

June, 2022

**WIFY**  
WORLD FOR YOU

[www.thewfy.com](http://www.thewfy.com)

**COVERSTORY**

**THE GROWTH ENGINE,  
INDIA'S CHANGEMAKING  
TECHWOMAN**

**KRITHIGA REDDY**

*Optimist. Technologist. Adventurer.*

FROM THE  
KITCHENS  
OF INDIA  
**Vada Pav**



Connecting Dots

Connecting Roots



INDIAN DIASPORA  
CONNECTING DOTS..... CONNECTING ROOTS  
[www.indiandiaspora.world](http://www.indiandiaspora.world)

#### Our Mission

To empower the diaspora to be a force for good through a global platform to collaborate, build community engagement and catalyse social change.

#### Our Vision

Make this world a better place by spreading the spirit of Indianism.

#### Our Focus

Let's celebrate the spirit of Indianism and rediscover our roots by rekindling the relationships.

**To empower the diaspora to be a force for good through a global platform to collaborate, build community engagement and catalyse social change.**

**We are a group of Indian origin individuals from diverse backgrounds and professions who are committed to inspiring the diaspora to be a force for good by providing a platform to collaborate, build community engagement, and catalyse social change.**

#### Connecting Dots..... Connecting Roots

Let's make this World a better place by spreading the spirit of Indianism. Let the World take note of us as the true Human and lead by our example.

Our Team, our members shall be committed to building stronger communities with a culture of giving and inspiring social change. We endeavor to engage culturally with the help of Indian wisdom passed on to us by our ancestors.

By sharing insight, hosting events and connecting people, Indian Diaspora aims to bring together the professionally, geographically and religiously diverse people of Indian origin toward collective action worldwide.



@globalindiandiaspora



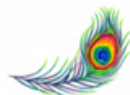
@indiandiasporag



@indiandiasporag

## INDIAN DIASPORA GLOBAL MOVEMENT

### OUR PRESENCE



**A**frica **B**ahrain **C**anada **G**eorgia **G**ermany  
**I**ndia **I**reland **M**alaysia **O**man **Q**atar  
**S**ingapore **T**hailand  
**U**nited Kingdom **U**nited States Of America

[www.indiandiaspora.world](http://www.indiandiaspora.world)



# IN THIS ISSUE

## EDITORIAL

THE WORLD IS TOO  
CROWDED, YET TOO LONELY

5

-Melwyn Williams

## COVERSTORY

THE GROWTH ENGINE,  
INDIA'S CHANGEMAKING  
TECHWOMAN

KRITHIGA REDDY - Optimist. Technologist. Adventurer.

6

-Melwyn Williams

## ECONOMY

CRISIS IN SOUTH ASIA

15

-Girinder Kumar

HUMAN INTERESTS &  
SOCIAL PURSUITS  
HOME AWAY FROM THE  
HOMELAND

17

-Tushar Unadkat

SOUL SEARCHING

20

-Dr. Shaison P Ouseph

ACADEMICS  
HIGHER  
EDUCATION  
AHEAD

-Prof. Ujjwal K Chowdhury

22

HEALTH  
TIPS TO  
BEAT STRESS

-Kulmohan Kaur

25

SPIRITUALITY  
EXPLORING THE  
PURPOSE &  
MEANING OF OUR  
LIFE

-Dr. Shilpi Pandey

27

LIFESTYLE  
THE SON OF  
SOIL - SADHGURU  
ON A MISSION

-Devjit Dey

33

## FEATURED

From The Kitchens Of India-

29

VADA PAV

World Past Month

44

# IN THIS ISSUE

## Team WFY

<b>Editor-in-Chief</b>	Melwyn Williams
<b>Associate Editor</b>	V Vinod Nair
<b>Editor</b>	Virender Rawat
<b>WFY Correspondent (Bahrain)</b>	Sarmistha Dey
<b>WFY Correspondent (Mumbai)</b>	Aadhar Singh
<b>Consulting Editors</b>	MP Joseph Menacherry
	Ujjwal K Chowdhury
	Baiju Thittala
	Biju Kumar Damodaran
	Prakash Bare
	Ravi Singh
	Ravi Kemmu
	Jaimy K Antony
<b>Bureau Chiefs (Bahrain)</b>	Sudheer Thirunilath
<b>(Ontario Canada)</b>	Tushar Unadkat
<b>(Long Island, New York, US)</b>	Tara Sajan
<b>(Dublin, Ireland)</b>	Manoj D Mannath
<b>(Cambridgeshire, UK)</b>	Shola Delip
<b>(Georgia)</b>	George Sebastian Menachery
<b>(Enfield, London, UK)</b>	Salina Sajeev
<b>(Malaysia)</b>	Dr. A Zahir Hussain
<b>(Berlin, Germany)</b>	Vipin Sharma
<b>Thailand</b>	Jose Kumpiluvellil
<b>Art &amp; Design</b>	Wilfred Melwyn
<b>Marketing &amp; Promotions</b>	Sudhir J Kumar
<b>Accounts</b>	Girinder Kumar
<b>Web &amp; IT</b>	Neha Sethi
<b>Events &amp; Business Development</b>	William Melwyn

## ART & CULTURE THE FOURTH WISEMAN

-Brij K T

37

## DONE WELL! GONE FOR GOOD

-Sarmistha Dey

38

## TRY TO UNBUSY, PEOPLE....

-Sudha Mukhopadhyay

41

## RECALLING CHILDHOOD

-Sarmistha Dey

42

## SPORTS SHIKHA UBEROI

-Saji Chacko

48

*Published by MSAF for WFY.  
All rights reserved with MSAF*



# From the editor's desk



## A STICH IN TIME SAVES NINE

"All is not lost. Still, the sun rises every morning,  
bringing new hope.  
Let's stay positive and focused and spread love  
around; the INDIAN WAY".

The world we live in is going through an extremely difficult phase. War, intolerance and violence are playing out a magnum opus.

In the last few days, we have witnessed extreme disbelief and anguish among people around the world. The massacre of innocent school children in Texas. The suicide of a mother along with her two grownup daughters in Vasant Vihar, New Delhi.

The question we should ask is, why these incidents happened?

The post-pandemic (I don't know if we are really into one, or it's just an illusion) era has led to increased unemployment, financial/ economic disasters, mental health issues, suicides, divorces/break-ups, displacement/migration, political turmoil, war and a heightened sense of loneliness.

Are we interested in knowing how they are holding up and how they are coping with the challenge of facing adversities?

If we look into the individuals responsible for the shooting, the war, climatic disaster, societal disharmony, intolerance, suicidal episodes etc., you will realise that they are the ones who are too lonely in this crowded world. They need help. They need to be heard and listened to. They need to feel that they are wanted and loved. Hurt creates more havoc than nuclear bombs.

There will be a backstory to all. The woman from Delhi, lost her husband during the Pandemic upsurge last year. He was the sole bread earner of the family. His death shook them. Their world came crumbling down. Their life was full of uncertainties and was a complete mess. They couldn't find help and no one could help them. Finally, they lost all hope and left this world. What touched me was the note that they had stuck on to the wall,

cautioning those who would enter the house, as it was filled with inflammable gas. They thought of others even in death. May they rest in peace and God receive these good souls.

A stitch in time saves nine.

We all have a collective and moral responsibility for what's happening around us. If we can do our bit to make the lives of those around us better; that's the need of the hour and our CALL.

We, the members of the Indian Diaspora should take initiative to try and bring about the much needed change, a humane approach and bonding.

All is not lost. Still, the sun rises every morning, bringing new hope.

Let's stay positive and focused and spread love around; the INDIAN WAY.

See you soon

Love and regards



**Melwyn Williams**

A close-up portrait of Krithiga Reddy, a woman with short dark hair, smiling and looking slightly upwards. She is wearing a red and black patterned blazer over a dark top. The background is plain white.

# COVERSTORY

## THE GROWTH ENGINE, INDIA'S CHANGEMAKING TECHWOMAN

KRITHIGA REDDY - Optimist. Technologist. Adventurer.



# THE GROWTH ENGINE, INDIA'S CHANGEMAKING TECHWOMAN



**KIRTHIGA REDDY - OPTIMIST. TECHNOLOGIST. ADVENTURER.**  
By Melwyn Williams



In Indian mythology we have often seen women being depicted as goddesses with many hands and multi-tasking. Indian women now are not different. They perfectly play out different roles simultaneously and excel in that too. They balance between the house and work to parenting to strategizing success from politics to business alike. Indian women has ventured out and now the world is their playground and karmabhoomi.

Kirthiga Reddy by no means an ordinary woman. Her achievements touches the sky

but you can find her grounded to the core and that too at ease.

Kirthiga Reddy is a growth-stage investor, technology executive, and board member. She is President, Athena Technology II, the third in a series of all-female-led SPACs. She is Founding Investment Partner of F7 seed fund. Previously, she was SoftBank Investment Adviser's, that too the first female Investment Partner. Her focus is frontier, enterprise and health tech investments. In a career spanning about three decades, she was Managing Director, Facebook India and South Asia for over six years, starting as their first employee in India.

Reddy's initial role in pushing the social media giant's operations from base level to humungous success is marked.

Her subsequent experiences at Facebook focused on emerging and high-growth markets including Mexico, Brazil, Indonesia, South Africa and the Middle East. She has also served as Chair, Stanford Business School Management Board.

**"It will not be easy,  
but the right time to  
shatter the glass  
ceiling is always"  
Kirthiga Reddy**

## EDUCATION

Kirthiga holds completed her Bachelors in Computer Science and Engineering from MGM'S College of Engineering, Nanded under Dr. Babasaheb Ambedkar Marathwada University, Maharashtra and stood second.

After her graduation, she moved to Nagpur along with her parents and then briefly worked helping Yashavant Kanetkar with the programming examples in his books to illustrate key concepts.

She then moved to United States and did her Master's in business administration from Stanford University with highest honours as an Arjay Miller Scholar and an M.S. in computer engineering from Syracuse University.

## PERSONAL LIFE AND EVOLVING THROUGH LIFE LESSONS.

Reddy was born to middle-class parents, in Nagpur, the younger of two daughters and grew up in many parts of India. Her father was the oldest son, born seven years after her grandparents' wedding and after many pilgrimages. When her older sister was born, there was some disappointment amongst my grandparents that it wasn't a boy but the dominant sentiment was that of happiness at the birth of their first grandchild. When her mother was pregnant with her, the whole family was convinced that it would be a boy and had chosen the name 'Karthik' after Lord Karthikgayan, a family deity. When she was born, her grandparents refused to come to the hospital to see her because it wasn't a boy. As her mother wept, her dad consoled her saying, 'If we have a third child, I want it to be a girl, and we will name her Kanchana.' Her parents raised both the girls no differently than they would have raised two sons.

Her father was a government employee. Reddy spent her formative years in various cities and small towns, thanks to her father's transferable government job. Her father moved cities every few years as part of his several decades-long tenure at Lloyds Steel, and the family moved with him. The Reddys lived in large metros like Chennai and Mumbai, mid-sized cities like Nashik, Nagpur and Tarapur, and small towns like Dandeli and Nanded.

From her dad, she picked up his strong work ethic, the value of 'planning the work and working the plan', and the spirit of making the most of opportunities given to you. My sister and I fought cats and dogs growing up, like most siblings, and became best friends as we grew older, especially during our college years. "My mother gave me spirituality, the ability to see cheer no matter what the situation was, and a can-do attitude," Reddy

"My parents believed that, if there was a school in the neighbourhood, that's where I would go. That made me learn to make the most of any situation," she shared. This approach is perhaps what empowered her to juggle between her responsibilities as a mother and a job that required frequent travel.



**"My mom did not have the opportunity to finish high school. As I reflect on the change within one generation, I am filled with optimism about what's possible for the next generation and responsibility for driving the change." Reddy**





Her introduction to technology was initially driven by societal pressures in India about medicine and engineering being aspirational career paths to pursue. While that may have been her entry, she quickly fell in love with STEM (science, technology, engineering and mathematics). She is grateful to have found a female role models like Padmasree Warrior, formerly CTO Motorola, and now CEO, Fable, and Sheryl Sandberg, COO, Facebook.

The Indian societal norm of following a career path in engineering or medicine led her to choose the former. Reddy did not have the domicile needed to apply to state colleges and hence went to a small private college called MGMCN in Nanded, which offered her full scholarship. She graduated second in the university with the 'Jewel in the Crown' award from the college for all-round excellence.

Her father's work took them to Nagpur right after her graduation. It was here that she got her first job with Yashawant Kanetkar, author of the book Let Us C—still a bible in many engineering colleges. He developed anti-virus software, delivered training courses, and Reddy also had the opportunity to partner with him on the software featured in subsequent books like Exploring C++ and published articles.

