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## COVERSTORY

### Daya Bai, The Textbook of Mercy! A Life Extraordinaire: Love Sans Borders

#### HUMAN INTERESTS & SOCIAL PURSUITS

The Revolutionary Ramnamis Tattoos Their Way To Overcome Casteism In India

#### LIFESTYLE

Announcing The Top Social Media Influencers Of 2022. A Review.

When You Are Angry, Count To 10. A Simplistic Approach.

#### ART & CULTURE

Which Is The Largest Spoken Language In The World? Poems-Inward Journey, Silent Hope, Untimed Train, The Man And His Roach

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# IN THIS ISSUE

## EDITORIAL

**KEEP YOUR FAMILY TIGHT AND  
CLOSE TO YOUR HEART.**

6

*-Melwyn Williams*

## COVERSTORY

**DAYA BAI THE TEXTBOOK OF  
MERCY ! A LIFE EXTRAORDINAIRE:  
LOVE SANS BORDERS.**

9

*-Melwyn Williams*

## HUMAN INTERESTS & SOCIAL PURSUITS

**THE REVOLUTIONARY RAMNAMIS  
TATTOOS IT'S WAY TO OVERCOME  
CASTEISM IN INDIA.**

17

*-Melwyn Williams*

## FEATURED

32

From The Kitchens Of India- **TIKKAD ROTI**

49

**IDGA WFY Awards, DUBAI**

**ART & CULTURE**  
**WHICH IS THE LARGEST  
SPOKEN LANGUAGE IN  
THE WORLD?**

*-Melwyn Williams*

36

**SILENT HOPE**

*-Sarmistha Dey*

39

**THE MAN AND HIS  
ROACH**

*-Sudha Mukhopadhyay*

40

**UNTIMED TRAIN**

*-Sindhu Gatha*

41

**INWARD JOURNEY**

*-Brij KT*

42

# IN THIS ISSUE

---

## SPIRITUALITY

**DESTINY TUNING, IMPORTANT ASPECTS YOU NEED TO KNOW.**

44

*-Jaiprakash Bhande*

## ACADEMICS

**HOW TO UNDERSTAND BASIC ACCOUNTANCY IN A LAYMAN LANGUAGE?**

46

*-Kamal Arora*

## LIFESTYLE

**ANNOUNCING THE TOP SOCIAL MEDIA INFLUENCERS OF 2022. A REVIEW.**

*-Melwyn Williams*

21

**WHEN YOU ARE ANGRY, COUNT TO 10. A SIMPLISTIC APPROACH.**

*-Kulmohan Kaur*

24

## SPORTS

**THE BEST EVER INDIAN ORIGIN ATHLETE, GIGANTIC SIM BHULLAR.**

*-Saji Chacko*

28



# IN THIS ISSUE

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KEEP YOUR FAMILY TIGHT  
AND CLOSE TO YOUR HEART

By Melwyn Williams

KEEP YOUR FAMILY  
TIGHT AND CLOSE TO  
YOUR HEART

A new study from the Pew Research Center, a nonpartisan American think tank, reflects people's dedication to each other. The study, which polled nearly 19,000 grownups in 17 nations as to where they discover purpose in their lives as well as what keeps them going, discovered that family is the most important source of inspiration for most people worldwide.

Occupation and material well-being were consistently ranked among the top five sources of significance in the lives of survey participants from the majority of nations polled. Relationships were also consistently high-scoring, particularly in the United Kingdom and the United States, where relationships were ranked second only to family as a reason for having a fulfilling life.

With 55% of Australian survey

participants mentioning their household or kids when describing what gives value to their life, Australia had the maximum percentage of people who find family as their No. 1 source of inspiration.

What are the ingredients that are integral to your family's recipe for a meaningful, fulfilling, balanced and joyful life?

There are endless permutations of what each family values and wants to work toward, but the foundation that is necessary to achieve those goals is consistent.

**There are few things you should take care when it comes to your family.**

#### Rest

Check whether you or your fellow family members are getting adequate rest. Is there someone who

is laden with most of the burdens of the family?

With proper rest in terms of quantity and quality you can get the best out of your family and its members. This should take care of the behavioural issues largely to a great extent.

Family should rejuvenate you to face the world much vigour and vitality.

Try all that works for you, from music to meditation to board games to gossips. All you need to be is consistent in what you do and follow up diligently.

#### Purpose

Do you or your children or the folks at home have a purpose? One should have a purpose in Life. Find what is yours. Once you have a purpose you become more focussed in all that you do. You will find immense satisfaction from what you do and at the same time you'll have



the patience to wait and strength to cope in case you fail.

Be clear in your thoughts as in what is it that you need out of your life, family and most importantly from yourself?

Make sure you are working towards that genuinely. When your lifestyle, income changes drastically your close knit family help you to sail through the rough waters.

### Food

Food is one of the most important bonding factor in a household. There are connects drawn between food and emotional or behavioural characteristics. One should use your food and its habits to keep yourself and the family healthy and energised. Make your family members aware of the nutritional value of the food and this would ensure them to eat right for the rest of their lives. A dinner table with all the members partaking is a great commune. It helps to enhance mental and physical health along with the 'wisdom sharing' resulting in a much stronger family in bond and spirits. Ensure that there are no distractions, keep away technology and gadgets, encourage eye contact while you connect at the table, share your experiences of the day and how you felt in those circumstance or how you managed a certain situation, listen to others so that they feel being heard. All these are kind of a family textbook about how to live your life.

As a family, eat together. Breakfast and dinner table gatherings were common in many households, and they may still be today. However, more families are eating while on the move as they rush to job or the next appointment. Because some family members may arrive home at different times, those opportunities

for sharing and socialising are missed out completely.

According to the research, eating together is not only a great way to start or end the day, but it also promotes healthy dietary habits and weight management. According to a Stanford University study, "when a household sits around each other, it helps them handle the pressures of everyday life and the complications of day-to-day existence."

Carving out mealtimes on a regular basis according to the study can enhance family dynamics.

### Just think;

What sorts of food could you prepare for your household? In your family, how could a shared meal time enhance the family bonding?

### Importance

It is very vital to make the family and its members feel important. It is also crucial to let them know that how important are they to you. You have to nurture each and every relationship that you value in life. Give a sense of certainty, emotional safety and adequate connect in your relationship with your family.

### Recreation, Sports or Leisure.

Most of the households has a game that they play together. It helps them to get out of the bad mood, counter anxiety, calm themselves, develop their individual identity, broaden their vision and prospect, strategize and on top of it all have fun. Besides keeping you mentally and physically fit it enables you to enhance other aspects of your life.

### Travel together as a family

Most of us may not be able to afford a luxury vacation. But a vacations need not be expensive always rather it should ensure quality time spend together and having fun. Not all trips

are expensive. Find the one that suits you. It is good to visit roots and the earthen living. Our children will learn a lot. If you happen to visit a farm where they raise cows, pigs, chickens, corn, tomatoes, okra etc. These trips would create humongous memories and experiences. Your children might learn to milk a cow or grab the eggs or chase a chicken. They might get themselves dirty playing the mud. They could learn to fish. These vital elements of life will give them a lifetime of learnings.

According to research, travelling as a family enhances communication, reduces the likelihood of divorce, strengthens longstanding family bonds, and increases a sense of well-being in both adults and children. Take family holidays on a regular basis! When treasured memories are created, it does not have to comply with the definition of "luxury."

Your children are taking note of your action and observe you very closely. Parenting is all about how you manifest yourself and introduce the values that are necessary for well-being and joy for your family.

