COVERSTORY

Sudha Murty: The Power Of Being A Complete Woman

WORLD POLITICS
India's Role in the Geopolitics of the Indo-Pacific Region

HEALTH & WELLNESS
The Rising Prevalence of Mental Health Issues among Indian Immigrants in the US

Does Social Media Reflect Human Behaviour?

ECONOMY & BUSINESS
The Impact Of Cryptocurrency Ban: Full Information Here

SPORTS
The Clark Story: Strong Devoted Anglo-Indian Connection Here

ACADEMICS
Know The Link Between Positive Education And Powerful Leaders

How Can A University Earn? Know It All Here Easily

Do You Think Movies Can Educate? An Eye-opening Perspective

FROM THE KITCHENS OF INDIA
PURAN POLI

www.thewfy.com

April, 2023

WFY
WORLD FOR YOU

IN THIS ISSUE

By Melwyn Williams
Editorial, May

UNLOCK WFY: IRRESISTIBLY NOURISHING THE MIND, BODY, AND SOUL

Dear readers,
Welcome to the May edition of WFY. As we navigate through these challenging times, it is important to take care of our physical and mental health, and this issue is packed with stories and insights that can help us do just that.

Our cover story features Sudha Murty, a true inspiration who embodies the power of being a complete woman. From breaking gender stereotypes to advocating for education and social welfare, she has left an indelible mark on society.

In Economy & Business, we examine the impact of India's recent cryptocurrency ban on the diaspora community and its potential consequences for the global economy. Meanwhile, our Sports section celebrates the Anglo-Indian connection of Australian cricketer Clark, who continues to excel and inspire millions.

Mental health is an important issue that affects us all, and in this issue, we shine a spotlight on the rising prevalence of mental health issues among Indian immigrants in the US. We also explore the link between positive education and the development of powerful leaders.

In World Politics, we delve into India's role in the geopolitics of the Indo-Pacific region, an issue of increasing global significance. We also take a look at the Clark Story, a testament to the strong and devoted Anglo-Indian connection.

In Academics, we consider whether movies can educate and inspire and how universities can continue to adapt and thrive in an ever-changing landscape.

I am delighted to share with you that the May edition of WFY magazine also features a vibrant art and culture section, complete with insightful poems and inspiring stories. Our Travel and Leisure section explores the fascinating lives of migratory birds and their incredible journeys across the world. And of course, we have our mouth-watering feature on the traditional Indian delicacy Puran Poli in the From the Kitchens of India section.

Additionally, we have a feature on important dates to mark in May, reminding us of the rich cultural and historical significance of this month. So, whether you are interested in health and wellness, business and economics, world politics, academia, or simply looking to explore the diverse and fascinating aspects of Indian life and culture, the May edition of WFY magazine has something for everyone.

I would like to share a thought with all of you, my dear readers. As members of the Indian diaspora, we are spread far and wide across the globe, but we are all connected by our shared heritage and culture. In these uncertain times, it is more important than ever to come together and support one another.

One way we can do this is by becoming a part of Indian Diaspora Global, a platform dedicated to fostering connections and promoting the interests of the Indian diaspora worldwide. Another way is by supporting the 'Keep the Door Open' campaign for dual citizenship, which would allow us to maintain our ties to India while also embracing the opportunities and challenges of our adopted countries.

Let us remember that we are a diverse and resilient community capable of great things when we work together. May this edition of WFY inspire us all to lead healthier, happier, and more fulfilling lives, both individually and collectively.

We hope you find this issue informative, insightful, and inspiring, and that it provides you with the tools and motivation to live your best life, whatever challenges may come your way.

Happy reading!
Thank you, and until next time.

Sincerely,

-MELWYN WILLIAMS
Editor-in-Chief
The WFY Magazine

Sudha Murty

Sudha Murty: The Power Of Being A Complete Woman

By Melwyn Williams

Sudha Murty is a complete woman personified in all dignity and wisdom. She has been the driving force behind many initiatives, and her guidance and unconditional support ensure success is attained.

Let us find out who the real Sudha Murty is. Today she is known to be an author, engineer, teacher, philanthropist, true pioneer, wife, mother, and lately a very

renowned mother-in-law as well.

Among 599 male engineering students in 1968, Sudha, then 18 years old, was the only girl. Later, she would become TELCO's (now Tata Motors) first female engineer. She now has a net worth of more than Rs. 775 crore.

Let us look back on her journey.

Sudha Kulkarni was born on 19th August, 1951, into a Kannada-speaking Deshastha Madhva Brahmin family in Shiggaon, Haveri in Karnataka,

India. She is the daughter of R. H. Kulkarni, a surgeon, and Vimala Kulkarni, a school teacher.

A young girl, Sudha, decides to become an engineer! Her whole family was against her becoming one.

Back then, women weren't thought to be good candidates for engineering. But she made the decision to defy expectations and follow her heart.

She thus gained admission to BVB College of Engineering on her merits, but she was "allowed" to attend college with three restrictions:

1. Stay away from the college canteen, where boys hang out.
2. She should only wear a sari as attire.
3. She should not talk to any of the boys.

She faced a lot of difficulties; one of them was that there were no toilets for women in the entire college. What can you expect in the 1960s?

The male students mocked her and urged her to drop out of college. Her grade would be posted on the bulletin board, and they anticipated her failing.

She shocked everyone by topping the university one year later. The same boys who used to make fun of her began requesting that she guide them.

She even received a gold medal from the then chief minister of Karnataka for receiving the highest engineering scores in the entire state!

She later received a scholarship and attended IISc Bangalore for her master's degree.

She was completing her master's degree and getting ready to pursue her doctorate abroad when she noticed a TELCO job posting. There was a tiny notice that read, "Female candidates need not apply."

She felt bad, took it on her ego, and wrote a letter to JRD Tata.

And much to her surprise, she was invited for the interview and was even selected. Tata sponsored her trip. After the interview, she was selected, becoming the first female engineer at TELCO (now Tata Motors). She had successfully fought against discrimination with great determination.

She met Narayan Murthy at TELCO! In 1978, they got married and also shared the wedding expenditure of Rs. 800, each paying Rs. 400.

The couple have two children, Rohan Murty and Akshata Murty, who is a fashion designer and is married to the current British Prime Minister, Rishi Sunak.

Her siblings include Caltech astrophysicist Shrinivas Kulkarni and Jaishree Deshpande (wife of Gururaj Deshpande), who co-founded the Deshpande Centre for Technological Innovation at MIT.

In 1982, when Narayan Murty founded Infosys, all he had was a great vision but no money.

Sudha had savings of Rs 10250 kept aside for emergencies. She gave Rs 10,000 from these savings to Narayan. She believed that it was better that Narayan tried and failed rather than live with the regret of never trying.

Today, Infosys has more than 3 lakh employees and a revenue of over $16 billion.

The organisation has approximately 247 offices spread throughout 54 countries. Narayan credits Sudha for her initial encouragement and drive to get the business to this point!

She was part of Infosys, but later they didn't want a husband-wife duo in the company. She understood that one had to give 100% focus to the company. Narayan would happily quit if she wanted to stay. So she left Infosys to take care of their children.

Once, their son wanted to throw a lavish birthday party, but she explained how valuable money is to be spent on things like this. Instead, he could donate that money so some underprivileged children can afford to go to school.

Once, Sudha was in an argument with their 16-year-old daughter about social work, who said to her, *"Amma, when an educated person, like you, does not help poor people, don't expect anyone else to do it." "Is it not your duty*

to give back to those unfortunate people?" This made Sudha remember her humble childhood. Akshata woke her up from a deep sleep!

So in 1996, she started the Infosys Foundation and has since built:

- **2300+ houses for the people affected by floods**
- **16000+ toilets throughout rural India**
- **60000+ school libraries in rural India**

She is the chairperson of the Infosys Foundation and a member of the public health care initiatives of the Gates Foundation. She has founded several orphanages, participated in rural development efforts, supported the movement to provide all Karnataka government schools with computer and library facilities, and established the Murty Classical Library of India at Harvard University.

She encourages kids to read as much as possible. She learned this from her grandfather, who introduced her to the world of books. Today, she is also one of the best writers in India.

She started writing in childhood because her mother made her write essays of 25 lines daily or she wouldn't get dinner!

Her writing habit has helped her author more than 30 books.
Her book, "How I Taught My Grandmother to Read," has sold over 1 lakh copies!

Murty is best known for her philanthropy and her contribution to literature in

Kannada and English. Dollar Bahu (lit. 'Dollar Daughter-in-Law'), a novel originally authored by her in Kannada and later translated into English as Dollar Bahu, was adapted as a televised dramatic series by Zee TV in 2001. Runa (lit. 'Debt'), a story by Sudha Murty, was adapted as a Marathi film, Pitruroon, by director Nitish Bhardwaj. Sudha Murthy has also acted in the film as well as the Kannada film Prarthana.

She also loves movies and once completed a dare to watch 365 movies in 365 days. She has a collection of over 500 DVDs in her home and never gets tired of cinema!

She received the Padma Shri award in 2006 and recently received the Padma Bhushan.

She has been a strong advocate for women's rights ever since the letter to JRD Tata. She believes "women are naturally gifted with management skills".

And she has played an important role in implementing initiatives like **"The Mahila Samakhya Programme"** to promote women's equality.

She believes in the **FORGIVE**, **FORGET**, and **MOVE ON** philosophy.

"If you're in a relationship and dealing with a problem, always **FORGIVE** your partner; try to **FORGET** about their mistake, and the best thing is to **MOVE** on."

She says, "The way I use this in my life is –
Talk, Forgive, Forget, and Move On.

Talk to them.
Forgive them.
Forget about the issue.
Move on from the issue."

Sudha Murty is the ideal example of a strong lady. She claims, "Life is hard, but hard doesn't mean bad."

Awards and Recognition:

2006: President A.P.J. Abdul Kalam presents the Padma Shri Award to Dr. Sudha Murty, India's fourth-highest civilian award.

2006: She also received the R.K. Narayana's Award for Literature.

2010: Daana Chintamani Attimabbe Award by the Karnataka Government.

2011: Murthy was conferred honorary LL.D. (Doctor of Laws) degrees for contributions to promoting formal legal education and scholarship in India.

2013: The Basava Shree-2013 Award was presented to Narayan Murthy and Sudha Murthy for their contributions to society.

2018: Murthy received the Crossword Book Award in the popular (non-fiction) category.

2019: IIT Kanpur awarded her an honorary degree (Honoris Causa) of Doctor of Science.

National Award from the Public Relations Society of India for Outstanding Social Service to the Society.

Award for Excellent Social Service by Rotary South-Hubli "**Millenium Mahila Shiromani**" award.

Sudha Murty receives the Padma Bhushan from President Murmu

2023: Murthy has been conferred with India's third-highest civilian award, the Padma Bhushan, by the President of India.

After receiving the Padma Bhushan, Sudha Murty said, *"I owe this award to the people of India. I hope my recognition today inspires the younger generation to take up social welfare as a vocation. It is needed for the continuous development of our great nation. I always feel that the generosity of a few is hope for a million."*

I hope that her example will continue to motivate people to make contributions to worthy causes all throughout the world. We have to acknowledge Sudha Murty's life and the roles she has played for our community. Only then will we see more men and women perform exceptional feats and contribute to social change. Make the world around us a better place for all of us to dwell in harmony.

Murthy receiving the Raja Lakshmi Award

The President, Dr. A.P.J. Abdul Kalam presenting the Padma Shri Award 2006 to Dr. (Smt.) Sudha Murty, Chairperson of Infosys Foundation, in New Delhi on March 20, 2006.

Moments that defined Sudha Murty

1968 — Pursued Electrical and Electronics Engineering — **first and only girl in a class of 150** students.

1974 — Wrote to JRD Tata complaining about the **"Lady candidates need not apply"** policy — became the 1st female engineer to be hired at Tata Motors.

1981 — Gave NR Narayana Murty $250 (₹10,000 at the time) as initial investment to start Infosys — now an $80 billion company.

1996 — **Founded Infosys Foundation** — to work towards education, rural development, healthcare, arts, culture, and destitute care.

2005 — Published her **1st children's book** — the title story is part of Class 9th CBSE curriculum

2006 — Received the fourth-highest civilian award — **Padma Shri**

2012 — Made her **movie acting debut** with Kannada film — Prarthane

2015 — Infosys Foundation donated **nearly ₹150 crores** to Akshay Patra Foundation — served 150,000 mid-day meals.

