

September, 2022

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To Be or Not to Be!

Rishi Sunak, his chances of becoming the PM of United Kingdom

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How to reverse Diabetes with lifestyle modifications?
Microplastics in everyday Life

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KITCHENS
OF INDIA**
DAL
MAKHANI



HEAL THY WORLD!



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

December 16th, 2022



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IN THIS ISSUE

EDITORIAL

HOPE KEEPS YOU ALIVE!

6

-Melwyn Williams

COVERSTORY

TO BE OR NOT TO BE ! RISHI SUNAK, HIS CHANCES OF BECOMING THE PM OF UK

8

-Melwyn Williams

WORLD POLITICS

INDIA AT 75, LOOKING BACK AND FORWARD

21

-Melwyn Williams

THE BABY STEPS OF NEW INDIA

24

-Debjit Dey

FEATURED

42

From The Kitchens Of India- **DAL MAKHANI**

69

IDGA WFY Awards, 2022, DUBAI

HEALTH

HOW TO REVERSE DIABETES WITH LIFESTYLE MODIFICATIONS?

-Dr. Shilpi Pandey

28

MICROPLASTICS IN EVERYDAY LIFE

-Jeanne Maria Dsouza

31

ART & CULTURE

NATHAN PHILIPS SQUARE CELEBRATES AZADI KA AMRIT MAHOTSAV

-Tushar Unadkat

34

PARTITION

-Brij K T

36

DESIRES: UNKNOWINGLY REVEALED WISHES

-Sarmistha Dey

37

A DEAD ONE IS NOT A DEAD ONE

-Sindhu Gatha

38

CANVAS OF PHANTOMS

-Brij K T

39

WORDS OF ALL "I"'S

-Sarmistha Dey

40

IN THIS ISSUE

HUMAN INTERESTS & SOCIAL PURSUITS

**ELDERLY ARE A
TREASURE TO BE
TREASURED**

-Sr. Rita Nusi

**ANNA MANI,
REMEMBERING 'THE
WEATHER WOMAN
OF INDIA'**

-Melwyn Williams

SPIRITUALITY

**DESTINY TUNERS:
THE THREE LAWS
OF MOTION**

-Jaiprakash Bhande

LIFESTYLE

HOW TO MANAGE STRESS?

-Virender Rawat

SPORTS

**SAGA OF INDIAN MEDAL
WINNERS AT CWG '22**

-Saji Chacko

ACADEMICS

STUDY IN UK WITHOUT IELTS

-Leon Jose Vithayathil

60

62

66

46

49

57

IN THIS ISSUE

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FROM THE EDITOR'S DESK



The best lessons come at the worst times.

Having hope in difficult times is not just a romantic notion. It originates from the fact that human history is comprised not only of cruelty, but also of compassion, sacrifice, courage, kindness, and love. Like in the case of our own personal stories, what we choose to highlight in this complex story of ours will define our lives. If we only see the worst, we lose our ability to believe and act. If we remember the times and places, and when and where people behaved magnificently, we will have the energy to act, and the possibility of change will become a reality. The news today is depressing. The planet is warming; species are becoming extinct; chemicals pollute ecosystems and our bodies; weather disasters are

becoming more common; and critical resources such as fresh water and soil are becoming scarce in many places.

We are breaching planetary boundaries and approaching tipping points that may result in irreversible, catastrophic global changes.

Governments, private companies, and individual consumers are not responding quickly enough, as if they are unaware of the gravity of the situation. These planetary changes endanger human health in profound ways. Besides the apparent health consequences, there is a less obvious casualty: hope. With the planet's future uncertain, hope is in jeopardy. Despair is calling.

We should not be hoping for a utopian future. The future is an infinite series of present times, and living now as we feel is right, challenging everything that is wrong around us, is a wonderful victory in and of itself.

The last few years have been truly remarkable for the emergence of movements, social changes, and profound changes in global ideals, new perspectives, and restructuring. And, of course, the corresponding opposite reactions that occur with all types of change. The last few months have been particularly perplexing in terms of changes, both those imposed on us and those that we seek for ourselves as a result of everything we believe in and stand for.

It is critical to understand what hope is not: it is not the belief that everything was, is, or will be fine. The evidence is all around us, and we are unfortunately surrounded by far too much suffering and devastation. The hope that matters is about broad perspectives with specific possibilities, those that invite or demand action from us.

It's also not the cheerful narrative of "everything will be fine," as opposed to the doomed narrative of "no

HOPE KEEPS YOU ALIVE!

foreseeable future."

Hope is founded on the premise of not knowing what will happen, and there is room to act within the vast spectrum of uncertainty. When we acknowledge uncertainty, we acknowledge that we have the ability to influence outcomes, whether alone or in collaboration with a few dozen or millions of other people.

Hope is accepting the unknown as an alternative to optimists' certainty and pessimists' fear.

Hope and faith are interconnected, and the greater power is what moves mountains that, on principle, not everyone thinks can be moved.

Hope is a major health issue. Let us look into the medical aspects of hope and hopelessness.

It then delves into ancient and modern literary and philosophical perspectives on hope, highlighting the significance of hope in human wellbeing.

Finally, it applies these clinical and cultural perspectives to the climate crisis, arguing that health professionals should instill hope in themselves, their patients, and society as a whole, and drawing on clinical insights to do so.

There is compelling evidence that hope promotes health and wellbeing and that hopelessness is toxic. Evidence suggests that hopeful people feel better, cope with stress better, and live longer lives, even when diagnosed with

serious diseases. Hope has been linked to cognitive flexibility, creativity, and academic achievement. Hopelessness, on the other hand, has been linked to an increased risk of hypertension and atherosclerosis, myocardial infarction and cancer, anxiety and depression, cognitive decline, and more severe PTSD symptoms. Hopelessness predicts violent behavior, substance abuse, and early sexual activity in youngsters. Hope may account for some of the significant health benefits of the placebo effect.

It's no surprise that, hope has been dubbed as a "therapeutic tool" and that maintaining hope is a medical responsibility.

Nonetheless, health professionals frequently underestimate the power of hope.

"We doctors are so schooled against allowing ourselves to believe the intangible, impalpable, or indefinite that we tend to discount the element of hope, its reviving effect as well as its survival function," psychiatrist Karl Menninger observed over a half-century ago. Hope may be an overlooked health benefit.

It is not enough for us to just live. The human being requires transcendence, escape, meaning, comprehension, and explanation; we require an understanding of the general structures in our lives. We also require the freedom to go beyond ourselves, whether through

telescopes, microscopes, and ever-improving technology, or through states of mind that allow us to travel to other worlds in order to prevail over our immediate surroundings. We require love that is greater than ourselves. We require hope and a sense of the future. Hope is especially needed during the most difficult times.

It is also in times of great despair and breakdown, that hope appears impossible to uphold. All we need is a drop of it to change everything. Within each of us. And the whole world!

The best lessons come at the worst times. Hope keeps you alive!

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

See you soon

Love and regards



Melwyn Williams



A close-up portrait of Rishi Sunak, an Indian-origin British man, looking slightly to the left with a thoughtful expression. He is wearing a white dress shirt and a red tie. The background is softly blurred, showing green foliage on the left and a light-colored wall on the right.

COVERSTORY

TO BE OR NOT TO BE !

**RISHI SUNAK, HIS CHANCES OF
BECOMING THE PM OF UNITED KINGDOM**

***A lot has been talked about an Indian-origin British
British man running for the office of PM of the UK.***



To Be or Not to Be! Rishi Sunak, his chances of becoming the PM of United Kingdom.

By Melwyn Williams



A lot has been talked about an Indian-origin British man running for the office of Prime Minister of the United Kingdom.

According to the latest Opinium Research survey, UK Foreign Secretary Liz Truss has gained a lead over former chancellor Rishi Sunak in the race to become the next Prime Minister. "I have a bold vision for our country and economy. I'm ready to deliver as Prime Minister from day one." **Liz Truss.**



As the outcome of the UK Prime Minister's election approaches, Rishi Sunak made his final efforts to salvage the Conservative Party leadership race, which most polls predict

Liz Truss will win.

While the world debates Rishi Sunak's candidacy for Prime Minister of the United Kingdom, I investigated how many people of Indian origin have won elections in the United Kingdom. One of them, perhaps the first, is Dadabhai Naoroji, best known as one of the three founders of the Indian National Congress. Consider the possibility of whites electing a person born in Gujarat, India, as their representative in 1892.

He was elected President of the Indian National Congress in 1893 and held both positions for a short time while managing his company in the United Kingdom. During the early years of the Indian National Congress (1888), a Scottishman named George Yule was elected President of the political organisation. While continuing to do business in London, he was appointed Sheriff of Calcutta.

Rishi Sunak Vs Liz Truss

Politically, they are both strong Tory supporters and ardent supporters of the old 'Iron Lady' Margaret Thatcher, and they are dyed in wool blue on blue

fighters. Liz Truss, the current Foreign Secretary, and Sunak, the former Chancellor of the Exchequer, are currently at odds.



Rishi Sunak, who claims to have chosen an honest path, said: "I have not chosen to say what people want to hear, but I have said things that I believe the country needs to hear."

Several polls indicate that Sunak will lose the Conservative Party leadership election to UK Foreign Secretary Liz Truss. The final results are expected in the first week of September.

The outcome of the vote to determine who will succeed Boris Johnson as Prime Minister of the United Kingdom is expected on September 5.

Sources said, "If we divide our 'don't knows' evenly between the two candidates, as we did last time, Truss rises to 64% and Sunak falls to 32%—maintaining her 32-point lead from the previous round." YouGov's most recent poll, which closed on August 2nd, the same day most recent surveys were released, gave her a 38-point lead. The most recent Opinium poll, conducted last week, gave Truss a 22-point lead. According to the combined Opinium, YouGov, and Conservative Home polls, Truss is likely to win by a margin of 70-30 to 60-40—perhaps a little higher, perhaps a little lower



MY PLAN FOR GROWTH.

- ✓ Cut taxes now
- ✓ Unshackle businesses from burdensome regulation
- ✓ Implement supply side reform
- ✓ Scrap all EU-derived laws by 2023
- ✓ Work with industry leaders to regulate for British businesses and consumers
- ✓ Create new, low-tax, low-regulation 'Investment Zones'

Sunak was elected to the House of Commons in 2015 as the Member of Parliament for Richmond (Yorks) in North Yorkshire, succeeding William Hague. Sunak voted in favour of Brexit in the 2016 EU referendum. In the 2018 reshuffle, he was appointed as Parliamentary Under-Secretary of State for Local Government in Theresa May's second government. He supported May's Brexit withdrawal agreement three times. Sunak supported Boris Johnson's campaign for Conservative leader after May resigned. Sunak was appointed Chief Secretary to the Treasury by Johnson after he was elected and appointed Prime Minister. Sunak took over as Chancellor of the Exchequer after Sajid Javid resigned in the February 2020 cabinet reshuffle.

As Chancellor, Sunak was prominent in the government's financial response to the COVID-19 pandemic and its economic impact, including the Coronavirus Job Retention and Eat Out to Help Out schemes. Amid the Partygate scandal, he became the first Chancellor of the Exchequer in British history to have been sanctioned for breaking the law while in office after being issued a fixed penalty notice for breaching COVID-19 regulations during lockdowns.

RISHI'S 10 POINT PLAN FOR BRITAIN.

1. Rebuilding our Economy.
2. Scrapping VAT on Energy Bills.
3. Cutting NHS Backlogs.
4. Delivering on Brexit.
5. Tackling illegal immigration.
6. Clamping Down on Crime.
7. Transforming Education.
8. Strengthening the Union.
9. Protecting our Green Belt.
10. Winning the next General Election.

READY FOR RISHI



He resigned as chancellor on July 5, 2022, citing his economic policy differences with Johnson in his resignation letter. Sunak's resignation, along with the resignation of Javid as Health Secretary, led to Johnson's resignation amid a government crisis.

On July 8, 2022, he declared his candidacy to succeed Johnson as Conservative Party leader. On July 20, he finished first among Conservative MPs, and he is now competing against Liz Truss in a postal vote of party members, with the results to be announced on September 5, 2022.

Sunak announced his campaign in a social media video, writing that he would "restore trust, rebuild the economy, and reunite the country." He stated that his values are "patriotism, fairness, and hard work." Sunak pledged to "crack down on gender neutral language." Readyforrishi.com was first registered with GoDaddy on December 23, 2021, while ready4rishi.com was registered, on July 6, 2022, two days after Sunak resigned as chancellor. The former domain redirects to the latter. Conservative politicians who backed Johnson slammed Sunak for "leading the charge in bringing down the prime minister," with Johnson ally Jacob Rees-Mogg labelling him a "high tax chancellor."

On July 20, 2022, Sunak and Liz Truss were announced as the final two candidates in the contest to be put forward to the membership for the final leadership vote. The outcome will be announced on September 5, 2022. Sunak received 137 votes to Truss' 113 in the final round, giving him the most votes in each of the series of MP votes. During the campaign, he promised tax cuts only if inflation was under control; a one-year suspension of the 5% VAT rate on household energy; a temporary £10 fine for patients who fail to attend GP appointments; a cap on refugee numbers; and a tightening of the definition of asylum.

Sunak has been mentioned in the UK press as a possible health secretary under Truss. Rishi Sunak, a UK leadership contender, said he would not serve in a government led by Conservative rival Liz Truss if she becomes Prime Minister next month. The former chancellor told BBC Radio 2 on Monday that "one thing I have reflected on



quite a bit being in government and in cabinet the last few years — you really need to agree on the big things." "Because, as I discovered, it's difficult when you don't, and I wouldn't want to be in a situation like that again."