***For a better world and tomorrow let's look into our own families. The healthier we are, healthier the World will be!***

See you soon, Ciao  
-MELWYN WILLIAMS





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## COVERSTORY

# DAYA BAI THE TEXTBOOK OF MERCY! A LIFE EXTRAORDINAIRE: LOVE SANS BORDERS

***Daya Bai is a social activist from Kerala who has been working among the tribals of Madhya Pradesh for over fifty years.***





By Melwyn Williams

# Daya Bai

## The Textbook of Mercy!

### A Life Extraordinaire: Love Sans Borders

Daya Bai is a social activist from Kerala who has been working among the tribals of Madhya Pradesh for over fifty years. Mercy Mathew, aka Daya Bai, comes from a prosperous Christian family in Pala, Kerala. She was born in 1940 as the eldest of 14 children of Mathew and Elikutty. She had quite a happy childhood and a firm belief in God. Her desire was to become a nun. Her speeches, satyagrahas, campaigns, and work to pressurise the local government leadership to start schools have helped a lot in uplifting the standard of living of the Scheduled Tribes in the neglected remote villages of Madhya Pradesh. She has been associated with the Narmada Bachao Andolan and the Chengara agitation. She led solo struggles, representing the forest dwellers and villagers of Bihar, Haryana, Madhya Pradesh, Maharashtra, and West Bengal. She just ended her hunger strike demanding justice for the endosulfan victims of Kerala.

#### Daya Bai - Early life and education.

She had her primary education at Kochu Kottaram Primary School and Valakkumadam St. Joseph High School. She graduated in biology and earned MSW and law degrees from the University of Mumbai. She reached the tribal regions of Madhya Pradesh for fieldwork as part of her MSW project. Later, she chose this region as her workplace.

Mercy dropped out of her eleventh grade and decided to become a nun. Disgusted with the luxuries and comfortable life of the nunneries in Kerala, she came to the Holy Convent in Hazaribagh, Bihar at the age of sixteen, feeling that she could do something for the downtrodden in North India.

#### Daya Bai's calling

Mercy was touched and realised the suffering and separation of the adivasis who come to Holy Mass in the pouring rain,

carrying their children, covering their bodies with a single garment, while the convent residents celebrate Christmas festively, with various cakes and sweets. When Mercy's request to go to the tribal village was ignored, she left the monastery without completing her training.

She worked as a teacher for one and a half years in Mahoda, a tribal area of Palama district in Bihar. In the meantime, she completed her graduation with a B.Sc. degree. She then became a teacher in one of Jabalpur's English-medium schools, where she worked for a year and a half. She later came to Kerala and worked for the poor in an institution run by a bishop. Mercy left the place and came to Mumbai after facing harassment at the hands of a priest. There she wandered around for a while, and during this period she learned tailoring.

She also worked at Mother Teresa's Children's Home and



Old Age Home. She found it hard to get along with the lifestyle there. During the war, she reached Bangladesh to serve the refugees of the war. When she encountered the horrors of the war, she realised that her path was not the one that was structured within the orientation of the church. She then decided to find her own path and calling in life. She strongly felt that the true calling of Christ is different from the ones that are practised conventionally.

When asked about her relationship with Mother Teresa, she stated that she had a beautiful experience with the Mother but did not want to follow in her footsteps. Daya Bai stated unequivocally that she believed in Christ but not in the Church's authority.

### **Daya Bai's pursuit**

Her quest for her true calling in life brought her to Tinsai. Mercy had lived in Sullagappa in the Chintwadi district. Chandra was her neighbour then. This Tinsai village is the tribal area where the mother of Chandra lived. The natives of the region were the royal descendants of the Gond dynasty. These tribals, known as Gonds, were living in very poor conditions, largely neglected, and their needs were never addressed.

It's just that she barely had enough money to take a train up to a small town in Madhya Pradesh, from where she decided to walk (25 kms!) till her feet could take no more. That's how she came to Barul. That place became her home for the next 15 years. She worked with the tribal communities here, sleeping on the verandahs of those who let her in at night and eating whatever they generously gave her. There were no goals or, most importantly, no regrets. But being alone and without enough legal knowledge, she felt a little lost in her attempts to fight for the rights of the tribal people.

Mercy realised that the natives would only accept her if she became one of them. She adopted their dress, language, and food and earned their trust and love. In India's vernacular languages, mercy is referred to as daya, and the tribal woman is referred to as bai. Thus, Mercy became Daya Bai!

**Mercy looks every inch, a tribal woman,** behaves like a passionate maverick activist and talks like a razor-sharp lawyer. A combination that never fails to turn heads and get surprised stares.

Mercy Mathew is not really a name one expects to come across in a remote Gond village in Madhya Pradesh's Chhindwara district. The surprise is further compounded when one meets Mercy Mathew—not because she does not fit in with the surroundings, but because she does, and so well that one can easily pass her without a second glance, assuming her to be one of the locals. This is not something that came easily to Mercy; it was in fact the result of much conscious

effort. For example, she changed her name to 'Daya Bai', a loose translation of Mercy, and a name that is fairly common in this area. She has been living in the tribal hamlet of Barul for many years now, and has been fighting along with the tribals for their rights, often risking her life in the process. When she first came here, she was determined to share the life of the tribals with all its trials and tribulations; only thus would she be able to serve them effectively. On my first day in the village itself, someone asked me why I came there and did I think that they were the monkeys of the jungle? "

This statement underscored the importance of bridging the gap between the tribals and herself and initiated a process to which Dayabai attaches great importance—declassing. Bridging the great divide entailed "lowering my identity and raising theirs. It meant declassifying and getting smaller. " And, as her life today demonstrates, Dayabai plunged further into the process with the utmost commitment and perseverance.

As the villagers in Tinsai (where she lived earlier) and Barul (the village where she now lives) accepted her into their lives, Dayabai acted on her conviction that improving the self-image of the tribals was the key to improving their lot. This meant making them aware of their rights and joining with them in the struggle to ensure that those rights became reality.

As is only to be expected in a forest area, one of the main exploiters of the tribals here was the Forest Department. Wages were paid irregularly, and a certain amount would be kept back as a "cut" for the forest officials. Dayabai got the local people to insist that full wages be paid on the spot after a day's work and not after a few days at the marketplace, as had been the earlier practice.

Another related struggle was over tendu leaves. When the tribal women were not getting proper wages, Dayabai explained that if they allowed the forest officials to take away the tendu leaves that they had collected, they would never get paid properly. Dujiya, an elderly woman in Tinsai village, belonging to a sub-caste engaged in animal husbandry, tells the story, "When the truck came in the night, Bai called me first. I called the women, and we gathered where the tendu leaves were kept. Galobai and other women sat on the bags full of leaves, so the officers couldn't take them away. We made a circle like a chain, holding our hands around the bags, and we sang. Bai taught us a lot of things and stood with us to fight for our rights.

Getting the people to stand united on such issues was not easy. To get the people together, she would tell them a story about four brothers and illustrate it with a bundle of sticks. Each stick

## COVERSTORY

can be broken separately, but if they are tied into a bundle, it becomes impossible to break. "United we stand, and divided we fall!"

The women from the village said, "She taught our children reading and writing." Daya Bai set up a school in the Barul village. Daya Bai visits each village and teaches them how to care for themselves before moving on to the next.

Daya Bai brought the tribal

contracted as a "loan" in the name of the beneficiaries was spirited away by middlemen. She was told that this had been the practise for quite a long time, which rendered the tribal poor easy pickings for loan sharks and moneylenders.

Daya Bai established the Swayam Sahayatha Group in the late 1990s, long before the idea became popular as a tool for poverty alleviation. This incurred the wrath of the middlemen, moneylenders, and

was a brilliant start, as State Bank of India officials followed up and offered to open a branch in the village.

Daya Bai urged women officials gathered at the All-India Bank Officers' Confederation's fifth state conference to use their ranks to help the oppressed and distressed poor.

### **Daya Bai, knowing her better.**

Daya Bai was subjected to verbal abuse on a KSRTC bus, which resulted in the suspension



people together and encouraged them to stand up for their rights. Nefarious village brokers took advantage of a 'anudan' (subsidy) scheme intended for tribal people and the poor.

The scheme blew up in their faces when beneficiaries started receiving bank notices asking them to pay up amounts double the size of the 'subsidy' amount or face recovery proceedings.

Daya Bai found that more than half of the inflated amount

the village elders. She urged female bank officials to use their positions to help the oppressed and distressed poor.

Her laborious efforts eventually drew the attention of the National Bank for Agriculture and Rural Development's nearest representative office (NABARD).

Senior officials of the Gramin Bank visited the village and decided to offer the community members a SHG credit line. It

of two KSRTC employees, and this has been the topic of discussion for quite some time. This was Kerala, her home state.

