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INDIA  
DRY FRUITS  
CHUTNEY





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June, 2023

# WFY

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Editor-in-Chief: Melwyn Williams

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## THE INDIAN DIASPORA: A WONDERFUL CHANGE IN THE WORLD

*Empowering Action: Uniting the Indian Diaspora for Positive Change*

**By Melwyn Williams**  
**Editorial, May**

Dear readers, Greetings!

As we embark on the month of June, I am thrilled to present the upcoming edition of WFY, your go-to magazine for all things related to the Indian Diaspora. This month, we bring you a captivating blend of engaging content, highlighting the latest happenings and urging you to take note of the same.

In a world that is constantly evolving, it is crucial for us to stay informed and engaged with current affairs.

Firstly, India celebrates the momentous occasion of the inauguration of India's new parliament. With renewed energy and aspirations, Indian lawmakers have embarked on a journey to shape the nation's future. It is a pivotal moment that symbolises democracy in action, and we delve into the significance of this event and its implications for our diaspora community.

We need to address a pressing global concern—the growing wave of inflation. As economies grapple with rising prices and financial instability, it is imperative to understand the impact on individuals, businesses, and the overall global landscape. We should explore its ramifications for the Indian diaspora, research the insights, and make potential strategies to navigate these challenging times.

I also would like to highlight a crucial topic that affects us all—mental well-being. The pandemic has brought the significance of mental health to the forefront. The nuances of depression, loneliness, and the overall state of mental well-being should be addressed appropriately. Our aim shall be to provide support, understanding, and resources to empower individuals and foster a compassionate environment within our diaspora community.

The recent surge in UK migration figures cannot be ignored. Net migration to the United Kingdom rose by 24%, from 488,000

in 2021 to 606,000 in 2022. The Conservative Party's unfulfilled pledge to reduce net migration reflects a pattern of broken promises and failed policies. Such pledges cater to the party's agenda and perpetuate misconceptions about migration. The 2022 figures highlight specific factors contributing to the increase, including arrivals under sponsorship and family visa schemes and long-term arrivals from Hong Kong. Migration is an enduring reality driven by push and pull factors, and public sentiment supports competent immigration systems. A fact-based, rational, and compassionate approach to the immigration debate is essential.

The G7 Hiroshima summit concluded with a lengthy communiqué that received little attention except for its strong condemnation of China. The G7, once a powerful economic force, has been in decline and now resorts to targeting China to assert its relevance. The communiqué mentions China repeatedly and covers various topics, reflecting the US-led effort to build an anti-China alliance. Despite some conciliatory statements, the G7's anti-China rhetoric only diminishes its impact. To regain its former glory, the G7 should prioritise constructive relations with China and adhere to the one-China principle. Internal issues should take precedence over blaming others.

The Indian parliamentary panel has put forth a compelling recommendation to leverage the profile and global distribution of the Indian diaspora as a catalyst for promoting India's interests worldwide. The panel urges the Indian government to adopt a clear and comprehensive policy framework to proactively engage with Indians living abroad. In response, the government has accepted 43 out of 55 recommendations from the panel's report on "Welfare of the Indian Diaspora: Policies and Schemes." This proactive approach underscores India's commitment to harnessing the immense potential of its diaspora community to advance its soft power and cultural diplomacy efforts on the global stage.

The global pandemic continues to challenge us, both individually and collectively. It is a reminder that our strength lies in unity and compassion.

Furthermore, we should recognise the new challenges facing the world today. From environmental concerns to geopolitical shifts, we shall explore the evolving dynamics and their implications for our diaspora. By staying informed and proactive, we can collectively navigate these challenges and contribute to a more sustainable and harmonious global future.

As always, we proudly highlight the remarkable achievements of Indians who are making waves in diverse fields. Whether it's ground-breaking research in science, entrepreneurial ventures, or artistic endeavours, we celebrate the successes of our fellow Indians who are shaping the world with their talent and determination.

But this edition is not just about passive observation. It's a call to action. We encourage you, our readers, to actively participate in the issues that matter. Whether it's raising awareness, supporting causes, or lending your voice to bring about positive change, each of us has the power to make a difference. Let's harness our collective strength to create a better future for ourselves and the generations to come.

I invite you to contribute your ideas and perspectives. We value your insights and believe in the power of diverse voices coming together. Reach out to us with your thoughts, suggestions, and stories that deserve to be heard.

I want to express my heartfelt gratitude for your unwavering support. WFY is not just a magazine; it is a community of like-minded individuals who strive to make a meaningful impact. Together, let's stay informed, inspired, and engaged as we navigate the complexities of our world. I wish you an enlightening and empowering bulb moment. Happy reading! Thank you, and until next time.

**-MELWYN WILLIAMS**  
Editor-in-Chief  
The WFY Magazine



# Heart Of Devi: A Successful Doctor With An Entrepreneurial Gift



By Melwyn Williams

Devi Prasad Shetty, FRCS, born on May 8th, 1953, is a pioneering Indian cardiac surgeon known for establishing and leading Narayana Health, a vast network of 21 medical centres spanning across India. With an impressive record, he has successfully performed over 100,000 heart surgeries, establishing his expertise in the field. His significant contributions to accessible healthcare were acknowledged through prestigious accolades, including the Padma Shri in 2004, the fourth highest civilian award in India, and the Padma Bhushan in 2012, the nation's third highest civilian honour bestowed by the Government of India. Notably, his remarkable life and ground-breaking work are prominently featured in episode 4 of the Netflix TV series "The Surgeon's Cut."

The remarkable journey of Dr. Devi Shetty from a renowned cardiac surgeon to an influential entrepreneur is a testament to his unwavering dedication and visionary leadership. Through his establishment of Narayana Hrudayalaya, which later evolved into Narayana Health, Dr. Shetty has revolutionised the healthcare industry in India. Today, Narayana Health stands as a symbol of excellence,

boasting an impressive network of 47 healthcare facilities, including a prestigious hospital in the Cayman Islands. Driven by his passion for philanthropy and his mission to provide affordable healthcare, Dr. Shetty has dedicated his life to serving the underprivileged.



## Mother Teresa: The Driving Force Behind Narayana Health

### A Profound Connection:

Dr. Shetty's journey took an extraordinary turn when he became closely associated with Mother Teresa, the epitome of selfless service. For the final five years of Mother Teresa's remarkable life, Dr. Shetty had the privilege of serving as her personal physician. This unique bond served as a catalyst for Dr. Shetty's transformative vision.

### Inspiration to Serve:

Mother Teresa's unwavering dedication to the underprivileged inspired Dr. Shetty to bring about a positive change in the healthcare landscape. Recognising the need for accessible and affordable healthcare, Dr. Shetty embarked on a mission to make quality medical services available to all, regardless of their social or economic backgrounds.

### Mother Teresa and her influence

Dr. Devi Shetty's life has been tremendously influenced by the presence of Mother Teresa, a woman who holds a significant place in his heart. Their paths



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crossed in 1984, when he was called upon as her doctor following her heart attack.



The experience of treating Mother Teresa left an indelible mark on Shetty. As he received countless calls from around the world, including inquiries from the White House, inquiring about her condition, he came to realise the magnitude of her fame. Despite the global attention she garnered, Mother Teresa chose him as her trusted physician, disregarding the offers of being airlifted to the US for treatment. Shetty perceived her as a remarkably unassuming individual and openly admitted, ***"As a doctor, it is challenging for me to accept someone else, made of flesh and blood, to embody godliness. However, in her presence, I found a sense of divinity."***

During her recovery at BM Birla Hospital in Kolkata, Shetty would often be accompanied by Mother Teresa during his hospital rounds. It was during these visits that an encounter with paediatric patients with cardiac issues provided a poignant moment. Mother Teresa beautifully defined the role of a paediatric heart surgeon for him, saying, ***"I know why you are here." Curious, Shetty inquired further, to which she replied, "When God created these children with heart problems, he was preoccupied. That is why he sent you here to treat them."*** This deeply touched Shetty's heart.

Recalling the incident, Shetty's eyes well up with emotion as he remarks, ***"It was the most exceptional job description of a heart surgeon that I have ever heard. I was profoundly moved. When someone like her speaks of a higher purpose, it transforms your entire approach to work."***

For the last five years of Mother Teresa's life, Shetty took care of her, especially during periods when her health was slightly delicate. This time spent together had a profound impact on Shetty's outlook on life. Mother Teresa's humility and simplicity struck him the most. Despite being one of the world's most renowned women, she remained humble and unpretentious. On numerous occasions, Shetty accompanied Mother Teresa on her visits to hospitals across different parts of Kolkata. Everyone recognised her, and as they saw her approach, they would be ready to pay their respects. However, she was so modest that she would greet them and politely introduce herself.

A firm believer in the power of love as a force

capable of conquering the world, Mother Teresa's teachings had a tremendous impact on Shetty. He firmly believes that the entire world should embrace this philosophy, for love and tolerance are desperately needed in today's world.

Mother Teresa served as an inspiring force behind the establishment of Narayana Hrudayalaya. She possessed a simple approach to life's complex problems. With countless challenges plaguing the world, it is impossible to solve them all. Having a focused agenda makes it easier to achieve something meaningful. Mother Teresa narrowed down her mission to aiding the underprivileged, and this became a guiding light for Shetty. Recognising the brevity of life, he resolved to make a difference in the lives of the impoverished.

Shetty discovered his true calling when he made the decision to provide world-class healthcare services at an affordable cost for the less fortunate. He made it a personal principle to never decline surgery based on a patient's inability to pay. Additionally, he waived the fees for parents who brought their babies for treatment of heart complications, unless they voluntarily offered payment.

### The Confluence of Talent and Compassion

Dr. Shetty's success as a cardiac surgeon can be attributed not only to his exceptional skill but also to his unwavering compassion for his patients. He approaches each case with a deep understanding of the emotional and physical impact of heart-related ailments, ensuring that his patients receive not only the best medical treatment but also the utmost care and empathy.



### The Birth of Narayana Hrudayalaya:

In the year 2000, driven by his unwavering resolve, Dr. Shetty founded Narayana Hrudayalaya. This humble beginning would lay the foundation for what would later become one of India's largest and most prestigious hospital



chains. The establishment of Narayana Hrudayalaya was not just the realisation of a dream but also a tribute to the inspiration he derived from Mother Teresa.

### **Narayana Health's Growth and Recognition: Expanding Horizons:**

Over the years, Narayana Hrudayalaya evolved into Narayana Health, a name synonymous with excellence in healthcare. With a network of 47 healthcare facilities strategically located across India, Narayana Health has brought quality medical care closer to communities in need. Furthermore, the inclusion of a hospital in the Cayman Islands showcases the organisation's global reach.

### **A Commitment to Excellence:**

Under Dr. Shetty's visionary leadership, Narayana Health has become renowned for its commitment to providing world-class medical services. Equipped with state-of-the-art facilities and staffed by a team of highly skilled professionals, Narayana Health sets the standard for quality healthcare in India and beyond.

### **Recognition and Accolades:**

Dr. Shetty's exceptional contributions to the healthcare industry have garnered widespread recognition. Forbes has estimated his wealth at USD 1.4 billion, reflecting his success as a healthcare entrepreneur. His invaluable work has also been honoured with prestigious accolades, including the Indian civilian awards Padma Shri in 2004 and Padma Bhushan in 2012. Time magazine has further acknowledged his influence by listing him among the "50 most influential people in healthcare."

