

UPF UK Celebrating International Women's Day and Ramadan Iftar

Robin Marsh
March 8, 2025



Universal Peace Federation - UK *A Global Network of Peacebuilders*

Date: March 8, 2025 - Ramadan 8, 1446 AH

Time: 5:56 PM - 9:00 PM

Venue: 43 Lancaster Gate, London, United Kingdom

Video [Link](#)

Photo [Link](#)



London, United Kingdom - On March 8, 2025, the Universal Peace Federation (UPF) UK hosted an inspiring event, Harmony Through Diversity, to celebrate International Women's Day alongside a warm and reflective Ramadan Iftar gathering. The evening brought together esteemed guests, faith leaders, and distinguished women from various backgrounds to honor the invaluable contributions of women to peace, community service, and social empowerment.

The event was graced by the presence of Duchess Nivin El-Gamal, who, along with UPF UK, presented awards to multiple remarkable women for their outstanding efforts in fostering peace, diversity, and humanitarian service.



Programme Highlights:

5:56 PM - Ramadan Iftar Program (Ground Floor)

Call to Prayer (Adhan) Commencing the evening with the Maghrib prayer.

Shared Iftar Meal Guests came together to break the fast and enjoy a meal that reflects unity, inclusivity, and interfaith harmony. It was a time for informal networking and connection while dining.



7:00 PM - Opening Ceremony and Awards

Welcome Speech: Robin Marsh, Secretary General of UPF. Reflecting on UPF's mission and the importance of harmony through diversity.

Address: Margaret Ali, Director of UPF, emphasised the critical role of women in peacebuilding and the need to foster interfaith understanding.

7:15 PM - UPF - UK Patron's Address and Poem Speech and Poem Recital: Duchess Nivin El-Gamal. A heartfelt speech celebrating women's resilience and contributions, followed by a recital of her poem "Harmony Through Diversity" - a tribute to unity, empowerment, and peace.



7:30 PM - Address from 2nd Patron Ian Pelham Turner who offered insights on women's leadership in driving social change and fostering community resilience.

7:45 PM - Introduction to UPF - UK - Introduction to the Universal Peace Federation (UPF):

8:10 PM - UPF - UK Awards Ceremony: Brief presentation about UPF's mission, highlighting how women can continue to play pivotal roles in advancing peace globally.

Award Presentations:

Each awardee was introduced with a short video or speech showcasing their achievements..

1. Women of Peace Award Presented to: Mother Margaret Keverian Ali



In Recognition of: Her outstanding contribution to peacebuilding and conflict resolution within the Universal Peace Federation and beyond.

Presented by: Universal Peace Federation and The Duchess of Lamberton

2. Empowerment Champion Award Presented to: PO Rani Gundhu QPM/DR

In Recognition of: Her dedication to empowering women through education, advocacy, and grassroots initiatives.

PC Rani Gundhu QPM is the longest-serving female officer in West Midlands Police, joining in the 1980s when women and people of colour faced significant challenges. She has empowered diversity and inclusion, she has worked across serious crime, domestic violence, recruitment, and community engagement. PC Gundhu was awarded the [Queen's Police Medal, external](#) (QPM) in 2020. She received the Sislin Fay Allen Lifetime Achievement Award for nearly 40 years of unwavering service. As a mentor and leader, she continues to inspire the next generation of officers.



3. Diversity and Inclusion Award Presented to: Ms. Caroline Heward

In Recognition of: Her outstanding efforts in fostering diversity, inclusion, and mutual respect in her work and community.

Caroline Heward, known as "The Harley Street Stress Expert," is a champion of diversity, inclusion, and mental well-being. A TV presenter, speaker, and certified trainer, she empowers individuals from all

backgrounds to overcome stress, trauma, and PTSD using Chakra Psychology and behavioral therapy. An Ambassador for Peace (UPF) and Global Leadership Award recipient, Caroline actively promotes mental health awareness, emotional resilience, and inclusive healing practices across communities and workplaces.