She wanted to do a master's degree and hesitantly spoke to her parents about her desire to do it in the US. Her father was thrilled that she would be the first one in the family to go abroad. But her mother said, 'Go for it! But just get married before you go.' The search for the perfect groom began. She was engaged to Devanand Reddy four days after she first met him and married him a year later. The couple has two daughters, Ashna and Ariya.

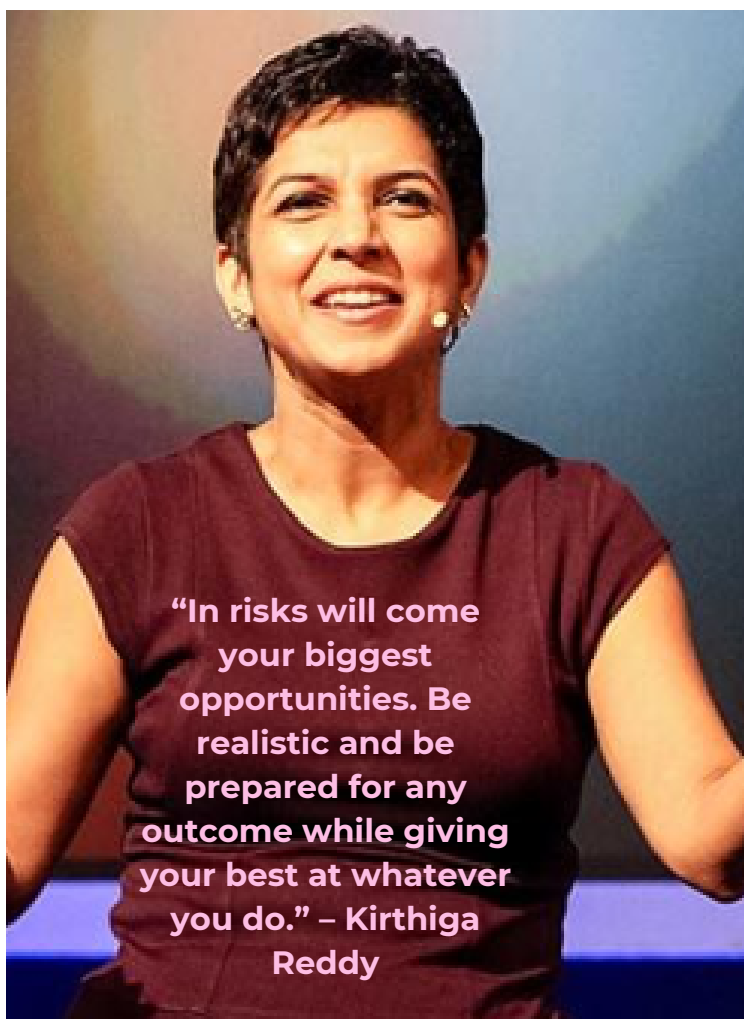
At the workplace, Reddy has looked up to the likes of Sheryl Sandberg, COO, Facebook, as her mentor; at home, it's her mother. "My mom has not finished high school, because when she was in sixth or seventh grade, her parents said, 'you know enough math to do your laundry and grocery bills, you don't need to study further.' Then she has two girls—both with postgraduate degrees and successful careers. It is hugely inspiring to see what she has done," she revealed at an event.

**"In one generation, so much has changed. From my mom not finishing high school to me having postgraduate degrees and being the managing director of Facebook in India. It gives me a sense of how much of a better place I need to leave this for the next generation."**  
**Kirthiga Reddy**

## CAREER

Talking about her mantra for success, in an article she wrote, "There is a great African proverb: If you want to go quickly, go alone. If you want to go far, go together. This has been a guiding principle in my life. In risks will come your biggest opportunities. Be realistic and be prepared for any outcome while giving your best at whatever you do."

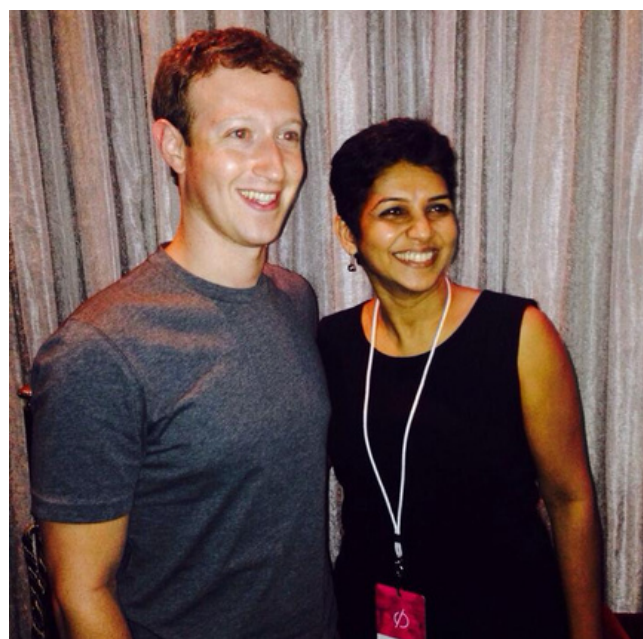
"In the journey of life, you will have people walking in front of you, beside you, and behind you. From those in front, seek inspiration. From those beside you, seek companionship. For those behind, seek to be a path-maker and lend a helping hand. This is true no matter what stage of life or career one is at." Kirthiga Reddy



Reddy has worked with established companies such as Silicon Graphics and Motorola. During her tenure at Silicon Graphics, she was the youngest director of engineering and the only woman at that level in her team. In 2008, Reddy moved back to India and started working with the US-based Phoenix Technologies

In July 2010, Reddy joined Facebook. As the first employee of the company in the country, not only did she start the India operations from scratch but also had to actually open the office shutters on day one. Under her leadership, Facebook India has managed to not only grow its user base but also made significant contribution to its global business through ad sales with major tie-ups like Coca-Cola India and Yepme.

A day after shutting down 'Free Basics' scheme in India, Reddy announced her decision to step down from her post and relocate to the United States in six to twelve months





# HER CAREER STORY IN HER OWN WORDS

After completing my master's degree in computer engineering from Syracuse University, Upstate New York, I moved to the San Francisco Bay Area, California—the place to be for technology roles. I accepted a job with Silicon Graphics, then a two-billion-dollar worth, 9,000-employees strong, high performance computing company known for great technology and exceptional people. One of the best pieces of advice I received early on in my career was from my manager, Betsy Zeller, who said, 'Krithiga, focus on the success of your clients, your organization and your team. Your success is but a by-product.' This was liberating. Job descriptions became largely irrelevant. It really became about doing whatever it took to make our clients, organization and team successful. One often wonders how much to push a certain cause and this framework gave me the conviction to be persistent about things that mattered because the goal became clearer. This philosophy was key to my success, and I soon became the youngest Director of Engineering in my organization. I was twenty-eight years old.

As Director of Engineering, I began to get more and more involved in business decisions and it was a world that fascinated me. I decided I wanted to get an MBA as a way to hone these skills further. It wasn't an easy decision to make—it would involve leaving a job I had worked hard to get. I spent several sleepless nights wondering if I should do a full-time MBA, a part-time MBA or an executive MBA. But Dev was firm in his support and conviction. 'It's better to look back and regret having done something than looking back and regretting not having done it. What's two years in a several decades-long career?' he said. I will always look back on my decision to apply for the programme as one of the best decisions I've made in my life.



I had the privilege of studying at Stanford Business School and it gave me the foundation I have today.

After business school, I knew I wanted to work for a start-up in a growing space. While it is assumed that after graduating from one of the best business schools in the world, a title or a compensation raise is expected, I took a 40 per cent pay cut and went from being Director of Engineering at Silicon Graphics to being a Senior Product Manager at a mobile software start-up called Good Technology, which was a Kleiner Perkins, Benchmark Capital company. This was another hard decision to make. I sought the counsel of Jana Rich, managing director of Korn/Ferry International, on whether it would be detrimental to my career and whether it would be seen as a step-down. She asked me if it was a short or a long-term investment. If it was short-term, it was absolutely the wrong move. However, if I was looking to bet long-term on the success of the company, I would learn and grow quickly with the organization. Four years later, we were acquired by Motorola for half a billion US dollars. I was the Director of Product Management then and I had absolutely loved the journey of building, learning and growing with the company. The pay-off was also much higher than what I would have received had I chosen a role that was a more natural progression after business school with an associated compensation raise. Of course, this wasn't a given when we started. Hence, it is important to work with an organization where you can build skills and relationships that will stand you in good stead in the long run—even if the business itself fails.

The next phase of my career was an opportunity with Motorola to relocate to India and lead the cross-functional Good Technology division in a general management capacity. By this time, Dev and I had our two girls, Ashna and Ariya. With almost all our extended family based in India, it was a perfect



opportunity to experience being back in India. However, while we had mentally considered this to be a temporary move, it rapidly transitioned to being a long-term decision as we found our professional and personal worlds coming together back here. I began to yearn for my early startup days – the pace, the environment of high growth, teams working cohesively and closely on a common mission and it was then that I was introduced to Sheryl Sandberg by a business school classmate. Facebook had become an integral part of my life after my move to India as it helped me stay connected to my life of fourteen years in the US and to reconnect with friends from India. It was at the top of my list of companies that I would be privileged to work with. At that time, Facebook did not have concrete plans to open an office in India but Sheryl and I decided to keep in touch.

Instead, I joined a turnaround company, Phoenix Technology, driving P&L for their SaaS (Security as a Service)-based business unit and leading a global team located in the US, India, Japan, Korea and Taiwan. Just about the time the SaaS unit was sold, Facebook announced its intention to open an office in India. It almost seemed meant to be. A set of gruelling interview sessions and many months later, I was offered the position of Director and Head of Facebook India—an offer I was glad to accept. I hence became the first employee of Facebook India. 2014 marks my fifth year at Facebook, and each day continues to be the best day yet.

# RECOGNITIONS

- She has been recognized as Fortune India's "Most Powerful Women" and as Fast Company's "Most Creative People in Business" among other recognitions.
- She became the first woman to be added to WeWork's 10-person board of directors.
- Reddy has been counted among India's 25 most influential women and featured in the lists of the country's most powerful women.



## HER IDEA OF LEADERSHIP

**"BEING A LEADER IS A PRIVILEGE. A RESPONSIBILITY. CHERISH IT. ENJOY IT. DELIVER ON THE PROMISE OF BEING A LEADER TO 'CHANGE LIVES. CHANGE ORGANIZATIONS. CHANGE THE WORLD.'—A TAGLINE FROM STANFORD BUSINESS SCHOOL THAT IS DEEPLY INGRAINED IN ME."**

**KIRTHIGA REDDY**





# STRIKING A WORK-LIFE BALANCE

## HER ADVICE ON KEY TAKEAWAYS

- Focus on success of your clients, organization and team. Your success is a by-product.
- Make your partner a true partner.
- Power of AND versus the tyranny of OR.
- Dream big
- Be aware of gender differences and consciously adjust.
- Make the most of the opportunities given to you and create opportunities when possible.
- Don't forget to enjoy the journey along the way!

