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Christianity In Our Land.

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IN THIS ISSUE

EDITORIAL
KEEP THE DOOR OPEN!
-Melwyn Williams

5

COVERSTORY
**KAMALA HARRIS: THE INSPIRING
FACE OF THE INDIAN DIASPORA**
-Melwyn Williams

7

WORLD POLITICS
**ERADICATING CORRUPTION IN INDIA
NOW: THE MOST GIGANTIC
CHALLENGE EVER.**
-Dr. Tara shajan

19

HEALTH
**OBSESSIVE-COMPULSIVE DISORDERS:
FUNDAMENTALS YOU NEED TO KNOW.**
-Dr. Shilpi Pandey

21

ACADEMICS
**INFORMATIVE WORLD OF
DEVELOPMENT COMMUNICATION
LEARNING: REFLECTIONS OF A
LEARNER-MENTOR.**
-Prof. Ujjwal K Chowdhury

25

**SIMPLE WAYS TO LEARN
ACCOUNTANCY.**
- Kamal Aroral

28

ART & CULTURE
**THE ONE WHO LOVES
LOVE.**

-Sindhu Gatha

51

REMINISCENCE
-Brij K T

53

**THE PAST AND THE
PRESENT.**
-Brij K T

54

**A DAY WHEN WAR
ENDS.**
-Rema Pisharody

55

**GUESS WHO AM I?
AUTOBIOGRAPHY OF
A TREE.**
-Sarmistha Dey

56

**MY TREASURED
QUEEN.**
-Sarmistha Dey

57

**COWS AT MY
GRANDPARENTS'
HOME: A NOSTALGIA.**
-Sandhya Naren

58

IN THIS ISSUE

SPIRITUALITY

CHRISTIANITY IN OUR LAND.

31 -Sumit Basu

SPORTS

OUTSTANDING AND SPECTACULAR FIFA QATAR WORLD CUP 2022: A SUMMARY.

41 -Saji Chacko

LIFESTYLE

THIS IS THE GREATEST DILEMMA OF GEN X PARENTS NOW.

44 -Debjit Dey

TRAVEL & LEISURE

ANURADHAPURA: A SERENE SLICE OF SRI LANKA'S HISTORY.

45 -Purnima Sharma

A JOURNEY THROUGH A MAGNIFICENT HISTORY.

47 -Krishna D

"AT HOME," AN EVENING ONE WOULD NEVER MISS: THE OUTSTANDING CELEBRATION OF THE NAVY DAY.

49 -Kulmohan Kaur

FEATURED

35 From The Kitchens Of India- **Roasted Sesame Laddoos**

-Sudha Mukhopadhyay

38 **Famous Indians Who Passed Away In 2022: Full List.**

63 **IDGA WFY Awards, DUBAI**

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KEEP THE DOOR OPEN!

Another year has just gone by, and the New Year is here. **The New Year always brings with it a fresh breeze of hope and determination to succeed.** In the New Year, we tend to make the most of everything we experienced and learned the previous year. Health-wise, Corona is still out there somewhere. A looming war is a huge threat, as is the inevitable economic crisis. The one vital issue to which we are very indifferent is climate change and its effect on our planet. God save the planet and let some sense prevail among its inhabitants. This New Year all other issues like hunger, the food crisis, etc. are still there like in previous years.

This is the beginning of the year 2023, and we have initiated our campaign titled **"Keep The Door Open,"** seeking 'Dual Citizenship' for the Indian Diaspora spread across the globe in India. We will be taking up the matter with the Indian lawmakers, diplomats, eminent personalities, social workers, media, and press, making them aware of why dual citizenship could be granted and garnering their support for the campaign. In this regard, the **Indian Diaspora Global** will reach

out to members of the Indian Diaspora worldwide. Kindly join us in initiating a successful campaign. Most of the countries worldwide are allowing dual citizenship these days as people have spread their wings internationally and set up bases in many countries.

The migrants from India, especially from the states of Punjab, Haryana, Bihar, and southern states, have a huge impact in this regard. Those who leave India in search of employment end up naturalising themselves in the countries where they reside and work. The India in them will never cease to exist, but unfortunately, as India does not allow dual citizenship, they have to give up their Indian citizenship in case they become citizens of another country.

Back home, these people have elderly parents, relatives, and ancestral lands. This has been a huge area of concern for the new immigrants. Also, we should try to reach out to people of Indian origin whose parents or great-grandparents were from India and connect them to their roots.

Connecting Dots... Connecting Roots...

Let us not close the doors when our children leave for work or in search of a better life. Instead, let us keep it open for them to come back anytime.

At times we are a Gujarati, Punjabi, Bengali, Tamilian, Malayali, etc. community, but at our core we are Indians, and that's our inherent identity. The world needs us today. Our values and culture will help the world heal better. We Indians have always believed that giving is more important than taking.

The Indian Diaspora is spread across the length and breadth of the world. We are working around the globe to build a close-knit, unified, and synchronised group of Indian-origin individuals with a strong presence anywhere and everywhere.

Join us (<https://indiandiaspora.world/index.php/join-us>/<https://indiandiaspora.world/index.php/join-us/>) in making it a truly close-knit community by becoming a part of The Indian Diaspora Global (<https://indiandiaspora.world/>).

I wish you all a Happy New Year and a prosperous, peaceful, and healthy year ahead.

-MELWYN WILLIAMS
Editor-in-Chief
The WFY Magazine

Best Wishes To Indian Diaspora For Their Good Work and Future Endeavours



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1

ANNIVERSARY

Global Indian Diaspora Magazine

KAMALA HARRIS: THE INSPIRING FACE OF THE INDIAN DIASPORA

COVERSTORY

Kamala Devi Harris is the 49th Vice President of the United States, serving in President Joe Biden's Democratic administration. She is the first female Vice President, the highest-ranking female official in American history, as well as the first Indian American and African American Vice President.



Kamala Harris: The Inspiring Face Of The Indian Diaspora

By Melwyn Williams

Kamala Devi Harris is the 49th Vice President of the United States, serving in President Joe Biden's Democratic administration. She is the first female Vice President, the highest-ranking female official in American history, as well as the first Indian American and African American Vice President. She previously served in the United States Senate (2017-21) and as California Attorney General (2011-17).

In 2020, Kamala Harris ran for the Democratic presidential nomination. Joe Biden secured the nomination by selecting Harris as his running mate.

The whole idea of the "American Dream" has attained a new milestone. The significant political events in recent US history have seen individuals from the migrant population naturalised in the US playing a vital role in US politics through the likes of Barack Obama, Kamala Harris, etc. We have seen this emerging trend in almost all parts of the world, most recently with Rishi Sunak becoming the Prime Minister of the UK.



Official Portrait of the Vice President of the United States of America

Indian Origin American women like Kalpana Chawla, Sunita Williams, and Kamala Harris are poster girls, or rather role models, for many in India. The Indian Diaspora is shining vibrantly in almost all parts of the world. They are the new game changers, from politics to technology to business to academics to science. You name it, and they are there.

Let's look into the life of Kamal Harris, who has risen to a height that no one of Indian origin has attained so far. She truly is a lotus with many virtues and the true daughter of Indian culture and aptitude. Indians are very proud of her and her achievements.

Kamala Harris was born on October 20, 1964, in Oakland, California, to parents who immigrated from India and Jamaica. Donald J. Harris, her father, is Jamaican, and Shyamala Gopalan, her mother, is Indian. Her Jamaican father was a Stanford University professor, and her mother, the daughter of an Indian diplomat, was a cancer researcher. Her mother, Shyamala Gopalan, was a breast cancer researcher and pioneer in her own right. Harris was born the same year she earned her PhD.

Kamala and her younger sister moved from California to Montreal with their mother, Shyamala Gopalan, after Gopalan accepted a teaching position at McGill University; Harris attended middle and high school in Montreal as a result.

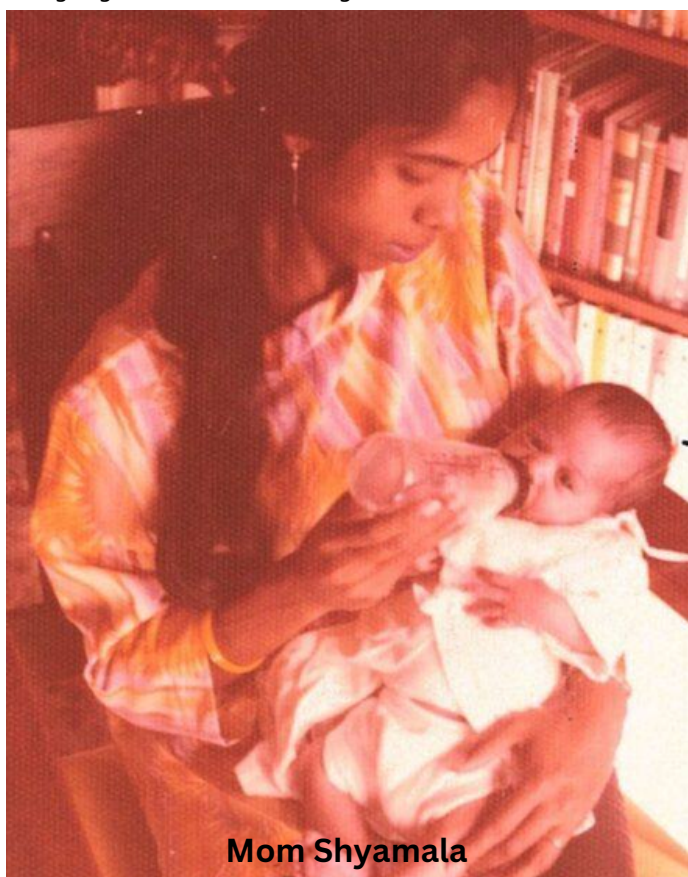
Maya, her younger sister, went on to become a public policy advocate. Kamala earned a law degree from Hastings College in 1989 after studying political science and economics at Howard University (B.A., 1986).



Berkeley_childhood_home

Kamala Harris was raised by activist parents, who instilled in her a strong sense of justice. They took her to civil rights rallies and introduced her to role models such as Supreme Court Justice Thurgood Marshall and civil rights leader Constance Baker Motley, whose work inspired her to become a prosecutor.

Kamala is an Afro-Indian American Baptist who attends the Third Baptist Church of San Francisco, an American Baptist Churches USA congregation. She belongs to The Links.



Mom Shyamala

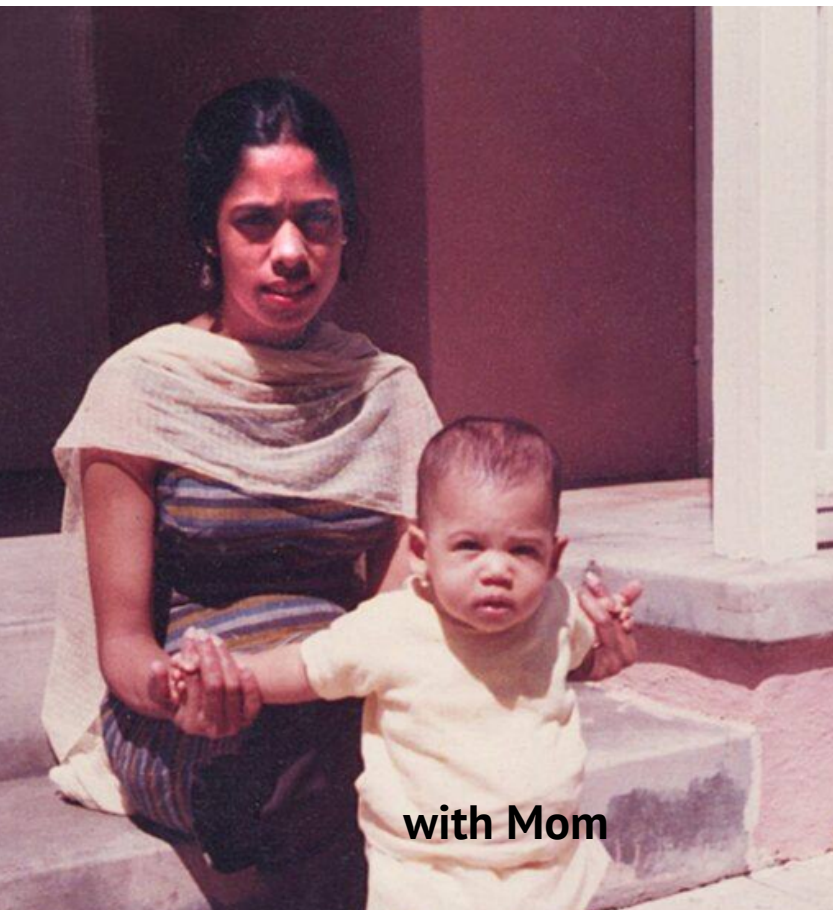


With Grandparents, mother and sister



With Sister Maya





with Mom

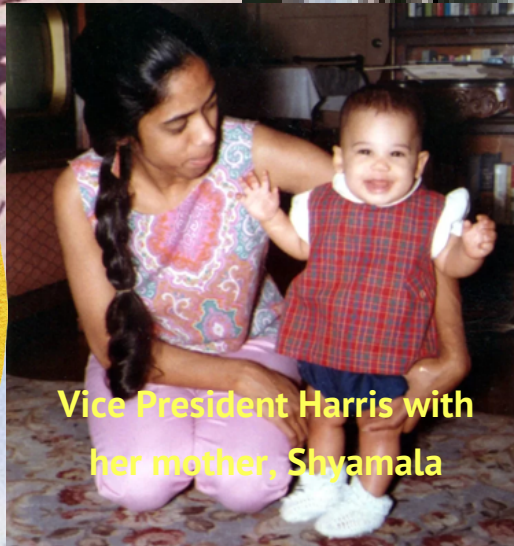


With Dad

“

“My mother would look at me and she'd say, 'Kamala, you may be the first to do many things, but make sure you are not the last.'”

