Global Mental Wellness Mission

MAXable Global CIC

MAXABLE GLOBAL EXCELLENCE AWARDS 2026

Celebrating Excellence. Inspiring Impact.
Building Resilient Communities.



Hosted by Bob Blackman CBE MP
House of Commons, UK Parliament

30 June 2026

OFFICIAL SOUVENIR BROCHURE

About the Maxable Global Excellence Awards

Recognising Excellence with Purpose, Service and Impact

- The Maxable Global Excellence Awards were created to honour individuals and organisations whose work reflects purpose, service, resilience and meaningful contribution to society.

- At Maxable Global, we believe mental wellness is strengthened not only through direct mental health work, but also through the wider human conditions that help people feel supported, valued, included, inspired and hopeful. A mentally healthier society is built by people who serve beyond themselves — those who give their time, leadership, knowledge, creativity, compassion and influence to uplift others and strengthen communities.

- These awards recognise excellence across many fields because positive impact is not limited to one profession, one sector or one form of service. Across public life, education, healthcare, culture, enterprise, spirituality, community work and leadership, there are individuals whose dedication creates hope, dignity, opportunity and connection for others.

- The Maxable Global Excellence Awards celebrate those who work with commitment and integrity, often beyond expectation, to support people and communities around them. Their contribution may take different forms, but the purpose is united: to make lives stronger, communities kinder and society more resilient.

- Through these awards, Maxable Global honours excellence as a form of service — recognising those whose work, values and impact contribute to a more compassionate, empowered and mentally well world.

"Excellence becomes truly meaningful when it uplifts lives, strengthens communities and serves humanity with purpose."

Global Mental Wellness Mission

Maxable

MAXable Global CIC

FOUNDER'S MESSAGE



NEELAM CHAWLA

Founder & Director, Maxable Global
Author, Maxable Resilience Framework

It is with deep gratitude that I welcome you to this special occasion.

> "Mental wellness is a shared responsibility."

Mental wellness is the foundation of how we live, lead, work, care and contribute. It shapes the way we relate to ourselves, support one another, make decisions and build communities.

Behind every achievement, role and responsibility is a human being whose mental wellness matters.

This is why I believe mental wellness must be supported before crisis. Resilience should not be treated as something we build only after life has broken us. It must become part of everyday life — in our homes, workplaces, schools, communities and leadership spaces.

Through Maxable Global and the Maxable Resilience Framework, my vision is to make resilience practical, inclusive and accessible. It is about helping people feel seen, valued, supported and able to move forward with dignity and hope.

I extend my sincere thanks to our host, Bob Blackman CBE MP, dignitaries, patrons, sponsors, partners, supporters, awardees, performers, volunteers, media team, friends and every guest who has helped make this occasion possible.

My call to action is simple: look after your own mental wellness, and become part of the support system for others. Look closer. Listen without judgement. Act before crisis. Lead with humanity.

A mentally healthier world will not be built by concern alone. It will be built by what each of us chooses to do — earlier, braver and with greater compassion.

With gratitude and purpose.

Global Mental Wellness Mission

Maxable

MAXable Global CIC

GLOBAL PATRON

H.E. MONIKA KAPIL MOHTA

Patron of the Maxable Global Mental Wellness Mission

A distinguished voice of diplomacy, culture, dignity and global wellbeing.



Maxable Global is honoured to have H.E. Monika Kapil Mohta as Patron of our Global Mental Wellness Mission. Her support brings strength, dignity and global perspective to our work in promoting mental wellness, resilience and prevention before crisis.

A distinguished former Indian Foreign Service diplomat and former Ambassador of India, H.E. Monika Kapil Mohta has served in senior international roles across diplomacy, public service, culture and global engagement. Her career reflects a deep commitment to dialogue, representation, cultural understanding and meaningful connection between people and nations.

Her patronage of Maxable Global reflects the belief that mental wellness is not only an individual concern, but a shared human priority. Wellbeing is strengthened when communities are connected, cultures are respected, stigma is reduced and people are supported with dignity, compassion and hope.

> “A patron of Purpose. A leader of Dignity. A voice for Global Connection and Wellbeing.”

As Maxable Global continues to build a global movement for mental wellness before crisis, we are privileged to have her encouragement and support. Her presence as Patron reminds us that true leadership is not only about position, but about using influence to connect people, uplift communities and support causes that create lasting human value.

DUKE OF DESIGN



DESIGNING SPACES. SUPPORTING WELLBEING.

At Duke of Design, we believe that the spaces we live, work and gather in have a powerful impact on how we feel.

