

## **COVERSTORY**

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Does India allow 'Dual Citizenship'?

#### **LIFESTYLE**

Seven types of Male Personalities. The Butterfly Effect in Social Media KITCHENS OF INDIA

> GOAN **PRAWN CURRY**



**WFY AWARDS** 

# **HEAL THY WORLD!**



# **INDIAN DIASPORA GLOBAL ACHIEVERS WFY AWARDS, 2022, DUBAI**

December 16th, 2022











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world, but are truly clueless about how to go about it.

Catastrophes and calamities rule the news across the length and breadth of the globe. It is high time that we think about saving our planet rather than just trying to change the world. It is our duty to make this world a safer, healthier, as well as more just place for us and future generations to live and prosper.

Amidst our personal struggles and difficulties, it is indeed a monumental task to reach out to the world in need and offer help. Like most of us, we are clueless as to where to begin. It is also difficult to differentiate, prioritize, and make that one decision about which challenge needs immediate attention.

#### The most important question is, can one person really make that difference? At times, it's stressful and confusing.

As members of the vast Indian Diaspora spread across the globe, you have the power, both political and personal. All eat. you need is willpower!

Lend your voice and time to communityled projects, campaign for equal opportunities, support progressive businesses that are environmentally conscientious, and vote for politicians who are actively working to make the world a more equitable and cleaner

We do want to make a difference in this place. Act when you can. Let us all, as a community, help each other in doing so. Some pointers are as follows:

#### Gender equality

We have always identified the issues faced by the female gender, but it is high time now that we include the third gender as well. Weaker sections continue to face societal, economic, physical, and survival challenges.

Women across the globe, on an average, still earn much less than men. They are still abused sexually and physically, which leads to trauma and severe mental disorders, along with sexually transmitted diseases. They are mostly treated as property and not as fellow human beings.

#### The hunger crisis and water scarcity

The world produces enough food for all of us to be fed well, yet millions of us go hungry suffer from various deficiencies. According current estimates, 957 million people in 93 countries do not have adequate food to

The real issue is not a lack of food, but a lack of access to food. Some of the reasons can be as follows:

- Not enough money to buy food
- Can't grow or produce their own food
- Displacement
- Political uncertainty, policies and crisis
- War

It is almost the same with water as well. There is enough fresh water on this planet for all of us. The issue again is access to that water.

The reasons are almost the same as above. and a few are as follows:

- Displacement
- Conflicts
- willing to share
- Poor infrastructure
- Political uncertainty, policies and crisis.
- Social evils

All these also mean that many people therefore use unsafe water, which leads to huge sanitation and health risk. A large number of people still do not have access to adequate toilet facilities.

The Russian invasion Ukraine complicated matters even more. Sanctions against Russia, one of the world's largest suppliers of fossil fuels, have skyrocketed energy prices even further, causing food prices to inflate, making it even more difficult for those who are already struggling to buy food. Ukraine is a major exporter of grain. It had to shut down production because of the war. The majority of these exports went to countries already experiencing food shortages.

Russia and Ukraine are also the world's **Children's health and education** leading fertiliser exporters. Because of the war's impact on supply, farmers' prices have risen, resulting in higher food costs.

#### The climate crisis

A crisis which needs our utmost urgent attention. A toxic combination of dependence on fossil fuels unsustainable industrial practices has resulted extraordinarily severe weather conditions that threaten to disrupt terrestrial and marine ecosystems as well as our access to basic resources such as food and water.

The majority of the world's recent disasters, including super natural storms, catastrophic floods, and out-ofcontrol fires, as well as some of the warmest and coldest seasons on record, have been caused by man-made, fossilfuel-induced global warming.

#### Major global health issues

The ongoing COVID-19 epidemic has exacerbated the food and water crises, causing food and fuel costs to skyrocket as a result of supply chain challenges, faltering economies, and an energy crisis caused by forced lockdowns and blocked borders.

Despite the fact that we now have access to effective vaccines and treatment is better known, more than six million people have died, and the virus continues to endanger vulnerable populations around the world, particularly in countries where access to healthcare is limited. There have also been major socioeconomic side effects that will continue to contribute to health difficulties, especially mental health issues, for a long period.

The global healthcare community's attention has switched tο noncommunicable diseases such as cancer, diabetes, and chronic respiratory and cardiovascular diseases. All of these health issues remain a concern in nations with little healthcare resources.

Education and child health are inextricably linked. Malnutrition causes children to be hungry, unable to concentrate, and thus unable to learn, putting them at danger of acquiring permanent learning disabilities. Children who go hungry on a regular basis can incur physiological harm known as

Even when children attend school, the quality of their education may inadequate, or their educational ability and resources may be limited. This implies they may exit school lacking the necessary skills

#### We need to understand that all these issues are connected and interlinked.

Climate change is destroying ecosystems all around the world, depleting our oceans, displacing millions of people, contaminating water and food sources. has а substantial effect on traditionally neglected groups as well as vulnerable populations such as women and children.

This has an impact on world health because it forces both animals and humans into new surroundings, exposing them to new potential infections that can cross species barriers. Scientists agree that the advent of another virus is almost unavoidable, particularly in regions with inadequate access to healthcare services.

We've witnessed the devastation that a worldwide pandemic may cause. COVID-19 has wrecked the global economy, caused an energy crisis that has increased our reliance on fossil fuels, worsened the climate problem, and forced food price increases that will affect billions of people who are already hungry around the world. mention the disruptions education and other services, as well as the harm done to children, women, and other vulnerable populations.

#### What can we, as a community, do?

- Empower women
- equal access to fundamental rights food, healthcare, such as education.

- End biodiversity and species loss while maintaining ecosystems that help to stabilise the earth's climate and offer sustainable food and water resources
- Finding sustainable ways to support our communities that may reduce our dependence on fossil fuel energy and food markets while alobal providing access to sustainable food and water supplies.

#### What can you and I do?

- Work to ensure that children all across the world have access to education and public health.
- Collaborate with the local community to ensure access renewable to environmental resources and education.
- Initiate or join women's empowerment projects that can provide resources to support economic and social equality.
- health and wellness in communities all over the world
- Make a significant contribution to animal and marine conservation.

It is up to you to identify the cause. What are you most enthusiastic about? Where can your skills be much more useful and fulfilling?

We at WFY and Indian Diaspora Global are looking forward to collaborating with you. Come join us.

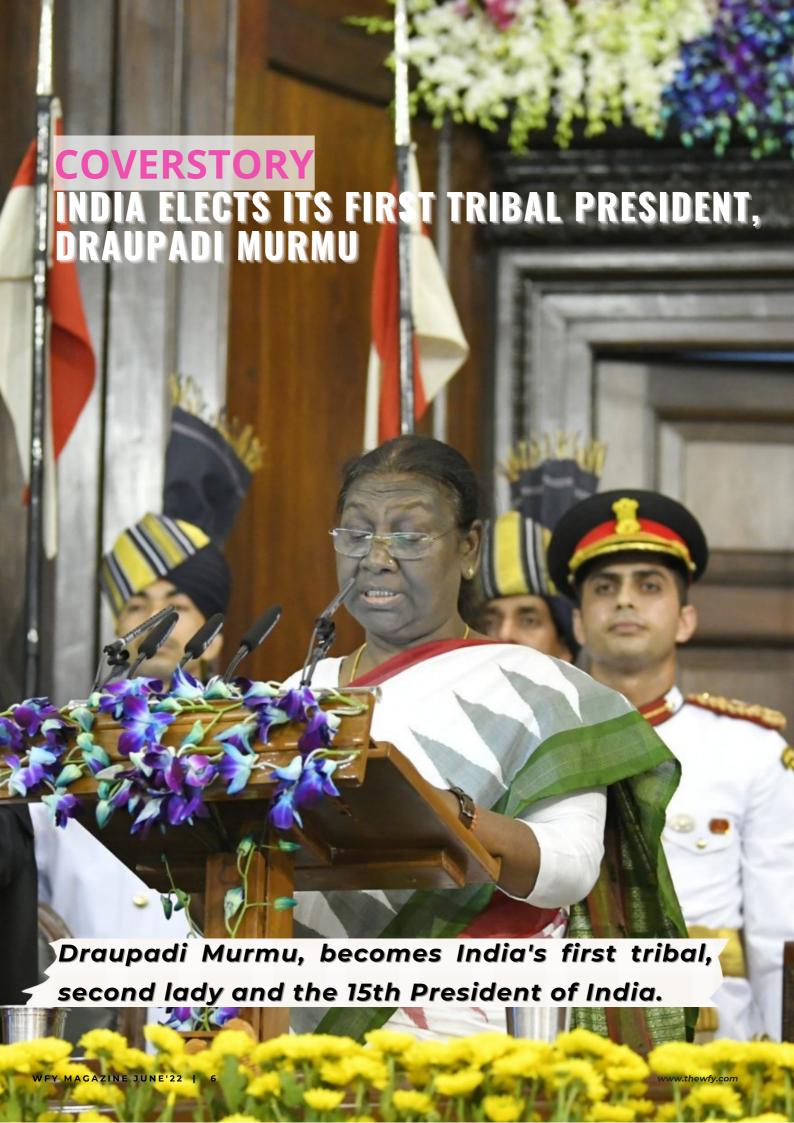
#### Let's make this world a better place for us to live in!

See you soon Love and regards



**Melwyn Williams** 







By Melwyn Williams

of India. Murmu was also the India. She was also the **first tribal** strength in discharging my poor in the country.

tribal Santhal community.

the oath and while addressing hopes and rights of Indians. I Although her father was the the Parliament. The word express my gratitude to all. village Pradhan (head) of "johar" means "salutation." It Your trust and support are Biranch Uparbeda village, they is used in tribal areas.

In her speech she said, "Johar! on a new responsibility. Namaskar! I humbly greet all As a President who was born

Draupadi Murmu, is India's sacred Parliament, a symbol of my lady to become the President rights of all the citizens of fighters placed on Indians.

Draupadi Murmu graduated to be a dream. The poor and those dreams. " Devi Women's the backward seem to be my Coming University, Bhubaneswar, with own reflection. I assure the community, she was always a BA degree. She was also the youth and the women of India very sensitive to the wants of first female graduate in her that their interests will be the needy. She is known to be village. She belongs to the paramount to me as President very simple, humble, caring, of India.

She said, "Johar!" after taking Parliament is a symbol of the welcoming and accessible. giving me the strength to take were very poor. She used to

the fellow citizens from this in independent India, I will try best 15th, first tribal and second the hopes, aspirations, and expectations that our freedom

Becoming the President is not first tribal woman to become Your affection, trust, and my personal achievement; it is governor in Jharkhand state. support will be my greatest the achievement of all the woman to become the full-functions and responsibilities. nomination is proof that the time governor of any Indian From where I come from, even poor in India can not only elementary education seems dream, but can also fulfil

sharing, serving, and always

have just one frock to go to school in. She could not even

afford a geometry box. In those days, the school Know Draupadi Murmu used to have a book bank for those students who could not afford to buy books. She studied by borrowing books from this book bank.

