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FROM THE EDITOR'S DESK

Editorial



By Melwyn Williams

If we have become insensitive to what is happening around us and have developed an oblivious shell around us, then it is high time you hit the reset button on your life. All we do is to keep ourselves glued to that silly yet very overpowering mobile phone in your hands.

Introduction

You're scrolling through your Facebook feed when you see a post about the latest school shooting. You automatically scroll past it, not wanting to think about the tragedy. You've become so desensitized to the violence happening in our world that you've developed a numbness to it.

This isn't healthy, and it's time for you to hit the reset button on your life.

Some suggestions are as follows:

1. Spend time in nature.
2. Connect with friends and family.
3. Volunteer in your community.
4. Reflect on what's important to you.
5. Make time for yourself.
6. Connect with your spirituality.
7. Get creative.

Why Have We Become Oblivious?

Have you ever had the feeling that you are merely going through the motions? That you've become numb to what's happening around you? If so, you're not alone.

It's easy to become oblivious to the world around us. We build walls around ourselves for protection. We become insensitive without meaning to be. This is often due to anxiety about how we are perceived by others.

Recognizing insensitivity is the first step to protecting yourself from it. If you can identify when someone is speaking insensitively to you, you

can put up your guard. You can choose not to be affected by them.

How Has This Affected Us?

You've probably been feeling a little out of touch lately, like you just can't seem to get motivated to do anything. You're not quite sure why, but everything just seems so pointless. Well, it might not be you that's changed—it might be the world around you. It's not uncommon for people to develop an oblivious shell around them as a way to cope with the never-ending news cycle. We see something horrific on the news and then switch off because we can't handle it. We hear about another mass shooting and decide to unplug from social media because we can't bear to see the posts. We become desensitized to the pain and suffering happening all around us, and before long we've become completely disconnected from the world. If this sounds like you, then it's time to hit the reset button of your life. You need to find a way to reconnect with the world



around you, before it's too late.

How Can We Become More Aware and Sensitive?

If you've been feeling like you've been disconnected from the world, or like you're just not interested in anything going on around you, there are things you can do to reset your life.

The first step is to begin paying attention to your surroundings. What are they wearing? What types of advertisements are adorning the walls? What type of music is being played in the background? All of these things provide information about what is going on in the world.

Talking to people is yet another option. Start conversations with strangers and listen carefully to what they say. Inquire about their lives and listen intently. You'll be amazed at how much you can discover, simply by conversing with others.

The bottom line is that if you want to reset your life, you need to become more aware and sensitive to what's going on around you. It won't be easy, but it's definitely worth it.

How Can We Benefit From This In Our Daily Lives?

If you're feeling like you've become oblivious to what's happening around you, it might be time to hit the reset button on your life. This can be a difficult process, but it's definitely worth it in the end. Here are a few things that can help you reset your life:

1. Get rid of the distractions in your life. This might mean getting rid of social media, or taking a break from the news.
2. Spend time in nature. This can help you reconnect with the world around you and clear your mind.
3. Always spend time with people who are important to you. These are the people who will stand by you and will be there for you during difficult times.
4. Reflect on your life so far. What have been the highlights? What have been the low points? What do you want to change?
5. Make a plan for the future. What steps must you take to get there? How can you make this happen?

What Can We Do to Make a Difference?

It can be tough to face the reality of what's happening in the world today. The news is depressing, and it seems like every day there's another tragedy.

But if we have become insensitive to what is happening around us and developed an oblivious shell around us, then it's time to hit the reset button of your life. We need to find a way to connect with the world again, and we need to find a way to make a difference.

You can make a difference in numerous ways. You can volunteer, you can donate money, or you can speak out against injustice. But whatever you do, don't give up. The world needs your voice, and things can change if we all work together.

How Can We Prevent This From Happening Again?

If you're like most people, you've probably become desensitized to what's happening around you. You've grown numb to the violence, the poverty, and the injustice. Maybe you've even built up a shell around yourself, so you don't have to think or feel about it.

But if we don't address the root causes of our problems, they're only going to get worse. We need to find ways to prevent ourselves from becoming insensitive and oblivious. And that means taking a good, hard look at ourselves and our world, and not turning away from what we see.

It will not be simple, but it will be worth the effort. So how can we start? Well, for starters, we can be more mindful of





the media we consume and the people we associate with. We can also pledge to understanding more about our surroundings, and not being afraid to speak out against injustice.

If we want to create a better world, we need to start by looking inside ourselves. Are you ready to do your part?

Conclusion

If you're feeling like you've become insensitive to the world around you and you've developed an oblivious shell, it's time to hit the reset button on your life.

Here are some basic steps to get you started.

- Acknowledge that you need to reset

- Start paying attention to what's happening around you
- Educate yourself on the things happening in the world
- Let others know about what you are learning
- Take action and do something to make a difference.

Parting Thoughts

Here are some grave issues challenging our world. I'd like you to think about them. Do your own bit of research and see how it is affecting us and what shall we do about it?

- Ageing
- Education
- Pandemics
- Sustainability
- Children our future generations
- Child Labour
- Climate Change
- Decolonization

- Violence
- Democracy
- Disarmament
- Poverty
- Food
- Inequality and Gender Equality
- Health
- Human Rights
- Justice
- Migration and refugees
- Peace and Security
- Water
- Youth
- Extremism
- Fundamentalism
- Intolerance
- Non-inclusivity



•MELWYN WILLIAMS



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A close-up portrait of Jayashree Ullal, a woman with dark, wavy hair, smiling warmly. She has a bindi on her forehead and is wearing pearl earrings and a green and gold patterned sari. The background is a soft-focus green, suggesting foliage.

COVERSTORY

WHAT MAKES JAYASHREE ULLAL THE RICHEST INDIAN PROFESSIONAL IN THE WORLD?

Jayashree is the richest professional-person of Indian Origin with a wealth of Rs 16,600 crores

What Makes Jayashree Ullal The Richest Indian Professional In The World?



By Melwyn Williams

Jayashree Ullal is a woman professional, a mother and a grandmother too. On top of it she is the richest Indian origin professional with a wealth of INR 16,600 crore as per IIFL Wealth Hurun India Rich List, 2022 and heads Arista Networks.

Arista Networks is a cloud networking company responsible for the deployment of 10/25/40/50/100 Gigabit Ethernet networking in the data center.



Other Indian origin professionals trailing her are:

- Thomas Kurian of Oracle (Rs 12,100 crore)
- Nikesh Arora of Palo Alto Networks (Rs 8,500 crore).
- Ajaypal Singh Banga of Mastercard (Rs 6,500 crore),
- Ignatius Navil Noronha of Avenue Supermarts (Rs 6,500 crore)
- Satya Nadella of Microsoft (Rs 6,200 crore),
- Sundar Pichai of Google (Rs 5,300 crore),
- Indra K. Nooyi of Pepsico (Rs 4,000 crore),
- Shantanu Narayen of Adobe (Rs 3,800 crore)
- Aditya Puri of HDFC Bank (Rs 1,600 crore)

Jayashree has created huge business entities out of nothing. She is, in a way, a text book for many when it comes to leadership.

Jayashree strongly believes that girls should be encouraged to pursue math and science in their early years. She always inspired and encouraged engineers to

learn business, which would make them understand the technology, its needs, and application. Eventually, this turns them into professional business leaders. She also feels that in today's world, interdisciplinary fields are very important.