KAMALA HARRIS,
JANUARY 28, 2019



Vice President Harris with
her mother, Shyamala



Parents marched in the Civil Rights Movement of the 1960s

She married Douglas Emhoff in 2014. Ella and Cole, their children, are part of a large blended family. Kamala met her husband, attorney Doug Emhoff, on a blind date set up by a mutual friend in 2013. Emhoff was an entertainment lawyer who rose to become the managing partner of Venable LLP's Los Angeles office.

On August 22, 2014, Kamala and Doug were married in Santa Barbara, California. Emhoff's two children from his previous



with mom and sister

Phenomenal Women Action Campaign and a former Uber head of strategy and leadership.

for wearing a distinctive collar when issuing a dissent in court, Harris explained in her 2019 biography *The Truths We Hold* that she began doing so after receiving a pearl necklace as a gift from her mother's mentor.

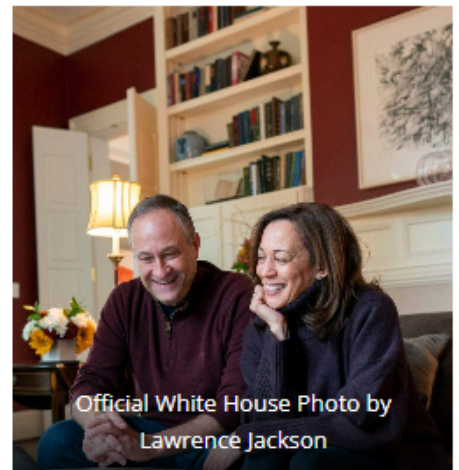
Kamala Harris joined the Alameda County District Attorney's Office in 1990. She later worked as a deputy district attorney in Oakland from 1990 to 1998, earning a reputation for toughness as she prosecuted



With Douglas Emhoff, Ella Emhoff & Cole Emhoff



Harris and her husband, Second Gentleman Doug Emhoff, in the Vice President's office in 2021.



Official White House Photo by Lawrence Jackson

marriage to film producer Kerstin Emhoff, Cole and Ella, are raised by Kamala.

Maya, Kamala's sister, is a lawyer and MSNBC political analyst; Tony West, her brother-in-law, is Uber's general counsel and a former US Department of Justice senior official. Meena, her niece, is the founder of the

Kamala Harris is well-known for her distinctive pearl necklace style. Although speculation arose during the 2020 presidential campaign that she began wearing them as a tribute to her Howard University sorority, or even to Supreme Court Associate Justice Ruth Bader Ginsburg, who is known

gang violence, drug trafficking, and sexual abuse cases, particularly child sexual assault cases. She later worked as a managing attorney in the San Francisco District Attorney's Office and as the chief of the City Attorney's Office's Division on Children and Families.



With Maya and niece Meena



first day of school at Howard University



first-grade teacher, Mrs. Wilson



Parents



Harris announces the arrest of 101 gang members in Los Banos, California.



Thousand Oaks Elementary School

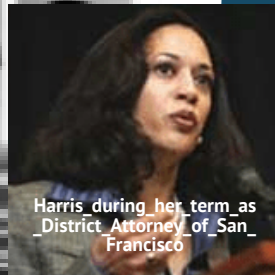


“

Her facebook post says; (pic)

The morning after our first date, Doug emailed me a list of his available dates for the next couple of months. He said, “I want to see if we can make this work.” We’ve been making it work ever since. Dougie, happy birthday. I could not imagine anyone else I’d rather be with on this journey.

”



Harris during her term as District Attorney of San Francisco



12|WFY MAGAZINE JANUARY '23

Mother, Uncle Balu, and Kamala's Chinni Chitti at the Montreal airport for the 76 Olympics



Harris in 2004 with California congresswoman Nancy Pelosi

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She was elected District Attorney of San Francisco in 2003. In that capacity, Kamala Harris established a groundbreaking programme that allows first-time drug offenders to earn a high school diploma and find work. The United States Department of Justice designated the programme as a national model of law enforcement innovation.

Kamala Harris was elected as California's first female and Indian American attorney general in 2010. Her Republican opponent, Steve Cooley, declared victory on election night, only to concede three weeks later after all ballots were counted, revealing that Harris had won by less than 1%.

She was in charge of the largest state justice department in the country. She established the state's first Bureau of Children's Justice and implemented several ground breaking reforms to ensure greater transparency and accountability in the criminal justice system.

She demonstrated political independence by refusing, for example, pressure from President Barack Obama's administration to settle a nationwide lawsuit against mortgage lenders for unfair practises. Instead, she pressed California's case and won a five-fold increase in the initial offer in 2012. Her refusal to defend Proposition 8 (2008), which prohibited same-sex marriage in the state, contributed to its repeal in 2013. Smart on Crime (2009; co-written with Joan O'C. Hamilton) was regarded as a model for addressing the issue of criminal recidivism.

As Attorney General, Kamala Harris obtained a \$20 billion settlement for Californians whose homes were foreclosed on, as well as a \$1.1 billion settlement for students and veterans who were exploited by a for-profit education company. She fought in court to defend the Affordable Care Act, enforced environmental laws, and was a national leader in the marriage equality movement.



Harris at SF Pride Parade 2019

Kamala gave a memorable speech at the Democratic National Convention in 2012, raising her national profile. She married attorney Douglas Emhoff two years later. She was recruited to run for the U.S. Senate seat held by Barbara Boxer, who was retiring. She was widely regarded as a rising star within the party. Harris declared her candidature in early 2015, and while campaigning, she advocated for immigration and criminal-justice reforms, increases in the minimum wage, and protection of women's reproductive rights. She easily won the presidential election in 2016.



From left to right LAPD chief Charlie Beck, Harris, and civil rights lawyer Constance L. Rice celebrate the 50th anniversary of the signing of the Civil Rights Act of 1964.

Kamala Harris was sworn into the United States Senate in 2017. Harris became the Senate's first Indian American and only the second black woman. In her first speech, she advocated for immigrants and refugees. As a member of the Senate Homeland Security and Governmental Affairs

Committee, she fought for better protections for DREAMers and advocated for increased oversight of detention facilities with substandard conditions.



Harris was sworn into the Senate by the Vice President Biden on January 3, 2017



Harris's official Senate portrait

Among other things, she began serving on the Select Committee on Intelligence and the Judiciary Committee. She worked with members of both parties on the Senate Select Committee on Intelligence to keep Americans safe from foreign threats and drafted bipartisan legislation to help secure American elections. She had travelled to Iraq, Jordan, and Afghanistan to meet with service members and assess the situation. She also served as a member of the Senate Judiciary Committee. She attended hearings for two Supreme Court nominees during her time on the committee. As a member of the Senate Committee on Environment and Public Works, Kamala Harris championed legislation to combat hunger, provide rent relief, improve maternal health

COVERSTORY

care, and address the climate crisis. In 2018, her bipartisan anti-lynching bill was passed by the Senate. Her legislation to preserve historically black colleges and universities, as well as her efforts to inject much-needed capital into low-income communities during the COVID-19 pandemic, were both signed into law.

Her prosecutorial style of questioning witnesses during hearings drew criticism—and occasional interruptions—from Republican senators. She drew special attention to her questions to U.S. Attorney General Jeff Sessions, who was testifying before the intelligence committee about alleged Russian interference in the 2016 presidential election; she had previously called for his resignation. ***The Truths We Hold: An American Journey***, Harris's memoir, was released in January 2019.

Shortly after, Harris declared her candidature for the Democratic presidential nomination in 2020. She was regarded as one of the front-runners from the start, and she drew particular attention when, during a primary debate, she clashed with fellow candidate Joe Biden over his opposition to school busing in the 1970s and 1980s, among other race-related issues. Although Harris's popularity grew initially, her campaign was in serious trouble by September 2019, and she dropped out of the race in December. She maintained a high profile, most notably as a leading advocate for social-justice reform following the May 2020 death of George Floyd, an African American in police custody.

Her efforts silenced some critics of her tenure as attorney general, who claimed she failed to investigate allegations of police misconduct, including questionable shootings. Others, on the other hand, thought her embrace of reform was a political ploy to capitalise on social change's growing public popularity. As racial injustice

became a major issue in the United States, many Democrats urged Joe Biden, the party's presumptive nominee, to pick an African American woman as his running mate, a demographic seen as critical to his election chances.



Harris meets foreclosure victims in 2011

Biden chose Harris in August, making her the first black woman to appear on a major party's national ticket. She was elected Vice President of the United States for the first time in November.



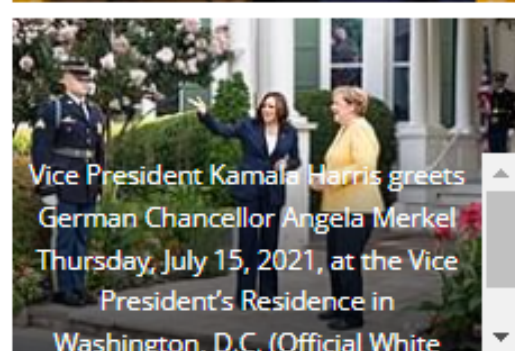
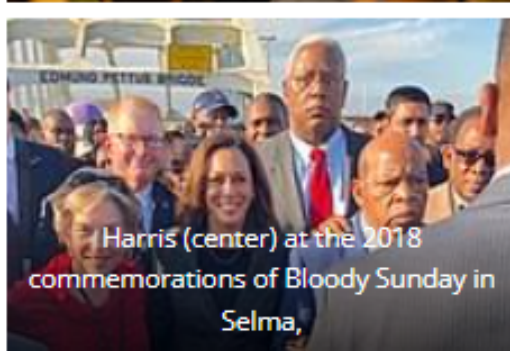
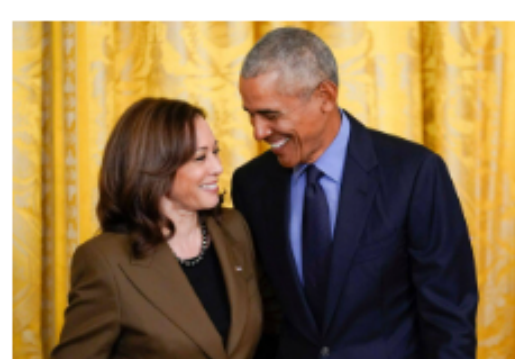
Kamala Harris accepted President Joe Biden's invitation to become his running mate and help unite the country on August 11, 2020. She is the first woman, first black American, and first South Asian American to be elected Vice President, as she has been to other positions. She, on the other hand, is determined not to be the last.

In the weeks that followed, Trump and other Republicans challenged the election results,

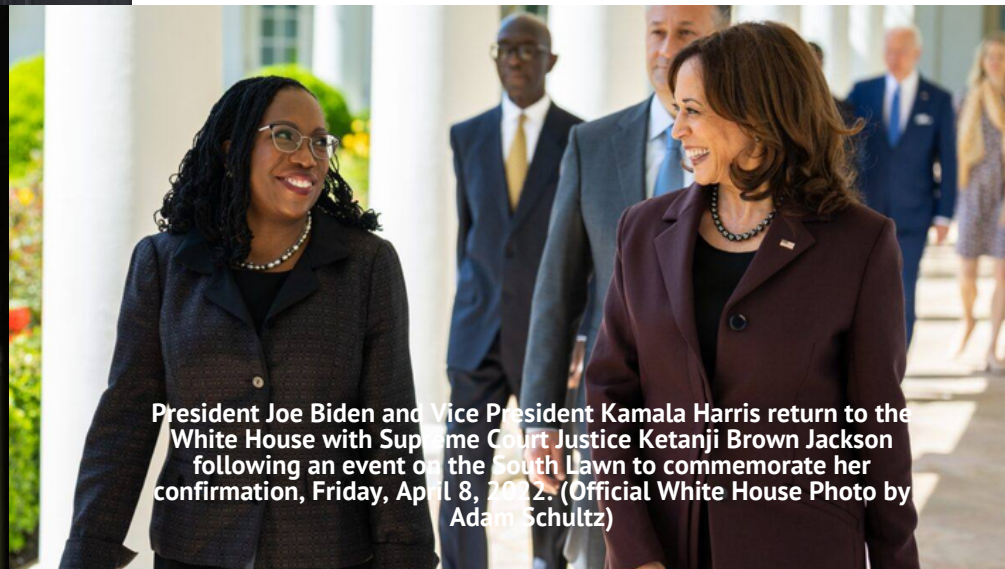
claiming voter fraud. Despite the fact that a number of lawsuits were filed, no evidence to support the allegations was provided, and the vast majority of the cases were dismissed. During this time, Harris and Biden began the process of transitioning to a new administration, announcing an agenda and hiring staff. All states had certified the election results by early December, and the process then moved to Congress for final approval. Against the backdrop of Trump's repeated calls for Republicans to overturn the election, a group of congressional members, led by Senators Josh Hawley (Missouri) and Ted Cruz (Texas), announced that they would challenge the electors of various states.

A mob of Trump supporters stormed the Capitol shortly after the proceedings began on

January 6, 2021. Although it took several hours to secure the building, Biden and Harris were eventually declared the winners. She later called the siege, which many blamed on Trump, a "assault on America's democracy." She formally resigned from the Senate on January 18. Harris was sworn in as Vice President two days later, amid a massive security presence.



“ On January 20, 2021, Kamala Harris was sworn in as Vice President of the United States in President Joe Biden’s Democratic administration. ”



COVERSTORY

On January 20, 2021, Kamala Harris was sworn in as Vice President of the United States in President Joe Biden's Democratic administration. As Vice President, Kamala Harris collaborated with President Joe Biden to get America vaccinated, rebuild its economy, reduce child poverty, and pass an infrastructure bill that could lift up underserved communities.

She has led the administration's efforts to build broad coalitions to defend voting rights, expand workers' rights to organise and bargain collectively, and advocate for women's rights, including supporting women in our workforce, addressing the maternal health crisis, and defending reproductive rights. She has also been instrumental in engaging world leaders and strengthening the country's alliances and partnerships. In everything she does, she keeps the citizens of the country and their collective future in mind.

Few Facts about Kamala Harris

Also Known As **Kamala Devi Harris**

Born: October 20, 1964 (age 58) Oakland, California.