She later returned all those books she had borrowed, along with the books she already had, so that other children could benefit. They never had a duster to clean the blackboard in the class. She made a duster out of the torn clothes from her household.

She started her political journey as a councillor. Later, she became an MLA and then a Minister. She has served the country as Governor as well, and now she has become the 15th President of India.

Draupadi Murmu is a tribal leader from Rairangpur in the Mayurbhanj district in Odisha. Murmu is a soft-spoken leader who made her way into the politics of Odisha with her sheer hard work.

People close to her say that simplicity is her strength. Draupadi Murmu can be described as a Draupadi Murmu, person who combines humility, confidence, leadership, serving, and sacrificing On June 20, 1958, in Uparbeda village of attitudes.

expressed any desire. She used to share her food heads under the Panchayati Raj System. with her friends, although it was not much. She believed in giving to others rather than taking from Draupadi Murmu married Shyam Charan Murmu, a them.

- Name: Draupadi Murmu [Draupadi Biranchi Tudu] (Born as Puti, which was later changed to Draupadi)
- Born: June 20, 1958
- Birth Place: Uparbeda, Mayurbhanj, Odisha,
- Age: 64 years
- Parents: Biranchi Narayan Tudu
- Political Party: Bharatiya Janata Party
- Office: President of India
- Education: Graduated (BA) from Ramadevi Women's University, Bhubaneswar.
- Previous Offices: Governor of Jharkhand, Minister of State for Fisheries and Animal, Minister of State for Commerce and Transport, Member of the Odisha Legislative Assembly
- Children: Three children. Two boys and a girl. Laxman Murmu, Itishri Murmu
- Spouse: Shyam Charan Murmu (passed away in 2014)

#### Husband, Personal Life, simplicity, Education, Family

Mayurbhanj district in Odisha, Draupadi Murmu was born into a Santali tribal family to Biranchi Narayan Her friends expressed that she never demanded or Tudu. Both her father and grandfather were village

banker who died in 2014. The couple had two sons,



Between 2009 and 2015, in the span of 6 years, she both of whom passed away, and a daughter, Itishri lost her husband, two sons, mother and brother. Murmu. She built a school in the memory of her deceased Draupadi Murmu's Teaching Career husband and two sons for the poor children and From 1979 to 1983, Murmu worked as a junior donated around 3.20 acres of land, which she assistant at the irrigation department of the inherited from her husband's family. The SLS (Shyam Government of Odisha. She then worked as an Lakshman Sipun) education to over 100 poor children and is now run Education and Research Institute, Rairangpur, and by a trust managed by her daughter, Itishri Murmu.

Residential School imparts assistant professor at the Shri Aurobindo Integral taught Hindi, Odia, Maths, and Geography.

#### Draupadi Murmu's Political Career

Draupadi Murmu joined the Bharatiya Janata Party (BJP) in 1997 and was elected as the councillor of the Rairangpur Nagar Panchayat. In 2000, she became the Chairperson of Rairangpur Nagar Panchayat and also served as the National Vice-President of the BJP Scheduled Tribes Morcha.

During the BJP and Biju Janata Dal coalition government in Odisha, Draupadi Murmu served in the following positions.

Positions held	Tenure
Minister of State with Independent Charge for Commerce and Transportation	March 6, 2000 to August 6, 2000
Minister of Fisheries and Animal	August 6, 2002 to
Resources Development	May 16, 2004
Former Odisha Minister	2000
MLA from Rairangpur Assembly Constituency	2004

#### Draupadi Murmu: The Governor of Jharkhand

On May 18, 2015, Draupadi Murmu took oath as the Governor of Jharkhand and became the first woman Governor of Jharkhand. She was the first female tribal leader from Odisha to be appointed as the Governor of the Indian State.



Draupadi Murmu, as the Governor of Jharkhand in 2017, refused to give assent to a bill approved by the Jharkhand Legislative Assembly seeking amendments to the Chhotanagpur Tenancy Act, 1908, and the Santhal Pargana Tenancy Act, 1949.

The bill sought to give the tribals the right to make commercial use of their land while also ensuring that the ownership of land does not change.

#### Draupadi Murmu: NDA's Presidential candidate in 2022

In June 2022, Draupadi Murmu was nominated by the BJP as the National Democratic Alliance's candidate for the President of India for the 2022 election. She visited various states as part of the Presidential Campaign 2022 around the country, seeking support for her candidature from BJP lawmakers and other opposition parties.

Draupadi Murmu visited NE states, BJD of Odisha, JMM Party of Jharkhand, Shiv Sena of Maharashtra, BSP of Uttar Pradesh, JDS of Karnataka and many others were some of the prominent opposition parties that extended their support to her.

#### Draupadi Murmu becomes the 15th President of



On July 25, 2022, Draupadi Murmu took oath as the 15th President of India. Her oath was administered by the Chief Justice of India, N.V. Ramana, in the Central Hall of Parliament. The outgoing President of India, Ram Nath Kovind, and Draupadi Murmu, arrived in Parliament in a ceremonial procession shortly before the swearing-in commenced. In her address, the President of India, Draupadi Murmu, thanked MPs and MLAs for electing her as the first tribal President of India. In her first address as the President of the world's largest democracy, she said, "I am the first President of the country who was born in Independent India.' "We will have to speed up our efforts to meet the expectations that our freedom fighters had with the citizens of Independent India."

#### Draupadi Murmu Awards & Honours

In 2007, Draupadi Murmu received the Nilkantha Award for the Best MLA (Member of the Legislative Assembly) by the Odisha Legislative Assembly.



#### Pathalgadi Movement

The Raghubar Das ministry sought revisions to the Chhotanagpur Tenancy Act of 1908 and the Santhal Pargana Tenancy Act of 1949 in 2016-2017. These two original statutes protected the tribes' land rights. Land sales could only take place between indigenous communities, according to existing rules. The new amendments granted tribals the ability to enable the government to use tribal land for economic purposes and to lease out tribal land. The Jharkhand Legislative Assembly passed the proposed bill altering the existing legislation. In November 2016, the measures were sent to Murmu for approval.

The tribals had vigorously opposed the proposed legislation. Protests were held during the Pathalgadi movement against proposed revisions to the tenancy acts. The protest became violent, and tribals kidnapped the security detail of BJP MP Karia Munda. The police retaliated with a violent crackdown on native settlements, killing a tribal man. Over 200 people have been charged with crimes, including tribal rights campaigner Stan Swamy. During the movement, Murmu was blamed for taking a mild stance on police assaults towards tribal tribes.

According to Aloka Kujur, a woman tribal rights activist, she was expected to speak out in support of the tribals, but instead she pleaded with the Pathalgarhi agitation leaders to have faith in the constitution.

Murmu had received 192 memorandums opposing the bill's modifications. Then-opposition leader Hemant Soren stated that the BJP government intended to grab tribal land for corporate interests through the two amendment Bills. Opposition groups like the Jharkhand Mukti Morcha, the Indian National Congress, and the Jharkhand Vikas Morcha have lobbied hard against the law. Murmu relented and refused to give assent to the laws on May 24, 2017, returning them to the state government along with the memorandums she had received. In August 2017, the bill was dropped.





Murmu's brother Tarnisen Tudu and sister-in-law Sukri Tudu have reached Delhi from Uparbeda village. Murmu with her









#### Religion and Land bills

In 2017, she signed the Freedom of Religion Bill, 2017, as well as a bill amending the Land Acquisition Act of 2013. The new religion bill makes coercing or luring someone to convert their religion an offence punishable by three years in prison. The prison term is increased to four years if the person coerced is a member of a scheduled caste or tribe, a minor, or a female. In any scenario, fines may be imposed. The bill also required the voluntary converts to notify the Deputy Commissioner of their conversion and provide complete details about the circumstances.

The Land Acquisition Act, 2013, was amended to adjust the term of compensation and the standards for assessing social implications. The established law requires that monetary compensation for government purchases of tribal land be paid within six months of acquisition. Some types of infrastructure projects no longer require social effect assessments.

I hope President Murmu becomes the voice of the poor, the tribals, the exploited, the displaced, the discriminated against and the voiceless millions as their aspirations lie with the likes of Draupadi Murmu.

#### May India reach new heights in her leadership!



Johar! -MELWYN WILLIAMS



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#### By Adv Jose Abraham

"Perfect freedom is as necessary to the health and vigor of commerce as it is to the health and vigor of citizenship." - Patrick Henry.

#### Introduction

A reporter in Kolkata questioned Abhijit Banerjee's mother about his citizenship as the Nobel Prize was presented, noting that he had only recently become a citizen of the United States in 2017. His mother said, "He travels a lot.

In 2019, the Indian passport falls to position 86 from 77 in 2010. This ranking shows how many nations allow passport holders to enter with no visa or with a visa upon arrival. India is one of the world's o f sources illeaal immigration due to its high poverty rate (311 Indians have just been deported from Mexico).

"power" anyone believes India has become, developed nations will not grant the Indian passport easy access into their airports any time soon. For reason, bright and affluent Indians who frequently travel and prefer reside abroad t o foreign citizenship. For the majority Indians, obtaining а citizenship is not "anti-national," but rather a practical consideration. Anyone who has applied for a visa to the US or the UK will understand. 4.5 lakh Indians chose foreign citizenship between 2014 and 2017.

The trend will only increase as more nations grant easy citizenship in return for money and investments.

Indian government is downright stupid by not granting dual citizenship to such Indians. Dual citizenship is available in 85 nations worldwide. India must join

this lengthy list in order to prevent embarrassing situations like an Indian winning the Nobel Prize despite not being an Indian citizen.

# Citizenship of India under the constitutional provisions

- The Constitution of India governs the Citizenship in India under Articles 5-11 (Part II) of the constitution.
- The Citizenship Act, 1955 is the legislation dealing citizenship which has been amended b y the Citizenship (Amendment) 1986. Act Citizenship (Amendment) 1992. the Citizenship (Amendment) Act 2003, and the Citizenship (Amendment) Act. 2005.
- Nationality in India mostly follows the jus sanguinis (citizenship by right of blood) and not jus soli (citizenship by birth right o f within the territory).

Article 5: Citizenship at the commencement of the Constitution. This article discusses about citizenship for people at the commencement of the Constitution, i.e. 26th January 1950.

Under this, citizenship is conferred upon those persons who have their domicile in Indian Territory and –

- Who was born in Indian territory;
   or
- Whose either parent was born in Indian territory; or
- Who has ordinarily been a resident of India for not less than 5 years immediately preceding the commencement of the Constitution.