Jayashree's Mantra

- As a leader who has constantly defied norms, she strongly believes in a support system, be it family at home or colleagues at work.
- She has valued the family bond. Successful relationships spin off successful professionals.

COVERSTORY

- She has managed exemplarily her role of being a mother of two, a wife, a sister, a daughter and, of course, a successful business executive.
- She keeps herself grounded by not being perfect all the time but being more realistic. She credits her success to her lovely family supporting her all the way.
- Jayashree values human connections.



I should say Jayashree has a **Midas** touch—an ability to create turning points and clear roads to success.

Let us know more about her.

Personal life

Jayashree Ullal was born in London. Her parents were physicists Sundarajan and Nirmala Vedantham. They moved to India when Jayashree was only 5 years old.

She is an Alumni of the Convent of Jesus and Mary, New Delhi. Her father was transferred to the US when she had just completed her high school and had to move to the US along with the family. She eventually enrolled at San Francisco State University, where she earned a B.S. in engineering (electrical). Although she was one of only two females in the class of 70, she never let



CJM Class of 1977 Reunion , With School Principal Sr Dorothy in Dec 2015

this bother her. She continued to do what she loved most. She continued her education at Santa Clara University, where she earned a master's degree in engineering management.

She is married to **Vijay Ullal**. They have two daughters **Adeeti** and **Tarini**. Ullals live in Saratoga, California.

From September 2012 to November 2014, Vijay Ullal, Jayashree's husband, was President and CEO of Fairchild Semiconductor. He is currently a venture capitalist and investor.

Adeeti is a biomedical engineer and scientist. She is currently working with Apple, Health Algorithms-Motion Technologies.

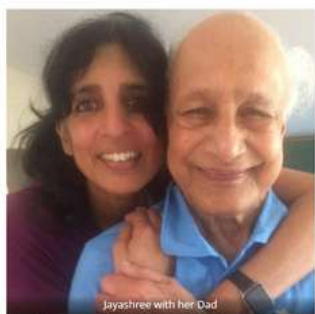
Traini is pursuing a career in **veterinary medicine**.

Jayashree is also the sister of the late Saratoga City Councilwoman **Susie Nagpal**, who has a surviving son and daughter. Susie passed away in 2010 due to lung cancer.

Jayashree owns 5% of Arista's stock according to Forbes. Out of these some are earmarked for her sister Susie's children and her own children.



Jayashree Ullal's Family



Jayashree with her Dad



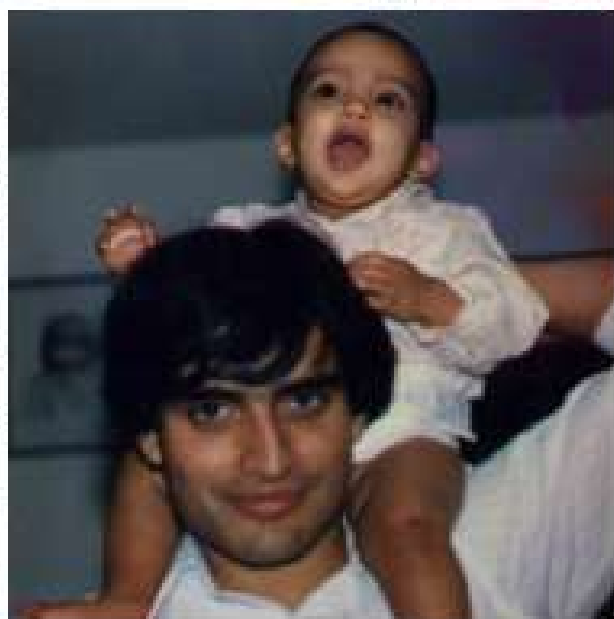
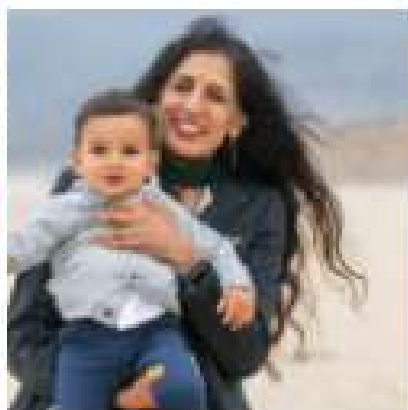
Jayashree with her Mom



with her sister Susie



with her sister Susie at Sunnyvale 1981



COVERSTORY

Professional Career

Ullal began her career in engineering and strategy at Advanced Micro Devices (AMD) and Fairchild Semiconductor. She spent four years as the director of internetworking products at Ungermann-Bass before joining Crescendo Communications. Ullal rose to the position of vice president of marketing at Crescendo, where she worked on 100-Mbit/s over copper, the first CDDI products, and first-generation Ethernet switching.

Cisco

Cisco Systems acquired Crescendo Communications in September 1993, marking Cisco's first acquisition and foray into the switching market. Ullal joined Cisco and started working on the Cisco Catalyst switching business, which grew from its inception in 1993 to a \$5 billion enterprise in 2000. Ullal was responsible for unified communications, IP telephony, content networking, and policy networking as vice president and as well as general manager of LAN switching in the Enterprise group. She oversaw approximately 20 enterprise mergers and acquisitions for Cisco.

Ullal was eventually promoted to the position of Senior Vice President of Data Center & Switching, reporting directly to the company's CEO, John Chambers. Responsibilities included overseeing the modular Nexus and Catalyst Data Center Switching, as well as Application/Virtualization services, which generated approximately \$15 billion in direct and indirect revenue. Ullal worked at Cisco for more than 15 years.

Arista

Co-founders Andy Bechtolsheim and David Cheriton named Ullal CEO and President of Arista Networks, a cloud networking company based in Santa Clara, CA, in October 2008.

For her work at Arista Networks, Forbes magazine named Ullal "one of the top five most influential people in the networking industry today."

Ullal led Arista Networks to an IPO on the New York Stock Exchange in June 2014, under the symbol ANET.

Jayashree was named one of the "World's Best CEOs" by Barron's in 2018 and one of Fortune's "Top 20 Business People" in 2019.

She was on the Board of Directors

- May 2008 - 2010 ; ZScaler
- Oct 2008-Present ; Arista Networks
- June 2020 - Present ; Snowflake Inc.

Awards and Honours

- One of the 50 Most Powerful People in the 2005 Network World
- A Top Ten Executive in VMWorld 2011
- A Women of Influence award for Security CSOs in 2008
- One of the Top Women in Storage in 2007
- Nominated as one of the 20 powerful Women to Watch in 2001 by Newsweek
- 2001 Innovator and Influencer Award by Information Week
- First woman to be awarded the Entrepreneurial and Leadership award, sponsored by Silicon India, in 1999
- One of the seven prominent Indian-origin women in the IT industry, according to The Economic Times
- Recipient of the 2013 Santa Clara University School of Engineering Distinguished Engineering Alumni Award
- Ranked #2 in Top 25 Disrupters of 2014 list by CRN
- Ranked #3 in Top 25 Disrupters of 2015 list by CRN
- Ranked #9 in the 30 Most Impressive Female Engineers Alive Today list by Best Computer Science Degrees
- EY US Entrepreneur Of The Year Award Winner 2015
- World's Best CEOs: Growth Leaders 2018
- 1 on Masala's MOST INFLUENTIAL Asian Women in America list
- Named to Barron's "World's Best CEOs" list in 2018 and 2019.
- 18 on Fortune's Businessperson of the Year for 2019 list.
- Honoured with 8th annual Forbes' America's Richest Self-Made Women in 2022.