2021 — Retired as Chairperson of Infosys Foundation. Spent over ₹1,100 crore to help underprivileged — set up 60,000 libraries, new schools and 16,000 washrooms

2023 — Awarded **Padma Bhushan** for her contribution in the field of social welfare.

Sudha Murthy

-MELWYN WILLIAMS

India's Role in the Geopolitics of the Indo-Pacific Region

WFY Bureau, Ireland

In recent years, the term "Indo-Pacific" has gained increasing attention in international relations and security discussions as the region reflects the growing importance of its economic and strategic significance, particularly as the global balance of power shifts towards Asia.

What is the Indo-Pacific region?

The Indo-Pacific region is a vast area that encompasses the Indian Ocean, the western and central Pacific Oceans, and the seas connecting them.

It is a geopolitical construct that substitutes the term "Asia-Pacific." It covers the area from Africa's east coast to America's west coast, encompassing the Indian and Pacific Oceans.

Major stakeholders in the Indo-Pacific are QUAD (India, U.S.A., Australia, and Japan), Association of Southeast Asian Nations (ASEAN) members, China, and other maritime nations that occupy strategic positions in the Indian and Pacific Ocean regions.

Indo-Pacific

Geopolitics in the Indo-Pacific

Geopolitics in the Indo-Pacific region is the interplay between geography, politics, and power because of its strategic significance with the world's busiest shipping lanes, key sea lines of communication, and valuable natural resources.

Geopolitical dynamics in the region are complex and multifaceted, with competing interests among major powers such as the United States, China, Japan, India, and Australia, as well as other regional powers like Russia, South Korea, and Indonesia, driven by security, economic factors, cultural ties, historical relationships, and domestic politics.

The major issue in this region is the competition for power and influence between the United States and China, known as the "**Thucydides trap**."

This refers to the historical pattern of conflict that arises when a rising power challenges a dominant power.

This competition is playing out in various ways, including through military buildups, economic initiatives such as China's Belt and Road Initiative, and diplomatic efforts such as the Quadrilateral Security Dialogue (QUAD), which brings together the United States, Japan, India, and Australia.

Other important geopolitical issues in the region include territorial disputes in the South China Sea.

Significance of the Indo-Pacific

The Indo-Pacific region is a critical area of global significance due to its large population, vast economic output, and abundance of natural resources. The region's significance can be discussed in the following dimensions:

Economic: The Indo-Pacific region is one of the most dynamic and vibrant economic regions in the world, accounting for a significant portion of global GDP and trade.

The region is home to several of the world's largest economies, including the United States, China, Japan, India, and Australia, as well as many emerging economies.

The region is also a major destination and source of foreign direct investment (FDI) due to its sizeable consumer market, strategic location, and competitive labour costs.

The region's trade links and integration have been boosted by various initiatives, including the Regional Comprehensive Economic Partnership (RCEP), the Comprehensive and Progressive Agreement for Trans-

Pacific Partnership (CPTPP), and the Belt and Road Initiative (BRI).

Security: The Indo-Pacific region is also a critical area for global security, given its strategic location and the presence of various security challenges.

The region is home to some of the world's busiest shipping lanes and crucial sea lanes of communication, making it a crucial hub for global trade and energy flows.

The region also faces a range of security challenges, including territorial disputes, piracy, terrorism, cyber threats, and non-traditional security challenges such as climate change, pandemics, and environmental degradation.

Environmental dimension: The Indo-Pacific region is home to some of the world's most diverse and fragile ecosystems, including coral reefs, mangroves, and rainforests.

However, the region is also facing various environmental challenges, including climate change, ocean acidification, pollution, and overfishing. These challenges not only pose significant environmental risks but also have economic and social implications for the region's communities, including those dependent on fisheries and other natural resources.

Geopolitical dimension: The Indo-Pacific region is also characterised by complex geopolitical dynamics, including competition and cooperation among major powers such as the United States, China, and India, as well as various regional groupings such as ASEAN and the QUAD.

The region is also the site of various territorial disputes, including in the South China Sea and the East China Sea.

These geopolitical dynamics have implications for the region's security, stability, and economic development.

Geopolitical Interests of Nations in the Region

The global powers and their geopolitical interests in the Indo-Pacific region

United States: The United States considers the Indo-Pacific region a priority area for its foreign policy, with the goal of maintaining a free and open Indo-Pacific that is conducive to American interests.

The US has significant security interests in the region, including maintaining freedom of navigation, countering Chinese assertiveness, and ensuring regional stability.

The US also seeks to deepen economic ties with the region, including through the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP) and the Blue Dot Network initiative.

China: At the heart of China's interests in this region is its "nine-dash line" claim, which asserts its territorial claims over much of the South China Sea, including islands and reefs that are also claimed by other countries in the region.

This has been a major source of tension in the region, with other countries such as Vietnam, the Philippines, Malaysia, and Brunei also claiming parts of the sea.

In addition to this, China has invested heavily in infrastructure development in these areas through initiatives such as the Belt and Road Initiative, which aims to connect China to other parts of Asia, Europe, and Africa through a network of roads, railways, ports, and other infrastructure projects.

China also seeks to counter US influence in the region and assert its own vision of regional order.

India: India has significant economic and security interests in the Indo-Pacific region, including countering Chinese assertiveness, expanding economic ties with ASEAN and other partners, and ensuring regional stability.

India is a key member of the QUAD, which aims to promote a free and open Indo-Pacific, and has also pursued initiatives such as the Act East Policy and the International Solar Alliance to deepen ties with the region.

Japan: Japan seeks to counter Chinese assertiveness, deepen economic ties with the region, and promote regional security and stability.

Japan is a key member of the QUAD and has also pursued initiatives such as the Partnership for Quality Infrastructure and the Free and Open Indo-Pacific Strategy to promote its interests in the region.

Australia: Australia is a key member of the QUAD and has also pursued initiatives such as the Pacific Step-Up and the Indo-Pacific Endeavour to deepen its engagement with the region.

ASEAN countries: The ASEAN has also pursued initiatives such as the ASEAN Outlook on the Indo-Pacific to promote its own vision of regional order.

Conventions Related to the Indo-Pacific Region

There are several laws and conventions related to the Indo-Pacific region that include:

United Nations Convention on the Law of the Sea (UNCLOS): This is a global treaty that sets out the rules for the use and management of the world's oceans and their resources. The Indo-Pacific region is home to many countries that have signed and ratified UNCLOS, including China, Japan, India, and Australia.

ASEAN Charter: The ASEAN Charter is a legal framework that governs the operations and decision-making processes of the Association of Southeast Asian Nations (ASEAN). ASEAN is a regional organisation that includes ten member countries in Southeast Asia, and it plays an important role in promoting peace, stability, and economic cooperation in the Indo-Pacific region.

Joint Communique of the United States-India Defence Ministers Meeting: This joint communiqué was signed in 2020 between the defence ministers of the United States and India. It sets out a framework for cooperation in the areas of defence, security, and strategic partnership between the two countries in the Indo-Pacific region.

Quadrilateral Security Dialogue (Quad): The Quad is an informal strategic forum that includes the United States, Japan, India, and Australia. The Quad aims to promote regional security, economic development, and freedom of navigation in the Indo-Pacific region.

India and the Indo-Pacific

Significance of the Indo-Pacific for India

Economic:

According to the WEF's recent report, this region generates one-third of global economic output, more than any other region.

According to the WTO, this region accounts for more than one-third of global foreign trade.

Maritime Resources:

The blue economy contributes over 4% of India's GDP.

Various resources like oil, gas, PMNs, methane hydrates, exploration of rare earth metals, etc. make the Indo-Pacific necessary for India's interests.

Maritime Trade:

Half of global trade transits the region, and 90% of India's trade passes through the Indo-Pacific region.

Nearly 55% of India's trade with the Indo-Pacific region passes through the South China Sea.

ASEAN, China, Japan, the USA, Australia, etc. are India's major regional trade partners.

Trade with major Indo-Pacific economies reached $262 billion in 2020, with the US being the largest trade partner.

Maritime Security:

Factors like sea-borne terrorism, maritime piracy, maritime disputes, and flashpoints like the South China Sea (SCS) in the Indo-Pacific make it an important region to ensure maritime security.

The Africa outreach:

The Western Indian Ocean Region (WIOR) is a region of greater strategic importance as WIOR sits at the intersection of Asia, Africa, and Europe.

For India, the region is part of its strategic maritime frontier, which extends from the Persian Gulf to the east coast of Africa and across the Malacca Strait.

Strategic maritime chokepoints such as the Gulf of Aden, Bab-el-Mandeb, and Mozambique Channel are located here.

The Indo-Pacific region runs parallel to India's increasing outreach to African countries and supports the Indian Navy's role as a regional security partner.

The China Challenge: China's ambitious military plans and infrastructure initiatives under the Belt and Road Initiative (BRI) and its border skirmishes demand India look for a greater role in the Indo-Pacific region.

Challenges for India in the Region

Geo-Strategic Competition: The Indo-Pacific is the principal theatre of geo-strategic competition between different multilateral institutions like QUAD and the Shanghai Cooperation Organisation (SCO).

China's Radical Militarization: China has been a challenge to India's interests and stability in the Indian Ocean. India's neighbours are receiving military and infrastructural assistance from China, including submarines for Myanmar, frigates for Sri Lanka, and its overseas military base in Djibouti (Horn of Africa).

China also has a hold over Hambantota port (Sri Lanka), which is just a few hundred miles off the shores of India.

Hotspot for Non-Traditional Issues: The region's vastness makes it difficult to assess and address multiple risks, including incidents of piracy, trafficking, and terrorism. The Indo-Pacific region is facing serious challenges related to geographical and ecological stability due to climate change and the three consecutive La Niña events that are causing cyclones and tsunamis.

Illegal, unregulated, and unreported (IUU) fishing and marine pollution are hampering the aquatic life of this region.

India's Limited Naval Capacity: The Indian Navy has limited resources and capacity to strengthen its efforts because of the limited allocation of the Indian military budget. Also, the lack of overseas military bases creates a fundamental logistical challenge for India to maintain its presence in the Indo-Pacific.

India's Initiatives to Fully Utilise the Potential of the Indo-Pacific

The Ministry of External Affairs established a new division for the Indo-Pacific in April 2019.

Indo-Pacific Oceans' Initiative (IPOI): Its focus is on a collaborative effort to better manage, conserve, sustain, and secure the maritime domain.

It envisages this cooperation under seven pillars: maritime security, maritime ecology, maritime resources, capacity building and resource sharing, disaster risk reduction and management, science, technology, academic cooperation, trade, connectivity, and maritime transport.

Regional and Bilateral Groupings: The QUAD mechanism at a regional and plurilateral level and our bilateral engagement with individual countries of the Indo-Pacific, including members of ASEAN, have intensified.

ASEAN Centrality: India's association with ASEAN has been on the rise. This development is in line with India's policy for ASEAN to be at the centre of the Indo-Pacific. The IPOI is an appropriate fit for the ASEAN Outlook on the Indo-Pacific (AOIP), which was adopted in 2019.

Indo-Pacific Economic Framework (IPEF): On the economic side, India has decided to join the US-led Indo-Pacific Economic Framework (IPEF).

It is a US-led trade initiative meant to counter China's aggressive expansion in the region and includes seven out of 10 members of the Association of South East Asian Nations (ASEAN), all four Quad countries, and New Zealand, representing about 40% of global GDP.

Indo-Pacific Maritime Domain Awareness Initiative: This concentrates on maritime safety, illegal, unreported, and unregulated (IUU) fishing, and the consequences of natural disasters. This initiative can help fill many gaps in the region.

Continental developments such as the India-Myanmar-Thailand Trilateral Highway have the potential to create a completely new axis of economic activity in Asia.

Security and Defence: India has built relations with partner countries across the region to provide defence training courses and exercises.

The Indian Navy's Information Fusion Centre for the Indian Ocean region has enhanced maritime domain awareness among partner countries.

The Indian Ocean Naval Symposium deepens mutual understanding of maritime challenges and encourages a collective approach among the 35 navies of the region.

Exercises like Malabar in the maritime domain can be seen as a step forward for India.

Humanitarian assistance and disaster relief: India has established itself as an early responder through initiatives like the Coalition for Disaster Resilient Infrastructure and the International Solar Alliance.

KING ZIPPER
Seal it with US

kingzipper.com

The Rising Prevalence of Mental Health
Issues among Indian Immigrants in the US.