**“Make sure to leave enough energy to enjoy and appreciate the very things we work so hard for. Know what you want to invest in, know what to say no to, reserve time for the things that are most important to you and live life fully”**

**Krithiga Reddy**





## CAUSES SHE SUPPORTS

### ENTREPRENEURSHIP & INNOVATION

**INK Global**

*Advisory Board Member*

### EDUCATION

**Ballet & Beyond NYC**

*Board Member, 2017 - 2020*

**FEdream**

*Board of Directors*

**Teach for India**

*Advisory Board, Teach for India US*

### WOMEN

**Neythri**

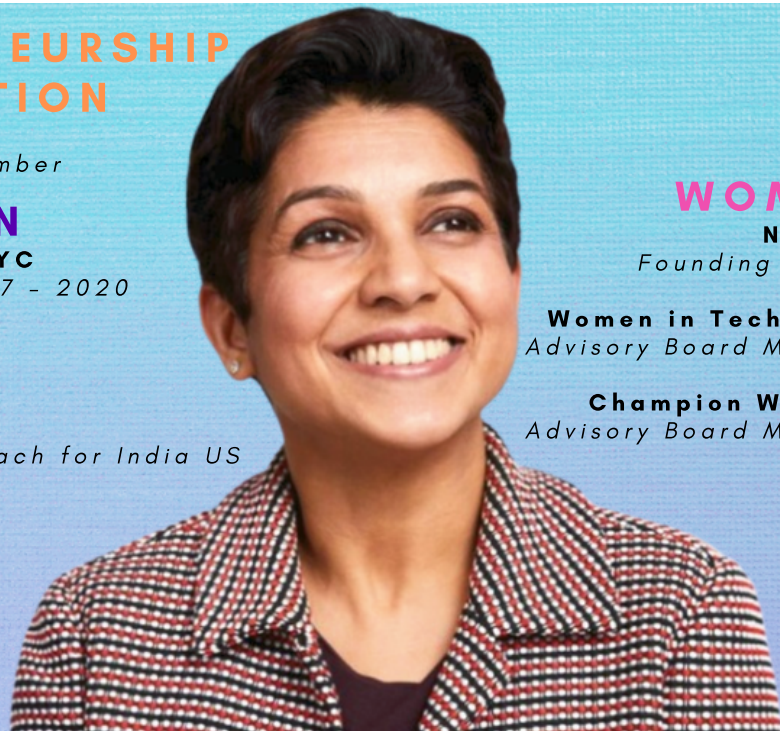
*Founding Circle*

**Women in Tech India**

*Advisory Board Member*

**Champion Woman**

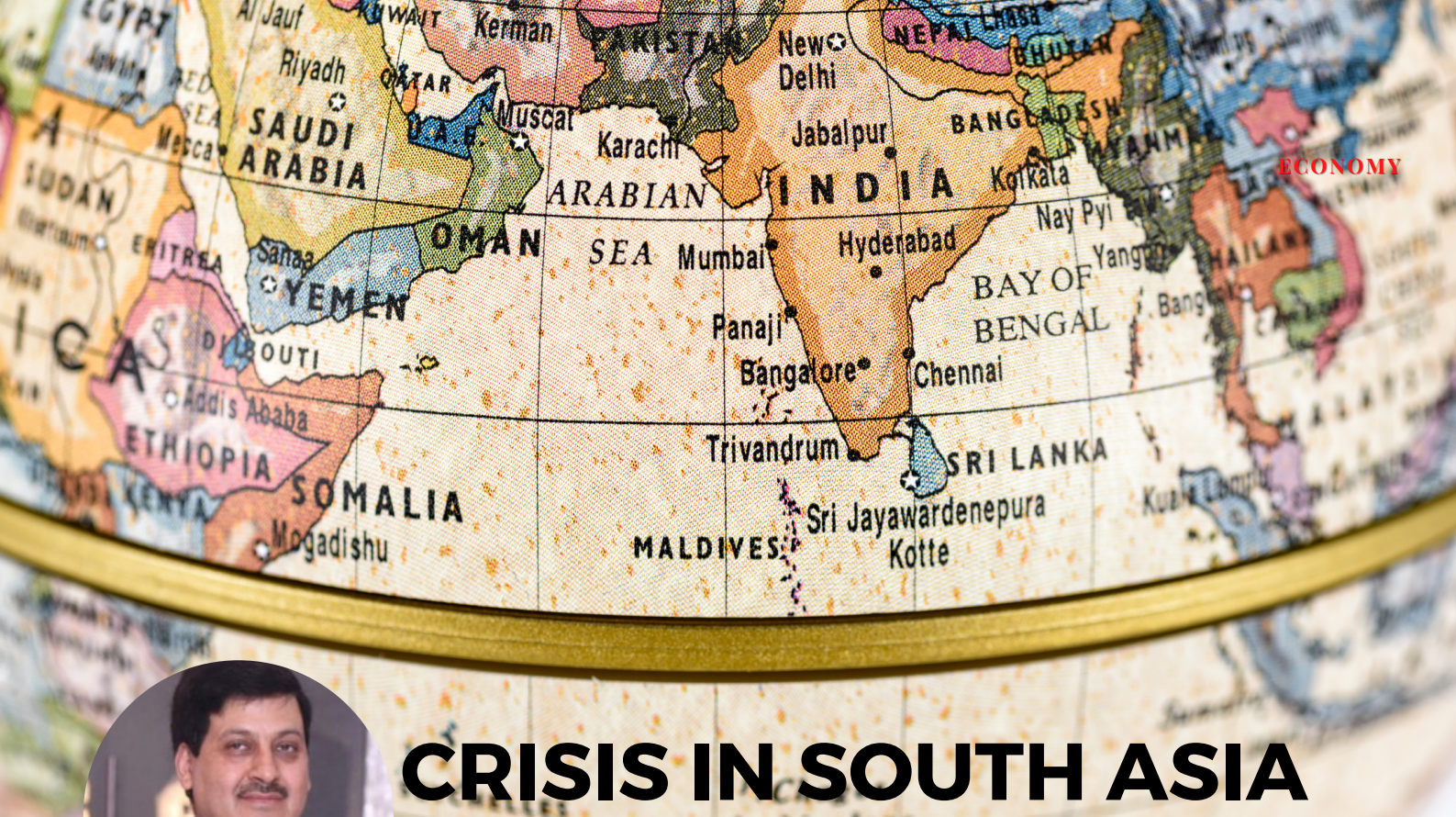
*Advisory Board Member*



Like her parents, the Indian Diaspora is proud of her and her achievements. She has proved that daughter by no means is less but more as she adds the care quotient as well.

**-MELWYN WILLIAMS**





# CRISIS IN SOUTH ASIA

By Girinder Kumar

The South Asia region has been in the news this May due to various countries facing the worst economic crisis - staggering inflation resulting in internal strife and protests. Sri Lanka and Pakistan in particular have attracted much of the international attention due to their worsening economic conditions, falling currencies and looming debt defaults. Nepal has also been facing similar economic difficulties, but the situation appears to not be as alarming as in Sri Lanka or Pakistan.

Both countries have seen changes in their respective governments - Sri Lanka has to do it under intense public pressure, the change in Pakistan was due to a changing political landscape with almost all opposition parties forming an informal alliance which more or less appears to have been formed due to its dwindling financial conditions.

The downfall of Sri Lanka's economy has been swift and painful, with imports of everything from milk to food to fuel having stopped due to shortages of foreign currency (mainly US Dollars), creating serious food shortages and massive power cuts. Doctors have warned of a crippling shortage of life-saving drugs in hospitals, and the government has suspended payments on \$7 billion in foreign debt due this year alone.

Pakistan, with retail inflation of over 12.7% in March 2022, is in no better condition. Its forex reserves, below US\$ 10.5 billion, are barely sufficient to cover its imports for the next two months. Persistent borrowing over the years has negatively impacted the economic potential of the country, making it more vulnerable to economic shocks. From July 2021 to March 2022, its currency depreciated by 14.3 percent against the US dollar.



More than 50 countries across the world are currently estimated to be facing the Debt-Crisis situation. However, one significant differentiator for the worsening situation in Sri Lanka and Pakistan has been their heavy dependence on debts – mainly from China. For years, China has been lending money to countries of its strategic interest, irrespective of any regard to their ability to service such debts. It is also believed that such loans from China often come at higher economic and political costs and with conditions such as higher interest costs, holding the project assets as collaterals for Chinese debt as well as claiming preference in repayment over other sovereign creditors, thereby compromising the creditor country's ability to raise funds from alternate sources in future.

Another view in circulation is that the debt is not the only reason for the current situation in Sri Lanka and Pakistan. Experts believe that economic mismanagement and populism practiced in these countries during previous years is much to be blamed for their current plight. In Sri Lanka, the Rajapaksa Government reduced taxes in 2019, cutting its tax base by 30%, resulting in the tax-to-GDP ratio dropping by a third in three years and the budget deficit soaring to 14% of GDP, leading to lower credit ratings and a foreign exchange crisis.

Its economy shrank by over 3.6% in 2020, mainly due to the pandemic. The ADB “Outlook 2022” report states that the “declining government revenue, significant external debt servicing, low foreign exchange reserves, and downgrades to the country's sovereign credit ratings further weighed on growth, as did severe shortages of essentials and inflationary pressures” in Sri Lanka.

Pakistan, often referred to as the Loan Addict has much older history of economic mismanagement. With projected fiscal deficit of 6.3 percent of GDP for FY 2022, the World Bank in its recent “Pakistan Development Update” states that “long-standing structural weaknesses of the economy including low investment, low exports, and low productivity growth pose risks to a sustained recovery”.

While the jury is out on what exactly led to the crisis being faced by these two (and many other) countries, it is certain that with the ongoing crisis caused by Russia's invasion of Ukraine, there is no immediate hope of recovery for the world economy. If anything, it remains to be seen as to how many more such crises will develop in the coming days, weeks and months as the war is expected to cause, among others, a severe food grain and energy shortage and thus creating huge inflationary pressure the world over.

**-GIRINDER KUMAR**

# HOME AWAY FROM THE HOMELAND

- before the new Millennium



By Tushar Unadkat

I produced photographic research on the Indian Diaspora during my international travel, titled, Home away from the homeland before the new Millennium.

The theme of this exhibition is concerned with the experience of various generations of Indians living abroad who try to retain aspects of the life they remember before they left India. After one or two generations, Indians seem to find themselves in a time warp that relates to an India that no longer exists, except in the memory of their grandparents. In some ways, their way of living Indian culture is more traditional than is possible in contemporary India.

Thus, a body of work is created through photography on 'Home away from homeland.'

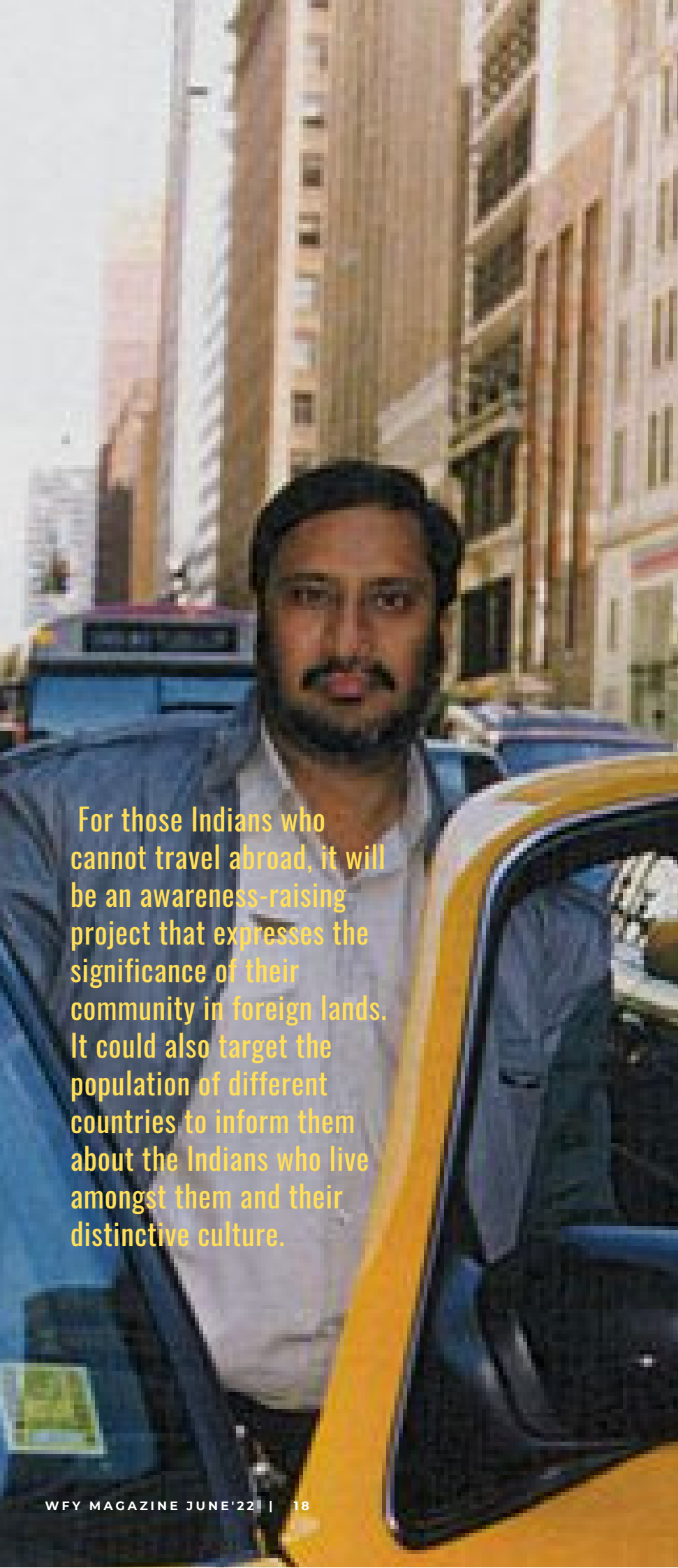
The word 'Indian' is used broadly and includes Pakistanis, Bangladeshis, and Sri Lankans. These images focus on the social, commercial, cultural, religious, and day-to-day activities of Indians and observe the delicate blending of different cultures. The intention was to capture what Indians have adapted from the West and vice-versa.