Most Prominent Title / Office:

- Vice President of the United States of America (2021-), United States
- United States Senate (2017-2021), United States

Political Affiliation: Democratic Party

Family Members:

- Daughter of Donald Harris
- Daughter of Shyamala Gopalan
- Married to Douglas Emhoff (2014-present)
- Stepmother of Ella Emhoff
- Stepmother of Cole Emhoff
- Sister of Maya Harris

Education:

- Westmount High School (Westmount, Quebec, Canada)
- Howard University (B.A., 1986), where she studied political science and economics.
- University of California Hastings College of the Law (J.D., 1989), where she graduated with a law degree.

Published Works:

- "The Truths We Hold: An American Journey" (2019)
- "Superheroes Are Everywhere" (2019)
- "Smart on Crime" (2009; with Joan O'C. Hamilton)

Awards and Honours:

- In 2005, the National Black Prosecutors Association awarded Harris the Thurgood Marshall Award.
- That year, she was included in a Newsweek report profiling "20 of America's Most Powerful Women".

References:
<https://www.whitehouse.gov/administration/vice-president-harris/>
<https://joebiden.com/>
<https://www.facebook.com/joebiden>
https://en.wikipedia.org/wiki/Kamala_Harris
<https://www.britannica.com/biography/Kamala-Harris>
<https://linksinc.org/members/>
<https://www.britannica.com/facts/Kamala-Harris>

Also the images and information used are credited to the websites above mentioned as well as Kamala Harris's social medias.



Harris at Howard University in 2017

- A 2008 New York Times article published later that year also identified her as a woman with potential to become president of the United States, highlighting her reputation as a "tough fighter".
- In 2013, 2020, and 2021, Time included Harris on the Time 100, Time's annual list of the 100 most influential people in the world.
- In 2016, the 20/20 Bipartisan Justice Center awarded Harris the Bipartisan Justice Award along with Senator Tim Scott.
- Biden and Harris were jointly named Time Person of the Year for 2020.
- Harris was selected for the inaugural 2021 Forbes 50 Over 50; made up of entrepreneurs, leaders, scientists and creators who are over the age of 50.

Honorary degrees

- University of Southern California – Doctor of Laws (LL.D.)
- Howard University – Doctor of Humane Letters (DHL)

Published Works:

- Harris has written two non-fiction books and one children's book.
- Harris, Kamala; O'C Hamilton, Joan (2009). Smart on Crime: A Career Prosecutor's Plan to Make Us Safer. San Francisco, CA: Chronicle Books. ISBN 978-0-8118-6528-9.
- Harris, Kamala (2019). Superheroes Are Everywhere. London: Penguin Young Readers Group. ISBN 978-1-984837-49-3.
- Harris, Kamala (2019). The Truths We Hold: An American Journey. London: Penguin. ISBN 978-1-984886-22-4.

She is truly a role model for many in India. May there be many Kamalas from India blooming in numerous nations across the globe.

-MELWYN WILLIAMS



Kamala D Harris THE VICE PRESIDENT

Kamala Devi Harris is the 49th Vice President of the United States, serving in President Joe Biden's Democratic administration. She is the first female Vice President, the highest-ranking female official in American history, as well as the first Indian American and African American Vice President.



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Eradicating Corruption In India Now: The Most Gigantic Challenge Ever

By **Dr Tara shajan**



Although India is a democratic country, it struggles daily to fight corruption on a political, economic, and socioeconomic basis at national and local levels. In the broadest sense, corruption refers to unethical or dishonest behaviour and is primarily experienced in public office for personal benefits at the expense of the public. One of the leading causes of corruption in India is the lack of transparency in the law on corruption. According to the Bhatnagar (2019) report, the anti-corruption authority, such as Lokpal, was supposed to stop corruption in India, but the official ended up squandering public funds without accountability. Hence, people have stopped filing their complaints about corruption due to a lack of trust. Another factor leading to increased corruption is the monopoly of government-controlled institutions over public goods and services. For the increasing population to access these products, they must offer a bribe to officials for things to be done. The government's tax and licencing systems seem to be

quite confusing to people, which adds to the complications of some misusing them to their advantage. The intermediaries in the licencing system cause the people to pay extra money, such as taxes, due to complicated laws that keep adding unnecessary fees that go to the officials only.

Eradicating corruption in India requires more than the laws established as anti-corruption policies. These policies are implemented, but they rarely work for people in powerful positions since they have the power to influence the judiciary. Siddiqui (2019) indicates that one of the ways to fight corruption is to identify the root cause of the corruption practice, whether it be government public fund embezzlements, acquiring black money, offering bribes, or using unlawful means to establish their enterprises. These people should be severely punished. In addition, the media and the government should collaborate and work together to organise sting operations to help expose corrupt individuals or enterprises in various industries. Thus, these sting operations will expose the corrupt parties



and act as deterrents for others with similar behaviors. Another way is to restructure and revise anti-corruption laws, such as reinforcing the Right to Service Act, which aims to eliminate government official corruption and emphasises openness and accountability practises (Katyal 2022). The Money Laundering Transaction Act, Income Tax Act, and Indian Anti-Corruption Act should have strict rules and an agency to follow up established to ensure that those who fail to observe these laws receive legal punishment. Hence, it will help people understand the danger of corruption and the threat it poses to the development and progress of a society.

Finally, each Indian may play a part in

exposing corrupt organisations and individuals. According to Katyal (2022), every citizen should accept the obligation to follow the proper procedure when obtaining their desires, such as employment or public services, to refuse to pay bribes, and to report the incident to the authorities. In most cases, people tend to pay bribes to evade the consequences of their actions, such as traffic violations. If the people agree to take responsibility legally, corruption can be eliminated. The public should have programmes to educate others on the importance of refusing bribery or favours to ensure that corrupt people fear being exposed.

-DR TARA SHAJAN
RN MSN MBA PHDH PMH-BC

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Obsessive-Compulsive Disorders: Fundamentals You Need To Know.



By Dr. Shilpi Pandey

Obsessive-compulsive disorder (OCD) is a chronic mental disorder in which a person experiences repeated, uncontrollable, unwanted thoughts, ideas, or sensations (obsessions) and/or behaviours (compulsions) that drive them to do something over and over.

The spectrum of symptoms may vary from patient to patient. Some only have symptoms of obsessions or compulsions. While some people experience symptoms of both obsessions and compulsions.

In general, there is lots of physical and emotional discomfort due to OCD. It causes disturbance in day-to-day life. They may have difficulty concentrating or focusing at college, the office, or elsewhere.

People with OCD typically spend several hours a day fulfilling their obsessions, leaving less time for their families and friends. So generally, they have poor family and social lives. It can also ruin relationships. We have all acknowledged some obsessions and compulsions in our daily lives at various times, for example, most of us check our gas or locks twice before leaving the house, and we constantly check our phones for new messages or emails. Also, many people like their work to be done perfectly, while others place special emphasis on maintaining proper cleanliness and hygiene everywhere. But this doesn't mean they have OCD. **Symptoms of OCD are excessive, i.e., far beyond the norm.**

General Guidelines for OCD Diagnosis:

There's no definite diagnostic test for OCD. A clinician can make the diagnosis only after evaluating the complete set of symptoms.

Most clinicians follow the criteria given in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR). The various points given in this manual are very helpful for health professionals to diagnose and classify psychiatric and mental disorders. With few exceptions, the definitions and criteria given in this manual are widely practised by most psychiatrists.

According to DSM-5, the main criteria for OCD are as follows:

1. The presence of obsessions, compulsions, or both
2. The obsessions or compulsions are time-consuming (e.g., take more than 1 hour per day) or cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
3. The obsessive-compulsive symptoms are not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., a head injury).

The disturbance is not better explained by the symptoms of another mental disorder (e.g., excessive worries, as in generalized anxiety disorder; pre-

HEALTH & WELLNESS

occupation with appearance, as in body dysmorphic disorder; difficulty discarding or parting with possessions, as in hoarding disorder; etc.).

OBSESSIONS:

Obsessions are insistently repetitive, involuntary, unwanted thoughts, urges, or mental images that cause distressful, unpleasant emotions like anxiety, fear, or disgust. The most common symptoms are:

- Fear of germs, disease, and dirt
- Fear of contamination fear of coming into contact with perceived contaminated substances or things, such as:
 1. Body Fluids (e.g., urine, feces)
 2. Germs/diseases (e.g., herpes, HIV, COVID-19);
 3. Environmental contaminants (e.g., asbestos, radiation);
 4. Household chemicals (e.g., cleaners, solvents, battery acid)
- Disturbing, unwanted, or unacceptable sexual thoughts or mental images
- Excessive religious and moral consciousness: fear of offending God (blasphemy), curses, sin, etc.
- Fear of losing control and doing something inappropriate, aggressive, or violent that causes harm to oneself or others.
- Fear of losing loved ones (that something bad will happen to their loved ones).
- There is a strong desire for everything to be perfectly symmetrical.
- Extreme concern about losing items that might be needed one day, as well as an excessive emotional attachment to objects
- Excessive concern about having a physical illness or disease (not from contamination, e.g., cancer)
- Fear of being responsible for something terrible happening (e.g., fire, burglary, car accident)
- Excessive worry about one's sexual orientation
- Excessive concern with one's gender identity

COMPULSIONS:

Compulsions are repetitive, unwanted, and distressing behaviours that create an uncontrollable urge in a person to perform certain acts in response to an obsession.

With the intent to get rid of their obsessive thoughts and anxiety, people with OCD are compelled to do some acts repetitively. Even if they realise that this is not a permanent solution, they continue to perform those unnecessary works/deeds. They have a strong feeling that if they don't do these things, then their anxiety will definitely increase and even get worse. These compulsive behaviours provide only temporary relief. Very soon the obsessive thoughts are back again, activating the compulsive behaviours. This cycle continues, leading to continuous anxiety.

Examples of compulsions:

- Extreme or immoderate hand washing, bathing, brushing teeth, or toileting
- Recurrent cleaning of household objects (floors, tiles, dishes, etc.)

- Giving undue emphasis to keeping things in order with proper symmetry and making appropriate arrangements again and again in a specific manner
- Repeatedly inspecting items such as locks, doors, electrical appliance switches, and so on.
- Compulsive counting or repeating certain phrases
- Always in need of acceptance, compassion, and reassurance.
- Continue touching something a certain number of times.
- Continuously reminding yourself that you haven't harmed anyone.
- Repeated counting or saying specific words or prayers while performing other tasks
- Eating food in a specific order
- Refusing to shake hands or touch objects that other people touch a lot, like doorknobs.
- Performing a task a predetermined number of times, such as turning on a light switch seven times every day.
- Continue to monitor the body for disease symptoms and check body parts for abnormalities on a regular basis.
- Frequently repeating certain body movements (for example, tapping, touching, blinking)
- Collecting or hoarding objects that have no personal or financial value or buying the same thing several times.
- Continually checking your actions to make sure you have not hurt, mistreated, or injured anyone.

To relieve their anxiety and distress caused by obsessive thoughts, OCD patients are compelled to repeat these actions a particular number of times or until things appear right for them.

OCD patients also tend to avoid certain people, places, or circumstances that cause them anxiety and distress, resulting in obsession and compulsion symptoms. Their social and personal lives suffer as a result of these avoidances. Their ability to function normally is impaired, leading to poor physical and mental health status.

Primary OCD risk factors

1. Family History/Genetic: The real cause of OCD is not exactly known, but it is said that a history of this disorder in the family may be the reason. If there is a family history of a close family member having this disorder, you have a higher chance of getting this condition.
2. Mental trauma is the history of a potentially life-threatening condition or other stressful event, such as the unexpected death of a loved one. Childhood abuse is one such example.
3. Stress ... Personal and professional relationships that are stressful can increase the likelihood of developing OCDs or worsen existing symptoms.
4. Personality Some personality traits have been linked to an increased risk of developing OCDs. For example, neuroticism, over-perfectionism, and indecision
5. Other mental disorders are said to be associated with OCDs, such as anxiety disorders, depression, drug abuse, tic disorders, etc.
6. Traumatic Brain Injury... OCD can develop after a traumatic brain injury or when its symptoms get aggravated.
7. Pediatric Autoimmune Neuropsychiatric Disorders associated with Streptococcal Infection (PANDAS). In some children, OCD develops after this infection.

Treatments and Therapies:

Treatment of obsessive-compulsive disorder (OCD) is possible, but it will depend on how much impact OCD has had on a person's life.

OCD can be treated with medication, psychotherapy, or a combination of the two. The majority of patients with OCD respond to treatment; however, some patients do not. The following are some of the most common OCD treatments and therapies:

1. Medication, mostly antidepressants called selective serotonin reuptake inhibitors (SSRIs), is prescribed. This medicine improves symptoms of OCD by increasing the level of serotonin in the brain, which is a neurotransmitter responsible for boosting mood, regulating appetite, digestion, sleep, and many other bodily functions. According to most of the experts, serotonin in the brain helps to reduce symptoms of anxiety and depression, creates proper emotional balance, and contributes to an overall sense of well-being.

2. Cognitive Behavioral Therapy (CBT). This therapy is said to be the most powerful modality for the treatment of OCD. CBT includes a range of therapy techniques that are considered highly beneficial for treating OCD. Other related therapies (e.g., habit reversal training) can be as effective as medication for many individuals. Behavioral therapies are found to be effective in managing OCD symptoms.

3. Exposure and Response Prevention (ERP). This is a type of cognitive behavioural therapy (CBT). In this therapy, during treatment sessions, patients are gradually exposed to the anxiety-provoking situations or concerns that are the root cause of their obsessions and compulsions. The goal of ERP is to train patients so that they can effectively manage the distress and suffering caused by their obsessions without involving themselves in compulsive behaviours. With time, the patient learns to respond differently to these triggering situations, leading to a decrease in the frequency of compulsions and the severity of obsessions.