Mercy Mathew, aka Daya Bai's fourth out of the thirteen younger sibling, George Pullatt, says, "the controversy, though painful, has been a blessing in disguise."

Daya Bai has received numerous awards and numerous news articles have been published about her; she has dedicated



her life to the people, but until this heinous incident, no one in her home state had heard much about her.

Would we remember Jesus Christ and his contributions as fondly today if he had died naturally at the age of 90 rather than being crucified, or if Gandhiji had not been shot dead? "Abuse is sometimes more potent than awards," says George.

George asserts to be the closest brother to Daya Bai, as well as the two have a special bond. "When she decided to join the convent, I was studying in Class III. She came to our school to distribute toffees to all the schoolchildren before departing, since no one from our area had ever left such a distance to work in a congregation before," he says. That was my first memory of her. Even when she chose to leave the congregation and work as a social worker, there were no major problems at home. In our country, however, women who left the convent or were expelled from the convent are derogatorily referred to as Madamchadi and are regarded as a liability to their families.

This fear, combined with her wish to work in Madhya Pradesh's rural communities, compelled her to not come back. Mercy's name was changed to Daya, and Bai was provided as a mark of respect. Because of this name, many never realised that she was a Keralite until now," he adds.

A couple of years ago, her father passed away, and she was forced by her family to take some money from his will. She decided to buy a little piece of land with this, and built, for the first time, her own home.

Simultaneous with all her social activism, Dayabai has also developed a keen interest in organic farming. On the small plot of land that she owns, she has set up an eco-farm and has been spreading knowledge and techniques of organic farming

among the people.

In the village, she has a mud house, which is cool and welcoming under the hot summer sun. She has an extended family of chickens, cows, some cats, a little pony and her dog, Athos. She speaks with them about everything, and they appear to comprehend and react with love. Her possessions, apart from the basic knick-knacks of a minimalist, are a bright red solar cooker, a self-made compost pit for bio-gas, and a small well. She does have a small plot of land on which she cultivates wheat, pulses, and a few vegetables like tomatoes.

Daya Bai is a masterful performer who has consistently believed in the power of street theatre to educate the public. She throws herself completely into her acting, and watching her perform is not an experience that is easily forgotten. Dayabai has developed street plays on various issues, including alcoholism, the environment, and communalism, and has found them an effective means of getting people thinking about and acting on these issues. She has authored books like 'Pachaviral' and penned songs which are quite popular and vibrant with earthly fragrances.

The successes in uniting the people and helping them win their rights have not come without a price to her. Dayabai has often been beaten up by the police during various struggles. In 1999, she was badly injured when she was beaten up by the police when she went to register a complaint at the police station.

Another issue in which she is totally involved is the fight against communalism. She visited Gujarat after the 2002 riots and was shattered by the experience. She went around the villages, telling people about what she had seen and discussing with them how communalism could be fought in

their villages. In 2002, the National Alliance of People's Movements (NAPM), along with grassroots movements all over India, organised a peace walk from Chitrakoot to Ayodhya. People of all beliefs joined in the march, and Dayabai pitched in with gusto. Basing herself on what she had seen in Gujarat, she used her street theatre skills to good effect in a mono-play. She would appear on the stage and say, "I have brought a woman with me from Ahmedabad," then turn around and reappear as Sidabana, whose tragic story she would then recount in her passionate style: "I am the only one surviving in my family. My own daughter was raped in front of me. She was like a flower. My husband and all family members were butchered. I was also raped and have only one hand now. Friends, now I want to bring peace and harmony among people."

She is invited by various social and spiritual institutes as a visiting professor. She gives training on street theatre, and is a much sought-after resource person by different NGOs and social movements. She received the National Award for Social Work from Dharma Bharati in 2001. There has also been some derision-as Father Prakash Lohale, a Dominican priest, says, "When we were doing our training, Dayabai was one of the people who spoke to us. She told us about the need for declassing and sharing the lives of the common people. We thought she was crazy and laughed at her; it wasn't until later that we realised the significance of what she was saying. I wish I had listened to her more carefully then."

Through all this, she has remained the simple, unspoiled person she always was. Meeting her and spending time with her can be a humbling experience—it is rare that one has the opportunity to meet somebody with this combination of sacrifice, dedication, humility,

## COVERSTORY

and serenity.

### Awards

- Daya Bai was named the Vanitha Woman of the Year in 2007.
- In January 2012, she received the Good Samaritan National Award (established by the Kottayam Social Service Society and the Agape Movement in Chicago).

### Legacy

Shiny Jacob Benjamin's 'Ottayal', or 'One Person,' is a documentary film about Daya Bai. Nandita Das, a film celebrity, penned a tribute to her as her life's inspiration in 2005.



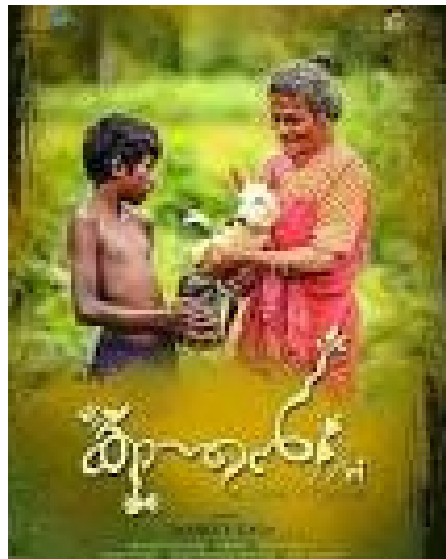
Her remarkable story has recently been told in a fascinating book and video film, produced by Annie Drese. In the book, Daya Bai writes, "I began to bridge the gap between the people and myself. It meant taking on a totally different kind of lifestyle. Having had no financial support for several years, I had to struggle to earn my livelihood and also to economise. There were occasions when I could not afford a meal and so managed with a piece of jaggery and water. However, I noticed that I was never in need of anything in particular."



### Films

She played the lead role in the movie **Kanthan - The Lover of Colour** 2021.

Kanthan - The Lover of Color is a Malayalam film made in 2018, directed by Shareef Eesa and written by Pramod Kooveri. Daya Bai, along with Prajith, portrays important characters in the film. The film received the Kerala State Film Award for Best Film in 2018.



**A biopic film on her is titled, "Daya Bai."**

Daya Bai is a Hindi feature film starring Bidita Bag as Daya Bai. The movie is directed by Sree Varun and produced by Shyşe Eppan and Vettam Movies .

We spoke to Varun, the director of the biopic, to find out what inspired him to make a film about Daya Bai's life. "I discovered Daya Bai while pondering what to do next after my first film," Varun explained.

All I had in front of me was an insatiable desire to know more about her and a book called "Pachaviral". I rediscovered her through my film Daya Bai."



"How did Kottayam-born Mercy Mathew change to Daya Bai when she landed in Madhya Pradesh? That was the most troubling question for me. But that mother very calmly showed me the answer. I witnessed the transformation of Daya Bai from Mercy Matthew. When Mercy Mathew arrived in Madhya Pradesh from Kottayam, she became a completely different person named Daya Bai. Today, she is the guardian angel of many people who were supposed to be the bride of Christ. When I approached Daya Bai for my film, she gave me permission after a day by understanding my intention. Later, I started travelling with



Daya Bai for my film. We retraced each of the parts she came through. In a way, those trips were a look back at her own life. I have seen those eyes widen with joy and sometimes even tears as she shared with us many good and bad experiences," he continued.

Varun was overwhelmed to see the warmth Daya Bai received from the people when they travelled through the villages of Madhya Pradesh. He describes it as a huge achievement, quite an unprecedented one.

"When I witnessed the fondness of its people, I began wondering why we Keralaites completely missed Daya Bai? Those villages were a different experience for us from the people who were insulted by name for their dress without pretending to have seen it. I have felt that the energy of Daya Bai that we see in the faces of the struggle is the love that the village gives. It is not for nothing that Daya Bai states that nature and human beings are my textbook," he said.