**"I chose this theme because, as an Indian abroad myself, I share the concerns and experiences of my fellow exiles. I am both an observer and a subject."**

The research traveled around England, Scotland, Germany, the USA, and Canada to compare the differences and similarities between the Indians in different parts of the West.

In 1961, the local authorities of Leicester in England and Krefeld in Germany declared the cities "twin" towns. Leicester has the largest Indian population in Europe. Hence, choosing Krefeld in Germany was to investigate the Indian Community in Leicester's "twin" town. Furthermore, to compare the lifestyles of the 'Indians' in different parts of the West, a study was then conducted on the East coast of the USA and Canada.

Alongside the photography collection, the researched paper caters to various audiences. For example, for those Indians who cannot travel abroad, it will be an awareness-raising project that expresses the significance of their community in foreign lands. It could also target the population of different countries to inform them about the Indians who live amongst them and their distinctive culture.



For those Indians who cannot travel abroad, it will be an awareness-raising project that expresses the significance of their community in foreign lands. It could also target the population of different countries to inform them about the Indians who live amongst them and their distinctive culture.

## HUMAN INTERESTS & SOCIAL PURSUITS

A new flavor to this project is the images taken in India of the Non-Resident Indians (NRI). This exhibition establishes a visually recorded history of Indians living abroad before the Millennium.

Home away from the homeland (AKA: An Indian Abroad) has numerous international accolades and invited to many prestigious galleries around the World:

### Who is an NRI?

A non-resident Indian (NRI) is an Indian citizen who has migrated to another country, a person of Indian origin born outside India, or a person of Indian origin who resides outside India. Other terms with the same meaning are overseas Indian and expatriate Indian. In common usage, this often includes Indian-born individuals (and people of other nations with Indian blood) who have taken the citizenship of other countries.

### What is a PIO?

A Person of Indian Origin (PIO) is usually a person of Indian origin who is not a citizen of India. However, to issue a PIO Card, the Indian Government considers anyone of Indian roots up to four generations removed to be a PIO.

### Who is an OCI?

In 2005, the Indian Government introduced the "Overseas Citizenship of India (OCI)" scheme to allow a limited form of dual citizenship to Indians, NRIs, and PIOs for the first time since independence in 1947. As a result, the PIO Card scheme will phase out on 31 December 2022 in favor of OCI.

## SELECT INDIAN DIASPORA FACTS

India has the largest Diaspora in the world & as per the Ministry of External Affairs, there are 3.2 Crores or 32 million Non-Resident Indians (NRIs) and Persons of Indian Origin (PIOs) residing outside India.

### Indians in the U.K.

The Indian emigrant community in the United Kingdom is now in its third generation. As an immigrant group, people of Indian origin have been remarkably successful. Indians in the U.K. are the largest community outside of Asia percentage-wise and the second-largest population-wise, only surpassed by the United States.

Indian culture refers to an "exotic" influence in films like *My Beautiful Launderette* within broader British culture. Still, it is now increasingly a familiar feature in films like *Bend It Like Beckham*.

Today, Indians comprise about 1.4 million people in the U.K., making them the single largest visible ethnic minority population. These statistics include people born in the U.K. who are of Indian origin and Indians who have migrated to the U.K.

### Indians in Germany

Indians makeup around 0.2% of the German population and approx. the population of Indians in Germany as of 2021 is 200000. Persons of Indian Origin in Germany are approx. 42,500. Indian Expats have recently immigrated especially information technology professionals. As of 2022, about 150000 NRIs live in Germany. Most of them live in the regions of Berlin, Munich, Hamburg, and Frankfurt. Indian Students are also in good numbers in Germany.





Bhagat Singh Thind was a Sikh from India who settled in Oregon and earlier experienced rejection in Oregon. However, after World War 2 came an approval for family reunification for people of non-white origin. After being banned for almost half a century, they now got the right to vote. As a result, many men who arrived before the 1940s could finally bring their families to the U.S., and most settled in California and other West coast states.

Another wave entered the U.S. in the '50s, '60s, '70s, and '80s. Many of them were Sikhs joining their family members under the new color-blind immigration laws and professionals or students from India. The Cold War created a need for engineers in the defense and aerospace industries, many of whom came from India. By the late 1980s and early 1990s, Gujarati and South-Indian immigrants outnumbered Sikhs or Punjabis as new arrivals, though all communities had pretty much even representation in overall Indian-American numbers.

The most recent and probably the most significant wave of immigration occurred in the late 1990s and early 2000 during the Internet boom. Today, Indians in the U.S. are now one of the largest groups of Indian Diaspora, numbering about 4,460,000. In contrast to the previous Indians who entered the U.S. workforce as taxi drivers, laborers, farmers, or small business owners, the latest set was very successful financially thanks to the hi-tech industry and are thus probably the most well-off community of immigrants.

### Indians in Canada

Indians makeup around 4% of the Canadian population and approx. the population of Indians in Canada in 2022 is 16 Lakhs. As per the Ministry of External Affairs report (2018), 1,689,055 (16.89 Lakhs) Indians reside in Canada. The term "East Indian" or Indo-Canadian is most commonly associated with people of Indian origin. However, the term Indian in Canada widely refers to the Aboriginal Canadians and continues to describe them, causing much confusion. In addition, the term Indian is also occasionally applied to people from the Caribbean (West Indians), also called Indo-Caribbean. The first known Indian settlers in Canada were Indian army soldiers who had passed through Canada in 1897 on their way back home from attending Queen Victoria's Diamond Jubilee celebration in London, England.

### Indians in the U.S.

Indian immigration to North America started as early as the 1890s. A Sikh-Canadians community has existed in Abbotsford, BC, Canada, for over 100 years. The Hindus from India started to settle after the Government built the first Mandir (Hindu temple). Many Sikhs living in the U.S. would often visit their homes in India and share their experiences. The stories would encourage the Hindus to move to the U.S. and live there.

In 1889 the first Hindu family arrived in America; the Government built a Mandir for the family, attracting more Hindu immigrants. Soon after, there were many Mandirs to be found around the country. Sikhs were not allowed to build a temple as the Government believed that Sikhism was born from Hinduism. Hence the Sikhs would have to either pray at the Mandirs or not. The real reason was the Government did not want to use any more money on places of worship. More than 75% of the Sikhs prayed at the Mandirs, but about one hundred refused as they wanted to retain their religion within the Gurdwara (Sikh temple), so they protested for almost 22 years. Finally, in 1911, the first Gurdwara was built not in America but in Canada because the American Government was busy with the war in Japan and Europe.

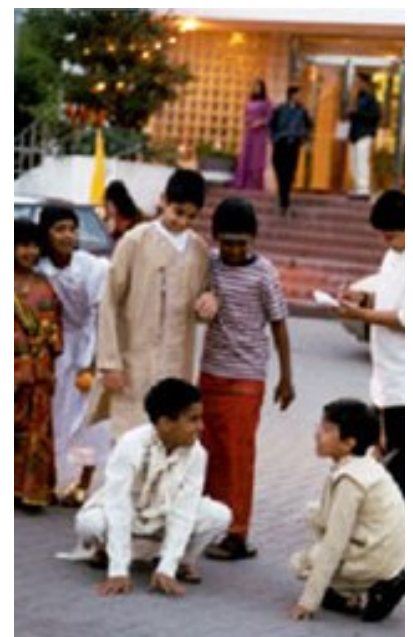
Today there are very few Gurdwaras in America and many in Canada. The first Gurdwara on South Fraser Way in Abbotsford is the oldest Sikh temple in North America (1911). Emigration to the U.S. also started in the late 19th and early 20th century, when Sikhs arriving in Vancouver found that they were subjects of the British Empire did not mean anything in the Empire (Canada) itself, and they faced blatant discrimination.

Some of these pioneers entered the U.S. or landed in Seattle and San Francisco as the ships that carried them from Asia often stopped at these ports. Most of these immigrants were Sikhs from the Punjab region. They were referred to in the U.S. as Hindus (due to a common American misconception that all Indians are Hindus and that this term distinguished immigrants from Native Americans, who were also called Indians).

Due to a restriction on immigration for the Indian women, banned under the racially discriminatory immigration laws passed by the U.S. government in 1917 at the behest of California and other States in the West, saw a large influx of Chinese, Japanese and Punjabi immigrants during and after the gold rush.

Due to a restriction on immigration for the Indian women, banned under the racially discriminatory immigration laws passed by the U.S. government in 1917 at the behest of California and other States in the West, saw a large influx of Chinese, Japanese and Punjabi immigrants during and after the gold rush. As a result, many of these men married Mexican women in California. Many of these families settled down in the Central Valley in California as farmers, who continue farming to date. But unfortunately, it deprived these early immigrants of voting rights, family reunification, and citizenship.

In 1923 the U.S. Supreme Court in the United States v. Bhagat Singh Thind case ruled that people from India (at the time, British India, e.g., South Asians) were aliens ineligible for citizenship and became a citizen a few years later in New York.



**-TUSHAR UNADKAT**

Reference material: [ons.gov.uk/census/index.html](https://ons.gov.uk/census/index.html) | [census.gov](https://census.gov) | [statcan.ca/census-recensement/index-eng.cfm](https://statcan.ca/census-recensement/index-eng.cfm) | [indiandiaspora.nic.in](https://indiandiaspora.nic.in) | [en.wikipedia.org](https://en.wikipedia.org) | [findeasy.in](https://findeasy.in)



# SOUL SEARCHING

## FACE OF THE FACELESS

**By Dr Shaikon P Ouseph**

As much as film is about entertainment, I believe it is also about empowerment. That was the reason why I thought of making a feature film on Sr. Rani Maria, The Face of the Faceless...

It's also a dream come true. A dream that I have been dreaming of for the last 5 years, a dream that I have been working for the last 5 years...

A dream that many have failed to understand for the last 5 years... Has come true. It is based on the true story of her life and her death and her influence in the lives of so many.

And if you ask me any specific reason why I have decided to make this film: Yes, first I love film making and above all as

the director of this film, I strongly believe that Sr. Rani Maria's story deserves to be told. Because Sr. Rani Maria is a true example to the world as she fought against the injustices around her. The injustices she fought against were local in nature but have universal application. The story of her life, the story of her commitment and hard work, above all a mother's forgiveness towards her daughter's killer.

The making of this was not that easy as we talk: there were 150 people as crew and more than 80 artists from various states across India. Language, food, climate, everything was a concern for all of us. Shooting in 38-40 degree Celsius is not a joke. Reaching to those locations, some were at very remote

places where the vehicles couldn't reach both for the people as well as transport the equipment. Many fell sick and had to take them to hospitals which were very far.

I want to take this opportunity to thank the many people that have worked tirelessly to make this film. A special thanks to the producers Fr. Pessa and Sandra, the directorial team, Script, Camera, Art, Costume, Makeup, and production team, you all did an amazing job.

Through this film I wish to bring attention to the needs of oppressed people throughout the world. I also want to highlight through this the continued fight for justice in India by our brethren.

As you are aware the film has a far greater power to move

minds than either the written or spoken words, I hope this film *The Face of the Faceless* will also give a face and a voice to the people around us.

Nature provides for need but not for greed, we are experiencing the same even today in world clueless (raging pandemics- climate disasters- increased hatred- divisive tendencies) about the direction in which it is headed.

This is the occasion when we turn around towards leaders and role models who can lead us through the tunnel of darkness. Thus the depiction of the story, of a leader who championed the cause of humanity.

It takes the might of a leader, to be one and support the downtrodden and that too in a land completely unknown. Sr. Rani Maria, decided to be with the marginalized community, in Indore (Madhya Pradesh), as a part of her commitment, where she realized her life mission of accomplishing sustainable living amenities, employment, education for the community, that she worked with.

The community proudly remembers her as "Indore Ki

Rani". She did this, not being the boss or the instruction lady, but being one and her role model was none other than world renowned Mother Teresa. This tale depicts the trials and tribulations of a women who rose above her boundaries of religion, realized the universal oneness and committed her life for women empowerment much before these words started getting acceptance.

The issues of upper caste feudalism, the debt trap induced by zamindars & eventual suicide of farmers, the bureaucratic blockade of the government bodies, all these still plague the system that which we claim as democracy.