Thoughtful interior design can create **calm, comfort, confidence** and **connection** all of which contribute to everyday wellbeing.

ASHISH CHAWLA

DIRECTOR, DUKE OF DESIGN
AWARD-WINNING INTERIOR DESIGNER

Recognised for creating refined interiors that combine elegance, functionality and emotional comfort.

> “Design shapes spaces. Spaces shape wellbeing.”

As an award-winning interior design brand, **Duke of Design is proud to support the Maxable Global Excellence Awards 2026** and the important cause of mental wellness before crisis. Through design, creativity and purposeful spaces, we stand with Maxable Global in building environments that **uplift people, support resilience and inspire hope.**

ash@chawla.consulting | 07852552219 | Dukeofdesign.co.in

Global Mental Wellness Mission

Maxable

MAXable Global CIC

LIFETIME HONOUREE

THE RT HON. THE BARONESS PRASHAR

CBE, PC

Recipient of the

MAXABLE GLOBAL EXCELLENCE LIFETIME ACHIEVEMENT AWARD

for Public Service, Equality and Institutional Leadership



Baroness Prashar's distinguished career spans public service, justice, civil society, equality, education and governance. Through senior leadership roles across major national institutions, she has contributed to strengthening fairness, inclusion, accountability and opportunity within British society.

Her work reflects integrity, public responsibility and a lifelong commitment to social progress. The impact of such leadership reaches beyond institutions; it helps shape communities where people feel heard, respected, represented and valued. These are deeply connected to dignity, belonging and mental wellness.

> "Leadership with integrity creates spaces where dignity, trust and belonging can grow."

Her lifetime of service reflects these values, and we are privileged to recognise her contribution with this award.



LIFETIME HONOUREE

MANGAL SINGH

MAXABLE GLOBAL EXCELLENCE AWARD 2026

Lifetime Contribution to Music, Culture and Community

> "Music becomes legacy when it carries culture, memory and belonging across generations."

Maxable Global is proud to honour Mangal Singh for a lifetime of artistic excellence and for the cultural joy, heritage, and community connection his music has brought across generations. His contribution reflects the power of music to unite people, preserve heritage, and inspire communities.

His legacy continues to resonate in hearts and generations.

Mangal Singh is a legendary UK-based Punjabi playback singer and one of the most iconic voices in British Bhangra history.

Through his distinctive voice and musical contribution, he helped bridge the UK Asian music scene with mainstream Indian cinema, carrying Punjabi sound, culture and identity across generations.

His music has created joy, connection and belonging — powerful foundations of emotional wellbeing and community spirit.

Mangal Singh's contribution stands as a lasting tribute to the power of music to uplift hearts, strengthen communities and keep cultural heritage alive.

AWARDEE RECOGNITION

PROFESSOR SELVA PANKAJ

Group Chairman, Regent Global

Excellence in Global Education Leadership and Empowering Future Leaders



Prof. Selva Pankaj is an entrepreneur, investor and education leader who co-founded Regent Global with his wife in 2000. With a background in investment and finance, he is committed to advancing education, enterprise and future leadership across global communities.

> "Education builds confidence, purpose and resilience. I am proud to support mental wellness through education."

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

CLLR. RAMJI CHAUHAN

Excellence in Community Cohesion and Cultural Unity

> "Leadership is about helping others realise their potential."

Former Mayor of Harrow & Mental Health Ambassador for Maxable Global, **Cllr Ramji Chauhan** has dedicated his time to bringing people together across cultures & communities. His leadership promotes understanding, inclusion and connection, all of which contribute to stronger community wellbeing and resilience.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