4. Mindfulness-based cognitive therapy (MBCT): MBCT is a modified form of psychotherapy that includes a combination of cognitive behavioural therapy (CBT), meditation practices, and mindfulness techniques. This therapy definitely aids in coping with the suffering and distress caused by obsessive thoughts in a variety of ways. Mindfulness is focusing your awareness on the present moment while noticing what's happening inside your body and mind (sensations, feelings, and thoughts) and in your surroundings, without being overwhelmed or judgmental.

Other Interventions:

Most therapists recommend a combination of ERP and medication as the "first line" treatment for OCD. OCD is a chronic mental illness, and most of the studies show that **only 60 to 65% of patients with OCD respond to conventional treatment modalities**, which are a combination of psychotherapy and medication.

Some additional treatment options are also available

for OCD patients who are resistant to standard treatment modalities. However, these are less commonly used, and many of these procedures are still under research. There are many studies indicating that they could be significantly helpful in reducing the symptoms of OCD patients. Some of these options include;

- **Electroconvulsive therapy (ECT),**
- **Deep Brain Stimulation (DBS)**
- **Repetitive transcranial magnetic stimulation (rTMS)**
- **New OCD medications are being tested.**

SELF CARE:

Along with medical treatment, self-care is also important. It includes

- Getting proper sleep
- Doing regular exercise can reduce overall stress and anxiety levels, thus helping to reduce the severity of OCD symptoms.
- Eating a healthy and balanced diet
- Practicing relaxation techniques, such as meditation, yoga, massage, etc., which can be beneficial in reducing stress and anxiety,
- Spending time with loved ones can help with overall mental health.
- It's always useful to join an in-person or online support group, created for OCD patients.

With professional guidance, patients can learn new strategies to manage their symptoms and reduce or even eliminate the impact of this illness on their lives.

Although there are currently a number of effective medical and psychological treatments for obsessive-compulsive disorder (OCD), these treatments don't work for everyone. Much research is ongoing to discover new and more effective treatment modalities for OCD or to improve the efficiency of existing methods of treatment.

With adequate treatment, proper self-care, and the proper support of family and friends, the patient may have an increased quality of life and improved social functioning.

-Dr. SHILPI PANDEY



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Informative World Of Development Communication Learning: Reflections Of A Learner-Mentor.



By
**Prof. Ujjwal
K Chowdhury**

The Dilemma, the Debate & the Dare

Media mediates social change: a very popular adage of our times. However, commercial interests driven media initiatives have often fallen short of the social responsibility and development impact they are supposed to bring in. Modern polemics have given birth to development communication as an extension of social responsibility mandate of media.

Society, especially in the developing world, as in South Asia, is plagued with several problems like poverty, unemployment, environmental degradation, loss of arable land, malnutrition, diseases, inequality, high population growth and ethnic conflict, negation of human rights, among others.

While we learn and mentor development communication, the dilemma in mainstream media as to how much of it to be covered, the debate on what makes good development communication, and the dare to represent development communication creatively and convincingly and seamlessly across multiple media platforms: all remain the key challenges to be learnt well before practicing.

What & Why of Development Communication

Development communication grew in response to these societal problems and one of its underlying assumptions in it is that these problems may be

traced to root causes and these root causes may in turn be remedied by information and communication.

Development communication refers to the use of communication to facilitate social development. Development communication engages stake-holders and policy makers, establishes conducive environments, assesses risks and opportunities and promotes information exchanges to bring about positive social change via sustainable development.

Development communication techniques include information dissemination and education, behaviour change, social marketing, social mobilization, media advocacy, communication for social change and community participation in development process.

Development communication has been labeled the "Fifth Theory of the Press," with "social transformation and development," and "the fulfilment of basic needs" as its primary purposes. The philosophy of development communication is anchored on three main ideas, namely: purposive, value-laden and pragmatic.

Three Models of Devcom: Basic Learning:

Diffusion Model of Development Communication

The diffusion model assumes that a proper combination of mass-mediated and interpersonal communication strategies can move individuals from

poor to not-poor via a process starting with awareness (of a new technology or practice) through interest, evaluation, trial and finally to adoption of the technology or practice that is assumed to lead to improved livelihoods.

The Diffusion model defines communication as information transfer – vertically. Here, development communication refers to information dissemination via mass media. Critics of the diffusion model were unsettled by its pro-innovation, pro-persuasion and top-down nature that is, its strong emphasis on adoption and lack of emphasis on recipient input into the development decisions and processes. The solution lies in information transfer: Knowledge to Attitudes to Practice, i.e. outcome oriented behaviour change.

When government imposes a family planning policy or birth control dictum, it will go through a top-down diffusion. When a health app is made compulsory to subscribe to by a government, it will have to go through a diffusion via all possible media at its disposal.

Behaviour Change Model of Development Communication:

Media exposure leads to increased knowledge and attitude change. For example, farmers basically utilize mass media for entertainment, relaxation, to escape from problems and to enliven their houses, so the use of a new herbicide can be promoted, for example, through television or radio. Some of the various media that can be used in social marketing and education entertainment to bring in behaviour change, are: Electronic media, i.e., television and radio broadcasts wherein the programmes may comprise of interviews with experts, officials and farmers, folk songs and information about weather, market rates, availability of improved seeds and implements, etc. There can be Radio forums: Live broadcasts or programming for the developing community on the intervention concerned. This can take many forms, for example, the form of a studio panel discussing a relevant topic, where communities can phone or write in, where possible.

It is important, however, to understand that development communication using various media is possible only with the active involvement of the following:

- Development agencies like departments of agriculture.
- Voluntary organizations
- Concerned citizens
- Non-governmental organizations (NGOs) These groups help the government in implementing development programmes. The focus here for the government or a higher authority is to effect the desired behaviour change of the target audience through various agencies, like moving on a new COVID protocol of masking and washing hands, or delaying birth of a child after the first one, on bringing in a cleanliness regime, etc. The UN bodies also aim towards behaviour change communication through government and non-government agencies.

Participatory Model of Development Communication

Late in the 1970s, there was a shift to the participatory approach, which is based on a systems framework with an emphasis on horizontal communication through which the poor/disadvantaged are directly involved in the communication process. They not only adopt but are part of the creation of the new technology/knowledge/communication messages. The participatory approach is made effective by a number of factors. Among these factors are: creating a participatory communication environment that not only gives room for the expression of diverse ideas on societal developmental concerns, but also facilitates grassroots-level interaction; strengthening the flow of public information and opportunities of public dialogue on development policies and programmes; and producing and disseminating information content that reflects as well as responds to the local values and information needs of the people at the grassroots level. The participatory approach uses culturally appropriate communication approaches and content; uses community communication-access points, especially community radio, while harnessing the strengths of traditional media (drama, dance, songs, story-telling, etc.) and combining them with new information and communication technologies. For example, there can be a powerful participatory communication that can combat child marriage, early child birth, child abuse, etc.

Mentoring-learning of Devcom will need to clearly understand these three types, their characteristics, their examples, and the ways and means to do these with the government, an organization or the civil society. Loads of case-studies must be explored of all of these to actually comprehend the way they work and what impact they bring in.

Communication Competency

Considering the transactional nature of communication, competency should be viewed in terms of relationships with others. People who work well in a group are often more competent in achieving communication goals than those who do not. They understand communication effectiveness. Communication competence is measured by results. Thus, “someone who knows what changes in communication behaviour need to be made, want to make these changes, but never does, can hardly be deemed a competent development communicator”. They have a sense of appropriateness. A competent communicator must have a sense of context. In other words, avoid “violating social or interpersonal norms, rules or expectations”. Communication competency in case of development will integrate knowledge of the sector and media, communication skills, social sensitivity and values to put people and planet at the centre of the discourse.

There are many barriers to communication that affects communication competency. We must be able to identify them and deal with them. These barriers are present everywhere. As students of development communication, we must be conscious of these barriers that come in the form of environmental factors, semantic noise, channel noise, or socio-psychological factors. These barriers must not be seen as insurmountable problems, rather, as challenges that can be overcome.

Social Mobilization:

Must-learn Development Communication Goal & Outcome

Social mobilization is the process of bringing together all feasible and practical inter-sectoral social allies to raise people's demand for a particular development program, to assist in the delivery of resources and services and to strengthen community participation for sustainability and self-reliance. In other words, it is the act of rallying together as many social sectors— government leaders, civil society, and business sector— to own and support a certain development program.

Social mobilization has six elements: advocacy; information, education, and communication or IEC; community organizing; capacity development; networking and alliance building; and monitoring and evaluation. Advocacy is the organization of information into arguments used to persuade or convince a specific group of people to take necessary action on a specific goal. It involves pleading, defending, recommending, and supporting a policy. Advocacy targets include national and local leaders, policy-makers, and decision-makers. Information, education, and communication strategies and tactics are employed in social mobilization to generate a knowledgeable and supportive environment for decision-making. This includes the allocation of adequate resources to inform and engage various stakeholders through multiple communication channels. The aim of IEC is to change knowledge, attitudes, opinions, and values. Community organizing involves building the community's capability for problem solving decision-making and collective action. Community organizing serves as catalyst for the neighbourhood to initiate action.

This approach believes that improvements in services can be achieved if people participate in their delivery. Harnessing the community's potential, particularly in sustaining itself is capacity development. This includes training to improve people's knowledge, attitudes, values, and skills. This element in the social mobilization process develops competencies in dealing with their networks, resource sharing, problem solving, and collective action. Through networking and alliance building, one can bring together those who have similar interests and programs. These include what the Asian Institute of Management refers to as the four pillars of governance: local government units

(LGUs); nongovernment organizations (NGOs); business sector; and civil society (schools, media, religious, and socio-civic organizations).

Devcom mentoring-learning must have social mobilization strategies and techniques learnt and practiced in specific contexts.

Conclusions:

The Devcom learning-mentoring today needs the following:

1. Historical knowledge of the evolution of Devcom across the decades since the second world war
2. Types of Devcom (specially the three critical ones) with case-studies of each (successful and failed ones)
3. Understanding the values and barriers of Devcom, and how to enhance personal communication competency along with skills of social mobilization
4. Understanding media convergence and how to seamlessly utilize all types of media platforms and forms of communication functions to get the desired impact
5. Transformational leadership and committed team-work skills
6. Actually, creating a multimedia communication campaign on a given brief of purpose
7. Finally, the experience of actually implementing a development communication strategy and plan in a real-life context.

-Prof. UJJWAL K CHOWDHURY

KEEP IT SIMPLE

Learn Accountancy



Simple Ways To Learn Accountancy.

By Kamal Arora

A father had two sons and a daughter. He had a restaurant. The restaurant was running well. He was living a comfortable, if not wealthy, life with his family. He enrolled his sons in average schools. The elder one was intelligent and was doing well in his studies, and the younger one was below average. He could pass the exams with difficulty. Both of his sons grew with the passage of time. His daughter also grew. However, she studied at a convent school.

It was now time for his sons and daughters to marry. He called his elder son, who was bright in school and well-paid, and asked for financial assistance in marrying the daughter first. The father calculated the wedding costs for his daughter and came up with a figure of 12 lacs.

He asked his elder son for 6 lacs as his share of the 12 lacs. He stated that the remaining 6 lacs would be contributed by himself and his younger son, who was working with him.

Whatever a father had was his capital. This could be called "Father's Capital." Any account that is in the name of a living or dead person is called a "personal account." Similarly, the elder son also contributed out of his capital. It was Son's capital account. It too is a personal account.

The rule for personal accounts is "debit the recipient and credit the giver." The son gave his contribution to his father and passed the entry in his books of accounts as

- FATHER A/C ----DEBITED
- BANK A/C-----CREDITED

Father passed the following entry into his books of accounts:

- BANK A/C ----DEBITED
- SON'S A/C-----CREDITED.

Now, the father has hired a caterer and has paid 3 lacs for catering services. He passed the following entries:

- CATERER A/C ----DEBITED
- BANK A/C-----CREDITED

The caterer made the following entry in his books of accounts:

- BANK A/C ----DEBITED
- FATHER'S ACCOUNT--CREDITED

The father then spent another three lacs on a banquet hall. He made the following entry in his books of accounts:

- BANQUET HALL OWNER'S A/C ----DEBITED
- FATHER'S A/C-----CREDITED

Now we are familiar with personal accounts. They can be summarised as

- FATHER'S A/C
- SON'S A/C
- CATERER'S A/C
- BANQUET HALL OWNER'S A/C

Just to repeat, the rule for personal accounts is to “debit the receiver and credit the giver” in the books of respective parties.

Now if you have seen bank account has been debited and credited. What is the nature of this account? This is a real account. For the sake of simplicity, all assets are real-natured accounts. The following shall make it more clear.

- FURNITURE
- BUILDING
- CASH
- FIXED DEPOSITS
- CASH AT BANK
- TOOLS
- IMPLEMENTS
- FIXTURE
- FITTING
- CAR
- DEBTORS

and so on.

The rule for a real account is “debit what comes in and credit what goes out.”

Now, analyse the first entry: when the father received money from his son. There were two accounts in his books of account, namely

- SON'S A/C ----- PERSONAL
- BANK A/C-----REAL

In his books of accounts, son is the giver, so he needs to be credited.

In the bank account, funds have come in, so it got debited. Hence the entry in his books of account would be:

- BANK A/C-----DEBITED
- SON'S A/C-----CREDITED

Similarly, when the father paid 3 lacs to the caterer, there are two accounts in the caterer's books of accounts, namely

- FATHER -----Personal in nature
- BANK ----- Real in nature

Father is the giver in his books of accounts, so his account must be credited. Funds are coming into the bank; hence, this account needs to be debited, and the resultant entry in his books of accounts would be;

- BANK ACCOUNT-----DEBITED
- FATHER'S ACCOUNT-----CREDITED.

Now, we come to the last type of account.

Father has already spent three lacs on catering and three lacs on the banquet hall. Payments towards these can be taken as expenses towards

- FOOD
- RENT

Both of these are expenses for the father. Both of these are sources of income for the caterer and banquet hall owner. Remember, all the accounts related to income and expenditure are termed “nominal accounts.” The rule for nominal accounts is “debit all the losses and expenses and credit all the incomes and gains.”