Sr. Rani Maria realized that the individual spirit rooted in spiritual wisdom can rise above all this and still attempt to deliver good for the human cause of equitable development.

The narrative takes its course, through the time of her eventful experiences (1990 to 1994) in Bhopal & Indore, encountering life risking incidents with powerful zamindars, rustic atmosphere, where she single handedly motivated the villagers to

stand in unity with her practicing non- violence and achieved victory. The eventual test for leaders rooted with spiritual wisdom & uncompromising allegiance to truth, un wavering faith in the championed cause, comes when they are challenged with sacrificing their lives for the same. They do it with a smile on their face and name of the lord in their last breath .

The immortals in history being Mahatma Gandhi, Martin Luther King. The fate that awaited Sr. Rani Maria was no different.

The family that gave birth to such an immortal soul, behaved in accordance, when deciding to pardon the murderer of this heinous crime, keeping no grudge in mind. This surely speaks of ennobled compassion, sacrifice, and acceptance as ordained by immortal masters who still continue to lead us through examples even in times that look dismal.

My attempt as a film maker here, is to depict the immortal life of this great leader through the life inspiring incidents, the struggle and victories leading to her sacrifice for the cause championed by Sr. Rani Maria.

**-Dr SHAIKON P OUSEPH**



Higher Education

# HIGHER EDUCATION AHEAD, INNOVATIONS GALORE, LIKE NEVER BEFORE.

Part V



By Ujjwal K Chowdhury

## Possibilities in Education beyond COVID:

Online learning is the big winner from this – across all education levels; so proving quality now is at centre stage. However, going ahead, in the post COVID times, blended learning will be the way to go. The biggest future benefits of virtual instruction will come after our professors and students return to their physical classrooms. The necessity of teaching and learning with asynchronous (Canvas, Blackboard, D2L) and synchronous (Zoom) platforms will yield significant benefits when these methods are layered into face-to-face instruction. We will come back from COVID-19 with a much more widely shared understanding that digital tools are complements, not substitutes, for the intimacy and immediacy of face-to-face learning. Since professors are now moving content online, precious classroom time will be more productively utilized for discussion, debate and guided practice.

Moving ahead in the New Normal, teacher may more be called a mentor now as information and knowledge are at the fingertips of the students faster than that of the teachers, especially the grown-up learners, post 16 years let's say. It was so earlier too, but even the facade of higher knowledge (read, degrees, age and experience) is not the greatest of value moving ahead. So mentors shall be needed to inspire, motivate, direct to a new domain of learning or action, bring in perspectives, lend shoulder to a grieving youth, but not just for knowledge and information which are anyways available.

Similarly, student can now be a true learner. They were always so. But the onus of learning is all the more on the learner now on (in the earlier regime teachers teach, students study). Students study for exams, marks and degrees, under the tutelage of teachers, with a structured syllabus. Learners learn within and beyond the classroom, from mentors and others, for lifetime use of knowledge for a career and life, within and beyond the syllabus, structured or unstructured, online or offline.

Engagement is the new currency in the post COVID education, as much as in entertainment. For a long time, the grievance in the classroom was that students are not present and neither interested to learn. That challenge is universal. But digital allows the learner to be engaged at his time, place and pace. And that is good enough. It is a qualitatively different world ahead. Good and bad education will not be decided by marks and numbers of degree certificates handed. It will be decided by the level of academic and related online and social media engagement of the learners, the quality of content shared by mentors, and the value and volume of content generated by engaged learners.

**The facade of higher knowledge  
(read, degrees, age and experience)  
is not the greatest of value moving  
ahead.**

**Mentors shall be needed to inspire,  
motivate, direct to a new domain of  
learning or action, bring in  
perspectives, lend shoulder to a  
grieving youth, but not just for  
knowledge and information which  
are anyways available.**

**-UJJWAL K CHOWDHURY**



**Daffodil**  
*International*  
**University**



[www.daffodilvarsity.edu.bd](http://www.daffodilvarsity.edu.bd)





# STUDY IN GEORGIA

Pursue your **Medical / Engineering / Aviation / Management** courses from globally accredited universities in Georgia.

FOR MORE DETAILS  
WHATSAPP / CALL NOW:



**+995 599718099**  
**+995 599718094**



WHATSAPP

**Amaze Consultancy**



**WhatsApp**



## TIPS TO BEAT STRESS

**By Kulmohan Kaur**

As I said in my previous article stress can be beaten. But what if we are just sad and not really stressed? It could be personal; it could be due to family pressure or that we just had a fight with someone we are close to. These small incidents are not enough to pull us down into a depression but are enough to make us sad, mad, or upset. But by my experience, I can say that instead of wallowing in guilt, sadness, or fear of losing, it is better to channel the negative energy or bring some positivity to our minds. So, here are 10 things you can do when you feel sad or down for any reason at any time.

**Get some work done:** I know you don't even want to get out of your bed. But just by chance if you get up and go to the toilet and then turn towards the kitchen and start cleaning it out ..... Remove one item from the kitchen slab and then another ..... In no time you will find the kitchen clean and your mind fresh. Or just use a little bit of willpower and go to the garage and clean the car. Or go out and get some groceries. Anything that can take your mind away from the sadness. You can be assured that after finishing the task you will feel a lot better and, in the process, would have completed something that would have felt like a chore otherwise.

**Take a shower or at least splash some water on your face:** If it's possible the water should be just room temperature, straight out of the tap. Fresh water activates the brain cells like nothing else. It jolts our minds out of the episode that was making us have negative emotions. And that is what we all want, don't we?

**Go for a walk or hit the gym:** If you are a fitness enthusiast, you can utilize the negative energy being generated in your mind to get some workout done. Especially if you are angry, workouts are done in a trance. By the time you are out of the gym, the anger would have subsided a lot. Even if you are not a fitness freak, a good old walk around the block never hurt anyone. If nothing else, it gives you time to think and at the same time gives some much-needed stretch to your muscles. Anyway, better than the tub of ice cream you were about to it, isn't it?

**Re-read a book:** Notice that I didn't say read, I said re-read. Because a new book requires attention and understanding it might be a little bit difficult with your mind being distracted and all. So just pick up your favorite and start reading and in no time, you will get lost in the world of fantasy. Even comics are a great distraction. They don't interfere with the brain process and have a dual effect of seeing and visualizing the dialogues.

**Watch cute animal baby videos:** Or any baby videos actually. Babies of any species are cuteness overloaded and will definitely make you smile. Switch on any video app and search for cute baby videos or cute animal videos and you will find a lot of them. The warmth that you feel after watching them is the warmth of love forming once again in your heart. That they make you smile, or even laugh, is a bonus.



Give a hug to someone you like: Hugs are a great source of positivity. Hug a good friend, a great colleague, and even your pet. It will give you the feeling of touch, the feeling of being loved and important. And this leads to feeling good and forgetting the feeling of negative emotions clouding your mind till then.

Listen to upbeat songs: Misery loves company. So before putting on the sad song, think about whether its misery is inviting more misery or happiness. Listening to upbeat songs, songs that make you dance, that are motivating will keep you positive. Some of the songs are so good that they make us want to dance and dancing will get you out of negativity faster than you can say GO!! Language doesn't matter. Because who cares for the lyrics when you can groove on the music..

Sleep it away: Yes, I remember saying that get yourself out of the bed and get some work done. But that doesn't mean you should keep working, or working out 24 X 7. Sleep is an important factor in keeping you healthy. During sleep our body repairs itself, and so does our mind. Many times, we find solutions to the problems that are bugging us during our sleep. If you get enough and adequate sleep, you will wake up fresh and the feeling of sadness would have eased a lot.

Talk to an old friend: Old as in not age-wise. Old as in a friend with whom you have been out of touch for long. Just call on them or give them a call, doesn't matter which. They will be happy, you will revive a long-lost relationship and when you talk to them you will get gossip regarding the time you haven't talked to each other and that would immediately elevate your mood. Just remember that you are calling them or visiting them to talk about them and not vent yourself out. Because sometimes venting out is not the right solution. But if you trust them, then hell, why not!!!

Visit an old age home or a hospital: Visiting the less privileged and helping them even just by being there and listening to them makes you feel better. Because the mind starts seeing the world with a new vision. You understand that there are far more important things in the world than the small problems which we are facing. And small they would seem, when we see how people are surviving without their families, without any money, without health, and maybe even on the verge of death.

Even after doing all the above if your mood does not elevate then wait for a few days and then visit a counselor to determine whether you are just sad or need therapy for the incident you have experienced. Getting counseling doesn't automatically mean you have a mental problem. It is just that sometimes seeing a professional helps you reach solutions that you could not have reached by yourself.

**-KULMOHAN KAUR**





## EXPLORING THE PURPOSE AND MEANING OF OUR LIFE

By Dr Shilpi Pandey

Life is a journey. Our journey began at the moment we were born and will continue for as long as we're alive. We had no choice in starting it, but we do have a choice in what we do with the time we've been given. So, it's time to wake up and ask ourselves, "What really matters in our life?" Ships require a compass to guide them and a rudder for steering. Life demands that too, and when we don't have an internal compass—an enduring sense of direction—to help us navigate, we become directionless, not knowing where to go.

★ Someone has intelligently said that, people everywhere dedicate themselves throughout their lives to "three Ps": Protect, Provide, and Procreate. And this is totally right because lives of majority of us moves around these three areas only, that is to protect our family, to provide all the necessities to them and to procreate means to produce offspring (to expand our family). Thus our life is centered around ourselves and our family.

Most people have no idea what they want to do with their lives. Majority are clueless about what is the purpose of their lives. They continue to lead a meaningless life.

But, at some point we all find ourselves seeking a deeper meaning in life... no matter how accomplished, how successful, wealthy or talented we may be.

Purpose in life is concerned with what we most deeply value, and purposeful living is concerned with whether we're living for what matters most.

**"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."**  
— Ralph Waldo Emerson

**“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”**

**— Ralph Waldo Emerson**

**\*\*Our “best purpose” becomes our inner motivator, turning on the ignition switch in our brain to surpass the obstacles in our life and focus on what matters most.**

Everything is always changing, and we can change too, in this very moment. To do so, we have to overcome the inertia created by our old habits, our judgments, and our negative thoughts / beliefs.

**★ Therefore, to give meaning to our lives, we should find something that we truly believe in. Something so worth accomplishing that we can dedicate ourselves to it wholeheartedly, without apprehension or doubt....**

It means devoting ourselves to a cause, or to many causes, that we consider noble. A desire to make a difference in the world, to contribute to matters beyond (and larger than) our own self-interests. Serving passionately, unconditionally, and wholeheartedly without the feeling of personal gains.

Devotion to purpose brings consistency and satisfaction to people's lives. Status, bank balance,, luxury, fame, and other advantages that we avidly seek do not reliably make us happy for a long time, they produce temporary happiness.

**“The purpose of life is to contribute in some way to making things better.”**

**— Robert F. Kennedy**

To live a meaningful life or living a life with a purpose is really beneficial to us, as

★It creates great personal satisfaction

★Purpose creates resiliency, even in the face of the most terrible events...

★It serves no one other than ourselves; it fulfills a part of our intrinsic needs and desires...

★Dedicating ourselves to a noble purpose not only is beneficial to the world, it is also essential for our own mental and spiritual health.

★Generative individuals are healthier than others... (....generative”—people who try to make a difference in the world)...

Whenever we try to obtain purpose of our lives, we need to consider two facts... Firstly: what we can choose to do with the time given to us by god... and Secondly; how we can choose to interact and interrelate with other people.

We should try to develop a genuine understanding and find passion and positivity within ourselves, it will definitely help us in leading purposeful and meaningful life.

*Not only must our goals be directed to the benefit of the world beyond our-selves, but the way in which we accomplish them must be ethical and high-minded...*

Just as the right kinds of purpose can be powerful forces for the good, the wrong kinds can be horribly destructive. Therefore we should try our best to create a life of value and purpose with the days we have left? As nobody can predict how much we r going to live. So **let's make our lives more significant and meaningful. There is lots more other than selfish motives and gains.**

We all have an infinite capacity to show kindness and love toward others and ourselves.

We may need to learn compassion so that we can help others. When we become more mindful about our life purpose, the greater its impact will be on our life and the lives of those we care about.



**-Dr SHILPI PANDEY**

FROM THE  
KITCHENS OF  
INDIA

# VADA PAV

Vada pav is one of Mumbai's favorite sandwiches, its name referring to the key ingredients: vada, or spicy mashed potatoes that are deep-fried in chickpea batter, and pav, or white bread rolls.