By WFY Bureau, USA

The Indian diaspora in the United States is a significant and growing population. According to the Migration Policy Institute, there were approximately 4.4 million Indian immigrants in the US in 2019, making them the second-largest immigrant group after Mexicans. While Indian immigrants contribute to the American economy and society in numerous ways, they also face unique challenges, particularly when it comes to mental health.

Mental health is a significant concern for Indian immigrants in the US. According to a study conducted by the National Institute of Mental Health, approximately 20% of Asian Americans experience mental health problems in any given year, and this percentage is likely to be higher for Indian immigrants. The reasons for this are complex and multifaceted, and they include the stresses of acculturation, discrimination, and the pressures of family and community expectations.

Accessing Mental Health Care

One of the biggest challenges that Indian immigrants face when it comes to mental health is accessing care. There are numerous barriers that prevent Indian immigrants from seeking or receiving mental health care, including cultural stigma, language barriers, lack of awareness about mental health issues, and financial constraints.

Cultural Stigma

In many Indian communities, mental illness is still stigmatized, and there is a tendency to view it as a personal weakness rather than a medical condition. This stigma can be a significant barrier to seeking help, as individuals may feel ashamed or embarrassed to admit that they are struggling with mental health issues.

Language Barriers

Many Indian immigrants speak English as a second language, which can make it challenging to communicate effectively with healthcare providers. This can be particularly challenging when it comes to discussing complex mental health issues and treatment options. Without effective

communication, patients may not receive the care they need, and healthcare providers may struggle to provide appropriate treatment.

Lack of Awareness

There is a significant lack of awareness about mental health issues in many Indian communities, particularly among older generations. This can lead to a lack of understanding about the signs and symptoms of mental illness, which can prevent individuals from seeking help or receiving appropriate treatment.

Financial Constraints

Mental health care can be expensive, particularly in the US, where healthcare costs are among the highest in the world. Many Indian immigrants may not have access to affordable healthcare, which can prevent them from seeking or receiving the care they need.

Potential Solutions

While the challenges faced by Indian immigrants in accessing mental health care are significant, there are potential solutions that can help address this issue.

Community Outreach

One potential solution is to increase community outreach and education about mental health issues. This can involve working with community leaders and organizations to raise awareness about mental health, reduce stigma, and encourage individuals to seek help when they need it.

Culturally Competent Care

Another potential solution is to ensure that mental health care providers are culturally competent and able to communicate effectively with Indian immigrants. This can involve providing language services, cultural sensitivity training, and other supports that can help bridge the communication gap and ensure that patients receive the care they need.

Affordable Care

Finally, it is essential to ensure that mental health care is affordable and accessible to all. This can involve expanding access to public health insurance programs like Medicaid and Medicare, as well as providing financial assistance to those who cannot afford care.

Financial struggles and loneliness can have a significant impact on the mental health of Indian immigrants in the US. Many immigrants come to the US with the hopes of achieving financial stability and success, but the reality can often be very different. Finding a job that matches one's qualifications can be difficult, and even when a job is found, it may not pay enough to cover the cost of living. This can create financial stress and anxiety, which can take a toll on mental health.

Moreover, loneliness can also be a major issue for Indian immigrants in the US, especially for those who are living alone. It can be difficult to adjust to a new culture and environment, and the absence of friends and family can make the situation worse. This can lead to feelings of isolation, depression, and anxiety.

Compared to Indian immigrants living in other countries, such as the UK or Canada, those in the US are more likely to face mental health issues due to the lack of social support and the challenges of the US healthcare system. While the UK and Canada have universal healthcare systems that provide coverage for mental health care, the US healthcare system can be confusing and expensive, making it difficult for immigrants to access the care they need.

The impact of mental health issues on Indian immigrants in the US cannot be ignored. It not only affects individuals and their families but also has a broader impact on society as a whole. It can result in decreased productivity, increased healthcare costs, and even lead to homelessness and substance abuse. Therefore, it is important to address this issue and provide better support to Indian immigrants in the US.

One potential solution is to increase awareness and education about mental health issues among the Indian immigrant community. Many immigrants may not be familiar with the signs and symptoms of mental health issues or may not know where to seek help. By increasing awareness, more people may be encouraged to seek help when they need it.

Another potential solution is to provide better access to mental health care. This could be achieved by creating more affordable and accessible mental health clinics, increasing funding for mental health research and programs, and offering more support to healthcare professionals who specialize in treating mental health issues.

Finally, it is important to recognize the role that cultural factors play in mental health. For example, Indian culture places a strong emphasis on family and community, and many immigrants may feel disconnected from these important support systems when living in the US. By creating more opportunities for immigrants to connect with others who share their cultural background, such as through community events or cultural organizations, it may be possible to help mitigate some of the mental health challenges they face.

The rising prevalence of mental health issues among Indian immigrants in the US is a complex issue that requires a multi-faceted approach. By increasing awareness, improving access to care, and recognizing the role of cultural factors, it may be possible to help alleviate some of the challenges faced by this community. It is important to continue the dialogue on this issue and work towards creating a more supportive and inclusive environment for Indian immigrants in the US.

While there are numerous challenges that prevent Indian immigrants from seeking or receiving mental health care, there are also potential solutions that can help address this issue. By increasing community outreach and education, providing culturally competent care, and ensuring that mental health care is affordable and accessible, we can help ensure that Indian immigrants receive the care they need to lead healthy, happy lives in the US.

-WFY BUREAU, USA

Does Social Media Reflect Human Behaviour?

By Krishna D

Social media platforms are extremely popular in the world of today and undoubtedly play an important role in bringing the world closer. Videos related to travel and cuisine are extremely popular, garnering millions of views. Social media users create content and post it on various social media platforms for many reasons. One of the main reasons is to create a personal brand image for a product or service and to promote their businesses or any event. Sometimes, people communicate or express their views on different social issues through their posts, or at times, they try to be heard in the form of personal blogs. Social media is also extremely advantageous as it is a free platform for mass communication. It caters to the urge to reach out to the world. It has enabled common people to communicate with the world without boundaries. All the above-mentioned reasons are absolutely fine as they lead to commercial benefits, and these are professionally dealt with and meticulously planned.

However, there are people who use these platforms to showcase their personal lives to the world. Such people tend to rely on external factors to achieve a sense of self-worth rather than focusing inward. Psychologists often say that the urge to share online, or even oversharing, has an impact on a person's confidence and self-esteem. People may feel a sense of heightened self-esteem with the number of 'likes' and 'comments' they receive on their selfies posted online. These numbers also show the number of people who probably 'like'

them based on how they look in those posts and not for what they really are. Whereas people with a sense of purpose and direction in life have immunity against the number of online 'likes' and 'comments'.

Self-esteem can be defined as 'the emotional appraisal of one's own worth'. Psychologists have also pointed out that people who share their lives online often look for recognition, admiration, or acknowledgement. This can also be an indication of insecurity. People feel an increase in self-esteem by presenting a positive self-image to others through social networking sites. Psychologists also warn by saying that this tendency to share everything online can give people a temporary rise in self-esteem but a decline in self-control.

Such indulgences can also lead to addiction. Many studies have linked overexposure to social media with depression and anxiety issues. Teenagers are most affected and are often sleep deprived due to prolonged usage of social media. At times, users are not completely aware of the safety protocols and can become vulnerable to cyberbullying, etc.

People need to realise that one's self-worth does not rely upon the number of 'views' or 'likes' received online. It can rather be achieved by utilising their precious time for self-improvement and skill development. Instead of spending several hours on social media, people may do something more constructive like plant trees, render some kind of community service, and thereby contribute to society in a positive manner. Small acts of kindness, if practised selflessly, can lead to the attainment of immeasurable happiness and give a tremendous boost to one's self-esteem.

-KRISHNA D

tamas
PURE AYURVEDA

www.tamaspureayurveda.com

God Made Mothers As He Could Not Be Everywhere

MOTHER

By Sudha Mukhopadhyay

"God could not be everywhere, and therefore he made mothers." Rudyard Kipling.

International Mother's Day falls in the month of May. It is an event to honour the contribution of mothers, acknowledge the efforts of maternal bonds, and recognise the role of mothers in our society.

Following are a couple of unforgettable memories that I cherish to this day:

I was at the Kolkata airport a long time ago. What I saw and heard will forever remain etched in my memory. My husband and I were waiting to board the Kolkata-Chennai flight, which was to leave in the next hour or so. A family of husband, wife, and two children sat themselves next to us. Of the two children, the older one was a boy and the younger one was a girl; both, I guess, must have been no more than 3 and 2 years old, respectively. I was awestruck by the rustic beauty of the dark complexioned mother of the kids. She had a big red bindi, a thick and long strip of sindoor, had applied alta on her feet, was very slim, had deep eyes, and seemed to be very attentive to her children's movements. She herself must have been in her mid-20s. A little while later, her husband brought a small cupcake and gave it to her. Instantaneously, her children came from behind their father and jumped on to their mother's lap one after the other. As I sat there wondering how she would manage one small cupcake between the four of them, I saw that she cut a small portion of it with her nimble fingers and very lovingly placed it in the mouth of her daughter. I told myself, OK, this must be for the younger one only. But fortunately, that was not to be so. She cut another small portion of the cake with her nimble fingers and very lovingly placed it in the mouth of her son. Both the children kept eating small portions in

turns to their hearts' content. I felt at that moment that, despite the small size of the cake, it was very big and unending for the children, who seemed to enjoy every bite that their mother gave. Unfortunately, as per their turn, when the last bite was given to the older one, the younger one started shouting for more. Initially, this child patted her mother's cheek, then tried to push her brother away and occupy the entire throne by herself, but when all this failed, she made use of the ultimate action, which was to cry and shout and draw everybody's attention!

Being the experienced mother that she was, she uttered something in her son's ear. The next thing I saw was that the boy got out of his mother's lap and jumped onto his father's. Surely the mother knew the trick. Now it was time for the mother to attend to her little daughter. She gave her some water to drink, wiped her tears, cleaned her mouth, laid her on her lap, and covered her with her saree pallu. She rocked her child, all the while looking at her through her saree. A few moments later, the rocking was accompanied by a soft lullaby. It was at this time that I observed that the crying of the child had stopped completely and that the mother was totally engrossed in her child. For the mother, at that point in time, no one else mattered but her child. For the child, the lullaby was a never-ending song of comfort, happiness, and being. For me, it was an unforgettable moment. No moment could be more beautiful.

"A mother's arms are made of tenderness, and children sleep soundly in them." Victor Hugo

The other everlasting memory is about schoolchildren.

Quite some time ago, a neighbour of mine requested that I accompany her to her kids' school to drop them off in the morning and then pick them up in the afternoon—for just two days. As I was free (and willing), I was happy to do so.

For someone like me who is at home during the day, it was a pleasant surprise to see so many kids in my compound getting into vehicles of various sorts—school buses, taxis, pool cars, and cars driven by dads. The place was bustling with activity. The kids, of course, were smartly dressed in their uniforms. There was, interestingly, one kid who was dressed as a princess in a beautiful pink frock with pink laces on it and silvery shoes that glistened in the sun. She also wore a tiara to complete the outfit. When I asked her mother the reason, I was told that she was to read aloud in the class her favourite character story. What a fabulous idea to bring the character of the princess alive for the other kids in her class! It was such a lovely sight to see our beautiful little princess so enthusiastic about the prospects of her assignment.

So my neighbour, her two kids, and I drove down through not-so-heavy traffic. On getting closer to the school, I was surprised to see a total chaos of vehicles, with each one trying to get near the 'drop-off' section. The idea, I guess, was to ensure that their kids would get into the school (with their super heavy school bags) without any hassle.

The afternoon scenario was pretty much the same: chaotic traffic, kids getting into their respective vehicles (with their super heavy school bags), honking, and the drive back home.

What followed will remain etched in my memory. As we entered our compound, I saw mothers with smiling faces waiting to greet their kids. The kids themselves were extremely delighted and ran into the open arms of their loving mothers. While one kid was honoured in the school with a 'star-of-the-week' badge for good behaviour, another was chosen as the monitor of the class. I am sure there would have been many more such happy narrations by these kids all the way into their homes and thereafter.

This reunion of the kids with their mothers on their return from school has left an indelible mark on my spirit. There is so much beauty in the moments that comprise the kids setting their eyes on their mothers. I had captured that blissful moment in time that seemed to permeate the very essence of life.