Many more Jayshrees to come from our future generations. The Key is educating the girl child. An educated woman changes not only her family but the entire society.

-MELWYN WILLIAMS

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The Queen is Dead, Long Live the King



By MP Joseph IAS (Fmr)

I have a confession to make. I am an Anglophile and my sense of Anglophilism, if I may call it that, has just been further immensely strengthened after watching the pomp and show of the farewell ceremonies for the Dear Departed Queen Elizabeth II.

I sat mesmerized before my TV as the funeral cortege passed through the streets of London and people stood in solemn silence and watched it go by. What amazed me was the perfection with which the ceremony unfolded. Not a flaw anywhere to be seen, except, of course, the occasional irritation of the new Bonny King Charles III as his pen leaked. But such irritability is understandable for a prince who had just ascended the throne after 70 years of waiting. Ugg... a leaking pen.

The grandeur and solemnity of the occasion were striking. As the cortege carrying the Queen's body passed in solemn cadence across London, try as I might, I could see nothing amiss anywhere in that majestic event. Only the new King's irritation with his leaking pen stood out. And my solemn suspicion is that the coffin we all saw being carried along was empty. A nagging doubt that the Queen's remains were somewhere else, certainly not in that coffin.

But to the point I am making...

I don't think there is another country in the world that could have conducted a funeral of this nature with such perfection. No other country could have infused the occasion with such solemn grandeur, such mesmerizing coordination, and



WORLD POLITICS

such soulful poise as the British did.

Not a step, not a beat was amiss anywhere. As the cortege moved along the City's roads and thence from Westminster Abbey to Windsor Castle, not a detail was amiss. The music, the people, the soldiers, the royalty, the cameras, even us millions all over the world watching on our televisions, everybody and about everything was in full sync.

It was as if a collective intelligence had taken control of all our minds. Only the horses appeared a wee bit miffed at times, but they too soon sensed the solemnity of the occasion and fully invested themselves back in its dignity and grandeur.

The music that played as the slow procession moved along, was something else. It played upon our senses. It was soulful. It was mournful. There was a slow cadence in the drumbeats, rhythm, sorrow, soul and majesty. Hollywood - and I am not even speaking of Bollywood - could not have come up with anything quite as appropriate.

It was mesmerizing to see the naval ratings, and the Old Man, New King Charles III, his ageing sister Princess Anne and his two brothers' step along in unison, never a step amiss. When the cameras focussed on the marching soldiers, their heads and torsos swaying from left to right and from right to left and back again, in absolute unison they seemed as though they were a single entity, an augmented reality, a precisely coordinated automated intelligence.

There is something about the English that makes their sense of pomp and ceremony and perfection an art that's admirable and worthy of emulation.

Imagine such a state funeral in India. It would have been chaotic here. There would be crying and grieving and gnashing of teeth and pulling of hair, running and shouting and sloganeering, and a couple of police baton charges.

But nothing of that sort in yonder British Isles. We have a lesson to learn from all that. The Indian diaspora across the world will know that it is this focus on perfection and getting it right, planning for it and practicing it and practising it again and making it pluperfect, makes an occasion great. Not sloganeering.

Unfortunately, we also seem to be taking the weakness of our systems and behaviour to these countries. I lower my head in shame, seeing how we have exported the subcontinent's communal riots to Birmingham and Leicester and other places in the UK.

What a tragedy.

-M P JOSEPH



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By Shaju Francis

Married In India, Filing For Divorce Elsewhere? Useful information You Need To Know.

The inviolability of a Hindu marriage, solemnised in India, to a foreign court.

Over time, especially after India attained Independence, the applicable portions of the Manusmriti were codified into statutory laws, being the Hindu Marriage Act, 1956 (HMA), the Hindu Adoptions and Maintenance Act, 1956 (HAMA), the Hindu Succession Act, 1956 (HAS), etc., and for the purpose of this article, I restrict myself to Section 13, HMA, bearing the relevant provisions for obtaining a decree of divorce, contested and/or by mutual consent, under the Hindu Marriage Act.

However, the inviolability of a Hindu marriage has, quite understandably, never really been understood by the outside world and courts abroad, going left, right and centre, even at the mistaken asking of any of the parties to a Hindu marriage, whose marriage has been solemnised in India, to proceed ahead with the dissolution of a Hindu marriage, in a foreign country, by a foreign court, by its decree of divorce, though no

such decree of divorce, dissolving a Hindu marriage, solemnised in India, can validly be passed by a foreign court.

A Hindu marriage, solemnised in India, has, inter alia, two vital ceremonies: saptapadi, being the seven sacred steps around the holy fire, and the chanting of mangalashtakas, while the same is being taken, apart from passing the muster of validity of a Hindu marriage, as mentioned in Section 5, HMA. It is to be further noted that a valid Hindu marriage, performed as mentioned above, is in consonance with the requirements of Section 7, HMA.

The divorce of the aforesaid valid Hindu marriage can be sought for, inter alia, under Section 13, under any of the 8 grounds mentioned in Sections 13 (1)(i) through 13(1)(vii) of the HMA, if the said divorce is contested, and if uncontested between the two parties to a valid marriage, the same can be obtained under the provisions of Section 13 (B) of the HMA.

In my practise over the last 26 years here in India, I've

come across various cases where a valid Hindu marriage, solemnised in India, has been held to be "dissolved" by a foreign court, on grounds foreign and alien to the grounds of divorce as provided for in the Hindu Marriage Act. It is precisely this "dissolution" of marriage by an alleged Decree of Divorce that I wish to bring to the notice of the Indian diaspora, so that they can guard themselves against the same.

Firstly, no valid Hindu marriage, solemnised in India, can ever be dissolved by a foreign court, as the HMA requires none but the "District Court" to mean "...a City Civil Court or original jurisdiction and includes any other Civil Court which may be specified by the State Government, by notification in the Official Gazette, as having jurisdiction in respect of the matters dealt with in this Act." A foreign court can never fall within the definition of this "court" as defined in Section 3 of the HMA.

Secondly, and in addition to the above, foreign courts, especially in North America, are usually in the process of granting, *inter alia*, a "No Fault Divorce", which would include granting divorce on grounds which are alien, foreign, and certainly not mentioned as grounds for divorce under the provisions of the HMA, to which alone the parties are bound and find themselves confined in jurisdiction. As a result, any such foreign "decree of divorce" can be successfully challenged before a competent court in India if any of the parties, whether voluntarily or involuntarily, suffer from the grant of such a decree of divorce by a foreign court.

Here, I must clarify that even if one of the parties is "deemed" to have consented to the jurisdiction of a foreign court, the said party can still successfully challenge the grant of the said decree of divorce granted by the foreign court here in India before a competent court, as it is a universally accepted legal principle arising from a common law principal that parties cannot confer jurisdiction on a court which inherently lacks the same, for the conferment of jurisdiction on any court stems from legislative competence. Consequently, it cannot be said or stated that the recalcitrant party, now seeking to question the decree of divorce, issued by a foreign court, is estopped from doing so.