From the father's perspective, the amount spent on food is an expense, as is the rent paid for the banquet hall. Father's books contain three accounts, namely:

- FOOD ----- NOMINAL IN NATURE
- RENT ----- NOMINAL IN NATURE
- BANK ----- REAL IN NATURE

Expenses will be debited. Funds have gone out, so this account needs to be credited. Therefore, the resultant entry would be

- FOOD A/C-----DEBITED
- RENT A/C-----DEBITED
- BANK A/C-----CREDITED.

Hopefully, you have understood the types of accounts we have.

- PERSONAL
- REAL
- NOMINAL

We shall continue to learn how to make entries in the books of accounts without any problem.

- KAMAL ARORA



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


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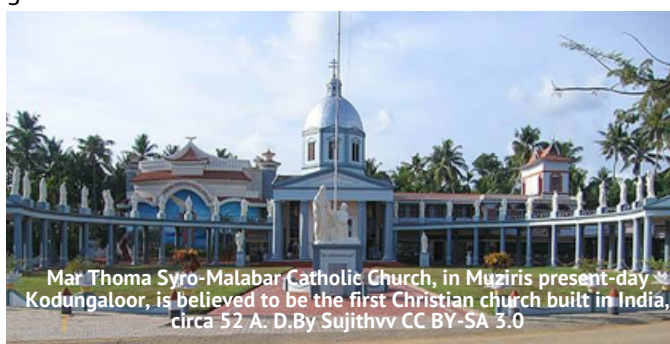


Christianity In Our Land.

By Sumit Basu



Dear Reader. We have no more than a passing glimpse in to the formative years of an angry young man who, fortified by divinity, proceeded by the end of his short life to shake the foundations of the human community of which he was such a brief part and forge the course of the next two thousand years in a manner never recorded and hitherto never contemplated. With a view to satisfying the curiosity of a questioning world understandably impatient for detail surrounding this phenomenon, those who have held the pen for humankind have shaped a narrative now accepted as gospel truth by academic curriculum and belief that is sparing at best in the details that it affords. But crucial to this narrative is that Jesus lived with his parents Mary and Joseph and siblings Jacob, Joseph, Simon and Jude in the town of Nazareth in Palestine. His father Joseph was a carpenter, and Jesus learnt the trade and supported the family along with his brothers through a profession handed down from generation to generation and from father to son.



Mar Thoma Syro-Malabar Catholic Church, in Muziris present-day Kodungaloor, is believed to be the first Christian church built in India, circa 52 A. D. By Sujithvv CC BY-SA 3.0

Why is there such an astonishing lacuna in what we know about his adolescence and the significant years spent as a mature man? What was the essence, the

trajectory, of a life before embarking on a ministry so momentous and without parallel? We can only presume to extrapolate from the routine of our own daily existence. Did he suffer the recriminations of a fretful mother who raised the question of his betrothal more often than she would otherwise have felt compelled to? Imagine her in a house full of boisterous and unruly boys, snapped at by each the moment she broached the topic of marriage? Or was he conscientious and considerate, always lending a hand and “doing the dishes”, as it were, and generally being a great help to a harassed parent faced with the daily struggle to control the slender budget? Then again, was he remote and volatile, suffused with God’s grace at birth and unable to comprehend what set him so far apart from his peers and society? Was he the proverbial black sheep of the family, a laggard in his work and therefore braving also the template litany of complaints from the paterfamilias, starry-eyed and lost in the solitude that nature and the wilderness provide to exercise his prodigious intelligence and contemplate the greatness of God? Did he immerse himself in the scripture and writings of the unfamiliar Hebrew tongue, so different from the Aramaic dialect spoken by his family and neighbours but nevertheless mastered in the shortest of times? What prepared him for the ministry of a mere three years, another example of a fact engraved in stone by history and belief, that would transform permanently and beyond recognition the scripture and belief and thought and philosophy of human civilisation?



St. Mary's Thiruvithamcode Arappally of Malankara Orthodox Syrian Church in Tamil Nadu is believed to have been founded by St. Thomas the Apostle.

What was so appealing about this strapping individual whose innate serenity gave no forewarning to the sudden and violent fury that overtook him? One need only recall another story when, appalled at the condition of the Temple on the Mount, the holiest of holy sites besieged by every shade of petty peddler and swindler, he fashioned a “whip of cords” and proceeded to singlehandedly clear with a swinging arm the sacred steps of the profanity that mammon had cast. One can but imagine the beating suffered by the unfortunates at the hand of a man made powerful by God’s breath and possessed of a wrist tempered and toughened by years of physical labour wielding hammer and awl alongside his earthly father.



Malabar_Christians_of_Ancient_Days

Was Jesus also possessed of an eclectic bent of mind which, in turn, set his feet on a voyage of enquiry, a journey which led him to walk to India and sample the philosophy of an ancient culture so that he may better understand his own, to better prepare him for what he was ordained? Was he bitten by a wanderlust that remained unrecorded for reasons best known to the cautious editors of the Good News? Tantalising stories circulate. Alas, the evidence of epigraphy and archaeology does not bear out this tale. But how wonderful were it to be true.

You wish for tangible evidence, you say? And what better way to seek confirmation than to place your disbelieving fingertips into the holes wrought in the hands of the Master by the nails that so cruelly pinned him to that favourite of Roman devices, the cross, flanked by murderers to suffer an ignominious and agonising death? Master, I did need to see with my own eyes that you are indeed born again! Yes, Dear Reader, for this was none other than Saint Thomas, he of the doubting mind who wanted for nothing other than to witness for himself the resurrection of his Lord. There may have been a momentary faltering in his dogged and unwavering faith, but surely all is forgiven in the wake of his phenomenal contribution in spreading the Word.



Nasrani_cross_Saint Thomas Christian cross from the 9th century Kadamattom Church

Fired by missionary zeal, and possessed of great wanderlust, Thomas eventually landed in AD 52 at Kodungalloor in what is today the modern state of Kerala. For the next twenty years, he preached the teachings of the man from Galilee till an untimely spear thrown by a perpetrator whose details remain unrecorded by history put an end to the life of arguably the most peripatetic of the Chosen Twelve. But his prolific legacy included the establishment of seven churches in Kerala alone, preceded by a string of orders such as the Chaldean Catholic Church and the Assyrian Church of the East which stretched deep in to the Middle East from whence he came, milestones in the sacred pilgrimage undertaken from the Fertile Crescent to faraway and mysterious India.

Marth Mariam Syro-Malabar Major Archiepiscopal Church at Arakuzha, Kerala is an ancient Nasrani church established in 999 AD.



those countries of the metaphorical First World, the bloc of countries who nominally adhere to the tenets of Jesus and control the lion's share of capital and the resources of the world. Cannot our countrymen, then, introduce them to the wonders of Indian Christianity manifest in all its uniqueness? Can they not instruct the people of the host nations in the rich diversity represented by the chorus of liturgies raised to the heavens in praise of God in languages thousands of years old? The opportunities to showcase our treasure trove of culture is boundless.

According to the data provided in 2011 by the Census of India, that gargantuan exercise conducted every ten years by our Republic and, surely, akin to the Twelve Tasks of Hercules, the population of Christians in the country was approximately 27.8 million. When the algorithm is applied with its attendant set of premises and variables, the number for 2022 may well have inched up to a round figure of 32 million. A host of theories have been propounded seeking to explain the inability of Christianity to add exponentially to its numbers, considering its spectacular vintage of two thousand years of unbroken faith, and expand its nationwide presence more tangibly. Whatever may be the reasons, the reality is that the teachings of Christ, given flesh and form by the parish churches that dot our vast landscape, are an enduring fixture and feature of our vibrant and diverse Republic. And the relatively tiny number of adherents, when viewed in the backdrop of the ocean of humanity in which we swim, on closer inspection reveal the enormous diversity in the approach taken to the teachings of the Christ far out of proportion to their physical count. Consider for a moment the denominations in existence in India, from the Roman Catholic Church, that first institution so dear to St. Peter, the monolithic Protestant orders for the most part administratively organised and divided between the Church of North India and the Church of South India, the ancient communities of belief clustered around the Mar Thoma Syro-Malabar Catholic Church and other citadels sacred to the Saint Thomas Christians, and appreciate that these are but a sprinkling of examples representative of that force that may have arrived from across the oceans but, after so many centuries, has synthesized a phenomenon that is surely quintessentially Indian.

Dear Reader, our gaze is cast on our countrymen who have journeyed to every nook and corner of this fascinating world in which we live. We must, then, also stop to examine the impact that our Christianity has made in the countries settled by Indians who profess the faith. It is the unfortunate reality that Christianity continues for the most part to be associated with only



St. Thomas Cathedral Basilica, Chennai built over the tomb of Saint Thomas the Apostle By PlaneMad-Own work, CC BY-SA 2.5

San Thome Church is built on the site where St Thomas attained martyrdom. The remains of the Apostle, who was initially buried here, were eventually disinterred and sent for burial to Edessa. The physical presence of the man who introduced the teachings of Christ to India may have been removed forever, but his legacy remains, is sustained and today goes from strength to strength.

Our fellow Indians, overseas and well ensconced in their very different lives, are in a position today as never before to do us the greatest service of propagating our syncretic culture, for it is a culture and heritage without parallel.

-SUMIT BASU

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FROM THE KITCHENS OF INDIA



Roasted Sesame Laddoos (Til ka Laddoo)

Roasted Sesame Laddoos

If it is January, then Shankranti is round the corner. It is that time of the year when Shankranti is celebrated all over India.... and no Shankranti is complete without the Til laddoos.

Til / Sesame laddoo is a healthy, delicious sweet considered to be rich in iron, calcium and magnesium. It is a must-eat dessert during the festival of Shankranti when there is a transmigration of the Sun from one zodiac to another. It is a wonderful winter dessert because Sesame seeds are considered to provide warmth to our bodies.

Shankranti is known differently in different parts of India. It is:

Pongal (Tamilnadu)


Uttarayan (Gujarat)

Lohri (Punjab)

Poush Sankranti (Bengal)

Magh Bihu (Assam), to name a few.

As a child, I was always fascinated by the way my mother would convert the modest sesame seeds into delicious laddoos. During the month of January, when it would be a fairly pleasant weather in Chennai, compared to the rest of the year, I would look forward to feasting on these laddoos on returning home from school. I now make this dessert every Shankranti by simply following my mother's recipe.



These laddoos are made in different ways, with many Indian households having their own recipes. My mother's recipe is as follows:

Ingredients :

- White Sesame seeds 1 cup
- Jaggery powder 1 cup
- Ghee/clarified butter 1 tbsp
- Hot khoya 1 tbsp
- Cardamom powder 1 tspn

Method:

1) Roast the white sesame seeds on medium flame till they release their aroma. Grind to a not-so-fine texture. Transfer the powder to a bowl.

2) To the warm sesame powder, add 1 cup of melted jaggery, 1 tbsp of melted ghee/clarified butter, 1 tbsp of hot khoya and 1 tsp of cardamom powder.

3) Mix all ingredients well. Grease the palms with ghee. Take a small portion of the mixture and give it the shape of a laddoo. Repeat the process with the rest of the mixture.

4) Let the laddoos cool completely. They can be preserved for upto three weeks when stored in an airtight container.

Happy Shankranti

SUDHA MUKHOPADHYAY



Famous Indians Who Passed Away In 2022



FAMOUS INDIANS WHO PASSED AWAY IN 2022



Famous Indians Who Passed Away In 2022: Full List

Many renowned people died in India in the year 2022. Many of these were prominent politicians, while others were involved in Hindi cinema, sports, literature, journalism, science, and other fields. Here is a list of famous Indians who left this world in the year 2022. Death is such a harsh reality that no one has ever escaped, whether they are poor or famous. Death hasn't spared anyone.