Sunak, whose shock resignation ultimately led to Boris Johnson's demise as prime minister, and Truss disagreed on economic policies. Rishi Sunak, the front runner in the race to become the UK's next Prime Minister and the Conservative Party leader, was joined by his wife Akshata Murthy and daughters Krishna and Anoushka during the campaign hustings. "Family means everything to me. So grateful to have the support of my family at yesterday's event in Grantham," he said, posting photos from the high-voltage event in Grantham, the birthplace of former Prime Minister Margaret Thatcher.

Public image

In the run-up to becoming Prime Minister of the United Kingdom, Indian-origin candidate Rishi Sunak has faced public outrage and criticism several times.

During the campaign, a clip emerged in July 2022, from the 2001 BBC documentary, *Middle Classes: Their Rise and Sprawl*, in which he remarked, "I've

friends who are aristocrats, I have friends who are upper class, I have friends who are, you know, working class but... well not working class". "We all say silly things when we are younger," Sunak said while commenting on the said clip.

In August 2022, a video of Sunak speaking to an audience in Tunbridge Wells, Kent, surfaced in which he stated that he changed funding formulas that "shoved" money into "deprived urban areas," "to ensure that areas like this are getting the funding they deserve." Sunak responded that he wanted to "level up everywhere" rather than just help "very large urban cities."

Sunak emerged from relative obscurity as Chancellor of the Exchequer at the start of 2020. In the early stages of the COVID-19 pandemic, he was extremely popular by British political standards, with one analyst describing him as having "better ratings than any politician since the heydays of Tony Blair." Sunak remained popular among Conservative supporters and many other Britons throughout 2020, according to polls.

According to an Ipsos MORI poll conducted in September 2020, Sunak had the highest satisfaction score of any British Chancellor since Labour's Denis Healey in April 1978. During this time, he was widely regarded as the favourite to become the next Prime Minister and

leader of the Conservative Party. As a result, Sunak developed a cult media following, with jokes and gossip about him being sexually attractive spreading on social media and in magazines.

Sunak's popularity declined steadily over time, but public attitudes remained broadly positive in 2021. Sunak's response as Chancellor of the Exchequer was perceived to be inadequate by early 2022, as the cost of living became a



growing source of public concern, and he received some of his lowest approval ratings. As the Sunak family's financial affairs were scrutinised, the fall continued.

Baiju Thittala, an Indian-origin solicitor and politician (Cambridge City Councillor) said, "A wealthy man like Rishi Sunak, who belongs to the upper class elite, can no longer understand the living conditions or the life of the first generation migrant population of this country. Those nurses who work in the NHS or in healthcare or in hospitals and doctors and all those first generation immigrants; Mr. Sunak does not have a clue about what the living or working





conditions of these people are. He is someone who leads a luxurious life. Nothing to do with him being an Indian Origin can be supported by another fellow Indian origin, no way! The working class, those who have migrated to this country to work, have undergone extremely difficult situations due to the economic crisis this country is facing now. He is someone who is not even ready to tax the wealthy citizens of this country. One reason is that it would affect him as well. We need people who understands the needs of the working class people and their lives to lead this country."

Citizens, Indian Diaspora interactions and reactions

August is the month of Rakhi festivities when Rishi Sunak, like a practising Hindu faithful, is seen wearing a reddish-yellow wrist band, in hot pursuit of supporters in his campaign to become the next Prime Minister of the United Kingdom. He is also seen performing 'Gau pooja' as a devout Hindu.



Joining the battle in support of Liz Truss, current Chancellor Nadhim Zahawi, who replaced Sunak, has accused Sunak of behaving like a "doomster" in contrast to the "booster" image of Liz Truss. Clearly the knives are out and the scene is getting uglier.

Sunak who carries the image of a hardline economist has softened his stand in recent days by saying that he would cut basic rate of income tax from 20 percent to 16 percent by the end of next parliament. But the voters want tax cuts now, not later. Supporters of Liz Truss have accused Sunak of belatedly trying to rebrand himself as a tax cutter. Voters still remember him as the man who raised National Insurance and corporation tax while at the Treasury.

Last week Liz Truss appeared to have made a faux pas by saying she would bring pay scales in the country in line with the regional costs rather than giving everybody London rates, but she backtracked quickly saying she was only making a "general point". Her supporter, Penny Mordaunt, erstwhile rival who had thrown her hat in the ring in the leadership race, said it was a misinterpretation of what Liz Truss said.



Shola Delip, an Indian-origin, Social Activist and Politician (Town Councillor, Northstowe) expressed her views saying, "When asked the public who will be the most trusted to bring the cost of living down 36% voted for Rishi Sunak while Liz Truss only got 26% votes.

With how closely the contest is being fought it is very hard to tell who will win the leadership battle. Rishi Sunak has my full vote as no other chancellor would have pulled the country so well during the most challenging time like the pandemic as he did. Looking at the furlough scheme that he structured and executed during the pandemic, he would be the man with sound economic knowledge to get us out of the current tough economic environment we are in."



Another Liz Truss backer and a former cabinet minister, Sir John Redwood, accused Sunak of flip-flopping. "Rishi now wants the state to spend and borrow more to help with the cost of living," adding "Mr Flip Flop will discover the more you change your message the fewer people will believe anything you say. He told us if the state borrowed more we would get more inflation so he wouldn't do that."

Sources close to Liz Truss said she had not ruled out a further financial package for vulnerable families, though no announcement had been made yet. "Of course she would keep it under review," they said.

Wading into choppy waters, former Labour Prime Minister Gordon Brown urged both candidates to agree an emergency budget with Boris Johnson this week or risk "condemning millions of vulnerable and blameless children and pensioners to a winter of dire poverty." Writing in the *London Observer*, Brown warned: "The reality is grim and undeniable: a financial time bomb will explode for families in October as a second round of fuel price rises in six months sends shock waves through every household and pushes millions over the edge."

More than half of the public thinks that the government can do more but is choosing not to do, according to opinion pollster Public First which found that 64 percent people were finding it "difficult or impossible" to pay energy bills. A former minister and Sunak supporter, Damian Hinds, conceded that the package drawn by Sunak when he was chancellor was "not enough in these extraordinarily difficult times." But Sunak is ready to do the needful if elected Prime Minister, said Hinds.

Sunak attacked Liz Truss for putting tax cuts before other measures to help families cope with higher bills. He insisted: "Inflation is the single most pressing economic challenge that we face. It makes people poorer, and it could lead to a scale of hardship for people in this country that we haven't seen in decades." Putting tax cuts before tackling inflation would be "grossly irresponsible," he said.

But as things stand in the prevailing public mood, a lot of people want tax cuts today, not jam tomorrow. Both sides, however, are ignoring the missing prize in the Ukraine war which is driving them towards an ever harder collision. A United Nations-brokered ceasefire can give peace a chance for economic recovery and avoid the looming recession for both Tory camps.



During his speech, the 42-year-old Conservative Party leader even broke into Hindi, saying, "Aap sab mere parivar ho (you all are my family)." He also addressed the mostly British-Indian crowd with a mix of Indian salutations such as "namaste, salaam, khem cho, and kidda."

Sunak's Indian heritage and ethnic minority background, according to the majority of the cheering crowd, had no bearing on the race to succeed Boris Johnson as Conservative Party leader and British Prime Minister.

"This is not a racist country." "The fact that Rishi has reached this level demonstrates that merit is valued," said Lord Dolar Popat, a veteran Tory peer.

"We understand how important the UK-India relationship is. We are the living bridge between our two countries," Rishi said in response to CFIN co-chair Reena Ranger's question about bilateral ties.

During the hustings, Sunak was showered with blessings by the elderly in the crowd and patted on the back by others.



Shree Jagannatha Society UK Trustee Amita Mishra delivered a set of gold-plated deities all the way from India. "We are working on establishing a Jagannath Temple in London, and this gift is a special blessing all the way from India," Mishra said, who was accompanied by a pandit who performed a victory shloka from the 'Bhagavad Gita' as the deities were presented to Sunak on stage.

In stark contrast, a British Sikh Tory member in the audience waited hours for Sunak to sign a special bottle of Jack Daniels whisky, despite the fact that both he and the former Chancellor were teetotalers. "I don't drink but this is a special gift I received on my birthday and now with this signature it has become historic," he said.

The majority of those present admitted that they had already voted for Sunak online and had come to these latest hustings to hear him out one more time. One sceptic British Indian investment banker said he was still undecided because he did not agree with Sunak's handling of the Bounce Back Loan scheme, which was implemented in the aftermath of the

COVID-19 lockdowns and has been "abused" by many. Even he admitted that he might vote for Sunak in the end because he wasn't convinced by Truss's leadership rivalry.

Early life and education

Sunak was born in Southampton on May 12, 1980, to African Hindu parents of Indian descent, Yashvir and Usha Sunak. He is the eldest of three brothers and sisters. His father was born and raised in the Colony and Protectorate of Kenya (modern-day Kenya), and his mother in Tanganyika (which later became part of Tanzania). His grandparents were born in British India's Punjab province and immigrated to the UK with their children in the 1960s from East Africa. Usha was a pharmacist who ran a local pharmacy, and Yashvir was a general practitioner.



Sunak went to Stroud School in Romsey, Hampshire, and then to Winchester College, a boys' independent boarding school, where he was head boy and editor of the school paper. During the summer, he worked as a waiter at a curry house in Southampton. He received a first class degree in Philosophy, Politics, and Economics (PPE) from Lincoln College, Oxford, in 2001. He worked as an intern at Conservative Campaign Headquarters while still in college. He received his MBA from Stanford University, where he was a Fulbright scholar, in 2006.

Personal life

Sunak married Akshata Murty, the daughter of the Indian billionaire N. R. Narayana Murthy, the founder of Infosys, in August 2009. Murty owns a 0.91% stake in Infosys, which is valued at about \$900m (£746m), as of April 2022, making her one of the wealthiest women in Britain. Infosys continued to operate in Russia following Russia's 2022 invasion of Ukraine, which led to criticism of Sunak and his family, but in April Infosys announced it was closing its Russian office. Murty also owns shares in two of Jamie Oliver's restaurant businesses, Wendy's in India, Koro Kids and Digme Fitness.

Sunak and Murty met while studying at Stanford University. They have two daughters, Krishna and

Anoushka. Murty is a director of her father's investment firm, Catamaran Ventures. They live at Kirby Sigston Manor in the village of Kirby Sigston, near to Northallerton, North Yorkshire. They also own a mews house in Kensington in central London, a flat on the Old Brompton Road, London, and a penthouse apartment in Santa Monica, California.



Sunak is a Hindu, and took his oath as an MP at the House of Commons on the Bhagavad Gita. He is a teetotaler. He was previously a governor of the East London Science School. Sunak has a Labrador called Nova.

Sunak's brother Sanjay is a psychologist. His sister Raakhi is the Chief of Strategy and Planning at Education Cannot Wait, the United Nations' global fund for education. Sunak is close friends with The Spectator's political editor James Forsyth, whom he has known since their school days. Sunak was the best man at Forsyth's wedding to the journalist Allegra Stratton, and they are godparents to each other's children.

In April 2022, it was reported that Sunak and his wife had moved out of 11 Downing Street to a newly refurbished, luxury West London home.

In the Sunday Times Rich List 2022 ranking of the wealthiest people in the UK, Sunak and Murty were placed 222nd, with an estimated combined wealth of £730 million, making him the "first frontline politician to join the rich list".

Business career

Between 2001 and 2004, Sunak worked as an analyst for the investment bank Goldman Sachs. He then worked for the Children's Investment Fund Management, where he became a partner in September 2006. He left in November 2009 to join former colleagues at Theleme Partners, a new hedge fund firm that launched in October 2010 with \$700 million under management. Patrick Degorce was his boss at both hedge funds.

Between 2013 and 2015, he was also a director of Catamaran Ventures, an investment firm owned by his father-in-law, Indian businessman N. R. Narayana Murthy.

Political career

Rishi Sunak is a British politician who was Chancellor of the Exchequer from 2020 to 2022, after serving as Chief Secretary to the Treasury from 2019 to 2020. He has been the Conservative

Party's Member of Parliament (MP) for Richmond (Yorks) since 2015.



Member of Parliament

In October 2014, Sunak was elected as the Conservative candidate for Richmond (Yorks), defeating Wendy Morton. The seat had previously been held by William Hague, a former Conservative Party leader, Foreign Secretary, and First Secretary of State, who chose not to run in the following general election. The seat is one of the safest Conservative seats in the country, having been held by the party for over a century. Sunak was the head of the Black and Minority Ethnic (BME) Research Unit at the centre-right think tank Policy Exchange in the same year, where he co-wrote a report on BME communities in the UK. He was elected MP for the constituency with a majority of 19,550 (36.2%) in the 2015 general election.

He served on the Environment, Food, and Rural Affairs Select Committee from 2015 to 2017.

Sunak voted in favour of Brexit (the United Kingdom's exit from the European Union) in the June 2016 EU membership referendum. That year, he wrote a report for the Centre for Policy Studies (a Thatcherite think tank) in support of the establishment of free ports following Brexit, and the following year, he advocated for the creation

of a retail bond market for small and medium-sized businesses.

Sunak was re-elected with an increased majority of 23,108 (40.5%) in the 2017 general election. Between January 2018 and July 2019, he was the parliamentary under-secretary of state for local government. Sunak supported then-Prime Minister Theresa May's Brexit withdrawal agreement on all three occasions. He opposed a second referendum on any withdrawal agreement.

Sunak backed Boris Johnson in the 2019 Conservative Party leadership election, co-writing an article in *The Times* with fellow MPs Robert Jenrick and Oliver Dowden to advocate for Johnson during the June campaign.

Chief Secretary to the Treasury

Sunak was appointed Chief Secretary to the Treasury by Prime Minister Boris Johnson on July 24, 2019, reporting to Chancellor Sajid Javid. The very next day, he became a member of the Privy Council.

Sunak was re-elected with an increased majority of 27,210 (47.2%) in the 2019 general election. During the election campaign, Sunak represented the Conservatives in both the BBC and ITV's seven-way election debates.