The courts in Europe, especially in Germany, France, Cyprus, and Greece etc., like the courts in North America, are also seen to be merrily granting divorces for the asking, assuming unto themselves a jurisdiction they never had to dissolve such a valid marriage, solemnised in India. The jurisdiction in this regard

solely vests, solely and only, with Indian courts, apart from these foreign courts, erroneously ending up granting the same on grounds totally foreign and alien to the provisions of the HMA, under which a competent court in India is authorised to grant such a decree of divorce for a valid marriage, solemnised in India.

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In summation, marriages between parties, solemnised in India, cannot be dissolved by a foreign court as competent courts in India alone have jurisdiction and the grounds to do so, as are mentioned under the provisions of the HMA. It is high time the Indian diaspora wakes up to this reality and, together, is in a position to put forth a mechanism to stop this factoid of a malpractise which has assumed, unto itself, a "legitimacy" which it never had, does not have, and shall never have, till such time as the provisions of the HMA are not amended to incorporate any such intent on the part of the legislature.



Foreign courts, especially in North America, are usually in the process of granting, *inter alia*, a **"No Fault Divorce"**



-Adv. SHAJU FRANCIS



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By Tushar Unadkat

The 4th Annual South Asian Literature & Art Festival Commit To Making A Lasting Impact Through Contemporary Programs.

Literature and Art can take you back in time to learn about life on Earth from the ones who walked before us. As a result, we can better understand and appreciate the culture. We know through recorded history via writing or visual communication, in the forms of manuscripts, and through speech. Literature influences and makes us understand every walk of life.

Founded in 2019, Art Forum SF is back with a bang to present the in-person **2022 South Asian Literature and Art (SALA) Festival**. The vision is bold; the theme is "Humanity," to examine how the world has categorized each other into boxes, a community of different colors, classes, and castes.

Telling stories is a common human nature. Literature lies at the core of life and inner world experiences. The knowledge of other people's lives in time and space often influences thoughts and opinions on unexperienced issues. Reading good books or writing them allows an inner experience of the world that

would take more than a hundred lifetimes. SALA Festival aims to examine and celebrate different points of view but also recognize that, ultimately, humanity triumphs.

Montalvo Arts Center and Art Forum SF present the SALA festival in partnership with **Stanford Center for South Asia & UC Berkeley Institute for South Asian Studies**.

Date October 29-30th, 2022, | Noon – 6:30 pm.

Place Montalvo Arts Center, 15400 Montalvo Road, Saratoga, CA.

Audiences can participate in discussions with authors and attend the book signing.

Art Forum SF is a not-for-profit that strives to define and promote all art forms emerging from South Asia. Art Forum SF endeavors to present the visual, the literary, and the performing arts in their various versions, thus enabling a broader reach for South Asian voices.



The featured artists and writers in the panels are as follows:

Contemporary Art Walk features artist & director of the South Asian Creative Collective in NY, **Jaishri Abichandani**, artists **Annu Matthew**, **Ranu Mukherjee**, and **Sara Ahmad**.

In addition, SALA Festival offers an opportunity to interact with the art institute founders, **Dr. Shireen Ahmad & Dr. Afzal Ahmad**, both pioneers who have committed their collections toward a significant cause.

Contemporary Writers Row to showcase eminent authors like Pulitzer Prize-winning author **Ayad Akhtar**, Booker prize-winning book translator **Daisy Rockwell**, and Emmy nominated **Vikram Chandra**. Famous authors like **Alka Joshi**, **Chaitali Sen**, **Devi Laskar**, **Sorayya Khan**, **Amit Majmudar**, **Jenny Bhatt**, **Rahul Mehrotra**, and **Zuni Chopra** have made a mark on the contemporary literature arena in the US. Hard-hitting discussions with **Thenmozhi Soundararajan**, **Dr. Suraj Yengde**, and journalist **Salil Tripathi**. Question the inclusivity of performance space with musician **TM Krishna**.

Epicurean Highlights presents food scientists' take on South Asian cuisine by prominent author **Nik Sharma**, Chef **Kauser Ahmed** from Karachi Kitchens and Chef **Preeti Mistry**, **Sonia Chopra**, Bon Appetit, and Conde Nast Editor alongside cookbook author **Madhushree Ghosh**. The Fiery Tales of the Great Indian Kitchen: Tales of Regional Cuisine with **Chitrita Banerjee**, **Vina Patel**, and **Hetal Vasavada**. Engage in a panel discussion of **Wine Shine** and **Chicken Khurana** with

Executive Chef **Ajay Walia**, Michelin Star restaurant, Chef **Ranjan Dey**, **Neeta Mittal**, and Ettan Restaurant owner **Ayesha Thapar**.

At SALA Festival, gather to hear the direct defiance of the eminent Indian actress **Swara Bhasker**.



More Highlights include poetry reading curated by **Shikha Malaviya** featuring **Amit Majmudar**, **Monica Korde**, **Monica Mody**, **Preeti Vangani**, **Sarah Mohammad**, and **Urvashi Bahuguna**. The Art Exhibition features local artists **Chandrika Marla**, **Tanya Momi**, and sculptor **Priyanka Rana**. The Marketplace includes **Garima Shoes**, **The Peacock Avenue**, **Marigold** and **Saeyri**, **Pragati Sharma Mohanty**, hands-on activities like Henna and Rangoli, children's crafts, dance, music, painting, food, and a bar will offer beer, wine, and soda.

Don't miss an opportunity post-2022 Diwali to give your family a gift of unique experience and soak into the world of literature and arts.

-TUSHAR UNADKAT



Dream: Mirror of Past

A Poem by Sarmistha Dey

I speak with undivided dreams.
Sometimes stuck in sadness!

Washing the soil and coming out from the heart
Grief like pebbles! Which is my very own

My lips are always very busy
Looking for my heavenly octave of happiness.

My survival in a frenzy;
The division of loans and deposits presents a puzzle.

From time to time I lose;
Sometimes I win.

Leaving behind on my move
Some feathers ,Be a memory somewhere!

My ethereal memories will bubble up;
At one time they were buried in the ground unconditionally

-SARMISTHA DEY



GOOD RHYMES... GOOD TIMES

It is that time of the year,
When we yearn for our family near,
I speak for us who are far far away,
For the distance seems like it is gonna stay.

When boredom leaves upon us it's trace,
In friends and neighbors, we seek our solace,
We look to each other just to motivate
And let our soulful energy levitate.

Today I complimented a very dear friend,
Thus she felt she had earned her dividend,
My compliment was straight from the heart,
And she promised she would treat me a tart.

Far far away sings a sparrow on a window,
It triggers thoughts that begin to grow,
It is sure looking to build a nest,
Oh seeing a sparrow I feel so blessed.

Chewink! Chewink! it's sprightly sound,
Makes me feel happiness is around,
And I feel like a child with a crown
And move with a spring all around.

It is that time of the year,
When we yearn for our family near,
I speak for us who are far far away,
For the distance seems like it is gonna stay.



**A Poem by
Sudha Mukhopadhyay**

-SUDHA MUKHOPADHYAY



Tears of Pen

A Mini Story by Sindhu Gatha

The writer, who was sitting to write, made a stab at the pen's cam.

Even in the hands of the king of my country, who has the most expensive ornaments in the universe!!!
Even in the hands of the king of my country, there is an incalculable collection of expensive vehicles in the universe... It has luxury cars and planes!!!