- Mr. Kamaal Khan (Senior Journalist and Reporter) – Died of a heart attack on January 14, 2022. (- 61 years old.)
- Mr. Pandit Birju Maharaj (Famous Kathak Dancer) – died of a heart attack on January 17, 2022. (Aged 84 Years)
- Mr. Ramesh Deo (Bollywood Actor) died on February 2, 2022, of a heart attack (Aged 93 Years)
- Ms. Lata Mangeshkar (Famous Playback Singer) – Died on February 6, 2022, as a result of Covid (Aged 92 Years)
- Mr. Praveen Kumar Sobti (Bollywood & Television Actor) – Died on February 8, 2022, as a result of illness (Aged 74 Years)
- Mr. Ravi Tandon (Film Director) – Died on February 11, 2022, as a result of lung disease (Aged 87 Years)
- Mr. Rahul Bajaj (Chairman of the Bajaj Group) – died of cancer on February 12, 2022. (Aged 83 Years)
- Mr. Deep Sidhu (Punjabi film actor) – died in a car accident on February 15, 2022. (Aged 37 Years)
- Mrs. Geetashree Sandhya Mukherjee (Bengali Playback Singer) – Passed away on February 15, 2022, as a result of a cardiac arrest. (91 years old)
- Mr. Bappi Lahiri (Bollywood Film Musician) – Died on February 16, 2022, as a result of a Covid-related problem. (69 years old)
- Mrs. KPAC Lalitha (Malayalam Movie Actress) died on February 23, 2022, as a result of age-related illnesses. (74 years old)
- Mr. Hemananda Biswal (Former Chief Minister of Odisha State) – Died on February 25, 2022, as a result of an old age-related illness. (- 82 years old.)
- Mrs. Maya R. Govind (famous Hindi poet-lyricist-singer) died on April 7, 2002, after battling brain and kidney issues. (- 82 years old.)
- Mr. Shiv Kumar Subramaniam (Bollywood Actor/Writer) died of cancer on April 11, 2022. (62 years old)
- Mr. Vishwa Deenadayalan (Table Tennis Player) – Died in a car accident on April 17, 2022. (18 years old)
- Mr. T Rama Rao (Film Director) – Died on April 20, 2022, as a result of an old age-related problem. (84 years old)
- Mr. Salim Ghouse (Bollywood Actor) died on April 28, 2022, as a result of a cardiac arrest (Aged 70 Years)
- Mr. Tarsame Singh Saini aka Taz (Indian Pop Singer) – Died on April 29, 2022, as a result of illness (Aged 54 Years)
- Mr. Shiv Kumar Sharma (Santoor Musician) died on May 10, 2022, from a heart condition (Aged 84 Years)
- Mr. Pandit Sukh Ram (Former Central Minister of India) – Died of old age on May 11, 2022. (Aged 94 Years)
- Mr. Shubhdeep Singh Sidhu (Indian singer, rapper, actor, and politician associated with Punjabi music and Punjabi cinema.) – Murdered on May 29, 2022. (30 years old.)
- Mr. Krishnakumar Kunnath Alias K.K (Indian playback singer) – Died of a heart attack on May 31, 2022. (53 years old)
- Mr. Pallonji Shapoorji Mistry (Indian Business Tycoon) – Died of old age on June 27, 2022. (Ages 93 Years)
- Mr. Tarun Majumdar (Indian Film Director) – Died of old age on July 4, 2022. (Aged 92 Years)
- Mr. Pratap Pothen (Indian Film actor and Director) – Died of heart attack on July 15, 2022. (Aged 69 Years)
- Mr. Bhupinder Singh (Bollywood Playback Singer) – Died on July 18, 2022, as a result of colon cancer and Covid-related complications (Aged 82 Years)
- Mr. Dipesh Bhan (TV serial actor) – died on July 23, 2022, from a brain haemorrhage. (- 41 years old.)
- Mr. Rasik Dave (TV serial actor) – Died on July 28, 2022, from kidney failure. (- 65 years old.)
- Mrs. Nirmala Sharma (famous Bengali singer) died on July 31, 2022, from a heart attack. (81 years old)
- Mr. Mithilesh Chaturvedi (Bollywood Actor) – Died of a heart attack on August 4, 2022. (- 67 years and 10 months old).
- Mr. Pradeep Patwardhan (Marathi Film Actor) – died of a heart attack on August 9, 2022. (65 years and 7 months old)
- Mr. Rakesh Jhunjhunwala (Founder of Akasa Air) – Died of a heart attack on August 14, 2022. (62 years old)
- Mr. Sawan Kumar Tak (Bollywood Film Director) – Died on August 25, 2022, as a result of an old age-related problem. (86 years old).
- Mr. Abhijit Sen (Indian Economist) – Died on August 29, 2022, from a heart attack (Aged 72 Years)
- Mr. Cyrus Mistry (Indian Business Tycoon) died in a car accident on September 4, 2022. (54 years old)
- Mr. Braj Basi Lal Alias B. B. Lal (Famous Indian writer and archaeologist, Ex-Director General of the Archaeological Survey of India (ASI) from 1968 to 1972) – Died of old age on September 10, 2022. (101 years old)
- Mr. U V Krishnam Raju (Telugu Film Actor) – Died on September 11, 2022, as a result of illness (Aged 82 Years).
- Shankaracharya Swami Swarupanand Sarswati (Indian Hindu Saint) – Died of old age on September 11, 2022. (Aged 99 Years)
- Mr. Raju Srivastav (Film and Television Actor) died on September 21, 2022, as a result of a heart attack (Age 58 Years)
- Mr. Tulsi Tanti (Founder, Chairman, and Managing Director of Suzlon Group) passed away on October 2, 2022. Because of a heart attack. (64 years old)
- Mr. Arun Bali (Bollywood Actor) died on October 7, 2022, as a result of illness (Aged 79 Years, 10 Months)
- Mr. Mulayam Singh Yadav (Ex-CM of Uttar Pradesh) died of illness on October 10, 2022. (83 years old).
- Ms. Vaishali Takkar (Television Actress) – Suicide on October 15, 2022. (30 years old)
- Mr. Esmayeel Shroff (Bollywood Film Director) – Died on October 27, 2023, as a result of an old age-related illness. (86 years old)
- Dr. Jamshed J Irani (Famous Indian Industrialist) died on October 31, 2023, from an old age-related illness. (86 years old)
- Mrs. Ela Bhatt (Famous Social Worker) – Died on November 2, 2023, as a result of an old age-related illness. (89 years old)
- Mr. Siddhaanth Vir Surryavanshi (Television Hindi Serial Actor) died of a heart attack on November 11, 2023. (46 years old).
- Mr. Sunil Shende (Bollywood and Television Actor) died of illness on November 14, 2023. (75 years old)
- Mr. Ghattamaneni Siva Rama Krishna Murthy Alias Krishna (Telugu Film Actor) – Died of a heart attack on November 15, 2022. (80 years old.)
- Mrs. Tabassum Govil (Bollywood and Television Actress) – died of a heart attack on November 18, 2022. (78 years old)
- Ms. Aindrila Sharma (Bengali Actress) died on November 20, 2022, from a brain stroke. (24 years old)
- Mr. Vikram Gokhale (Bollywood Actor) – Died on November 26, 2022, as a result of illness (Aged 77 Years)
- Mr. Vikram Kirloskar (President, Confederation of Indian Industry (CII), Chairman and Managing Director, Kirloskar Systems.) – Died of a heart attack on November 29, 2022. (64 years old)
- Mr. K Muralidharan (Tamil Film Producer) – died of a heart attack on December 1, 2022. (Aged 60 Years)
- Ms. Tunisha Sharma (Hindi TV Serial Actress) – Suicide took her life on December 24, 2022. (Aged 20 Years)

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FIFA WORLD CUP
QATAR 2022

Outstanding And Spectacular FIFA Qatar World Cup 2022: A Summary



By Saji Chacko

It was the Messi-ah moment.

The one Lionel Messi will not forget for the rest of his life as he lifted the elusive World Cup with his teammates after the pulsating final against France in the iconic Lusail stadium, Doha on December 18. For the 35 year-old Argentine, it was the last roll of the dice, as he had announced his retirement before the start of the 45-day extravaganza. With the World Cup triumph, Messi proved that he is one of the greatest stars of all time. He has the unique record of being the only player to win the Olympic Gold medal, World Cup and Copa America—something which a Maradona or Pele don't have in their silverware.

The Argentina-France final proved to be the greatest final in the history of the FIFA World Cup. If the South Americans had Messi, the defending champions France had Kylan Mbappe, one of the greatest midfielders. It could not have been a greater contrast—the maestro, short and diminutive versus the 24-year-old well-built and tall Frenchman. What was even more striking was the fact that the Frenchman seemed to have the uncanny ability to score almost at will.

Argentina dominated for most part of the regulation period and scored goals through Messi and Di Maria. Apart from this, they had completely bottled up France as the latter could not even manage a single shot at

their rival's goal, as compared to Argentina, who had eight shots. With the clock showing the 70th minute, it looked as though Argentina's 36-year wait for the Cup would be nearing an end.



But then things changed dramatically—little wonder why football is called the “beautiful game.” The genius of Kylan Mbappe came to the fore as the Frenchman scored twice in the space of two minutes to shift the momentum back to the French. Both teams came close to scoring again as regulation time ended and extra time got underway.



Once again, Lionel Messi's magic put Argentina ahead, and with five minutes remaining, it appeared the South Americans would take the cup. There was a final twist—and Mbappe scored a penalty to make it 3-3, and once again the 40,000 or so Argentine fans were silenced. In the ensuing penalty shootout, Argentine goalkeeper Emiliano Martinez was the hero as they prevailed 4-2 to become the world champions. As Messi was the cynosure of all eyes, he went to the extent of saying that he had decided to play a few more times for Argentina—such was the impact of the win.



Some would call it poetic justice that while Messi got the Golden Ball award for the best player with seven goals, Mbappe got the Golden Boot award for scoring the most goals (8).

Morocco steals the hearts

Argentina may have the Cup, but it was the Moroccans who stole the show with an incredible performance that saw them become the first Arab country to reach the World Cup semi-finals. Their fairy tale novella continued after they defeated the likes of Belgium (World No. 2), Spain (No. 7), and Portugal (No. 9) on their way to the semis. It was France who stopped their dream run in the semi-finals. In fact, in the group games, the only goal Morocco conceded was a self-goal against Croatia. Their tall goalkeeper, Younes Bounou, rose to become one of the best goalkeepers in the world overnight. Another youngster who equally impressed was midfielder Azzedine Ounahi.

The Moroccans enjoyed the full support of the Qatari and Arab crowd, thus showing that football was a great instrument to unite the various peoples of the world. The vociferous support the Moroccans got was simply something that had to be seen to be believed. In no time, they were being touted as the dark horses to win the tournament. Morocco narrowly missed third place when Croatia edged them 2-1. The Moroccans have ensured their place in the annals of sporting folklore with their inspired performance.



This World Cup witnessed the highest number of goals ever recorded in any edition since its inception in 1936. A total of 172 goals were scored, which happened to be the most ever in a World Cup.

To summarize, it was a historic moment for hosts Qatar, which became the first Arab nation to host a FIFA World Cup, and it did so with some mind-blowing indoor AC technology that will serve as a model for other countries.

-SAJI CHACKO



By Debjit Dey

THIS IS THE GREATEST DILEMMA OF GEN X PARENTS NOW.

The Dilemma of Gen X Parents

For many who might not have clarity on the definition of this generational nomenclature, let me first clarify that **people born between 1965 and 1980 are called "generation X."** Similarly, the kids born in 2010 and later are termed "generation Alpha."

But let's focus on Generation X for now.

As a member of Generation X, I'd like to share some of my thoughts on this generation.

We are the one generation that has probably been instrumental in most metaphoric changes in our personal and social lives by embracing so many technological changes, which have greatly impacted our lives.

The timing and degree of impact may vary from country to country depending on an individual's social and economic status, but it has certainly had an impact.

Consider life in the 1965–1980s, when television, radio, and the internet were scarce and, in many countries and places, unknown. Modes of transport were mostly public; motorised vehicles were a luxury for people at the top strata of society. The food was mostly local and prepared at home by the ladies. Banking was mostly limited to corporations, the government, and some elite businesspeople. Most people do not associate branding with brands.

Call them common people or middle-class people, but the gap between them and the top tier of society in terms of many amenities and opportunities was too great for Gen X to even imagine reaching out to them in their lifetime.

However, with the speed of technological advancement and the cost of technology compared to the economic growth of the so-called middle class or common people, many of these life-enriching facilities became available to them.

Until now, everything has been fine. The dilemma starts for these Gen X people by the time they become parents.

Gen X parents have experienced this growth path and have seen the difficulties and struggles in their own lives; hence, most of them do not wish their kids to go through the same struggle or deprivation. They give their kids almost everything possible within their reach and economic capability. Now, these children, generation Alpha or generation Z (the generation before Alpha), are born with all of these conveniences and eases of life. So, any shortfall in what they get makes them highly violent, boisterous, emotional, etc.

The dilemma of Gen X parents is simply that they are unable to deal with this situation and, at times, blame their children's generation, technology, social norms, schools, and so on. They may eventually clinch on some professional counsellors for their children.

Gen X parents forget some basic rules of life and some basic rules of economics. Abundance of anything reduces its value; scarcity brings value. The more they struggle, kids will learn on their own how to deal with such situations. Life's way of dealing with emotions is rejection. If we, Gen X, look back, how and why we became successful in our lives is because we were exposed to struggle, competition, a less protective environment, less facilitation, and hence learned to deal with situations, became creative, became emotionally stable, etc.

Let every kid have their own struggle and learn from the harsh realities of life. Let Gen X not bother too much with their children. Allow them to develop their own learning curve.

Gen X should let Gen Alpha grow naturally with all the flavours of life, including the negatives, rejections, and struggles.

-DEBJIT DEY

ANURADHAPURA: A SERENE SLICE OF SRI LANKA'S HISTORY



By Purnima Sharma

The majestic ruins of this ancient cradle of Buddhism are a must-visit for all visitors to the island.

Serenity is the buzzword here, with not a trace of the tension and conflict that Sri Lanka had been witness to just a few months ago. "It's all in the past now," reiterates a fellow visitor to Anuradhapura, an ancient city in the Pearl of the Indian Ocean. In fact, as news reports state, Sri Lanka is set to welcome over 1.5 million tourists in the coming year and double this number in 2024. Indeed, it's not difficult to see why.

It's a beautiful, pleasant morning, and the majestic ruins of Anuradhapura—the first capital of the country—look inviting, ready to unfold their secrets to tourists, visitors, and, of course, devotees, most of whom come attired in white-hued outfits.

These imposing edifices, as our guide Marcus Fernando tells us, enjoy the distinct honour of being one of the eight UNESCO World Heritage sites in Sri Lanka. and the *raison d'être* for most tourists visiting it.

History states that Anuradhapura was attacked and most of its monuments destroyed by invaders, and the capital was moved to Polonnaruwa. Other than the beautiful (living) structures that we shall be talking about, there are likely to be many more. "They should be unearthed by and by," says a Buddhist devotee who is here on a visit with his family.

For those wondering how Anuradhapura became the "cradle of Buddhism," the answer is simple: soon after Emperor Ashoka (268–232 BC) converted to Buddhism, he wanted people across the world to experience the joys of this gospel of peace and non-violence.

So, he sent his sons, Arahant (a Buddhist monk) and Mahinda (we know him as Mahendra), to Sri Lanka. As the Sri Lankan chronicles state, Mahinda arrived in Anuradhapura and met the then-King Devanampiya Tissa, who soon converted to Buddhism. So, he sent his sons, Arahant (a Buddhist monk) and Mahinda (we know him as Mahendra), to Sri Lanka. As

the Sri Lankan chronicles state, Mahinda arrived in Anuradhapura and met the then-King Devanampiya Tissa, who soon converted to Buddhism.



PIC credit: Purnima Sharma

Although Buddhism was introduced here in the 3rd century, the ancient site is also believed to have been earlier associated with King Ravana, the anti-hero of the epic Ramayana.