AWARDEE RECOGNITION

Cllr. TUSHAR KUMAR

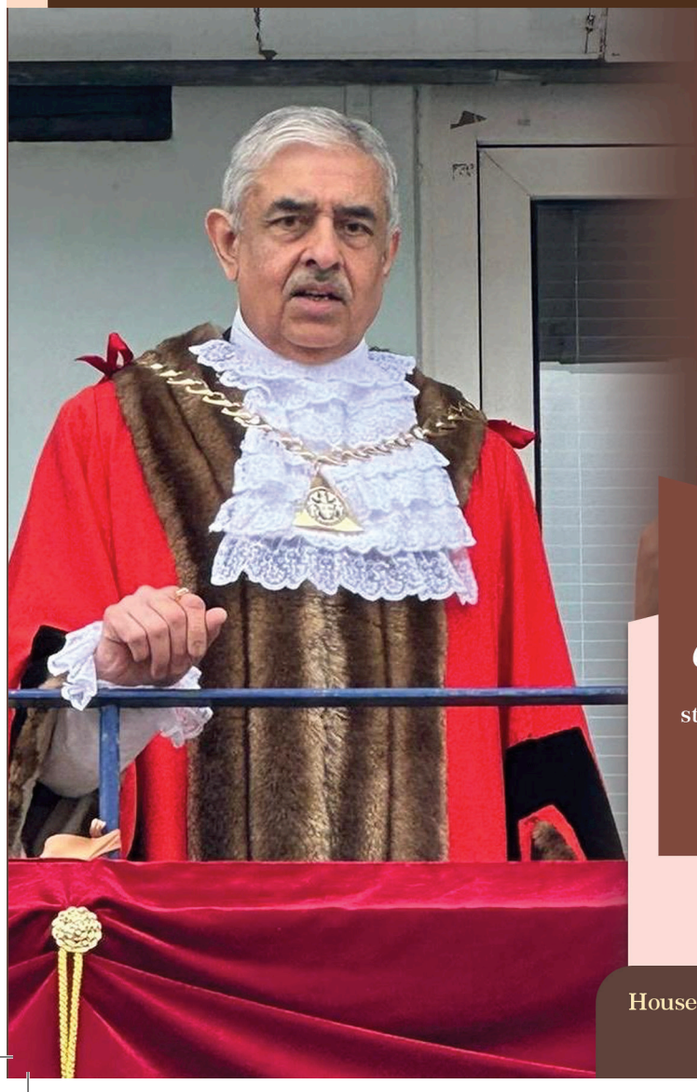
Excellence in Youth Civic Leadership and Public Service



As Mayor of Elstree and Borehamwood, **Cllr Tushar Kumar** represents a new generation of civic leadership. His dedication to public service and youth engagement inspires confidence, participation and aspiration among young people, helping to build stronger, more connected and resilient communities.

> "Young people are not just the leaders of tomorrow; they are shaping communities today."

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

CLLR. SUNIL CHOPRA

Excellence in Civic, Community and Diversity Leadership

> Diversity becomes a strength when communities work together.

Cllr Chopra has dedicated many years to public service, community engagement and promoting diversity. Through his leadership and advocacy, he has helped create more inclusive communities where people from different backgrounds feel represented, respected and connected.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

AWARDEE RECOGNITION

DR. ACHARYA VINOD KUMAR OJHA

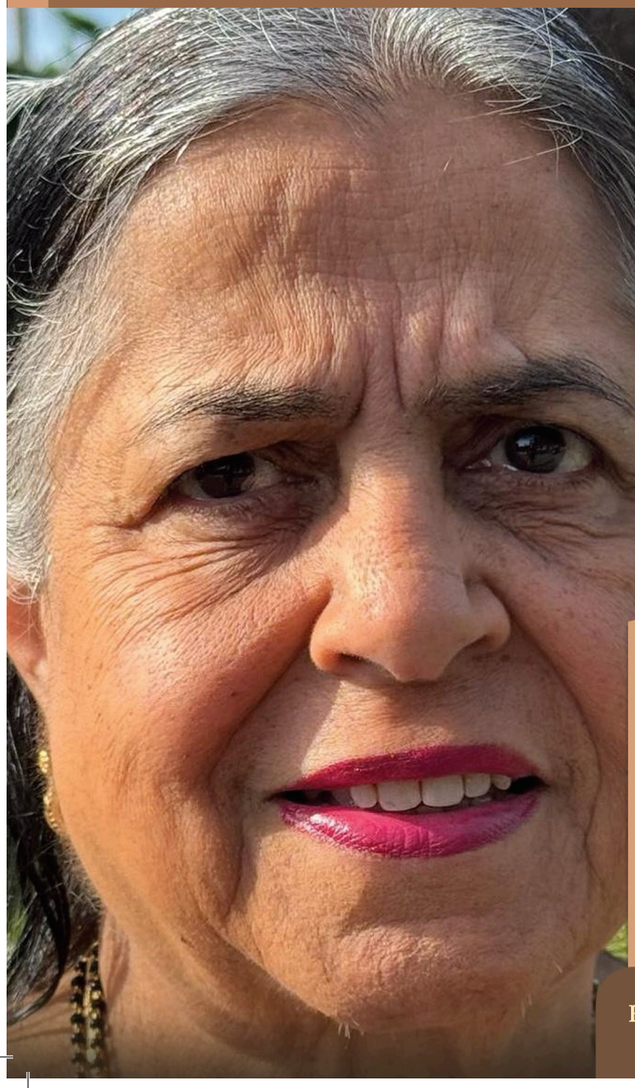
Excellence in Spiritual Leadership and Community Wellbeing



Dr. ACHARYA VINOD KUMAR OJHA has guided individuals and communities through spiritual leadership, service and compassion. His work promotes purpose, inner strength and connection, helping people navigate life's challenges while supporting emotional wellbeing and community resilience.