Chancellor of the Exchequer (2020-22)

Appointment

A number of press briefings in the weeks leading up to Sunak's appointment as Chancellor of the Exchequer suggested that a new economic ministry led by Sunak might be established to reduce the power and political influence of Chancellor Sajid Javid at the Treasury. Sunak was a Johnson supporter, favoured by Dominic Cummings. He was also regarded as the "rising star" minister who had ably represented the Prime Minister during the 2019 election debates.

The Guardian reported in February 2020 that Javid would remain as Chancellor and Sunak would remain as Chief Secretary to the Treasury in order for the Prime Minister's chief adviser, Cummings, to "keep an eye" on Javid.

Sunak was appointed chancellor on February 13, 2020, following the resignation of his predecessor, Sajid Javid, on the same day.

Following a meeting with Prime Minister Johnson, Javid resigned as Chancellor of the Exchequer. During the meeting, Johnson offered to keep his position on the condition that he fired all of his Treasury advisers and replaced them with individuals chosen by Cummings. Javid told the Press Association after resigning that "no self-respecting minister would accept those terms."

Sunak's appointment was interpreted by some political commentators as signalling the end of the Treasury's independence from Downing Street, with Robert Shrimpsley, the Financial Times' chief political commentator, arguing that "good government often depends on senior ministers-and the Chancellor in particular-being able to fight bad ideas."

Challenges, Criticism and Controversies

Backstabbing



Sunak has been accused of stabbing Liz Truss in the back over the timing of his resignation from Prime Minister Boris Johnson's government last month in the alleged hope of becoming Prime Minister himself. He has refuted the charge, citing new policy differences rather than ambition. But the allegation of backstabbing or disloyalty persists.

Swimming pool controversy

Rishi Sunak is in hot water over his Rs 3.8 crore swimming pool, despite the fact that the UK is suffering from a drought.

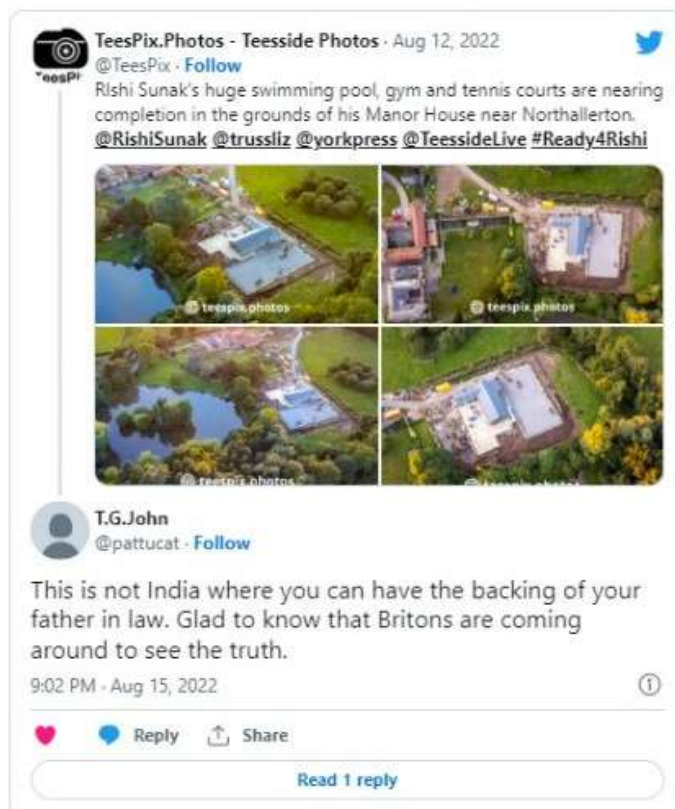


According to the Daily Mail, the construction of a swimming pool inside his luxury mansion sparked public outrage at a time when parts of England are dealing with an unforgiving drought and water shortage.

Rishi Sunak is said to be spending around 3.8 crore (400,000 pounds) to build a luxurious swimming pool inside his mansion.

This is not the end of the luxury construction currently underway inside the Indian-origin contender's luxury mansion. According to the report, Sunak is also constructing a gym and tennis courts at his £2 million Georgian manor house near Northallerton.

This has sparked outrage on social media, with many criticising Sunak for constructing a swimming pool while the country suffers from a water shortage. Adding fuel to the fire is the fact that the town's public swimming pools have been forced to close due to rising energy costs.



His wife facing the public ire

Earlier this month, his wife, who was accused of tax evasion and possessing a US permanent resident card, was caught on camera using "expensive tea cups". This was at a time when the country was experiencing a massive tax increase. According to a widely circulated video, the footage was taken when she went outside her house to serve snacks and tea to journalists. These journalists were there for her husband's reaction to the dramatic mass resignations of ministers on July 6.

Though Murty's kind gesture initially drew praise from social media users, the situation changed when it was discovered that the teacups belonged to a brand called Emma Lacy and cost 38 pounds each (nearly Rs 3,600).

Several netizens chastised Murty for using such expensive teacups. Some internet users claimed that the price of teacups could feed a family for two days.



Rishi Sunak names his favourite McDonald's meal, which was discontinued 2.5 years ago.

Rishi said he enjoys a breakfast wrap at McDonald's with his daughters, but astute McDonald's fans pointed out, it hasn't been available for a long time. Sunak has repeatedly fought any suggestion that his enormous wealth means he is out of touch with the British public. He insisted, "I think in this country we judge people by their character and their actions rather than what's in their bank account."

Wearing loafers with a gaping hole in the sole

He was photographed earlier this month wearing loafers with a gaping hole in the sole, prompting speculation that he was dressing down to make himself more relatable.



Prof. Paul Baines of the University of Leicester, a political marketing expert, stated, "Displaying wealth is unseemly in the current environment."

"It's definitely unfashionable to wear expensive clothes while everyone is suffering, and I think he's recognised that," Baines expressed.

Rishi Sunak, who has previously been accused of being out of touch, was photographed wearing shoes with holes in them. This is fuelling speculation that he is deliberately dressing down in his bid to become Prime Minister.

This is in stark contrast to last month, when he wore Prada loafers, estimated to cost around £470. He wore them while visiting a construction site.

Mr. Sunak has repeatedly reacted to criticism of his expensive attire, most notably from Culture Secretary Nadine Dorries, who praised rival Liz Truss for wearing £4.50 earrings.

COVID-19 pandemic

Sunak's first budget was presented on March 11, 2020. This included an announcement of an additional £30 billion in spending. Out of that, £12 billion was designated for mitigating the economic effects of the COVID-19 pandemic.

As a result of the financial consequences of the pandemic, Chancellor Sunak's measures were criticised, as some workers were unable to qualify for the Treasury's income support measures. After hundreds of MPs contacted the Chancellor, the

Liberal Democrats' acting leader, Ed Davey, said that people were being unfairly "hung out to dry," with "dream jobs turning into nightmares."

According to the Institute for Employment Studies, 100,000 people might be ineligible for government assistance. This was because they began a new job too late to be included in the job retention scheme, while the British Hospitality Association informed the Treasury Select Committee that between 350,000 and 500,000 workers in its sector were ineligible.

Sunak was a member of a Cabinet ministerial committee that made decisions on the pandemic, which also included Johnson, Matt Hancock, and Michael Gove.

Sunak received a fixed penalty notice for attending a party alongside Johnson, but he did not deliver a statement or resign.

Job retention scheme

Sunak announced £330 billion in emergency support for businesses on March 17, as well as a furlough scheme for employees. This was the first time a British government implemented such an employee retention programme.

On March 20, 2020, the scheme was announced as providing grants to employers to pay 80% of a staff wage and employment costs each month, up to a total of £2,500 per person per month. The monthly operating costs are estimated to be £14 billion.

Eat Out to Help Out

In July, he announced a £30 billion spending plan that included a stamp duty holiday, a reduction in VAT for the hospitality sector, the Eat Out to Help Out scheme, and a job retention bonus for employers. Eat Out to Help Out was launched with the goal of supporting and creating jobs in the hospitality industry. Food and soft drinks at participating cafes, pubs, and restaurants were 50% off, up to £10 per person.

The offer was valid from Monday to Wednesday, from August 3 to August 31. In total, the scheme provided £849 million in meal subsidies. Some consider the scheme a success in terms of boosting the hospitality industry, while others disagree. In terms of the COVID-19 pandemic, a study at the University of Warwick concluded that the scheme contributed to an 8% to 17% increase in COVID-19 infections.

Sunak was said to have opposed a second lockdown with the threat of resigning on September 26th, citing the dire economic consequences and the responsibility he would bear as a result.

Fixed penalty notice

On April 12, 2022, Sunak was issued a fixed penalty notice after the Metropolitan Police believed he violated COVID lockdown restrictions by attending a birthday party. A number of others, including Johnson, received fixed penalty notices. Sunak became the first Chancellor in British history

to be suspected of breaking the law while in office.

Register of ministers' interests

Sunak was reported by The Guardian in November 2020 to have failed to declare a significant amount of his wife and family's financial interests on the register of ministers' interests, including a combined £1.7 billion shareholding in the Indian company Infosys. Sunak is required by the ministerial code to declare any interests that are "relevant" to his responsibilities and "might be thought to give rise to a conflict" with his public duties.

Sunak had not broken any rules, according to the independent adviser on ministers' interests who investigated.

Proposed green levy

Sunak privately lobbied as Chancellor to impose a green levy, which would have resulted in higher petrol and diesel prices, to help fund the plan to reduce greenhouse gas emissions to net zero by 2050. The Treasury's proposed Fossil Fuels Emissions Trading Scheme sought to levy pollution from road transportation, shipping, building heating, and diesel trains, which together account for more than 40% of UK carbon emissions.

Boris Johnson ultimately rejected the proposal, telling officials that he did not want to raise consumer costs.

Cost of living crisis

Sunak issued his spring statement on March 23, 2022. He claimed that the Russian invasion of Ukraine had hampered the recovery from the COVID-19 pandemic. He reduced fuel duty, removed VAT on energy-saving equipment (such as solar panels and insulation), and reduced national insurance payments for small businesses. He also promised to align the primary threshold with the basic personal income allowance by July, despite continuing with a planned national insurance increase in April. He also promised an income tax cut in 2024. According to the Office for Budget Responsibility, the tax burden would reach its highest level since the 1940s.

Sunak also provided some funding to assist vulnerable people in dealing with rising living costs. "Sunak was out of touch with ordinary people's struggles due to the cost of living crisis," said Labour leader Keir Starmer.

Non-domiciled status of his wife; US green card

Sunak's wife, Akshata Murty, has non-domiciled status, which means she is exempt from paying tax on income earned abroad while residing in the United Kingdom. She pays approximately £30,000 to obtain the status, which allows her to avoid paying approximately £20 million in UK taxes. Following media scrutiny, Murty announced on April 8 that she would pay UK taxes on her global income, adding in a statement that she did not want the issue to "distract my husband." On April 10, it was announced that a Whitehall investigation had been launched to determine who had leaked the details of her tax status.

The Guardian wrote, "Keir Starmer has accused Rishi Sunak of taxation 'hypocrisy' on the grounds that he is putting up taxes for ordinary Britons while his family has been reducing its own tax liabilities."

Sunak also continued to hold the U.S. permanent resident card he obtained in the 2000s until 2021, including for the 18 months after he became Chancellor, which required filing U.S. tax returns. According to an investigation into both his wife's tax status and his residency status, Sunak had not violated ministerial rules.

Resignation

2022 United Kingdom government crisis and Chris Pincher scandal

Sunak resigned as chancellor on July 5, 2022, shortly after Sajid Javid resigned as health secretary, amid a controversy surrounding sexual harassment allegations against Chris Pincher MP.

In his resignation letter, Sunak said: "The public rightly expects government to be conducted properly, competently, and seriously. I recognise this may be my last ministerial job, but I believe these standards are worth fighting for, and that is why I am resigning... In preparation for our proposed joint speech on the economy next week, it has become clear to me that our approaches are fundamentally too different."

Johnson resigned as Conservative Party leader on July 7th, following further resignations.



To sum it up, it seems that people in India are more excited than those in the UK, especially the Indian-origin ones. For Indians, it is about a great opportunity for them, or may be one of them, to be the Prime Minister of the United Kingdom, of which India was once a colony. On the other hand, the people living in the UK are viewing it with a lot of caution as they are the ones who are going to be affected by the policies laid out by Sunak in case he becomes Prime Minister. Indians living in the UK largely consist of working class people, and Rishi Sunak and his policies are not considered working class-friendly but mostly favour the elite.

Mostly, it's just a euphoria celebrated across the borders. It is almost evident that Rishi may not win, as Truss has garnered the much required lead. In all probabilities, this was the closest an Indian could come to becoming Prime Minister of the United Kingdom.

-MELWYN WILLIAMS



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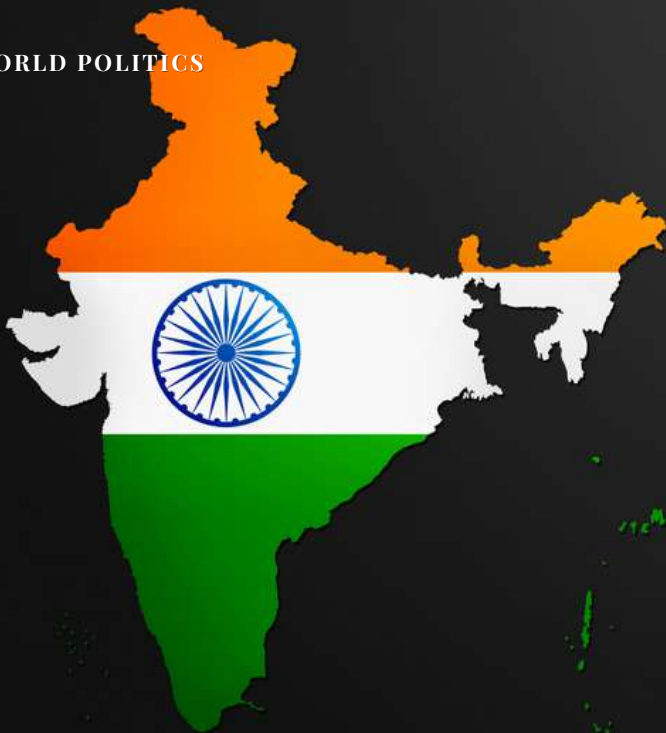
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INDIA AT 75, LOOKING BACK AND FORWARD

Here are some of India's most significant achievements after 75 years of independence:

Environmental Revolution

M.S. Swaminathan was a key figure in India's **Green Revolution**. Beginning in the mid-20th century, the introduction of new, high-yielding varieties of seeds into developing countries resulted in a significant increase in food grain production (particularly wheat and rice).