Even in my country, there is the tallest statue in the universe!!!
Even in my country, invaluable places of worship and idols have been built!!!

Even the king of my country eats the most expensive and tasty food in the universe!!!

Those who wrote this made another stab at the pen's cam and put it on the paper. And (s)he walked, step by step, to the bottom of the pipe in the street to satisfy his/her hunger. He collected the drops of water from the rusted pipe in his/her hands and wet his throat and came back...

He knocked the pen up and rewrote it and added it.

Even in my country, cutting the heads of children for the blessings of God that shook the universe took place...
Even in my own country, baby livers are taken out to please God...

Even in my country, there is the first well of poverty dug up by exploitation in the universe...

The lines of this letter, which had touched the king's ears in the espionage of some lone wind...

At once, the royal kings took over the writing paper...

The first lines were read aloud to all the people in this world. The last lines without showing anybody rolled up and cut out the palms of his/her hands together, thrown to the dumpster...

When it saw those blood-curdling hands, even the pen cried out!

-SINDHU GATHA



Kingdom of Boundaries



**A Poem by
Jamshida Sameer**

Designed smokes like thick fogs,
slithered like a python,
Prowled out of the chimney holes
yet her grain of rice not boiled

Mushroom sprouted thirsty firewoods
remained emotionless
Sharpened lips with a pipe to blow, teary eyes, long inhale,
beautiful face now fumigated

Fog decorated skies, unwashed vessels filled sink,
scattered bottles, vegetable peelings, powders
spreading here and there
She screamed!
This is not my kingdom!
Kingdom of the boundaries!

Stripped off the apron and thrown the knives
Spoons and saucers burst out laughing
closed doors of the living sent her out
That is not my own kingdom!
Kingdom of boundaries

Pressure cooker whistilings diffused scroched food
Felt like brain burnt
Outside the home the car horn heard
Felt like herself burnt
Walked towards the kingdom of boundaries
Is this really my own kingdom?
Kingdom of binaries!

-JAMSHIDA SAMEER



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FEATURE

FROM THE
KITCHENS
OF INDIA

BAINGAN BHARTA

Baingan ka Bharta, as it is popularly known in the Punjab. It is fire roasted eggplant mash cooked with spices.

Baingan Bharta

Roasted Eggplant Mash

Baingan Ka Bharta is known for its smoky flavour. In order to get it right you need to roast the eggplant on direct flame. The dish can be prepared using microwave and other ovens but smoky aroma you'll get only roasting it directly on flame and this is what makes it so delicious.

Ingredients

For roasting the eggplant

- 1 medium eggplant around 550 grams
- 3 large garlic cloves

For the Baingan Bharta

- 1.5 tablespoon oil I used vegetable oil
- 4 large garlic cloves chopped
- 1 inch ginger chopped
- 1 green chili or to taste, chopped
- 1 medium red onion 120 grams, chopped
- 2 medium tomatoes 280 grams, chopped
- 1/2 teaspoon red chili powder or to taste
- 1 teaspoon coriander powder
- 3/4 teaspoon salt or to taste
- 2 tablespoons chopped cilantro

Process

- Rinse the eggplant and pat dry. Brush it with little oil all over. Then make few slits all over the eggplant with a knife. In 3 of those slits, insert a large clove of garlic. Put the eggplant directly on heat and roast, turning often for around 10-12 minutes until completely roasted.



- Once roasted (to check if its done, insert a knife inside the eggplant, it should go easily) use a pair of tongs to remove the eggplant from heat and wrap in an aluminum foil to cool.
- Once cooled, remove the skin. Meanwhile also chop the roasted garlic.
- Transfer the roasted eggplant to a bowl and mash using a fork or potato masher. Set it aside.
- Heat oil in a pan on medium heat. Once the oil is hot, add chopped garlic (different from the ones used while roasting the eggplant), ginger and green chili. Saute until they start changing color, around 2 minutes.
- Then add in the chopped onion and cook for 2-3 minutes until softened. Don't brown them.
- Add the chopped tomatoes and mix.
- Cook the tomatoes for around 5 minutes until very soft and you notice oil oozing out of the masala.
- Add the mashed roasted eggplant into the pan along with the chopped roasted garlic and mix well.
- Also add the coriander powder and salt and mix to combine. Cook the bharta for another 5 minutes on medium-low heat, stirring often.
- Stir in the chopped cilantro and mix. Remove pan from heat.

Serve Baingan Bharta immediately with hot rotis!



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By Kulmohan Kaur

WHO IS THE SPECIAL RIGHT PERSON FOR ME?

How often have you wondered whether you were right to get into a relationship with the person you are with right now? The mister or miss right seems to have turned into a nightmare, and if you are married to them, it is all the more difficult to get out. Ever wondered why you fell in love with them in the first place? What is it that attracted you to them and what changed along the way?

Firstly, when you first met, you were both a mystery to each other. You put your best foot forward and at least pretended to be a gentleman or a lady, as the case may be. You tried your level best to impress them and were secretive enough to not let all your secrets out in the open at once, yet open enough to make them feel close to you. You took care of each other's emotions and feelings and wanted to do whatever you could to keep the other person happy.

But now you can't stand the independent nature of the other half. Or you can't stand that they are so clingy towards you. You don't want them to have other friends than you. Or you want them to get a life and give you some space. You either want them to be 100% like you or 100% unlike you. The charm has long gone with the wind and you are now together in this relationship that is more dead than alive.

Today we will learn the key components of a relationship that one craves so that he or she wants to be in it more than out of it:

- **Security:** A person always wants to feel secure in that he/she wants consistency in the relationship. Suppose a man brings his girlfriend flowers on her birthday. Then when she becomes his wife, she would still want him to continue doing that. When he doesn't, she feels lost and confused. Similarly, if a woman has kissed a man every day when he leaves for work, he doesn't want that to change just because a child has come into their world. When it does, he feels angry and bitter. In both cases, the security or consistency has been killed and led to dissatisfaction and loss of affection.
- **Excitement:** Or inconsistency is another thing we crave. Now, even though this might seem contradictory to what I just said above, it isn't. It just means that everyone craves a break from the daily routine. If I asked you to eat a pizza for a meal, it would feel good and tasty, but what if we kept ordering the same pizza day in and day out? Or a Gulab Jamun (an Indian sweet dish) for that matter. How many of us can withstand the sweetness of a delicious sweet after consuming two or three of them? So everyone wants to get away from the routine life. Going out on dates or spending time in nature on a holiday are two examples of inconsistency that one craves.