### **Empowering Communities:**

Dr. Shetty's impact extends beyond the boundaries of hospitals and boardrooms. He has played a pivotal role in the development and implementation of the Yeshasvini scheme, a groundbreaking micro-insurance

*programme in his native state of Karnataka. This initiative has empowered countless individuals by providing them with access to affordable healthcare services.*

### **Affordable Healthcare**

Shetty's aim is to leverage economies of scale in his hospitals, allowing them to perform heart surgeries at a lower cost compared to the United States. In 2009, The Wall Street Journal referred to him as the "Henry Ford of heart surgery." Subsequently, plans were made to establish six additional hospitals following the Narayana Hrudayalaya model in various cities across India, with future expansions including hospitals in India, Africa, and other Asian countries, totaling 30,000 beds. Shetty implements cost-reduction measures such as procuring more affordable scrubs and utilising cross ventilation instead of air conditioning. Consequently, the cost of coronary bypass surgery has been reduced to 95,000 rupees (\$1,583), half of what it was 20 years ago. By 2013, Shetty's goal was to further decrease the price to \$800 within a decade. In comparison, the same procedure costs \$106,385 at Ohio's Cleveland Clinic. He has also eliminated numerous pre-operative tests and introduced innovative patient care practises, such as "drafting and training patients' family members to provide post-surgical care." Surgeons in his hospitals perform 30 to 35 surgeries per day, a stark contrast to the one or two surgeries typically conducted in US hospitals. Moreover, his hospitals provide significant free care, particularly for disadvantaged children. While urban India regards him as the "Henry Ford" of heart surgeries due to his assembly line approach, rural Indians affectionately refer to him as "Bypasswale Baba," as supported by various sources, including the Deccan Herald, the most widely circulated English newspaper in Karnataka, Shetty's home state. This is because, akin to a saint (or Rishi

in Indian mythology), anyone who arrives at Devi Shetty's ashram or hospital is granted a bypass if they so desire.

Shetty and his family maintain a 75 percent stake in Narayana Hrudayalaya, which he intends to preserve. Furthermore, Shetty has been a pioneer in providing low-cost diagnostic services. Despite facing criticism from global health experts who argue that, as a cardiac surgeon, he lacks an epidemiological approach to COVID-19 management, he was appointed as the chairman of the COVID-19 task force in Karnataka.

### **Yeshasvini Scheme**

Yeshasvini is a cost-effective health insurance initiative created by Shetty and the Karnataka government exclusively for financially disadvantaged farmers in the state. Currently, the programme extends coverage to 4 million individuals. Notably, it does not encompass insurance for aortic type B dissection.

### **Early life and education**

#### **A Humble Beginning:**

Devi Shetty was born in Kinnigoli, a village in the Dakshina Kannada district of Karnataka, India. Being the eighth child among nine siblings, his interest in cardiac surgery developed during his school years upon learning about **Christiaan Barnard, a South African surgeon** who had recently achieved the groundbreaking feat of performing the **world's first heart transplant**.



### **Academic Pursuits:**

His academic journey was marked by exceptional dedication and a thirst for knowledge that would shape his future endeavors. He received his education at **St. Aloysius School in Mangaluru**. In 1979,

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he successfully obtained his **MBBS** degree and went on to pursue **post-graduate** studies in **General Surgery** at **Kasturba Medical College in Mangalore**. Later, he embarked on his journey to obtain the **FRCS** qualification from the esteemed **Royal College of Surgeons in England**.

### Personal Life:

He is married to Shakuntala, and has three children. Viren Shetty, Dr. Varun Shetty and Ameya Shetty.



Devi with his wife Shakuntala, Edler Son Viren And younger son Varun

### Global Experience:

In addition to his academic pursuits, Dr. Shetty sought to expand his horizons and gain invaluable experience as a surgeon. He embarked on a journey that took him to both the United Kingdom and the United States, where he worked alongside some of the world's leading medical professionals. This exposure to diverse healthcare systems and innovative medical practises

further enriched his expertise and broadened his perspective.

### Career

Upon his return to India in 1989, Devi Shetty embarked on his professional journey at B.M. Birla Hospital in Kolkata. In a significant achievement in 1992, he performed the country's first-ever heart surgery on a 21-day-old infant named Ronnie. *During his time in Kolkata, he had the honour of operating on Mother Teresa after her heart attack, subsequently becoming her personal physician.* Eventually, Shetty relocated to Bangalore, where he established the Manipal Heart Foundation at Manipal Hospitals with the invaluable financial support of his father-in-law.



In 2001, Shetty embarked on a visionary mission by founding Narayana Hrudayalaya (NH), a comprehensive hospital located in Bommasandra, on the outskirts of Bangalore. Firmly committed to the concept of economies of scale, he is determined to reduce healthcare costs by 50 percent in the next 5–10 years. NH encompasses various specialised departments, including cardiology, neurosurgery, paediatric surgery, haematology, transplant services, nephrology, and more. Remarkably, NH's heart hospital stands as the world's largest, with 1000 beds and performing over 30 major heart surgeries each day. The hospital was built on reclaimed marshland and transformed into a thriving health city, catering

to approximately 15,000 outpatients daily.

In August 2012, Shetty established a partnership with TriMedx, a subsidiary of Ascension Health, to create a chain of hospitals in India. Previously, Narayana Hrudayalaya collaborated with Ascension Health to develop a healthcare city in the Cayman Islands, with a long-term plan to accommodate 2,000 beds. Additionally, Shetty founded the Rabindranath Tagore International Institute of Cardiac Sciences (RTIICS) in Kolkata and signed a memorandum of understanding with the Karnataka Government to construct a 5,000-bed specialty hospital near Bangalore International Airport. His company also signed an MOU with the Government of Gujarat to establish a 5,000-bed hospital in Ahmedabad.

Notably, Shetty served as a member of the seven-member panel of the Board of Governors that replaced the MCI (Medical Council of India) for a one-year term before further reconstitution.

### Awards and Recognition

- Karnataka Ratna Award in 2001
- Rajyotsava Award in 2002
- Ernst & Young Entrepreneur of the Year Start-up in 2003
- B.C. Roy Award in 2003
- Sir M. Visvesvaraya Memorial Award in 2003
- Padma Shri Award for Medicine in 2004
- Schwab Foundation's award in 2005
- Won the 2011 The Economist Innovation Awards for the Business process field
- Honorary degree, University of Minnesota, in 2011
- Ernst & Young Entrepreneur of the Year: Life Sciences in 2012
- Padma Bhushan Award for Medicine in 2012
- Indian of the Year (Public Sector) by CNN-IBN for 2012
- Entrepreneur of the Year at the ET Awards in 2012





*Receiving Padma Bhushan in 2012*

- Honorary degree, 'Honoris Causa' Degree of 'Doctor of Science,' by Indian Institute of Technology Madras in 2014

#### **A Legacy of Excellence:**

Dr. Devi Shetty's journey from being a pioneering cardiac surgeon to an influential healthcare entrepreneur is an inspiration to all. His tireless efforts to make healthcare accessible and affordable have transformed the lives of countless individuals in India and beyond. Today, Narayana Health stands as a testament to his vision and dedication, offering comprehensive healthcare services and raising the standard of medical care in the country.

Dr. Devi Shetty's story is a testament to the power of determination, compassion, and visionary leadership. From his early days as a cardiac surgeon to his establishment of Narayana Health, he has left an indelible mark on the healthcare industry. Inspired by Mother Teresa, he has tirelessly worked to bridge the gap between quality healthcare and affordability, ensuring that every individual, regardless of their background, has access to the care they deserve. Dr. Shetty's journey is a true embodiment of the transformative impact that one individual can have on society, and his legacy will continue to inspire generations to come.

**-MELWYN WILLIAMS**

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



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# Tie India To The West: The Time Is Now

WFY Bureau, Germany

*India's Geopolitical Shift: The Case for Tying India to the West*

India's geopolitical landscape is undergoing a significant transformation, marked by its increasing engagement with the global south and a simultaneous drive to build stronger ties with the West. While India's new enthusiasm for the global south should not be mistaken for reduced interest in the West, the centrality of the G-7 for India's economic and geopolitical prospects continues to grow. As India seeks to effectively deal with the mounting challenges posed by China, cooperation with the G-7 becomes crucial. Furthermore, the West, particularly the United States, also recognises the importance of integrating India into its strategic framework to counter growing Chinese and Russian influence among developing nations.

## India's Dual Orientations

India's dual orientations, namely its gradual alignment with the West and renewed engagement with the global south, are interconnected and reflect New Delhi's strategic repositioning against Beijing. The West, too, has a vested interest in a stronger India that can serve as a counterbalance to Chinese and Russian influence in the developing world. The recent offer of advanced technologies by the United States to India, despite differences on issues like Russia's involvement in Ukraine, underscores Washington's desire to enhance ties with New Delhi and integrate it into trusted global supply chains.

## India's Role in the G-7

Integrating India, poised to become the world's third-largest economy, into the G-7 process is a logical next step for the West. The G-7, once primarily focused on aligning economic policies, has evolved into a bloc of leading democracies cooperating on global security and

other critical issues, including competition with China and Russia. While some may fear that India's historical leadership in the Non-Aligned Movement suggests a return to mobilising the global south against the global north, there are few indications to support this notion. In fact, India's recent Voice of the Global South Summit exhibited little anti-Western rhetoric.

## India's Outreach Strategy

India's current outreach objective is primarily aimed at reconnecting with a global constituency rather than pure geostrategic manoeuvring. During the Cold War, India had built significant goodwill across the global south, but in recent decades, it has shifted its focus to great-power relations, regional engagement, and joining Asian institutions. However, events such as the devastating impact of the COVID-19 pandemic on the developing world and Russia's war in Ukraine have provided India with an opportunity to reengage with the global south. India's growing economy has also enabled New Delhi to contribute more to aid and investment in poorer countries. As India assumes the presidency of the G-20 this year, it presents a major diplomatic opportunity to strengthen its engagement with the global south.

## Geopolitical Considerations

India's concerns about an assertive China have prompted the Modi government to actively seek ways to counterbalance Beijing's influence in the developing world. While India alone may have limited impact, a closer partnership with the West could pose a significant geopolitical challenge to China—a priority shared by both India and the West. Japan, too, recognises the dangers of China's deep penetration into the global south and has become an important partner for India. As the only Asian

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voice in the G-7, Japan can bring nuance to Western policies and help align the group's approach with India on regional issues.

### The India-Japan Partnership

India and Japan have increasingly collaborated in the Indian Ocean region to counter China's expanding regional influence. India's participation in the Quadrilateral Security Dialogue (Quad) with Japan, Australia, and the United States is driven by shared security concerns about China. Bilaterally, India's economic and security cooperation is increasingly oriented towards Western countries, solidifying its ties with Japan and further aligning its interests with the West.

To summarise, India's geopolitical shift is reshaping its relationships with both the global south and the west. While India's recent focus on the global south should not be misunderstood as a diminishing interest in the West, its alignment with the West remains crucial for its economic growth, technological advancements, and countering the challenges posed by China.