What visitors to Anuradhapura need to keep in mind, as Marcus also warns us in advance, is that it falls in the dry zone. So, they are advised to wear light (preferably

TRAVEL & LEISURE

white-hued) clothing that covers their shoulders and knees, keep their heads covered with a hat or scarf, carry water, and be prepared to walk barefoot over sand and stone surfaces that can become hot, courtesy of the hot sun.

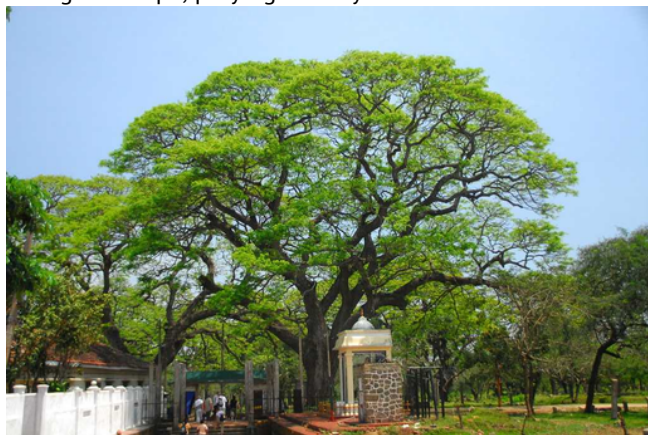
A short walk from the car parking area takes us to the Ruwanwelisaya Stupa, which dates back to the year 140 BC. But we first stop at a streetside stall near the parking area for some tea and “roti,” a traditional snack that is an interesting mix of a patty and a samosa.

As we eat, Marcus talks about the time when the men of Buddhist King Dutugemunu found this site suitable for a massive stupa he wanted to build. But a tall tree that was being protected by a lady called Ratnamali put an end to this idea, as she was completely averse to its being cut. So, the king hit upon a plan. He promised Ratnamali that the stupa, which would be the tallest in the area, would be named after her. And that’s how this beautiful stupa got its name—Ruwanwelisaya.

We take our shoes off and move towards this massive, white-painted edifice that, against a clear blue sky, presents a stunning picture. We light incense sticks before climbing the stone steps that take us toward the stupa that’s believed to house a number of Buddhist relics.

Because entry is not permitted inside, devotees pray from the outside. Besides statues of hundreds of elephants that seem to be supporting the massive dome, there are smaller stupas and a museum-like area housing beautiful statues, including that of a reclining Buddha.

All around the stupa, white prayer flags are tied at designated places, and colourful lotus, lily, and jasmine flowers are placed on tables by devotees. Many of them sit facing the stupa, praying silently.



About half a kilometer’s walk ahead lies one of Sri Lanka’s greatest living marvels—the Maha Bodhi Tree, believed to have been planted here in the 3rd century. Going back more than 2,500 years, it’s supposed to be the oldest tree planted by a human. And its history too dates back to the time when Mahinda came here at the behest of his father to introduce Buddhism to Sri Lanka. Accompanying him was his sister Sanghamitra, who had carried a sapling of the Bodhi Tree, the same tree under which the Buddha had attained enlightenment in Bodh Gaya.

The tree in Anuradhapura remains cordoned off by a gold-coloured barricade and is always under heavy security. The reason for this was that it had been “attacked” by Tamil separatists in 1985. While many devotees were killed, the tree remained unscathed.

Among the thousands of pilgrims who come here are expectant mothers seeking the Buddha’s blessings. After childbirth, they come back again and offer a coconut to the tree. I meet an enthusiastic 13-year-old Shakuni carrying a basket of flowers towards the sacred site.

“Being a Buddhist, I love coming here as this place is so beautiful and gives everyone immense solace,” she smiles as her parents look on.



We also visited the 245-foot-high Abhayagiri dagoba (stupa), or “Fearless Hill,” built in the 1st century BC. This massive structure is believed to have once housed over 500 monks at a time.

Records say that the intrepid Chinese traveller Fa-Hien also visited this monastery and spent about two years there. Besides making copies of Buddhist texts to take back home, he also wrote about his time spent at Abhayagiri.

Here you are likely to find a beautiful idol of the Buddha in samadhi pose, his footprint, a sundial (that has now been shifted to the museum close by), a kitchen, and twin pools where monks used to bathe. This stupa also houses a section called the Lankarama, which was believed to be a nunnery.

A recurring motif found at Abhayagiri and many other Buddhist sites is that of the moonstone. Carved near the entrance of a staircase or religious sites, it is believed to have served as a doormat. But, on a closer look, as Marcus tells us, you see that it is divided into different sections, each having carvings of four different animals—an elephant, a horse, a lion, and a bull—that represent the four stages of human life. The concentric circles of the moonstone also have patterns of flames that represent fire, birds, and floral patterns that represent life force—to help understand the journey to nirvana.

-PURNIMA SHARMA



By Krishna D

A JOURNEY THROUGH A MAGNIFICENT HISTORY.

History has always fascinated mankind over the ages. People even try to recreate history on the screens of television and movies to give people a taste of the bygone era and, of course, for entertainment. People relish these TV shows primarily for their deep interest in the history and cultural heritages of different countries.

There are quite a few such TV shows based on history that have become extremely popular across the globe. One such TV show is "The Magnificent Century" which is a Turkish show based on the life of Sultan Suleiman, the Magnificent, who ruled for 45 years. It has also happened that after watching such TV shows, people were so enamoured and fascinated by the rich history and language that they ventured to visit those places in order to experience the same thing in real life that they did on the screen. One such family landed up in the fascinating city of Istanbul to celebrate the Christmas holidays and welcome the New Year, 2023.



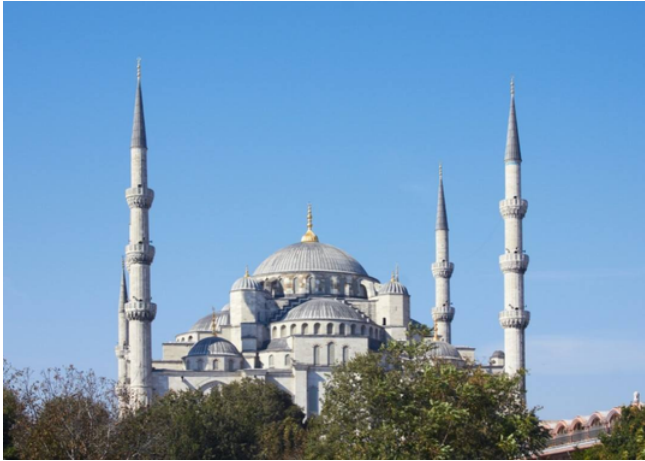
Hagia Sophia

Istanbul is a beautiful city with a blend of fascinating history, remarkable culture, and amazing beauty. It was known as Byzantium during ancient times. The city's name was changed to Constantinople, and later "Istanbul" became the official name of the city upon the foundation of the Republic of Turkey. Sultan Suleiman I, also known as Suleiman the Magnificent in the West and Suleiman the Lawgiver, was the tenth and longest-reigning Sultan of the Ottoman Empire.



Topkapı Palace

His reign was a time of great artistic and architectural achievements. Istanbul offers glorious remnants of its long and illustrious history. The Hagia Sophia Mosque, Topkapı Palace, the Blue Mosque, and the Grand Bazaar are some of the major attractions for tourists who love to explore history. The Hagia Sophia has remained one of Istanbul's most cherished landmarks. The vast complex of the Topkapı Palace dazzles with opulent courtyards lined with intricately painted tilework.



Blue Mosque

The blue mosque is undoubtedly one of the finest achievements of Ottoman architecture. To wander amid the gardens sandwiched between the Blue Mosque and the Hagia Sophia is a great joy for any nature-loving tourist.



The Basilica Cistern is one of Istanbul's most surprising tourist attractions. This is a huge, palace-like underground hall that was once used to store the imperial water supply.



Tourists enjoy buying Turkish souvenirs and handicrafts from the incredible Grand Bazaar. The Galata Tower has been Istanbul's tallest building for centuries. The most breathtaking views in Istanbul are all from the Bosphorus. Istiklal Street is a modern shopping street with a plethora of restaurants and cafés. There is also a tramway that runs along its length right up to Taksim Square at the top of the hill. Sultanahmet is the most convenient place for tourists to stay because it contains all of the city's major historical attractions. The Blue Mosque, Topkapı Palace, and Hagia Sophia are within a five-minute walk, as is the Bosphorus.



Istiklal Street



The Galata Tower

A tram line runs through Sultanahmet, and the other public transport facilities easily connect the district with other tourist attractions. The city has an efficient and convenient system of public transport. The Istanbulkart is Istanbul's public transport smart card, which can be used as a ticket to travel by buses, trams, suburban trains, metro, local ferries, etc. People use the card each time they use the public transportation system. The tickets can be easily bought at various vending machines at bus, railway and metro stations or by authorised sellers.

Indeed, it is an enthralling way to spend the Christmas holidays and to welcome the New Year 2023 by reminiscing about a magnificent history.

-KRISHNA D

“AT HOME,” AN EVENING ONE WOULD NEVER MISS: THE OUTSTANDING CELEBRATION OF THE NAVY DAY



By Kulmohan Kaur

The Navy Day is celebrated in India on December 4 every year to commemorate the start of “Operation Trident” during the 1971 war between India and Pakistan. As we remember and honour the contribution of the Indian Navy in winning the war, various events are held by the Indian Navy on this day and the days preceding it. These include marathons, inter-school quiz competitions, air shows, and tattoo ceremonies, among others.

As you might have seen, I work in a government setting in a middle-level managerial post. An assistant accounts officer, to be precise. In my office, I frequently interact with military personnel from the Army, Navy, and Air Force. It is natural that a connection be established with a few of them while working on the issues. Some become friends for life.

I was invited to the Navy Day “At Home” Function by one such great officer and good friend, Cmde Neeraj Malhotra. He and I met at a conference to discuss the issues and challenges of working in the Indian Navy on a daily basis, as well as the contributions (or roadblocks!) of our office. By God’s grace and my officers’ guidance, the issues were resolved, and during the time we met, we clicked as friends.

I was pleasantly surprised to receive the invitation, honestly speaking. I didn’t really expect to be invited, much less by him. Since the invitation mentioned both I and my husband, and since my husband was free that day, we accepted it gratefully and decided to leave for the venue well in time to reach there.

Whatever I expected was far below, than what I received. The venue is located in a beautiful place that houses the offices and residences of the training institute, INS Hamla. We were checked at the gate and let in after identifying ourselves. The place was well decorated, and we were guided towards the venue by very helpful sailors. When we reached the parking lot, I was awed, to say the least. The mesmerising sea and the gentle breeze that met me when I

got out of the car took my breath away. I wasn’t sure what I should have expected after arriving, but this was clearly not the case.

I reached the venue and was greeted by the officers present. We were late because of traffic (as usual). Don’t judge me, people! And by the time we reached there, the programme had already started. Sir and his gorgeous wife were welcoming everyone individually. The Naval Band was playing. The evening was wonderful.

The programme continued with the songs and the orchestra (by the Naval Band). Those amongst us who have been lucky enough to have attended any military function would agree that the tunes played by the bands there are motivating and filled with energy. The ambiance was no different. We were standing and listening to them, and we forgot the time as the evening progressed. And then it was time for the sunset ceremony. Beating the retreat was an unforgettable experience. As the flag was lowered, it filled the hearts of everyone around with inexplicable emotions. As explained on the Indian Navy website, the Beating Retreat ceremony has its origins in the practise of early warfare, when drums were sounded to order soldiers to disengage from combat and retreat as the daylight faded and return to the camp. After sunset, the troops were ordered to proceed to their individual encampments by Tattoo Ceremony.

After the Beating the Retreat, the high tea was announced by the master of ceremonies. Since I was feeling hungry (and since I knew the experience was going to be great, lol!), we didn’t hesitate to go toward the area where tea was to be served. Surprise of surprises, there were so many items to eat that I stood there wondering where I should start (the foodie in me was quarrelling with the “want to lose weight”

me all the while—well, you know, the foodie wins almost always).

I started with the delicious paani puri and sev puri before devouring both chicken and vegetarian croissants. The delicacies they had put together were: tomato muffins, mini idli tikkas, momos, watermelon juice, cold coffee... I'm sure there are some I've forgotten. I ate one piece of everything and then another of some...

Sorry, I forgot... I met some colleagues there too. Again, don't judge me, but who wants to look at people when you have mouth-watering desserts in front of you? But I did try to look at people while eating and drinking too.

Jokes aside, there was such good food on the table that it was impossible to eat just one. After we were done, we met the officers of INS Hamla. We talked about some official matters too. I took some pictures with the host and hostess of the day. Mrs. Malhotra shared some insights about the life of the family of a Naval Officer, which I think fit with all of the families in the military, whether Army, Navy, or Air Force. The officers of the forces protect us, and they and their families sometimes stay alone for extended periods of time. The fear of losing a loved one is greater in the Navy, even during peacetime. But kudos to the family members for encouraging them to do their duty and always standing beside them in all the conditions and situations they face.

The evening ended with the tattoo ceremony. Here, very talented sailors and officers played the drums, and the beats were accompanied by rhythmic dance steps performed by the drummers. Since it was dark all around, the glowing neon drumsticks gave a surreal effect to the whole experience. And sooner than we wanted it to, the evening came to an end. This experience was one that I would not have had were it not for my being in the department, which is very close to the services, especially the Navy. I am very grateful to Cmde Malhotra and his beautiful wife for inviting us to this function. We will remember this experience fondly for a long time.

-KULMOHAN KAUR





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The One Who Loves Love.

A Poem by Sindhu Gatha

By love, your
smell has to be wrapped around me
Wake up in the flavour of kissing and sleeping

In the snow rain,
Cloud was draped as saree,
The star used as Bindhi,
Hair was braided and decorated with star flowers,
Sun as Mangal Sutra

The rhythm of the heartbeat and
the breath of breaths
The tone is filled with music.

A sparrow which does not spread its wings
The silence is in the lust of the eyes
Trapped and struggling for words

If you're nearby,
trees bloom unknowingly
Through the vein of the soft touch
The sea of milk
overflowing with love

Night rain descended in you
body sprouted in the kisses
Love wounds turned into sweet swells
Only remain within.