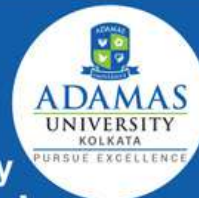


- **Importance:** if a person feels that he or she is not required or needed by another, it gives them a sense of boredom. Like, why am I really here when they don't need me? When someone feels that the other person needs them, it is when they feel important enough to be in the relationship. When this need is not fulfilled, one gets the feeling of having been forgotten, like yesterday's newspaper. The feeling of being needed might just mean that the partner comes home and tells you to make tea for him/her or asks your advice on all the big and small decisions he or she wants to make.
- **Love:** Everyone has a different way of showing and receiving love. This is also stressed upon in many relationship advice books and YouTube videos. If one partner's idea of love is to spend quality time together and the other wants to wind up after a long day in front of the TV, it is bound to create a rift after some time. Then someone might want to celebrate all their special days in a huge party style, and the other might just want to cuddle up and eat ice cream together. It is important to understand what the other person wants and at least try to adjust once in a while with each other to make the other person feel loved. Communication becomes a very important factor at this point.
- **Growth:** Every relationship needs growth. Stagnancy is never welcome. So, if you are friends and one of you wants to be more than that, it will either happen or he or she will start feeling frustrated and angry or rejected. If you are in a relationship but not yet married, and one of you wants to get married and the other doesn't, it would make the relationship stagnate and feel problematic. And not only that, growth extends to self-development. There is always scope for improvement in each and every one of us.
- **Contribution:** if one partner is contributing to the household or to the relationship, then the other person feels useless. On top of that, the one who is always contributing ends up feeling used. Even old people want to contribute to the household by doing something, if not by money. When we are unable to contribute, it is difficult to feel important in the relationship, and the fear that the other person will find someone who can contribute more is always gnawing away at our hearts.

Take stock of the situation when you have a fight or want to end the relationship. No relationship will end if the above 6 criteria are met. See what is falling short and try to fulfil it. But without compromising on values, on which we will talk some other day. Till then, I hope your relationship flourishes.

-KULMOHAN KAUR

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HOW TO IDENTIFY A SUDDEN CARDIAC ARREST? ALL THAT YOU NEED TO KNOW.

Sudden Cardiac Arrest

By **Dr. Shilpi Pandey**

Cardiovascular disease (CVD) prevalence has increased significantly over the last decade, and heart-related ailments among young people have recently become a source of concern for health professionals.

In recent years, we have seen an increase in the number of deaths caused by cardiac arrest. Worse, the large percentage of them were below the age of 45. These incidents compelled us to consider why sudden cardiac arrest in young people has become such a common occurrence.

Indians have a higher genetic predisposition for heart disease. According to the Indian Heart Association, heart disease strikes Indians at a younger age than other demographics, and often without warning.

First and foremost, it is crucial to understand Sudden Cardiac Arrest and how it differs from a Heart Attack...

- A blockage in one or more of your coronary arteries causes a heart attack (Myocardial Infarction), which stops blood flow to the heart. A heart attack is the death of heart muscle tissue caused by a lack of blood supply. It's a "circulation" issue.
- In contrast, cardiac arrest occurs when the heart's electrical system fails. The heart ceases to beat normally. The heart's pumping function has been "arrested," or has ceased.

The heart is unable to pump blood to the rest of the body, including the brain and lungs, during cardiac arrest. Without medical assistance or intervention, death can occur in minutes, and most studies indicate that approximately 9 out of 10 people who have a cardiac arrest end up dying before they could reach a hospital.

Cardiac Arrest Signs and Symptoms:

In case of majority of people, a cardiac arrest occurs without a warning. Some people, however, do experience some warning signs prior to a cardiac arrest.

Some of the warning signs may be as listed below:

- Palpitations
- Dizziness
- Breathlessness
- Chest discomfort / Pain
- Fainting

The ones who had an earlier episode of Cardiac Arrest previously might experience the following:

- Unresponsive
- Unconscious
- Not breathing

The main causes leading to a cardiac arrest.

- Previous history of Sudden Cardiac Arrest episodes.

- Family history of death due to Sudden Cardiac Arrest.
- Personal / Family history of certain abnormal heart rhythms, such as long QT syndrome, Wolff-Parkinson-White syndrome, ventricular tachycardia, after-heart-attack ventricular tachycardia or ventricular fibrillation.
- History of heart defects or blood vessel abnormalities since birth (congenital).
- Syncope's History (fainting episodes of unknown cause).
- Heart failure (a condition in which the pumping power of your heart is less than normal). People with heart failure are 6 to 9 times more likely than the general population to experience ventricular arrhythmias, which can result in sudden cardiac arrest.
- Dilated cardiomyopathy (which accounts for about 10% of all sudden cardiac deaths). Scarring and damage to the heart muscle increase the likelihood of abnormal heart rhythms, which might lead to heart attacks.
- Hypertrophic cardiomyopathy (thickening of the heart muscle which affects your ventricles).

The other risk factors are:

- Respiratory arrest: If a person stops breathing, cardiac arrest will occur unless they receive immediate treatment. Respiratory arrest can occur as a result of choking, drowning, trauma, drug overdose, or poisoning. Respiratory arrest can be caused by a variety of medical conditions, including pneumonia and seizure disorders.
- Changes in potassium and magnesium levels in the blood.
- Obesity.
- Diabetes.
- Alcohol and recreational drug use
- Taking "pro-arrhythmic" drugs may increase the risk of life-threatening arrhythmias. Some antibiotics, diuretics, and heart medications, for example, can exacerbate arrhythmias.
- High blood pressure and cholesterol levels
- Obesity, smoking, and sedentary behaviour are examples of lifestyle factors.
- Blunt chest injury. Commotio cordis refers to a hard hit to the chest that results in sudden cardiac death. Athletes who are hit hard in the chest by sports equipment or another player may develop commotio cordis. This condition has no effect on the heart muscle. Instead, it alters the electrical signalling of the heart. If the blow to the chest occurs at a specific point in the signalling cycle, it can induce ventricular fibrillation.

What can trigger a Cardiac Arrest?

An activity or behaviour can sometimes end up causing a cardiac arrest. People with heart conditions or other risk factors are more likely to experience triggering events.

Potential triggers include:

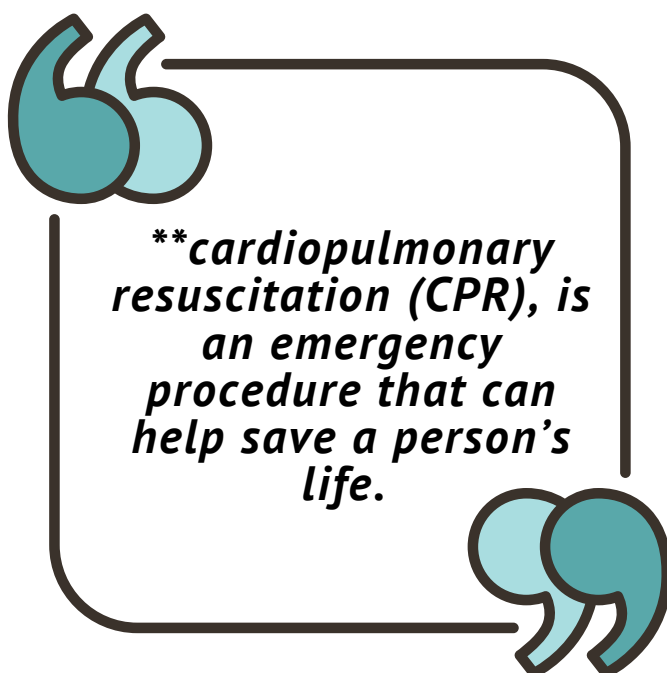
- Excessive alcohol consumption or binge drinking
- Physical effort or stress, including competitive sports: One out of every three cardiac arrests in athletes occurred while they were resting or sleeping after activity. Cardiomyopathy and, on rare occasions, conduction disorders such as long QT syndrome can cause cardiac arrest during exercise or sleep. Regular physical activity, on the other hand, reduces the risk of cardiac arrest.
- Recent cocaine, amphetamine, or marijuana use
- Extensive consumption of Coffee: This is more common in people who are not regular coffee drinkers. Coffee drinkers should try to limit their daily consumption to no more than six 5-ounce cups. Taking too much caffeine in the form of powders, pills, or energy drinks can also result in a cardiac arrest.
- Extreme emotional stress in the preceding month