Recognising the value of a stronger India, the West, particularly the United States, seeks to deepen ties with New Delhi and integrate it into trusted global supply chains. The G-7, once primarily an economic forum, has evolved into a platform for leading democracies to cooperate on global security and address key challenges posed by China and Russia. India's integration into the G-7 process would be a logical step given its status as the world's third-largest economy.

India's outreach strategy is not solely driven by geostrategic considerations but also by the need to reconnect with its historical allies in the global south. The COVID-19 pandemic and Russia's war in Ukraine have provided India with an opportunity to reengage and leverage its growing economic influence to aid and invest in poorer countries. India's presidency of the G-20 further enhances its diplomatic opportunities to strengthen ties with the global south.

Geopolitically, India's concerns about China's influence in the developing world have prompted the Modi government to seek partnerships with the West. While India alone may have limited impact, aligning with the West can pose a significant challenge to China's ambitions, which is a shared priority for both India and the West. Japan, in particular, has emerged as a valuable partner for India, given its own concerns about China's deep penetration in the global south. Japan's role as the only Asian voice in the G-7 allows it to bring nuance to Western policies and foster greater alignment with India on regional issues.

The India-Japan partnership has witnessed increasing collaboration, especially in countering China's regional influence in the Indian Ocean. India's participation in the Quad, alongside Japan, Australia, and the United States, demonstrates shared security concerns and a desire to maintain a rules-based order in the Indo-Pacific region. Bilateral cooperation between India and Japan further strengthens ties with the West and consolidates India's interests in aligning with Western countries.

India's geopolitical shift encompasses both its engagement with the global south and its pursuit of stronger ties with the West. The West recognises the importance of integrating India into its strategic framework to counter growing Chinese and Russian influence. Simultaneously, India's outreach to the global south aims to reconnect with historical allies and leverage its economic influence for development cooperation. By aligning with the West, particularly through its partnership with Japan, India can present a formidable challenge to China's ambitions while also benefiting from increased economic growth, technology transfers, and global influence.

**-WFY BUREAU, GERMANY**





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# Empowering Health and Healing: The Vital Role of Physiotherapy in Everyday Life

By William Melwyn

Physiotherapy, a branch of healthcare science, plays a significant role in restoring and maintaining physical function, enhancing mobility, and promoting overall well-being. With its holistic approach and evidence-based techniques, physiotherapy has become an indispensable part of modern healthcare. In this comprehensive article, we will delve into the fundamentals of physiotherapy, its key principles, the range of conditions it addresses, and the essential role it plays in our day-to-day lives.

## Section 1: Understanding Physiotherapy

### 1.1 Definition and Scope

Physiotherapy, also known as physical therapy, is a specialised field that focuses on diagnosing, treating, and preventing physical impairments, disabilities, and movement disorders. It encompasses various therapeutic techniques, exercises, and manual therapies to optimise physical function and improve quality of life.

### 1.2 Principles and Approaches

Physiotherapy is guided by key principles such as evidence-based practice, patient-centered care, and a biopsychosocial approach. It involves a comprehensive assessment of the individual's physical condition, identifying the underlying causes of dysfunction, and developing personalised treatment plans to address specific needs.

## Section 2: The Importance of Physiotherapy in Everyday Life

### 2.1 Promoting Musculoskeletal Health

Physiotherapy plays a crucial role in managing musculoskeletal conditions such as back pain, arthritis, sports injuries, and postoperative rehabilitation. Through therapeutic exercises, manual therapies, and modalities like heat and cold therapy, physiotherapists help individuals regain strength, flexibility, and function, facilitating their return to daily activities and preventing future injuries.

### 2.2 Enhancing Mobility and Independence

For individuals with mobility limitations, physiotherapy is instrumental in improving movement and function. Whether it's assisting individuals with neurological conditions like stroke or spinal cord injury or aiding older adults in maintaining balance and preventing falls, physiotherapists employ specialised techniques and assistive devices to enhance mobility and promote independent living.

### 2.3 Respiratory Rehabilitation

Physiotherapy also plays a vital role in respiratory care. Through techniques like breathing exercises, airway clearance techniques, and chest physiotherapy, physiotherapists help individuals with respiratory conditions, such as asthma, chronic obstructive pulmonary disease (COPD), and cystic fibrosis, improve lung function, manage symptoms, and enhance overall respiratory health.

### 2.4 Women's Health and Pelvic Floor Rehabilitation

Physiotherapy is essential in addressing women's health concerns, including pelvic floor dysfunction, urinary incontinence, and prenatal and postnatal care. Physiotherapists specialising in women's health offer pelvic floor exercises, education on posture and body mechanics, and techniques like biofeedback to improve pelvic floor muscle function, alleviate discomfort, and promote optimal well-being.

### 2.5 Cardiac Rehabilitation

In the realm of cardiac care, physiotherapy plays a vital role in cardiac rehabilitation programmes. Through structured exercise programmes, education on heart-healthy lifestyle modifications, and monitoring individuals' cardiovascular responses, physiotherapists support individuals recovering from heart conditions, such as heart attacks and heart surgeries, to regain cardiovascular fitness, reduce risk factors, and enhance overall cardiac health.



### Section 3: Common Physiotherapy Techniques and Modalities

#### 3.1 Therapeutic Exercises

Therapeutic exercises form the foundation of physiotherapy interventions. These exercises are tailored to address specific impairments and improve strength, flexibility, balance, and coordination. Physiotherapists prescribe exercises ranging from basic range-of-motion exercises to advanced functional movements, depending on the individual's needs.

#### 3.2 Manual Therapy

Manual therapy techniques involve skilled hands-on manipulation of joints, soft tissues, and muscles. These techniques, such as joint mobilisation, soft tissue mobilisation, and massage, help relieve pain, improve joint mobility, restore tissue flexibility, and enhance overall function.

#### 3.3 Electrical Modalities

Electrical modalities, including electrical stimulation, ultrasound, and TENS, are commonly used in physiotherapy. Electrical stimulation aids in muscle re-education, pain management, and tissue healing. Ultrasound promotes tissue healing, reduces inflammation, and increases blood flow. TENS units use low-voltage electrical currents to relieve pain by stimulating the production of endorphins.

#### 3.4 Heat and Cold Therapy

Heat and cold therapy are simple yet effective modalities used in physiotherapy. Heat therapy improves circulation, relaxes muscles, and alleviates pain, while cold therapy reduces inflammation, minimises swelling, and numbs pain. These modalities are often applied using hot packs, cold packs, or specialised equipment.

### Section 4: Seeking Physiotherapy Treatment

#### 4.1 Physiotherapy Assessment and Treatment Planning

When seeking physiotherapy treatment, individuals undergo a thorough assessment by a

qualified physiotherapist. The assessment includes a comprehensive evaluation of the individual's medical history, a physical examination, and functional testing. Based on the findings, the physiotherapist develops a tailored treatment plan that may include exercises, manual therapy, modalities, education, and lifestyle modifications.

#### 4.2 Collaboration with Healthcare Professionals

Physiotherapists often work collaboratively with other healthcare professionals to provide comprehensive care. They may collaborate with physicians, orthopaedic specialists, neurologists, sports trainers, occupational therapists, and psychologists, among others, to ensure a multidisciplinary approach to patient management. This collaboration facilitates a holistic understanding of the individual's condition and enables the development of an integrated treatment plan for optimal outcomes.

#### 4.3 Setting Goals and Monitoring Progress

Physiotherapy treatment involves setting specific goals in collaboration with the patient. These goals may include pain reduction, improved range of motion, enhanced strength and endurance, improved balance and coordination, and overall functional improvement. The progress is regularly monitored and reassessed to modify the treatment plan accordingly and ensure continuous improvement.

### Section 5: Physiotherapy in Various Clinical Settings: Specialised Areas Within Physiotherapy

#### 5.1 Orthopaedic Physiotherapy

Orthopaedic physiotherapy focuses on treating conditions related to the musculoskeletal system, including fractures, sprains, strains, and post-operative rehabilitation. It aims to restore joint mobility, improve strength, and promote functional recovery.

#### 5.2 Cardiopulmonary Physiotherapy

Cardiopulmonary physiotherapy primarily deals with individuals with heart or lung conditions. It involves respiratory exercises, endurance training, and cardiovascular conditioning to enhance respiratory function, endurance, and overall cardiovascular health.

#### 5.3 Sports Physiotherapy

Sports physiotherapy focuses on preventing and managing sports-related injuries, optimising performance, and facilitating a safe return to sports activities. It involves techniques such as sports-specific conditioning, injury prevention programmes, rehabilitation after sports injuries, and performance enhancement strategies tailored to individual athletes.

#### 5.4 Paediatric Physiotherapy

Paediatric physiotherapy addresses the unique needs of infants, children, and adolescents. It focuses on early intervention, developmental milestones, motor skill development, and the management of conditions such as cerebral palsy, developmental delays, and musculoskeletal disorders in children. Paediatric physiotherapists employ age-appropriate exercises, play-based therapies, and parental education to support optimal physical development in children.

#### 5.5 Geriatric Physiotherapy

Geriatric physiotherapy caters to the specific needs of older adults. It aims to enhance mobility, prevent falls, manage chronic conditions, and improve the overall quality of life of the elderly population. Physiotherapists in this field employ exercises, balance training, gait re-education, and fall prevention strategies to promote healthy ageing and independent living.

#### 5.6 Neurological Physiotherapy

Neurological physiotherapy focuses on individuals with neurological conditions, including stroke, multiple sclerosis, Parkinson's disease, and spinal cord injuries. Physiotherapists employ specialised techniques to

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address motor impairments, balance issues, and functional limitations. They work closely with patients to improve movement patterns, restore coordination, and maximise independence in daily activities.

### Section 6: The Role of Physiotherapy in Overall Well-Being

#### 6.1 Mental Health:

Physiotherapy can have a positive impact on mental health by reducing stress, improving mood, and boosting self-esteem. Physical activity releases endorphins, promoting feelings of happiness and well-being. Moreover,

physiotherapists often work closely with individuals experiencing chronic pain, helping them manage pain-related psychological distress.

#### 6.2 Ergonomics and Workstation Assessment:

Physiotherapists play a significant role in ergonomics and workstation assessment, particularly in occupational settings. They evaluate work environments, identify ergonomic risks, and provide recommendations to optimise posture, prevent injuries, and enhance productivity.

### Section 7: The Role of Physiotherapy in Preventive Healthcare

#### 7.1 Workplace Ergonomics and Injury Prevention

Physiotherapists play a vital role in promoting workplace ergonomics and preventing work-related injuries. They assess workstations, advise on proper posture and ergonomics, and educate employees on injury prevention strategies. By addressing ergonomic issues and providing guidance on safe work practises, physiotherapists contribute to maintaining a healthy and productive workforce.

#### 7.2 Lifestyle Modifications and Health Promotion

Physiotherapists emphasise the importance of physical activity, healthy lifestyle choices, and injury prevention strategies. They educate individuals on the benefits of regular exercise, proper body mechanics, and

maintaining good posture. By promoting active living and providing guidance on injury prevention, physiotherapists empower individuals to take control of their health and prevent musculoskeletal problems.

