday and other events, return favours
- Gender reveal/ Baby shower candles
- Votive Candles -Candles for Hampers
- Scented Air Freshener Sachets for wardrobes, kitchen storage
- Decorative top candles
- Themed candles
- Custom Label Candles
- Unique fragrances.
- Candle making classes
- Candle Refills



Prudence



Date of Joining  
9 November 2022

**Business Category:** Food - Baking  
**Specialization:** Celebration Cakes & bakes

**Contact No:** 8552094795

**Email:** [anamk370@gmail.com](mailto:anamk370@gmail.com)

**Address:** House No 406 279 Ff2 1 P,  
Building 168, PDA colony,  
North  
Goa, 403521

## About 'Cakelustgoa'

With more than 3 years of expertise in the pastry sector, Cakelustgoa began baking cakes in 2019 and have since sold more than 800 cakes.

FSSAI registered, Devoted to producing aesthetically pleasing and delectable cakes and other delicacies. We make both simple and complex cake decorating methods.

Baking a variety of cakes, including vegan cakes and cakes without refined sugar, With Egg/ Egg-free Cakes etc.

**We specialize in Celebration Cakes and regular bakes**

### We make:

- Birthday
- Anniversaries
- Baby Shower
- Bachelorette
- Baptism
- Naming Ceremonies
- Baby Arrivals
- **Freshly Baked Breads**
- Multi grain bread loaf
- Sweet Buns
- Burger buns
- Cinnamon rolls

### We also make:

- Cupcakes
- Cakesicles
- Donuts
- Cakepops
- Vegan Cakes
- Muffins
- Brownies
- Cookies
- Puff pastry

# Karina Amlani ~ Member

Prudence



## About 'Love Diamonds by Karina'

**Love Diamonds** is founded by Mr Jivani in the year 1977, Later in the year 2008, his daughter Karina Amlani joined the company and rebranded it to Love Diamonds by Karina.

At Love Diamonds by Karina our mission is to achieve a tradition of trust, high ethical standards, knowledge of jewellery products & services, competitive pricing & value to customers by providing the best rate so jewellery can be affordable to anyone & everyone.

We are manufacturer and direct seller of diamonds and diamond studded jewellery hence you save in the retail level mark ups on jewellery.

We give individual attention to each and every client and design and manufacture quality product with full customer satisfaction as per their budget and design requirement.

- **Certified Solitaires Diamonds of GIA and IGI**
- **Manufacturer of Diamond Studded Jewellery (18kt, 14kt, 10kt)**
- **Specialist in Light Weight Jewellery, Gifting Jewellery and Wedding Jewellery**
- **Plain Gold Jewellery 22kt & Platinum Jewellery**
- **Traditional & Temple jewellery**
- **Gold Chains & Gold Coins**
- **Jewellery Inspection**
- **Jewellery Restoration**
- **Jewelley Cleaning**
- **Old Gold Exchange.**

Date of Joining  
11 November 2022

**Business Category:** Jewellery  
**Specialization:** Diamonds & Diamond Jewellery

**Contact No:** 9657863785  
**Email:** [lovediamondsjewellery@gmail.com](mailto:lovediamondsjewellery@gmail.com)  
**Address:** F103 Rijim Classic  
Malbhat  
Margao  
Goa 403601

# Zarna Gohil ~ Member



Prudence



Date of Joining  
14 November 2022

**Business Category:** Food- Sweets  
**Specialization:** Indian sweets and Ladoos

**Contact No:** 8007599922

**Email:** [zarana.gohil@gmail.com](mailto:zarana.gohil@gmail.com)

**Address:** E 305, Devshree garden,  
porvorim,  
Goa 403521

## About 'Mithaas by Zarna'

I started my small business during lockdown and delivered my first order in JULY 2020. I started with few items, And slowly extended my Menu and now I have around 16+ items in my list and soon will introducing few more varieties ladoos

I am also Making different types of Mukhwas.

We are into business of making Indian dessert which are Homemade, using only Natural ingredients.

**\*All the Items are made without any Preservatives**

### Variety Of Ladoos

- Pure Ghee Motichoor
- Besan
- Gond
- Methi
- Coconut
- Dryfruits Ladoo

### Variety of Indian Sweets

- Rasmalai
- Kheer
- Malai Sandwich
- Rabdi
- Basundi
- Gulab Jamun

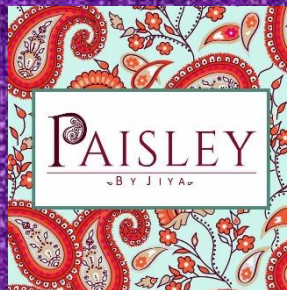
### Variety Of Mukhwas

- Dryfruit Seed Mukhwas,
- Gulkand Mukhwas,
- Digestive Mukhwas

# Jiya Naik~ Member



Prudence



Date of Joining  
14 November 2022

**Business Category:** Clothing- Sarees

**Specialization:** Designer Sarees

**Contact No:** 9552570721

**Email:** [jiyanaik08@gmail.com](mailto:jiyanaik08@gmail.com)

**Address:** FS-2, first floor F- Block  
Advalpalkar Shelters  
Caranzalem  
Goa

## About 'Paisley by Jiya'

Jiya started her journey of Paisley on 15th April 2022.