Went down through your eyes to the depths of the mind
By the fiery love string that goes
My heart is drawn to you.

Smoke of an unquenchable fire of love
something pierced inside the brain
It's burning like a flame

In the silver ovens of the dream sky
Sowing new bells of love

Love seed on the street of love
The mind has no boundaries
Exploding in the inner cores

Reflections of love,
love that comes to you
When you hug yourself close to your chest

The moment of the breaking of the beak in the eye
You and I have to be ourselves.

Love which far from the paths of lust
Love that begins and ends in love

She's coming.....

-SINDHU GATHA

REMINISCENCE

A Poem by Brijji K T



As I drift vagrant along with...time,
The luminent fire flies of memories surrounds me,
The memories of a star studded Christmas night!
The reminiscence tickle me to a high, and...
The memories giggle in the recurrence of the past.
I sat closing all the doors but one,
The one to a shore, very private
That's my kingdom and I am the princess!

I strike my Falcon feather on the magical stone,
Behold...there appeared my prince.
The night was young and the celestial marvel was intoxicating...
But the fairy warned us about the twelfth hour!
It all fell in deaf ears as we were in love!
Alas alas!!

We were cursed to part for ever!!
Find the true love and the curse will be reversed...
I set out with my shoes on...and staff in hand
Like in a fairy tale... but under the wrong signboard...
Traders were sitting behind their goods,
Goods of all negatives disguised!
I walked past all those traders of life...
My shoes are torn, staff broken... still
Limping in search of my true love!

-BRIJI KT



A Poem by
Brij K T

THE PAST AND THE PRESENT: 2023

Resolutions are made... not to follow,
Reservation cannot be made lest tomorrow is not yours,
Rear view is the past... and
Reciprocal will be the present.

I know what I have given you,
I do not know what you have received,
I am not bound to win, but
I am bound to do my best!

Are you afraid to say who you are?
Are you fashioned and designed the way you want to be?
Are you bold enough to say who you really are?
Are you the horse or the charioteer?

The New Year is a new beginning,
The rein must be in your hand,
The mind must be under control, and
The focus must be your goal!

Tame the mad horse of your thoughts,
Treat your wounds with virtues for inner peace,
Try the magic of vanishing act of the past,
Trust in your confidence above all.

For think not... about the year passed,
Forward you look, what the New Year brings!

- BRIJ K T



A Day When War Ends.

A Poem by Rema Pisharody

All wars find a place,
A place to end;
In broken hearts
In lost dreams
In peace memorials!
Until then the language
Of speech is strange!
Reflection in mirror holds
A placard of pride,
Pride that of nations
Built on concrete and glass
Darned on powder particles
Heavens come down to warn,
None listens
Endless its tenor
Cannons speak ahead of pacts
Artilleries conspire in caves of
conceits
Rhythm of earth shatters
Life never be the same
In frontlines...

From frontiers to the end point
Starved and coned in tents
Lovers drift, infants die
Souls silently depart...
Yes, all wars end in carnage
Massacres and hopelessly
On last salutes...

Beware of wars,
Wars are monsters
Hide beneath a clear crystal sky
With invisible wings
to steal your peace..
Beware...

-REMA PISHARODY



Guess Who Am I? Autobiography of a tree

A Poem by Sarmistha Dey

In the cycle of day and night,
With the laughter and tears of the sky
As the earth ages,
I grow up
absorbing its heat,
Touching the cold water
expanding my branches.

I feel the pain of the bites of poisonous ants
And the pecking of the woodpecker.

Self-sacrificing cold winter
Forces me shade all my leaves
Just Like we forget our past memories

With the arrival of spring,
I build a family again –
With many friendless birds' nests
And with the noises
Of human ancestors.

Exchanging heat with ardour
Exchange of life for life
Can sense the vibrations as if the threads of the sitar were plucked
When drenched in heavy rain
I ignore everything-
burning wound
broken arms, thirsty body.

-SARMISTHA DEY



My Treasured Queen

A Poem by Sarmistha Dey



She was not accepted at home
But she was my treasure
The colour that distanced her from the people she loved,
That colour was my favourite.

The charcoal colour
God's best creation is my favourite colour.
When her kajal-encrusted eyes gazed at me with a longing gaze,
I thought the most beautiful princess in the world stood before me,
And I am her prince charming.

It was very nice to dream
So the distance of dreams was never measured,
But one day I measured the distance correctly
The day I saw the world playing with colours,
I understood that day
People deceive themselves by the lure of colour.

All relatives and friends raised questions
But could not convince anyone,
The beauty of stars without darkness is useless.
It never rains unless there are dark clouds in the sky.
I couldn't convince anyone.
When people fail to cover their tears in the light of day
The darkness of the night covers the tears in silence.
That day I failed to explain all
That very day she quietly moved away.
I wanted to get lost somewhere with her.
She wanted respect.

I still dream about her
her smile,
And for no reason she used to keep talking,
That Rings in my ears again and again.
That look in her eyes,
And her innocent touches,
Are the companion of my loneliness
I was not lucky enough to be her king
But to me she is still my queen

-SARMISTHA DEY



COWS AT MY GRANDPARENTS' HOME: A NOSTALGIA

By Sandhya Naren

Every New Year brings hope, but it also brings a few nostalgic moments. Many good things that happened to us that we cannot relive remain as nostalgic memories—so many things from our childhood.

Cows grazing in the fields can be seen on a long train ride or road trip for those who live in cities. One such sight took me back to my childhood, which I have described here.

I was that lucky child whose both maternal and paternal grandparents' homes were in the same town where we lived, on the same road, at Mattancherry. I had to pass through both houses to go to school.

In my growing-up years, at my maternal grandparents' home, there were 2 cows. One is brown, while the other is black. Let's call them Ambily and Ammini, respectively.

My grandmother was from a village in the Alleppey District of Kerala and was very fond of cows. She brought in these cows from there.

She was caring for the cows very diligently. I used to go to the cowshed, which was behind the large house, and enjoy watching her bathe, feed, etc. The milkman was appointed to milk the cows, who used to come early in the morning. If he got delayed, cows used to moo.

My grandmother and mother also knew how to milk the cows. It's not as easy a task as it looks. It requires a special skill. The milkman used to hold the big vessel

in between his thighs and, with both hands, could milk very quickly.

The smell of raw, fresh milk is still there in my mind. My grandmother used to narrate her own memories of rearing cows in her childhood. (70-75 years from now). There in her village, every household had acres of land, which they used to rear cows. It was part of life. It was a whole ecosystem.

All household food waste with Kanjivellam/kadivellam (thick rice soup and water used to wash rice) used to be given with banana peels to the cows. There was grassland where cows used to graze. In turn, cows give milk. If the milk remains after household consumption, it is sold. Dairy products like curd, butter, ghee, and other sweets were all homemade.

There used to be a big pit behind the cowshed where the cow dung, dry leaves, and other waste used to be dumped. It served as compost and also as fertilizer to grow vegetables in the kitchen garden.

Now, in the Kochi of my memories (30-35 years ago), things were different. It's a town with no such open land or green pastures for the cows to graze, so cattle feed and hay used to be bought from outside and given. My grandmother used to make cow dung cakes and dry them on the walls. They were used as fuel for firing. "Ssh, what's that?" "How can you touch that stinky thing?" I used to ask disgustingly.

Let's come to Ambily and Ammini. Ambily never delivered any calves. Gradually, she stopped giving milk, and she had to be sold off. Of course, not for

slaughter but for sending away in some open land.

Ammini had another issue. She had delivered eight times, but the calves did not survive. This caused a lot of worry for my grandmother. She prayed and waited for a calf.

My grandfather was seen waiting anxiously outside for someone one day while I was walking to school (I was probably in fourth grade at the time). I got to know that it was time for Ammini to deliver. He was waiting for the milkman.

In the afternoon, during my lunch break, I went to my grandparents' home and ran behind. All my aunts and uncles were gathered, and I was prohibited from watching what was happening. I sadly returned to school, but my mind was not there in class; I could not concentrate on the teaching. I was excited and nervous, thinking about what was happening.

I ran as soon as the bell rang. That evening, my grandmother welcomed me, saying Ammini delivered a healthy calf, which was named Ammu. (Later, it turned out that Ammu was blind; still, she grew up fine.)

It was a happy day. Grandmother made the special sweet with the thick milk of Ammini, which lasted for many days.

Ammu became a playmate for all of us. Years passed; Ammu grew up and had calves, and someday they were all sold away as they were not feasible to maintain.

These memories remain so fresh in my mind, and now, when I ask for a cow as a pet, my husband laughs, saying it's not practical to have one.

-SANDHYA NAREN

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Message

Dear WFY Team,

On the onset we would like to congratulate you on your first anniversary. The outreach of your media house is amazing, and it is an honor to be associated with you. In our journey this year we are very fortunate to have you as our media partner and we can't thank you enough for choosing to collaborate with us to highlight the hard work behind the various charity projects at ILA.

This year media outreach through WFY has been very beneficial for us specially, for Sneha Recreational Center as it has helped Sneha to get back the limelight it used to have pre pandemic. Sneha recreation centre (which means tender love) is approved by the Ministry of Social Affairs, Kingdom Of Bahrain, is run absolutely free of charge for the kids with special needs of all nationalities - funded solely through donations and fundraising programs organized by Indian Ladies Association. It was established in December 1987 by Indian ladies' association and has grown up as a Center providing the children with a cognitive, recreational and educational environment for nearly half a century. Through your media publishing we definitely got a very encouraging response this year.

Besides Sneha, Indian Ladies Association-Bahrain popularly known as ILA has been a much-admired part of the fabric of life in the Kingdom of Bahrain. It is committed for the servicing of the community and is expressed by its motto - Service Before Self. ILA is an elected body of nine members along with various subcommittees- Workers Welfare Subcommittee, Community Service Subcommittee, Youth Wing Subcommittee, Beauty & Health Subcommittee, Fun and Games Subcommittee, Speakeasy Subcommittee, Share Your Skill Subcommittee, Woman Empowerment Subcommittees. All these sub committees work independently to raise funds and keep the monthly activities for members and community on a regular basis. Apart from their other services includes organizing free medical camps for laborers, celebrating workers day and other special days, providing homemade food and entertainment. Spoken English classes are conducted by the volunteers for the low-income group who wish to improve their communication skills. WFY has played a crucial role in its maiden year to highlight each activity and charity initiative and the Association is confident that it can continue to provide a binding factor in the community and creative outlet for Indian women in the kingdom of Bahrain.

With you as our partner, our events throughout the year have been very extensively covered by WFY like the distribution of dry ration to needy laborers, iftar lunches to the laborers, ILA Iftar Ghabga Dinner where H.E. Shri Piyush Shrivastava, Ambassador of India to the Kingdom of Bahrain was a chief guest along with the ILA Patron, Mrs. Monica Srivastava. It was our first event where we had Bahraini traditional songs and parade through the gathering and later performances depicting the traditional Ramadan songs of Bahrain showcasing rituals of crushing wheat and sunflower seeds by women in preparation for Ramadan.

The coverage given by your company has given positive exposure to the Indian Ladies Association at the international level. Sadhguru was also here in Bahrain on this Save the Soil Campaign, where he had a good time with Sneha's kids. The subcommittees have been constantly involved in many community outreach, activities and members events throughout the year, which included laughter challenge, yoga challenge, Rakhi, making workshops for house helps and Rakhi celebrations with the laborers with an intention to Bringing Brothers & Sisters Abroad Together, Women hormones and oral care along with yoga challenge on one site with glitz and glamour and balancing it with empowering the house help through women environment subcommittee- the list is long but these are few to count and have always made us proud. All these events have been very nicely covered by you and have given a good exposure to the Indian Ladies Association in the Island of Bahrain. The promotions and online support delivered by you during the Dandiya Ticket Press Launch and the iconic ILA Grand Dandiya Night, Garba Ni Raat where more than 1500 people from across the island came to enjoy the Indian festival has been very valuable for us.

It also gives us immense pleasure to share that Sneha Recreation Center is coming up with its Sneha Annual Day which is a platform to showcase and demonstrate their talent and skills under the love and supervision of the Sneha teachers, volunteers and coordinators. It's a way of honoring the hard work and desiccation of Sneha volunteers and coordinators.

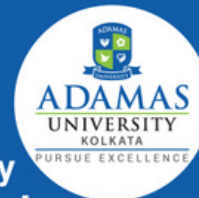
We would like to appreciate your excellent coverage of our events throughout the year and the entire Executive Committee appreciated your presentation and hard work. Your efforts will definitely help ILA to take its heights. The quality of your work is impeccable, and we look forward to partnering with you again in 2023.

Warm Regards,

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

+91-11-26343459



+91-9654907269



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 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

WFY AWARDS

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.

CONTACT US

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

The Jury

Chairman	Vice-Chairman	Member	Member		
 MP Joseph Former UN Diplomat	 Raju Thirala Former Ambassador Councilor	 Ujjwal K Chowdhury Entrepreneur, Strategist	 Ravi Karmu Entrepreneur		
Member	Member	Member	Member	Member	Member
 Biju K Damodharan Entrepreneur, Investor, Physician	 Tushar Unadkat Entrepreneur, Professional	 Prakash Bare Entrepreneur, Technology	 Gurinder Randhawa Entrepreneur, Professional	 Tara Sajan Entrepreneur, Professional	 Shola Delip Entrepreneur, Social Activist

www.thewfy.com

NOMINATE NOW

Connecting Dots

Connecting Roots



INDIAN DIASPORA
CONNECTING DOTS..... CONNECTING ROOTS
www.indiandiaspora.world

Our Mission

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

Our Vision

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

Our Focus

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

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

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

Connecting Dots..... Connecting Roots

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

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

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



@globalindiandiaspora



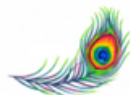
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INDIAN DIASPORA GLOBAL MOVEMENT

OUR PRESENCE



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WFY AWARDS, DUBAI**



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