

wepn NEWS

QUARTERLY NEWSLETTER OF WOMEN ENTREPRENEURS NETWORK

Where Change Powers Growth



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REALIZING YOUR
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Note from Founder Chair

Commitment to Growth

Sheela Kochouseph

Dear WEN friends,

Warm greetings and a very Happy New Year to each one of you!!

I'm extremely happy to see WEN growing in both membership and geographic reach! These are moments of pride for all of us! Our Coimbatore Chapter is the youngest baby.

Now we must grow into other cities like Chennai and Bangalore. I need all your support and involvement in spreading WEN to other cities. Pls share your thoughts with any of us founding members to focus on growth. As I reflect on our journey, I am filled with pride and gratitude for what this Network represents today—a powerful community of women who dare to dream, build, lead, and create impact beyond boundaries.

Women Entrepreneurs Network was founded with a simple yet strong belief: when women support women, extraordinary things happen. Over time, this belief has transformed into action—through shared knowledge, mentorship, collaboration, and collective strength. Each enterprise you build, each challenge you overcome, and each milestone you achieve adds to a larger story of economic empowerment and social change.

In today's rapidly evolving business landscape, adaptability, resilience, and innovation are not optional—they are essential. As women entrepreneurs, we bring something even more valuable to the table: empathy, integrity, long-term vision, and the courage to lead with purpose. Our Network exists to amplify these strengths and ensure that no woman walks her entrepreneurial journey alone.

Looking ahead, we are committed to:

- Creating stronger platforms for learning and leadership
 - Enabling meaningful connections and collaborations
 - Advocating for women-led businesses across industries
 - Celebrating success stories that inspire the next generation
- I encourage each of you to stay engaged, share your experiences, mentor freely, and seek support boldly. This Network is not just an organization—it is a movement powered by your participation and belief. Thank you for being part of this journey. Together, we will continue to break barriers, build sustainable enterprises, and redefine leadership on our own terms.

With confidence and solidarity,

Warm regards,

Sheela Kochouseph
Founder President



President's Note

New Year. New Vision.

Manju Thomas

Dear WENNites,

Happy New Year!

As we step into 2026, I'm thrilled to share some exciting updates and milestones for our Women Entrepreneurs Network.

Happy to announce that we were an ecosystem partner with TiE for TiECON, opening doors to global networking, mentorship, and funding opportunities for our members.

Also, we were associated as outreach partner for the KMA Convention. Our bye-laws are now live on the website, ensuring stronger governance, transparency and more flexibility for our growing community.

Excited to inform that for the first time, all Chapter Committee members will undergo a dedicated Leadership Training Program, empowering them to lead with confidence and impact which proves the commitment of WEN to building strong leaders.

We are growing strong with 6 Chapters (5 Chapters across Kerala and Coimbatore) 900 + women entrepreneurs as members.

Let's take WEN to every district in Kerala creating opportunities for women to join this vibrant community.

WEN is receiving numerous invitations to collaborate and participate as guests in other organizations. These partnerships will amplify our reach and create new avenues for our members.

Our "Wen Inspire" series continues, bringing you regular updates, learning sessions, and inspirational stories to keep you informed and motivated. We're committed to providing maximum opportunities for our members to showcase their businesses, connect with new clients, and gain visibility in the ecosystem.

Let's make 2026 a year of growth, collaboration, and impact together!

Warm regards and gratitude,

Manju Thomas
Foundation President



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Secretary's Announcement

Fostering Inclusive Leadership

Marian Paul

Dear WENnites,

WEN stands as a beacon of excellence in our efforts to empower women entrepreneurs. We have evolved from a brave and pioneering group of women business owners at Kochi into 6 chapters spanning 2 states in South India – Kerala and Tamil Nadu. We have become an epicenter of innovation, resilience, and economic growth. As we step into 2026 and chart our course for the future, our vision extends beyond traditional business advancement.

At WEN, we actively collaborate with local authorities and industry leaders to reimagine and revitalize our businesses. Our efforts are aimed at equipping our members with the tools they need to innovate, expand, compete, and scale up their businesses. A strong, reliable infrastructure is the foundation of any thriving business ecosystem. Reliable transport, seamless connectivity, and dependable utilities are no longer luxuries— but are necessities.

We are committed to the betterment of our sisters, to handhold, support, and grow our businesses. As we look to the future, our focus is on sustainability goals and on ensuring long-term cost efficiency and environmental responsibility for our business community.