Varun further adds that, "After going through the film's references, the biggest revelation that occurred to me was that she's a textbook of never-ending experiences. A mother who loves and cares for those who have hurt her. Daya Bai once told me that Gandhiji and Christ were her gurus. Both of them called for patience and tolerance. Movies should be living lives. Daya Bai is the biggest example. A fantastic example of tenacity and fighting spirit. If you want, you can say that Madhya Pradesh and the nunnery moulded her for this purpose. Many of the shooting locations in my film are actually the roads that the mother used to walk. Daya Bai used to visit there on many days of shooting. One of the moments that touched me the most was Daya Bai's friend Ponthal's scene, and I still remember Daya Bai's face, crying while we were shooting the scene. I believe that is a testament to the extent to which Daya Bai was in touch with the people there. I consider it a blessing in my life to be able to travel with this mother-Daya Bai. The film Daya Bai tells the life of Daya Bai without the spices of cinema. "

Varun concludes, "Even at the age of 82, Daya Bai remains with us as one of us, with an unquenchable fighting spirit and endless affection. We read the stories of historical heroes, but I pray to the lord that our mother, 'Daya Bai', remains in history forever as a textbook for all of us to learn how to live! "

I would like to conclude by quoting Daya Bai, **"Working and caring for people is not work for me, it's simply life."**

She further adds, "It is not a sacrifice... it is more than that... it is the only way I know for sure that I can live and really be happy! **Not living this life, not doing what I do, would in fact be a huge sacrifice. "**



*I know for sure that if she was given another life, she would live it the same way all over again.*

**-MELWYN WILLIAMS**

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# The Ramnami Samaj

## The Revolutionary Ramnamis Tattoos Their Way To Overcome Casteism In India.

### *"The Ramnami Samaj"*

In the 1890's, Parasuram founded the Ramnami Samaj, a Hindu sect that worships the god Ram. The Ramnamis live primarily in the state of Chhattisgarh, in India. They have the word "Ram" tattooed on their bodies and wear clothes with the name of Lord Ram printed on them. They also wear headgear made of peacock feathers. The population of the group is estimated to be between 20,000 and 100,000 people.

### **History**

The founder of the Ramnami Samaj, Parasuram, the Chamar, was born in the 1870s at Charpora village and is presumed to be the very first person from



**By Melwyn Williams**

the community to tattoo the word "Ram" on his forehead. After being denied entry to a temple due to his caste, Parasuram tattooed himself as an act of defiance. The majority of the Ramnami sect's followers were Chamar, but later Brahmin, Banik, Kurmi, and others joined the movement. Ramdas Lamb, describes the 'Ramanami' sect as a resumption of the 15th-century Bhakti movement and an offshoot of the Satnampanth of the region.

The Ramnami Samaj has a long history of combating caste discrimination and social injustice. In the early 20th century, the sect's leaders campaigned against the practice of untouchability and advocated for the rights of Dalits, the lowest social group in the Hindu





caste system. The sect also played a role in the Indian independence movement.

The Ramnamis won a legal battle against high-caste Hindus in 1910 over the right to use the name Ram. The Ramnamis, known as the 'tattooed followers', were denied entry to temples until the 1980s. This was primarily because their tattoos revealed their true identities.

### Demographics

Because Ramnamis are simply referred to as Hindus in official records, accurate demographic data is not available. However, it is estimated that their population would not be more than 20,000. This is speculated as per the number of people attending the annual Bhajan Mela. Otherwise, it is estimated to be more than 100,000. Ramnamis are primarily found in Chhattisgarh in the villages settled alongside the river Mahanadi, though some of them can also be found in the border regions of Maharashtra and Odisha.

### Struggles and Discrimination

The Ramnami Samaj has been the target of caste violence and discrimination throughout its history. In the early 20th century, the sect was attacked by high-caste Hindus, who saw the sect's practice of tattooing as a sign of disrespect for their caste. The sect was also attacked by the British colonial government, which saw the sect as a potential source of rebellion.

Despite the challenges it has faced, the Ramnami Samaj has continued to grow and thrive. In recent years, the sect has been working to increase its visibility and raise

awareness of its struggles.

### Practices

Adherents of the sect do not drink or smoke, chant the name of Ram every day; tattoo the word "Ram" on their bodies, and wear a shawl with the word "Ram" printed on it as well as peacock feather headgear. Those with full body tattoos are known as "purnanakshik" and are mostly in their seventies; younger generations of Ramnamis are not tattooed, fearing discrimination and being denied work because of the tattoos.

Every year at the end of the harvest season from December to January, Ramnamis gather in the village of Sarsiwa in Raipur district for a three-day Bhajan Mela. During this period, the Ramnamis chant from the religious book 'Ramcharitmanas' and erect a 'jayostambh', which is a white pillar with the name of Lord Ram inscribed on it.

The sect has been successful in attracting members from all castes, and its work is having a positive impact on the caste system in India. The sect is helping to break down the barriers between the different castes and is promoting education and economic development among its members.

Today, the Ramnami Samaj is a thriving community with a strong commitment to social justice. The Ramnami Samaj continues to work for the welfare of the Ramnami community and for the advancement of Dalit rights in India. It is an important voice in the fight against caste discrimination and exclusion.

**-MELWYN WILLIAMS**



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


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# Announcing The Top Social Media Influencers Of 2022. A Review.

By Melwyn Williams

*The world we live in today has seen a new set of popular individuals. These are known as 'SOCIAL MEDIA INFLUENCERS'. Millions of people follow them on their social media accounts. The social media influencers have been able to influence people regarding fashion, food, travel, technology, lifestyle... The list is so long. They are literally into everything we do in our day to day lives.*

**Let us look into some of the top social media influencers.**

## Jannat Zubair

44.9M followers on Instagram 3.6M subscribers on YouTube. She is one of the most influential Indian Instagrammers in the world of Influencers, with over 1 million engagements on each of her posts.

Jannat is a well-known television actress who began her career as a child artist. Complete Styling with Jannat Zubair is her YouTube channel.



## LIFESTYLE

**CarryMinati**



37.2M subscribers on YouTube. 16.4M followers on Instagram. 2.9M followers on Twitter. 2.38M followers on Facebook.

**Arishfa Khan**



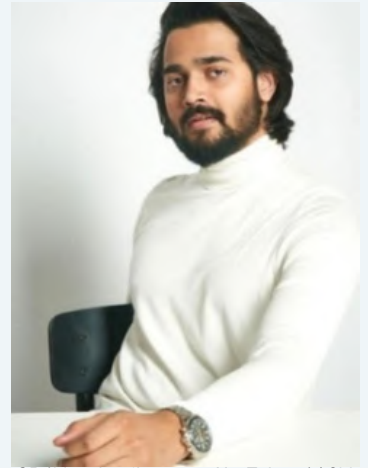
29.4M followers on Instagram. 2.54M subscribers on YouTube. She has more than 25M followers on TikTok.

**Riyaz Aly**



27.4M followers on Instagram. He also has a huge following on Tik Tok

**Bhuvan Bam**



25.6M subscribers on YouTube. 14.9M followers on Instagram. Bhuvan Avnindra Shankar Bam is an Indian comedian, writer, singer, songwriter, and YouTube personality from Delhi, India.

**Awez Darbar**



25.1M followers on Instagram. 9.65M subscribers on YouTube. Awez Darbar is a Mumbai-based dancer, choreographer, and influencer on social media.

**Sujith Bhaktan**



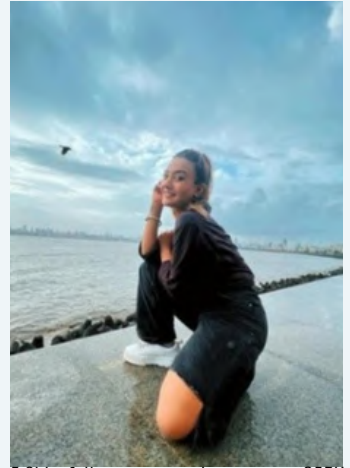
15M followers on Facebook. 1.95M subscribers on YouTube. 749K followers on Instagram. Sujith Bhaktan T. R., a techie by profession with an engineering degree in computer science, is an avid traveler and foodie. He is recognized as 'Kerala's Most Favorite Influencer'

**Lilly Singh**



12.4M followers on Instagram. She also has huge following in Facebook. Lilly Singh is a social media sensation of Indian origin, born in Toronto and raised there. She also spoke for the UN general assembly addressing the youth.