> "Inner peace and service to others are foundations of a meaningful life."

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

DR SUNITA NAGPAL

Excellence in Faith Culture and Community Leadership

> "Strong communities grow when culture, faith and people come together."

Dr Sunita Nagpal, a retired GP has played a significant role in preserving cultural heritage and strengthening community connection through her leadership within the Vedic Cultural Society of East Anglia. Her work creates spaces for belonging, learning and shared values, helping communities thrive across generations.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

AWARDEE RECOGNITION

CLLR. PARVEEN RANI

Excellence in Civic Leadership, Education and Community Service



As Mayor of Hertsmere, **Cllr. Parveen Rani** has shown dedication to public service, education and community engagement. Her leadership promotes inclusion, opportunity and social connection, helping create communities where people feel seen, valued, supported and empowered.

> “True leadership creates communities where people feel seen, valued and empowered.”

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

KAIRUL KAREEMA MARIKAR

Excellence in Community Representation and Public Service

> “Strong communities are built when every voice feels heard and valued.”

Former Mayor of Harrow, **Kareema Marikar** has devoted 30 years to serving and representing her community and also Championing Mental Health. Throuugh her leadership, advocacy and commitment to inclusion, she has helped foster belonging, social cohesion and community confidence, strengthening the wellbeing of those she serves.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

Global Mental Wellness Mission

Maxable

MAXable Global CIC



THE INVISIBLE WEIGHT

“Not every weight can be seen. But every weight becomes lighter when someone notices.”

Not every weight can be seen.

Some people carry their weight quietly. In the way they keep smiling, keep working, keep answering messages, keep showing up, and keep saying “I’m fine” when they are anything but fine.

Mental distress is not always loud. It does not always look like crisis. Sometimes it looks like silence.

Sometimes it looks like overachievement. Sometimes it looks like tired eyes, short patience, withdrawal, perfectionism, or the person who is always there for everyone else but never says what they are carrying.

This is no longer a small issue affecting a few people on the margins. The World Health Organization reported in 2025 that more than one billion people are living with mental health conditions worldwide. Global public opinion is also changing. Ipsos' 2025 Health Service Report found that mental health is now seen as the top health problem across 30 countries, ahead of cancer.

That should make all of us pause.

If mental health is affecting homes, schools, workplaces, families, friendships and communities, then mental wellness cannot remain only an individual responsibility. Of course, every person has a role in understanding their own wellbeing. But no one becomes well in isolation. People are shaped by the environments around them — by how they are listened to, included, supported, judged or ignored. We need to stop treating mental health as something that only matters once someone reaches breaking point. By then, the invisible weight may already have become too heavy. Prevention begins earlier. It begins when we notice changes. When we listen without judgement. When we stop confusing silence with strength. When we create homes, workplaces and communities where people do not have to collapse before they are taken seriously.

Mental wellness is not someone else’s issue.

It is a shared human responsibility — and the future must begin before crisis.

Global Mental Wellness Mission

Maxable

MAXable Global CIC

BUILDING RESILIENCE BEFORE LIFE TESTS IT

Why resilience must be strengthened before crisis

Resilience is often misunderstood. It is not about pretending to be unaffected by life, nor about carrying pressure silently until it becomes too much. Real resilience is the ability to pause, understand, adapt, recover and continue with awareness. It is built before crisis, not after it.

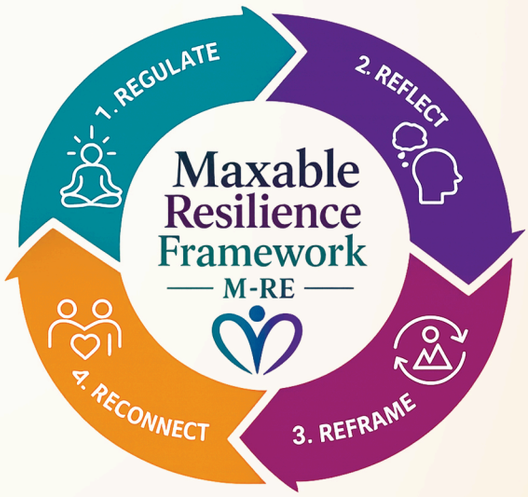
Too often, people are taught how to achieve, perform and keep going, but not how to manage emotional pressure. We expect children, adults, families and communities to cope with challenge, yet many are never taught how to recognise stress, regulate emotion, reframe setbacks or reconnect with support.