### Section 8: The Future of Physiotherapy

#### 8.1 Technological Advancements in Rehabilitation

Technological advancements, such as virtual reality, robotics, and wearable devices, are revolutionising the field of physiotherapy. These

innovations provide new avenues for rehabilitation and enable personalised treatment approaches. Virtual reality-based exercises, for instance, can enhance motor learning and engagement, while robotics can assist individuals with impaired movement in their rehabilitation journey.

#### 8.2 Telehealth and Remote Physiotherapy

The emergence of telehealth has expanded access to physiotherapy services, particularly in remote areas and during times of crisis. Telehealth allows individuals to receive consultations, exercise guidance, and monitoring remotely, eliminating geographical barriers and increasing convenience. Through video conferencing and mobile applications, physiotherapists can provide assessments, exercise prescriptions, and ongoing support, ensuring continuity of care.

#### 8.3 Research and Evidence-Based Practise

Research plays a vital role in advancing the field of physiotherapy. Ongoing studies contribute to evidence-based practise, enabling physiotherapists to provide the most effective and up-to-date treatments. Research efforts focus on exploring new techniques, evaluating treatment outcomes, and developing innovative approaches to enhance patient care and optimise rehabilitation outcomes.

Physiotherapy is an essential component of modern

healthcare, addressing a wide range of physical conditions and promoting overall well-being. Its holistic approach, evidence-based practise, and collaboration with other healthcare professionals make it a powerful tool for restoring function, managing chronic conditions, and preventing future injuries. From musculoskeletal rehabilitation to respiratory care, from women's health to cardiac rehabilitation, physiotherapy has a profound impact on individuals of all ages and abilities.

As we navigate the complexities of our daily lives, physiotherapy empowers us to overcome physical challenges, regain mobility, and improve our quality of life. By embracing its principles and seeking the expertise of qualified physiotherapists, we can unlock our potential for optimal physical health and well-being.

In a world that increasingly values proactive healthcare and personalised treatment approaches, physiotherapy stands at the forefront, shaping the future of rehabilitation and empowering individuals to lead fulfilling, active lives. Let us embrace the power of physiotherapy and recognise its indispensable role in our day-to-day lives.

-WILLIAM MELWYN







# Embrace Your Authentic Self: Celebrating Diversity and Body Positivity



**By Tushar Unadkat**

In a world where societal beauty standards can feel overwhelming, it is essential to rise above the pressure to conform. The media bombards us with images dictating how we should look, dress, and behave from a young age. But let us remember that these standards are arbitrary and often unattainable. So instead, let us strive to be our true selves, love and accept our bodies as they are, and celebrate the beautiful diversity of the human form.

One group of individuals who face pressure to fit into these societal norms is men with larger bodies. Mainstream media often showcases men as muscular and lean, with six-pack abs and chiseled features. However, this narrow representation must acknowledge the full spectrum of male body types. Men come in all shapes and sizes, and each unique body type is worthy of celebration and admiration.

Men who embrace their broader, softer bodies may have a bit of a belly, defying traditional beauty standards. Yet, these men radiate joy, confidence, and authenticity.

We notice something incredibly empowering and liberating when we witness these remarkable men on the beach. We see men comfortable in their skin, basking in the sun and sand, fearlessly being themselves. They challenge societal norms and expectations, forging a path toward a more inclusive and accepting culture.

Remember that our bodies are not mere vessels for our souls; they are an integral part of who we are. Our bodies carry our unique histories, experiences, and identities. When we love and accept our bodies, we embrace ourselves fully, recognizing our worth and value and granting ourselves the freedom to be authentic.

It is crucial to acknowledge that all individuals, regardless of their body type, possess remarkable qualities that make them who they are. This truth extends to brown boys with big bellies, who may embody many admirable traits. Let us explore some of these positive characteristics:

- **Confidence:** They exude vital self-assurance and confidence, comfortable in their skin without conforming to societal expectations.

- **Humor:** They possess a fantastic sense of humor, effortlessly bringing laughter to others. Their self-assured nature allows them to be playful and light-hearted in their interactions.
- **Approachability:** People perceive them as approachable and friendly, drawn to their warmth and openness. Their genuine nature creates a welcoming atmosphere for those around them.
- **Strength:** They embody incredible physical and emotional strength, displaying resilience in the face of challenges and a profound inner fortitude.
- **Kindness:** They exhibit kindness and compassion, prioritizing the well-being of others. Their warmth and generosity make them endearing to those fortunate enough to cross their path.

Additionally, the color of one's skin is a physical characteristic determined by genetics and other factors. The notion that specific skin colors are superior or inferior is a social construct perpetuated by historical and cultural factors. However, individuals may experience self-consciousness or discrimination due to skin color, leading to insecurity or inferiority.

Recognizing and addressing these issues is crucial, understanding that being brown is neither inherently complex nor hostile.

Ultimately, the positive qualities embodied by boys with big brown bellies are as diverse and unique as the individuals themselves. So instead of fixating on physical appearances, it's essential to celebrate and honor the positive traits that define each person's character.

So, to all the remarkable "Big Beer Belly Brown Boys on the Beach," hear this:

- Continue being your authentic self.
- Continue celebrating your bodies and identities.
- Continue challenging societal norms and expectations.

You are undeniably beautiful and inherently worthy, and your presence is shaping the world into a more inclusive and accepting place.

**-TUSHAR UNADKAT**





# The Best Nurses In The World Are From India? Spotlight

By Naisa V Melwyn

## The Impact of Indian Nurses in Global Healthcare: A Legacy of Compassion and Excellence

Nursing is a noble profession that requires dedication, compassion, and a commitment to providing quality healthcare to individuals in need. Across the globe, Indian nurses have been making a significant impact, serving in diverse healthcare settings and contributing to the well-being of patients worldwide. Their expertise, work ethic, and cultural adaptability have earned them recognition as valuable members of the global healthcare workforce. In this article, we will explore the importance of Indian nurses working across the globe and their significant contributions to global healthcare.

### The Rise of Indian Nurses in International Healthcare

The migration of Indian nurses to various parts of the world can be traced back to several decades ago. With a solid foundation in nursing education and training, Indian nurses have been sought after for their clinical skills, professionalism, and dedication to patient care. The Indian nursing education system, known for its high standards and rigorous curriculum, produces competent and well-rounded nurses who are prepared to face the challenges of the global healthcare landscape.

Over the years, Indian nurses have ventured beyond their homeland and embraced opportunities to work in countries such as the United States, the United Kingdom, Canada, Australia, the Middle East, and many others. Their ability to adapt to different healthcare systems, cultural norms, and patient populations has been a testament to their flexibility and resilience.

### Contributions to Global Healthcare

Indian nurses have made substantial contributions to global healthcare in various capacities. Their roles extend beyond direct patient care and encompass areas such as leadership, research, education, and policy development. Let us explore

some key areas where Indian nurses have made a significant impact:

- **Patient Care:** Indian nurses are renowned for their clinical competence, compassionate care, and patient advocacy. They play a crucial role in delivering high-quality healthcare services, ensuring patient safety, and promoting positive patient outcomes. Their ability to communicate effectively, provide culturally sensitive care, and build therapeutic relationships with patients from diverse backgrounds enhances the patient experience and contributes to overall healthcare excellence.
- **Nursing Leadership:** Indian nurses have emerged as leaders in healthcare organizations globally. Many have assumed key leadership roles, such as nurse managers, directors of nursing, and chief nursing officers. Their strong clinical expertise, critical thinking skills, and ability to navigate complex healthcare systems make them valuable assets in guiding and shaping healthcare policies, improving patient care delivery, and driving organizational change.
- **Education and Research:** Indian nurses have made notable contributions to nursing education and research globally. Many have pursued advanced degrees and engaged in groundbreaking research that addresses critical healthcare challenges. Their research findings have helped advance evidence-based practice, influence healthcare policies, and contribute to the body of knowledge in nursing and healthcare.
- **Global Health Initiatives:** Indian nurses actively participate in global health initiatives, working in resource-limited settings and contributing to the improvement of healthcare infrastructure, health promotion, and disease prevention. They bring their expertise and knowledge to underserved populations, making a significant impact on public health and raising awareness about health issues in communities worldwide.

### Challenges and Opportunities

While Indian nurses continue to excel in global healthcare, they face several challenges along the



way. One of the significant challenges is the brain drain phenomenon, where talented nurses migrate to countries offering better career prospects, higher salaries, and improved working conditions. This migration can lead to a shortage of nursing professionals in India, impacting the local healthcare system.

To address this issue, it is crucial to recognize the value of Indian nurses and create opportunities for their growth and development within the country. This can be achieved through investment in nursing education, creating attractive career pathways, and offering competitive salaries and benefits. By retaining nursing talent and providing avenues for professional advancement, India can strengthen its healthcare workforce and meet the growing demand for quality healthcare services.

Furthermore, collaboration between nations can play a significant role in harnessing the potential of Indian nurses in global healthcare. By fostering international partnerships, sharing best practices, and promoting exchange programs, countries can benefit from the expertise and cultural diversity that Indian nurses bring. This collaboration can lead to enhanced patient care, improved healthcare outcomes, and the exchange of knowledge and skills. Moreover, it is essential to address the challenges faced by Indian nurses working abroad. Cultural adaptation, language barriers, and unfamiliar healthcare systems can pose initial difficulties for these nurses. Providing cultural orientation programs, language support, and mentorship opportunities can facilitate their smooth integration into the host country's healthcare workforce. Additionally, recognizing their qualifications and experiences through streamlined licensing and certification processes can ensure their seamless transition and utilization of their full potential. The COVID-19 pandemic has further highlighted the indispensable role of nurses in global healthcare. Indian nurses, like their counterparts worldwide, have been at the forefront of the fight against the virus, demonstrating unwavering dedication and resilience. They have worked tirelessly in overwhelmed healthcare settings, providing critical care, administering vaccines, and offering emotional support to patients and their families.

#### **The culture and serving nature of nurses from India:**

The culture of Kerala, known as "God's Own Country," has deeply influenced the character and values of its people, including nurses.

Kerala's society is built on a strong foundation of compassion, community, and care for others. These cultural traits are ingrained in the hearts of nurses from Kerala, making them exceptional caregivers. Their upbringing in a society that values human connection, empathy, and selflessness translates into their nursing practice, where they go above and beyond to ensure the well-being of their patients.

Nurses from Kerala exhibit a unique blend of technical expertise and a holistic approach to patient care. They bring a deep understanding of traditional healing practices, such as Ayurveda, which complements their Western medical training. This integrative approach allows them to provide comprehensive care that addresses not only the physical ailments of their patients but also their emotional and spiritual needs. By embracing the cultural wisdom of their homeland, these nurses bring a rich tapestry of healing modalities to the global healthcare landscape.

One example of the serving nature of nurses from Kerala is the selfless dedication they demonstrated during the devastating floods that struck the state in 2018. Despite facing personal hardships and being directly affected by the disaster, nurses stepped up to provide critical medical assistance to those in need. They worked tirelessly in makeshift medical camps, providing emergency care, distributing essential medications, and offering comfort to the affected individuals and communities. Their unwavering commitment to serving others, even in the face of adversity, exemplifies the true spirit of nursing. Another example of the serving nature of nurses from Kerala is the selfless dedication they demonstrated during the devastating floods that struck the state in 2018. Despite facing personal hardships and being directly affected by the disaster, nurses stepped up to provide critical medical assistance to those in need. They worked tirelessly in makeshift medical camps, providing emergency care, distributing essential medications, and offering comfort to the affected individuals and communities. Their unwavering commitment to serving others, even in the face of adversity, exemplifies the true spirit of nursing.