The Green Revolution, which lasted from 1967-68 to 1977-78, transformed India from a food-deficient country to one of the world's leading agricultural nations.

White Revolution.

Verghese Kurien, too, had a dream. In India, Verghese Kurien, a social entrepreneur known as the "Father of the White Revolution" in India, established the country's largest self-sustaining business and rural employment sector. Dairy



By Melwyn Williams

farming now generates one-third of total rural revenue. In 'I too had a Dream' (2005), the author of Kurien's memoirs, explains how farmers were able to transport pasteurised milk from Anand to the Bombay Milk Scheme via railways. Kurien joined forces with Tribhuvandas Patel, the founder of the Kaira dairy movement, to form Anand Milk Producers Union Limited (AMPUL), later known as Amul.

Space and Technology

The Indian Space Research Organization (ISRO) was established in 1969, revitalising space research. In 1975, India launched its first space satellite, "Aryabhata." Rakesh Sharma became the first Indian in space in 1986, and the Make in India initiative today produces the best indigenous technology-based launch vehicles. In 2008, India used PSLV-C9 to launch ten satellites into orbit, setting a new world record. After

successfully launching satellites such as Chandrayaan to the moon, India became the first country to reach Mars on our first attempt as a result of Mangalyaan.

India reached 200 crore Covid-19 jab milestone in just 18 months

On July 17, 2022, India's cumulative COVID-19 vaccination coverage surpassed 200 crore, or 2 billion, after vaccinations began in the country on January 16, 2021.

India touched its 100 Unicorn Startups Mark - A Milestone for India's startup economy

With Open, a fintech startup valued at more than \$1 billion, India's startup ecosystem has reached a new milestone of 100 unicorns. Open's admission to the coveted unicorn club comes at a time when Indian startups are thriving, with an increase in fundraising and capital. According to the Ministry of Finance's Economic Survey 2021-2022, India has the world's third-largest startup ecosystem, after the United States and China.

Nationalization of Indian Railways

Indian Railways, which was nationalised in 1951, is now the largest rail network in Asia and the world's second-largest network under single management.

The State Bank of India (SBI) was founded

The State Bank of India was established in 1955. The Imperial Bank of India was nationalised in 1955, with the Reserve Bank of India owning 60% of the company, and its name was changed to the State Bank of India.

India conducted Pokhran-II tests

On May 11 and 13, 1998, twenty-four years after Pokhran-I, the Indian Defence Research and Development Organisation (DRDO) and Atomic Energy Commission (AEC) conducted five additional nuclear tests at Pokhran. Dr. R. Chidambaram, chief scientific adviser, DRDO Director, and Deputy Director, Department of Atomic Energy (DAE), coordinated this test planning with Dr. Abdul Kalam, chief scientific adviser and DRDO Director.

India gets its first tribal President

On July 25, 2022, Droupadi Murmu took oath as the 15th President of India. She is the first tribal and the second lady to become the President of India.

Oscar Awardees from India

- Bhanu Athaiya - Best Costume Design
- Satyajit Ray - Honorary Award
- Resul Pookutty - Best Sound Mixing
- A R Rahman - Best Original Score and Best Original Song
- Gulzar- Best Original Song

India's GDP in 1947 was Rs. 2.7 lac crores, accounting for 3% of global GDP at the time. It is now USD 2.62 billion, more than 70 times higher than in 1947, and accounts for 6.68% of global GDP. It is not a significant increase, given that per capita income in India in 1947 was Rs.250 per year, and it is now USD 2200 (roughly Rs.1.6 lacs) per year, owing primarily to a multifold increase in prices over the decades, as well as some real income growth.

India's population in 1947 was 340 million, equal to the population of the United States today, and India's

population today is 138 crores, just two crores behind China, and is expected to surpass China in 2022. Literacy in India was 12% in 1947, and it is now nearly 74% of all adults.

Officially, there are approximately 32 million NRIs-PIOs in the world today, with unofficial figures exceeding 40 million. These remittances will contribute nearly 3% of India's GDP in 2020 (more than their population ratio), and they will also shape the country's foreign exchange money by 22% to 23%. Furthermore, NRIs frequently initiate charities and have been instrumental in providing financial assistance during difficult times such as the ongoing pandemic, floods, and so on.

We should look forward to a truly people-oriented democratic government and growth-oriented policies as we enter the 75th year of our independence. India has an elected government that is divided into three tiers: local self-government, provincial governance, and central/federal governance. Elections have been held on a fairly regular basis. But India has an ethnic democracy and not an absolute democracy. India is the largest democracy in the world.

The governance of a narrowly elected government is bound to be influenced by vote-bank politics and the interests of smaller groups (communal, regional, or caste-specific) over the best interests of all citizens.

Article 21 (A) of the Indian Constitution was amended to make free and compulsory education a fundamental right for all children aged 6 to 14 years. Articles 15, 17, and 46 of the Indian Constitution protect the educational interests of

the country's poorest citizens. These are socially, economically, and educationally disadvantaged families, including those from scheduled castes (SCs) and scheduled tribes (STs).

However, literacy remains at 74% of the adult population, and this is only the ability to write and sign names. Higher education for Indian adults is provided by approximately 1045 universities and 40,000 colleges.

The Indian school education system is one of the largest in the world, with over 1.5 million schools, nearly two-thirds of which are government-run. In comparison, China has 96% literacy among all adults, with a law mandating ten years of schooling.

In India, a progressive new education policy was recently enacted. The 'Beti Bachao, Beti Padhao' campaign has begun. Women's employability is low, and girls are still thought to be married off by the majority of the population. A safer environment for women everywhere should be a top priority. The environment continues to be biased against female citizens.

Compulsory education up to plus 2 level, including a vocational skill, is a constitutional promise that must be fulfilled in full, making the Right to Education a fundamental, inclusive, and accessible right for every child until the age of 18.

Several other policy areas require revision. India should allow dual citizenship and promote policies that benefit the Indian diaspora. Foreign policy, the health sector, agriculture reform, sustainable industrialization, unleashing the power of the creative sector, and other issues must be reconsidered.

-MELWYN WILLIAMS



THE BABY STEPS OF NEW INDIA

By Debjit Dey

"Rome was not built in a day."

Any great thing needs some time to be built, and especially certain things that need to have their visibility and value felt in human lives.

If the life of our planet Earth till date is considered on a scale of 24 hours, then we humans are here for only 1 second.

If we see the history of some of the most famous and well-known great civilizations and nations, we can find their reign on a time scale as below.

Mesopotamian Civilization	2950 years (3500 BC - 550 BC)
Egyptian Civilization	2450 years (3000 BC - 550 BC)
Mehrgarh Civilization (Pre-Indus Valley Civilization)	5000 years (7000 BC - 2000 BC)
Indus Civilization	1000 years (2500 BC - 1500 BC)
Vedic Age	1000 years (1500 BC - 500 BC)
Indian Kingdom age	1700 years (500 BC - 1200 AD)
Modern India	822 years (1200 - Present date)
Ancient China	1500 years (2000 BC - 500 BC)
Aegean Civilization (Pre-Greek Civilization)	800 years (2000 BC - 1200 BC)
Greek Age	1200 years (1200 BC - 0)
Roman Empire	500 years (0 BC - 500 BC)
Persian Empire (Achaemenid Empire)	1200 years (550 BC - 650 AD)
Modern Iran	1372 years (650 AD - present date)
Mongol Empire	100 years (1200 - 1300)
Ottoman Empire	577 years (1299 - 1876)
Turkish Rule	146 years (1876 - present date)
Inca Empire	134 years (1438 - 1572)
Islamic Era	2592 years (570 AD - present date)

Clearly, civilization led to the modern-day India is the oldest of all civilizations and modern nations.

Hence, I would prefer to coin a new saying, "India is not built in a day."

Of course, the modern-day nations' cultures and religions have metamorphosed over centuries based on their history, but the continuity of the soul of the culture defines a nation and connects it with its past civilization. Over the centuries of invasions and rules by external forces, the Indian subcontinent has been shaped into modern-day

political boundaries, but the modern-day political land still holds and connects with its original civilizations of Mehrgarh and the Indus Valley. Due to centuries of slavery and dominance by other cultures, most notably the last British rule, modern

India is most likely on a path of misplaced identity. However, with all our own struggles post-independence, we as a nation have risen from the ashes and are on our way to shining on the global map. With so many divisions in language, regions, ethnicity, religion, sub-sections within religion, and tribalism, integrating the entire nation under one federal system and running it for 76 years was never easy. Complexity multiplied by the political divide, corruption, brain drain to the west, it was not easy for the leadership to manage the nation with everything becoming a priority after independence. A quick comparison of India's population when the British left India in August 1947 till date is given below.

parts, and left us with so many unsettled political narratives. We began with great hope to stand on our own, despite the pain of partition, communal instability, poverty, low literacy, malnutrition, and other health issues, and the complexities of many princely states yet to be assimilated into independent India. Post-independence, India fought five major wars: the 1947-48 first war with newly separated Pakistan; the 1962 war with China; the 1965 second war with Pakistan; the 1971 third war with Pakistan when Bangladesh was liberated; and the Kargil war in 1999. Furthermore, there are numerous proxy wars on some of the borders with Pakistan and China.

	Aug 1947	Around 2021-22
Population	340 Million	1.4 Billion
Literacy rate	12%	77.7%
GDP (Nominal)	< USD 37 Billion	USD 3.535 Trillion
Per Capita Income	USD 2.89	USD 2,277
Life Expectancy	32 years	70 years

The **British looted around USD 45 trillion**, as per some estimates, when they left India. The thumbs of Indian weavers were cut. They de-industrialized India, divided the country into

We had the **Green Revolution** (agriculture), the **White Revolution**, or **Operation Flood** (for milk production), and the **Blue Revolution** (fishery and aquaculture).

India's healthcare has evolved from eradicating smallpox and polio to the recent massive vaccination success story for COVID-19 vaccination by indigenously developing its own vaccine in a short span while most of the major developed nations remained dependent on the world's top pharmaceutical companies for vaccines.

India has become a medical tourism centre for many Asian and Middle Eastern countries. The world's pharmacy center, well known for two decades for its IT expertise and independence in space research, has gone from a country hosting satellites of the most powerful nations like the USA on our indigenously made satellite launch pads.

From having the **world's largest railway network** to having the fastest growing economy; from being the world's largest democracy to having the world's largest postal service; the world's tallest statue; the world's largest school; the world's largest producer of spices; the world's oldest continuously inhabited city, Varanasi, the birthplace of yoga and ayurveda, from which the entire world benefits.

We are not perfect. We have many areas to improve, but I am convinced and I can bet that no country in this world with all the complexities and differences as we have in India could have survived and progressed the way

we have from the day we rose from the ashes after our independence, facing all these centuries of external attacks and foreign rulings.

I find myself arguing with some of my relatives and closest friends over India and its political journey. We are carried over by the optics of politics and the virtual social media, which we are mostly biased to believe with our perceptions. I have lost some friendships in this argument but made many new ones. But that's a small part of the price we pay for a better nation. At the end of the day, we all intend to see India as a better place to live and a better nation to take pride in.

These 76 years are nowhere on the scale of the history of a nation as mentioned in the beginning, but if we compare many other modern nations, we have started walking by taking baby steps and will soon start running on the right trajectory. We are a nation that has survived more than 10,000 years of history, and we will continue to be here and come back with our glory from the past.

-DEBJIT DEY

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HOW TO REVERSE DIABETES WITH LIFESTYLE MODIFICATIONS?

By Dr. Shilpi Pandey

Is it possible to reverse Diabetes with lifestyle modifications?

Diabetes mellitus, commonly known as diabetes, is a metabolic disease that causes high blood sugar. Diabetes is caused by a relative or absolute deficiency of insulin action. Insulin is a hormone made by pancreas, it moves sugar from the blood into cells to be stored or used for energy. With diabetes, body either doesn't make enough insulin or can't effectively use the insulin it does make.

There are two main types of diabetes:

Type 1... diabetes is an autoimmune disease. The immune system attacks and destroys cells in the pancreas, where insulin is made. It's unclear what causes this attack. About 10 percent of people with diabetes have this type, Type 1. It's usually diagnosed in children and young adults (but can develop at any age). It was once better known as "juvenile" diabetes. People with Type 1 diabetes need to take insulin every day. This is why it is also called insulin-dependent diabetes.

Type 2... With this type, your body either doesn't make enough insulin or your body's cells don't respond normally to the insulin (insulin resistance). This is the most common type of diabetes. Up to 95% of people with diabetes have Type 2. It usually occurs in middle-aged and older people. Other common names for Type 2 include adult-

onset diabetes and insulin-resistant diabetes.

Prediabetes... It is the condition in which blood glucose levels are higher than normal but not high enough to be officially diagnosed as Type 2 diabetes.

★Who gets diabetes? What are the risk factors?

Factors that increase your risk differ depending on the type of diabetes...