I got back home with a story in mind pouring out of an ounce of inspiration that hit me, and I thought, "As a child, I did the same." So many important memories were made during the grand and small instances of me getting back home as a school kid and jumping into my mother's arms, which were perennially filled with warmth and love.

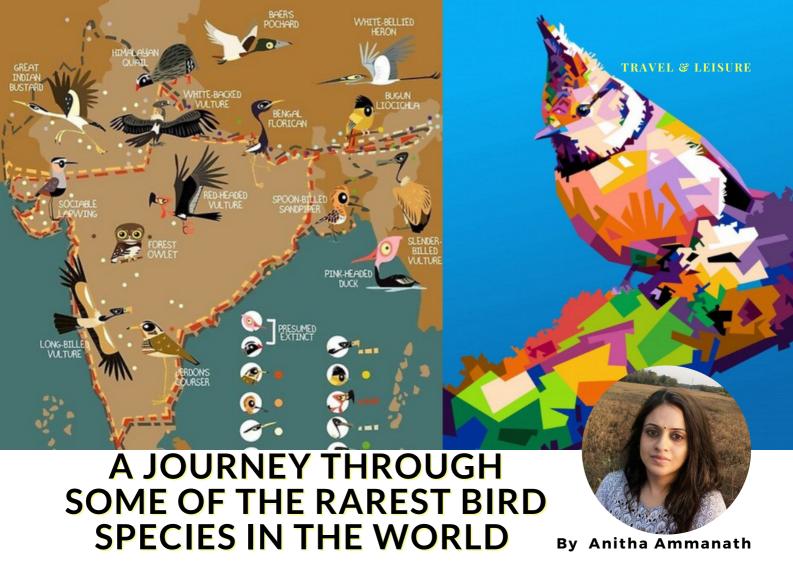This is the most rewarding part of being a child—and of being a mother.

I would simply call it the Kodak moment of unconditional love.
I missed my mother. Irrespective of age, we miss our mother.
No one can take the place of a mother. NOBODY...
Ma, I know you will continue to bless me from above.

-SUDHA MUKHOPADHYAY

Amazing

Georgian Trip !

AMAZE TOURS & TRAVELS
TEL/WHATSAPP: +995 599 718 099/4

A JOURNEY THROUGH SOME OF THE RAREST BIRD SPECIES IN THE WORLD

By Anitha Ammanath

Black peacocks found in Bidar, Karnataka; Rare of the rare!

Peacocks are our national birds. We are reminded of their majestic appearance when we hear about these birds, which spread out in royal blue. This beautiful look is for male peacocks, and female peacocks are generally grey. Images of white albino peacocks are also frequently circulated. There are also different types of peacocks that come in various shades of green and blue. But the black peacocks were found by the Bombay Natural History Society in Bidar, Karnataka, yesterday. These are rare peacocks, and it is estimated that there are only 600 such peacocks in India.

Chondigudi, located in the Aurad Taluk of Bidar District in Karnataka, is a village in the Chatnala district in Kerala, India. The team led by Biwash Pandav found and confirmed the black peacocks; this is the first time they have been found in Karnataka. Earlier, peacocks were found only in Gujarat, Andhra Pradesh, and Rajasthan, which are not usually cut that way. Scientists at the Society say that peacocks have a form that everyone has in mind and that no one would at first think they were peacocks when they saw

them. Now is the breeding season, and that's why they were caught in groups, they say. Scientists say there are plans to build a nest here, and locals should be prepared to support it.

The Bombay Natural History Society was established in 1883. The first members were two British and two Indians. The society was established to conserve and research biodiversity. Celebrities like Salim Ali have been associated with this organisation. Today, the Bombay Natural History Society is one of India's most prominent NGOs in zoology and botany.

Gold penguin found in the Atlantic; Amazing pictures

Wes Adams, a Belgian wildlife photographer, took beautiful pictures of this penguin from the island of South Georgia in the South Atlantic Ocean. Adams, who had been touring the South Atlantic and the Antarctic for two months, had also reached the South Georgian coast. Adams, who sailed from his ship to the island, was greeted by South Georgia's rich biodiversity. Giant seagulls roamed the shores and surrounding waters. Tens of thousands of penguins, like managers in black and white coats and suits, were with

them. In the meantime, there is someone—a beautiful yellow penguin with a nice yellow jersey like Brazil. The yellow-clad King Penguin swam to face Adams and his team. Then he stopped playing in the water and went ashore and walked with his crew. Meanwhile, Adams had taken thousands of pictures.

Adams initially thought that the penguin's yellow colour might be due to an albino phenomenon found in many species. But then I realised that this was a slightly different situation in communication with experts. This condition is called leucism due to the low levels of melanin, the pigment in the body. The thing is, this is exciting news for us, with the penguin being notable. But experts say the penguin will suffer because of this.

Melanin deficiency affects not only the colour but also the strength of the feathers. The feathers of the golden penguin are weaker than those of the others. Feathers play an essential role in penguins swimming in water. The golden penguin is not able to swim as efficiently as other penguins. He will soon be exhausted. The yellow penguin is also vulnerable to predation. The penguin is very careful when hunting the fish that come into the sea. Hunting takes only seconds. The black and white colour hides the penguins from the fish and facilitates hunting. But the yellow coat does not have that ability. The fish will quickly recognise the presence of the hunter and escape.

Penguins are colonised animals. They identify their group by looking at its morphological features. In this case, the different yellow penguins are less likely to be approached by others. It is less likely to get a mate for the same reason. In short, the golden penguin's life is full of misery. The British-occupied islands of South Georgia, south of the South American continent, are the gateway to Antarctica. These islands, located close to the Falkland Islands, are sparsely populated. Only 30 people live here. Most of these were British explorers. But the islands are a significant natural centre. Although human habitation is sparse, the biodiversity is very extensive here.

Three crore birds inhabited the island, including 7 million penguins and 2.5 million albatross seabirds. The main penguins here belong to two groups. Macaroni and King Penguin. There are about five million king penguins here. They can grow up to 1.5 feet in height and weigh up to 16 kg. They have four feathers, and their outer shell is oily and water-resistant. They are usually found in a mixture of white and black and have yellow spots on the head, which is the main sign to identify them.

They live in colonies and breed in these places. They breed at the rate of two children in three years. In addition to the macaroni and king, you can also find penguins such as Chinstrap and Gentoo. In addition, seals such as elephant seals and Antarctic fur seals have made their homes on the islands of South Georgia.

These islands have a prominent place on the world's physical map as breeding grounds for all of these. Tourists also flock here as there is an opportunity to get acquainted with all this. Many companies operate cruises and study cruises from South America and the Falkland Islands to South Georgia. The creatures on these islands are not afraid of humans, as they have little contact with them. So, they would only resort to this as a last resort.

The Hawk or the owl? Hidden 150 years, extraordinary size; Found in the African rainforest?

The forests of Ghana, one of the Central African countries, are home to the world's largest owl species. Named Shelley's Eagle Owl, they have been nicknamed the Hawk because of their unusual size. However, despite their large size, they are not easy to find due to their habitat characteristics. According to official figures, the owl was last spotted in the 1870s in the last week of October. Although it has been claimed to have been seen frequently since then, no scientific evidence has been found. He is a professor of biology at Imperial College London. Dr. Joseph Tobias, a freelance environmental researcher, The owl was discovered and photographed by Robert Williams. It is an excellent achievement for the scientific community to capture the image of this owl, an expert at hiding among ordinary leaves.
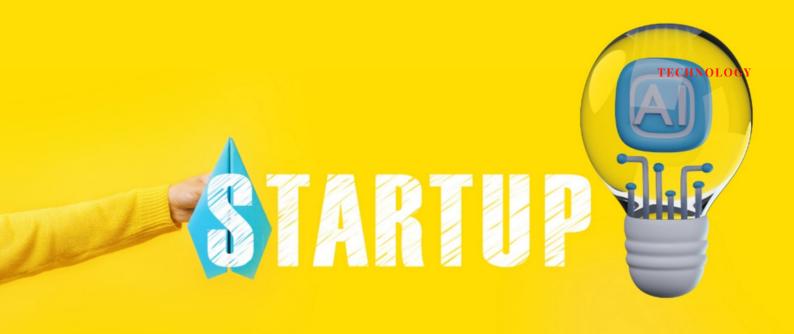

Researchers have found that the owl was giant, resembling a hawk. Tobias explained that for some time, they had mistaken themselves for hawks. But the owl was sitting on a relatively shorthorn. The duo then explained that they were stunned when they looked through binoculars. They say that no other African owl is so large, and at first glance, it looks like Shelley's Eagle Owl.

Before this, there were two paintings of this owl. One of them is still a matter of controversy. This image, taken in 2005 from the Congo, was not immediately clear. Another picture shows an owl of the same species found at the Antwerp Zoo in 1975. However, after a detailed examination, it has been confirmed that Shelley's eagle. Ghana is a researcher at the University of Environmental and Sustainable Development. Researchers, including Nathanian Anorba, attest to this.

They say that the owl in the picture is the body structure of Shelley's Eagle. The dark black eyes, yellow beak, and large body were crucial in recognizing the image of Shelley's Eagle. Shelley's Eagle Owl is currently listed as an endangered species by the International Biodiversity Conservation List. More than a thousand of these species live in the rainforests of Central Africa. It is thought to have owls.

- ANITHA AMMANATH

HOW INDIAN STARTUPS ARE LEVERAGING AI FOR ECONOMIC GROWTH.

-WFY Bureau, UK.

Artificial intelligence (AI) is transforming various industries across the world, with advancements being made every day. However, the contributions of the Indian diaspora to AI's development have been significant. Let's explore how Indian-origin AI professionals are making an impact in Silicon Valley, Europe, Asia, and beyond.

Success Stories:

Indian-origin AI professionals have played a critical role in the advancement of AI globally. One such success story is Sundar Pichai, the CEO of Google. Pichai, an Indian-American, has been a driving force behind the development of AI at Google, making significant contributions to the company's AI research and development.

Another success story is the Indian-origin entrepreneur and philanthropist, Vinod Khosla. Khosla is the founder of Khosla Ventures, a venture capital firm that invests in AI startups. Khosla has made investments in several AI startups that have gone on to become successful, including Guardant Health and H20.ai.

Challenges:

Despite the significant contributions made by the Indian diaspora to AI's development, there are still challenges they face. One of the most significant challenges is the lack of diversity in the industry. A study by the Harvard Business Review found that only 26% of AI professionals in the US are women, and even fewer are people of colour. Another challenge is the high level of competition in the industry. With AI being such a lucrative field, there is intense competition among professionals to make breakthroughs and develop new technologies.

Opportunities for Collaboration:

Despite the challenges, there are still many opportunities for collaboration between the Indian diaspora and India's tech industry. One such opportunity is the development of AI-powered healthcare solutions. India has a vast population that is in dire need of affordable and accessible healthcare. AI-powered healthcare solutions can help address this issue by making healthcare

more efficient and cost-effective.

Another opportunity is the development of AI-powered agriculture solutions. India is an agricultural country with a large population engaged in farming. AI-powered solutions can help increase agricultural productivity, reduce waste, and make farming more sustainable.

Another opportunity is the development of AI-powered agriculture solutions. India is an agricultural country with a large population engaged in farming. AI-powered solutions can help increase agricultural productivity, reduce waste, and make farming more sustainable.

Potential for AI to Transform India's Economy:

AI has the potential to transform India's economy, with the Indian diaspora playing a critical role in achieving that. AI-powered solutions can help address several pressing issues in India, such as healthcare, agriculture, and education.

In healthcare, AI can be used to improve disease detection and diagnosis, identify disease outbreaks, and predict patient outcomes. In agriculture, AI can be used to optimize crop yield, reduce water usage, and prevent pest infestations. In education, AI can be used to personalize learning, assess student progress, and provide targeted interventions for struggling students.

The Indian diaspora has made significant contributions to AI's development globally, with success stories like Sundar Pichai and Vinod Khosla leading the way. Despite the challenges they face, there are still many opportunities for collaboration between the Indian diaspora and India's tech industry. The Indian diaspora's role in achieving this transformation cannot be overstated, and it is essential to continue supporting and nurturing their contributions to AI's development.

India is a leading hub for AI talent. According to a report by Great Learning, India has the second-highest number of AI and machine learning job openings in the world after the United States, accounting for 9.8% of all AI-related job postings globally. This shows that the Indian workforce has the skills and expertise required to contribute to the development of AI.