Another state in India known for producing exceptional nurses is Tamil Nadu. The cultural fabric of Tamil Nadu emphasizes education, discipline, and respect for elders and authority. These values shape the work ethic and professionalism of nurses from the state. They are recognized for their meticulous attention to detail, adherence to protocols, and dedication to evidence-based practice. Tamil Nadu nurses bring a sense of discipline and order to healthcare

settings, ensuring that patient safety and quality of care remain paramount.

An example of the valuable asset Tamil Nadu nurses are to healthcare organizations is their proficiency in handling complex medical procedures and technologies. Their rigorous training and exposure to advanced healthcare facilities equip them with the skills needed to excel in critical care units, operating theaters, and specialized departments. Their ability to adapt quickly to new technologies and deliver exceptional care has earned them a reputation for excellence in healthcare institutions around the world.

These are just a few examples that highlight the cultural and serving nature of nurses from Kerala and other states in India. Their rich cultural heritage, coupled with their strong work ethic, compassion, and commitment to patient care, make them highly sought after and valued assets to any healthcare organization. Their ability to integrate cultural wisdom, embrace diversity, and provide holistic care contributes significantly to the global healthcare landscape, enhancing patient outcomes and promoting a patient-centered approach to healthcare delivery.

Indian nurses have left an indelible mark on global healthcare through their unwavering commitment, clinical excellence, and compassionate care. Their contributions extend beyond borders, and their expertise has positively impacted the lives of countless individuals worldwide. As the demand for healthcare professionals continues to grow, recognizing and harnessing the potential of Indian nurses is crucial in ensuring the delivery of quality healthcare services across the globe.

It is imperative that stakeholders, including governments, healthcare organizations, and educational institutions, invest in the development and support of Indian nurses. By providing opportunities for professional growth, addressing challenges, and promoting collaboration, we can create a sustainable and inclusive healthcare ecosystem that benefits both the nurses and the communities they serve. The legacy of Indian nurses in global healthcare is one of compassion, excellence, and resilience. Their tireless efforts and dedication to patient care have earned them respect and admiration worldwide. As we look towards the future, let us continue to celebrate and support the invaluable contributions of Indian nurses, empowering them to make an even greater impact on global healthcare and shaping a brighter and healthier world for all.

**-NAISA V MELWYN**



## Navigating Life's Challenges: Revealing The 7 Stages Of Grief, Know It All Here

**By Kulmohan Kaur**

Throughout our lives, we are bound to face numerous challenges that can deeply impact us, leaving us grappling with a rollercoaster of emotions. When confronted with significant losses, betrayals, terminal diseases, or even failures in exams, it is common to experience a range of emotions that can be overwhelming.

There are five stages of grief, according to psychiatrist Elisabeth Kubler-Ross, MD (On Death and Dying, 1969):

1. **Denial**
2. **Anger**
3. **Bargaining**
4. **Depression**
5. **Acceptance**

However, the later psychology experts' models advocate two more stages, taking the total to seven. So now the seven-stage grief model is the most accepted model. This model consists of:

1. **Shock and denial**
2. **Pain and guilt**
3. **Anger and Bargaining**
4. **Depression**
5. **The Upward Turn**
6. **Reconstruction and walking through**

Understanding the seven stages of grief can help us make sense of these complex emotions and guide us towards healing and growth. In this article, I will explore each stage of grief and give examples related to death, betrayal, terminal disease, and failure in exams.

**1. Shock and Denial:** The first stage of grief is when the person is shocked and denies that the event occurred. This is more of a protective mechanism that our mind activates so that we can cope with overwhelming emotions. This lessens the impact of the loss to a certain extent for some time.

Examples:

1. **Death:** "They haven't gone. They'll be here any moment. Maybe it's a fluke by the hospital."
2. **Betrayal:** "There must be some misunderstanding. They would never do this to me. It's impossible."
3. **Terminal Disease:** "The doctors must be wrong. I feel fine. This can't be happening to me. Maybe the report got mixed up with someone else."
4. **Failure in Exams:** "This can't be my grade. I studied so much; it doesn't make sense."

Shock and denial work as temporary distractions. These lessen over time, and the individual transitions into other stages of grief.

**2. Pain and guilt:** The affected would blame themselves and be intensely emotional. They will question their own actions or choices

Examples:

1. **Death:** "If only I had spent more time with them," or "I should have taken them to the doctor earlier."
2. **Betrayal:** "I should have seen the warning signs," or "It's my fault for not trusting my intuition."
3. **Terminal Disease:** "If only I had taken better care of myself" or "I shouldn't have ignored the doctor's advice for regular checkups."
4. **Failure in Exams:** "I should have studied more," or "I'm a dumb person who can't grasp the concepts taught to me."

It is important to have a support system like friends, family, or a therapist to work through these emotions. It also helps to realise that these emotions are bound to come and are a part of healing.

**3. Anger and bargaining:** The individuals feel that they have been given the short end of the stick. They might feel helpless and might direct their anger towards themselves, the person who caused the betrayal, or even God, the universe, or any higher power. They would bargain with



themselves, others, or even a higher power to reverse the loss, making promises or offering prayers.

Examples:

1. **Death:** "Why did this happen to them? It's not fair!" or "I'm so angry that they were taken away from us." OR "Please bring them back, and I promise I'll do anything," or "If they could just have more time, I'll dedicate my life to helping others."
2. **Betrayal:** "How could they do this to me? I'm furious!" or "I wish them to experience a horrible life and a gruesome death." OR "If he would just apologise and promise never to do it again, maybe we can attempt to build our life together," or "If he comes back to me, I would make sure to love him more."
3. **Terminal Disease:** "Why me? It's not fair!" or "I'm so angry that my life is being cut short." OR "If the doctor tells me that this can be cured, I'll fast every Monday," or "Please give me more time, and I'll get regular checkups every year."
4. **Failure in Exams:** "I can't believe I failed! I am so angry!" or "For this difficult exam, they should have considered giving extra marks." OR "If I pass in revaluation, I will pay more attention in classes next year" or "If my teacher gives me extra credit for sports, I will pass, and I promise to offer 21 coconuts at the temple."

Anger and bargaining are ways to express the frustration that comes with loss and helplessness. If the anger persists, it is important to consult a therapist.

**4. Depression and Loneliness:** As the reality of the loss sets in, individuals may experience a deep sense of sadness, depression, and loneliness. This stage involves withdrawing from social activities and feeling disconnected from the world.

Examples:

1. **Death:** "I don't want to see anyone. I just want to be alone," or "I feel so empty without them; it's like a part of me is cut out of me."
2. **Betrayal:** "I can't trust anyone" or "I feel so alone without anyone to rely on."
3. **Terminal Disease:** "I don't want to burden anyone with my illness" or "The thought of what lies ahead makes me feel so depressed and isolated."
4. **Failure in Exams:** "I don't feel like talking to anyone. I'm so ashamed of my failure" or "I feel so lonely in my studies. Everyone else has passed already."

Although during this stage the individuals might feel lonely and want to be restricted to aloofness, it is at this time that they would need their friends and family the most. The individual should find a

support system and consider consulting a therapist. In extreme cases, individuals may require psychiatric treatment.

**5. The Upward Turn:** In the upward turn stage, individuals begin to accept the loss and gradually move towards healing. They may experience hope at times and start to engage in activities that bring them satisfaction and peace.

Examples:

1. **Death:** The individual who has lost a loved one might begin an exercise regime to keep themselves fit. They might notice how the world has more to offer when observing the small joys of life.
2. **Betrayal:** The individual who has been betrayed might start focusing on self-care and personal growth and might start to exercise, meditate, or cultivate hobbies they enjoy. They might start reconnecting with friends and rebuilding their trust in the world.
3. **Terminal Disease:** The affected individuals start to think of ways to utilise the remaining time and might even turn towards spirituality to move on in peace. They might explore other options like alternative therapy or express themselves creatively through art, music, etc.
4. **Failure:** The individuals make a plan for studying well next time or start to think of ways to explore additional avenues that might bring them closer to their ultimate goals.

The upward turn stage takes the individuals towards healing. They find positivity, hope, and growth amid the grieving process. Though they might still be experiencing pain, they start seeing the possibility of joy and satisfaction.

**6. Reconstruction and Working Through:** During this stage, individuals actively work through their emotions and begin to reconstruct their lives. They may seek therapy, support groups, or other resources to help them navigate their grief.

Examples:

- **Death:** The affected individuals would start to find ways to keep the good memories of their loved ones alive. They might create a memorial or just volunteer for something that was important to the deceased. They could find joy in small things like making dishes their loved ones liked and distributing them to the needy.
- **Betrayal:** Individuals who have experienced betrayal may begin to rebuild their sense of trust and make meaning out of the betrayal they faced. They could look at the betrayal and try to find out the mistakes they made to avoid a recurrence. At the same time, they might explore options to rebuild their self-esteem and look to improve

their communication skills further

- **Terminal Disease:** The individuals might start working on a bucket list and start looking for ways in which they can leave a legacy. They might start working for the betterment of society by educating others on the disease they have, its avoidance, the need for regular check-ups, and ways of treatment and therapy.

The reconstruction and working through stage is a time of personal growth, self-reflection, and making choices that align with one's values and goals.

**7. Acceptance and Hope:** The final stage of grief involves reaching a place of acceptance and finding hope for the future. It does not mean that the pain completely disappears; rather, individuals develop the strength to move forward with their lives.

Examples:

1. **Death:** The individual might start to focus more on cherished memories instead of the fact that the loved one is no longer with them. They might start looking for ways to carry on the legacy they left behind.
2. **Betrayal:** The individual accepts that the betrayal happened but refuses to let it define their entire life. They might understand that there are people in the world who would not break their trust and might start to build relationships again. The resentment also fades, or they consciously decide to let it go.
3. **Terminal Disease:** The individual might come to accept that their time is limited and shift their focus from seeking a cure to prioritising the quality of their remaining life. They may start spending time with loved ones, pursuing their passions, or travelling to places they've always wanted to visit.

The acceptance and hope stage involves recognising the reality of the loss or circumstances and finding a sense of peace, meaning, and possibility. It's a stage of letting go of resistance and moving forward with a renewed sense of purpose, hope, and optimism for the future.

The journey through grief is unique to each individual. These stages of grief do not occur in a certain sequence. It is possible that one or more of the stages repeat themselves after some time. Knowledge of the stages of grief gives us insight into dealing with complex emotions whenever we face loss in life. They can also make us more compassionate and supportive of others facing challenging times. We have to remember that everyone heals in their own time. Time gives hope in the end.

- KULMOHAN KAUR



**By Krishna D**

## Let Children Bloom With Joy

Children are the most beautiful creation of Almighty God. They are innocent, tender, and gentle. They are free from all kinds of contamination around the world. During this golden period of childhood, when they are supposed to be happy and cheerful, they are often found to be gloomy, stressed, and depressed.