Risk factors for Type 1 diabetes include:

- Having a family history (parent or sibling) of Type 1 diabetes.
- Injury to the pancreas (such as by infection, tumor, surgery or accident).
- Presence of autoantibodies (antibodies that mistakenly attack your own body's tissues or organs).
- Physical stress (such as surgery or illness).
- Exposure to illnesses caused by viruses

Risk Factors for prediabetes and Type 2 diabetes include

- Family history (parent or sibling) of prediabetes or Type 2 diabetes.
- Being African-American, Hispanic, Native American, Asian-American race or Pacific Islander.
- Being overweight.
- Having high blood pressure.
- Having low HDL cholesterol (the "good" cholesterol), high LDL cholesterol and high triglyceride levels.
- Being physically inactive.

- Being age 45 or older.
- Having gestational diabetes or giving birth to a baby weighing more than 9 pounds.
- Having polycystic ovary syndrome.
- Having a history of heart disease or stroke.
- Being a smoker.

☀️ **Can diabetes be cured or reversed?**

Depending on the type of diabetes and its specific cause, it may or may not be possible to reverse diabetes.

*****Successfully reversing diabetes is more commonly called achieving “remission.”***

In Simplest terms, the expert panel defined Type 2 diabetes remission as having a blood-sugar level below the established threshold for a diabetes diagnosis for at least three months without taking diabetes medication. That would be below, for example, 6.5%Hb A1c, for the blood test that’s used to get a three-month average of blood sugar.

Type 1 diabetes is an immune system disease with some genetic component. This type of diabetes can’t be reversed with traditional treatments.

☀️ **Prediabetes and Type 2 diabetes, can be reversed with a lot of effort and motivation in many cases.**

For this, patients have to reverse all their risk factors for disease. Although diabetes risk factors like family history and race can’t be changed, there are other risk factors that you do have some control over.

Adopting some of the healthy lifestyle habits listed below can improve these modifiable risk factors and help to decrease your chances of getting diabetes:

★ **Steps to reverse Type 2 diabetes and its related conditions include these lifestyle changes:**

- Keeping track of your blood sugar levels (e.g., HbA1C test) and blood pressure at home.
- Exercising regularly; If you’re not active now, it’s time to start. Your goal should be 30 minutes of activity that makes you sweat and breathe a little harder most days of the week. The American Diabetes Association suggests getting at least 150 minutes per week of moderate to vigorous-intensity physical activity in addition to 2 to 3 sessions of resistance training per week. An active lifestyle helps you control your diabetes by bringing down your blood sugar levels and maintaining weight. Other benefits include improved mood, reduced “bad” LDL cholesterol, and healthier bones.

- Making significant dietary changes; diets must be high in nutrition and fiber and low in fats and calories. The diet should include whole, minimally processed foods, with fiber-rich fruits and vegetables, complex carbohydrates in moderation, lean protein, and healthy fats. Added sugars and refined grains are better avoided. Follow a Mediterranean diet, this heart-healthy diet uses lots of fruits and veggies as well as healthy fats nuts, olive oil, legumes, and low sugar. You can also follow DASH diet (Dietary Approaches to Stop Hypertension), this diet plan is designed to help lower blood pressure, it emphasizes fruits, vegetables, low-fat dairy, whole grains, lean meats, fish, nuts, and beans. Keep a food diary and calorie count of everything you eat. Cutting 250 calories per day can help you lose ½ pound per week.
- Losing weight to attain a healthier body weight....With type 2 diabetes, body doesn’t properly respond to the insulin produced by the pancreas, and blood glucose levels go up, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). That’s called insulin resistance, and it’s often linked to excess weight. Weight loss will actually help make the body more sensitive to the insulin and allow that insulin resistance to decrease. Obesity increases the risk of developing Type 2 diabetes by at least six times, regardless of genetic predisposition. If you are overweight or obese, with a body mass index (BMI) of 25 kilograms per square meter (kg/m²) or greater (in Asians, 23 kg/m² or greater), your chances of developing diabetes are higher. Losing weight by 5% to 7% can dramatically lower your risk. Body Mass Index is a simple calculation using a person’s height and weight. The formula is BMI = kg/m² where kg is a person’s weight in kilograms and m² is their height in metre squares.
- Quitting smoking if you smoke...because smoking is a serious risk factor for numerous health issues. Smoking can increase the risk of complications and may even trigger type 2 diabetes.

- Avoiding alcohol and other beverages high in sugar... alcohol can lower blood sugar levels; it also has the potential to increase them. Alcohol can also cause Hypoglycemia Unawareness and weight gain in diabetics. All alcohol contains about 7 calories per gram, which is more than carbohydrates (4 calories per gram) and only slightly less than fat (9 calories per gram). The Centers for Disease Control and Prevention (CDC) and other federal agencies define that as one drink per day or less for women and two drinks per day or less for men. One drink is defined as containing 14 grams (0.6 ounces) of pure alcohol. These amounts comprise one standard drink:

1. 5 ounces (oz) wine

2. One 12-oz beer

3. One 12-oz beer

4. 1.5 oz of 80-proof spirits, such as rum, gin, or vodka

5. 8 oz malt liquor

- Safest approach is to drink in moderation, choose beverages that are low in sugar and carbs, never drink on an empty stomach, and keep close tabs on your blood sugar levels before, during, and after drinking
- Manage stress. Researchers suggest that stress can be both a contributor to and a consequence of diabetes. People who are stressed may have higher levels of certain hormones that can affect how insulin works. When you're stressed, blood sugar levels go up. Patients may have better control of sugar levels if they practice techniques that reduce stress levels i.e. Stress reduction strategies. Find ways to relieve stress -- through deep breathing, yoga, or hobbies that relax you.
- Take medications – to manage existing risk factors (e.g., high blood pressure, high LDL cholesterol, other heart-related problems and other health conditions), as directed by your doctor.
- Regular Health Checkups at regular intervals to monitor diabetes and to watch for complications.

★ As the incidence of diabetes continues to increase globally, the fight against this chronic condition continues. New research explains not only what triggers type 2 diabetes but also how to

reverse the condition. The trial was called the Diabetes Remission Clinical Trial (DiRECT), and one of its co-leaders was Prof. Roy Taylor from Newcastle University in the United Kingdom which *showed that intensive weight loss programs could help people with type 2 diabetes achieve remission without taking any medication*. Specifically, almost 9 out of 10 participants who managed to lose 15 kilograms or more in the DiRECT trial reversed their condition. After 2 years, more than one-third of these individuals had been free of diabetes and the need for diabetes medication for at least 24 months.... A small group, however, experienced relapse.

★ Type 2 diabetes is reversible under certain conditions, depending on a person's lifestyle. But a lot still remains unclear—like how long remission generally lasts, because it varies. And experts stress that continued follow-up with health care providers—not only to monitor blood glucose but also to check for diabetes complications—is important.

★ ★ *If a person does not make healthy lifestyle changes, type 2 diabetes will progress, and they will eventually need more medications to manage it. Poorly controlled diabetes can lead to serious consequences, causing damage to a wide range of body's organs and tissues – including heart, kidneys, eyes and nerves.*

★ In conclusion; high quality nutritional diet, physically active & stress free life, along with other important lifestyle determinants such as low or no alcohol consumption, no smoking and proper sleeping habits, should be promoted in order to curb the type 2 diabetes epidemic sweeping the world.

-Dr. SHILPI PANDEY



MICROPLASTICS IN EVERYDAY LIFE.



By Jeanne Maria Dsouza

The sessional examinations were over. The three of us decided to enjoy the evening with a gala dinner. As we were too tired to go to a city restaurant, the dinner was planned to be in Radhika's room, in the hostel itself. We got some mouth-watering stuff from "The Dolphin", a place well-known for its sea food. The items arrived, all neatly packed in plastic containers. As we began opening the containers, I said, "Hey! Look at the amount of plastic. It may not be possible for us to avoid plastics even though we all know that these are environmental and health hazards." Radhika said, "Jeanne, a few years back, the status of development of a country was measured in terms of per capita usage of plastics; something similar to energy consumption." Ayushi added, "That is old story. Now it's all about plastic pollution. Do you remember the picture of the sea turtle choked with plastics?" "Yeah" I replied, "but it will be a good while before we find a balanced way of using and disposing off plastics".

Plastics are harmful to the environment, but approximately 400 million tons are produced each year. They are needed for everyday life. Of these, 3 million microplastics are released into the environment. Microplastics are tiny plastic particles, less than 5 mm in size. For all practical purposes, plastics less than 200 microns are considered hazardous for health. These are of 2 types – primary & secondary; the former is designed for commercial purposes and the latter is

a consequence of weathering and gradual degradation of plastic materials on exposure to ultraviolet light and ocean waves. Synthetic clothing, nylon in various forms, tyres, tea-bags, plastic containers, colour pens & pencils, detergents, tooth-pastes, lipsticks, shower gels and shampoos, nail-polish and sun-screens and sundry other items contribute to the global accumulation of microplastics. A good number of food-products are also packaged in plastics.

Why the current hue and cry?

Microplastics release toxic materials into the environment, which can affect both aquatic and terrestrial organisms. They also act as carriers for other toxic materials like DDT. A large quantity is in the oceans, polluting the water and organisms in the sea. Microplastics enter the human body through ingestion, inhalation and skin contact. They can adversely affect the health of a person by damaging certain cells causing inflammatory and immune reactions and certain types of allergic responses. Metabolic disturbances, neurotoxicity and carcinogenic effects have been observed in experimental animals. Fortunately as on-today, the common man is neither consuming nor inhaling a large quantity of micro-plastics. However, people working in certain industrial settings are exposed to a great risk of plastic pollution. The time has arrived for us to take concrete steps to minimize the health hazards of microplastics.

What can be done?

The principle of refuse, reduce, reuse and recycle is most applicable here. However, microplastics are an essential material needed for everyday life. There is an urgent need for the development of environment friendly plastic substitutes, and extensive research is ongoing in this area on the global front. Proper disposal of plastics is also an effective way of reducing pollution.

There are standard procedures for disposal, with each country and even each municipality following its own method. Every household should strictly follow the given instructions. Developing nations are still struggling with these challenges. Researchers are also working on the break-down of plastics into eco-friendly products using various biological processes such as bacterial action and enzymatic activity.

Biodegradable plastics are mechanically strong and cost-effective. Of course, it will be a long while before this research translates into tangible benefits to our society. Meanwhile, awareness of the various issues related to plastics is important. Simple measures like avoiding plastic bags, bottles, containers and packaging, and using cloth bags, plastic-free cosmetics, organic clothes instead of synthetic materials etc. would go a long way in ameliorating the situation, provided they are implemented by each of us.

After all, every drop counts – and it's these little drops of water that make the mighty ocean.

-JEANNE MARIA DSOUZA



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By Tushar Unadkat

NATHAN PHILIPS SQUARE CELEBRATES AZADI KA AMRIT MAHOTSAV

AZADI KA AMRIT MAHOTSAV celebrating 75th India Independence Day was brought to Nathan Phillips Square by Panorama India and the Consulate General of India, Toronto, on Sunday, August 21, 2022, from Noon in Toronto.

A footfall of around 150K during the entire day, plus 10K people joined the Grand Parade. After two years of Pandemic, Nathan Phillips Square transformed into a lively place with India's sights, sounds, and flavors.

The event kicked off with the Opening Ceremony, Flag hoisting, and Junior idols singing National Anthems of Canada and India. Many MP's and MPPs of Ontario, prominent Indo-Canadians, and other Nationalities were present.



Chairperson of Panorama India, Ms. Vaidehi Bhagat, welcomed everyone, followed by speeches from dignitaries. There was an emphasis on the long-standing relationship between Canada and India, built on shared traditions of democracy, strong ties of friendship, and

multiculturalism.



India is a federal union comprising 28 states and nine union territories, with 37 entities. India, officially the Republic of India, is a country in South Asia. It is the seventh-largest country by area, the second-most populous country, and the most populous democracy in the world.

However, the parade had 27 trucks representing the States of India that depicted the culture and heritage of India with different clothes, food, language, music, and dance. It was a majestic scene of Unity in Diversity. These states were represented by local community organizations celebrating these local cultures of India on August 21, 2022.



The opening ceremony started at noon until 2 pm, followed by the main parade of cultural floats. Bollywood celebrities **Rahul Dev** and **Mugdha Godse** brought their Bollywood flair to the event, being present on the head float.



Nataraj Youth Cultural Organization (NYCO) had an iconic Gujarat presence at the Canadian India Day Parade 2022, and the float bagged an award for the best props and decor category.

The Gujarat Float was full of energy with Garba and Dandiya, attracted a large audience, became popular in the crowds, and received an appreciation for cultural and artistic efforts.



"It gives a sense of joy and pride to represent our Gujarati Heritage," said Mr. Tushar Unadkat, NYCO Advisory BOD, who proudly waved the Indian flag non-stop while dancing on the float keeping the audience engaged.

The five-foot Sardar Patel pop-up characterized the Statue of Unity, the hut, and the well, depicting Gandhi Ashram was remarkable for many. The cherry on the top is 87 years old, Mr. Ramnik Rachh, dressed as Gandhi Bapu, sitting beside Mr. Praful Bhavsar, who showcased the traditional spinning wheel.



On the other side of the float were the young boys and girls clad in traditional Gujarati outfits (Chaniya-cholis and Kedia) performing Garba on folk music played by Harkant Patel, sound system by Krishna Music with a large backdrop of Gujarat Map. The float carried various other big and small cultural artifacts, like embroidered umbrellas, painted wooden statues of tribal men and women playing classical instruments, and much more. The vibe was nothing less than a surreal Gujarat in downtown Toronto.