We firmly believe that true progress is inclusive. Supporting women entrepreneurs is essential to the growth of any nation and creates a dynamic, diverse, and future-ready business environment. Women bring fresh perspectives, entrepreneurial spirit, and innovative thinking, which are vital to shaping the next chapter, and WEN is part of that growth story.

By fostering inclusive leadership, embracing sustainable practices, and championing infrastructure excellence, we are laying the foundation for a vibrant WEN culture—one that thrives not just today, but for generations of women to come.

Warm Regards,

Marian Paul

Secretary-WEN Foundation



From the Editor's Desk

Sujatha Santhanam

Celebrating the Shared Purpose

Dear WENnites,

As we welcome the new year with our latest edition, we look back at the final quarter of 2025—a period defined by vibrant celebrations and a deepening commitment to our core values.

From the insightful WENInspire sessions that challenged our perspectives to the creative gatherings hosted across our diverse chapters, this season beautifully showcased WEN's collective strength and spirit.

These events were more than just dates on a calendar; they served as a powerful reminder of the camaraderie and shared purpose that thrive when we celebrate each other's entrepreneurial journeys and successes.

In every workshop and networking huddle, we saw the tangible impact of women supporting women, proving that our growth is exponential when we move together. As we release this newsletter, we extend our heartfelt gratitude to the editorial team and every member who contributed to making 2025 a landmark year. Your dedication as ambassadors of our mission—fostering a culture of collaboration and inclusivity—is the engine that drives us forward.

Looking ahead, 2026 presents a fresh canvas for us to paint with even bolder ambitions. We aim to not only sustain this momentum but to widen our reach, ensuring that every woman entrepreneur in our network feels seen, heard, and supported.

Here is to a 2026 filled with even deeper connections, transformative shared growth, and continued empowerment!

Warmly,

Sujatha Santhanam

Editor's Desk



Women belong in all places where decisions are being made



- late U.S. Supreme Court Justice
Ruth Bader Ginsburg



A GLITTERING PEEK INTO **AGM 2025**



Foundation President-**Manju Thomas**,
Secretary-**Marian Paul** & Treasurer-**Ancy Jeyash**.





Simply WOW-WEN Officer's Training Workshop

The WOW leadership training program was a phenomenal start to 2026! Specially designed to strengthen leadership and enhance the capabilities of our chapter officers, this workshop equipped the leaders with the skills, systems, and support needed to guide our members effectively. The members from all the chapters attended the training session on 17th January at IMA Cochin.

Curated and facilitated by Anisha Cherian, Pushpy Muricken, Rakhee Vijay, Deepa Anna Mathai, and Rekha Menon, the sessions gave the members more clarity on purpose and direction and charged them with renewed purpose and confidence in WEN's vision, mission, and core values.

It provided deeper insights into WEN's Bylaws, team management, vision, and mission. After a day-long training session, the members had a special gathering in the evening featuring a musical performance by Medha Ashok.

The teams could connect on a deeper level, strengthening our interchapter ties, which was a perfect wrap-up to a productive day.