At **Paisley by Jiya**, we are all about spreading the love for the ever beautiful Indian Sarees.

Jiya is a fine Art graduate, and her love to design & create a '**Piece Of Art**' gives an exclusivity to a saree.

Ranging from designer sarees to custom made one of it's kind saree, to silk sarees... she has them all !!

They also stock fabrics in meters to conveniently choose your choice of fabric to create your own piece of Art

- **Designer Sarees,**
- **Customized Sarees**
- **Silk Sarees**
- **Fabrics For Sarees In Meters**

# Mridula Khatri ~ Member



Prudence



Date of Joining  
14 November 2022

**Business Category:** Events

**Specialization:** Events / Facility  
Management

**Contact No:** 9910856444

**Email:** [admin@jinniefacilities.com](mailto:admin@jinniefacilities.com)

**Address:** Pod 1 8sf, Aldeia De Goa 5,  
Bambolim  
Goa

## About 'Jinnie Facilities Pvt Ltd'

**Jinnie at Your Service** is a Facility & Event Management company.

**Jinnie** was incorporated in November 2020

I have more than a decade's experience and having expertise in the field of events Pan India.

**We plan and arrange all kinds of Events:**

- Corporate events
- Weddings
- Private Events
- Yatch Party
- Birthday Party
- Special Milestone events

**Our USP is to Mobilise & Chanelise the event in less than a week**

Proud to share the event planned and organised for 1st Ever E-Mobiltiy Round Table conference in Goa

International Yoga Day on 21st June on Blue Flag Beach, Puri Orissa, Part of VIVATECH, France by Niti Aayo

Few of our prestigious clients are Zuari, BHEL, Ministry of Heavy Industries, AIC-GIM, Neeti Aayog and many more...

# Laxmi A Kulkarni ~ Member



Prudence



*Elegant* ...  
Furnishing

Date of Joining  
14 December 2022

**Business Category:** Retail Store

**Specialization:** Soft Home Furnishings

**Contact No:** 9145496983/72196082776

**Email:** [elegantfurnishinggoa@gmail.com](mailto:elegantfurnishinggoa@gmail.com)

**Address:** Shop No-S-4, Block B,  
Brindavan Bldg,  
Near Pwd Office,  
Tonca , Caranzalem-  
Goa-4030018

## About 'Elegant Furnishing'

I am proud to present to you Goa's Premium home Furnishing brand '**Elegant Furnishing**'.

We Have been decorating houses in goa & bringing in 'Home' factor for past eight years.

At Elegant Furnishing we specialize in one thing, that's '**YOU**'.

We aim to furnish a home for you that reflects your lifestyle, a style that will come to you in your plan of things.

We have a vast range of products

- Curtains (customized)
- Wallpaper
- Wooden/Vinyl
- Floorings
- Mattresses
- Pillows
- Sofa & Sofa materials,
- Carpets
- Blinds
- Artificial Grass
- Hanging Garden

Come to Elegant Furnishing & have a delightful, enjoyable and affordable experience.

# Latifa Shaikh ~ Member

Prudence



Date of Joining  
14 December 2022

**Business Category:** Food

**Specialization:** Healthy bakes & healthy Delectables

**Contact No:** 9689327789

**Email:** [latifa.shaikh6@gmail.com](mailto:latifa.shaikh6@gmail.com)

**Address:** Shah harmony housing cooperative society,  
row house no F,  
Molocca  
Merces - Goa

## About 'The Bake Shop'

We at The Bake Shop, provide an array of healthy goodies. We have been into this field Since 2018. We've been serving our lip-smacking healthy delicacies to a wide range of clients.

We are FSSAI registered!