-TUSHAR UNADKAT



PARTITION

A Poem by Brij K T

The triumph of freedom was hijacked,
 Beguiled the sweat and blood...Shed by the truth,
 The exultation was short lived,
 As the free march slipped into a ravine of partition!
 "Free" men were scattered,
 In and around the deep gorge,
 Little they dreamt about a freedom for their loss,
 Dear and near ones have separated,
 And the lamentation was heartrending!
 The free country ravished love and peace,
 Freedom torched the essence of 'Ahimsa'
 And silenced a strong vision with bullets!
 One family was parted into two,
 Longing hearts waited in vain for their loved ones,
 Minds were derailed in the long run,
 And vanished in memory!
 Mother, father, siblings and children at times.....,
 Reinvent their dear ones from a faded snap
 Partition was complete when the God also was separated,
 And the metamorphosis of culture and outlook was sudden!
 The gap of the ravine is widening,
 Though the same sky and earth exists everywhere!
 When I am a puppet in several strings of the system...
 Some body constantly lies to me that....
 I AM FREE!!

-BRIJ K T

Desires: Unknowingly revealed Wishes



A Poem by Sarmistha Dey

Man always desires, when he is upset, his beloved should understand without him expressing.
Upon calling on the phone she should make out from his faint "Hello!" And ask him "Are you upset?"

Seeing his messy hair, slightly red eyes, she should ask "Didn't you sleep last night? Are you having nightmares?
Are you tense about something?"

He wants his lady to understand when to hug tightly, when to close his eyelids by gently touching with soft palm, when to hold his hands and whisper into his ears "I am always with you, do not feel sad"
He desires in the middle of the night she should note and place the shifted pillow under his head without disturbing his sleep.

On a winter frosty night, he desires her to wrap him with a blanket of love.

He wants his lady to remember his birthday, talk about the first day touch and feel.

The lady should touch him making false excuses and wish her to touch his forehead and say "Let me check whether you have fever or not"

If he ever tried to part in pride, ego, arrogance, he wants her to say "Is there any necessity to part because I have made a small mistake. What about my love, my dedication, can't it bring you back? Can we not come together again?"

Man always surrenders in-front of his ego, his pride, his arrogance. Nothing is achieved finally.
Gradually pride gets in the way, a sea of regret fills the chest.

-SARMISTHA DEY



A DEAD ONE IS NOT A DEAD ONE

A Poem by Sindhu Gatha

Woman who marry death

How many are there for the ceremonies
Bringing them closer to her.

Those who tasted their likes
and Dislikes have been stirred up
And those who mock at her

How many hearts are in
the magic of silence showing by her.
More than that...
From the map of their heart
Within a few minutes she may disappear

In the houses of the dead one.
How quickly the seasons are changing

It was spring yesterday in the blooming areas
It's a hot summer today.
Another one spring will come tomorrow.

She'll put today's in yesterday's jar of wine
Look....
What a miracle!
What a wonder!

A dead one,
how calm and gentle is to see her
those who come deceiving

Families and locals,
even the enemies and strangers together,
Like acquaintances feeding together.

All those who came in,
On the same mat wiping the feet.
and those been kicked in the past
coming through the same thread calmly
foot letting you in.

A dead one is really who reads democracy,

She is teaching all equality
Showing up in front of the universe, isn't it?

Many of the things she wished to see
She did not wish to see
She sees all those in half- closed eyes.

Dead one is not a dead one.

-SINDHU GATHA



CANVAS OF PHANTOMS

A Poem by Brij K T



The canvas was enormous...
But the artist was short of time and hue.

Am I there in your sky?
Asked the Sun to the broken brush
You shine in a yellow dot on day.
And blood shed on the west, later
Am I there? The cloud broke down
And the canvas trembled with lightning and thunder.
Am I there in your canvas?

The cuckoo recalled a forgotten spring!
As butterflies were pressed to splash colour...
The rainbow crowned the sky.
The bunny sat on the crescent moon for one last time
A pot of hue overturned on the night sky
And the stars blinked in dismay.
Am I there Artist?

Whispered the wind in its last breath...
Came from nowhere and existed nowhere,
Lillies and daffodils lifted their tiny hands
Give us little space on the borderline...
To smile at tomorrow...if there
The rivers rushed from mountains
But hijacked on its way..,

The oceans roared in protest
As the desert swayed its magic wand
Convulsions of aquatic life was for a few minutes to forget.
Wilderness disappeared in a dull hue,
And wild life was fossilized in huge rocks.

The defile transformation is complete
Contented the barbaric iron man.
He amputated the hands of the artist
In a primitive ritual,
And hung the picture with golden frame
On the face of a stripped earth.

A note fell from the severed hands
Phantoms of yesterday!

-BRIJ K T



Words of all “I” s

A Poem by Sarmistha Dey

The true story of survival is the truth of life.

That was the opportunity

Obstacles on every step ‘I’ took

However, ‘I’ pushed everything started moving forward

Leaving behind one after another

Suffering – pain – struggle all around

People can do everything

‘I’ too can do

‘I’ will touch the dream

Dream of life – dream of red ribbon

Everything is remembered today

Struggles of Childhood- youth

Man is moving with eternal time

You and ‘I’ are only bits of straw fighting for their existence

This is just my fight

Fight for survival

Fight for honour

The fight for humanity.

-SARMISTHA DEY



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FROM THE
KITCHENS
OF INDIA

DAL MAKHANI

Dal Makhani or maa di dal, as it is popularly known in the Punjab. It is a delicacy known for its smooth velvety texture and lovely flavour.



Dal Makhani

Preparation Time: 15 mins

Cooking Time: 40 mins

Makes 4 servings

Dal Makhani or maa di dal, as it is popularly known in the Punjab. It is a delicacy known for its smooth velvety texture and lovely flavour.

Dal Makhani is traditionally cooked on a low flame overnight and allowed to thicken.

Here we are using a pressure cooker to cook the dal. Usually, Dal Makhani is served with hot Indian bread called naans.

Ingredients

- Whole black gram (sabuturad) 1/2 cup
- Red kidney beans (rajma) 2 tablespoons- Wash and soak urad dal & rajma overnight, drain
- Oil 1 tablespoon
- Butter 3 tablespoons
- Salt to taste
- Garam masala powder 1 teaspoon
- Red chilli powder 1 teaspoon
- Ginger chopped 2-inch pieces
- Cumin seeds 1 teaspoon
- 25 mm stick cinnamon (dalchini)
- 3 cardamoms (elaichi)
- 2 cloves (laung / lavang)
- Garlic chopped 6 cloves
- Onion chopped 1 large
- Green chillies slit 2
- Tomatoes 2 medium- blended to paste
- 1/2 cup cream
- 2 tbsp chopped coriander (dhania)
- 1 tbsp fresh cream for the garnish

Process

- First clean, wash and soak the whole urad and rajma overnight.
- Boil sabuturad and rajma in three cups of water with salt and half the red chilli powder and half the ginger. Cook for three whistles in a pressure cooker or until the rajma is completely soft.
- Whisk till the dal is almost mashed. Keep aside.
- Heat butter and oil in a pan. Add cumin seeds. When they begin to change colour, add ginger, garlic and onion and sauté till golden brown.
- Add slit green chillies, tomatoes puree and sauté on high heat. Add the remaining red chilli powder and sauté till the tomatoes are reduced to a pulp.
- Add the cooked dal and rajma. Add some water if the mixture is too thick.
- Add garam masala powder and adjust salt.
- Simmer on low heat till the dals are totally soft and well blended.
- Serve hot. Garnish with a swirl of cream and sprigs of fresh coriander.



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HOW TO MANAGE STRESS?

By Virender Rawat

WAYS OF MANAGING STRESS.

Awareness of Stress

You should try to clear in your mind what stresses you more. What are your particular Stressors? Be on the lookout for your stress signals so that you know as soon as you need to take action.



Analysis and treatment of the actual stressor

You can improve your situation by clarifying for yourself the characteristics of your stressors and what would happen if you ignore them. A clear overall view will give you more chance of taking the correct action. There are four alternative strategies for managing your stressors.

1. Take action

- This may mean learning new skills, acquiring information and being determined e.g. if you are scared of speaking in public, have some guidance / tuition and do some practice.

2. Withdraw

- In some situations, it may be more sensible to withdraw or leave rather than fight e.g. if you are at a party and not enjoying, you can leave. When someone is being abusive you should withdraw mentally by telling yourself that you are experiencing the results of the individual's tiredness or anger.

3. Do nothing

- On a few occasions it may be rational to do nothing while you are waiting for something to happen before you act.

4. Adjust your attitude

- Ask yourself what can be learned from exposure to the stressor. If you are about to lose something e.g. your home or a close friend, focus on the benefit you have gained from living in that house or knowing the person.
- Grieving over a loss is a natural and important experience. Being caught in your grief for the rest of your life could keep you living in the past and ignoring what is happening around you.
- There are two basic necessities to adjust your attitude.

1. Put the stressor in the correct perspective. Ask yourself, is it really that bad? Will I die of it? Will we go broke? Will we starve? Will we be handicapped? Will I lose my job?

2. Avoid negative thoughts and fantasies. In a stress situation the worst is often exaggerated. It may never happen, so try not to consider it for a second. Save your energies for something constructive, make a list of all the positive aspects of the situation and think about it. If it helps make another list of the actual negatives but not the might have been....

Related Story: -

A group of 3 people are assigned a particular job on the aircraft in the night shift. After working for a while 2 persons out of 3 go to Airport terminal to fetch some food, third person remains there to work on the aircraft at midnight. Third person makes himself ready to start his job, opens panel and does visual inspection. While doing this he turns on his right after hearing some sound, finds total darkness and feels bit scared. He stops his work and starts chanting some prayer to beat his darkness fear. In the meantime, his colleagues arrive, and he tells them about his fear or phobia.

On that day, he realizes that he has kind of night phobia or say fear of darkness. What he should do for this. He plans that he should not work alone in the night shift. If at all he has to work, he should work along with his team so as to get rid of this night phobia. And in case they have to go for food, all should go together and come back together. That is the remedy he finds for this night phobia or darkness fear. So, he does analysis, finds treatment for this phobia, applies and lives his life comfortably. There are many types of phobias, chances that you are suffering from one of them and you come to know only when you come into that situation.

A Healthy Diet

You are very well aware about this

Relaxation/ Meditation

The body needs regular rest. Choose a relaxation programme that suits you, try to start on it as soon as possible and practice it regularly. You could try Yoga, Meditation etc.

Take short rest breaks during the day

Your body needs variation in its working rhythm. (Work, rest, Work, Rest) not full speed ahead all day. If you normally sit to work, stand as often as you can and vice versa.

Breathing

When your stress response is triggered, the first thing that changes is your breathing, and fortunately, breathing is easy to control.

If you can keep your breathing at a low, even rate, your body will relax, your mental state will be influenced and you will be able to control your stress level. Think how unlikely it would be to see anyone quarrelling in a sauna or swimming pool. If you consciously relax the body with slow regular breathing you will stop the stress response.

The Five Steps, Breathing Technique.

1. Breathe in deeply and out

For the next four breaths tense a group of muscles as you breathe in and relax them as you breathe out.

2. Feet

3. Hands and upper part of body

4. Jaw

5. Stomach

Prepare and organize your work

One of the big things you can do to avoid stress is to prepare yourself thoroughly, in your work and in your private life. Coping with the unexpected is much harder than managing the expected.

Mental preparation is important but it is also essential to ensure that you have the necessary skills and know-how to be able to anticipate and plan in advance.

If you feel that you do not have enough know-how to be able to plan ahead in your job, and many service-givers do feel this, then we recommend that you make a decision now to apply for further training.

- Take a look at the systems and equipment you use.
- Try to write things down
- Only work on one thing at a time...
- Keep an eye on the next thing to do
- Keep your work- place tidy
- Be able to lay your hands at once
- Store everything you use often within easy reach

Stress can be contagious. When number of people are asked to queue or are delayed or held-up in some way then stress levels soon rise. As a service giving company it is important to watch for signs of the epidemic spreading and to work to control this sort of situation.

Some of the stressors which occur in service work are:

Bottlenecks, rush jobs, seasons, quiet times as well as busy times, unexpected crises caused by outside influences like weather, accidents, political etc., complaints about the mistake of others, lack of support from colleagues, lack of

information from superiors and colleagues and inconvenient working hours etc.

Gentle Advice to Bosses

To minimize the stress in all service jobs , one should try to provide service givers with suitable systems and equipment, supply all information needed in an easily assimilated form, train all officers and staff, listen to the knowledge and feedback they are trying to give you, provide good internal service, keep working to create better physical and mental conditions and of course , keep encouraging them – keep giving your staff / officer/ manager good strokes means keep appreciating them whenever they do good work.

As we know very well that everyone is hungry for appreciation. Keep using this particular tool honestly and in return get good results for the company. As a head or Boss You can keep things very simple if you want to be.

A Healthy Diet

You are very well aware about this

Relaxation/ Meditation

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Your body needs variation in its working rhythm. (Work, rest, Work, Rest) not full speed ahead all day. If you normally sit to work, stand as often as you can and vice versa.

Breathing

When your stress response is triggered, the first thing that changes is your breathing, and fortunately, breathing is easy to control.

Lastly.....Plan to control your stress

What to do?

Make a list of the positive steps you are going to take to control your personal stress levels. Check through the list regularly and do make a note in your diary of your review dates so as to be sure that you are on the right track. You can add new things as you grow more knowledgeable and more aware about the work. You can also congratulate yourself when you make good progress. You have to say in your mind that “I’m doing good progress”.

-VIRENDER RAWAT

SAGA OF INDIAN MEDAL WINNERS AT CWG 2022.



By Saji Chacko

Nothing succeeds like success. This adage aptly sums up the performance of the Indian athletes at the recently concluded CWG Games in Birmingham ---the 8 medals which they won bear testimony to this. What's more important is the fact that the Indian athletes hogged the limelight in the absence of an injured Olympic champion, Neeraj Chopra. Overall, India finished fourth in the Birmingham edition with a tally of 61 medals (22 gold, 16 silver, and 23 bronze).

An important point here is that the Indian performance should be viewed in the light of the fact that, despite the exclusion of four major disciplines in this current edition (shooting, archery, tennis, and Greco-Roman wrestling), our athletes had won the majority of medals in the previous editions of the Commonwealth Games. .