Indian-origin AI professionals are playing key roles in some of the world's leading technology companies. For example, Sundar Pichai, the CEO of Google, is of Indian origin. Similarly, Satya Nadella, the CEO of Microsoft, was born in Hyderabad, India. The contributions of these and other Indian-origin AI professionals have been critical to the development of AI in Silicon Valley and beyond.

The Indian government is also making significant investments in AI. In 2020, the Indian government announced plans to create a national programme on AI with a budget of $480 million over five years. This programme aims to support research and development in AI, promote the adoption of AI in various industries, and train a workforce with the necessary skills to work with AI.

The potential of AI to transform India's economy is significant. According to a report by Accenture, AI has the potential to add $957 billion to India's economy by 2035, which represents a 15% increase in India's current gross value added (GVA) [3]. The report also highlights the potential for AI to create new jobs and transform existing ones.

Indian-origin AI professionals are also contributing to the development of AI in Europe and Asia. For example, Demis Hassabis, the co-founder of DeepMind, which was acquired by Google in 2015, is of Indian origin. DeepMind is a leading AI research company based in London. Similarly, Fei-Fei Li, a renowned AI researcher and co-director of the Stanford Institute for Human-Centered AI, was born in Beijing to parents of Indian and Chinese origin.

These are just a few examples of the ways in which the Indian diaspora is contributing to the development of AI on a global scale. As AI continues to transform various industries, it is clear that the contributions of Indian-origin AI professionals will continue to be critical to its advancement. Furthermore, by collaborating with India's tech industry, the diaspora can help drive the growth of AI in India and unlock its potential to transform the country's economy.

-WFY BUREAU, UK.

FROM THE KITCHENS OF INDIA

PURAN POLI

Puran poli is a traditional Indian sweet flatbread that is particularly popular in the western states of Maharashtra, Gujarat, and Karnataka. It is often served during special occasions and festivals such as Holi, Diwali, and Ganesh Chaturthi.

PURAN POLI

Puran poli consists of a filling made of cooked chana dal (split Bengal gram), jaggery, and spices, which is then stuffed inside a wheat flour dough and rolled out into flatbreads. The flatbreads are then cooked on a griddle or tawa with ghee or oil until they are golden brown and slightly crispy.

Puran poli is a beloved dish in India, not just for its delicious taste but also for its cultural significance. It is often associated with family gatherings and celebrations and is seen as a symbol of warmth and hospitality. Here's a detailed recipe for making Puran Poli:

Ingredients:

For the stuffing:
- 1 cup chana dal (split Bengal gram)
- 1 cup jaggery (grated)
- 1 tsp cardamom powder
- 1 tsp nutmeg powder
- 1 tsp ghee

For the dough:
- 2 cups whole wheat flour
- 1 tbsp ghee
- 1/2 tsp salt
- Water, as required

For the assembly:
- **Ghee, as required**
- **Dry flour, for dusting**

Instructions:

1. To make the stuffing, wash the chana dal and soak it in water for 2 hours. Drain the water and transfer the dal to a pressure cooker. Add 2 cups of water and pressure cook for 5–6 whistles, or until the dal is cooked and soft.
2. Once the pressure releases, open the cooker and mash the dal until it becomes smooth. Add grated jaggery, cardamom powder, nutmeg powder, and ghee to the dal and mix well.
3. Place the dal mixture in a heavy-bottomed pan and cook it over low heat for 15–20 minutes, or until the mixture thickens and starts leaving the sides of the pan. Turn off the heat and let the mixture cool down.
4. To make the dough, mix the whole wheat flour, ghee, and salt in a mixing bowl. Slowly add water, kneading until the dough becomes soft and pliable. Cover the dough with a damp cloth and let it rest for 30 minutes.
5. After the dough has rested, divide it into equal-sized balls. Take one ball and flatten it with your hands. Place a spoonful of the dal mixture in the centre of the dough and bring the edges of the dough together to cover the stuffing.
6. Dust the dough ball with dry flour and roll it out into a circular shape. Heat a tawa or griddle over medium heat and place the rolled-out puran poli on it. Cook for 1-2 minutes on each side, applying ghee as needed, until both sides are golden brown.
7. Repeat the process with the remaining dough and dal mixture until all the puran polis are cooked.
8. Serve the puran polis hot with a dollop of ghee on top. Enjoy!

Puran Poli is a traditional Maharashtrian dish that is loved by many. It requires a little bit of effort, but the end result is definitely worth it. So, give this recipe a try and savour the flavours of India!

-WFY BUREAU

Important Days In May 2023:
The Official Complete List Here

-WFY Bureau

Important Days in May:

Let's take a look at some of the significant holidays that are commemorated in May. The whole list of significant days in May is provided here, along with each day's significance, to aid in your understanding.

List of Important Dates in May	
1st May	International Labour Day
3rd May	Press Freedom Day
4th May	Coal miner's day
8th May (2nd Sunday)	Mother's Day
8th May	World Red Cross Day
11th May	National Technology Day
12th May	International Nurses day
May (2nd Weekend)	World Migratory Bird day
15th May	International Day of the Family
17th May	World Telecommunication Day (Information Society Day)
20th May	National Endangered Species Day (Third Friday in May)
21st May	Anti-terrorism day
22nd May	International Day for Biological Diversity
24th May	Commonwealth Day
31st May	World No Tobacco Day

Let's take a look at some of the significant holidays that are commemorated in May. The whole list of significant days in May is provided here, along with each day's significance, to aid in your understanding.

May International Days

May 1
- Global Love Day
- International Workers' Day
- International Bereaved Mother's Day – First Sunday in May
- World Laughter Day – First Sunday in May

May 2
- World Tuna Day

May 3
- World Press Freedom Day
- World Asthma Day – First Tuesday in May

May 4
- International Firefighters' Day

May 5
- African World Heritage Day
- International Day of the Midwife
- World Portuguese Language Day
- World Password Day – First Thursday in May

May 6
- International No Diet Day

May 7
- World Naked Gardening Day – First Saturday in May
- International Drone Day – First Saturday in May
- International Female Ride Day – First Saturday in May

May 8
- Time of Remembrance and Reconciliation (May 8 & 9)
- World Red Cross Day
- International Thalassaemia Day
- World Ovarian Cancer Day

May 9
- Europe Day
- Time of Remembrance and Reconciliation (May 8 & 9)

May 10
- World Lupus Day

May 12
- International Nurses Day
- International ME/CFS Awareness Day

May 13
- International Hummus Day

May 14
- World Fair Trade Day – Second Saturday in May
- World Migratory Bird Day – Second Saturday in May and Second Saturday in October

May 15
- International Day of Families
- International Kangaroo Care Day
- World Baking Day – Third Sunday in May

May 16
- National Check Your Wipers Day
- International Day of Living Together in Peace
- International Day of Light

May 17
- World Hypertension Day
- World Telecommunication and Information Society Day

May 18
- Buddha Day
- International Museum Day

May 19
- World IBD Day
- National Caesar Day – Thursday Before Victoria Day

May 20
- International Red Sneakers Day
- World Metrology Day
- World Bee Day

May 21
- World Day for Cultural Diversity
- International Tea Day (UN)

May 22
- International Being You Day
- International Day for Biological Diversity
- World Goth Day
- World Paloma Day

May 23
- International Day to End Obstetric Fistula
- World Turtle Day

May 24
- World Schizophrenia Day

May 25
- International Plastic Free Day
- Geek Pride Day
- World Thyroid Day

May 29
- International Day of UN Peacekeepers

May 30
- World Multiple Sclerosis Day

May 31
- International Flight Attendant Day
- World No Tobacco Day
- World Parrot Day

A Silent Challenge To My Dream

By Sarmistha Dey

Accumulation of happiness in the midst of unhappiness
An era of change.
In the dew of uprooted trees, I live
A rush of green leaves.
Waiting to touch the dream..

Sand on wet feet, friction of shoes, bleeding
On the sun-drenched body – chalky old skin.
On the way to an uncertain destination
My mind wakes up in desire
Waiting to touch the dream..

Filled with poisonous dust, in a suffocating 'Mehfill'
A boat full of relatives or so called friends

In soundless cries - struggle full of stubbornness occupies the mind
"Leave the stagnant life line"
The mind again wakes up with great excitement
Waiting to touch the dream..

Leaving the pierced past dressing on the shore -
Faced with protest, the fear of death has left.
Telling the truth like a fool
The mind wakes up with the sound of the bird
Waiting to touch the dream..

One day I will touch you "Dream"
lost the mask
Dropped all of the warrior's armour
Bathe in a fairy tale
I will touch you -I will surely fulfill my dreams
By drawing the juice of the roots of life , by my sweet and
bitter experiences, I have learnt and
So I am fresh every moment to
Dream - waiting to touch you in any moment..

-SARMISTHA DEY

AVANT-GARDE

Rema Pisharody

Children cry aloud
When born to a new world
From the comforts
Of a shore that is serene

A wall built on love,
Benign a place, sacred
A voyage in magic
To a colossal certain realm...

Cushioned in a chamber distinct
Days and in moon day nights
Coyly, smiled on a dream
A journey begins

Celestial the light
Heavenly a glide
Valliant a commencement
Sun the light, earth the curator

Cry of a newborn,
Almost certain
A season changed
And river dried

Rarely, very rarely
They cry not..
Like me the one who is born en-caul,
Destined not to cry

Benign the guardian armor,
Born unbroken a fate
Tears, no loud cries
Perhaps, shielded for a cause..

-REMA PISHARODY

SHE

Sindhu Gatha

Are you sad?
pain?

That too
to you

This was her response
when she got choked up
amid the questions.

then,
That's what she needs.
And always

It is a reward
for doing well.
And always

Those who threw hooves
against her yesterday
Neither today nor tomorrow

Those who fall like fireballs on her
and are angry in front of life

The warm breeze that never blows,
the rain that never rains,
and the forest that grows only in dreams of spring

-SINDHU GATHA

Know The Link Between Positive Education And Powerful Leaders
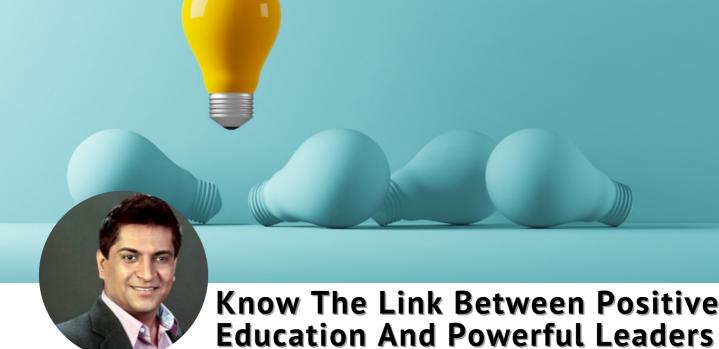
Fostering a culture of positivity and respect from education to employment produces influential leaders.

by Tushar Unadkat

Inspired by quotes from Albert Einstein, this article discusses ways to serve students and employees better. The education system needs to move away from standardized testing and focus on problem-solving skills, provide funding for schools in low-income areas, shift the focus from grades to learning, cater to diverse communities' needs, provide life skills, and foster creativity and innovation. Teachers need better training and support to engage students and support their individual needs. When employers and managers use positive language in the workplace, it improves employee morale, productivity, and professional relationships, even when addressing issues or concerns.
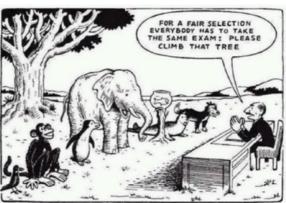
SERVE STUDENTS BETTER

Educators, researchers, and students have identified areas for improving the education system to serve students better. By acknowledging these areas, we can work towards creating a more effective education system that can empower students to reach their full potential.

One area of improvement is the need to move away from standardized testing. Critics argue that this system emphasizes memorization over critical thinking, and a better approach would be to emphasize problem-solving skills.

Another area for improvement is funding, especially for schools in low-income areas. By providing more resources, such as updated textbooks, smaller class sizes, and extracurricular programs, these schools can provide quality education essential for student success.

Our Education System

FOR A FAIR SELECTION EVERYBODY HAS TO TAKE THE SAME EXAM: PLEASE CLIMB THAT TREE

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

It is also essential to shift the focus from grades to learning. By encouraging students to understand the material, we can help them develop critical thinking skills that will serve them throughout their lives.