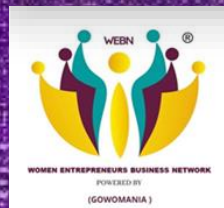
### Our healthy goodies include

- Wheat Cake
- Ragi Loafs
- Jowar Cake
- Sugar Free Cakes/Muffins
- Gluten Free Cakes
- Freshly Squeezed Healthy Juice (Preservative Free)
- Healthy Smoothies
- Granola And Granola Bars
- Multi Grain Tea Time cakes
- Growth Booster Mixtures

# Vishvaja Prabhakar Salgaonkar ~ Member



Prudence



Date of Joining  
January 2023

**Business Category:** Skilled Art  
**Specialization:** Mehendi Artist

**Contact No:** 9823143090

**Email:** [vishvaja.salgaonkar@gmail.com](mailto:vishvaja.salgaonkar@gmail.com)

**Address:** Deul vaddo,  
Oxel, Siolim,  
Bardez –  
Goa

## About 'Traditional Impressions Mehendi Art'

### Traditional Impressions Mehendi Art

It's a journey from last beautiful 13 years as a professional Henna Artist.

Being a Fine Art graduate I love to always implement new styles in henna and experiment with various styles as well

### We Specialized

- Bridal Mehendi
- Engagement Mehendi
- Guest Mehendi
- Figures & Portraits
- Arabic Style Henna
- Customized Henna
- And Lots More...

# Anaya Ahuja ~ Member



Prudence



Date of Joining  
2 Feb 2023

**Business Category:** Jewellery  
**Specialization:** Artificial fashion  
Jewellery

**Contact No:** 9891501501

**Email:** [anya501501@gmail.com](mailto:anya501501@gmail.com)

**Address:** 502, Corvo A , Building 3A,  
Mathias Ocean Park,  
Dona Paula,  
Goa- 403004

## About 'ChamakLe'

The chamak dhamak jewellery we make, will add splendid grace and sparkle to special moments in your life!

When life gives you 'Monday' dip it in glitter and sparkle all day. **ChamakLe** presents different style of jewellery to all kind of fashion styles, for all the occasions.

### Chamakle deals in

- German Silver
- American Diamonds
- Turkish Silver
- Oxidized Silver

We add 'Chamak' (Sparkle) from your "Head to Toe" like:

- Finger Rings
- Bangles
- Bracelets
- Anklets
- Toe Rings
- Maang Tikkas
- Nose Pins
- Earrings
- Neckpieces
- Chokars

Chamakle is here to add **Chamak** to your life.

# Pritha Dilip Naik ~ Member

Prudence



Date of Joining  
25 Feb 2023

**Business Category:** food – Baking

**Specialization:** Bespoke, Luxury Cake Artist

**Contact no:** 7219595536

**Email:** [prithanaik@gmail.com](mailto:prithanaik@gmail.com)

**Address:** FF-2, Dreamz plaza building,  
jairamnagar,  
behind NSD ,  
Dabolim - Goa

## About – ‘The Twin Bakes’

I am an entrepreneur who has co founded The twin Bakes along with my twin sister Artha Naik, that's why the name- Twin Bakes !

It's been 3 years for us into this field. We have been ranked amongst top 200 bakers in India, by home bakers India. Selected amongst top 15 superbakers from India for a reality show on Zee tv, Bakers Studio Season 2

We specialize in Bespoke & Wedding Cakes and desserts.

We also take corporate orders and for all events and occasions. We deliver happiness to our customers through freshly baked

### ▪ BESPOKE ROYAL WEDDING CAKES

#### Aesthetic Dessert shots

- |                 |                                     |
|-----------------|-------------------------------------|
| ▪ Mousse        | ▪ Tarts                             |
| ▪ Tiramisu      | ▪ Cheesecakes<br>(baked & cold set) |
| ▪ Serradura     | ▪ Macarons                          |
| ▪ Panna cotta   | ▪ Eclairs                           |
| ▪ Crème caramel | ▪ Churros                           |
| ▪ Pudding       | ▪ Quiche                            |
| ▪ Pies          |                                     |

# Charlotte Fernandes ~ Member

Prudence



Date of Joining  
25 march 2023

**Business Category:** Health & Fitness  
**Specialization:** Fitness Coach

**Contact no:** 9699596931

**Email:** [charl8.fdz@gmail.com](mailto:charl8.fdz@gmail.com)

**Address:** Agnelo Colony - Kerant  
Caranzalem  
Panjim  
Goa

## About – ‘Target Fitness 360’

Target fitness 360 is your fitness partner, coach & friend where we offer online and offline experiences across fitness, nutrition, and mental well-being. Our mission is to make fitness fun and easy where we give workouts a whole new meaning with a range of trainer-led, Group workout classes for different age groups to meet the dynamic needs of members of our communities.

Target Fitness 360 is more than a workout regimen, it's a community of like-minded individuals all working on the same goal of working towards a better version of ourselves to live a longer, happier, stronger & more vibrant life one workout at a time. We take online and offline Group training sessions as well as personal training sessions for a mixed aged group clientele. Classes are available for beginners as well.