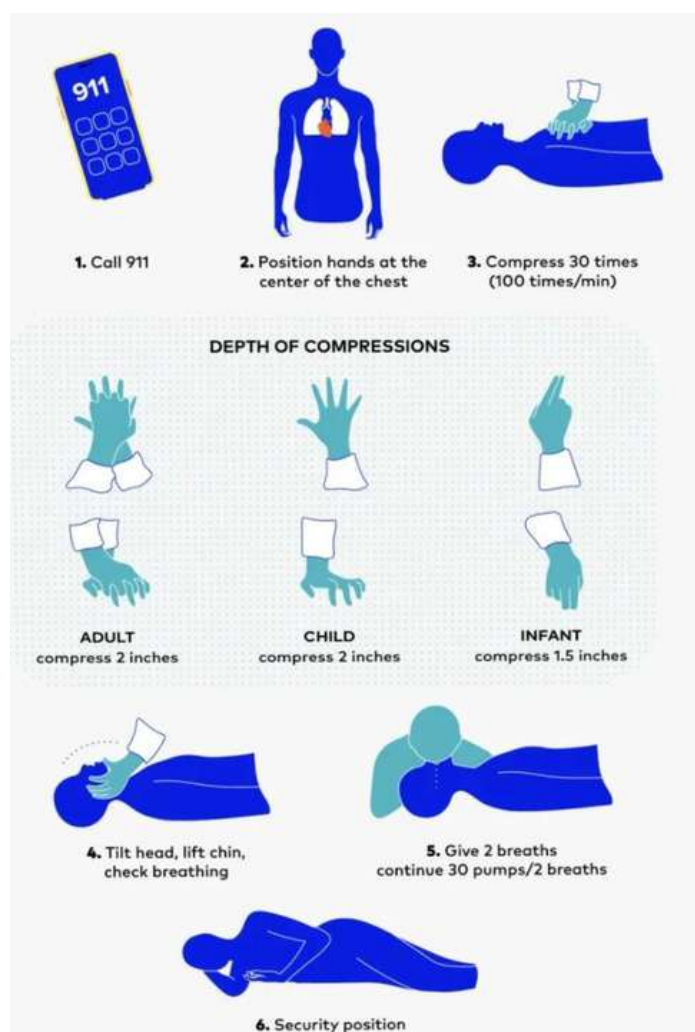
Managing Sudden Cardiac Arrest

If you see someone falling to the ground and suspect sudden cardiac arrest, call emergency services right away.

A person in cardiac arrest can be saved if they are treated immediately with cardiopulmonary resuscitation (CPR) and defibrillation.

The critical step in the management of SCA is to perform Cardiopulmonary Resuscitation (CPR) within the first 6 minutes. This increases the chances of survival significantly because it immediately reboots heart and restores blood supply to the brain.





*****cardiopulmonary resuscitation (CPR), is an emergency procedure that can help save a person's life.***

CPR, which is a set of chest compressions accompanied by blowing into the airway of the patient, can help revive patients or at least keep them alive until expert medical help is available.

A defibrillator is a device that sends an electric shock to the heart to try to restore its normal rhythm. Most people who have a cardiac arrest do not receive treatment quickly enough to survive

Preventing Sudden Cardiac Arrest

Some of the ways to reduce risk are as follows:

- Keeping regular follow-up appointments with your healthcare provider.
- Keeping regular follow-up appointments with your healthcare provider.
- Staying away from alcohol, smoking, and other tobacco products.
- Taking medications prescribed by your doctor for high cholesterol or arrhythmia.
- If your doctor recommends it, get an implantable cardioverter defibrillator (ICD).

- If your doctor has advised you to undergo specific procedures or surgery, such as angioplasty or catheter ablation. Then it is preferable to complete it at the appropriate time.
- Taking genetic testing if your doctor recommends it to look for potential causes of sudden cardiac death.
- Educating your family on the importance of prompt medical attention and learning CPR.
- Avoid heavy exercises without a precardiac checkup.....many young people begin an exercise regimen at their gym without a precardiac check-up and even engage in exercises such as weight training, which increases the thickness of the heart wall and causes changes in the heart's electrical system, resulting in fast or irregular heartbeats. Some even consume supplements that are harmful to the heart and cause arrhythmia (irregular or abnormal heartbeat)."

Also do keep in mind that regular health check-up is needed for anyone who has:

- **Unknown cause of fainting (syncope).** Fainting while doing something or exercising could indicate a heart problem.
- **Chest pain or shortness of breath.** These symptoms could indicate a heart problem. They can, however, be caused by asthma, so it's critical to get a thorough health evaluation.
- **A history of sudden cardiac death in the family.** A family history of sudden cardiac death increases a person's chances of experiencing the same type of heart event. If there is a family history of unexplained deaths, talk to your doctor about screening options.

The number of young adults dying suddenly from cardiac arrest is continuing to increase. Cardiovascular diseases are caused by a variety of risk factors, including ethnicity, genetics, smoking habits, diet, lack of physical activity, cholesterol level, high blood pressure, diabetes, and depression. Some of these risk factors are beyond our control, but what we eat, how much we exercise, and how our mental health is can all be modified with the right lifestyle choices.

Most people who have a sudden cardiac arrest outside of a hospital do not survive (about 90%). This is usually due to a lack of timely assistance. The quicker emergency measures such as CPR and defibrillation are administered, the better the chances of survival and good health outcomes.

-Dr. SHILPI PANDEY

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An Indian Ace Winning Matches For The British Badminton

By Saji Chacko

This is the awesome story of a man, Rajiv, an Indian origin winning outstanding matches for British Badminton.

Theratil Rajiv Ouseph, better known as Rajiv Ouseph, has been the toast of English badminton. He has been one of England's greatest badminton players, winning the European Championship and a CWG silver medal at Delhi in 2010. Rajiv was born in London to Joseph and Asha, Malayalees settled in London.

Recently, Rajiv was coaching the England badminton team for the 2022 CWG Games in Birmingham.

Rajiv started his badminton career at the nascent age of 10 at the Leicester Club. He was hooked on to cricket but gradually realised that his calling was badminton. His physique, being tall and thin-framed, was essential to the game, and he was quick to learn the basics. "I was confident that I could do well in the sport since I

was a kid—I'm not sure if it was instinct or what," Rajiv said. Interestingly, Rajiv's mother, Asha, is a civil servant, and his father, Joseph, is an engineer. They hail from Thrissur, and the family still has a house there.

A young Rajiv was soon making waves at the junior level. He had started defeating players older than him, and his confidence was soaring. "My junior-level triumphs revealed to me that I could compete at the national level." But I never thought at that point in time that I would be one of the leading players in the world, "he mused.

He won the British junior national titles and then capped it off by winning the European junior championships in 2005. That title marked the beginning of a new chapter in the

SPORTS

annals of English badminton for the young Rajiv.