Furthermore, teacher training and support are critical for effective teaching practices and student engagement. By providing teachers with the training they need, they can better support students' individual needs and learning styles.
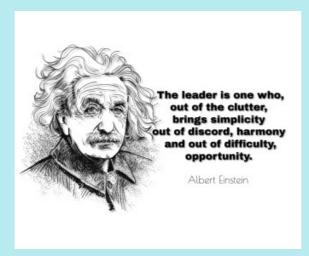
In addition, a one-size-fits-all approach to education can be limiting. We need to better cater to the needs of diverse communities, including students of color, LGBTQ+ students, and students with disabilities.

Providing life skills, such as financial literacy, emotional intelligence, and practical problem-solving, is also crucial for student success beyond the classroom.

Finally, fostering creativity and innovation is essential for students to succeed in today's rapidly changing world. By encouraging creativity, we can help students develop the skills to adapt and thrive in their careers.

By addressing these areas of improvement, we can create an equitable and effective education system that empowers all students to reach their full potential.

SERVE EMPLOYEES BETTER

The leader is one who, out of the clutter, brings simplicity out of discord, harmony and out of difficulty, opportunity.

Albert Einstein

Students need positive thinking and progressing leaders to mentor and guide their career growth when they enter the workforce.

Using positive language in the workplace can significantly enhance the overall work environment and employee morale. Positive comments, phrases, or tones can create a sense of encouragement, support, and motivation among colleagues, ultimately improving productivity and performance.

For instance, if a manager frequently uses positive words to acknowledge and appreciate employees' work, it can lead to a sense of confidence and motivation in the employees, and they may feel valued and respected. On the other hand, negative feedback can lower employee morale and motivation, leading to reduced performance and productivity.
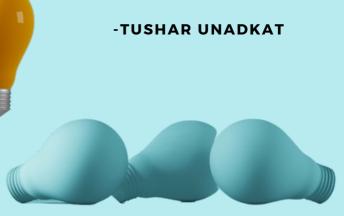
Similarly, using positive language when communicating with colleagues or customers can foster understanding, cooperation, and stronger professional relationships. Therefore, it is crucial to communicate clearly, positively, and respectfully, even when addressing issues or concerns.

In conclusion, using positive language in the workplace can positively affect employee morale, productivity, and professional relationships. Consequently, employers and managers should strive to communicate effectively, using positive language and constructive feedback, to create a positive work environment and foster a culture of respect and collaboration.

Positivity, starting from education and extending to the workplace, can help create leaders. By promoting positivity in the education system, students can develop confidence, motivation, and problem-solving skills, essential leadership qualities.

Similarly, in the workplace, positive language and constructive feedback can enhance employee morale, motivation, and performance, leading to the development of leadership skills.

Therefore, individuals can develop the necessary qualities to become influential leaders by fostering a culture of positivity and respect from education to employment.

-TUSHAR UNADKAT

How Can A University Earn?
Know It All Here Easily.

**by Prof. Ujjwal
K Chowdhury**

Revenue Generation through Collaboration among Asian Universities

That universities need to collaborate to progress is a given for the last half a century. That collaboration is essential for better rating and ranking globally is a given for the last two decades. That such collaboration can lead to increased revenues in times when university earnings are stretched due to the pandemic and its aftermath, is a little known phenomenon. We will explore this aspect here.

How can a university earn?

First, through tuition fees of admissions. Second, through projects, consultancies, research outcomes, market surveys, and reports, et al. Third, through services on campus, from hostel to food, etc. Fourth, from hiring its facilities and campus to outside clients for events and shoot etc, subject to certain conditions. Fifth, from publications of books, videos, etc. Sixth, through continuous learning, short courses, management development programs, etc. Seventh, through online learning and programs, with regulatory clearance to degrees online. Eighth, earning through international projects, events, etc. Ninth, through government or non-government grants, private and public scholarships, endowment funds, alumni contributions, etc. Tenth, flagship events for government, industry, youths with sponsorships and paid delegates. Broadly these are the avenues for revenue generation. The maturity of a university depends on increasingly a higher share of all other revenue sources than the first one (that is, tuitions fees of full time academic programs on campus should increasingly have a lower share of total revenue, though increasing in absolute numbers).

Can Western & Asian Universities collaborate to earn?

How can a collaboration among universities contribute to the kitty of them all? It is well neigh impossible to really make great financially rewarding collaborative initiatives between Western ivy league universities and the Asian ones in the middle rung of stature. The values, the attitudes, the respect, the acceptance, the skills, the experience and all that will not usually match, and no meaningful and gainful initiative can be born, except the lesser known third world university acting as a fodder for supplying better off students to the richer higher placed Western ones. A meaningful and productive relationship where both or all partners gain can happen more among the universities of Asian and African nations, though some of them outshine the others in impact and standards by miles.

What can Asian Universities do to have win-win partnership?

Continuing Education:

We have to relook at all the possible ways the Asians universities can collaborate to earn all the three Rs: Reach, Reputation and Revenue.

First, continuing education. There can be high end short courses (weeklong or weekend) in the form of management (or tech, or communication) development programs, where two or more universities can collaborate with content, resource persons, marketing and revenue shared among them. An Indo-Bangla-Vietnamese-Middle Eastern MDP on Tackling Post Pandemic International

Trade Challenges OR Applications of AI-ML in Higher Education shall surely be a hit initiative, with the right resources and communication to the target audiences. This can be a series across the year with responsibilities and revenues shared proportionately.

Universities can collaborate to organize joint conferences and workshops, which can attract participants from industry, academia, and government. Such events can generate revenue from registration fees, sponsorships, and exhibitor fees.

Online Education:

The world is at the cusp of a non-degree learning online. However, the best choices available are usually in English, and that too heavily Western accented for the nations in Asia. Coursera, Simplilearn, LinkedInLearning have great content, universally useful, but usually accented and with examples largely suitable for advanced economies. Asia needs online learning in multiple languages of Asia and English included, and with local examples and way of talking, including accent. If the content is developed once very well in any Asian language, AI and softwares can help translate it in multiple languages too, albeit with a quality check. For this, even if ten good universities from 10 Asian nations collaborate to develop the content from their smarter faculty members, take it first to their own students as an essential learning resource, and give credits and recognition mutually to those who complete with a preset standards, we have a great winning proposition here with all universities earning in the process from content, and from the learning fees, as well.

With the increasing importance of online education and remote work, universities can embrace digital transformation to enhance their reach and reputation. This can involve developing online courses and programs, establishing online research collaborations, and using digital tools to facilitate communication and collaboration.

Mega Projects from International Organizations:

In a recent interaction, the Vice Chancellor of a reputed Indian University explained to the top management of a leading Bangladeshi university as to how a joint project from both on managing coastal catastrophes or micro business management will go well with certain UN bodies, how a joint project on children's health and wellbeing in post pandemic times would be a great idea for UNICEF or Gates Foundation. And, if a Vietnamese or Cambodian or Indonesian University is also a partner in the project, it is even better. The world, read UN and global bodies and even governments, are waking up to collaborative projects of research with applicable outcomes (policy or action or both) proposed by multiple universities with relevant in-house talent to handle such projects. Such initiatives add to the reach, reputation and revenue of all partnering universities involved and bring in the much needed variegated relevant experience for their faculty members, researchers and Masters learners.

Joint research projects:

By working together, universities can combine their resources and expertise to undertake research projects that are more ambitious and have a higher chance of yielding significant results. Such projects may attract funding from government agencies, corporations, or philanthropic organizations, which can bring in revenue for the participating universities.

Youth Outreach Initiatives:

Today most youth outreach events to bring universities and higher education admission seeking youths are done by media houses, event management groups or NGOs. They merely focus on the basics of stalls of universities and hordes of youths invited to talk on programs and admissions. The focus for the organizers is merely to make a quick buck in the admission season, and not contribute anything substantially to the learning curve of school-passing youths wanting to enter the arena of higher education. Also, often inclusion of known universities from the West makes youths flock more to their stalls and talk for movement abroad.

A group of Asian universities coming together, pulling up their resources, and creating a multi nation multi city educational tour which is a blend of knowledge events with thematic panels, career guidance, creative workshops, psychometric tests for the youths to make them understand their strengths, university specific stalls for focused discussions, industry stalwarts speaking about various domains, etc can be a great winner. Such an effort, however challenging it might me, shall give each university a big pool of database for admissions, share the knowledge of their best academic minds, and bring in revenue through admissions, sale of books and resources, paid workshops income, psychometric tests revenue, etc.

Star Faculty Sharing:

The other area of saving costs and perhaps also earning some for Asian universities shall be through sharing star faculty among themselves who visit one another's campus for a fortnight to a month and cover a course through immersive deep dive sessions in quick succession. Mutual support in travel and hospitality can bring down these costs too, and saving on additional star faculty expenses will help all involved. The star faculty can also participate in a special paid short course for working professionals, or strategic consulting meetings with local external clients of the inviting universities.

Knowledge Transfer, Joint Programs, & Commercialization:

Universities can collaborate to transfer knowledge and technology from academic research to industry, creating opportunities for commercialization and revenue generation. For example, universities can create joint technology transfer offices to facilitate the licensing of intellectual property and the formation of spin-off companies. Universities can collaborate to offer joint academic programs, such as dual-degree programs or joint research-oriented master's and doctoral programs. Such programs can attract international students and generate tuition

revenue for the participating universities. Universities can collaborate to publish joint academic journals or books, which can attract readership and generate revenue from subscriptions and sales.

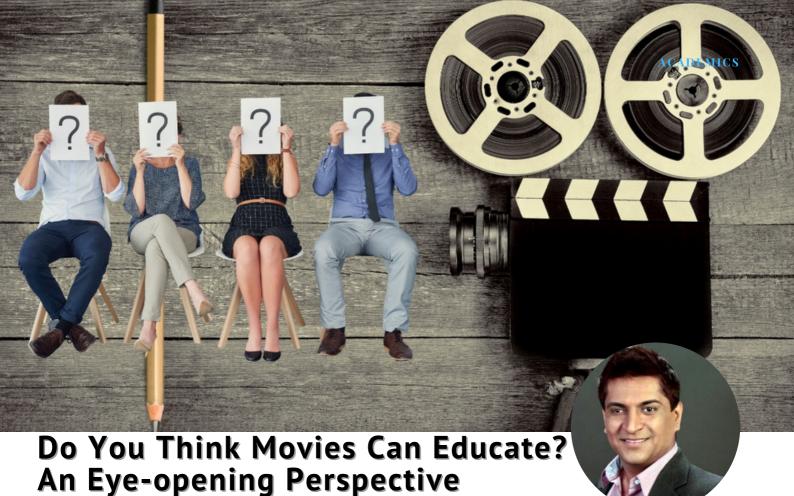**Asian Universities' Conglomeration:**

Collaboration among Asian universities can lead to revenue generation through joint research projects, knowledge transfer and commercialization, joint academic programs, joint conferences and workshops, and joint publications. Asian universities can collaborate to generate more reach, reputation, and revenue by identifying common goals and interests, fostering partnerships, creating centers of excellence, hosting joint conferences and workshops, engaging in technology transfer and commercialization, collaborating with industry, and embracing digital transformation.

The first step is to identify areas of common interest and shared goals among universities. This can be achieved through regular communication and networking, as well as through the exchange of faculty and students.

This can effectively happen through a formal conglomeration that is institutionalized. An association or conglomeration of Asian universities may actually engage productively with member universities to realize the above. Surely the journey starts with meetings, networking, memoranda of understandings, exchange programs, etc. And thereafter, it can move to faculty sharing, educational tour, joint projects or consultancies or research, joint mega knowledge event, online and ongoing continuous education, etc, each of which should bring in revenue to be shared among the partnering universities.

Competition is passe in the post pandemic world. It is a twentieth century idea. Collaboration is the in-thing. World can survive only through collaboration and not competition, only through responsible use of resources and not through consumerist guzzling of scarce resources.

-Prof. UJJWAL K CHOWDHURY

Do You Think Movies Can Educate? An Eye-opening Perspective

by Tushar Unadkat

Movies are an excellent resource for visual learners because they enable them to understand concepts without barriers to learning. Watching movies can be a form of education, as films can provide valuable insights and knowledge. Movies can be an influential agency for wisdom and help viewers better understand different cultures, historical events, scientific concepts, and social issues.

For instance, a historical movie can be entertaining and informative to learn about a particular period or event. Similarly, a documentary can offer valuable insights and information on various subjects, such as environmental issues, politics, or economics.