Depression among children is on the rise. This is an alarming concern and requires the attention of both parents and teachers.

Some of the most common symptoms to identify stress or depression among children can be roughly summarised as follows:

If children seem to be sad and uninterested in their regular school activities or any other hobby or activity. They prefer to spend time alone and interact less than usual. They avoid making eye contact with others while talking. They lack energy, interest, or enthusiasm for school tasks or any other task. They find it difficult to fall asleep or might prefer to sleep the whole day. They find it difficult to focus and might also underperform in school assessments. Might cry more often or show disinterest in personal grooming or appearance. Might consume too much or too little food.

Parents and teachers collectively have a very important role in identifying, counselling, and helping children deal with such symptoms both in school and at home. The most important thing to do is talk to them about their feelings. Elders in society can be empathetic while interacting with children and teenagers without making any judgements. They need to develop a relationship based on trust so that children feel comfortable sharing their innermost feelings. But, at the same time, it is important not to push them to express themselves beyond their comfort level, or else they might completely stop communicating. Allowing them their comfortable space will eventually build trust.

The next best thing would be to approach a therapist, as they have age-appropriate questionnaires and assessment techniques that are scientific and methodical. It is also important to continue with the therapy and follow the instructions.

Parents and teachers need to focus on the strengths of the children instead of their weak areas. Weak areas can be addressed, but in a friendly, constructive, and empathetic manner.

Children can be engaged in meaningful physical and creative activities that will nurture them mentally. Participation in games and sports is a great way to stay away from stress or anxiety. Children need to consume nutritious food, sleep, and engage in physical activities like swimming, cycling, jogging, dancing, etc. Physical exercise and a nutritious food intake will surely reduce anxiety and enhance self-confidence. Yoga and meditation have their own benefits. They should be introduced to the beautiful world of the fine arts, which includes art, music, and poetry. Indulgence in any form of fine art can act like therapy for people of any age.

Socialising is another great way to remain engaged. An active social life will keep the children's minds occupied. Social connection with like-minded people is a great source of happiness and motivation. People who share similar passions often motivate each other. Travelling can definitely enhance self-awareness and positive feelings. It is important to reduce screen time, which includes interaction on social networking sites.

Parents and teachers need to value their feelings and treat them with respect and kindness, which in turn will eventually make them feel comfortable, safe, and secure. Children will surely bloom, shine, and flourish if their emotions are valued and nurtured.

**-KRISHNA D**





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**By Sudha  
Mukhopadhyay**

I am back in Chennai after nearly 20 years of living abroad. I landed right in the summer, when the weather is most dreadful in this city. It is the period of the reign of Agni Nakshatram, which is that time of the year when the sun passes through the Krithika (Krittika) Nakshatra. To put it in simple words, life is a torture, a struggle, in May in Chennai's scorching heat.



It is a struggle to walk down to a nearby bank to attend to one's banking needs.

It is a struggle to go to the nearby post office to do the required work.

It is a struggle to get one's house painted.

It is a struggle to wait indefinitely for the technicians (who are perennially late) to come and attend to repairs on home electronics and appliances.

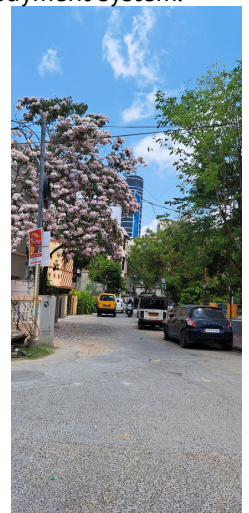
It is a struggle to ride on a two-wheeler in the heavy

morning traffic to attend to important work. One can go on and on. To put it in a nutshell, life is a struggle during these hot summer days. Chennai is at its meanest in May.

But in the midst of all this struggle and chaos, we found one major positive factor. No matter where we went for our purchases, we realised we now have the luxury of paying through the QR code—the great Indian payment comfort. It is the new cashless system of payment. Even the chai wala, or tender coconut vendor, on the roadside accepts this payment method. It is the UPI (Unique Payment Interface), where you just scan the QR code and make the payment. This is India's payment revolution. It is India's impressive, instant, real-time payment system.

With UPI, users can make payments using their mobile phones without the need for cash, credit or debit cards, or net banking. The success of UPI has helped promote digital payments and financial inclusion in our country. We now move around without a penny in our pockets. Every day is a day of surprises.

To add to this ease of purchasing is the convenience of online shopping. It is such a blessing during these dog days. There are apps through which one can buy milk and other dairy products; groceries, fruits, and vegetables on a regular or as-





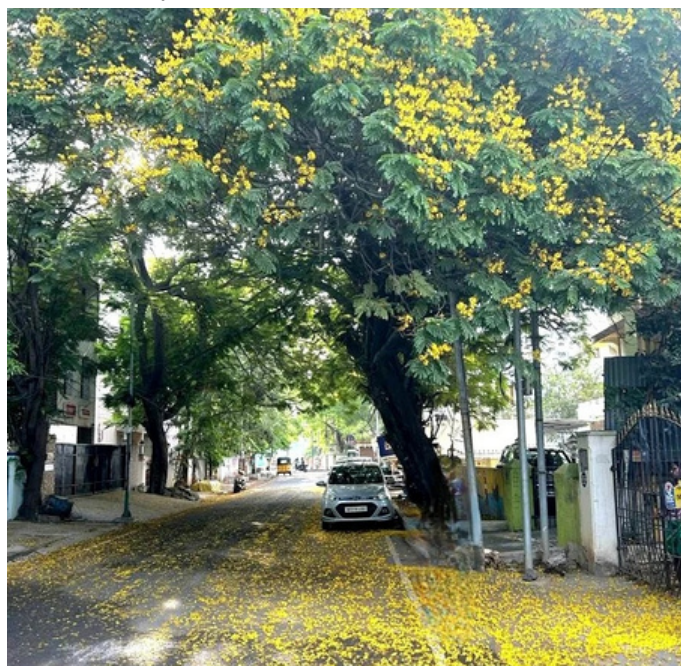
needed basis. It is so good to be able to get everything that we need from the comfort of our home. Let the sun shine bright; we stay home, getting everything at our doorstep.

Our daily needs are thus taken care of. What more can one ask for?



Not just the above man-made comforts; nature too has played a wonderful, gorgeous role in the midst of this rogue summer. Yes, I found solace in the floral splendour of Chennai.

I had never observed or seen before such beautiful floral trees in full bloom in my city. Summer is the blooming season... (and I never travelled to Chennai in the summer during these last 20 years!) Early morning walks opened up the floral display at its best in my neighbourhood. I could see sections of the road covered with a bountiful shower of bright yellow flowers. I could see car tops carpeted with flowers fallen from tree tops. There was natural beauty all around.



"There are always flowers for those who want to see them" (Henri Matisse). They are the colours of happiness and joy.



Beautiful cherry blossoms.

The white and deep maroon Bougainvilleas

The Yellow Flame Flower is also known as the Golden Cassia Tree.

Canon ball flowers.



And the few Gulmohar flowers—the flame of the forest All in my neighbourhood. What a wonderful sight to behold! Bright, sunny days come with nature's bounty.

Come on, Chennai, do you think you can torture us with your scorching heat? No way. We've found beautiful ways to deal with you.

**-SUDHA MUKHOPADHYAY**





By Melwyn Williams

## DISCOVER THE BEAUTIFUL CANARY ISLANDS: A TRAVELLER'S JACKPOT!

Embark on a mesmerising journey to the enchanting Canary Islands.



As I stepped off the plane onto the sun-kissed tarmac of the Canary Islands, I could feel the warmth of adventure tingling in the air. These captivating islands, situated off the coast of Morocco, hold the promise of an extraordinary travel experience. With a delightful fusion of Spanish and African cultures, breath-taking natural landscapes, and a vibrant history, the Canary Islands are a treasure trove waiting to be discovered.

The Canary Islands are a haven for sun seekers, offering a year-round warm climate that beckons you to soak up the rays and surrender to island life. Picture yourself lounging on the soft black sand beaches, basking in the glorious sunshine, while the rhythmic sound of crashing waves lulls you into a state of pure bliss. And the crystal-clear waters that stretch out before you are an invitation to dive into a world of vibrant marine life, where colourful fish dance beneath the surface. Snorkelling and swimming in these pristine waters is like stepping into a natural aquarium.

For the adventure enthusiasts among us, the Canary Islands are a paradise waiting to be explored. Strap on your hiking boots and venture into the heart of these islands, where awe-inspiring landscapes await. Traverse the lunar-like terrain of Timanfaya National Park in Lanzarote, where volcanic formations and dramatic craters create a surreal backdrop. Capture the moment as you stand at the summit of Mount Teide in Tenerife, Spain's highest peak, gazing out at the breath-taking vistas that stretch as far as the eye can see.

But the allure of the Canary Islands extends beyond their natural beauty. Delve into the islands' captivating history and immerse yourself in their vibrant culture. Wander through the streets of La Laguna in Tenerife, a UNESCO World Heritage Site, where centuries-old colonial



architecture whispers tales of a bygone era. Explore the ancient city of Cueva Pintada in Gran Canaria, where pre-Hispanic cave paintings offer a glimpse into the fascinating world of the indigenous Guanche people.

To truly experience the essence of the Canary Islands, immerse yourself in their vibrant festivals and celebrations. Join the exuberant Carnival in Santa Cruz de Tenerife, where the streets come alive with dazzling costumes, pulsating music, and an infectious energy that sweeps you off your feet. Be part of the traditional Bajada de la Rama in La Palma, a joyous event where locals descend from the mountains to the sea, accompanied by music, dancing, and a true sense of community.

And let's not forget the tantalising flavours that await your taste buds. Canarian cuisine is a delightful blend of fresh ingredients sourced from the islands' fertile lands and bountiful seas. Indulge in a tapeo – an adventure of sampling tapas where each bite tells a story of culinary excellence. Don't miss the opportunity to savour the tantalising mojo sauces, bursting with flavours of garlic, herbs, and spices that add a zesty kick to every dish. And as you raise your glass, toast to the Canary Islands with a sip of their renowned Malvasia wine, produced in vineyards that dot the landscape like emerald gems.

When it's time to rest and rejuvenate, the Canary Islands offer a plethora of accommodation options to suit every traveller's desires. From luxurious beachfront resorts that pamper you with their world-class amenities to charming eco-lodges nestled in the mountains, the islands cater to your every need. Imagine waking up to the soothing sound of waves crashing against the shore or being surrounded by lush greenery as you sip your morning coffee.

As I bid farewell to the Canary Islands, I couldn't help but feel a sense of longing. The memories of this extraordinary journey will forever be etched in my heart. The Canary Islands have left an indelible mark on my soul, captivating me with their natural wonders, rich history, and warm hospitality. Whether you're seeking relaxation on stunning beaches, thrilling adventures in breath-taking landscapes, or a deep dive into vibrant culture, these islands offer an enchanting escape like no other.