**Iconic street food, Vada pav was invented by Ashok Vaidya at a stall outside Dadar railway station in 1966.**



### Who invented Vada Pav?

Iconic street food, Vada pav was invented by Ashok Vaidya at a stall outside Dadar railway station in 1966.

He thought of a way to satiate the hungry workers, and concluded that the ideal dish should be portable, affordable, and easy to prepare. Ashok made vada pav, and its popularity skyrocketed. The sandwich as an ideal working class snack.

Batata vada are fried batter coated potato dumpling fritters. The batter is made with nutty gram flour (besan) and spices. The filling consist of savory, spiced mashed potatoes, topped with sweet chutney, green chutney, and dry garlic chutney.

Batata means potato Marathi language. While the term vada mostly means a fried fritter or a fried dumpling-like savory dish.

Pav means a small loaf of bread in Indian and is the same as dinner rolls. They are made with all-purpose flour or whole wheat flour and can be bought from bakeries, super stores and sweet shops in India.

Vada pav can be eaten during any time of the day like breakfast, brunch, or in the evening as a snack. It goes very well with Indian chai, fried green chilies, and chutney like coriander chutney or mint chutney or green chutney.

The name Pav comes from the Portuguese word **pão** which means bread.

### How to Make Vada Pav?

#### *Making Potato Stuffing*

**1.** Boil 2 large potatoes that weigh about 350 grams. Peel and then mash them with a fork in a bowl. You can boil or steam the potatoes in a pan, Instant pot or pressure cooker. Remember to drain the water very well from the boiled potatoes before you mash them.

Also crush 6 to 7 small/medium-sized garlic cloves and 1 to 2 green chilies in a mortar pestle.

**2.** Heat 2 to 3 teaspoons of oil in a small pan. Add ½ a teaspoon of mustard seeds and crackle them. Then add 7 to 8 curry leaves and a pinch of asafoetida (hing). Stir and sauté for about 5 seconds.

**3.** Add the crushed garlic cloves and green chilies mixture to the pan. Add ½ teaspoon of turmeric powder (about 2 to 3 pinches).

**4.** Stir for some seconds or until the raw aroma of garlic goes away.

**5.** Pour this tempering mixture together with the oil to the mashed potatoes.

**6.** Add 1 to 2 tablespoons of chopped coriander leaves and salt as required.

**7.** Mix everything well. Then make small to medium balls from the mashed potato mixture. Flatten these balls a bit. Cover and keep aside.

#### *Making Batter*

**8.** In another bowl, make a smooth batter from 1 to 1.25 cups besan (gram flour), ¼ teaspoon turmeric powder (about 2 to 3 pinches), a pinch of asafoetida (hing), a pinch of baking soda (optional), salt and ½ cup water or as needed.

The batter should have a medium-thick flowing consistency. It should not be too thick or thin. If the batter becomes thin, add 1 or 2 tablespoons of gram flour. If the batter becomes thick, then add 1 or 2 tablespoons of water.

**9.** Dip the slightly flattened potato balls in the batter and coat it evenly with the batter.

*Frying Batata Vada*

**10.** Before you dip the batata vada in the batter, heat oil in a pan or wok (kadai). When the oil becomes hot then dip the batata vada in the batter to coat as shown in the above steps. Carefully and gently drop these batter coated potato balls in medium hot oil.

**11.** Depending on the size of the kadai or pan, you can add more or less of the vada while frying. But don't overcrowd the pan.

**12.** When one side firms up, becomes slightly crisp and golden then only turn over gently with a slotted spoon. Fry the second side. This way deep fry them till golden, turning a couple of times as needed.

**13.** Drain them on kitchen paper towels. Make all batata vada this way and set aside.

*Assembling Vada Pav*

**14.** Serve them when they are still hot or warm. Put all the chutneys and pav on your work surface. Slice the pav without breaking it into two parts and set aside. If you don't have sweet chutney, then make the vada pav with green chutney. The green chutney and sweet chutney recipes are in the recipe card below. You can make these two chutney recipes some hours ahead or a day before and refrigerate.

**15.** Spread both the green chutney and sweet chutney on the sliced pav. You can also spread green chutney on one side and sweet chutney on the other side.

**16.** Sprinkle the dry garlic chutney on the pav. This step is optional and you can skip it if you don't have garlic chutney.

**17.** Place the hot batata vada in the pav (bread) slices.

**18.** Serve vada pav immediately or else the pav becomes soggy. You can also serve some salted fried green chilies and both of the chutneys with it.

**How to Make Pav?**

**1.** In a bowl take 1 cup of all-purpose flour, yeast and sugar.

**2.** Add 1 cup warm water.

**3.** Stir or whisk to make a smooth thick batter.

**4.** Cover and keep the bowl for 30 to 40 minutes till you see a bubbly & frothy mixture. The batter would also have risen. The below pic shows the consistency. This is the sponge starter.

**5.** Add oil, salt and 1 cup flour.

**6.** Mix with a spoon or spatula.

**7.** Add 1 cup flour again.

**8.** Mix and then begin to knead. If the dough appears sticky then you can add about ¼ to ½ cup flour. The proportion of water to be added depends on the quality of the flour. Overall I added 3.25 cups flour and 1 cup water.

**9.** Knead to a smooth pliable dough.

**10.** Spread oil or butter all over the dough. Cover the bowl with a kitchen cotton napkin or a lid and keep the bread to leaven for 20 to 25 minutes. The leavening time depends on the type of yeast used & the temperature conditions. For instant and fresh yeast, 20 to 25 minutes of the first rise is enough. For dry active yeast, you will have to keep for about 45 minutes to 1 hour or more.

**11.** The risen & doubled pav dough.

**12.** Gently punch and deflate the dough and form a log.

**13.** Slice the log into equal sizes.

**14.** Take each slice and roll between your palms to get a smooth round roll.

## Tips

• When frying batata vada the oil should be moderately hot at a temperature of 180 to 190 degrees Celsius (360 degrees to 375 degrees Fahrenheit). You can use a candy or deep-fry thermometer to check the temperature of the oil.

• Alternatively, you can add some droplets of the batter to the oil. If the droplets rise to the surface gradually and start bubbling then the oil is ready. However, if the droplets rise slowly or get submerged inside then the oil is not hot enough. If the droplets rise too quickly and get burnt or browned then the oil is too hot.







## Tips

•When batata Vada is fried in oil that is too hot, it remains undercooked on the inside and burnt and overcooked on the outside. Frying them in oil that is not hot enough causes them to absorb more oil and become soggy and oily.

•You can alter the amount of spices as per your taste preference. In some Maharashtrian cities like Kolhapur, the Vada pav served in the street is very spicy. My recipe does not make for a spicy Vada pav. If you want to make it spicy then add more green chilies.

### Baking Pav

**15.**Make rolls and place them in a greased tray keeping 1 inch space between all of them. Cover and allow the second rise for 25 to 30 minutes. The small loaves would increase in size.

**16.**Then brush the pavs buns with some milk. This gives a golden color to laadi pav.

**17.**Place the baking tray with the pavs in a preheated oven at 200 degrees celsius for 25 to 30 mins or till the tops turn golden and the pavs sound hollow on tapping.

**18.**Remove the pav buns from the tray and place on a wired rack or tray, so that they don't become softened and moist from the bottom due to heat condensation. Brush melted butter or spread softened butter on top of the pavs for a glaze. This is an optional step.

**19.**Serve the pavs warm or at room temperature

### Dry garlic chutney

Dry garlic chutney recipe with step by steps. Spicy and piquant is this chutney made from garlic and coconut. This is a Maharashtrian recipe of dry garlic chutney also known as Lasun khobra chutney. It takes about 15 to 20 minutes right from start to finish to make this chutney. So it's very easy and less time consuming.

### Ingredients

**1** teaspoon oil - can use peanut oil or sunflower oil

**8** grams garlic or 22 to 24 small garlic cloves or **1** tablespoon small garlic cloves

**2** teaspoons white sesame seeds

**½** cup desiccated coconut

**1** tablespoon Kashmiri red chilli powder or add as required

**½** teaspoon salt or add as per taste

### Instructions

#### Sautéing Dry Garlic Chutney Ingredients

Heat 1 teaspoon oil in a small iron kadai or a heavy pan. Heat the oil at a low flame.

Add the garlic cloves.

Mix and sauté for about 30 to 40 seconds.

Next add 2 teaspoons white sesame seeds.

Sauté for about 15 to 20 seconds or till the sesame seeds change color.

Switch off flame. Add ½ cup desiccated coconut. mix very well.

Then add 1 tablespoon Kashmiri red chilli powder. You can reduce the amount of kashmiri red chili powder if you want as 1 tablespoon gives a spicy taste.

Then add ½ teaspoon salt or add as per taste. Mix again and let this mixture cool down.

#### Making Dry Garlic Chutney

When the mixture has cooled down completely, add in a small dry grinder jar.

Grind in intervals of 4 to 5 seconds and stop. Do not grind at a stretch as then oil will be released from the coconut and sesame seeds.

You can even use pulse option of the mixer-grinder. Grind to a coarse or semi-fine mixture. Spoon the dry garlic chutney in a small glass jar or bowl. Cover tightly and refrigerate.

Serve dry garlic chutney as required with Vada pav.



# SON OF SOIL

## SADHGURU ON A MISSION TO SAVE SOIL

By Debjit Dey



The land of monks, "Bharat" has given the world many philosophers, scholars who have shown a new direction to mankind. I recollect the famous speech by Swami Vivekanda in Chicago in 1893. His famous words "one infinite pure and holy—beyond thought beyond qualities I bow down to thee".

While the world had been talking and working on several climatic issues like Global Warming, Air & Water pollution, Arctic meltdown, here we have Bharat's new age guru, the "Sadhguru" campaigning for saving "Soil". In association with Conscious Planet which is aimed to raise human conscience and bring a sense of inclusiveness such that multifarious activities of our society moved into a conscious mode, Sadhguru has been talking about Save Soil for the last 24 years.

"Soil is our life, our very body, and if we forsake soil, in many ways we forsake the planet". A movement initiated from his homeland he has recently taken up to ride a solo motorcycle all the way from London ending his journey of around 100 days in Cauvery basin in India. At the age of 65, Sadhguru is making his efforts to unite all humanity who are connected with this one common cause which is saving soil irrespective of their nationality, religion, caste, creed etc. He will be travelling around 30,000 Km and crossing 26 countries. The journey started on 21st Mar 2022 and just the day before yesterday, 14th May'22 he was in Bahrain and made his public appearance on 15th May'22 and speech on the "Save Soil" campaign.

The ceremony was held at Bahrain National Museum in Manama, Bahrain. Sadhguru was warmly welcomed by the Honorable Indian Ambassador to Bahrain HE. Piyush Srivastava and HE. Sheikha Hala Al Khalifa, Bahrain's Director General of the Culture and Arts. The ceremony was attended by around 5000 people consisting of Indian and other expatriates and many Bahraini delegates and nationals.

Sadhguru started his speech with his famous hymn.

**Kalo Na Jaanaati thava jananam  
Kalo Na Jaanaati tawa samapanam  
Dhrishto maya tava Mahaakaaraha Yogeshwara!  
Kaala Kaala!**

which means;

**Time does not know your origin  
Time does not know your end  
I have beheld your glorious form  
O' Lord of Yoga!  
The One beyond time**





The usual Sadhguru way of taking subjects from one to another with his punches of honour and wits was mesmerizing to listen to him live. He started with the essence of life of Lord Buddha, how human intelligence and inner conscience is making complexity in human lives and unless we learn to manage our pain we end up suffering. How human society has set up wrong examples of historical figures like Alexander who killed millions and continues to set examples to younger generations of how we adults deal with conflicts between relations, community & nations instead of maturity and peacefully dealing with them. He goes on to the main topic as how soil has life and how we humans have deteriorated the soil and as per studies and reports 52% of topsoil of the whole earth have already gone. And if we continue at this rate in the coming 30-40 years the top layer of earth, the soil which has life will be completely depleted and regenerating the soil will be impossible or extremely difficult. The associated problem will be scarcity of water, mass migration, civil wars and many worse things to imagine.



Hence, it is important that the whole of humanity raise our voices to all the governments of the Nations so that at policy level decisions are taken to save the soil of our earth.

Sadhguru is not just riding the motorcycle through all these nations only to educate people on this subject, but he is also making governments commit to it by signing several MOU or agreements so that concrete steps are taken to save the dying soil of mother earth.



A day before he arrived in Bahrain he also attended a program in the Indian Embassy where he met several dignitaries and emphasized the importance of saving soil. He met divyang children from Sneha Recreation Center who presented gifts made by them to Sadhguru. He paid tribute to Mahatma Gandhi statue and planted a Neem tree at Embassy garden.