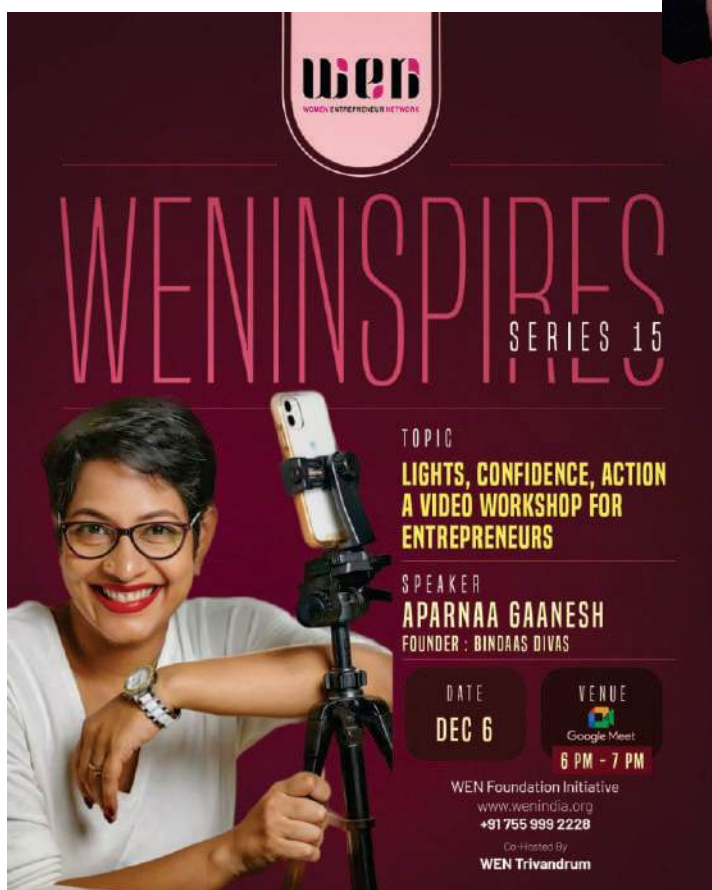


WENInspire Series Recap: Health & Digital Presence

The **WENInspire Series** continued its momentum through the end of 2025 with two impactful sessions designed to support both the personal well-being and professional growth of our members.

Series 14, held in November, featured **Dr. Abhijith Karma** from the ATMA Group of Hospitals, who led an insightful session on **"Food is Medicine."**

Participants explored the vital connection between nutrition and long-term health, gaining a deeper understanding of how mindful eating serves as a foundation for sustained entrepreneurial energy.



In December, **Series 15** pivoted to digital empowerment with **Aparnaa Ganesh**, Founder of Bindas Divas. Her workshop, **"Lights, Confidence, Action,"** provided a practical roadmap for women entrepreneurs to master video content. From overcoming camera fear to utilizing simple smartphone tools, members walked away with actionable strategies to enhance their brand's social presence and attract clients through video storytelling.

Combined, these sessions reinforced the WEN commitment to holistic success—ensuring our entrepreneurs are as healthy and confident as they are business-savvy.

KOCHI CHAPTER

WEN Christmas Sparkle: A Celebration Of Sustainability & Synergy

Our WEN Christmas Sparkle celebration was a heartwarming testament to how festivities can beautifully balance merriment with environmental responsibility. Guided by our vibrant Master of Ceremonies, Dhanya, the event was a joyful mix of tradition, business growth, and sustainable celebration.



The program featured a special Christmas Pitch tip video by Leadership Development Coach Sujatha Santhanam, which volunteers utilized to craft and present their own one-minute "Christmas Pitches," showcasing their businesses with holiday flair. This spirit of growth was

further highlighted by the installation of our newest WEN members as we continue to expand our organization's reach.

The evening sparkled with diverse activities ranging from high-energy Salsa choreography led by danseuse Arunima Gupta to heartfelt carol singing and curated stalls brimming with Christmas goodies. Seasonal flavors were brought to the table through homemade wine by Anju Tijo and classic plum cakes, making the festivities even more special.

Beyond the fun, the event fostered deep collaboration through a unique networking activity, enabling meaningful connections and discussions aligned with our mission to build a leading organization. We are incredibly grateful to everyone who contributed to making this sustainable celebration a resounding success through their support and commitment to environmental responsibility.



KOCHI CHAPTER



WEN Diwali - A Vibrant Celebration of Heritage and Harmony

WEN Kochi recently hosted a memorable WEN Diwali celebration, a multifaceted evening that perfectly blended professional bonding with cultural richness. The event kicked off with an engaging team-building activity led by Rakhee Vijay Nair, fostering collaboration and spirit among members. This was followed by a powerful storytelling session by Kalyani, who brought to life the inspiring story of Nangeli Amma, adding a layer of deep historical and cultural significance to the gathering. As the evening transitioned into celebration, the air was filled with a soulful musical performance by Medha Ashok, followed by high-energy Dandiya choreography by Aniliya, which got everyone on their feet. The festivities concluded with a communal dinner, providing a wonderful opportunity for members to network and celebrate their shared successes. It was an evening that truly embodied the WEN values of inclusivity, tradition, and mutual support.



KOCHI CHAPTER



THRISSUR CHAPTER

WEN Jyothi

WEN Thrissur hosted WEN Jyothi at Ashoka Inn, featuring an engaging finance session, "Own Your Numbers," by Mrs. Vidya Sanjay, offering practical insights into financial clarity for business growth. The event also celebrated new member installations, birthdays, Her Story member narratives, and felicitated Manju Thomas on her election as WEN Foundation President. The day concluded with a spirited Dandiya celebration.