**Article 6**: Citizenship of certain persons who have migrated from Pakistan

Any person who has migrated from Pakistan shall be a citizen of India at the time of the commencement of the Constitution if –

- He or either of his parents or any of his grandparents was born in India as given in the Government of India Act of 1935; and
- (a) in case such a person has migrated before July 19th, 1948 and has been ordinarily resident in India since his migration, or

(b) in case such as a person has migrated after July 19th, 1948 and he has been registered as a citizen of India by an officer appointed in that behalf by the government of Dominion o f India application made by him thereof to such officer before a n the commencement of the Constitution, provided that no person shall be so h e registered unless has resident in India for at least 6 months immediately preceding the date of his application.

**Article 7**: Citizenship of certain migrants to Pakistan

This article deals with the rights of people who had migrated to Pakistan after March 1, 1947, but subsequently returned to India.

Article 8: Citizenship of certain persons of Indian origin residing outside India

This article deals with the rights of people of Indian origin residing outside India for purposes of employment, marriage, and education.

Article 9: People voluntarily acquiring citizenship of a foreign country will not be citizens India.

Article 10: Any person who considered a citizen of India under any of the provisions of this Part shall continue to be citizens and will also be subject to anv made by the Parliament.

Article 11: Parliament to regulate the right of citizenship by law

The Parliament has the right to make any provision concerning the acquisition a n d termination citizenship and any other matter relating to citizenship.

Indian Citizens living abroad can be categorized as -

- 1. NRI Non- Resident Indian
- 2. PIO Persons of Indian Origin
- 3. OCI Overseas Citizen of India

#### NRI:

An NRI is an Indian citizen who travels outside of India for work. conducts business or engages in a profession outside of India, or who declares a n intention overseas for an unforeseen period of time. Non-Resident Indians are India citizens o f who travel overseas to work. He is an Indian national who spends a total of 183 days outside of India in a fiscal year. Τо b e c o m e a n NRI. n o application Αn i s necessary. individual's annual tax filing, which is subject to change each year, serves as the official record of their status as an NRI. If you want to open an NRI bank account, let your bank know.

Opening special bank accounts with Indian banks and being able to m o n e y against securities held in NRO (Non Resident Ordinary Rupee), NRE (Non Resident External Rupee), and FCNR (Financial Resident Currency Non bank) accounts without a ceiling are just a few of the advantages that an NRI can enjoy. This means that an NRI does not have to pay a maximum amount for the marginal securities that he invests in. They may use loans to purchase a home or other property, among other things. There limits o n purchasing residential or commercial property in India without the RBI's approval. In India, they can buy mutual fund units, debentures, and shares. If an NRI pays taxes in the country where he lives, his income is not taxed in India.

If an NRI is present in India at the time of voting, they are eligible to benefits, the other include the right to vote. The University Grants Commission (UGG) regulations state that they have a 15% reservation in Indian educational institutions.

An NRI, however, also has s o m e Although restrictions. NRIs can obtain loans for housing o r business thev purposes, n e e d authorization to withdraw they have invested in India. He is not allowed to buy a farm house or any property for farming. An NRI may vote, but he is not permitted for political office. run Additionally, he is prohibited from working for the government India.

#### PIO:

A person of Indian Origin was a 15 year long visa for Noncitizens. As per the Gazette of India (Part-I, Section-I) published 09.01.2015, all the existing Persons of Indian Origin (PIO) card holder registered as such under new PIO Card scheme 2002, shall be deemed to be Overseas Citizens of India Cardholder. It means that the PIO Card Scheme has been discontinued w.e.f. 9th January, 2015. Hence conscious and continuous efforts are made by the Indian state to urge all the PIO card holders to convert their PIO cards into OCI cards.

#### OCI:

Section 7A of the Citizenship Act, 1955 defines OCI, as a person of Indian origin who is a foreign national a n d q e t s registered as Overseas Citizen o f India Cardholder. In order to be an OCI, should be an Indian citizen; either one of his parent or ancestor who is/ was an Indian citizen; person married to an Indian citizen or an existing OCI for at least two continuous years.

- 1. Citizenship at the commencement of the Constitution
- 2. Citizenship by birth
- 3. Citizenship by descent
- 4. Citizenship by registration
- 5. Citizenship by naturalization
- 6. By incorporation of territory (by the Government of India)
- People who were domiciled in India as on 26th November 1949 automatically became citizens of India by virtue of citizenship at the commencement of the Constitution.

- Persons who were born in India on or after 26th January 1950 but before 1st July 1987 are Indian citizens.
- A person born after 1st July 1987 is an Indian citizen if either of the parents was a citizen of India at the time of birth.
- Persons born after 3rd December 2004 are Indian citizens if both parents are Indian citizens or if one parent is an Indian citizen and the other is not an illegal migrant at the time of birth.
- Citizenship by birth is not applicable for children of foreign diplomatic personnel and those of enemy aliens.

#### Termination of Indian Citizenship

Termination of citizenship is possible in three ways according to the Act:

- 1. Renunciation: Any Indian citizen who is also a citizen of another nation and renounces his Indian citizenship through a declaration made in the way specified by law Indian citizenship. loses his Every minor kid of a guy who his Indian citizenship his likewise loses Indian citizenship. However, declaring his decision to reclaim Indian citizenship within a year of reaching legal adulthood, such a child may become a citizen of India.
- 2. Termination: Indian citizenship can be terminated if a citizen knowingly or voluntarily adopts the citizenship of any foreign country.
- 3. Deprivation: In specific circumstances, the Indian government has the power to revoke a person's citizenship.

But not all citizens are covered by this. It only applies to people who have obtained citizenship through naturalisation. registration. merely by virtue of Article 5 Clause i s (which citizenship commencement for a domicile in India and who has ordinarily been a resident of India for not less than 5 years immediately preceding the commencement of the Constitution).

According to the Ministry of Home Affairs, there are four ways which Indian citizenship can b e acquired: birth, descent, registration and naturalisation.

provisions are listed under sections 3, 4, 5(1) and 5(4) of the Citizenship Act, 1955.

#### Does India allow Dual Citizenship?

The Indian Constitution does not allow holding the Indian citizenship and citizenship of a foreign country simultaneously. However based on the high level committee of the Indian diaspora, the Government of India decided to grant Overseas Citizenship of India (OCI). As per 1967, Passports Act, it is mandatory for all Indian passport holders to surrender their passports to the nearest Indian mission or post immediately after acquiring the nationality of another country.

Hence Section 9 of the Citizenship clearly prohibits Dual citizenship. As per the ministry of external affairs (MEAO with the MHA, 1.63 lakh persons surrendered their Indian citizenship in against 85,236 in 2020 and 1.44 lakh in 2019 which is a serious concern. According to the reports,

over 43% of the 3.92 lakh people who gave up Indian citizenship in 3 years (2019-2021) became citizens of the US itself and the rest from across a dozen other counties.

As India does not provide dual citizenship, as many as 362 Indians in China also livina acquired Chinese citizenship.

#### Conclusion

A person with dual citizenship is able to work in both countries, and he or she can decide for themselves which country offers the better job prospects. Additionally, individuals who hold two citizenships can aid in the transfer of a nation's culture and environment to another. People with dual citizenship are able to hold property and exercise their rights in both nations.



-Adv. JOSE ABRAHAM

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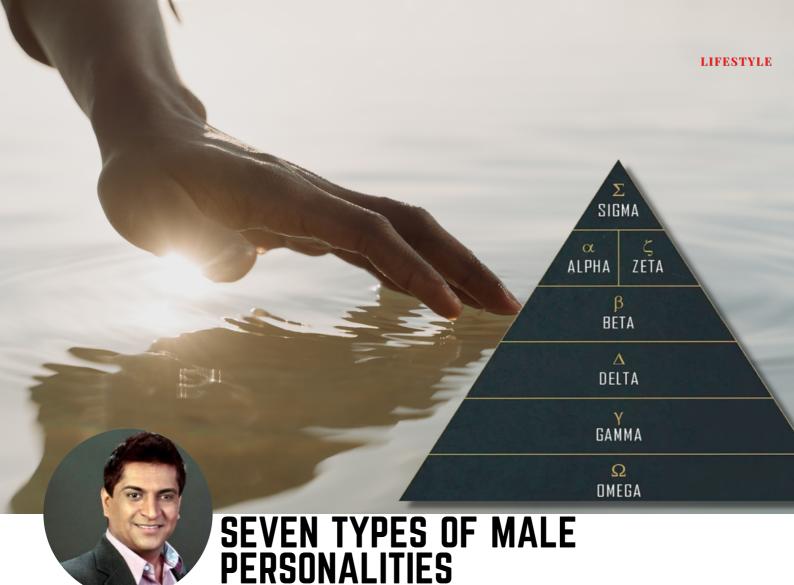
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#### By Tushar Unadkat

Within the SOCIO SEXUAL HIERARCHY, discover the TOP SEVEN TRAITS of seven types of MALE personalities.

Our persona, or personality, is unique while it combines the demeanours, sentiments, thought patterns, and triggers that define us. Historical research emphasizes the role of the environment – including our upbringing - and our genetics in forming and shaping our personalities.

The most common traits of male personality types are assertion, tenacity, emotional stability, dominance, utilitarianism, risk & thrill-seeking, and openness to abstract concepts.

Males tend to score higher on self-estimates of intelligence, even though sex disparities in general intelligence measured as ability are inconsequential.

#### **ALPHA MALE**

Alpha male is strong, determined, and clear about his goals. With his innate charm, he faces little difficulty attracting women. Unlike beta men, alpha men have magnanimous personalities, are highly confident, and make the right decisions.

#### The top 7 traits of the Alpha Male

- 1. He can control his emotions and acknowledges his weaknesses.
- 2. He doesn't let any one thing rule his life.
- 3. He has a purpose.
- 4. He holds himself with a strong posture.
- 5. He is courageous. The alpha male is not fearless.
- 6. He is not afraid to make decisions, say what's on his mind, and say "no."
- 7. He maintains his physical health.

#### **BETA MALE**

The beta male has a moderate approach to life, and his nice-guy personality gets him by. Then, of course, he gets taken for a ride because of that, but typically, He is likable. He is more sensitive, less aggressive, and much more grounded.

#### The top 7 traits of the Beta Male

- 1. He unpretentiously wants to spend time with you.
- 2. He remembers your birthday.
- 3. His main objective is not sex, yet he is attentive in bed.
- 4. He is communicative.
- 5.He is creative.
- 6. He is okay to stay at home.
- 7. He is not blazed, domesticity.

#### **DELTA MALE**

The delta male is the most usual type of man in the socio-sexual hierarchy. He is the spine of society and consists of a 'normal' guy who shows up to his jobs/life, contributes to the community, and takes pride in it.