On 16th May'22 he left Bahrain to continue his trip to Dubai. Before concluding his speech he made a promise to the audience that if Bahrain will make the voice of Bahrain to the world for next 45 days for "Save Soil" he will be back in Bahrain within 18-20 months for a spiritual process to all.

Let's make it happen

**-DEBJIT DEY**





# Amazing

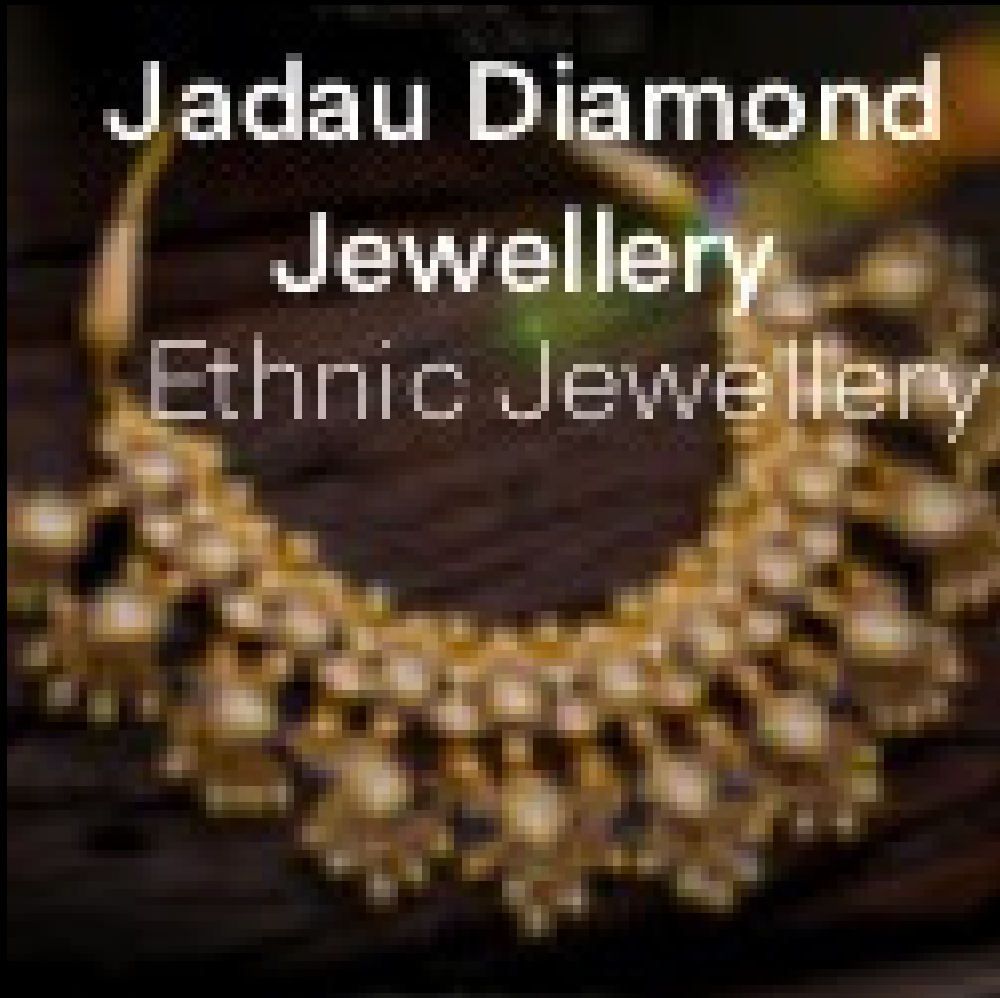
GEORGIAN  
TRIP



**AMAZE TOURS & TRAVELS**  
**TEL/WHATSAPP: +995 599 718 099/4**



# Jadau Diamond Jewellery Ethnic Jewellery





# THE FOURTH WISEMAN

A Poem by Brij K T



The celestial extravaganza marvelled the night...  
 The twinkling stars have all praises for the new phenomenon,  
 The aura which the new star, but was fading...  
 Like the hope of the fourth Wiseman!  
 The king of kings is born in the east...  
 The soft wind bore the melodious music of harp...  
 A shepherd is born in the midst of shepherds,  
 A saviour is here who woke the rulers up!  
 All the four Wiseman had a vision of the star appeared...  
 And all set out for the Royal visitation...  
 The fourth wise man missed the first...  
 The second...and the third station...  
 And never met the other three in the melee.

The three Wiseman had Gold, frankincense...and myrrh  
 to offer...

The symbolic gifts were not a coincidence...  
 But foretold the Holy infant's life and death.  
 Gold is the gift to a king,  
 Frankincense is to the high priest  
 And myrrh is the burial ointment..!

The fourth Wiseman had precious jewels...  
 Jewels of love he spent on the way.  
 He missed his Rabboni in every station  
 And at last, found the redeemer on the cross...  
 Dying..!!

**-BRIJ K T**





# Done Well! Gone for Good

A Poem by Sarmistha Dey



You have done well with ego and pride  
Although the arrows of complaint,  
Wounded my mind  
Well done! You stopped talking  
I talk to myself now

Sometimes in conversation  
Sometime in mourning  
Forgetting everything that was  
In the sense of every word you made,  
I blindly searched for the meaning  
Sometime you were relaxed as poetry  
Never again have you fallen like a fountain  
I don't know whether it was perfect or not.  
But passed a quarter of a century

Sometimes weaving nets  
Sometimes cutting nets  
Hundreds of unwritten letters  
have been burnt in the kitchen  
fire "sughrain " or intense hatred came out

Let's go for a walk, in the mountain or in the sea  
You can go to the deep forest or an unnamed island  
not bathed for a long time  
Sometimes lazy  
Written on every page of life  
The events today seem to be stories  
You forgot and did well  
What is the use of remembering everything!  
In the obsession old dreams, go to sleep in a deep broken sleep  
From there in the shapeless and imagery in the colours of canvas  
From the crowd of an innumerable cuts in my poetry book

**-SARMISTHA DEY**





tamas  
PURE AYURVEDA

[www.tamaspureayurveda.com](http://www.tamaspureayurveda.com)





# HANDWRITING IMPROVEMENT



SHAMA JETHANI  
MASTER TRAINER

*summer  
Vacation  
special*

**akshar**  
uses Scientific  
Techniques to  
make handwriting  
legible through  
series of Innovative  
Online sessions  
& comprehensive  
practice workbooks.

**akshar**  
emphasis on boosting the Self-  
confidence of your child with  
improved Body Posture & overall  
refinement of personality.

- . India
- . UK
- . Australia
- . UAE
- . Singapore
- . USA
- . Canada

*Online & Offline*  
*For One Month*

Batch Starting Dates:

**14th May- 12:30pm IST**

**16th May- 4:30pm IST**

**Enrol Soon... Limited Seats!**

Google: Akshar- Handwriting  
Email: shamajethani80@gmail.com

Call or WhatsApp: +91-9811-363-291

**Types of Handwritings**

Print. Cursive. Nelson. Running. Queen's. Victorian.





# TRY TO UNBUSY, PEOPLE...

A Poem by Sudha Mukhopadhyay



There is going to be work,  
The usual work for all,  
Try to unbusy yourself,  
To answer a friend's call.

We all have our chores,  
No matter how much the heat soars,  
I always keep my doors  
Open for friendly explores.

Let's try to unbusy ourself,  
And pick up books from the shelf,  
Or call a friendly mademoiselle,  
And let happiness swell.

Give that someone happiness,  
With a conversation of tenderness,  
And encompass loads of cheerfulness,  
Cause that's what will be timeless.

How lovely.... there's a ring on my phone,  
Hello hello... my happiness has outgrown,  
It's my pal with whom I have grown,  
So all my works I'll now postpone.

So all my works I'll now postpone,  
It's my friend on the phone,  
And I'm now in my comfort zone,  
And I'm now in my comfort zone.

Try to unbusy, people,  
And in your smile let's see a dimple,  
And let mirth and laughter dribble,  
And let mirth and laughter dribble.

-SUDHA MUKHOPADYAY





# Recalling Childhood

A Poem by Sarmistha Dey

Time has passed  
I have taken up the role of a mother  
But still somewhere within me resides a child  
Though the time has passed

I'm recalling all those things  
That life saw fit to give me.  
Today I cherish those days in my thoughts  
Whenever i wish to see

The teachers had to see  
What you wanted to do.  
One finger up for pee;  
held up two for poo

Measles mumps chicken pox  
Were common in our every year box  
Nancy drew, hardy boys  
was our crazy attraction  
Of our brain box

Returning from school  
Sometimes Cotton candies and Kulfies  
And sometimes mouth-watering paani puries and jhal muries  
That was our everyday rule

Climbing walls, climbing trees  
Stealing mangoes, plucking flowers  
From the neighbour's garden  
Were the things we loved to do.  
Getting bruised knees?  
That was nothing new!

Computers, cell phones,  
Play-stations, video games...  
They never occupied our mind hopscotch, hide and seek  
were the games of our kind.

I really don't understand the world so new  
Have our kids stopped growing today?  
If time machines were really true,  
I should know where it will lead to...

**-SARMISTHA DEY**

# 30 Years of Trust



## Zip it with us



 **9830552222**

 **www.kingzipper.com**

 **@kingzipper**





### **Indian-origin Sunil Chopra wins Mayor of London Borough of Southwark, UK**

Delhi-born businessman Sunil Chopra was elected as Southwark's London Borough Mayor for the second time. Chopra took the oath on Saturday at Southwark Cathedral, Montague Close in Central London. Chopra was the mayor of the London Borough of Southwark in 2014-2015, and deputy mayor in 2013-2014, the first Indian-origin person to hold the prestigious office in the Borough. Sunil Chopra tweeted that he is "honoured" to be elected as the Mayor of London Borough of Southwark for a second term.

He held the position of Deputy Mayor three times before he was elected as Mayor of the London Borough of Southwark.



### **Swati Dhingra to be the first Indian-origin woman to be appointed to Bank of England's monetary panel**

A leading UK-based academic, Dr. Swati Dhingra has been named as the first Indian-origin woman to be appointed as an external member of the Bank of England's interest rate-setting committee. Dhingra is the Associate Professor of Economics at the London School of Economics at the London School of Economics (LSE). She specialises in International Economics and Applied Microeconomics. Dhingra studied at Delhi University and has a Masters's degree from the Delhi School of Economics. She has completed her MS and Ph.D. from the University of Wisconsin-Madison and has been a member of the UK's Trade Modeling Review Expert Panel and LSE's Economic Diplomacy Commission.





### Singapore President inaugurates FSIO to project the collective voice of the Indian Diaspora

Singapore President Halimah Yacob formally inaugurated the Federation of Singapore Indian Organisation (FSIO) under the auspices of the Singapore Indian Chamber of Commerce and Industry (SICCI) last week. The inaugural ceremony was followed by a gala dinner in the presence of President Yacob. The FSIO is an amalgamation of 26 bodies to bind the Indian diaspora in Singapore.

President Yacob, speaking on the occasion encouraged more collaborative efforts between Singapore and India toward Green Economy. She also noted both countries have concerted individual efforts towards pledges of reducing carbon emissions.



### President Ram Nath Kovind received a rousing welcome from the Jamaicans and the Indian diaspora on his arrival

Ram Nath Kovind the first-ever Indian President to visit Jamaica. He is accompanied by his wife first lady Savita Kovind, daughter Swati Kovind, Union Minister Pankaj Chowdhary, Lok Sabha MP Rama Devi, Satish Kumar Gautam, and Secretary-Level Officers. On arrival at Norman Manley International Airport in Kingston where he received a rousing welcome from the Jamaicans and the Indian diaspora.

President Kovind was accorded a ceremonial welcome, a Guard of Honour, and a 21-gun-salute, in the first-ever visit by an Indian President.



### Kamala Harris praises Indian Americans saying 'You inspire the Next Generation' at Summit

US Vice President Kamala Harris, at the Indian American Impact Project Summit and Gala in Washington DC on 23 May, praised the Indian-American community in the country for engaging within America's political system.

The summit focussed on the climate crisis, civil rights, educational equity, healthcare access, and equity. The event that commenced on May 18 aimed at commemorating the AAPI Heritage Month, and included not only politicians but also celebrities and philanthropists. "Every day, in communities across our nation, you are advancing equality, opportunity, and justice. You are inspiring the next generation of leaders and in particular the next generation of South Asian Leaders," said Kamala Harris.