Resilience is not a luxury. It is a life skill.

> “We cannot wait for people to break before we teach them how to stand.”

Introducing the Maxable Resilience Framework—M-RF

A practical, prevention-focused framework that helps people build everyday resilience before pressure turns into crisis.



Resilience should not begin after the storm. It should be built before life tests us.

Global Mental Wellness Mission

Maxable

MAXable Global CIC

AWARDEE RECOGNITION



MRS AMAR SUBHAG MAKER

Honouring leadership with purpose, generosity and community impact.

Mrs Maker is recognised for her contribution to business philanthropy leadership Through her entrepreneurial work and continued commitment to charitable and community causes, She demonstrates how success can be used not only for personal achievement, but also for wider social good

Her support for the mental wellness mission reflects generosity with purpose and a commitment to strengthening communities. By standing with a cause focused on resilience, wellbeing and early support, she contributes to a wider vision of healthier more.

"Enterprise with purpose.
Philanthropy with heart.
Leadership with impact."

COMMUNITY WELLBEING PARTNER
IN SUPPORT OF MENTAL WELLNESS
AND COMMUNITY WELLBEING

MAKERPROPERTIES

Global Mental Wellness Mission

MAXable Global CIC

A FAMILY LEGACY OF SERVICE AND CIVIC CHANGE



CLLR. TUSHAR KUMAR
Serving as Mayor of Elstree and Borehamwood

CLLR. PARVEEN RANI
Serving as Mayor of Hertsmere

In 2026, Cllr. Tushar Kumar is serving as Mayor of Elstree and Borehamwood at just 23, recognised as one of the youngest Hindu mayors in the UK. In the same year, his mother, Cllr. Parveen Rani is serving as Mayor of Hertsmere, recognised as Hertsmere's first Indian-origin female Mayor.

Together, they mark a rare and inspiring mother-and-son civic milestone, with both holding mayoral office in the same year. Their journey reflects dedication to public service, representation and community leadership across generations.

This milestone is deeply connected to community wellbeing. When diverse voices are visible in leadership, communities feel represented, valued and included. Such representation strengthens belonging, confidence and civic pride — important foundations for mental wellness and social connection.

Their story celebrates more than public office. It celebrates family commitment, service across generations and the power of leadership to inspire stronger, more inclusive and more connected communities.

> “History is made when service becomes a family legacy and leadership opens doors for generations to follow.”

Guests of Distinction

Maxable Global Excellence Awards 2026



Bob Blackman CBE MP

Host of the Awards

A respected parliamentarian and long-standing Member of Parliament for Harrow East, Bob Blackman CBE MP brings distinction, dignity and authority to the Maxable Global Excellence Awards 2026. We are honoured to have him host this event as we recognise individuals advancing mental wellness, resilience and meaningful community impact.



Tony Hyland MBE

Guest of Honour

Tony Hyland MBE is a respected DWP leader, partnership builder, mentor and coach, recognised for his senior work across government, stakeholder engagement and employability support. His commitment to young people, community organisations, universities and sustainable career pathways strongly aligns with the Maxable Global mission of resilience, opportunity and positive social impact



Virendra Sharma

Honoured Guest

Virendra Sharma is a respected British-Indian public figure and former Member of Parliament for Ealing Southall, where he served from 2007 to 2024. With a long record of public service, civic leadership and community representation, he brings dignity, experience and valued support to the Maxable Global Excellence Awards.

Global Mental Wellness Mission

Maxable

MAXable Global CIC



SERVING FOOD.
CREATING CONNECTION.
SUPPORTING WELLBEING.

Proud to support
Maxable Global
and our mission of mental wellness before crisis.

Welcoming people. Building connections. Strengthening wellbeing.



COMMUNITY WELLBEING

Host & Supporter ♡

We are proud to support Maxable Global and to provide a welcoming space where people can connect, felt included and be part of a supportive community.