There are some lasting moments which will remain etched in the memory for a long time. The sight of t-shirtless shuttle prodigy Lakshya Sen exulting after winning the gold medal

in the men's singles of badminton was indeed a sight to behold. The 21-year-old Lakhsya from Almora , who won a bronze medal at last year's World Championships, has proved that he is one of the brightest stars of the game and certainly a world beater in the making.

On the other hand of the spectrum, you had a 40-plus nimble-footed Sharath Kamal weaving his way to 3 gold medals in TT, making him one of the most distinguished Indian athletes at the Commonwealth Games with 13 medals to his credit in four different CWG's. When asked how he managed to have such a rich haul and that too in a fast and foot-speed based sport like table tennis, all Sharath came up with was "I still feel young and motivated to compete. I cannot quite explain it, but there is a special love for CWG," he added.

It is worth mentioning here that India won eight medals in athletics---the first time that they had such a rich haul in track and field. The highlight was a historic gold-silver finish by Eldhose Paul and Abdullah Abubakar in the triple jump---this was the first time two Indian athletes finished first and second on the podium of a major multilateral Games.

Apart from Eldhose and Abdullah, Murali Shivshankar (silver-long jump), Tejwaswin Shankar (bronze-high jump), Abhijeet Sable (silver-3000m steeplechase), Sandeep Kumar (bronze men's 10km walk), Priyanka Goswami (silver 10km walk) and Annu Rani (bronze javelin).





INDIA'S CWG 2022 MEDAL WINNERS

India has won 61 medals at the Commonwealth Games 2022, including **22 gold, 16 silver, and 23 bronze**. Meet the medal winners

PIC Credit: Kirby Lee-USA TODAY Sports

ALL INDIAN MEDALISTS

INDIA 
AT CWG 2022

 GOLD  MIRABAI CHANU WEIGHTLIFTING	 GOLD  JEREMY LALRINNUNGA WEIGHTLIFTING	 GOLD  ACHINTA SHEULI WEIGHTLIFTING	 GOLD  INDIA WOMEN'S FOURS LAWN BOWLS	 GOLD  INDIA MEN'S TEAM TABLE TENNIS
 GOLD  SUDHIR POWERLIFTING	 GOLD  BAJRANG PUNIA WRESTLING	 GOLD  SAKSHI MALIK WRESTLING	 GOLD  DEEPAK PUNIA WRESTLING	 GOLD  RAVI DAHIYA WRESTLING
 GOLD  VINESH PHOGAT WRESTLING	 GOLD  NAVEEN MALIK WRESTLING	 GOLD  BHAVINA PATEL PARA TABLE TENNIS	 GOLD  NITU GHANGAS BOXING	 GOLD  AMIT PANGHAL BOXING

Credit: Kirby WRESTLING TODAY Sports

"I would say athletics was the showstopper for Indian sports at the CWG," opined Anju Bobby George, one of the only two Indians ever to win a medal at the World Championships. She also went to add that competition in athletics at the CWG was world class and "winning a medal at the CWG means that our athletes are at par with the best in the world," she added.

Badminton is another sport in which the Indians dominated, as we won three gold medals on the final day to pip New Zealand for fourth place. By winning her maiden gold, PV Sindhu showed why she is one of the greatest shuttlers ever. This was in addition to the bronze and silver she had in the previous two editions of the CWG. She is the only shuttler who has won a medal at all the multi-disciplinary games (Asian Games, CWG and Olympics).

The wrestlers came up with a sterling show just like every time. Among the notable winners were Sakshi Malik, who won a gold medal in the 62 kg category, defeating Ana Goelinaz Gonzalez of Canada. For Sakshi, it was her major triumph after the bronze medal triumph at the Rio Olympics. In all, our wrestlers won 12 medals, which included 6 gold and five bronze.

She proved her mettle when she was trailing 0-4 in the first half of the final. Just when one thought that Sakshi would have to be content with a silver, the champion in her woke up. Thereafter, it was Sakshi who went into an all-out offensive, showed her mettle and turned the tables on Gonzalez with a never say die attitude.

The story of Eldhose Paul is indeed worth an inspiration. His mother died when he was merely four years old and it was left to his 80-year-old grandmother, Saramma, to find

the means and resources to fuel his ambition. What was more of a challenge for Eldhose was the fact that his father was a labourer and the family could barely manage to make two ends meet. "It was my grandmother (Saramma) who ensured that I could study and pursue a career in athletics and above all marshalled the running of the household. I cannot express my gratitude to her in mere words. I had to justify the faith she reposed in me." said an elated Eldhose after his historic triumph.

The story of Delhi-based judoka Tulika Mann is equally inspirational and will leave many with a watery eye. Her father, Satbir, was murdered when she was a toddler. It was left to her mother, Amrita, who raised her. As a single parent, Amrita joined the Delhi Police and burnt the midnight oil to ensure that Tulika got the attention, time and devotion to pursue her dreams. In turn, Tulika reposed her mother's faith by bagging the silver medal in the 68 kg category. Tulika broke down on the podium and dedicated her medal to her brave mother. Such acts of bravery by the parents/grandparents of medal-winning athletes will serve as an inspiration to the up and coming athletes faced with such trials and tribulations.

There were big disappointments also. The men's hockey team gave a good account of themselves in qualifying for the gold medal match. But the final proved to be hopelessly lopsided when Australia thrashed India 7-0. The dominance of the Aussies was such that the Indians failed to have a single shot at the target—something which must have given sleepless nights to Graham Reid, the Australian coach of the Indian team.

ALL INDIAN MEDALISTS

INDIA 
AT CWG 2022

 GOLD  ELDHOSE PAUL LONG JUMP	 GOLD  NIKHAT ZAREEN BOXING	 GOLD  SHARATH KAMAL SREEJA AKULA TABLE TENNIS	 GOLD  PV SINDHU BADMINTON	 GOLD  LAKSHYA SEN BADMINTON
 GOLD  CHIRAG SHETTY S. RANKIREDDY BADMINTON	 GOLD  SHARATH KAMAL TABLE TENNIS	 SILVER  SANKET SARGAR WEIGHTLIFTING	 SILVER  BINDYARANI DEVI WEIGHTLIFTING	 SILVER  SHUSHILA LIKMABAM JUDO
 SILVER  VIKAS THAKUR WEIGHTLIFTING	 SILVER  INDIA MIXED TEAM BADMINTON	 SILVER  TULIKA MAAN JUDO	 SILVER  MURALI SREESHANKAR LONG JUMP	 SILVER  ANSHU MALIK WRESTLING

PHOTO CREDIT: Kirby has USA TODAY Sports

ALL INDIAN MEDALISTS

INDIA 
AT CWG 2022

 <p>SILVER</p>  <p>PRIYANKA GOSWAMI RACEWALK</p>	 <p>SILVER</p>  <p>AVINASH SABLE STEEPLECHASE</p>	 <p>SILVER</p>  <p>TEAM INDIA LAWN BOWLS</p>	 <p>SILVER</p>  <p>ABDULLA ABOOBACKER TRIPLE JUMP</p>	 <p>SILVER</p>  <p>S. GNANASEKARAN SHARATH KAMAL TABLE TENNIS</p>
 <p>SILVER</p>  <p>TEAM INDIA CRICKET</p>	 <p>SILVER</p>  <p>SAGAR AHLAWAT BOXING</p>	 <p>SILVER</p>  <p>TEAM INDIA HOCKEY</p>	 <p>BRONZE</p>  <p>GURURAJA POOJARY WEIGHTLIFTING</p>	 <p>BRONZE</p>  <p>VIJAY KUMAR YADAV JUDO</p>
 <p>BRONZE</p>  <p>HARJINDER KAUR WEIGHTLIFTING</p>	 <p>BRONZE</p>  <p>LOVEPREET SINGH WEIGHTLIFTING</p>	 <p>BRONZE</p>  <p>TEJASWIN SHANKAR HIGH JUMP</p>	 <p>BRONZE</p>  <p>GURDEEP SINGH WEIGHTLIFTING</p>	 <p>BRONZE</p>  <p>SAURAV GHOSAL SQUASH</p>

Photo Credit: Kirby Lee/USA TODAY Sports



But all in all, the Indian performance at the Commonwealth Games was a very good one and augurs well for the country in the light of the fact that the next edition of the Olympics will be held in Paris in 2024.

-SAJI CHACKO



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STUDY IN UK WITHOUT IELTS



By Leon Jose Vithayathil

Some hidden facts about the current state of affairs concerning the "Study in UK."

"STUDY IN UK" is now one of the most common advertisements seen in the Indian media. There are plenty of reasons behind this: the UK has been an educational hub for international students for years; it has an easy admission process; an easy visa for international students; and a diverse range of courses with a wide scope of specialisation. However, are the students fully aware of the issues regarding job visa sponsorship after their stay back period in the UK? Most students come to the UK with the dream of making a better future. Their families spent all their

savings and took hold of education loans to attain their son's or daughter's ambitions. At times, these students may not even earn the amount they have actually spent.

UK government statistics published on August 25th, 2022 state there was an increase of 89% in the student visa applications approved from India by the end of June 2022. Specifically, an approximate number of 118,000 Indian students. Nonetheless, outside of the medical, IT, and robotics job fields, the percentage of students who receive job sponsorship

by the end of their stay is only 5-10%.

After their stay-back period, 90-95% of students are forced to return to their home country, shattering all of their dreams.

Most companies in the UK don't prefer to provide job sponsorship since it is more expensive and has a higher standard salary package. As a result, the only benefit for students who come to



study in the UK is the ability to return home with a degree or post-graduate degree.

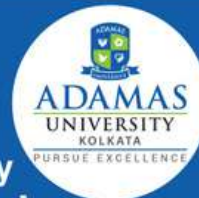
Some students try to find a solution to stay in the UK by spending another £5000-£1500 to gain a Tier 2 work permit as a senior carer in UK care homes. They receive a senior carer visa for 5 years, reasoning to themselves that they could change back to their own profession after receiving permanent residence in 5 years' time. But most companies hesitate to accept a

professional with a 5 year gap in experience and results to be a carer for the rest of their life in the UK. Even after receiving good remuneration from the care job, their lives would be incomplete, as they may not be happy in their career. This can also lead them to depression and addiction.

From the point of view of our nation, India, we will be losing our well-educated Indian professionals working as care givers in the UK for the rest of their lives. Actual awareness must be given to our students before they start their overseas studies.

-LEON JOSE VITHAYATHIL

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ELDERLY ARE A TREASURE TO BE TREASURED



By Sr. Rita Nusi F S

The elderly are a treasure to our society. Getting old is an inevitable process for all living creatures. It is the truth that we all need to accept. Along with old age comes maturity, wisdom and responsibility. The elderly are precious. They are most respected because they are a storehouse of knowledge. Who teaches us about customs, traditions, and respect for all living things? They teach us to live on their lived experiences in order to avoid stumbling and falling.

By being with and caring for them, we learn patience and tolerance. They teach us how to face life since they have lived a life of hardship with its ups and downs. We live our lives based on their lived experiences. They love to share their happiest moments of life to enrich and enlighten us. They are very deep and teach us to look at things at a deeper level. The elderly help us to look at others as well as ourselves differently — in a positive way. By being with the elderly, we learn our identity and also discover who we really are. Their presence makes us become more self-aware and wise. They are the ones who teach us how to walk, talk, and love; how to admire; and how to forgive and accept one another. It is our bounden duty to look after our elderly who have sacrificed their entire lives for the upbringing of their children.

It is very important to take care of our elderly in the family and in society. Let us support them in their pain, sorrow and loneliness. In today's society, the elderly need the love, care, togetherness, and presence of their children and grandchildren.

But it is heartbreaking to see the sad plight of most of our elderly as they grow older, they become burden to the young. The young have no time for their elderly parents and grandparents as they are busy with money making. The elderly just long for someone to talk to them, listen to them, love them and care for them.

My humble request to the young is to please support your old parents. They need your love, support, care and affection. Kindly remember that "We Reap What We sow". Knowingly or unknowingly, all that we do is setting an example for our siblings too. An expression of respect and gratitude towards our elderly is a great example for our future generation. When the young see you taking care of your own parents and grandparents, they get motivated to take care of you in the future. Won't you like to make the world a beautiful place?

"Listen to your elder's advice. Not because they are always right but because they have more experiences of being wrong." - Melchor Lim

Growing and ageing is a natural process that every individual experiences. As we grow, we encounter various negative and positive experiences that change our perception of life.

Traditionally, in India, elderly people have always been revered by the younger generation by touching their feet. Elderly people have always been the treasure of our families. However, in the modern society of the 21st century, not only has the number of elderly people increased, but also the cases of the elderly being abused, harassed, and abandoned in India have soared up. Most of the children are now leaving their parents alone or are sending them to old-age homes. Most of them fail to understand the importance of elderly people in society. They are the ones who preserve the traditional and cultural values present in any ethnic group or community. Without them teaching the younger generation about their culture, the diversity of traditions and cultures in India would have been long lost during the time of colonization.

Moreover, the elderly are like the roots of a tree. They hold on to the family firmly at all times and make them strong. They are the ideal mentors. From all the experience they have accumulated over the years, they can judge a situation and give constructive advice to their children. They also play an important role in solving disputes among the family members. Elderly people play an important role in the lives of their grandchildren. They spend time with them, play with them, and teach them important rules and values of life in the form of stories. The stories that they tell have a positive impact on the young minds of children. They also provide a safe and loving environment for children to grow in, which is something that no child care centre can provide.

In general, they are a form of blessing for all of us. They are the greatest treasures of the family, society, and nation. They have an immense ocean of knowledge, experience, and wisdom that serves as a guidepost for the younger generation. But, nowadays, people have started to view elderly people as a burden. They believe that the elderly no longer have the ability to learn new things, which is far from the truth. According to research, the human brain never stops growing. The loss in reaction time and brain activity leads to a gain in decision making and insights. Hence, the elderly are less likely to respond thoughtlessly to negative emotional stimuli and are more in control of their emotions.