#### The top 7 traits of the Delta Male

- 1.He is the most likely archetype to move up or down in the hierarchy.
- 2.He is the man who gets the work done.
- 3. He would pride himself on competence.
- 4. He doesn't want to lead.
- 5. He is disinterested in pleasing the Alpha.
- 6. He desires respect.
- 7.He is just successful enough with women to raise families and have children.



#### **GAMMA MALE**

The gamma male loves having fun but doesn't shrug off his responsibilities simultaneously. He is adventurous and fun-loving and tends to get restless if left idle for too long. An alpha male may mature into a gamma male because gamma males are more refined.

#### The top 7 traits of the Gamma Male

- 1. He is knowledgeable, kind, and empathetic.
- 2. He is a hopeless romantic.
- 3. He believes his love's depth should value the women he pedestalizes.
- 4. He misunderstands women and struggles in the dating marketplace.
- 5. He adopts "Secret King" delusions of grandeur.
- 6. He is conflict and failure avoidant.
- 7. He would lie to himself

#### **OMEGA MALE**

The omega male is a fun-loving but non-aspirational individual who is reluctant to 'grow up' by embracing classic social imperatives like marriage, family, and holding down a regular job.

#### The top 7 traits of the Omega Male

- 1. He has peculiar interests and unusual pursuits.
- 2. He is helpful, sincere, and friendly.
- 3. He is not competitive.
- 4. He is satisfied with his means.
- 5. He disregards others' opinions of him.
- 6. He is an introvert.
- 7. He is relaxed.

#### **SIGMA MALE**

A sigma male is a reticent alpha male, presenting misguided men a chance to be at the very top of this fictional hierarchy without the loud, boisterous character that an "alpha" brags.

#### The top 7 traits of the Sigma Male

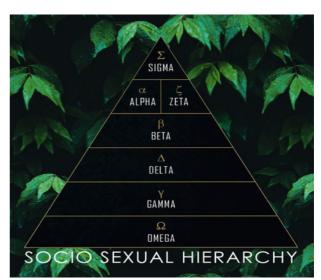
- 1. He is a nonconformist.
- 2. He is self-sufficient and independent.
- 3. He doesn't need the social hierarchy to thrive.
- 4. He is adaptable.
- 5. He has self-priority.
- 6.He loves to be alone because companionship slows him
- 7. He doesn't need attention and strives to be invisible.

#### **ZETA MALE**

A zeta male has rejected the traditional expectations of being a man – a provider, defender, and protector. He rejects stereotypes and doesn't conform to conventional beliefs. He refuses to be seduced and shamed by anyone and confidently strides to the rhythm of his drum.

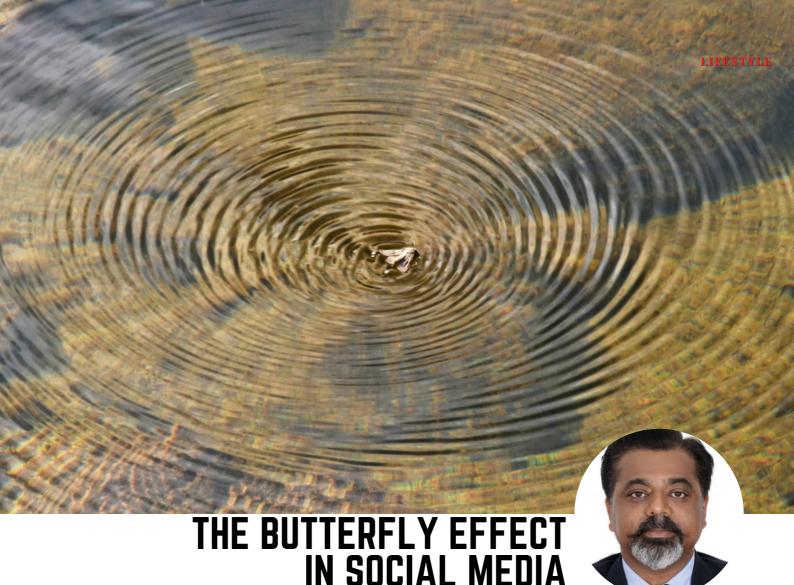
#### The top 7 traits of the Zeta Male

- 1. He is a highly independent man.
- 2. He would find it challenging to fit in.
- 3. He is self-aware and knows his beliefs.
- 4. He authentically lives life and is true to himself.
- 5. He doesn't give an iota of thought to others' judgments.
- 6. He has the potential to become highly successful in life.
- 7. He is not distracted by social pressures.



We believe our individuality arises from within and remains consistent throughout life. But, of course, everyone wants to be attractive to others. To that end, having a good personality is vital - probably even more so than good looks.

-TUSHAR UNADKAT



By Debjit Dey

President John F Kennedy had severe back pain problems since his childhood and had undergone some major surgery and treatment for the same.

An injury during a football match in his college days made a severe impact on his condition which eventually led him wearing back braces.

The day JFK was shot he was hit by two bullets, the first one in his neck which probably he could have survived but the back braces made him sit straight instead of falling on the floor of the car leading the second bullet to hit his head which killed him on the spot.

The assassination of Archduke Franz Ferdinand, heir presumptive of Austro-Hungarian throne was the main catalyst to start of World War I as Austria & Hungary declared war on Serbia.

A little known fact was that a Bosnian Serb student Gavrilo Princip with his two associates went to Sarajevo to assassinate Archduke Franz Ferdinand which they missed leading to the blast of a car behind Archduke. After that initial blast the route was supposed to be changed but

Archduke's driver didn't get the message on time and went through the same route. Princip, who was waiting on the same route got his second chance and shot the Archduke from close range leading to his killing.

As per historical evidence Adolf Hitler was interested in art and painting and applied to the Academy of Fine Arts in Vienna which got rejected twice, possibly by a Jewish professor. Had he taken up arts, possibly one of the most infamous evils of history could have been saved.

Had Kennedy not had the back surgery and the back braces he could have survived the second shot, had the driver of Archduke got the message on time and changed his route, probably World War II could have been avoided, had Hitler got admission to the Fine Arts academy in Vienna, probably the new age most evil was not created and mass killings of Jews in World War II was avoided.

Above are a few of the famous Butterfly Effects known from history. A butterfly flaps its wings in some part of the world and starts a chain of nonlinear effects that can result in a hurricane striking anywhere on the planet.

Benjamin Franklin offered a poetic perspective much before the concept of Butterfly Effect was coined.

For want of a nail the shoe was lost, For want of a shoe the horse was lost, For want of a horse the rider was lost, For want of a rider the battle was lost, For want of a battle the kingdom was lost, And all for the want of a horseshoe nail.

Today as most of us practically live in the virtual world of social media, any single post, tweet, share or forward by a single individual may lead to much bigger effect or impact in any part of the world. In the last one decade we have seen how media influencers are creating narratives sitting in one part of the world in their own cozy cocoon which are leading to massive turbulence elsewhere. Not just for political games but unknowingly this also affects our mind and emotions.

How do we feel when we see our friends, relatives or colleagues who have moved to other countries for a better life and are seemingly much more successful, happier and wealthier? Doesn't it affect in some way the peace of our minds by starting to compare our lives and situations with theirs? How do we feel when we find people declaring their professional achievements on professional sites like LinkedIn while we feel we are just common people doing our routine tasks within our work jurisdictions. We would never know the other person's reality but would assume a lot of things by their one post or share. Though someone may argue that seeing someone's success stories or happiness status should give positive vibes challenging ourselves also to achieve something in our lives, but typically as the creators of social media platforms themselves narrate that the algorithms of social media is based on picking up negativity so as to keep human minds entranced with the same.

The documentary "The Social Dilemma" on Netflix in 2020 is an eye opener on how social media's design nurtures addiction leading to manipulation of people's views, emotions and behaviour.

Cases like adolescents getting into depression by mere comparing his/her beauty with someone, leading to suicide are just one of examples. Getting killed in competition to have selfies from some of the odd locations or situations to get more likes and comments have also come up in the limelight in recent years.

I find a single flap by a casual comment or post on social media surely is leading to a chain of nonlinear tsunami of emotions and physical actions elsewhere.

It would be completely impractical to assume getting away from social media for sure. Least one can do is, next time a comment is written or a sharing of someone else's post is done, let's remind ourselves of the possible butterfly effect it may cause to someone, somewhere. Also, to remind ourselves not everything that's seen or heard are true as it seems to be.

-DEBJIT DEY





By Sarmistha Dey

Summer vacation is the greatest time of the year, much freedom, great time with friends and relatives, iust to do what vou want.

But this time when we were traveling after 3 years due to the pandemic , we had a mixed feeling excitement at the same time, a feeling of fear about what changes we will see, whether we will be able to adjust or cope up with the current scenario.

Grandparents were thrilled to meet their children and grandchildren. They had been in touch with their children and grandchildren through video calls for the past three years. But they have missed the feeling of care, exchanging experiences with grandchildren, cooking special local delicacies for them, playing indoor games, giving their little ones money for pulling out their grey hair.

This time when I went I realized our kids have lost their emotions, they have forgotten how to interact with friends and relatives, they no longer like Indian homemade recipes, they are more inclined to junk

food, they are glued to electronic gadgets, they no longer talk, play with their grandparents, it's sad! But we being the parents have to bring our children back to normal life so that next time when they visit their native country they don't act as robots rather transform into soulful human beings full of emotions. It's sad to see us laughing at emoji and gifs but not enjoying the jokes cracked by friends and relatives.

My father said he has been receiving lessons on the right type of emoji to use., a thumbs-up emoji apparently makes him a boring person but he adds to it that he belongs to the last generation before computers came into scene.

All humans crave personal interaction, touch, novelty and excitement so hopefully in few months' time we will gradually get back to our old lively habits.

This particular vacation after pandemic was a boon or a blessing I can't say but i can say it's a lesson for us to change for a better life.

-SARMISTHA DEY



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#### By Kulmohan Kaur

I was once among those people who would think for days or weeks about completing, nay, starting something that really needed to get done. This would lead to delays, incomplete work, missed increasing waistline payments, (yes, procrastinated about starting workout and healthy diets too) and whatnot. Procrastination is the biggest enemy to productivity. It decreases not only the quantity of work done but the quality as well. Below is the list of things I did to overcome the habit of procrastination and reduce it to a great extent:

1. Make a list of all that needs to be done: First and foremost, I made a list of everything that was on my plate, which meant everything that I wanted, needed, had to, must, should and all other verbs in between. The list, believe me, extended to 4 A4 size pages - both sides!!! This gave me jitters..... and I was certainly tempted to give up.

2.Persevere: And I persevered. I had told myself that it was high time I came out of all the putting off things to the last-minute thing. What motivated me was the thought of how I will be appreciated for getting things done and of course of not being called a person who never does anything on time.