TONITO ITALIAN
RESTAURANT

435 Uxbridge Road, HA54JR | 02084216577 | www.tonitorestaurant.com

AWARDEE RECOGNITION

KAMAL PRABHAKAR

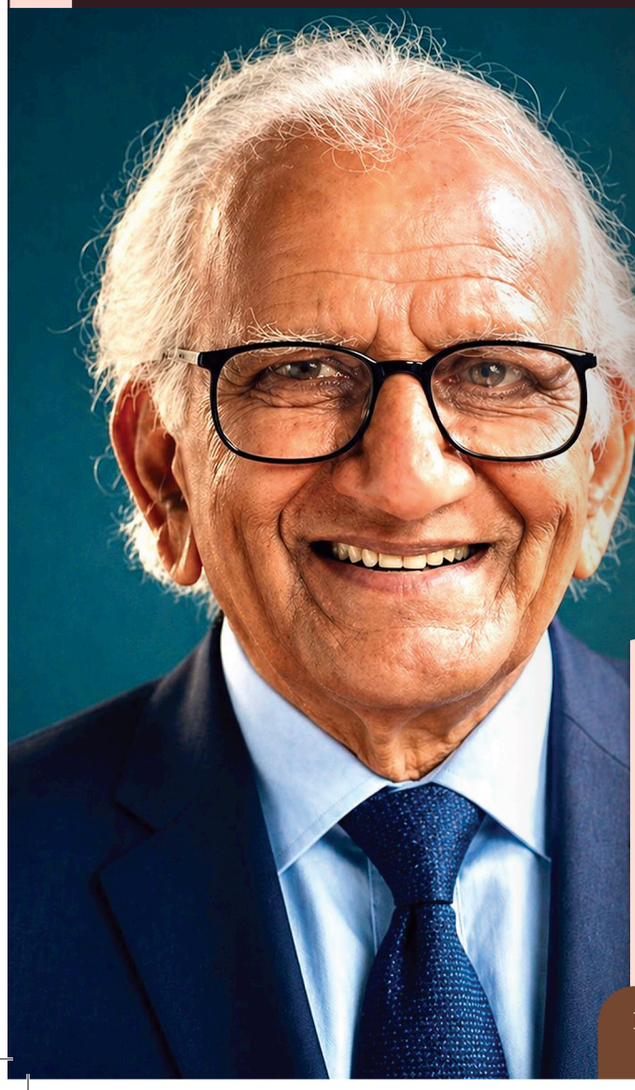
Excellence in Sports, Business and Community Leadership



Kamal Prabhakar has used sport, business and community engagement to bring people together and create opportunities for others. His work encourages confidence, participation and personal growth, demonstrating the positive impact that sport and leadership can have on wellbeing.

> “Sport inspires confidence, discipline and connection.”

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

DR R.C. SHARMA

Excellence in Healthvare and Community Service

> “Compassion is one of the most powerful forms of healing.”

With more than three decades of dedicated medical service, **Dr R.C. Sharma** has improved countless lives through compassionate healthcare and community outreach. His commitment to patient care has provided not only treatment, but also reassurance, dignity and hope.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

Guests of Distinction

Maxable Global Excellence Awards 2026



Lord Rami Ranger FRSA

Honoured Guest

Lord Rami Ranger FRSA is a respected businessman, philanthropist and Member of the House of Lords. Known for his contribution to enterprise, community engagement and public life, he brings distinction and valued support to the Maxable Global Excellence Awards.



Natasha Hart MBE

Honoured Guest

Natasha Hart MBE is the Founder and Chief Executive of Newham All Star Sports Academy (NASSA) and an Olympic Torchbearer for London 2012. Through sport, mentoring and community initiatives, she has created opportunities for young people to build confidence, resilience, discipline and brighter futures.



Dr Lady Waynett Peters

Honoured Guest

Dr. Lady Waynett Peters is a humanitarian ambassador, philanthropist, empowerment speaker and founder of The Extraordinary Achievers Network and Charity Awards. Through her initiatives supporting children, elders, charities and communities, she has championed empowerment, compassion and social impact, bringing valued support to the Maxable Global Excellence Awards.

AWARDEE RECOGNITION

WO ASHOK CHAUHAN

Outstanding Contribution to Public Service and Community Engagement



Ashok Chauhan has demonstrated a long-standing commitment to community service and civic engagement. Through his support of charitable and community initiatives, he has encouraged participation, connection and positive social impact, helping strengthen the wellbeing of those around him.

> "Positive change begins with a willingness to serve."