THRISSUR CHAPTER



Holy Jolly Christmas

The Holy Jolly Christmas celebration at Ashoka Inn brought members together through interactive games, creative activities, Secret Santa, carol singing, birthday celebrations, and new member installations—making it a joyful evening of bonding, laughter, and festive cheer.



CALICUT CHAPTER

WEN AGM



October was marked by the successful hosting of the WEN

Foundation Annual General Meeting 2025 at Hotel Tripenta on October 18. The Calicut Chapter, led by Chairperson Ms. Sophy Lukose, organised the event with great enthusiasm, welcoming over 100 participants from chapters across the state.

The AGM included Managing Committee elections and bylaw amendments as per the agenda. A special highlight was the eco-friendly goodie bag curated by Calicut



member Priya, popularly known as Mural Priya, adding a personal and artistic touch.

The month concluded with pride and gratitude as Calicut members celebrated the success of a landmark WEN Foundation event. Buddy Teams Unnati and Stalwarts also kept members engaged through regular WENder Women and WENZday Mindshare posts.



CALICUT CHAPTER

Masterclass on ChatGPT for Business Growth

November saw a blend of learning, planning, and bonding. The WEN Executive Committee met on November 4 at Hotel Raviz to review activities and plan upcoming events.

A Masterclass on November 6 focused on using AI tools like ChatGPT for business growth, led by members Ms. Anjaly and Ms. Aysha Sameeha. The session also included the official induction of new members.

Continuing a cherished tradition, members embarked on a two-day leisure trip to Gokarna, strengthening friendships and chapter bonding. Preparations were also finalised for an MSME awareness programme in collaboration with the Reserve Bank of India, Thiruvananthapuram. Buddy Teams Inara and Tarang played a key role in member engagement and coordination.



CALICUT CHAPTER

Masterclass Series Women. Leadership. Wellness.



December closed the year on a high with the houseful Masterclass Series "Women. Leadership. Wellness."

The session featured Ms. Asha Gopalakrishnan on Female Leadership Archetypes and Dr. Usha Menon on Breast and Cervical Cancer awareness, emphasising prevention and early care.

Hosted at Rasha Bowl, a women-led healthy dining space owned by a WEN Calicut member, the evening beautifully combined learning, wellness, and entrepreneurship. Festive cheer was added with a Christmas toast by President Ms. Sophy Lukose, a Secret Santa exchange, member stalls, and a joyful visit from Santa Claus. The December gathering was a memorable blend of insight, celebration, and community spirit—an ideal close to 2025 for WEN Calicut.



KOTTAYAM CHAPTER



FESTIVE FUSION 2025

Festive Fusion 2025 brought together celebration and learning with a Diwali gathering and a branding and digital marketing session. Members benefited from expert insights, business introductions by member groups, festive stalls, and meaningful networking in a warm, celebratory setting.



KOTTAYAM CHAPTER



Retreat at Marari

The WEN Kottayam Committee held a two-day retreat at Marari, strengthening leadership bonding, alignment, and well-being. The retreat also included planning discussions for upcoming chapter initiatives, beginning with the January offline programme.



TRIVANDRUM CHAPTER

Wonder Women Buddy Meet

The Wonder Women Buddy Group of WEN Trivandrum came together for an intimate and meaningful meet at Harmondays, founded by member Manju Mathew. The gathering offered a refreshing pause from routine, enabling honest conversations around personal journeys and professional challenges. Set in a creative, welcoming space, the session fostered strong bonding, collaboration, and renewed inspiration among members.



WEN Bazaar 2025

The WEN Bazaar 2025 was held on November 8–9 at the Hilton Garden Inn, celebrating innovation and women-led enterprises. Open to both WEN and non-WEN members, the two-day event featured a vibrant mix of brands and networking opportunities. The bazaar was inaugurated by Anoop Ambika, CEO of Kerala Startup Mission, and Sobha Viswanath, founder of Weavers Village. With strong footfall and an energetic atmosphere, the event successfully showcased the creativity and collaborative spirit of women entrepreneurs.



Festive Celebrations

WEN Trivandrum wrapped up the year with a lively Christmas and New Year celebration that blended festive cheer with meaningful networking. The event welcomed new member inductions and featured engaging games and team-building activities that encouraged connection and collaboration. It was a warm, energising gathering that celebrated the year gone by while setting a positive, united tone for 2026.