3. Prioritize everything: Just making a list was not enough. I needed to know what to do first. So I

first sorted it out into tasks that would take less than 15 minutes, up to 1 hour, up to half a day, up to 1 day, 1 week, 1 month, and so on. I really had one task that would take 5 years (that's another story). Apart from this, I had learned somewhere about segregating the tasks into four quadrants like

	URGENT	NOT URGENT
	Quadrant 1	Quadrant 2
IMPORTANT	Urgent and important	Important but not urgent
	1.	1.
	2.	2.
	3.	3.
	Quadrant 3	Quadrant 4
	Urgent but not important	Neither urgent nor important
NOT IMPORTANT	1.	1.
	2.	2.
	3.	3.

Now I knew what I had to do first - in case you haven't noticed, it's the first quadrant that says "Urgent and Important". Then Urgent but not important and Important but not urgent. The tasks that were neither were left for the last minute.

4.Set goals: Since I now had a list handy I could set goals for myself. As I had already sorted it out timewise and Urgency/Importance-wise, I could set goals easily. I had read somewhere that accomplishing a small goal gives our mind the same kick as accomplishing a bigger goal. So I stuck to small goals only. When I saw that some goals were too big to be achieved in one go, I broke them up into smaller tasks. And then decided to complete each smaller task as one goal. Tasks that would take

a long time were again broken into smaller time chunks. For example, studying a full topic would take about a week. So I broke it down to studying 5 pages a day. No less, no more either.

5.Visualize before starting: Visualizing is an important aspect of accomplishing anything. Visualizing helped me to understand the steps I needed to take to achieve my goals as also the difficulties I could face and how to overcome them. I could understand the resources required – time, money, people – to achieve them. And when I had the step-by-step plan in my mind, there was very little chance of straying from the path, thus helping me attain the final outcome even in case I had broken down my goals into smaller ones.

6.Pat your back and kick yourself, aka Rewards and punishments: I decided to keep a reward for every goal I achieved. When I saw that I was straying from the path, so to say, I would also punish myself. For example, if I finished studying and understanding the 5 pages, I would play one level of the game I really loved to play. But if that day I didn't complete those 5 pages, I had to eat bitter gourd vegetable (which I really detest). That served as positive and negative motivation for me, respectively.

7.Accountability: Even when I had the rewards and punishments set for me, there was a chance that I would just skip the punishment or reward myself even when the goal was unaccomplished (aka cheating). So I searched for an accountability buddy. Which meant we both will share our goals with each other and will keep pestering one another till we have reached it. We had full powers to reprimand the other and to change the reward or punishment as deemed fit.

8.Don't beat yourself up over some missed deadlines: Of course, I missed doing some tasks as planned. Sometimes due to another urgent task cropping up in between, due to family issues, due to health issues, any unavoidable social engagement, etc. I was unable to finish my tasks for the day. Instead of stressing over the missed goal, I let it go. I just did what came up, appreciate myself in some way other than the reward I had set for myself, and start afresh next day. If I had reprimanded myself

over every missed goal, my mind might have started avoiding setting goals altogether. Keeping communication lines with my mind open was the key.



After a year, I am still procrastinating on some tasks. But all in all, I have improved my performance at work, have almost completed my post-graduation, improved my health (lost around 11 kgs and several inches), and now I get my work done more often than not. My credit score has improved a lot because I pay my bills on time. A lot has changed. And now I get appreciated more at work because they know that if I take up a task, it is going to get done – on time.

Signing off now.

-KULMOHAN KAUR



As a school girl, I often happened to see my father, a dermatologist surrounded by skin patients waiting patiently for their turn. They didn't seem very sick with just an odd rash here and there and only occasionally looked distressed. Most had to wait for hours to be seen and to me it seemed such a waste of time. Now as a medical student, I have come across papers which have analyzed patient waiting period, noted it being a cause of dissatisfaction among patients and have suggested ways to reduce it. While this is a welcome effort, in a country like India where the doctor-population ratio is still very poor and government doctors are overstretched, this may be a distant dream.

Dsouza

I was wondering whether this wait in the outpatient department (OPD) could be made fruitful for patients/attendants, hospitals and the community. Can the medical fraternity/hospital social worker/NGOs be the catalyst for this "Healing beyond the medical domain" motivating the patients and/ or their attendants to be available to their fellowmen. This may sound alien in developed societies but this is a reality in developing nations. To begin with, I have chosen "Dermatology" as a specialty where this initiative could begin, as most patients have disorders that are cosmetically distressing and not physically incapacitating. As a medical student, I now feel as I move around in the hospital during my clinical

postings that it may be a little more difficult to begin in other OPDs like Internal Medicine, Pediatrics, Surgery, Orthopedics, etc. where the patients may be relatively more sick and less mobile and may also require more attention from their attendants. So while they wait in an OPD, they could be encouraged & sensitized to help with few of the listed voluntary and charitable acts with a lot of positive spin offs – ultimately a waiting time well spent.

**A. Contribute** to cleanliness: Government setups have much higher footfall and limited housekeeping manpower. Patients/attendants can participate in a cleanliness drive by helping keep clean the OPD areas. This should not be perceived as something below one's dignity. After all many people do 'Kar Sewa' when they visit places of worship as pilgrims.

**B. Volunteering** to help other sick patients reach destination: Mobile able-bodied their and patients/attendants could help to cart sick and chambers. immobile patients to doctors' investigation and imaging areas where hospital manpower may be limited as help to an unaided patient makes an instant difference.

C. Making worthwhile charity: A sharp eye and few questions will make one realize that distress in another patient's eye is not due to physical illness alone but due to poverty. Volunteering to buy a few medicines or pay for some investigations would be

a great service indeed.

- **D. Being an educator**: Those blessed with the knowledge to remain healthy, to keep our environment clean, about agencies which help the needy, about bus routes to reach a place etc. can educate their fellow patients who are in need of such information.
- **E. Being a hospital guide**: Those under long term follow-up with multiple hospital visits have a fair idea about location of different services in the hospital which they can use to help and guide other patients. Sometimes sick patients are struggling to reach simple facilities like washrooms and drinking water in the absence of adequate signages.
- **F. Donating useful reading material**: Useful books, magazines which are of practical educative value and have outlived their utility at home can be brought to the OPD waiting area so that others can benefit. New reading material for self-learning can be brought along to make use of the waiting time.
- G. Learning about basics of health care & emergency: Hospitals with a good audio-visual set-up can display and disseminate practical health information to waiting patients. This includes important basic life support measures like how to perform cardiorespiratory resuscitation in emergency situations at home and in neighborhood before medical help arrives. Information about new emerging health related issues including epidemics like COVID 19 and community measures required to contain them could also be relayed via these electronic platforms.

- **H.** Interacting with medical social workers in hospital campus: Medical queries including those of a very personal and sensitive nature can be sorted out during the waiting period by meeting counsellors and medical social workers.
- I. Interacting with other hospital supportive services: Many hospitals have departments for physiotherapy, dietetics & Yoga which can be visited and knowledge gained regarding proper nutrition & exercises for staying healthy and recovering early from diseases.

These are some of the useful things which can be done by patients and/or their care givers to transform their waiting period from being boring, burdensome and frustrating into a useful, educative, enriching and philanthropic experience. I feel strongly that the onus has to be on our medical fraternity and those involved in voluntary health services to motivate and nudge our patients with some of these ideas which appeal to them. This will be our additional service to them apart from being medical healers.

-JEANNE MARIA DSOUZA



By Virender Rawat

## NEGATIVE THOUGHTS TRAVEL FASTER THAN POSITIVE THOUGHTS.

If you are seeing something good as well as bad about the person who is sitting in front of you, what will you immediately say, his good point or bad point. In most of the cases we tend to say his/ her negative point first. This is the built-in of most of us. Why this is happening, that most of the time we come out saying negative first and positive later about the person we have just met.

So it is true that, following happens in most of the cases unless you try to set your mind-set right and try bring about change in you by doing something different.

So, now we come to this conclusion that

### NEGATIVE THOUGHTS TRAVEL FASTER THAN POSITIVE THOUGHTS

 And we also say that is our built in or say this is the set up in our body at the moment that makes us always say negative first and followed by positive in some cases. This can be changed but question comes how one can change this kind of mindset or built-in feature immediately or in the short span of time

So what do we do for this.....?

We should develop a habit of saying positive first, which is not our built -in from the very first day. It takes a month or so to develop such a habit.

#### So try this;

- 1. Praise one person every day for a month. This is the formula that always works.
- 2. Every morning u should promise yourself that u will praise at least one person in the course of the day for one good thing that u spot in him or her.
- 3. We must learn to appreciate friends, colleagues, subordinates, parents, brother, children in front of mass.
- 4. We must realize that every other person u meet is more talented than u at something or the other one should learn to appreciate that bit.
- 5. Practice appreciating people for one good thing that they have for a month or so and you will find a change in you for sure. This is experimented and tested.
- 6. What benefit do we get out of this?

#### **NEWTON'S THIRD LAW (ACTION & REACTION)**

- for every action there is an equal and opposite reaction. In this case reaction is bigger than your action.
  - you give happiness you get happiness more than what you have given
  - you give pain you get pain more than what you have given

- you give attention you get attention more than you have given
- you give tension you get tension more than what you have given
- you give joy you get joy more than what you have given

Whatever you give you only get that but in bigger quantity, so choice is yours what do you want.....

This is a very simple method to achieve happiness and joy for you. Our ultimate goal is to be happy. Whatever we do, we do everything to make ourselves happy only.

So **appreciate** people and make them happy. Everyone is hungry for appreciation and happiness.

So **practice** saying positive for a month whosoever you meet, it is not very difficult to find a positive point in the person you meet every day. With this habit, you discover that when you meet someone you only talk or appreciate about his/her positive points. You are being honest while giving your thoughts out. Now you have developed a habit of saying positive first. In other words now your built-in has changed and positive thoughts are travelling faster than your negative thoughts in your body. That is an **achievement for your mind and body**.

It is very simple to improve your mind and body this way and this is not very difficult task to do. In this way, **you make yourself happy by making** 

#### AND FINALLY YOU ACHIEVE FOLLOWING

- Stop criticism and start loving people
- Highlight only positive points of others. At times you do say both negative and positive, but first highlight more positive followed by one or two negative points, this is well absorbed by the concerned person. And then, undoubtedly he/she will try to correct or improve on his/her negative points.
- Relate with the person not with his/ her status
- Always keep a smiling face
- You are happy by making others happy
- Happiness is the key to success

**HAPPINESS** makes you fit

**HAPPINESS** makes you perform better in your work.

**HAPPINESS** keeps your relations very nice with your family, friends and colleagues.

**HAPPINESS** is more valuable than money. Money can't buy happiness for you but happiness can definitely create ways to get you more wealth or money.

So if your happiness part is going good everything will fall in place.

In this context, if anything you wish to ask please do ask in your comments. Till then good bye..... take care and stay safe.