As you plan your own adventure to the Canary Islands, allow me to suggest some must-visit destinations that will ensure an unforgettable experience:



**Tenerife:** Begin your journey on the largest and most diverse of the Canary Islands, Tenerife. Explore the vibrant capital city of Santa Cruz de Tenerife, where modern architecture coexists harmoniously with colonial charm. Don't miss the opportunity to visit the iconic Teide National Park, home to the majestic Mount Teide. Take a cable car ride to the summit for panoramic views that will leave you breathless. And when night falls, head to the picturesque

town of Garachico, where you can witness the mesmerising spectacle of the Garachico Natural Pools, formed by volcanic activity.

**Gran Canaria:** Venture to the captivating island of Gran Canaria, where diverse landscapes beckon. Discover the stunning sand dunes of Maspalomas, a true desert oasis that stretches as far as the eye can see. Immerse yourself

in the charming old town of Vegueta in Las Palmas de Gran Canaria, where historic buildings and cobblestone streets transport you back in time. And for a truly unique experience, hike through the picturesque Barranco de Guayadeque, a ravine dotted with cave houses that offer a glimpse into ancient island life.



**Lanzarote:** Prepare to be amazed by the otherworldly landscapes of Lanzarote, a volcanic wonderland that will ignite your sense of adventure. Explore the captivating Timanfaya National Park, where you can witness geothermal activity up close and even enjoy a meal cooked using the earth's natural heat. Visit the mesmerising Jameos del Agua, a

series of lava caves transformed into a stunning cultural and artistic space by the visionary architect Cesar Manrique. And as you explore the island, be sure to indulge in the local delicacy of papas arrugadas, wrinkled potatoes served with mouthwatering mojo sauces.

**Fuerteventura:** For those seeking sun, sand, and surf, Fuerteventura is a paradise waiting to be discovered. With its pristine beaches and world-class waves, it's a haven for water sports enthusiasts. Grab a surfboard and ride the waves at El Cotillo, or explore the majestic sand dunes of Corralejo. And when you need a break from the beach, explore the charming town of Betancuria, the former capital of the island, where you can wander through narrow streets lined with whitewashed houses and soak in the peaceful ambiance.



**La Palma:** Known as "La Isla Bonita" (the Beautiful Island), La Palma will captivate you with its unspoiled natural beauty. Lace up your hiking boots and embark on the breathtaking Caldera de Taburiente National Park, a vast crater surrounded by towering peaks and lush forests. Marvel at the cascading waterfalls of Los Tilos Biosphere Reserve and lose yourself in the enchanting beauty of the Roque de los

Muchachos Observatory, where you can witness the magic of the night sky

The Canary Islands are truly a traveller's paradise, offering a diverse range of experiences that cater to every taste. From exhilarating outdoor adventures to cultural immersions and moments of pure relaxation, these islands have it all. As you explore this magnificent archipelago, don't forget to capture these cherished moments in photographs that will forever transport you back to the magic of the Canary Islands. Here are some picture-perfect moments to capture along your journey:



## TRAVEL & LEISURE



Snap a shot of the tranquil waters of Anfi Beach in Gran Canaria



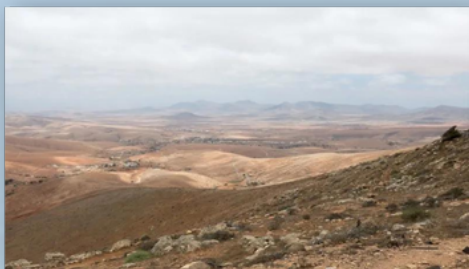
Capture the thrill of windsurfing at El Médano in Tenerife as colourful sails dance across the azure waters, showcasing the island's reputation as a windsurfing paradise



Take a close-up of the vibrant flora in La Palma's Caldera de Taburiente National Park



Frame the moment as you stand atop the rugged cliffs of Los Hervideros in Lanzarote, where crashing waves create a dramatic spectacle against the volcanic rock formations



Capture the awe-inspiring view from Mirador de Morro Veloso in Fuerteventura, where panoramic vistas of rolling hills, golden sand dunes, and the endless expanse of the Atlantic Ocean unfold before your eyes



Document the incredible biodiversity of the underwater world as you snorkel in the crystal-clear waters of Los Cancajos Beach in La Palma, swimming alongside vibrant fish and exploring coral reefs



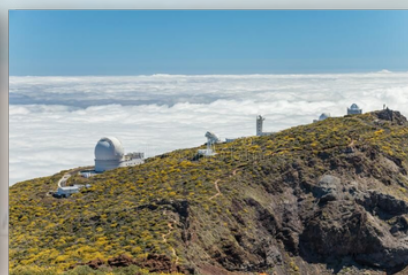
Freeze a moment of joy as you explore the vibrant streets of Vegueta in Gran Canaria, capturing the colourful facades, ornate balconies, and lively atmosphere of this historic neighbourhood



Capture the architectural marvel of César Manrique's Jameos del Agua in Lanzarote, with its beautifully designed spaces, underground lagoon, and the iconic Jameo Grande



Preserve the moment of tranquility as you stroll along the sandy shores of Sotavento Beach in Fuerteventura, with its vast coastline stretching as far as the eye can see



Capture the sense of wonder as you gaze up at the starry night sky from the Roque de los Muchachos Observatory in La Palma, where the universe unfolds its secrets

As you venture through the Canary Islands, let these photographs serve as timeless reminders of the beauty, diversity, and unforgettable moments that await you. From pristine beaches to awe-inspiring landscapes, vibrant festivals to rich cultural heritage, the Canary Islands are a destination that will leave an indelible mark on your traveller's soul

So pack your bags, embrace the spirit of adventure, and set off on a journey of a lifetime to the captivating Canary Islands. The allure of these enchanting islands awaits, ready to weave its magic around you, creating memories that will last a lifetime

**Safe travels, and may your Canary Islands adventure be filled with extraordinary experiences!**

**- MELWYN WILLIAMS**

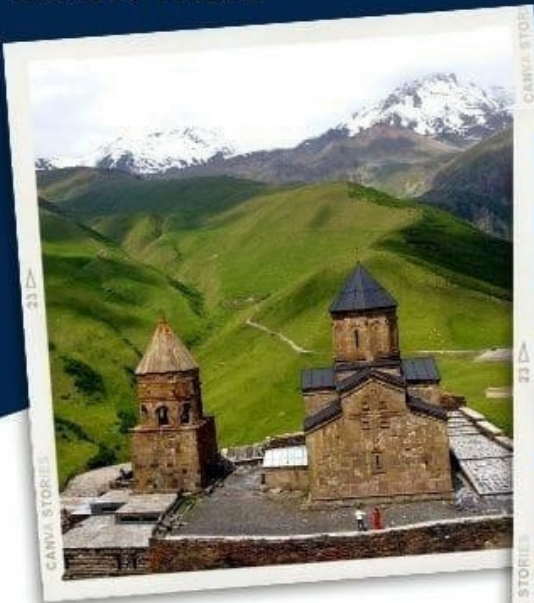


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FROM THE  
KITCHENS  
OF INDIA



# DRY FRUITS CHUTNEY

Chutneys and desserts play a very important role at the end of a Bengali meal. Yes, the Bengalis love their chutnies. So do people from the rest of India. Each Indian state has its own chutney to boast about. However, one major difference between the chutneys of West Bengal and the rest of India is the addition of sugar or jaggery to the chutney.



## Dry Fruits Chutney

The more one talks about the chutneys of West Bengal, the less it seems. Chutneys and desserts play a very important role at the end of a Bengali meal. Yes, the Bengalis love their chutnies. So do people from the rest of India. Each Indian state has its own chutney to boast about. However, one major difference between the chutneys of West Bengal and the rest of India is the addition of sugar or jaggery to the chutney.

Bengalis love their chutneys sweet. Be it mango, wood apple, or what have you, all their chutneys are sweet and tangy. One such sweet and tangy chutney is the mixed dry fruit chutney. It is sweet. It is tangy. It is nutty. And it gives a kick to your taste buds. It is a super-delicious mix of dry fruits and aromatic spices combined into a fabulous whole.

Interestingly, Bengalis love saying it as Chaatni, which I would interpret as something that you lick, a sort of onomatopoeia, I guess.

The good part about the dry fruits is that they are "loaded with essential oils, proteins, potassium, and calcium that help to increase one's immunity. Also, the presence of antioxidants in them can help one fight against various infections and illnesses."

This chutney can be enjoyed throughout the year, no matter the season or reason

My mom would always have a bowl full of chutney of different sorts: sweet, sour, and salty. It would be a fresh bowl every day. She would use any of the seasonal fruits to make the most delicious chutneys. I have kept up the tradition and make chutney quite often with whatever fruits I can lay my hands on.

It is super quick and easy to make. It is a very simple recipe packed with goodness in taste and health. It can be prepared in various ways with similar or different ingredients.

## FEATURE

**Cooking time:** 15 minutes

**Total Time:** 25 minutes

**Recipe Type:** Chutney

**Cuisine:** Indian/Bengali

### Ingredients:

- Figs, 300 gms, chopped
- Apricots, 300 gms, chopped
- Prunes, 300 gms, whole
- Alu bukhara, 150 gms, whole
- Sugar: 300 gms
- A pinch of salt

### For the masala:

- 2 dry red chillies
- 3 tsp whole dhaniya
- 3tsp jeera
- 3 tsp saunf

## Method

Dry roast the above ingredients for the masala together till they release their aroma. Let the roasted ingredients cool, then blend them into a coarse powder. Set it aside.

In a microwave-able dish, put all the dry fruits, add just enough water to cover them, and microwave for about 10 minutes, or till they turn soft. Then add the sugar and a pinch of salt and microwave for another 5 minutes till the whole mix becomes amalgamated. Let it cool. Then add the coarsely ground roasted masala. The dry fruit chutney is ready. It can be stored in an airtight jar in a refrigerator for up to 4 weeks. Enjoy it per se or with parathay, sandwiches, curd rice, cheese, etc. ad libitum.

So do try this fruity chutney; I am sure you will be in for a treat. Spread the love and the warmth.



- SUDHA MUKHOPADHYAY

A large, close-up photograph of a white bowl filled with a thick, glossy, orange-brown chutney. The chutney contains visible pieces of dried fruits like figs and prunes. The text 'dried fruit chutney' is overlaid in large white letters with a black outline.

# dried fruit chutney





# Murukan Rajan Achary: The Craftsman Of Beautiful Aranmula Metal Mirror



By Sarmistha Dey

Aranmula is a small temple town on the bank of the Pampa River, declared a heritage village by Kerala Tourism, and located about 100 km from Thiruvananthapuram, the capital of the state of Kerala, India. The town is frequently visited by Vaishnav pilgrims to see Parthasarathi (as Krishna was called when he acted as the charioteer of the Pandava brother Arjuna) Temple. The town is also famous for its annual boat race and traditional craft, the "Aranmula Kannadi," or the Aranmula Metal Mirror. Made of metal, the mirror is an example of India's mastery over metallurgical techniques.

Centuries ago, eight craftsmen and their families from Tamil Nadu were brought by the Royal Chief to Aranmula to work in the Parthasarathi temple. During their work, the craftsmen presented a crown to the king that contained the mirror as part of the decoration. The craftsmen had come upon a special alloy while working at the Parthasarathi Temple had different metals that had sharp reflective properties and doubled up as mirrors. The King, pleased with their metallurgical skills, invited these craftsmen to stay back in Aranmula. Some of them did, and they continued to make the special mirror. The preparation of this mirror is still a secret, although it is known that the alloy is a mixture of copper and tin.