4. Beauty with a Purpose Award Presented to: Ms. Hera Kruja

In Recognition of: Her dedication to advocating for humanitarian causes through her talent, inspiring change on the Miss World platform.

Hera Kruja is an internationally acclaimed model, TV presenter, journalist, and business manager. Crowned Miss Global Greece and Top Model UK, she has walked New York, London, Milan, and Madeira Fashion Weeks. As a journalist, she has hosted fashion, lifestyle, and wellness shows, creating insightful health documentaries. An NHS program leader and she mentors young professionals to promotes community wellbeing and holistic health. She is a Universal Peace Federation Peace Ambassador and chairs its International Media Association for Peace in the UK.



5. Humanitarian Service Award Presented to: Ms. Kuljit Sandhu

In Recognition of: Her outstanding commitment to providing impactful humanitarian work, especially in underserved communities, in alignment with the principles of the UDHR.

Kuljit Sandhu, CEO of RISE, supports women from racialized and disadvantaged backgrounds in overcoming challenges. Beginning as a Probation Officer in Lambeth in the 1990s, she specialized in domestic abuse, diversity, and equality, developing mentoring and intervention programs. In response to Transforming Rehabilitation reforms, she founded RISE, securing Europe's largest offender program contract. Her holistic, family-centered approach advances peace, social justice, and rehabilitation.

6. Trailblazer Award Presented to Hibo Wardere

In Recognition of: Her groundbreaking contributions in breaking barriers within her field, inspiring others to follow in her footsteps, and her impactful humanitarian work, especially in underserved communities, in alignment with the UDHR.

Hibo Wardere is a Somali-born activist, author, and speaker campaigning against female genital mutilation (FGM). A survivor of type 3 FGM, she fled Somalia's civil war to London in 1989. She became an FGM educator and mediator in Waltham Forest, raising awareness among schools, doctors, and police. Featured in The Guardian, BBC, and The Telegraph, her memoir, Cut (2016), documents her fight to eradicate FGM worldwide. She is married and has seven children.



7. Love Coach of the Year Award Presented to: Ms. Gail De Souza

In Recognition of: Exceptional Dedication to Love, Empowerment, and Relationship Transformation
With deep gratitude and admiration, we honour you for your outstanding contribution to love coaching.

Introduction by video



8. Community Leadership Award - Celebrating leaders advancing women's rights and interfaith harmony. Presented to: Lady Hagir Ahmed

In Recognition of a person whose efforts have created positive change particularly in advancing women's rights and fostering interfaith harmony inspiring others to follow in her footsetps impactful humanitarian work especially in communities and aligned with UDHR

Lady Hagir Ahmed has dedicated decades to humanitarian and volunteer service, earning the affectionate nickname "Helpful Hagir." From working with the British Red Cross to aiding missionary releases in Sudan, she has made a global impact. A Royal Jubilee Platinum Champion, she was honored at Buckingham Palace for completing 6,000 NHS volunteer tasks. Recognized for her work during Grenfell and in FGM legislation, she continues to champion community welfare.



9. Helena Chard Appointed as an Ambassador for Peace

Helena Chard is a Royal Broadcaster, Journalist, and Commentator with nearly two decades of experience covering major Royal events, breaking news, and uplifting stories. As a Royal Special Correspondent for USA Global TV and Radio and a commentator for GB News, she champions community, culture, and tourism. Through broadcast media, she promotes peace, inclusivity, and opportunities for all, hosting shows like Talking Peace Around the World and Celebrate Great Britain Royally Rich Lifestyle

8:45 PM - Closing Reflections



Final Thoughts from Awardees and Special Guests:

Reflections on the evening's discussions, highlighting commitments to women's empowerment and peacebuilding initiatives.

Letters and Recommendations:

Inviting contributions and recommendations from UPF guests for future collaborations and projects.

9:00 PM - Event Concludes

Final networking opportunities and departure.