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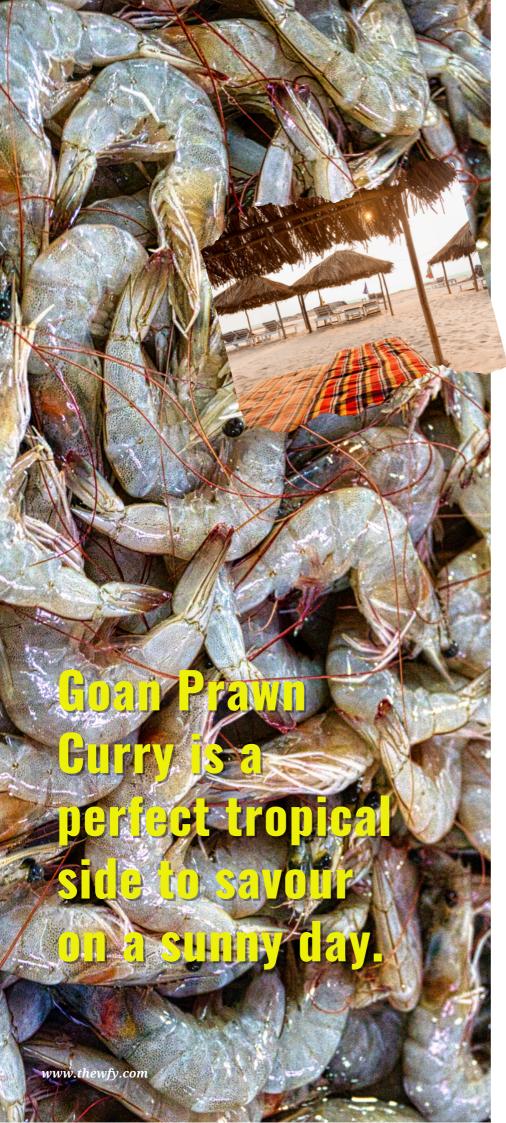
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a variety of spices and coconut milk. This prawn curry has a Portuguese influence.



#### Traditional Goan Prawn Curry

Goan Prawn Curry is a perfect tropical side to savour on a sunny day. Recipe for Goan Prawn Curry is very simple and authentic. You can serve this best Goan style prawn curry with rice for a nourishing brunch or dinner as well. Here is how to make prawn curry Goan style.

If you find fresh Goan prawns then nothing beats it! However, you may also use frozen prawns for making this Prawn Curry Goan Style recipe. Tamarind is used for this curry but you may replace it with kokum for a more traditional flavour.

#### What is Goan Prawn Curry?

It is a tangy spicy curry made using shrimps, a variety of spices, and coconut milk. The traditional souring agent is kokum. Goan style Prawn curry pairs very well with steamed rice. This dish has a Portuguese influence.

#### How to prepare Prawns for Prawn Curry?

- To peel prawns, remove the head and legs. Peel the shells from the prawns and squeeze the tail to remove it from the body, if desired.
- To devein a prawn, use a small sharp knife to make a slit along the middle of the back to expose the dark vein. Pull out the vein.
- To devein a prawn without cutting the back, use your fingers to carefully pull the vein through the opening at the head end to remove.
- Put the prawns in a colander and rinse them in the sink with cold water. Use hands to rinse each prawn individually. As you are rinsing, keep an eye out for any spoiled prawns that are discoloured or slimy. Prawns should appear white or grey before cooking.

Prawns should ideally be cooked immediately after cleaning. However, if you must store them for later, be sure to keep them in the refrigerator for no more than 24 hours. After this length of time, they may start to go bad.

#### Tips

- Use the freshest prawns to make this curry. Nicely clean and devein the prawns before
- You can make coconut milk at home by grinding coconut with water in a blender and then passing it through a mesh strainer. I have used canned coconut milk though.
- Do not overcook the prawns otherwise, they will become rubbery. The ideal time for cooking the prawns in 6-8 minutes.
- If using kokum instead of tamarind, use 2-3 pieces in place of the below-mentioned quantity of tamarind

#### Ingredients

For Marinating the Prawns

- 500 g Prawns (Cleaned)
- ½ teaspoon Salt
- ½ teaspoon Turmeric Powder
- 1 tablespoon Lemon Juice

- 8-10 Kashmiri Dry Red Chillies 5-6 cloves Garlic
  - 1 teaspoon Whole peppercorns
- . teaspoon Cloves
- 1 inch Cinnamon

#### For the Curry

- 3 tablespoon Vegetable Oil
- 10-12 Curry Leaves (Optional. Not used in authentic version.)
- 2-3 Green Chillies (Chopped)
- ½ cup Onion (Chopped) ½ cup Tomato (Chopped)
- 2 teaspoon Tamarind Paste
- 1 cup Coconut Milk
- Salt to taste

#### Instructions

For marinating the prawns

1.Clean the prawns and add it along with other ingredients for marination in a bowl and mix

2. Keep aside for 15 minutes.

For the ground masala paste 1.Add all the ingredients for making the ground masala in a blender and blend to make a smooth paste.

2.Add little water if required while making the paste.

#### For the curry

- 1. Heat oil in a pan.
- 2.Once the oil is hot, add the marinated prawns and cook for 2-3 minutes.
- 3. Remove the prawns on a plate and keep aside
- 4.In the remaining oil, add curry leaves and green chilli and fry for a few seconds.
- 5. Add onion and fry until they turn translucent.
- Add tomato and cook for 2-3 minutes.
- 7. Now add the ground masala paste, ½ cup water and tamarind paste and cook for 5-6 minutes.



MARIA





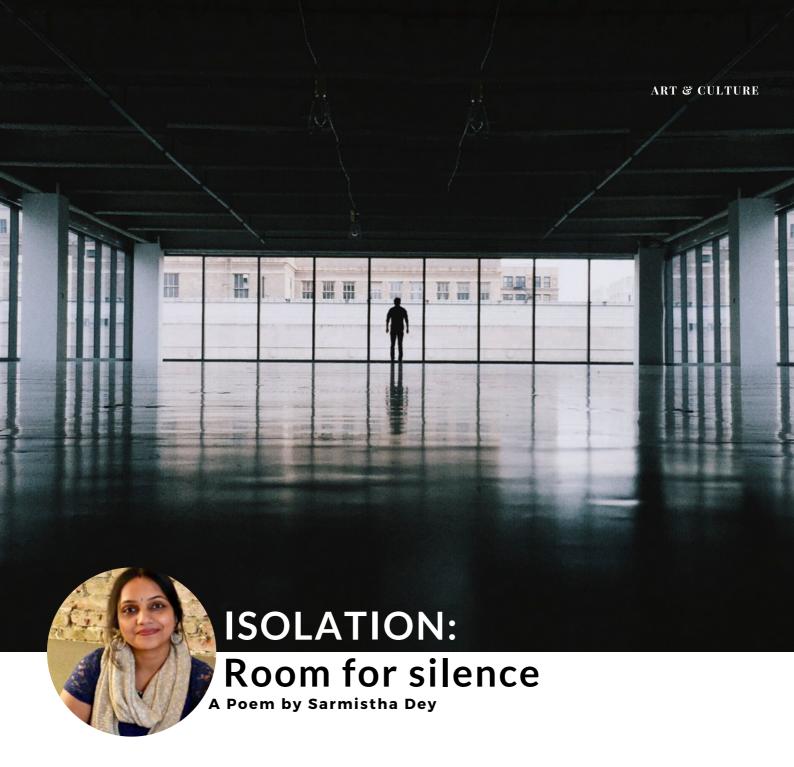
I am not a prisoner but of my thoughts... Principles and ideals are not bars of my cell

> Who caged me and clipped my wings? Ordained me on a throne of adjectives, A glorified Goddess, but carved out of clay Restraint in a temple of your choice!

> > You feign that... coronation was complete, But the authenticity was at stake. I am not a Prisoner...but of my thoughts. Freedom chocked in the golden cage, Every whiplash strengthened my senses, Re incarnation was inevitable!

> > > I gained new feathers on my clipped wings Aimed blue sky beyond cosmic lines. Barked at every shadow passed, As I am afflicted, inhibited and prohibited. Never crown me as a goddess, but venerable I am a woman altogether, prudent, perceive And....to emancipate her captive dreams!!

-BRIJI K T



I am like the lonely tomb of the sad and isolated.

Every now and then there is a fierce condemnation of false imaginations.

The combination of artificial mechanics is now in my mind, manner and language.

Since then spring has not brought a single flower for me.

I just think about the meaning of life with a blank face.

I feel pain because the promise will fail at some point.

Yet affection is practiced at home as a necessity of life.

I sing the song of life again and again from fresh.

Reluctantly wandering amongst all thoughts, still alone in my hidden pursuits.

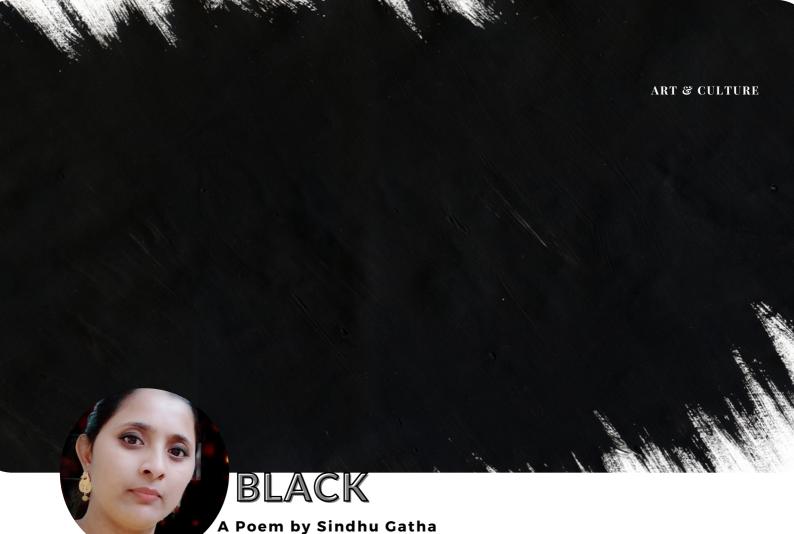
I rush to the border of dreamy happiness.

The memories of the past are dimmed by the obsession of loneliness.

I do not know when I started loving the cursed loneliness.

Today in the midst of chaos I still search for You, my lonely heart.

-SARMISTHA DEY



Black is not a colour... Not even a creed or community.

Invisible and senseless fence that we create.

We make them silent apartheid and marginalized.

Lost ethics of humanity

No matter how hard you try to hide it will come out as a sorrowful torn grey petticoat material

Measure the distance
From white
to black
then only You can
touch the virtue of black
Until then black
will be black

Years of maturity that they pretend of the white-headed is futile Don't mock at black Don't blacken your heir That black is strong youth accept the truthiness of black

> How much you covered with white and being an angel or priest Finally Death is black

Black is a reality

White is white painted brutality
Power or invasion

While you mention black Everything that exists is dark

Virtue of darkness prevailed everywhere

-SINDHU GATHA



When we get used to living in a desert That sees all the four seasons on this earth, We see HOPE with laughter, levity and mirth, And we dance around in glee in a yellow skirt.