One famous quote related to education and films is by the American filmmaker and screenwriter Steven Spielberg: *"I think cinema, movies, and magic have always been closely associated. The very earliest people who made film were magicians."*

This quote highlights the idea that movies have the power to captivate and engage audiences and can be an assertive means for education and learning.

It is important to note that while not all movies are educational, some may not provide accurate information. Therefore, it is necessary to critically evaluate the sources of information and do additional research to ensure the accuracy of the data presented in the film.

According to research, watching a movie can save the time one would spend reading a book for a few days only to discover that the book is not good. With a film, however, one can determine whether it is good or bad after only a few hours of viewing it. It is educational and valuable to soak into a new culture and remains visually appealing. Movies are social; surprisingly, watching a movie can relieve stress, like reading a great book.

Most people only view films as entertainment, but this should be different since movies play a significant role in the education system. Unfortunately, many parents with schoolchildren believe that movies are addictive and disruptive in their children's academic lives. However, teachers use popular educative films because they think they will improve students' education and bolster their understanding of a particular subject.
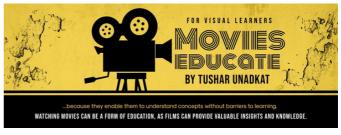
Unfortunately, using traditional learning methods alone might only motivate some. Most people prefer entertainment, and finding a better way to incorporate it into education can be more challenging than through inspirational movies and plays. So, let us look at some incredible benefits of incorporating films into teaching.

Movies help people know and appreciate the stated issues. Therefore, we can see the significance of these values and learn to appreciate the different lifestyles people live and whatever they went through to get to where they are now.

Movies can be a valuable source of information and can provide a unique perspective on historical events, cultural practices, and social issues. One can use movies to explore themes, research characters, and storylines, and understand different perspectives and worldviews.

However, it is crucial to recognize that movies are a form of media and are subject to bias, manipulation, and inaccuracies. Therefore, one should use them with other information sources and critically examine and evaluate movies for their accuracy, credibility, and relevance.

In summary, movies can be a vital tool for research purposes, but it is essential to use them critically and to supplement them with other sources of information.

FOR VISUAL LEARNERS
MOVIES EDUCATE
BY TUSHAR UNADKAT
...because they enable them to understand concepts without barriers to learning.
WATCHING MOVIES CAN BE A FORM OF EDUCATION, AS FILMS CAN PROVIDE VALUABLE INSIGHTS AND KNOWLEDGE.

-TUSHAR UNADKAT

The Blended Learning: All You Need To Know About New Age Education. Part 3

by Prof. Ujjwal K Chowdhury

Outcomes

Academic Excellence:

A university's first job is to ensure academic excellence. The first purpose of its existence is the delivery of academic programs with quality and ensuring internalization of learning, conceptually and practically, among the learners so that they can engage themselves socially and in the economy productively.

All the enablers noted above, if done with care and success, shall lead to academic excellence. A university needs to ensure a healthy Mentor-Learner Ratio within 1:20, at the most. So is the ratio of non-teaching support staff in the university vis-a-vis the learners. The learning gaps in learners with regards to a course being mentored must be covered through diagnostic & formative assessments. The goal of academics is to evolve batches of creative, critical thinking, analytical, problem-solving, & application oriented learners.

Academic excellence, apart from high quality blended learning, must also ensure research outcome of every learner (levels of research objectives and outcomes shall differ from UG to PG to PhD).

Finally, academic excellence will lead to global placements of the learners, with employability standards and figures visibly high. Teaching Assistant Fellowship program to support academics and create new Mentorship talent is a very positive step and good universities across the world nurture a cadre of future mentors through TAF. Academic excellence ensured and documented shall lead to high scores in QS, THE & Sanghai ranking frameworks.

Research & Consultancy

Evidence based Research Outcomes make an essential need of every university system. Such outcomes of research must be seen in multifarious ways as follows.

1. **Academic Publication from the research completed**: high Impact value SCOPUS indexed publication, or peer reviewed publication.
2. **Degree contribution of most research**: towards MPhil or PhD or Post-Doctoral thesis or Masters by thesis or Masters Dissertation.
3. **Ranking contribution of all research work of the university**: contributing to points in QS or The Higher Education (THE) or any other relevant ranking, general or domain specific.
4. **External Recognition** of research done by faculty members and research scholars: by a professional or academic or trade body, discipline specific professional body (including citations).
5. **Patents** emanating from research work (applied, being considered, or received).
6. **Social impact of every research project**: in development, welfare, policy making by government or an international body.
7. **Commercial impact of research projects**: supporting entrepreneurship, business growth, business application & consulting.
8. **Branding contribution of every research work**: Must be covered adequately in personal, institutional and professional social media platforms, covered through articles in mainstream newspaper, being showcased in Innovation Lab or at the department.
9. **Popular writing emanating from research**: research outcome written in a layman's language in a newspaper, or writing a viral blog or vlog on the outcome of the research.
10. **Fund application and fund procurement** for research, including consultancy projects: the project must lead to a possible government or private sector funding (for the immediate or the extended research project), or lead to donate option in website bringing in crowd-sourced funding. Funds before or after the research are an important criterion of applied research.
11. **Motivation impact of research and consultancy done**: for junior researchers, & current learners.
12. Newsletter coverage, case-study publication (as book chapter or in a journal).

Outcomes of every research project or consultancy project must include at least eight to all twelve of the above to be really impacting and productive, some areas being more significant than the others. From the inception of putting in a research proposal, these outcomes must be pursued and ensured for a quality university experience.

It must be noted that research outcomes make the second most important parameter in evaluating a university's rating and ranking.

Learners' Experience

Next to academics and research, the most important outcome of quality higher education is the experience of the learners during their learning journey, from admission to placements or higher studies.

The enablers noted earlier shall lead to a higher satisfaction of the learners with their learning journey in a university. And this can and should be quantified. High Net Promoters' Satisfaction (NPS) Score from learners' feedback is an important index of the quality of the university. High scores (above 7, on a scale of 10) are considered positive, 5 to 7 on any criterion is considered neutral and anything below 5 negative. The negatives and positives cancelling one another, final score is NPS Score that can be positive or negative or even zero. This tells learners' feedback on university as a whole, and on each component of university work (academics to even food or security), and thereby provides a ready reference for the management to focus on the negatives sharply till next such annual feedback.

The learning journey being positive and enjoyable, such a scenario will lead to Alumni Engagement being higher and regular, since learners of today are alumni of tomorrow. Alumni coming as recruiters shall be common. Naturally, the Social Media engagement of the learners & alumni shall be positive and frequent, and one can see second generation coming from learners' families. Customer or stake-holder testimonial is the best form of marketing. Here, the Learner as Advocate, spreading the good word, shall lead to referral admissions going up.

Learners' previous colleges get engaged in many ways if the learners' satisfaction quotient is high. There can be programs like honouring the best schoolteacher and parents of each learner on campus, apart from academic outreach programs in the schools of learners as a part of institutional social responsibility. For example, the learners can go back to their schools with their university mentors to organize financial literacy camps, drone-making workshop, media or legal literacy camps, good communication skills workshops, etc.

Higher learners' satisfactions can lead to learners' life-changing stories to be shared online, as to how a student from a poor family from the hinterland of the country has evolved remarkably within a year or two at the university campus. Placement, or higher studies, or entrepreneurship of each learner while passing out can be documented and shared widely.

Naturally, such NPS scores shall also contribute to high scores in QS, THE & Sanghai ranking frameworks worldwide.

Social & Media Footprints (Communication)

If the enablers are well implemented, several stories to share evolve. For example, there needs to be one engaging story-telling online on a daily basis, of one learner whose life has been transformed, or one major initiative or research done on campus which can be presented like a story. There has to be a powerful visual communication across all platforms since visual story-telling through pictures, graphics or video create much greater impact. Often branded or even brandless shareable content going viral online (written stories and videos) takes reputation forward. Any good university today needs multiple social media handles for its multiple departments, clubs etc to engage the young audiences better. These can lead to increasing engagement figures, blogs & other contents. Even the campus stories or content by stakeholders should be going into mainstream legacy and digital media alike. Tie-ups with a few media to create and share content can be useful. The media and communication department of the university can help support this.

As far as social media platforms are concerned, focus should be on professional linkages & polemics through LinkedIn, visual story-telling through Instagram, research outcomes, debates and published work on Twitter, videos that can engage well on YouTube, and comments, stories, pictures and short videos on Facebook. All the five need engaging content on a regular basis, not less 3 and not above 6 a day, for seven days a week, throughout the year.

Internationalization

All rating-ranking organizations today give a high weightage to ways and means for internationalization. Tie-ups with earlier universities should be taken to the next level through focused engagements in International Relations, Public Relations, Research and Academics, all. These can be through organizing annual conclaves and flagship events of schools or departments where partner universities participate, or through global collaboration on sharing intellectual capital through a multi-country repository of academic talent.

Active internationalization of a university also refers to International Mobility (scholarships, exchange programs, joint research, joint academic events, twinning programs) with many universities across nations and continents. Internationalization can have Memorandum of Understanding (MOUs) with foreign universities for exchange programs, joint seminars and publications, joint research etc. There can also be sister universities twinning their programs jointly, creating and sharing transferable models (e.g. Smart Campus, Smart Edu, LMS etc). Two universities can help each other in upgrading their specific programs based on their demonstrated mutual strengths.

There can be week-long invites for eminent scholars and professors from around the world with a specific plan to make use of each visit. Participation in contests and conferences globally by mentors and learners alike is another major aspect of internationalization. Taking short to long courses and programs out of the country, and finally expanding university campus beyond borders shall be other goals of internationalizing the university with a host of other positive outcomes. **Part 3 ends....**

-Prof. UJJWAL K CHOWDHURY

The Impact Of Cryptocurrency Ban: Full Information Here

by WFY Bureau, New Delhi

The Impact of India's Cryptocurrency Ban on the Diaspora Community

In recent years, cryptocurrency has emerged as a popular and innovative form of currency that has revolutionized the way people make transactions. However, the Indian government's recent decision to ban cryptocurrency trading has caused much concern and speculation about the future of this digital currency in India. This ban has not only affected the Indian economy, but also the diaspora community who are spread across the world.

India has one of the largest diaspora communities in the world, with over 30 million people living in different parts of the globe. The Indian diaspora has always been an important contributor to the Indian economy, with their remittances accounting for a significant portion of the country's GDP. However, the ban on cryptocurrency has put a spanner in the works for this community.

The Indian government's decision to ban cryptocurrency trading has left many members of the diaspora community in a precarious position. Many of these individuals rely on cryptocurrency for making cross-border transactions, which are often faster and cheaper than traditional banking methods. The ban has made it difficult for these individuals to access their funds and has disrupted their ability to conduct business.

The impact of the cryptocurrency ban on the Indian diaspora community is not limited to those living abroad. The ban has also affected those who are still living in India, as many individuals have invested in cryptocurrency as a means of securing their future. The ban has left these individuals with a sense of uncertainty and has forced them to consider alternative investments.

In addition to the economic impact, the ban on cryptocurrency has also had a psychological impact on the Indian diaspora community. Many members of this community see the ban as a signal that the Indian government is not supportive of innovation and entrepreneurship. This sentiment has the potential to discourage members of the community from investing in India and may push them towards other countries that are more supportive of cryptocurrency and other forms of innovation.

While the ban on cryptocurrency has caused significant disruption, it is important to note that the Indian government's decision was not without reason. The government has cited concerns about the potential misuse of cryptocurrency for illegal activities such as money laundering and terrorist financing. The government has also expressed concern about the volatility of cryptocurrency, which can lead to significant losses for investors.

What is Cryptocurrency?

Cryptocurrency is a digital form of currency that uses encryption techniques to regulate the creation and transfer of units. It operates independently from the central banks or other Financial Institutions and allows the users to interact with each other directly and securely. Cryptocurrencies are volatile and some people might view them skeptically because of it but it can offer tremendous opportunities for businesses to increase profits and reduce costs.

One of the main features of cryptocurrency is that it works with unblocks and technology. This technology has revolutionised the way you think about data storage, transaction management, and security. It is decentralised and offers unparalleled immutability and transparency. It has a great impact on banking finance, healthcare supply chain, and other industries. By using innovative Cryptography

techniques and smart contracts blocks and technology provides a secure platform for carrying out digital transactions of cryptocurrencies and NFTs. It is secure, safe, and authentic.