### Sadhguru visits Bahrain, spreads love and goodwill, welcomed well.

Sadhguru was welcomed by Her Excellency Shaikha Mai Bint Mohammed Al Khalifa, President of Bahrain Authority for Culture and Antiquities, His Excellency Mr. Piyush Srivastava, the Republic of India Ambassador to the Kingdom of Bahrain, and Her Excellency Shaikha Hala Bint Mohammed Al Khalifa, Director General of Culture and Arts at the Culture Authority, with an approximate number of 5000 attendees, including a number of officials, influencers and media.

Bahrain National Museum held "Save the Soil" event on Sunday the 15th of May 2022, presented by the Indian philosopher Sadhguru, as part of his global campaign to preserve the human-environmental gains.





### Rabindranath Tagore was remembered on his birth anniversary by the Indian embassy, Madagascar

Indian Embassy in Madagascar pays tribute to Rabindranath Tagore, on the 161st birth anniversary of Tagore, a Nobel laureate, the celebrations were going on as a part of Azadi Ka Amrit Mahotsav (AKAM) while also organizing the 16th Edition of its monthly literary programme LaLitTana.

Indian Ambassador to Madagascar Abhay Kumar said, "Rabindranath Tagore was a great poet and artist. He was the first non-European to win the world's most prestigious 'Nobel Prize for Literature' in 1913. He was one of the architects of modern India and played a vital role in the Indian cultural renaissance," he said on the occasion.



### Raja Chari an Indian-origin astronaut and his crew landed on earth after a rollercoaster ride.

Nearly six months onboard the International Space Station, a Space X spacecraft carrying four astronauts landed on Friday. Space X Dragon Endurance spacecraft touched down off the coast of Florida,

NASA's crew-3 leader Raja Chari, pilot Thomas Marshburn, and mission specialist Kayla Barron, as well as European Space Agency mission expert Matthias Maurer, were onboard the Dragon capsule. For us, today has been an interesting day, according to Reuters, Marshburn remarked in a farewell ceremony, "We've been flying about the station collecting our last minute photos or last-minute belongings and getting ready to come home, so a bit of bittersweet day for all of us." "The end of a truly lovely mission – the vision continued," ESA's Matthias Murer tweeted shortly after returning.



### The new CIA's Chief Technology Officer is, the first-ever Indian-origin IT expert.

Nand Mulchandani, an Indian-origin appointed as Central Intelligence Agency (CIA) appointed as Chief Technology Officer (CTO). "Since my confirmation, I have prioritized focusing on technology and the new CTO position is a very important part of that effort. I am delighted Nand has joined our team and will bring his extensive experience to this crucial new role," said CIA Director Burns. Mulchandani has more than 25 years of experience in Silicon Valley as well as in the Department of Defense (DoD).

In his new role, Mulchandani will ensure the Agency is leveraging cutting-edge innovations and scanning the horizon for tomorrow's innovations to further the CIA's mission.



### An Indian-origin US-born actor to make her debut this year.

Rumana Molla, an Indian origin, US-born Belgian actor will make her directorial debut with the Belgium-set Indian immigrant drama "Minimum", which will commence principal photography in June.

The film will follow newly-wed immigrant Fauzia, whose mother-in-law Ruxana keeps her captive. She finds out that everything she had been told about her husband Ali was a lie and loses hope until a French tutor, Lurie, is hired to teach her the basics. A friendship is forged, secrets are revealed and Fauzia learns to demand more than the bare minimum.

Rumana was selected for the Berlinale talent program earlier this year



Pic credit: Instagram

### **Shah Rukh Khan is among the most popular Bollywood actors outside India, he is a mascot of the diaspora population**

Khan is among the most popular Indian cinema and TV actors in the world, his fame extending outside the Indian subcontinent, and into the diaspora population around the globe, his fame remains unmatched even after decades in the industry.

SRK was seen in *Zero* in 2018, after which he was away from the silver screen for some time. The wait of his fans throughout the world will be over by 2023 in *Pathaan*, followed by Rajkumar Hirani's next film, he is also rumored to have begun filming director Atlee's new venture.



### **17-year-old Bharatanatyam dancer won the BBC Young Dancer award**

Adhya Shastri a 17-year-old from Reading specializing in classical Indian dance has been crowned the winner of the BBC Young Dancer award.

Adhya Shastri impressed the judges with her brilliant Bharatanatyam performance, a style originating in the south of the country that is considered to be one of its oldest traditional forms. Adhya who started dancing Bharatanatyam at the age of nine fends off competition from nine other dancers between the ages of 17 and 24 at London's Roundhouse venue. The young performer has also trained in contemporary and ballet at The Place CAT scheme since 2019 and is a member of the 2021-22 National Youth Company.



### **Rajamouli scores a global hit with his new movie RRR.**

Rajamouli became internationally famous for his magnum opus *Bahubali*, which was acclaimed by movie lovers all over the world. It was a world-class movie made by a south Indian director, basically from Andhra Pradesh, India.

RRR the latest venture from Rajamouli released all over after the covid pandemic naturally had expectations rose sky high, and he could satisfy the movie goes around the world. The blockbuster hit RRR, which claimed to be the second most expensive film and its third most successful worldwide. The director recently expressed his overwhelmed joy in public. Rajamouli is thrilled that foreign audiences, as well as Indians at home, have loved his film.



pic: Instagram

### **Indian celebs Deepika Padukone, Aishwarya Rai, and Nayanthara are all set to walk the Cannes 2022**

Deepika Padukone, Aishwarya Rai Bachchan, Hind Khan, Pooja Hegde, Nayanthara, and others attended Cannes Film Festival this year 2022. This time the actor is also a part of the prestigious Cannes Film Festival jury. Although actor Aishwarya Rai Bachchan too is likely to be attending Cannes, though not officially announced yet. Deepika and Aishwarya have made several appearances at the festival, from press conferences to film premiers, and turned heads in over-the-top looks and luxe.

Deepika and Aishwarya will reportedly be joined by Hina Khan and Helly Shah, Nayanthara, Pooja Hegde, Aditi Rao Hydari, and Tamannaah Bhatia, at the annual celebration of cinema.





# SHIKHA UBEROI

By Saji Chacko

Shikha Uberoi is not just another Indian tennis player. Apart from her exploits on the tennis courts, (she has won a couple of ITF tennis tournaments) she is a multifaceted character wearing many hats. Her crowning glory came when she was inducted as director on World Global Forum Global Shapers Initiative Panel. Apart from this the 37-year-old is a well-known face in the TV and media industry as a presenter.

On the tennis courts she achieved many milestones ---she is the only second Indian women's player to crack into the top200 of Women's Tennis Rankings (WTA), a silver medallist at the 2006 Asian Games before abruptly ending her tennis career. Her second innings was turned out to be one of the remarkable aspects as she became a successful entrepreneur

For those who don't know about her family connections, here is an interesting piece of information. She is the first cousin to actor Vivek Oberoi and the niece of actor Suresh Oberoi...

The Shikha Uberoi tennis tryst started off in Mumbai. Her father, Mahesh was a very good table tennis player and no doubt he is the one who passed over the playing genes to his daughter—fact Shikha admits. "There is no doubt that I got my playing genes from my father," she said.

**Tennis became a passion for Shikha who soon realised she was too good at that, She quickly went on to become the No.1 junior in the US. She had the option of representing US, but like a true patriot she opted to play for India. This was a very courageous and momentous decision for Shikha.**

Success came early for Shikha as she made it to the second round of the US Open in 2002 as a 21 year old. In the process, she became only the Indian woman singles player after Nirupama Vaidyanathan to make it to the second round of a Grand Slam event. Suddenly Shikha was the toast of the Indian media and hailed as the next big thing to happen to Indian tennis. Things were really looking up for the youngster when an unexpected turn of events happened.

It was at this juncture that something unexpected happened which was to have a major ramification on Shikha's tennis career. It was deemed by a government decision that prevented her from representing India. This came as a big shock to Shikha who was entertaining thoughts about playing for India.

This sudden setback saw Shikha's tennis taking a backseat. Her zest and zeal for the game which had reached dizzy heights soon descended. No longer did she experience the kick while playing the sport. Instead, as she admits it was a tight slap on her tennis playing career. "I lost all interest in tennis and suddenly a bleak future awaited me, she said.



No longer could she depend on her racket skills, as she had to eke out a fresh chapter in the uncharted waters.

## SPORTS

With tennis taking a backseat, Shikha then tried the difficult and arduous task of trying her hand and eking a career out ... "Without a doubt that was the toughest part of my career." No longer could she depend on her racket skills, as she had to eke out a fresh chapter in the uncharted waters.

It was here that her degree in anthropology from the University of Princeton came to her rescue. The fact that she won the prestigious Kit Harris Memorial Award for Ethics from Princeton came like a shot in the arm.

'It's at that time that I realised the importance of my degree from a US university dawned upon me. Frankly I think I am grateful to God that I could complete a degree which gave me the insight and I went on to launch my SDV Seva Inc, a lifestyle and media company in 2013. Thereafter, she began to produced shows The Real Deal on unknown heroes (those who had done acts of bravery but were unnoticed)

Her initial forays were good and she got the back of some very good investors. "I must thank the investors who showed their faith in me. Also the support I got from my parents was phenomenal. Without this I would not have been able to achieve anything," she candidly admits.

She produced a string of shows for NDTV which were called The Real Deal which won her a lot of acclaim. Buoyed by this success, she ventured into many things before finally achieving the exalted position as director of World Global Forum...

**Shika will serve as an inspiration to many youngsters who have the right conviction and beliefs.**

Shika will serve as an inspiration to many youngsters who have the right conviction and beliefs.

**-SAJI CHACKO**



With tennis taking a backseat, Shikha then tried the difficult and arduous task of trying her hand and eking a career out ... "Without a doubt that was the toughest part of my career."



# PRAVASI LEGAL CELL

EMPOWERING PEOPLE ON LEGAL FRONT

Having no voice is no  
reason for anyone to  
suffer injustice and to  
live with it.  
**Voice of the voiceless!**



## Areas of Work

Niyamavedi- A Platform to raise Voice for Justice  
Pro bono Legal Aid - Our Commitment to the Society  
Public Interest Litigation - Channeling Social Change  
Research and Publication - Creating and Extending Knowledge  
Repatriation of Mortal Remains - Caring Hands for the Grieving Minds  
Training and spreading Legal Awareness - Empowering People on Legal Front

It has been a decade...  
Changes have been made ...  
Smiles have bloomed ...  
Now it's the time to Strengthen and Expand further...  
Come...  
Join With Us...  
**Let's make the Difference.**



@pravasilegalcell



@pravasilegalcel



@pravasilegalcell



[www.pravasilegalcell.in](http://www.pravasilegalcell.in)



[pravasilegalcell@gmail.com](mailto:pravasilegalcell@gmail.com)



D-144 A, HariNagar Ashram,  
New Delhi - 110014 (India)

+91-11-26343459 

+91-9654907269 



Connecting Dots

Connecting Roots



INDIAN DIASPORA  
CONNECTING DOTS..... CONNECTING ROOTS  
[www.indiandiaspora.world](http://www.indiandiaspora.world)

#### Our Mission

To empower the diaspora to be a force for good through a global platform to collaborate, build community engagement and catalyse social change.

#### Our Vision

Make this world a better place by spreading the spirit of Indianism.

#### Our Focus

Let's celebrate the spirit of Indianism and rediscover our roots by rekindling the relationships.

**To empower the diaspora to be a force for good through a global platform to collaborate, build community engagement and catalyse social change.**

**We are a group of Indian origin individuals from diverse backgrounds and professions who are committed to inspiring the diaspora to be a force for good by providing a platform to collaborate, build community engagement, and catalyse social change.**

#### Connecting Dots..... Connecting Roots

Let's make this World a better place by spreading the spirit of Indianism. Let the World take note of us as the true Human and lead by our example.

Our Team, our members shall be committed to building stronger communities with a culture of giving and inspiring social change. We endeavor to engage culturally with the help of Indian wisdom passed on to us by our ancestors.

By sharing insight, hosting events and connecting people, Indian Diaspora aims to bring together the professionally, geographically and religiously diverse people of Indian origin toward collective action worldwide.



@globalindiandiaspora



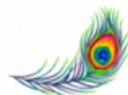
@IndianDiasporaG



@IndianDiasporaG

## INDIAN DIASPORA GLOBAL MOVEMENT

### OUR PRESENCE



**A**frica **B**ahrain **C**anada **G**eorgia **G**ermany  
**I**ndia **I**reland **M**alaysia **O**man **Q**atar  
**S**ingapore **T**hailand  
**U**nited Kingdom **U**nited States Of America

[www.indiandiaspora.world](http://www.indiandiaspora.world)