When Percy Bysshe Shelly did us remind "If winter comes can spring be far behind", We say "If summer comes can autumn be far behind" And we sail through the heat with a hopeful mind.

When heat is the ruler of the summer season, We enjoy the fruits for a particular reason, A ripe mango being the king of fruitdom, We eat it with delight and gay abandon.

> When pigeons come to our window for a little shelter, And also in the many shadows here and asunder, It always makes me and many others wonder If they are ever safe in a sudden thunder.

For now the Bard's "Eye of Heaven" is ashine, And I pray for the days when heat will decline, We say "If summer comes can autumn be far behind" And we sail through the heat with a hopeful mind. And we sail through the heat with a hopeful mind.

-SUDHA MUKHOPADHYAY



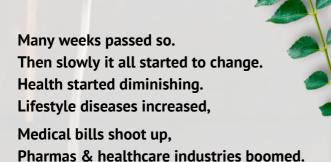
"Kitchen is not safe.
Our lives are ruined within its wall.
We are enslaved in it.
We will never cook again..."
Screamed and decided
A few women.
Slogans rose, march-pasts shook the streets.

It was the beginning of a revolution.
The fire in the house was never lit again.
Kitchens are closed and later, demolished.
They clapped & rejoiced.
Men couldn't do much
as womanpower could do a lot...

Every street there rose food counters, Like those swiggy-zomato. Food travelled from those counters To each homes. Houses were built kitchen-less. Women relaxed and enjoyed. They didn't know what to do With those saved time-to-cook.

The new culture got adapted slowly.
But the children missed the food
Prepared, served & fed by their moms,
They missed the aroma,
They missed the sight of transformation
Of ingredients to the cooked food in plate.

They wanted to see pooris fluffing in oil,
They wanted to see coconuts being grated
They wanted to be beside their mothers
While they grind, chop and roast.
They liked seeing spreading dosas,
Rolling chapathis and squeezing juices.
They liked to draw the icings on cakes.
They liked making lizards with atta-dough.
They missed everything associated with
The process of cooking.



Food could no longer satisfy the taste buds. It could never subside the appetite too, Something was missing. None knew what to do. None could cure the state of unwell-ness. Then, one day, an old woman arrived, "Shhh she's a healer", said someone. She said, "I know the reason for your misery. The food lack one ingredient."

She revealed that ingredient. "And It can be added only if the food is prepared at home-kitchen, by the hands of a family member." People thought, let's try this, After all, they had no choice. Thus each home started lighting the fire, And vegetables were chopped Noise of vessels wakened the walls. The smell of cooking filled the home The smoke from each kitchen created clouds.

Food was cooked and served. The forgotten art of cooking was revived. Taste buds were rejoiced. People ate as though they have never eaten before.

Their stomachs were filled and were dancing-Not just stomach, but their minds too.

They decided to continue Doing the thing which they did now: To cook- like their ancestors did.

They thought of thanking the old woman healer, She wasn't there...

She left looking for another place where people needed her.

Now, oh my dear reader, it's your turn, can you guess, what was that magic ingredient, which the old woman had taught the peopleto add to food?

-SANDHYA NAREN





There is something about Neeraj Chopra which catches one's eye. Beneath his cine star looks and cool exterior, there lurks an insatiable desire for attaining the stratosphere of success. The 24-year-old Army man achieved what no Indian has done so far by winning a silver at the World Championships in Oregon, US, and establishing his credentials as the Greatest Indian Athlete. His throw of 88.13m at his fourth attempt broke the glass ceiling. Neeraj's long mane, seemed to grow longer as the tricolour was unfurled and the national anthem was played out during the medal presentation ceremony.

Neeraj Chopra, who won the Olympic gold last year, had an altogether different challenge this time around. For he had won everything --- gold at the Olympics, gold at Asian Games, gold at CWG-but no medal at the World Championships. That stuck like a sore thumb---so in a manner, he was up against personal history as his cabinet was without a World Championship medal.

All that negative factors were reduced to rubble as Neeraj despite a horrendous start (when he made a foul throw), showed his calibre and class to win the silver and become the first Indian ever to achieve that hue in the history of the World Championships. Thus, he bettered long jumper Anju Bobby George's bronze at the World

Championships which she won way back in 2003.

That Neeraj's silver was a Herculean task --- can be gauged by the fact that he was competing against the best in the world nursing a slight injury. A mild groin strain has been bothering him from the last three weeksfactor which would deter the best in the world. But not Neeraj-such is his commitment to winning. He made light of his injury and went on to the historic silverwhich has become now part of the sporting folklore.

Neeraj could not have got off to a disastrous start, when his very opening throw was a foul. That would have taken the sails out of most, but in his indomitable style Neeraj bounced back with his fourth show with a heave of 88.13m to have his slice of history.

Granada's Anderson Peters excelled with a throw of 89.93 m which was good enough for the gold medal. On his part, Neeraj was magnanimous enough to admit that Anderson deserved to win the gold.

For the last two years, Neeraj has been living life out of a suitcase. He has been training, training and training. His sudden stardom after the gold medal in Tokyo Olympics brought him something which he has not been comfortable at all -being in the public limelight and scrutiny.





Having won the gold medals at the all the major championships barring the World Championships, Neeraj will now be hoping to convert the silver into gold in the next edition of World Championships. Till then one has to wait till bated breath.

Neeraj Chopra has pulled out of the Commonwealth Games due to a groin injury. He had suffered this injury during the initial rounds of the World Championships in Oregon last week but went ahead. But this time around. doctors advised him total rest for 2 months which resulted in Neeraj pulling out of the CWG.

He has kept his sole focus on one thing and that is how to better with each and every throw.

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-SAJI CHACKO

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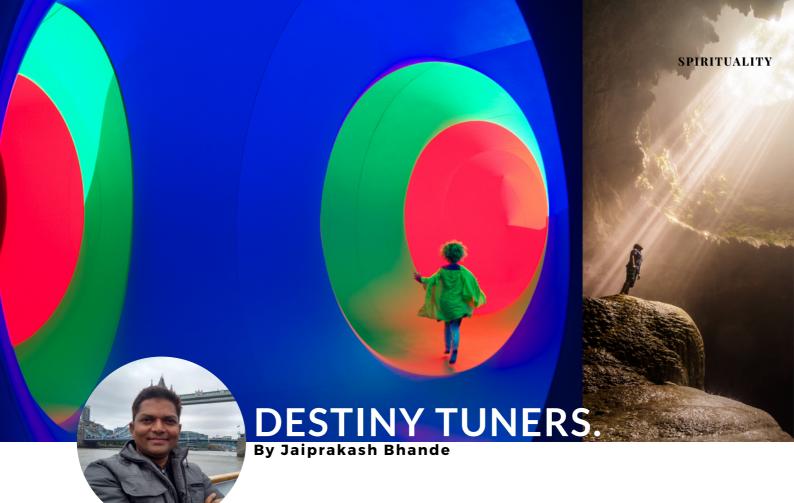
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We live our life, sometimes as per our wish or against, but we all live our life the way it is. The word 'Destiny' is a very crucial thing to understand, believe and decode. There are no parameters available to measure or predict it. Let's start tuning with our own destiny, with our own efforts, the natural way. You might have seen or experienced these remedies, but might have ignored. We are giving you a brief idea Chapter wise.

Chapter 1: Who are you?

#### YOUR EXISTENCE, IS NUMBER OF PEOPLE YOU ARE WITH.

Either you are an ordinary person or someone special.

Believe me, you are born someone very special with genetic make-up, sociocultural backgrounds, attitudes, the way you speak, listen, learn, behave, act and react along with unique fingerprints, iris, voice etc., But with time passing by, you forget all this & consider yourself very common. Majority of the People consider themselves as very common. Then surrender themselves to Destiny and waste their time & life.

Who am I? My existence started with others & will end with others. If no one is there in the World, my existence is immaterial.

People decide my fate. World is an integral factor which decides your Destiny. Everything is related to the numbers and connections. People having a good number of connections with People, face to face, directly or indirectly, get tuned to their quickly. Not only Destiny verv connection, but the behaviour of helping others with the numbers makes a difference. People interacting with you must get a solution by talking to you or just listening or watching you, hence smiling face, euphonious voice with humbleness is needed. You must be a solution to the People you know. Even though you don't have a solution, you should have a tendency to listen to them.

Number of People you are interacting with increases your chances to tune to your Destiny quickly.

Don't meet the same People again & again & again, that will have a negative impact on both sides.

More People you meet daily, more chances of getting the answer WHO AM I and it is the first step towards DESTINY TUNING.

Let People decide, for what you are made. Believe me, results will be confirmed and quick. Don't listen to them, Do exactly opposite to what they say, results will be shocking, time consuming but miraculous.

In both cases the number of People matters. More the number, the better the chances. It is said that your life is always for others. At the end of life, everyone realises it. Don't waste time in realising it. Start today. Don't rely on social media. Get connected to People, as much as you can, directly. Joining Social charitable foundations, active groups, clubs etc. is a good idea. Keeping yourself busy with people, helping others will give you positivity & you will start comparing your life with others in a positive way. Starting a new business will give you, new experience & extra money. Try to search for an opportunity in a field you always wanted to do. Learn something, which you never thought of.

## You are very Unique & someone very special with a mission.

Find a mission, you are born with. A special thing is given to you with your birth. You call it a GOD GIFT. Destiny will follow your footprints till it is fulfilled. Your existence is utmost priority of the Mother Earth till it is completed. This special ability will make you complete the task. We all programmed for a particular mission & simply follow it. The GOD GIFT thing will tune Destiny automatically. If we don't like the work we are doing right now, it is only because we have seen someone doing something very lucrative with his God Gift and that is his special ability to do it. Don't copy someone very special, try to find out your God Gift & abilities you are born with. Tuning Destiny will follow.

## Chapter 2: Who are others and for what? WORLD IS FULL OF SOLUTIONS.

People means World and Nature. You are the centre point. The Axis of the ecosystem and others are the supplements of your life. They fill your life with lot of opportunities, possibilities & complete your existence. The main principle of the World around is to provide you with the solution. Hence someone will create a problem & most of them will have the solution. It is not, because

you have a problem, People will find a solution. It is vice versa. People have so many solutions. Nature is packed with an abundance of solutions & hence someone has to initiate a problem. Every problem is an opportunity. At least for the World around to open a new segment of solution to initiate change it has programmed. Think in that perspective to tune yourself with Destiny and consider yourself lucky for choosing you.