How Can Cryptocurrency Be A Problem For The Government?

Cryptocurrencies might have multiple advantages over any other form of physical currency or digital assets but there are certain important factors that the government has to keep in mind before working on the legal status of cryptocurrency.

Non-Traceable

The transfer of cryptocurrency does not require any middleman or third party or authority. The transaction can be done easily but once a transaction is done it cannot be reversed or tracked. This way cryptocurrencies can be used for conducting some sort of illegal transactions that include tax evasion and hiding of assets. This makes it a challenge for the government to ensure that cryptocurrency is not used for any illegal purposes in the nation.

Decentralised Nature

The decentralised nature of cryptocurrencies makes them free from any sort of government or financial authorities. The unregulated transactions of cryptocurrencies can make it difficult for the government to keep track of them. Decentralisation of cryptocurrencies also means that if any party involved in a transaction of cryptocurrency faces any issues there is no authority that they can go to for a solution to the problem.

Volatile in Nature

Cryptocurrencies are digital assets and their value varies. The prices are highly volatile, and they can fluctuate within a very short period of time. If people decide to invest in cryptocurrencies and the prices fluctuate widely this can affect the economy of the nation and this is something that the financial authorities of the country have to look into.

Scams

Cryptocurrency has been around for quite some time but it has gained popularity in the last few years which means that people are not yet aware of its security systems and features. This gives hackers and scammers an opportunity. There have been multiple frauds and scams and a lot of traders and investors have faced a loss of money because of it.These are some of the reasons why the government is still thinking about the legal status of cryptocurrency in India and how they can regulate its working.

Legal Position of Cryptocurrency in India

A legal tender is a medium for exchange used to settle transactions. When a currency is under legal tender status it allows the currency to be used to settle debts. The currencies with legal tender status are backed by the government and are accepted by the government.

When we talk about cryptocurrencies, we know that in India traders virtually transfer cryptocurrencies and use them for transactions and Investments but it does not have a legal tender status. This means that Bitcoin and other cryptocurrencies can not be used to settle debts in exchange for any type of goods or services.

Cryptocurrency is taxed under the category of virtual digital assets. The Indian government knows that virtual digital assets are a part of the international and Indian economy. They cannot be banned but a tax of 30% is charged on cryptocurrencies in India as announced in the union budget 2022. But the taxation of cryptocurrency does not make them completely legal and they still do not have any set of rules about their working. People trading with cryptocurrencies are still waiting for the government to look into this matter and release a bill that has all the rules regarding the transactions and mining of cryptocurrencies in India.

Legal Status of Cryptocurrency in Other Countries

Cryptocurrencies and digital assets are not only new in India but also in other countries as well. Different countries have different sets of rules regarding them while some countries are still trying to figure out how they work and how to regulate them.

Around 131 countries including the United States Of America, the United Kingdom, and other European countries have legalised the status of cryptocurrencies for investment. However, these countries are yet to release a comprehensive set of rules regarding trading. Only two countries have given the status of legal tender to cryptocurrency.

Trading and transactions of cryptography are legal in multiple countries but these cryptocurrencies are restricted from banking uses. Some countries including China, Nepal, and Egypt have completely banned the use and transactions of cryptocurrencies. This includes trading, holding, and investing in these digital assets.

How Realistic Is A Crypto Ban?

In 2020, in the IAMAI vs. RBI case, the Supreme Court stayed the central bank's order prohibiting banks from providing support to entities or persons dealing with cryptocurrency. The court set aside the circular on the ground of "proportionality" but did not question RBI's power to issue such a circular. The court found that RBI's action was disproportionate as the virtual currencies were not banned in the country, and it could not prove any damage possible to the banks due to cryptos.

The apex court order does not restrict RBI from passing new rules. The government can ban cryptos through a new law, but such rules can only be challenged for violation of fundamental rights, says Purshottam Anand, founder of Crypto Legal and India Blockchain Forum member.

Crypto Tax Is A Test

It is reported that Rs 32,000 crore worth of crypto trading volume was shifted to foreign shores between February and October 2022 after the government's 30 per cent cryptocurrency tax. The report by the New Delhi-based think-tank Esya Centre said that of the three tax measures announced by the government last year, the one percent tax deduction at source (TDS) was the most destructive for the industry. Indian crypto exchanges lost about 81 per cent of their trading volume between July 1 and October 15, 2022, when it was officially implemented.

Bottom Line

"India already has a very restrictive crypto regime, with few, if any, legitimate use cases. A complete ban would only be in spirit, as verifying ownership in a wallet is hard. So a ban would be easy to circumvent," says Utkarsh Sinha, managing director of Bexley, a financial advisor.

Digital assets including NFTs and Cryptocurrencies are an undeniable part of the Indian as well as International economy. There are multiple transactions done via cryptocurrencies and it is important that the government understands the workings and releases a comprehensive set of laws and rules regarding them. Trading of cryptocurrencies is allowed in India and a tax of 30% is charged on them. However, the status of legal tender is not given to Cryptocurrencies and they cannot be used for banking purposes.

The impact of the cryptocurrency ban on the Indian diaspora community is complex and far-reaching. While the ban has disrupted the community's ability to conduct business and has left many individuals in a state of uncertainty, it is important to remember that the government's decision was made with valid concerns in mind. Moving forward, it will be important for the government to engage with the diaspora community and work towards finding a solution that addresses their concerns while also ensuring the security of the Indian economy.

-WFY BUREAU, DELHI

STUART CLARK

The Clark Story: A Strong, Devoted Anglo-Indian Connection Here

Clark, the Australian who is more of an Indian in every way.

By Saji Chacko

In what would come as a major surprise to most people, former Australian fast bowler Stuart Clark, who has had a good record with Team Australia, seems more Indian than Australian. The 6 feet 5 inch giant devours biryani, kebabs, and dosas—more importantly, he speaks a splattering of Hindi, which is quite surprising for someone who is a thoroughbred Aussie.

Stuart, who was known in the cricketing world as "Sarfaraz" because of his remarkably similar action to the former Pakistani great, said that although he was born in Australia, he always lived an "Indian life."
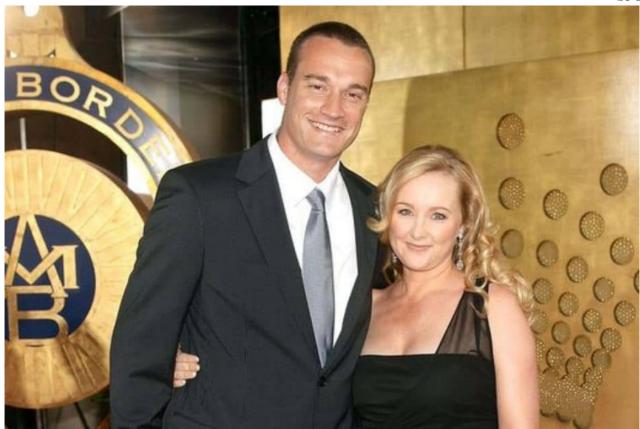
"My parents, Bruce and Mary, were born in India and met up in Chennai. My father, Bruce, was an Anglo-Indian who was staying in Chennai. He would be moving across the country and trying his hand at various things before meeting Mary (my mother). She was a hundred percent Indian and was born and raised in Kolar (Karnataka). So prominent was the Indian factor that most of the food prepared at home happened to be Indian cuisine. "We used to have sambhar and rasam at home, which was something of a wonder in an Australian household. Many of our neighbours used to come over to our place and savour the delicacies," Stuart said.

Stuart, who was born and raised in Sydney, which is the capital of New South Wales, feels that the Indian influence was very prevalent in his house and early days. "I can say that there was not one day gone by when something or other about India wasn't discussed, even though we were living in Australia like a proper Aussie family," said Clark.

The discussion would veer around Indian cricketers as well. Not surprisingly, Sunil Gavaskar and Gundappa Vishwanath were very revered in the Clark household. Father Bruce was an ardent fan of Gavaskar, who was called 'Little Master' and was one of the revered figures in the Clark household. "I can say with a degree of certainty that Sunny (Gavaskar)'s defence and technical correctness were one of the highlights of my discussions with my dad," said Stuart.

Clark also feels that both his parents having an Indian connection helped in another way. "The fact that my parents spent a great deal of time in India helped them inculcate in me a deep sense of spiritualism. I take things pretty seriously with a sense of objectivity. That habit I acquired from my parents, as both of them were such objective people," he said.

As regards his debut against India in the Test series in Australia in 2007, Clark said that it was nothing short of a dream come true. He said he had been waiting for this, "as playing against India held a special place for me. I was really pepped up when I got the call to play against them," Clark added.

Not surprisingly, he considers his deadly spell of 4 for 28 in the Melbourne Test in 2007 as the best spell of his career. "Yes, without a doubt, I would rate that spell as the best ever. There are a few reasons for this: I took the priceless wicket of Sachin, someone whom I have always admired since my youth. I clean bowled him—a scenario that I could not even think of even a few months before playing the Test," recalled Clark.

"Thereafter, I took the scalps of Yuvraj and MS Dhoni, who were among the best in the world. It was nothing short of a dream," said Clark. The icing on the cake came when he had MS Dhoni's

leg before on his very first ball. "It was like reliving a dream. I trapped MSD's leg before, off the very delivery of my new spell. Words cannot sum up what I went through," he said.

Clark also narrated an interesting anecdote that will remain etched in his mind. "After the Indian innings was over, Yuvraj and MS (Dhoni) came over to congratulate me. I was thrilled, as I didn't expect such a magnanimous gesture from the Indian players. I was very humbled by this, and my esteem and respect for the Indian players went up by a few notches," said the 47-year-old Clark.

Clark also had words of praise for his senior, Glenn McGrath, who is one of the world's greatest fast bowlers. "There is so much that I am indebted to Glenn. He was my senior bowling partner at Sydney's Suntherland District Club, where we managed to form a bond. We all know that he (McGrath) was one of the best bowlers in recent times, but very few know that McGrath is one of the most helpful people in the world of cricket. It was a pure pleasure to work with him. He taught me a lot of things about the intricacies of fast bowling," said Clark.

-SAJI CHACKO

PRAVASI LEGAL CELL

EMPOWERING PEOPLE ON LEGAL FRONT

Having no voice is no reason for anyone to suffer injustice and to live with it.
Voice of the voiceless!

Areas of Work

Niyamavedi– A Platform to raise Voice for Justice
Pro bono Legal Aid – Our Commitment to the Society
Public Interest Litigation – Channeling Social Change
Research and Publication – Creating and Extending Knowledge
Repatriation of Mortal Remains – Caring Hands for the Grieving Minds
Training and spreading Legal Awareness – Empowering People on Legal Front

It has been a decade...
Changes have been made ...
Smiles have bloomed ...
Now it's the time to Strengthen and Expand further...
Come...
Join With Us...
Let's make the Difference.
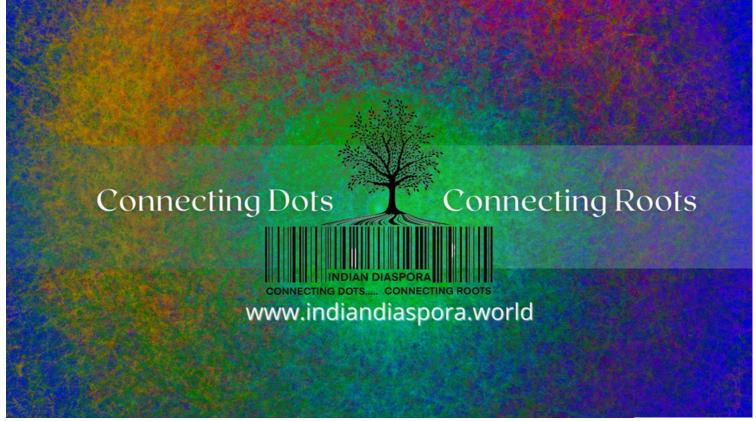
@pravasilegalcell
@pravasilegalcel
@pravasilegalcell

www.pravasilegalcell.in   pravasilegalcell@gmail.com

+91-11-26343459
+91-9654907269

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

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.

INDIAN DIASPORA
CONNECTING DOTS..... CONNECTING ROOTS

JOIN US NOW

f @globalindiandiaspora

@IndianDiasporaG

@IndianDiasporaG

INDIAN DIASPORA GLOBAL MOVEMENT

OUR PRESENCE

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

www.indiandiaspora.world