**Aashika Bhatia**



5.8M followers on Instagram. 253K subscribers on YouTube. Aashika Bhatia is a dancer and an actress. She started her career as a child artist and has worked in films and TV commercials.

**Yaman Agarwal**



5.2M followers on Facebook. 4.46M subscribers on YouTube. Yaman Agarwal is a Food-enthusiast, budding chef, a food junkie, a foodie.

**Mithila Palkar**



3.7M followers on Instagram. Mithila Palkar is an actor and a singer of Marathi origin. Her videos on YouTube has crossed 6M views.

**Niharika NM**



3M followers on Instagram. Niharika is an Indian content creator living in Los Angeles. She is known for her comic and relevant YouTube videos and Instagram reels.

**Kusha Kapila**

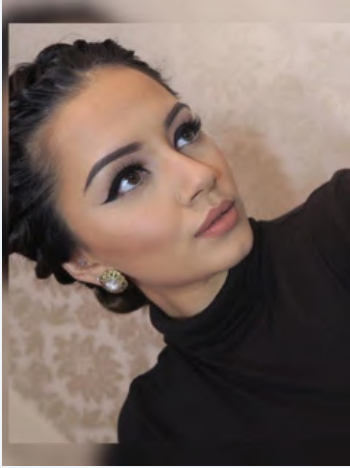


2.8M followers on Instagram. 437K subscribers on YouTube. Kusha Kapila is an Indian content writer, actress, and social media influencer.



## LIFESTYLE

### Kaushal



2.38M subscribers on YouTube. 1.1M followers on Facebook. 990K followers on Instagram. Kaushal is of Indian origin living in the United Kingdom known for product evaluation and beauty lessons.

### Dolly Singh



1.5M followers on Instagram. 675K subscribers on YouTube. Dolly Singh is known for her comic and funny videos.

### Shivani Bafna



185K followers on Instagram. Shivani Bafna is an Indian-American lifestyles social media influencer.

### Kenny Sebastian



2.21M subscribers on YouTube. 1.7M followers on Twitter. 1M followers on Instagram. 580K followers on Facebook. Kenny has delivered over 2000 shows around the world. The Bangalore-based stand-up comedian, writer, show runner, musician and improviser is arguably one of the biggest English comedy acts in the country.

### Ruhee Dosani



1.4M followers on Instagram. Ruhee Dosani known for her desi dance reels along with her videshi friends.

### Ami Desai



185K followers on Instagram. Ami Desai is renowned make up artist and beauty influencer of Indian origin living in the United States of America.

### Karan Dua



2.03M subscribers on YouTube. 1M followers on Instagram. Karan Dua is a Food Blogger from Delhi with a huge following.

### Masoom Minawala



1.3M followers on Instagram. Masoom is an highly acclaimed luxury and fashion influencer of Indian origin residing in Belgium.

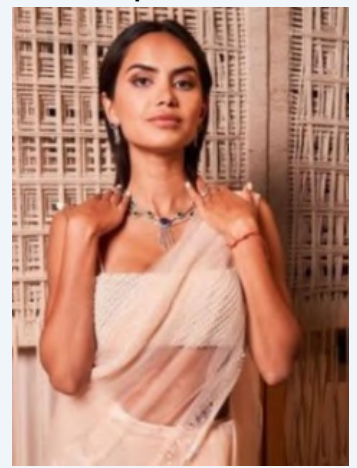
### Payal Shah



89.7K followers on Instagram. Payal Shah is the founder of L'Dezen jewellery a brand which is worn and followed by many international celebrities.

## LIFESTYLE

### Dipa Khosla



1.8M followers on Instagram. Dipa Khosla is a fashion and beauty influencer as well as the co-founder of the 'Post For Change' charity. An Indian girl with an international background who gained 1.6M following in just over 4 years.

### Savi and Vid



1.2M followers on Instagram. 116K followers on Facebook. 52.1K subscribers on YouTube. They are the travel power couple. They are photographers, content creators, and storytellers with a huge following on social media.



**-MELWYN WILLIAMS**





By Kulmohan Kaur

## WHEN YOU ARE ANGRY, COUNT TO 10. A SIMPLISTIC APPROACH

We've all heard the saying, "When you're angry, count to ten." And many of us have followed it and reaped its benefits. Anger is something we are all familiar with. It is our body's response to a lot of things that we perceive to be out of our control. It is said that fear and anger should be counted as two sides of a coin.

What could be the reason we become angry? According to many pieces of research, anger is majorly caused by perceived or real threats, stress, or events that occur that the individual has no control over – for example, long lines, traffic jams, snarky comments, or excessive tiredness (although we do have a tiny bit of control over tiredness). Otherwise, too, the basic temperament of a person may cause him to get angry at the slightest provocation. I actually know someone who got angry because his girlfriend failed to inform him that she had suddenly met someone he didn't want to see on her way to college. Without knowing the reason, he just started shouting, and that led to their relationship getting severely damaged.

Then there are people who are genetically inclined towards aggression or anger. They don't have any control over their anger and wouldn't think that they have done anything wrong by getting aggressive or angry at themselves or others, even in situations that did not warrant any such behaviour. There is a high level of stress in competitiveness, reaching its highest

limits in today's world. People feel that the resources of the world are limited and they are scrambling to get the biggest share, not caring whether they need it or not. This leads to stress and undue pressure being exerted even when not required.

Scientists have shown that a person's environment affects his behaviour and anger to a great extent. People who have been exposed to explosive and aggressive behaviour or verbal or physical abuse during their childhood are more prone to getting angry and showing their dominance over others through ways of aggression.

When a person feels helpless in situations that he is unable to control, he lashes out at everyone and everything else. The anger here is mostly displaced. He or she might even become harmful to himself if the situation remains unresolved for a long time. This can also be a major sign of depression wherein irritability towards oneself or family members extends to becoming angry at oneself and others uncontrollably.

One other cause is "learned behaviour". Anger is learned from the environment through exposure to explosive behaviour, verbal or physical abuse during early childhood.

Anger has many negative effects on the body and mind. Some of the side effects which you must have heard about include the effect of anger on



health – arrhythmia, breathlessness, hormonal disbalance, etc. But the lesser-known effects include dermatitis, gastritis, muscle aches, liver damage, and (believe it or not...) diarrhoea!

In layman's terms, why do we get angry? Here are a few psychological points of view on anger. Read on to find out.


1. **To blame others:** We become enraged when we discover someone doing or saying (or not saying) something contrary to or different from what we expected. It is pure blame. The anger overpowers our senses and we just want to lash out at them for not keeping in mind our perspective.
2. **To shift the blame:** This is a tendency followed by children. When they spill milk, for example, they will blame their mother for calling them at the wrong time, or their father for opening the door, or the doorbell, or even the non-existent friend who caused them to make the mistake. They want to escape punishment. This usually disappears as we progress in age, but in some people it continues well into adulthood. These people want to run away from taking the blame and would rather blame everyone around them, their circumstances, and the weather—anything that can be blamed safely—for something they said or did just to escape being reprimanded by their parents, partner, or boss.
3. **To divert attention from shortcomings:** Someone knows that they are less than the other person and would want to alleviate their position by thinking that by showing their anger they are just trying to make the other person understand that they are equal to them. An example would be a person who cannot afford to buy a Mercedes getting angry at someone who owns one, and saying, "Do you think that because you have a Mercedes, you can walk your dog anywhere?" The cause of the rage is not owning a luxury car, and the result is evident in penalising the other person for walking his pet (though it might be a common practise in the neighborhood). These seemingly unrelated phrases show the inferiority complex the person is going through.
4. **To gain sympathy by victimising oneself:** Nobody wants to listen to me, people are selfish, I hate my family because... These are all statements made in anger just to make someone feel either guilty or sympathetic towards the speaker. Sometimes it is said while raising their voice or crying. The other person might just feel obligated to soothe the speaker to calm them down or to make the speaker believe the opposite of what he or she is saying.
5. **To punish someone else or yourself:** Sometimes we feel genuinely wronged and just want to punish the other person for whatever he or she has done. When we feel we have done something wrong or we could have done something differently in a better way, we get angry at ourselves and might punish ourselves by abstaining from what we love doing.