While Rajiv's transition to being a better player was taking place, he also toyed with the idea of pursuing a career in journalism from Hull University. But then, seeing the progress he was making in badminton, Rajiv's parents allowed him to pursue badminton full time. "I think my parents were pretty liberal with me; they let me pursue badminton instead of journalism," Rajiv explained.

Thereafter, Rajiv started to make his presence felt at the national level first and at the international level thereafter. He started by winning the British National Championships, earning a place in England's

Championships in Badminton), and winning tournaments like the Irish and Scottish Opens as a 20-something-year-old.



Rajiv gradually began to make the big moves and ended up as one of Britain's finest shuttlers. His game was not based on power but on guile and deception—a typical Indian style. His remarkable fitness also ensured that he competed at the highest level for more than 12 years.

When asked about his most disappointing moment, Rajiv said his loss to Lee Chong Wei in the final of the CWG gold medal in Delhi in 2010 still rankled. "That loss to Lee Chong Wei should go down as one of the most disappointing moments of my career. I had beaten Kashyap (Perupali) in the semis and felt I had a decent chance against Lee, but on that day, he (Lee) proved too good for me," he added.

What was his best moment to savour? That undoubtedly came in the European Championships, in which he defeated Denmark's Anders Antonsson in the 2017 final. I will never forget that match and that moment; the championships were in Denmark. I had lost to Dane Jan O Jorgensen in the finals twice before and was satisfied that I could overcome the challenge of Anders to win the gold. "That game demonstrated that the Danes could be defeated in their den," Rajiv said.

Among his other notable achievements was a quarter-final showing at the World Championships. He also won the US Open in 2007.

“That US Open gave me the confidence that I could compete at the highest level

”



Rajiv proudly displays award with Kate Robertshaw

Brilliant Ouseph knocks out fourth seed in Hong Kong!



Rajiv talking with then Prince, Now King Charles III at the Olympic Stadium!



Isa Guha & Rajiv the BASA ambassadors





He has fond memories of Bangalore, where he stayed and practised at the Prakash Padukone Academy... "I had very fond memories of PPBA and Bangalore. I had a very good experience there, having trained with the likes of Anup Sridhar and Arvind Bhatt."

Also, Rajiv and his family visit their ancestral home in Thrissur. "We make that trip to Thrissur every three years. I like the tranquility and peace I get when I go there. I would love to travel there more often, but due to my busy schedule, I can't do that," he signed off...

"I don't know whether it was instinct or whatever, I was confident that I could do well in the sport from my young days," Said Rajiv.

"I don't know whether it was instinct or whatever, I was confident that I could do well in the sport from my young days," Said Rajiv.

-SAJI CHACKO

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REAL HEROES DON'T WEAR CAPES



Real Heroes Don't Wear Capes

By Tushar Unadkat

Volunteering time for our community is an enriching and life-changing experience.

Unfortunately, some people believe you must be rich or have time to give back; some even believe you need to be strong and influential. Nonetheless, the critical factor for volunteer work is motivation.

Futility is one of the main reasons many feel unfulfilled and tired of the routine. Yet, when you give back to the community, it gives meaning and purpose to your life.

There is a sense of satisfaction, and you look forward to it when you affect a positive change and touch hearts by doing something meaningful. It is an indescribable, intriguing sentiment we frequently wish everyone would experience.

A good community can foster a better future for the coming generations. You can get involved with community organizations, causes, and activities about which you are passionate. It need not be a global revolution; charity begins at home.

Hold a neighbourhood drive, reach out to others, initiate community clean-up, get involved in schools, and celebrate good times.



**"You must be the
change you wish to
see in the world."**

- Mahatma Gandhi

The benefit of this practice is that it stops us from judging others, as acting within is the only thing in the World over which we have any control. However, to serve the community as a leader, you must comprehend your motivations, strengths, and weaknesses.

Numerous not-for-profit organizations in our community work actively to offer positivity, growth, safety, and stability. Non-profit organizations include temples/churches, schools, charities, hospitals, political organizations, legal aid societies, labour unions, professional associations, research institutes, museums, and some governmental agencies.

To contribute time and effort selflessly demands infinite passion, patience, humility, and the ability to work in teams.

Today we look at the Indian Diaspora.

The Indian Diaspora has made a mark globally in fields as diverse as academia, legal, arts, business & finance, media & entertainment, healthcare, philanthropy, politics & government, science & technology, and more. India has been the cradle of great ideological thoughts. India has spearheaded the idea of AHIMSA (non-violence), promoting peace and harmony across the World.

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

The next promising inaugural initiative is WFY Awards. The WFY (World for You) Magazine will 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. They made a difference when the World was suffering. The theme of the awards ceremony is: HEAL THY WORLD!

The Indian Diaspora Global Achievers Award in Dubai on December 16th, 2022, celebrates the spirit of Indianism and rediscovers the roots by rekindling the relationships. Nominations are open!



You can Visit to nominate your Hero:
<https://thewfy.com/wfy-reach-out/wfy-awards/>

The Indian Diaspora Global Achievers WFY Award, hosted by WFY Magazine and Indian Diaspora Global, recognizes and celebrates the Indian Diaspora individuals and organizations for their outstanding achievements and contributions and their impact on their respective communities across the globe.

The mission is to find the REAL HEROES and celebrate inspiring stories, outstanding achievements, and beautiful personalities from the Global Indian Diaspora.



Please become a member, make better lives around us, and inspire –
www.indiandiaspora.world.

- TUSHAR UNADKAT



By Leon Jose Vithayathil

Do You Know How And The Truth About Social Media Is Igniting The Disastrous Communal Rift?

Social Media Igniting the Communal Rift

For decades, Leicester owned the honour of being a model town in the UK for unity in multiculturalism. However, the recent communal unrest between the Hindu and Muslim communities in Leicester has become a challenge for the government.

According to a 1951 census report, the South Asian population living in Leicester was just 624. In the past 70 years, the city has witnessed an expansion in the number of British South Asians in Leicester. This is an outcome of steady migration from time to time.

The recent racial tension started with two cricket matches, India vs Pakistan in August, which were held in the UAE, and has continued till now in the form of small and large issues. Social media has been widely used to fuel the incidences that are happening related to that.

In a recent video, it shows a man climbing onto the roof of a temple and pulling down a religious

flag and setting it on fire in a Hindu majority area. And in another video, it appears they are shouting Jai Sri Ram and Pakistan Murdabad slogans in Muslim majority areas. However, the credibility of these videos is still unknown, and it has ignited the tension between the communities through the misuse of social media.

Some police arrests based on racial tension have been reported. The police must take strict action and arrest all perpetrators of the issues, regardless of their community, to prevent it from happening elsewhere in the UK. The UK's cyber authorities must be vigilant against any kind of misuse of social media for communal unrest. Communal harmony must be well maintained for global peace and prosperity.

Therefore, we should be wise and prudent enough to discern our course of action and reactions. May goodwill prevail and may harmony and brotherhood win.

- LEON JOSE VITHAYATHIL

HEAL THY WORLD!



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.

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WFY AWARDS, 2022, DUBAI**
December 16th, 2022

The Jury

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Our Mission

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

Our Vision

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

Our Focus

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

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

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

Connecting Dots..... Connecting Roots

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

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

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



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HEAL THY WORLD!



**INDIAN DIASPORA GLOBAL ACHIEVERS
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