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

MAHENDRASINH C. JADEJA (DADA)

Excellence in Global Community and Business Leadership

> "Connection and collaboration are the foundations of progress"

Mahedrasingh C. Jadeja (DADA) has played an important role in strengthening relationships between business, community and international networks. Through his leadership and commitment to collaboration, he has helped create opportunities, foster belonging and encourage positive social impact across communities.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

AWARDEE RECOGNITION

VIJAY GOEL

Excellence in International and Community Leadership



Vijay Goel is a distinguished corporate lawyer, business advisor and international community leader.
Through building partnerships across countries and sectors, he has created opportunities, strengthened relationships and encouraged collaborations that support confidence, growth and community wellbeing.

> "Strong partnerships create stronger futures"

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

SONALI MALHOTRA

Excellence in Legal Leadership and Transformational Mentorship

> "Great leaders create opportunities for others to succeed"

Sonali Malhotra combines professional excellence with a commitment to mentoring and empowering others. Through her leadership and guidance, she has supported individuals to develop confidence, overcome barriers and achieve their aspirations, creating a positive impact far beyond the legal profession.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

Global Mental Wellness Mission

MAXable Global CIC

NEETHA LOBO

Excellence in Health and Nutritional Wellbeing



Beyond the Jab: Nutrition, Wellbeing and the Missing Half of the Weight-Loss Revolution

GLP-1 drugs such as Mounjaro and Wegovy help people lose weight—an estimated 1.6 million adults now use them, with uptake almost doubling year-on-year. The recent MHRA approval of the Wegovy pill in June 2026 signals accelerating accessibility. Yet the injection or tablet is only half the story. I conducted the first UK study of nutrient intake in people taking these medications, revealing critical gaps: every person fell below recommended fibre, only one in ten ate enough protein to protect muscle, and vitamin D, magnesium and potassium levels were widely deficient. Rapid weight loss without nutritional support strips muscle along with fat, and the weight often returns once the medication stops.

There is a mental and emotional dimension, too. Food is woven into comfort and stress management. While these medications quiet 'food noise,' they don't build a healthier relationship with food. True wellbeing balanced blood sugar, real nourishment, protected muscle requires structured nutritional support. This is prevention before crisis: health built long before breaking point.

> “Guidance with wisdom. Service with compassion. Wellbeing with purpose.”

I help people turn medication into lasting change. Using continuous glucose monitoring, wearable health tech and detailed nutritional mapping, I build personal plans that protect muscle and mind, restore missing nutrients, and create sustainable habits.

Neetha Lobo is a Registered Nutritional Therapist and CEO of Hampstead Nutrition Practice, practising within Lanserhof at The Arts Club, Mayfair. Her research produced the first UK assessment of nutrient intake in people using GLP-1 medications.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

AWARDEE RECOGNITION

DR ATUL BANSAL

Excellence in Emotional Wellbeing and Holistic Healthcare



Dr Atul Bansal champions a holistic approach to healthcare, recognising the connection between physical, emotional and mental wellbeing. His work encourages compassionate, person-centred care that helps individuals feel supported, understood and empowered.

> "Healing begins when we care for the whole person."

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP



AWARDEE RECOGNITION

NALIN MORJARIA

Excellence in Psychological Education and Community Wellbeing

> "Understanding ourselves is the first step towards empowering others."

Nalin Morjaria is an experienced Mental Health Consultant, Trainer, and Coach dedicated to helping people, families, and communities thrive. Through education, mentoring, and wellbeing initiatives, he supports others to develop the knowledge, confidence, and resilience needed to create healthier lives and stronger relationships.

House of Commons • 30 June 2026 • Hosted by Bob Blackman CBE MP

Studio V Architects

Building Spaces. Supporting Communities. Strengthening Hope.

PROUD SUPPORTER OF

MAXABLE GLOBAL EXCELLENCE AWARDS 2026

Honouring excellence. Championing mental wellness.
Building stronger communities.



ARCHITECTURAL SOLUTIONS BUILT ON EXPERIENCE

- Planning & Building Control
- Site Selection Approval
- New Builds, Extensions,
- Refurbishments & Conversions
- Lease Plans
- Feasibility Studies
- Party Wall Surveying

Studio V Architects is proud to support the Maxable Global Excellence Awards 2026 and the wider cause of mental wellness.

We believe that thoughtful architecture can uplift lives and nurture wellbeing—helping families, businesses, and communities grow and thrive.

By standing with Maxable Global, we are honoured to help champion hope, resilience, and stronger communities for a healthier, brighter future.

"We don't just design spaces, we help build hope."

Stronger minds. Stronger communities. Built together.