- **Women Group Fitness Classes**
- **Cardio Kickboxing Classes**  
(Mixed Age Group)
- **Mobility & Agility Training,**
- **HIIT (High Intensity Workouts)**
- **Nutritional guidance**
- **Fat Loss**
- **Strength Training**
- **Functional Fitness**
- **Body Toning**
- **Bootcamp**  
(Mixed Group)

# Latika Gulyani ~ Member



Prudence



Date of Joining  
30 march 2023

**Business Category:** Real Estate  
**Specialization:** Registered Realtor

**Contact no:** 9867522255

**Email:** [gulyanilatika@gmail.com](mailto:gulyanilatika@gmail.com)

**Address:** B3 - 102, Zone A  
Gera River of Joy,  
Kadamba plateau,  
Old Goa highway, next to The Gera School,  
Goa 403402

## About – 'Latika Gulyani'

I am a 'Goa RERA registered' real estate Agent.

The scope of work is Buy – Sell - Rent residential properties mainly in North Goa.

My mission is to create an experience that is stress-free, informative, and professional. I understand that buying or selling a home is a significant decision, and I take the time to listen to my clients' needs and concerns.

I am committed to providing the best possible service to my clients, and I am always available to answer questions or offer guidance. My attention to detail, excellent communication skills, and dedication to my clients set me apart from other real estate agents.

If you are looking for a reliable and marketing experienced Realtor who will work tirelessly to help you achieve your real estate goals, please contact me today.

# Dr. Aathira Raj ~ Member



Prudence



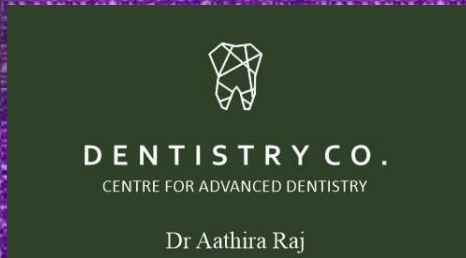
Date of Joining  
1 April 2023

**Business Category:** Medical Clinic  
**Specialization:** General & Aesthetic  
(Cosmetic) Dentistry

**Contact no:** 9172311279 (Clinic)  
9739612414 (Personal)

**Email:** [dr@dentistryco.in](mailto:dr@dentistryco.in)

**Address:** Satt Adhar Basilios 7 Heights  
S1 Second Floor, Above Basilios Gym,  
St Inez - Panjim



## About – 'Dentistry Co'

DENTISTRY CO. is a General and Aesthetic dental clinic.

It is a centre for advanced dentistry using the latest technologies available for fast and pain-free treatment.

Having 7 years of experience in the field of dentistry , we established our practice in the December of 2022 in Goa.

We do all general dental treatments and We specialize in Aesthetic dentistry

### Our Services:

- Root Canal
- Implants
- Kids Dentistry
- Laser Dentistry
- Extractions
- Crown and Bridges
- Braces
- Teeth Whitening
- Smile Designing
- Space Correction between Teeth
- Tooth Colored Fillings
- Veneers and laminates

# Marylyn Pauskar ~ Member



Prudence



Date of Joining  
27 April 2023



**Business Category:** Silver Jewellery-  
Retail

**Specialization:** Pure Silver Artefacts, 925  
Silver Jewellery

**Contact no:** 9730426563

**Email:** [manapauskar@gmail.com](mailto:manapauskar@gmail.com)

**Address:** 1st Floor, Opp Westside,  
Caculo Mall  
St. Inez  
Panjim Goa

## About – 'LOLA's Creations'

We deal in 925 Silver Jewellery & silver items  
Silver jewellery in different finish - like Rhodium, Plain,  
Oxidised, etc.

We have many variety in Silver jewellery - plain and with CZ's  
(zirconia), Marcasite, Enamel (Mina kaari)

We have jewellery for women and men. For the Adults and  
Children as well. We also deal in Corporate Gifts and  
Artefacts and bulk orders.

We have a wide range of Silver items, Pure Silver Foil frames,  
Gold Foil Fancy Frames and Artefacts.

- Puja Articles- Diya's, Sindoor Boxes, Kalash, Bell etc.
- Pure Gold Foil Frames of Gods and Goddess - Ganesh, Lakshmi, Radha-Krishn.
- Gold Plated Fiber Idols of Gods and Goddess. Gold Plated Fiber Figurines of Elephants, Tiger etc.
- pure silver Bowls, Glasses, Plates, Gift sets for kids and babies
- Finger Rings. Toe Rings. Earrings. Hoops
- Pendants. Pendant Sets. Bracelets. Bangles.
- Chains. Brooches. Anklets. Payal.
- Nose Pins. Nose Rings.
- Cufflinks. Silver Pens.