What we need to understand is that anger is a natural and healthy emotion. It is good to have a healthy amount of anger because it might just become the cause of our tenacity to push through adverse situations. It is only when anger becomes problematic and starts affecting our daily lives that we need to take stock of the situation and seek help controlling it. If we find our anger has started affecting our lives negatively, some steps can be taken to manage it:

1. **Biofeedback:** As we have all heard – "count to 10 when you are angry" – Have you ever wondered why? If you pay attention to your breathing pattern when you are angry, you will notice that your breathing rate increases and so does your pulse rate, meaning heart rate. When we count to 10 (or 100, if required), we concentrate on our breathing pattern. When the breathing rate is controlled, so is the heartbeat, and so is the anger.

## 2. Use the control pattern:

- *Stop and think before you act*—just like I said, count to 10 and breathe deeply. Think of the consequences of acting rashly under these circumstances. While this may require work in the beginning, you will definitely benefit in the long run.
  - *Identify the trigger for anger*—what exactly causes you to get angry? As I have already listed out the major causes of anger, you can also identify what causes you to get angry. Try to find out whether it is fear or anger, because fear can also cause anger in many cases. Analyse whether the anger or the lashing out is more important than the ultimate goal and whether you will achieve it faster with anger or with understanding.
  - *Search for at least two alternative solutions:* Take a time out, separate yourself from the situation, walk out of the room – do whatever it takes to understand the situation properly and decide on the best course of action.
  - *Evaluate and decide on the best solution:* Now that you have searched for alternative solutions to anger, you just have to evaluate the options and see what is best for you. It differs from person to person, and you alone get to decide what is best for you.
  - *Implement the alternative:* Now, this one is simple. You already have the ammunition, so fire away – gently and not angrily.
3. **Find things that make you happy:** Instead of concentrating on the situations that make you mad, isn't it better to concentrate on what makes you happy? It can be your work, your children, grandchildren, or a pet; old photos of memorable events in your life; the list goes on. You can find your happy place, so to speak. And when you feel anger rising within you, just take some deep breaths and go to that happy place.



**4. Decide to be on the cause side of the equation:** Many a time, we get angry because we feel that the situations are out of our control. What do we do then? At that time, we have only two choices, so to speak – change what we can, and accept what we can't. Don't let situations affect you. When you find yourself in situations you can't control, just let them be. Everything is resolved with time. Today it might feel like a big thing but give it time and it will feel like a silly thing to even remember it.

**5. Meditate daily:** Meditation calms and soothes our minds. Setting aside a time daily for meditation enhances our decision-making ability and thus gives us more scope to analyse situations and act without getting angry. And you'll notice that even 5 minutes per day makes a big difference. Just put on some soothing music, sit comfortably, and concentrate on your breath for some time. That should do the trick in the beginning. Use affirmations while meditating. (This is very effective in dealing with all types of negative emotions.)

However, all said and done, it is always better to consult a qualified counsellor for difficult-to-control and frequent spurts of anger. Sometimes things are better left to experienced and qualified personnel to handle. Especially when someone faces frequent outbursts of anger, is getting violent (in which case, stay away till help arrives), or seems to be in depression. Let professionals handle these types of cases.

**-KULMOHAN KAUR**





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# The Best Ever Indian Origin Athlete, Gigantic Sim Bhullar

By Saji Chacko

There are a few Indians who are 7 feet 5 inches tall. Fewer people are still given the opportunity to play in the elite National Basketball Association (NBA). Canadian Sam Bhullar, a Person of Indian Origin (PIO), is one of the rarest Indians who has played for the Sacramento Kings—he also happens to be the sixth tallest player ever in the history of the NBA. Interestingly, the 29-year-old Gursimran Singh Sim Bhullar's shoe size is 22 ---big shoes that may be difficult to fill for another Indian player to compete in the NBA.

Sim Bhullar's debut for the Sacramento Kings in 2015 was the first ever Indian player to compete in the prestigious NBA in America. For someone to compete in the NBA, and that shows the amount of talent and promise that he has shown, is enormous. Like all struggling immigrants who were chasing their dreams, he had to work in odd places and slog it out before making a proper career in basketball—something which makes his story all the more wonderful.

Bhullar's parents emigrated to Canada from Punjab when he was a youngster and like all emigrants it was a tough story initially. Things were far from rosy, as he and his family had to struggle initially a lot. A family of five (he has two other siblings) after having arrived from their native Punjab to Canada. Most interestingly, his

younger brother, Tanveer, is 7 ft 3 inches, while his sister Avneet is 6 ft 2 inches tall. His father, Avtar, after trying his hands at many jobs, eventually settled down to owning a petrol pump in Toronto. And this is where the Sim Bhullar story unfolds.

Sim was born in Toronto and started playing all sports just like kids his age group do. He tried his hand at tennis, skating, baseball, basketball, etc. Somehow he got hooked on to the hoopster game and it was at the age of 13 that he felt the urge to get on with the game and aim to play at a higher level. He was then moved to the Kitski School in Pensylvania (US).

Growing up, Sim was a big fan of Vince Carter of the Toronto Raptors. "I began to take a liking to him. I think he is the reason that I got hooked on to basketball. I was soon trying to imitate a lot of his things, including his hairdo, mannerisms, and on-court demeanour. I think my pull towards the sport was because of Vince," he said.

After performing very well at the school level, he then made his transition to college---a very key ingredient in the career of an NBA player. He got admission on a scholarship to New Mexico State University (NMSU) and was there for a year honing his skills before embarking on a career in the NBA.







Call it luck or coincidence, but Sam was personally contacted by the owner of Sacramento Kings. There is another interesting angle here. The owner happened to be Vivek Ranadive, who himself was a PIO. Ranadive is the owner of TIBCO Software, a major software company based out of Silicon Valley. Ranadive had seen the height and soft skills of Sim and was impressed by his potential.

**Data analysis being Ranadive's forte, he did some number crunching on Sim and realised that the greenhorn had talent in him. So he took a chance—something not many people would have done—and drafted Sim into the Kings' side. Till date, Sim is obliged to Ranadive. "I think at that point of time, not many would have backed me, but he did. I will never forget that," he said.**

Playing for such a big team like the Kings, Sim took his time to find his bearings. But then he did what he was enlisted to do: score his historic basket for the Kings against the Utah Jazz on April 8, 2015—a red-letter day for him. "That day is etched in my life for ever," he added.

The tough world of the NBA can be very demanding and Sim, after playing a season with the Kings, moved over to play for the Toronto Raptors in 2016—something he had always dreamt of ever since he was a kid. "That was a special moment," he recalled.

Thereafter, a slight dip in form saw Sim move over across the continent and showcase his wares at the Taiwanese Pro League.. He had stints with the Dacin Tigers, Guangxi Rhino, Fubon Braves, and JKO Lions. He is still an active member of the Lions team. His tale will prove inspirational to many other PIO's.

**-SAJI CHACKO**





# Amazing

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FROM THE  
KITCHENS  
OF INDIA

# TIKKAD ROTI

Here's one dish that  
you'll cherish and  
appreciate. And one  
with unique tribal  
flavours from Madhya  
Pradesh.



## Tikkad Roti

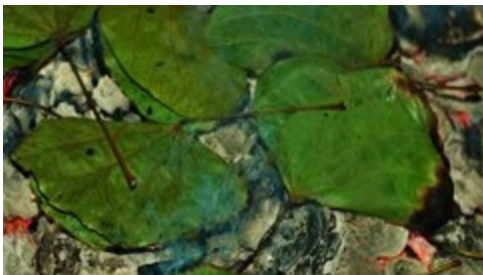
*Here's one dish that you'll cherish and appreciate. And one with unique tribal flavours from Madhya Pradesh.*

Tikkad Roti is a traditional bread made in tribal homes throughout Kanha National Park and much of Central India. Tikkad roti tickles the taste buds with a spurt of comforting tastes, particularly on cold winter evening hours when the aroma of firewood complements the homely warmth of freshly made rotis. The leaves of the camel foot/kachnar (*Bauhinia variegata*) are used to make the rotis. This tree exemplifies the interdependence of mankind and nature, as the tribal people make use of everything that the jungle has to offer.