Kishor H. Vekaria ARB RIBA APM

Global Mental Wellness Mission

Maxable

MAXable Global CIC

WELLNESS IN ACTION

MAXABLE INITIATIVES & COMMUNITY SUPPORT

Maxable Wellness Moves



Dance For Wellness

Movement heals, Music connects. Maxable Wellness Moves is our inclusive dance-for-wellness initiative that brings people together through joy, rhythm and self-expression.

- Boosts mood & reduces stress
- Builds confidence & self-esteem
- Encourages fitness & energy
- Creates connection & community

Games Mornings



Play, Connect, Thrive

We don't stop playing becasue we grow old, we grow old because we stop playing.
Our Games Mornings brings joy, laughter and connection for all ages.

- Stimulates the mind
- Builds Friendships
- Reduces stress & anxiety
- Makes every morning meaningfull

Unmute Men



Silence Should Not be the only language

Unmute Men is our initiative for men's mental health.
We create safe spaces for men to talk, listen and support each other without judgment.

- Encourages open conversations
- Breaks stigma around vulnerability
- Promotes mental wellbeing
- Builds stronger, healthier men and communities

SUPPORTER SPOTLIGHT

INSPIRING INDIAN WOMEN

We are proud to have Inspiring Indian Women (IIW) as a valued supporter of Maxable Global and our mission of Mental Wellness Before Crisis.

IIW stands for empowerment, compassion and community. Together, we uplift, support and rise—creating a world where mental wellness is a priority for all.

"Empowering women, Strengthening communities. Building a healthier, happier tomorrow."

WITH THANKS TO OUR COMMUNITY SUPPORTERS

MATHALIE CARE SERVICES LIMITED

Professional | Respect | Empowering | Accountability | Compassion | Honesty

ForumHill.

ForumHill is a digital agency providing web design, social media, and consultancy services.

forumhill.co.uk

OUR PILLARS OF SUPPORT

Standing beside the Maxable Global Mental Wellness Mission

Every mission is strengthened by people who give their time, encouragement and presence with sincerity. Maxable Global is grateful to those who continue to stand beside our work, support our events and help us carry forward the message of mental wellness, resilience and community wellbeing.



KALWANT PURI

With appreciation for your continued support, encouragement and commitment to the Maxable Global mission.



SHUSHMA SHARDA

Recognised with gratitude for standing with Maxable Global Mission supporting our work with kindness, loyalty and care.



ANIKA CHAWLA WADHWA

Celebrating your valued support and positive contribution to the Maxable Global Mental Wellness Mission.

WITH GRATITUDE TO THOSE WHO HELP STRENGTHEN HOPE, CONNECTION AND COMMUNITY.

Global Mental Wellness Mission

Maxable

MAXable Global CIC



SUPPORTING THE CAUSE OF MENTAL WELLNESS

MANIK WADHWA

Professional Accountancy Practice

MW

ACCOUNTANTS

> "Financial clarity supports peace of mind."

KEY BENEFITS -

- *Financial Clarity*
- *Business Confidence*
- *Reduced Stress*
- *Community Support*

MW Accounts is proud to support the cause of mental wellness and community wellbeing. As a professional accountancy practice serving individuals, sole traders, partnerships and limited companies, MW Accounts provides practical financial guidance that helps reduce stress, build confidence and support stability.

From bookkeeping and accounts preparation to tax, payroll, VAT and business consultancy, the practice helps clients manage their responsibilities with clarity, efficiency and peace of mind.

By supporting Maxable Global's mission, MW Accounts recognises that financial clarity and mental wellbeing are closely connected.

Manik@mwaccountants.com | 07855767274 | mwaccountants.com

50A hall lane, Hendon, nw4 4TN

REGENT

Supporting Mental Wellness Through Education

Regent Global is proud to support the
Maxable Global Excellence Awards 2026



At Regent Global, we believe education and mental wellness are deeply connected. When learners are supported with knowledge, confidence, resilience and purpose, they are better equipped to thrive academically, personally and professionally. We are proud to support the cause of mental health and stand with Maxable Global CIC in promoting awareness, wellbeing and stronger communities.

Education shapes minds. Mental wellness strengthens lives.

Proudly associated with

Regent Hill LONDON
www.regenthilllondon.com

Regent European University San Marino
www.regenteuropeanuniversity.com

Regent American University 2025
www.regentamericanuniversity.com

RTX
www.rtx.global

Discover more about Regent Global
→ **www.regent.global**

UK · EUROPE · UAE · USA · CHINA · INDIA

Recruitment partner

Maxable Global
Global Mental Wellness Mission