# Others will always have a solution to your problem, irrespective of its intensity.

Even if someone comes to you with a problem, you have a quick & sound solution or way out. If you remember, you have suffered a lot because of the same problem Years ago. Now you have a solution. It is not because of the experience you got, but the natural ability of the World to give the solution. Most of the businesses, services and jobs are giving solutions every day to millions. Our day starts with a solution to others & ends with the same. The time you live is consumed actually by a solution meant for someone else.

## If you are losing interest in your life, Use this formula. 8 X 16 X 24.

8 Hours in daytime meeting 16 People for next 24 Days & you will be out of it. 384 People will give you a solution for sure. May it be from close family, friends, People from professional circle or anonymous. Discuss with them & surprisingly they all will have a solution, because the World is programmed in such a way, that it has abundance of solutions for the problems not yet known to Mankind. We all are programmed with various solutions not needed to ourselves. Hence always helping others will keep us tuned with Destiny, because we all are mediums for the solutions.

To be continued...

(Next Chapters: Three Laws of Nature.)

-JAIPRAKASH BHANDE



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# AN UNUSUAL COMPANION IN LOCKDOWN TIMES



By Dr. Puthur Rahman

I was highly annoyed when my daughter brought a stray kitten to our apartment in Fujairah four years ago. When I scolded her for bringing in the little beast she pleaded that she had found him abandoned on the road with no one to care for him. I had heard that the cat's hair could trigger allergies. But Shabna was adamant. She won that verbal duel and I had to surrender, as parents always do.

She called him Shelby, after Thomas Shelby, the protagonist in the Peaky Blinders series based on the Birmingham gang. Thereafter I was forbidden to refer to him as 'it' and 'that.' He grew in stature. But I felt he was a nuisance and I continued to ignore him.

Years passed and the COVID lockdown turned our lives upside down. The world shrank within four narrow walls. Feeling the unbearable weight of isolation I began to think that any company is welcome.

The place I call home is not actually my home. This is not where I was born. This is not where I wish to die. Back home in Kerala, you can see at least a spider weaving a web on the corner wall. Here, I look around and see no sign of life.

It was in sheer desperation that I turned to Shelby. When I looked into his eyes under the harsh reading lights I realised they had the same shades of cruelty as the original Shelby. 'My daughter was right when she named you Shelby,' I whispered to him. Shelby seemed to understand. He quickly sensed my interest and responded with enthusiasm. Soon he started following me around the house. Sometime I try to shoo him away, but he sticks around doggedly.

Now I realise Shelby really loves me. He is with me when I read, watch TV and eat. He often strikes me with his tail and surprisingly it brings down my anxiety level. I feel bad about my past indifference to him.

There were two incidents in the past when Shelby's actions or absence caused us considerable distress. One weekend when I returned to my bedroom after lunch I found the door was locked from inside. Who locked it? Everyone was clueless. An uneasy feeling enveloped us. Did anyone slink into the apartment while we were in the dining hall? We checked the CCTV footage and found nothing suspicious.

I called a carpenter to break open the lock. There, inside the room, sat Shelby staring at us with the most innocent expression on his face. The carpenter suggested the possibility of the cat's jumping right onto the key and causing the door to lock. I had seen Shelby perform all kinds of acrobatics, but I'd never expected this level precision. From that day I made sure Shelby never got to enter my bedroom. I'd scream at him and lunge forward with a stick whenever he went in that direction.

One weekend when we had guests at home, we suddenly noticed that Shelby was nowhere to be seen. We searched high and low but to no avail. Shabna was out of the house and I feared she would accuse us of negligence when she returned and found her pet missing. I asked my son Ameer to search all round the apartment complex. Soon everyone learnt about the mystery of the missing cat. But nobody could find him.





Then Ameer went to a nearby apartment where Shelby was a regular visitor. He knocked on the door but there was no response. Then he banged the door using a little force in the hope that the folks inside would wake up if they were sleeping. That was a terrible mistake. A piece of the door came off. The apartment owner lodged a police complaint saying Ameer broke open his house.

I was furious. So much of trouble caused by a mere cat! As soon the guests had departed I advised Ameer to go to Dubai and lie low for some time until the problems were sorted out. By then I was guite exhausted and collapsed into a chair. A faint meow greeted me from behind. Yes, it was him, Mao's spite and Gandhi's calmness in his eyes!

These escapades slowly melted my distrust and suspicion and Shelby grew dearer to me by the day without my knowledge. We humans have too many prejudices, too many reservations. But Shelby loved me even when I looked away. Little by little I began to notice his every move. When I came late from my office, he would give me pained look. 'Why couldn't you come a bit early, man? Do you know long I've been waiting for you?' he seemed say.

Now Shelby and I have become equals. We both stay home all the time. In fact he is freer than I am. When I read, he turns his eyes away. Is there a touch of melancholia in his eyes or am I imaging things? At night, his eyes glow like embers.

One day, when I looked at Shelby's eyes, all of a sudden I felt like I was struck by a bolt of lightning. It gave me goose-bumps. Those were the eyes of my son, Ameen, whom Fate had so cruelly snatched away from us a few years ago.

-Dr. PUTHUR RAHMAN

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WFY to give away Indian Diaspora Global Achievers Award on December 16th, 2022 in Dubai. Nominations are now open. This year, we endeavour to honour, recognize, and celebrate the lives of of Indian origin who have made extraordinary contributions over the last three years of the pandemic. When the world was suffering, they made a difference; HEAL THY WORLD!

The Indian Diaspora Global Achievers WFY Award is a global awards programme hosted by WFY Magazine and Indian Diaspora Global to recognise celebrate Indian Diaspora (regardless of nationality) and organizations for their outstanding achievements and contributions, and the impact they have made in their respective communities across the globe.

The regular sections, besides the focus theme, will also be there. The WFY Awards is an initiative to recognise and honour the most promising Indian Diaspora visionaries, innovators, and entrepreneurs in multiple sectors. With this esteemed award, we endeavour to honour the stellar personalities as well organisations in healthcare, education, hospitality, tourism, real estate, architecture, aviation, engineering, fashion, arts, IT, media, retail, manufacturing, legal, NGOs, magazines, entertainment, FMCG, finance, portals, consultancy, and e-commerce.

The Indian Diaspora Global Achievers WFY Awards is open only to Indian Diaspora individuals or organisations and the nomination right is open to only Indian Diaspora Global members who are at least 18 years old. The finalists will be chosen by a review panel from the nominations received.

NOMINATIONS ARE NOW OPEN, KINDLY HELP US FIND THE BEST AMONG US.

#### How to nominate?

Nominating right is open only to the registered members of Indian Diaspora Global and you will need a membership ID number to nominate. Write an email (as per the given format) to wfymagazine@gmail.com in case you are not a click her become to https://indiandiaspora.world/index.php/join-us/

There is not an official limit to the number of entries a single person can submit. A nominator may submit nominations for all categories; however, each submission must be unique. The organiser of The Indian Diaspora Global Achievers WFY Awards reserves the right to modify the award category selected as necessary if it believes that the content of the nomination fits better in a different award category. The decision of The Indian Diaspora Global Achievers WFY Awards, award team will be final in this regard.

#### Is the programme open to individuals and organizations from all countries?

The Indian Diaspora Global Achievers WFY Awards is a global program. The Indian Diaspora is spread across the length and breadth of the globe. The Indian Diaspora community is beyond borders, thus citizenship does not matter in this regard.

#### What happens after I submit my nomination/ submission?

After the nomination, the entries will be vetted by a Review Panel. Thereafter the Nominated individual or organisation will be submitting a video of theirs, which will be uploaded in our Social Medias including our

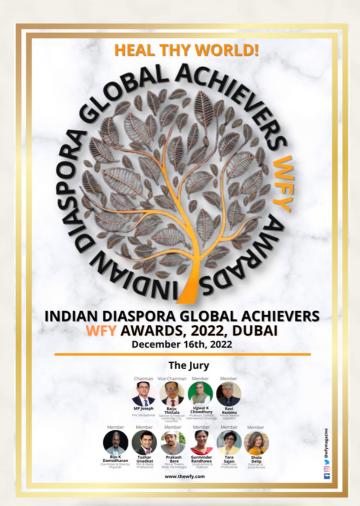
YouTube channel. The popularity and response of the same will also be considered while selecting them for the award. The final list of awardees will then be determined with the help of a review panel of qualified judges determined by The Indian Diaspora Global Achievers WFY Awards Team.

#### When will the winners be notified?

Winners will be announced publicly during The Indian Diaspora Global Achievers WFY Awards, 2022, Dubai event, which will occur on Friday, December 16th, 2022. Winners will be notified around November 20th, 2022.

#### What do award winners receive?

- Winners will receive a certificate of appreciation along with a trophy.
- They'll be featured in the international magazine WFY's New Year edition i.e. January, 2023
- More importantly, we hope recognition through The Indian Diaspora Global Achievers WFY Awards will help raise the profile of the winners and provide additional validation to their programs. The Nominator will also be recognised and acknowledged.



NOMINATE NOW



### Additionally, winners will have the opportunity

- Be featured extensively online as well as during The Indian Diaspora Global Achievers WFY Awards, 2022, Dubai event in December 2022;
- Use a dedicated The Indian Diaspora Global Achievers WFY Awards logo mark in promotional
- Be featured in various digital platforms throughout the year, including articles, videos, social posts, and

We would like to acknowledge the nominator also on the stage along with the award winner. This would a great opportunity for the person nominating the award winner.

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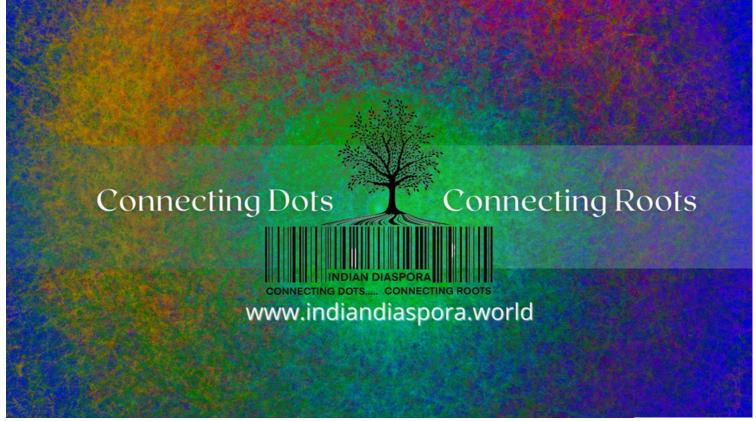
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#### **Our Mission**

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**

Africa Bahrain Canada Georgia Germany
India Ireland Malaysia Oman Qatar
Singapore Thailand
United Kingdom United States Of America

www.indiandiaspora.world

## **HEAL THY WORLD!**



## **INDIAN DIASPORA GLOBAL ACHIEVERS WFY AWARDS, 2022, DUBAI**

December 16th, 2022