Kachnar/Camel Foot trees are easily available in most of the areas. They are easily identified by their orchid-like, coloured flowers streaked with beautiful, variegated lines.

### Ingredients

- *1 pound whole wheat flour*
- *4 tbsp clarified butter (ghee)*
- *1/3 cup water, or as needed*
- *6–8 leaves of camel foot/kachnar*
- *Salt as per taste*
- *jaggery, grated*



## Method

1. Sift the flour and salt into a mixing bowl.
2. Crumble the ghee into the flour. Mix in the water gradually until a soft dough forms.
3. Knead the dough for 5 to 7 minutes before covering it with a damp kitchen towel and setting it aside to rest. Allow the dough to rest for 30 to 45 minutes.
4. Divide the dough into large lemon-sized balls to form the tikkad rotis.
5. Press one ball into one half of a camel foot leaf to spread. Spread an even layer of dough over the leaf. Fold the leaf in half again.
6. Heat the coal and roast tikkad rotis over them (this can also be done in your own kitchen on a griddle pan or frying pan). Just keep in mind to use a medium low flame).
7. Roast the rotis until the leaf dries out and falls off.
8. To serve, remove and discard the burnt leaf and place it on a plate.
9. Prick all over with a fork and drizzle with ghee dollops.
10. Serve immediately with grated jaggery and vegetarian or non-vegetarian curries.
11. Dig into the delicious, smoky flavours and enjoy a memorable meal.





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# Which Is The Largest Spoken Language In The World?

This is a question that often comes up in language learning circles—what is the most spoken language in the world? The answer may surprise you, as it is not always the language you would expect.

So, why is Spanish the most spoken language? There are a number of reasons, but one of the biggest is that it is the official language of so many countries. In addition to Spain, Spanish is also the official language of Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Uruguay, Venezuela, and others.

huge population, Mandarin Chinese is the world's most spoken language when only first-language (native) speakers are counted.

When second, third, and higher language speakers are included, English is the world's most spoken language. This is due, first and foremost, to the British Empire's colonial influence, but also to the spread of American culture.

Mandarin is centred largely around China, whereas English is scattered. Because the majority of Mandarin speakers are native speakers, it is not unusual that it is concentrated in fewer countries, primarily in Asia, with the greatest number of first-language speakers. Because English has more non-native speakers, it is spoken significantly in more regions of the world, especially in Africa. 146 countries worldwide speak English widely, as compared to Mandarin's 38.



### How many languages are there in the world?

There are over 7,000 languages in the world. The most spoken language is Mandarin Chinese, with over 1.3 billion speakers. Other widely spoken languages include English (with 983 million speakers), Spanish (with 480 million speakers), and Hindi (with 615 million speakers).

### What are the top 200 most spoken languages?

There are over 7,000 languages spoken in the world, but only a handful are considered to be widely spoken. The top 200 most spoken languages make up the vast majority of all language speakers, with Mandarin Chinese leading the pack at almost 1.4 billion speakers. This is followed by English, with over 1 billion speakers, and Hindi/Urdu, with around 615 million.

These figures come from the 2019 edition of Ethnologue, which compiles statistics on every known living language. It's important to note that these numbers don't necessarily reflect how many people can actually use a given language, as many people speak multiple languages. However, they do give us a good idea of which languages are the most commonly used globally.

Interestingly, the top 200 most spoken languages are not equally distributed across the world's continents. Europe has the most represented languages (24%), followed by Asia (22%), Africa (18%), and the Americas (14%). Oceania and Antarctica have very few represented languages (1% each). This may be due to historical colonisation patterns as well as current economic and political power dynamics.

### What countries have the most languages?

Today, roughly 7,000 languages are spoken throughout the world. However, most of these languages are spoken by relatively small numbers of people. The most widely spoken language in the world is Mandarin Chinese, which is the first language for around 1.3 billion people. Other widely spoken languages include English (1 billion), Spanish (430 million), and Hindi (410 million).

So what countries have the most languages? This is a difficult question to answer definitively, as there is no agreed-upon definition of "language". However, by some estimates, there are over 3,000 languages spoken in Papua New Guinea, making it the country with the highest concentration of languages. Other countries with large numbers of languages include Indonesia (around 700), Nigeria (around 520), and India (around 400).

### What is the most spoken language?

There are numerous methods for determining which language is the most widely spoken in the world. One way to measure this is by looking at the number of native speakers of a language. By this measure, Mandarin Chinese is the most spoken language in the world, followed by Spanish, English, and Hindi.

Another way to measure which language is the most spoken in the world is by looking at the number of people who speak a language as their first or second language. By this measure, English is the most spoken language in the world, followed by Mandarin Chinese, Hindi, and Spanish.

So, what is the most widely spoken language in the world? It depends on how you measure it!

### What are the largest language families?

their own unique history and origins. The largest language families are:

- **Indo-European:** This is the largest language family in the world and includes languages like English, Spanish, Hindi, and Russian. It is thought that the Indo-European languages began to diverge from each other around 3,500 BC.
- **Afro-Asiatic:** This language family includes languages spoken in Africa and the Middle East, such as Arabic, Hebrew, and Amharic. The Afro-Asiatic languages are thought to have originated in the Horn of Africa around 5,000 BC.
- **Sino-Tibetan:** This is the second largest language family in the world and includes Chinese, Tibetan, and Burmese. The Sino-Tibetan languages are thought to have originated in what is now China around 7,000 BC.
- **Niger-Congo:** This huge language family includes most of the languages spoken in sub-Saharan Africa, such as Swahili, Zulu, Yoruba, and Igbo. The Niger-Congo languages are thought to have originated in West Africa around 5,000 BC.

### What continents have the most indigenous languages?

There are many different languages spoken around the world, and some continents have more indigenous languages than others. Africa is home to the most indigenous languages, with over 2,000 different languages spoken on the continent. Asia also has a large number of indigenous languages, with over 1,500 different languages spoken. Europe has fewer indigenous languages, with only around 250 different languages spoken.

### How many languages are endangered?

Today, roughly 7,000 languages are spoken throughout the world. Of these, it is estimated that between 50 and 90 percent are endangered. This means that they are at risk of disappearing entirely within a few generations.

The majority of endangered languages are spoken by small, isolated communities. This makes them particularly vulnerable to the forces of globalization, which tend to favour larger languages. When members of a community

## ART & CULTURE

begin to speak the dominant language, it can lead to the extinction of their native tongue. There are many reasons why preserving endangered languages is important. They represent a unique part of human culture and our collective heritage. They can also provide insight into the history and evolution of language itself. For these reasons, linguists and anthropologists have been working to document and preserve endangered languages for future generations.

**-MELWYN WILLIAMS**







# SILENT HOPE

A Poem by Sarmistha Dey



Life is a mystery! – Delusional  
Sometimes we laugh, sometimes we cry.  
However, we do not stop.  
Let's move on -  
Towards that unknown hope.  
Either that hope remains silent,  
Yet we move on,  
When you stop—  
An unknown fear will come and say –who are you  
You don't exist  
Only you are a delusion.  
Maybe I'll fade away one day—  
Yet today is a rainy night,  
What is today will be yesterday tomorrow  
Only memories will remain  
From one to another  
Silence –  
In the middle of nowhere.

-SARMISTHA DEY



# THE MAN AND HIS ROACH

A Poem by  
Sudha Mukhopadhyay

**There** once was a man of few possessions,  
Who had lived a life of sheer innocence,  
He was a man of honesty to the core,  
And so he was disliked by one and more.

**The** haters then plotted against him one day,  
And with the help of the sarpanch put him in jail,  
There in the cell he spent many a night,  
With no respite for a bail in sight.

**The** cell he was in had the nocturnals at night,  
And soon he befriended a cockroach with a stripe,  
He talked to the roach with affection and delight,  
And thus he stayed in the cell many days and nights

**One** fine day he was released on a bail,  
By a person who was unknown to him till date,  
He walked out in the sunshine and followed a path,  
And soon found himself in a lonely tea shop.

**There** in the shop he saw nothing going on,  
And it was only then that he looked all around,  
The shop was in the midst of many a tree,  
The gulmohar, the banyan and the scattered neem.