COIMBATORE CHAPTER



Diwali Delights

The newest Chapter, WEN Coimbatore, hosted Diwali Delights, a vibrant festive gathering that brought members and families together through cultural celebrations, networking, member-led shopping stalls, and festive food—strengthening community bonding beyond business.

An engaging online session on “Skillsets for Effective Networking – Building Relationships That Lead to Sales” was conducted, led by Anisha Cherian, Past President, TiE Kerala. The session focused on purposeful, relationship-driven networking strategies for sustainable business growth.

As part of the WEN Inspire Series – 16, WEN Coimbatore hosted an online talk on “Healthy Ageing for Women” by Dr. Uma Senthilkumar, Founder of Three 5 Reviv. The session offered practical, evidence-based insights into women's health, preventive care, and empowered aging.



**WOMEN ENTREPRENEURS NETWORK
COIMBATORE CHAPTER**

Online
SKILLSETS FOR EFFECTIVE NETWORKING SESSION
Build Relationships That Lead to Sales

SPEAKER-ANISHA CHERIAN
Past President – TiE Kerala
Founder & Director – Chemmanur Academy & Systems Pvt. Ltd
• Entrepreneur | Leadership Mentor | Social Impact Advocate

WHAT YOU LEARN

- Smart networking strategies
- Building meaningful connections
- Turning conversations into sales

FREE REGISTRATION

 **+ 91 75948 32228**
 **NOV 13, 2025**
 **5:00 pm - 6:15 pm**
 **Online**



ANISHA CHERIAN



WENINSPIRES
SERIES 16



TOPIC
**HEALTHY AGEING FOR WOMEN
WHAT REALLY MATTERS &
WHAT TRULY WORKS**

SPEAKER
DR. UMA SENTHILKUMAR
DIRECTOR & FOUNDER – THREE 5 REVIV

DATE
DEC 19

VENUE
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How to turn a restaurant dream into reality

Sabitha Haridas

Owner, Nellikka Restaurant

For many people, owning a restaurant is a long-cherished dream. Professionals from various fields—including IT—often discuss starting an eatery, assuming it to be a relatively easy business to run. Food, after all, brings people together, and good, tasty food is always in demand. This perception gives the food industry a glamorous and attractive image.

While entering the restaurant business may seem easy, the reality is far more complex. One can start an eatery with a budget of ₹1 lakh, ₹50 lakhs, or even ₹5 crores. However, the investment size should depend on experience. For those new to the industry with no prior knowledge of restaurant operations, starting small is the wisest decision. Early mistakes are inevitable, but when the investment is modest, those mistakes are easier to recover from. On the other hand, investing heavily during the

gap. Introducing entirely new or unfamiliar products can be risky. While there may be initial curiosity or demand, sustaining it over the long term is difficult—and many such ventures eventually shut down. This is a reality I have witnessed repeatedly.

For those serious about starting a restaurant, the advice is simple: learn as much as possible, study the market carefully, understand customer demand, and begin on a small scale.

One can start an eatery with a budget of ₹1 lakh, ₹50 lakhs, or even ₹5 crores. However, the investment size should depend on experience.

learning phase can result in losses that may be difficult—or even impossible—to reverse.

Ideally, aspiring restaurateurs should first work in or be part of an existing food business to gain hands-on experience. The common belief that a restaurant becomes easy to manage once it is up and running is a misconception. In reality, it involves daily operational challenges. Human resource management, as in any other sector, plays a critical role. Maintaining consistency in quality, taste, and hygiene is demanding, yet these are the key pillars of success in the food industry.

Another crucial factor is the menu. It should not be based solely on what the owner enjoys cooking or eating. Instead, it must address customer needs and fill a genuine market

Mistakes will happen, but each one offers a valuable lesson. Use those lessons to improve, refine operations, and build confidence. Once the business runs smoothly, expansion can be considered.

The journey will undoubtedly have ups and downs, driven by both internal and external challenges. Being prepared to face them is essential. In the end, consistency, quality, and commitment will be rewarded—most importantly, by customers who appreciate and value the food you serve.





MANAGING COMMITTEE OF WEN FOUNDATION 2025-2026



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Foundation President



Marian Paul
Foundation Secretary



Ancy Jeyash
Foundation Treasurer



Rajee Sharma



Kitty Sanil



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