Moreover, they can focus on what matters in life. They realise that time goes by fast and the value of things that are important in life becomes clear. They can offer a distinctive perspective on every problem, as this is something that only time can teach us. Aside from this, many universal truths remain regardless of one's era.

We may have entered an era that was nothing more than a fantasy world, but this was only possible because of the teachings of our elders.

Family situations and financial position do play a part in influencing the lives of the elderly. Some are fortunate to live with their children or within their reach in the same city or town. They lead a relatively satisfied life. The longer the distance, the greater their feelings of insecurity and loneliness. If the children are within the country, the parents are fairly satisfied—they can visit them or the children can come home for occasions like marriages and festivals. The pangs of separation and the fear of loneliness, on the other hand, increase if the children live abroad. Thus, the elderly's lives are situation-dependent.

1. The presence of relatives and old-age homes, however comfortable, cannot provide for emotional needs. Some people overcome the blues by taking recourse to cultural and social activities, but others suffer silently. Low income and poor health aggravate the misery.
2. This raises the question of whether senior citizens are an asset or liability to their families and society at large. My answer is that they are undoubtedly an asset if they have the right attitude to life. The present-day elderly truly represent the generation of the pre-Independence era known for a value-based life. They were accomplished, humble, honest, and competent in most areas of what they were taught. Most senior citizens are highly experienced. They can contribute tremendously to the welfare of society. Their service can be for free or for a nominal fee.
3. A strong forum of senior citizens from various walks of life can provide coaching and counselling to students, youth, and women to help them deal with day-to-day problems. The elderly have the responsibility to guide the youth and inculcate the most-needed confidence in them.

-Sr. RITA NUSI F S



ANNA MANI, REMEMBERING 'THE WEATHER WOMAN OF INDIA'.

By Melwyn Williams

Mani was a great physicist and meteorologist, who was Deputy Director General of the Indian Meteorological Department. As a student of CV Raman, she helped make India independent by measuring aspects of the weather and laying the groundwork for using solar and wind energy as alternative energy sources. Despite these successes, her story was not well known.

Anna Mani, who was born in 1918 in Kerala to a Syrian Christian family. She was the seventh of eight children. She made numerous valuable contributions to physics and meteorology. Her research enabled India to make accurate weather forecasts and paved the way for the country to harness renewable energy.

Anna Mani was also known as the "Weather Woman of India." She also assisted physicist and Professor C V Raman in his research on the optical properties of ruby and diamond. She earned a B.Sc Honours degree in physics and chemistry from P Pachaiyappas College in Chennai in 1939 and went on to publish five research papers. She enrolled at Imperial College, London, in 1945 to pursue graduate studies in physics.

Anna Mani returned from London in 1948 and joined the India Meteorological Department in Pune, where she was in charge of arranging meteorological instruments.

Anna Mani later rose through the ranks to become the Deputy Director General of the India Meteorological Department, as well as holding several key positions in the United Nations World Meteorological Organization.



HUMAN INTERESTS & SOCIAL PURSUITS

She received the INSA K. R. Ramanathan Medal in 1987 for her outstanding contributions to science.

Following her retirement, Anna Mani was appointed as a trustee of the Raman Research Institute in Bangalore. She also founded a company that produced solar and wind energy devices.

Abha Sur, a science historian from the Massachusetts Institute of Technology, who provided glimpses of Mani's wit and good humour in her essay in *Lilavati's Daughters*.

rainforest surrounding the property, went bird watching, and swam in the backwaters and rivers.

As Sur wrote in her essay, "The Mani family was a typical upper-class professional household where the male children were groomed for high-level careers from childhood, whereas the daughters were primed for marriage." But Anna Mani was not having it. Her early years were spent immersed in books. "Mani devoured the Malayalam books in the local library. Instead of her family's traditional gift of diamond earrings



Sur interviewed Mani for the first time in 1992. Mani left the Indian Meteorological Department in 1976 to work at the Raman Research Institute in Bengaluru. Sur recalls their meeting vividly. Mani turned to a colleague and said, "Meet Dr. Sur." She's from America and believes I'm history. Despite being in her seventies, her life was far from idle. She was writing books and editing scientific journals in addition to her work at the Raman Research Institute.

From her interactions with her, Sur was able to learn important details about Mani's life. Her father, a civil engineer and cardamom plantation owner, taught his children not to accept any statement unless it could be tested and verified.

This was a good advice for prospective researchers and manufacturers of precision instruments.

Mani and her brother took long walks in the

she requested and received the Encyclopaedia Britannica set for her eighth birthday.

Mahatma Gandhi paid a visit to Mani's hometown when she was seven years old. Gandhi advocated for self-sufficiency and a boycott of foreign goods, among other things. Mani, deeply influenced, began wearing khadi. Throughout her life, she wore simple clothes and avoided jewellery, but she had an undeniably commanding presence.

Mani earned her Bachelor of Science in physics from Presidency College in Chennai in 1939. She then worked as a demonstrator at the same city's Women's Christian College. She went to the Indian Institute of Science, Bengaluru, on the advice of a professor to conduct original research. Mani studied the spectra of rubies and diamonds at CV Raman's laboratory. She also submitted her doctoral thesis to Madras University in 1945.

Around the same time, the Indian government

announced scholarships for internships abroad in a variety of fields, including meteorological instrumentation.

Mani applied, and soon she was aboard a troopship bound for England to learn about atmospheric science, its phenomena, and the tools required to make measurements for weather forecasting. She returned to India three years later to work for the Indian Meteorological Department in Pune. A programme to design weather instruments was taking shape at the department, and it thrived under Mani's direction. In the 1960s, they produced nearly 100 weather-measuring instruments.

Mani's motto was "wrong measurements are worse than no measurements at all." She collaborated with members of the World Meteorological Organization to compare measurements rigorously in order to verify the accuracy of Indian instruments.

Her attention then turned to the instrumentation used to measure solar radiation, taking into account seasonal and regional variations





across India. By 1964, Mani had become involved in India's ozone monitoring efforts.

Since the 1940s, the country has had ozone measurement stations, long before the role of the gas in shielding life on Earth from harmful radiation was understood. But it was Mani's team that invented the Indian ozonesonde, a balloon-borne instrument for measuring ozone levels, in 1967.

Mani's team's efforts, including the updating of ground-based equipment, provided researchers with enough data to work with when the ozone hole became a hotly debated topic. Between 1960 and 1990, Mani received a citation from the International Ozone Commission for her work on ozone-level measurements.

Mani published the Handbook of Solar Radiation Data for India and Solar Radiation over India in the 1980s. In a tribute, her colleague CR Sreedharan stated that both of these books became "Bibles" for those involved in the design and deployment of solar thermal systems in India. At the same time, she founded a company that produced precision instruments for measuring solar radiation and wind speed, and she worked on wind energy projects.

Mani's life was not always centred on science.

Mani's life was not always centred on science. In a 1991 interview published in the World Meteorological Organization bulletin, she said, "I'd be very unhappy to wake up without the prospect of some work to do." "However, once I've completed it, I enjoy reading and listening to music." She was a nature enthusiast, and her pet dogs kept her busy. Violet Bajaj, a friend from her Indian Institute of Science days, recalls that she travelled extensively for work and also visited places like Nainital and the Andamans for recreation. Mani, who never married, had a stroke in 1994 and passed away in 2001.

Sur wrote in her essay that Anna Mani "transcended the limited cultural spaces available to her and not only created a room of her own and a laboratory of her own, but [also] a whole workshop, a mini factory of her own." The sari-clad researcher is a role model a century after her birth, and if Jayaraj's book is any indication, she may continue to be a beacon for future generations.

-MELWYN WILLIAMS



DESTINY TUNERS: THE THREE LAWS OF MOTION

By Jaiprakash Bhande

We learnt Newton's three laws of motion, but never thought of **NATURE'S LAWS**.

What do you say? Where are they? Do they exist? Yes, not only do they exist, but they rule the world.

These are stated in '**AYURVEDA**-Veda of Life'.

FIRST LAW: PRAKRITI PURUSH SIDDHANT.

'**YATRA LOKAHA, TATRA PURUSHAHA**' (Pindi-Brahmandi vigyan), means **WHATEVER THERE IN THE WORLD IS IN YOU**, which means **THE BIGGEST & THE SMALLEST ARE THE SAME**.

You might have seen images of particular things zooming in 100 times in micro and zooming out 100 times in macro. They will be the same, which means the world at large and small is the same and whatever is in the world is in a human being. So the human body has 70% water, like that of the Earth. Nature and humans are the same.

According to this law, you are the Universe, the creator, occupier, and destroyer within yourself. So you have the liberty to choose any mode at any point of time. Try to be good, generous, helpful, and a solution to the world, and you will get the same in return. If there is a

problem created by man for nature, then nature will create the same for us. We realised this during the pandemic. This is very much applicable to our thoughts also. Whatever we think, act, or pretend to be, destiny also plans in the same way. Your destiny is the replica of your thoughts only. It's a mirror image. That's why the locality, the area in which you stay, the food you eat, the clothes you wear, the books you read, the food you take changes your thought process and, in return, your destiny changes. People who live in neat and clean areas will not make a mess for others, but will instead try to clear the mess, whereas people who live in messy environments will try to complicate matters. It's not their fault, it's because of the environment and the replica in their minds. Destiny changes with the changes in the surroundings. Changing people, friends, jobs, lifestyle, or anything else will change your mind-set and, in turn, your destiny. Vastu, Astrology, and other techniques are independent branches, but the first law has a huge impact on our lives and will remain the backbone while tuning our destiny.

Doing something good, solving someone's problem without expectation, becoming a solution to a problem, will start programming

the good life. Donating something to someone in need is found to be common in all communities and spiritualities. But when it is with the right interest and cause, then only good will happen. Say, for example, you donated some money to a needy person on the road. With that money, he got drunk, quarrelled with someone, went home, beat his wife and children, and got himself injured badly. Was it a good cause? If such things happen because of the donation given by you, then it will bring back the same things to you. That's why the donation of time and money needs to be done for the best cause and to the right person. People feeding dogs, cats, or other animals with manmade food on the road with the intension of getting something in life are actually interfering in the food chain cycles, natural habitats, and pre-programmed things of animals and nature. Hence, your natural destiny tuning process is interfered with by unwanted things. Nowadays, cats do not kill mice. The natural programme of survival remained intact to avoid unwanted situations. Instead, try to help human beings. No bird will die because of food. They have a natural programme of survival. They have a fixed destiny, tuned by Mother Nature. Only humans need help because we do not live a natural life. We live a life in a system created by human beings. So the term "destiny tuning" is possible only with human beings or animals or things or programmes living with human beings.

If the donation in any form is made without disclosing your name and source, then it is considered the best donation. This will be back unknowingly in various forms and at the right moment. The Universe is programmed in such a way that it applies this first law.

To fine-tune our destiny, we must act wisely and follow this rule. The time we spend, the money we use, the actions we do need to be invested in things very useful to others, without expectations.

Every work we do, every service we give, every time & money we spend needs to be consumed with the intention of right donation. Every flourishing business is a solution to some problems and useful to others.

You will find things done with kindness and commitment flourish, and the people doing them are happy.

The first rule of the universe was there from the beginning of the world and will remain the same irrespective of time, space, and dimensions.

It's very vast in nature and takes time to understand, particularly when we don't know it in depth. We must further decode the first law of the Universe to make our pre-programmed lives happier and with the intention of fulfilling the right purpose of our lives.

To be continued...

(The Second Law of Nature will be discussed in the following chapter.)

-JAIPRAKASH BHANDE

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INDIAN DIASPORA GLOBAL ACHIEVERS WFY AWARDS, 2022, DUBAI December 16th, 2022

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 people 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 and celebrate Indian Diaspora individuals (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 as 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 wfy magazine@gmail.com in case you are not a member click [here](https://indiandiaspora.world/index.php/join-us/) to become one

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.



Additionally, winners will have the opportunity to:

- 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 materials;
- Be featured in various digital platforms throughout the year, including articles, videos, social posts, and more.

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

CONTACT US

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wfymagazine@gmail.com

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WORLD FOR YOU

HEAL THY WORLD!



**INDIAN DIASPORA GLOBAL ACHIEVERS
WFY AWARDS, 2022, DUBAI**
December 16th, 2022

The Jury

<small>Chairman</small>  Mr. Joseph <small>Head of the Diaspora</small>	<small>Vice-Chairman</small>  Raju Thetala <small>Director of Operations</small>	<small>Member</small>  Ujjwal K. Choudhury <small>Professor of Economics</small>	<small>Member</small>  Raju Ramprasad <small>Director of Operations</small>
<small>Member</small>  Riju K. Damodharan <small>Chief Executive Officer</small>	<small>Member</small>  Tushar Unadkat <small>Chief Executive Officer</small>	<small>Member</small>  Prabhash Bore <small>Chief Executive Officer</small>	<small>Member</small>  Ganesha Ramchandra <small>Chief Executive Officer</small>
<small>Member</small>  Tara Lajan <small>Chief Executive Officer</small>	<small>Member</small>  Shobha Dhillon <small>Chief Executive Officer</small>		

www.thewfy.com

NOMINATE NOW

Connecting Dots

Connecting Roots



www.indiandiaspora.world

Our Mission

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

Our Vision

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

Our Focus

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

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

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

Connecting Dots..... Connecting Roots

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

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

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



@globalindiandiaspora



@IndianDiasporaG



@IndianDiasporaG

INDIAN DIASPORA GLOBAL MOVEMENT

OUR PRESENCE



Africa **B**ahrain **C**anada **G**eorgia **G**ermany
India **I**reland **M**alaysia **O**man **Q**atar
Singapore **T**hailand
United Kingdom **U**nited States Of America

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