**He** asked for a tea and sat by the fence of picket,  
And then took out the roach from his worn-out pocket,  
He placed his dear friend on the rickety table,  
So he could show someone what the roach was capable.

**His** tea was brought in a glass with many a crack,  
And as the server was getting back to his shack,  
Our man gestured him with a great sense of delight,  
To come take a look at his friendly roach with a stripe.

**"Do** you see what this is?" Asked our man to the server,  
Who in turn took his footwear and gave a harsh blower,  
The friendly roach thus sadly died on the spot,  
Leaving our honest man utterly speechless and shocked.

**There** once was a man of few possessions,  
Who had lived a life of sheer innocence.....

**-SUDHA MUKHOPADHYAY**





# UNTIMED TRAIN

A Poem by Sindhu Gatha

Untimed train  
 Untimed passengers  
 Often their eyes are closed  
 Communication through hearts are blocked  
 Each and every is a compartment  
 Planted themselves  
 In ugly external views  
 Afraid of morality  
 When sparrows came to tell the story  
 their eyes were plucked out  
 And fixed on the pages of books  
 At the crows of the sea crows wings  
 Their ears Held tight  
 In the calendars, Black and Red Characters  
 are running faster than the train.  
 They were panted at the black stations  
 Without colliding on the iron rails,  
 pain in their abdomen remains  
 When getting down  
 I and you told to no one  
 No sent off or good byes  
 Even the memory has dried up.  
 To the time when it doesn't exist  
 A cyber journey.....  
 Or an empty journey...

-SINDHU GATHA



# INWARD JOURNEY

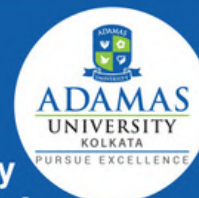
A Poem by Brij K T

I am with me, in solitude,  
Solitude leads to silence.  
Silent... But not forbidden..!  
Silence embraced me beyond my understanding,  
Silence taught me to be slow,  
Quiet and calm.  
Silence left control of my mind..  
And the inward journey was insane.  
The metamorphosed self-drifted like a feather  
High and low... through the journey of life!  
Naked and pure were I. And  
Life was marvellous in paradise  
The ecstasy of being pure was intoxicating.  
Serpents of temptation deceived and invaded,  
Conquered and fed on my senses,  
I was cursed out of the paradise...  
My mind went awry and resilient!  
Give me a moment in desolate  
To perceive my exquisite inward journey.

**-BRIJI KT**



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By Jaiprakash Bhande

## DESTINY TUNING, IMPORTANT ASPECTS YOU NEED TO KNOW

Chapter 3: Three Laws Of the Nature.

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, they do exist. In fact, they rule the world.

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

In the last chapter, we learnt the first law of life : **PRAKRITI PURUSH SIDDHANT**.

In this chapter we will learn the second law: **"PANCHMAHABHUTA SIDDHANTTA"—Principals of five elements.**

The five elements of nature are **Prithvi** (Earth or Matter), **Aap** (Water or Force), **Tej** (Fire or Energy) , **Vaayu** (Air or Quark) and **Aakash** (Space). Everything in and around the universe is made up of these elements in various combinations or with the dominance of one or more of them. For example, air also has water, heat, dust, and space. Dust carries molecules of water. Water has gas in a form to be released. These are the principals of materials in all their forms. All five elements rule the universe. According to the first law of life, "the percentage of tatvas in a human body is equal to the percentage of all elements in the universe." Hence, the percentage of water on Earth and in a human body or in an animal is the same. The same is true for heat, water, air, space, and materials on or off the Earth and throughout the Universe. Everything contains all these five elements. No other elements are present in the universe. We can't make them. Our body is made up of all of these things, but to keep it alive, it requires *aatma*, or life.

These **five elements** have the following areas of dominance in our body:

1. **Prithvi** (Earth or Matter): This has weight, and the sense of smell is the dominance of this element in our body. So smelling the flowers makes our minds stable.
2. **Aap** (Water or Force) : This has the tendency to hold the materials, and the sense of taste is the dominance of this element in our body
3. **Tej** (Energy): This has the characteristics of heat. The sense of sight is the dominant element in this regard in our body.
4. **Vaayu** (air or quark): This has uncertainty as its main characteristic, and the sense of touch is the dominance of this element in our body.
5. **Aakash** (Space) : This has a mixture of things as a main characteristic, and the sense of sound is the dominating sensation in our body.

All these elements are taken into consideration while changing or maintaining a state of mind. That's why some communities use specific perfumes or essences in their prayers. Astrology and Vastu are based on these elements. This is the fundamental aspect of tuning destiny as the weak are replaced by the strong. In the next chapter, we will learn how to use this law to tune our destiny.

*To be continued...*

*(Next Chapters: Second Law of Nature to tune your destiny.)*

**-JAIPRAKASH BHANDE**



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## HOW TO UNDERSTAND BASIC ACCOUNTANCY IN A LAYMAN LANGUAGE?

By Kamal Arora

**I am starting with series “how to understand basic accountancy in a layman language”**

First of all, we need to understand three terms upon which the whole of Accountancy depends:

- I: Assets
- II: Liabilities
- III: Capital.

**Have a look around you. What you are surrounded with:**

- 1: Furniture
- 2: Fixtures
- 3: Electrical equipment
- 4: Car
- 5: Kitchen Accessories
- 6: Computer
- 7: Food Items and many more

All these items are either:

Purchased by Us.

Or

Taken on loan.

All the items from 1 to 7 are Assets

Now these so-called Assets are either purchased from our own sources or are being financed by third party.

Assets purchased from our own sources are “Capital” while those being taken from third parties on loan are termed as Liabilities.

Concludingly we can say **Assets are sum total of Liabilities and Capital.**

**Let us illustrate with an example:**

Ram wanted to start a business:

He had cash worth 100000/=

Shop worth 400000/=

Furniture and Fixture in the shop 50000/=

Bank Balance 500000/=

All these constitutes assets. As they are being owned by him only. These Assets constitute Capital. As there is no liability factor.

Thus Assets: 1050000/= and Capital = 1050000/=

Now he purchases stock from suppliers worth 500000/= on credit.

His position now is

Cash 100000/=

Shop 400000/=

Furniture and fixture 50000/=

Bank Balance 500000/=

Stock 500000/=

Total assets are now 1550000/=

Liabilities 500000/=

Clearly assets are acquired from capital and as well as liabilities.

$1550000 = 1050000 + 500000$ .

**A story will make it clearer.**

There were two friends. One was God fearing and was in no habit of any bad habits. The other one was keeping all the bad habits like drinks, smoke, gambling and what not. Both were working in the same factory. Both of them were drawing 10000/= p.m. At the end of the month both of them had 10000/= in hand as salary.



Both of them had assets of 10000/= in the shape of cash in hand earned from salary.

The first one bought grocery worth 3000, spent 2000 for buying a television set, and kept 5000 in his bank as fixed deposit. His assets are stock 3000 plus television set 2000 and bank balance of 5000. His capital also stands at 10000. Assets are equal to Capital. He consumed the grocery by the end of the month. Now his position can be summarized as television set 2000 plus bank balance of 5000 totaling 7000. Assets are now 7000/= and capital now stands at 7000/= as he has consumed 3000/= out of his capital on his self-consumption.

The other one bought liquor worth 5000 spent 2000 on gambling and food items 3000. His position can be summarized as liquor 5000 plus food items 3000 totaling assets to be 8000. He has reduced his capital by 2000 by the way of losing money in gambling.

Now by the end of the month the city in which they lived underwent recession. Money depreciated by 50% or price rise was 50%. His position was television set 2000 plus bank balance now worth 2500 totaling his assets to be 4500.

The other one had empty bottles of liquor after consumption which he exchanged for cash worth 7500/=. His position now stands at cash in hand 7500. His assets now stands at 7500 besides spending 5000 on liquor and 2000 on gambling game.

- see you soon in the next6 edition.

**-KAMAL ARORA**

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# HEAL THY WORLD!



## INDIAN DIASPORA GLOBAL ACHIEVERS WFY AWARDS, DUBAI

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](mailto: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, Winners will be notified around January 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. March, 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, Dubai;
- 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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#### 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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