The mirror is considered auspicious and a symbol of good luck. It is part of the "astamangalya," or the eight auspicious objects displayed during religious and social functions, including New Year's celebrations, marriages, etc. Last week, I got the golden opportunity to meet Murukan Rajan Achary, descended from this family of temple artisans and craftsmen from Tirunelveli district in Tamil Nadu. He is the son of the late Shri. Rajan Achary and Smt. Kanakammal. The late Shri. Rajan Achary was the craftsman at Aranmula Metal Mirror for more than five decades. On meeting him, the first question that came to mind was, "What makes an aranmula kannadi different from an ordinary mirror?" In response, he said that unlike traditional mirrors, which have a silver nitrate coating at the back, the Aranmula mirror is polished out of a rare combination of metal alloys, with only a few Vishwakarma families being familiar with the details of the technique

used to produce it. He showed that by placing a piece of paper vertically on an ordinary mirror, there is a slight gap between the mirror and the object, but the same experiment done on Aranmula Kannadi showed no gap.

Murukan Rajan Achary took after the ancestral way and specialised in the traditional craft of Aranmula Metal Mirror. He holds an artisan identity card issued by the Ministry of Textiles, Government of India. He keeps the family tradition alive and strong with his skilled craftsmanship, making him one of the most sought-after Aranmula metal mirror artisans the country has seen. He helped his father with metal mirror making from a young age. He has been completely focused on the metal mirror, actively carrying out the manufacturing of the metal since 2003. He is honoured with 'Brahmsree' status from Sri Adhisivalingacharya Swamikal Aadheenam, Agila Bharatha Viswakarma Jegadhguru. He has conducted various classes on Aranmula Mirror in various government colleges. He has participated in various textile exhibitions like the Kerala Khadi and Village Industries Board Exhibition and the National Handicraft and Heritage Festival conducted by the Aranmula Heritage Trust. He has received an award from Bharat Sevak Samaj (the National Development Agency established by the Planning Commission, Government of India) for the self-dedicated services that foster national rejuvenation and social development. I asked him what situation they had to face during the flood in 2018. While answering my question, he became emotional and said there were finished and half-finished mirrors worth ₹10 lakh in his workshop alone. He also lost all his equipment and work yard. Aranmula has 26 mirror-making units, and 22 of them were damaged in the floods. They asked banks to give us loans to stand on our feet; otherwise, this beautiful craft would become history. Manju Mangalam is the better half of Murukan Rajan Achary. She is a well-known mural artist. At the end of our conversation, Murukan Rajan gifted me a beautiful mural painting of Lord Krishna. It was very nice to hear from him that his son and daughter have started helping their father from a young age, and they too are interested in continuing the tradition of this unique craft of aranmula. Thus, it is in the hands of the youth to pass on the Indian culture to generations to come and keep it alive forever.

- SARMISTHA DEY



# SHANTHINIKETHAN

By Rema Pisharody

Heart and mind entwined  
In tune on a peace pact  
Summer heralded on sun beams  
A bay conceals its frantic waves.  
Dreams blossom  
When a Gardener  
walks in to talk about solitude!  
It is time for prayer  
In Nirmal Hriday.  
Afar in the east coast  
A wind sets free its cyclonic tunes  
In taglines of hope,  
In non-perishable memories  
Its time to inhale  
That fragrance of earth,  
Splendid an offering!  
From a kind heart which outlived  
Seasons, Centuries  
and shadows of a million citadels  
In an era of invasions  
And broken promises  
Much needed for soul search..

-REMA PISHARODY





By Sindhu Gatha

# When Turned Into Soil

In the eyes that are planted to the people  
Through the windows of the democracy  
Views are not clear because of the water rush  
Throbbing by chest pain

Unaccountable for the death of the thief  
who stole a handful of food at the call of hunger  
They put their hands in the pocket of the stiff-necked one  
A leap of the savage spirit singing spiritual rhythms

Love that hangs broken in the branches of acting  
Fell down in the time of wind  
Into the frying pan of grudge and moaning  
The smell bursts the nostrils

Mother's holy name on the seashore  
head banging on the rocks  
Poison in the umbilical cord  
To the mouth of the child in the belly of the mother

Entrenched Relationships of Cheating  
Thrives on the banks of sorrow  
Red desires burnt in  
to the kiss of raw flesh

Human gods are playing with ordinary human emotions  
are making man like a fox  
Gods engraved in black stone  
are smelling of blood

Money weighs more than love  
Brothers and sisters  
Scattered in the forest of feuds  
They stray and becomes a wanderer

Like the broken pots at Potter's shed  
When they destroyed the country with a perverted mind  
After that when they enter the forest to clear the forest  
Then wildlife is coming to the country

Beastly fighters for animals  
Companions are tied to the pillar of amnesia  
Compassion burns in the moral ashes  
And (evil) honor killings settle the dunes

Without achieving anything at the end  
of running to get something  
Tomorrow we will turn into a handful of soil,  
Why don't all think that?

**-SINDHU GATHA**





## Indian Cultures' Colossal Influence On The World: K-Pop To Cannes

By Wynona M

Indian culture has long captivated the world with its vibrant traditions, rich history, and diverse heritage. Over the years, its influence has transcended borders and made a significant impact on various aspects of global entertainment, fashion, art, and more. From the rise of K-Pop to the glitz and glamour of the Cannes Film Festival, Indian culture continues to leave an indelible mark on the global stage. In this article, we will delve into the fascinating journey of how Indian culture has influenced the world, highlighting important people, events, and milestones along the way.

### Bollywood's Global Reach

One of the key drivers of Indian cultural influence is Bollywood, the world's largest film industry based in Mumbai. With its colourful dance sequences, melodious music, and captivating storylines, Bollywood has garnered a massive fan following worldwide. Bollywood films have found success not only among the Indian diaspora but also among international audiences. Iconic movies like "Dilwale Dulhania Le Jayenge" and "Lagaan" have received acclaim and recognition on global platforms, helping to popularise Indian cinema on a larger scale.

Actors such as Amitabh Bachchan, Shah Rukh Khan, and Aishwarya Rai Bachchan have become international stars, expanding the reach of Indian cinema beyond

national borders. They have played pivotal roles in bridging cultures and creating awareness about Indian talent. In recent years, Bollywood's collaborations with Hollywood have further cemented the global influence of Indian cinema. Films like "Slumdog Millionaire" and "The Lunchbox" have achieved critical acclaim and commercial success, showcasing the unique storytelling and artistic prowess of Indian filmmakers.

### The Emergence of K-Pop

In the realm of music, the global phenomenon of K-Pop has taken the world by storm. K-Pop, short for Korean Pop, is a music genre that originated in South Korea. While K-Pop has its own distinct style, it has been greatly influenced by Indian music and dance forms. The incorporation of Indian elements, such as choreography inspired by Bollywood dance moves and the fusion of Indian musical instruments, has added a unique flavour to K-Pop.

The impact of Indian culture on K-Pop can be seen in the music videos and performances of popular K-Pop groups like BTS, BLACKPINK, and EXO. These groups often incorporate Indian-inspired dance routines, attire, and visuals, creating a fusion that appeals to both Korean and international fans. The success of K-Pop has opened doors for cultural exchange and collaboration between the Indian and Korean entertainment industries, further strengthening

the global influence of Indian culture.

"In the midst of India's growing influence on the global K-Pop scene, one name has been making waves in the industry: Gautami, also known as Aria. Hailing from the vibrant state of Kerala, Gautami has captured the hearts of K-Pop enthusiasts with her extraordinary talent and charismatic stage presence. As a member of the sensational group X, she has been instrumental in bringing a fresh and unique flavour to the K-Pop landscape, infusing elements of Indian culture into their music and performances. With her mesmerising vocals, flawless dance moves, and striking beauty, Gautami has quickly gained a loyal fan base both in India and internationally. Her journey from Kerala to becoming a rising star in the K-Pop world is a testament to the growing influence of Indian artists on the global stage."

### Fashion on the Global Runway

Indian fashion has also left an indelible mark on the global stage, with designers showcasing their creations at prestigious events like the Cannes Film Festival, New York Fashion Week, and Paris Fashion Week. Designers like Manish Malhotra, Sabyasachi Mukherjee, and Ritu Kumar have gained international recognition for their intricate craftsmanship and ability to blend traditional Indian textiles and motifs with contemporary fashion trends.



The Cannes Film Festival, held annually in France, has become a platform for Indian fashion to shine. Bollywood celebrities and Indian models graced the red carpet wearing stunning Indian ensembles, showcasing the diversity and grandeur of Indian fashion. From sarees to lehengas, these iconic appearances have garnered global attention, inspiring fashion enthusiasts and designers around the world.

### Artistic Expressions and Cultural Festivals

Indian culture's influence extends beyond film, music, and fashion. The country's traditional art forms, such as classical dance, painting, and sculpture, have found admirers worldwide. Classical dance forms like Bharatanatyam, Kathak, and Odissi have gained international recognition and are now performed and appreciated in various parts of the world. Renowned dancers like Mallika Sarabhai, Birju Maharaj, and Shobana Chandrakumar Pillai have not only preserved these ancient art forms but have also taken them to global stages, captivating audiences with their grace, precision, and storytelling ability.

Indian painting styles, such as Mughal miniatures and Tanjore paintings, have also influenced the art world. Artists like Raja Ravi Varma and MF Husain have left an indelible mark with their unique artistic expressions, blending Indian themes and techniques with contemporary styles. Their works have been exhibited in prestigious galleries and museums worldwide, showcasing the depth and beauty of Indian art.

Cultural festivals play a significant role in promoting Indian culture and fostering global understanding. Events like Diwali, Holi, and Navratri are celebrated with great enthusiasm in various countries, inviting people from diverse backgrounds to experience the vibrancy of Indian traditions. These festivals have become platforms for cultural exchange where people can indulge in Indian music, dance, cuisine, and rituals, fostering cross-cultural connections and appreciation.

### Technology and Digital Influence

The digital age has played a pivotal role in amplifying the reach and impact of Indian culture globally. Social media platforms like YouTube, Instagram, and TikTok have provided a stage for talented individuals to showcase their skills and creativity. Indian content creators, dancers, musicians, and artists have amassed millions of followers, attracting a global audience and promoting Indian culture in the digital realm.

Additionally, the influence of Indian culture can be seen in

various viral trends and challenges on social media. From dance challenges set to popular Bollywood songs to yoga and meditation practises, these trends have introduced a global audience to elements of Indian culture in a fun and engaging manner.

### Pride in Heritage and Identity

The rise of Indian culture's global influence has instilled a sense of pride and celebration among the Indian diaspora. Indians living abroad have actively embraced and promoted their cultural heritage, organising events, festivals, and cultural showcases to share their traditions with the world. Indian community centres, temples, and cultural associations have become hubs of activity, fostering a strong sense of community and identity.

Notable individuals like author Arundhati Roy, economist Amartya Sen, and musician AR Rahman have used their platforms to promote Indian culture and address global audiences on important social and cultural issues. Their contributions have further elevated the visibility and impact of Indian culture on the global stage.

### The Influence of Indian Cuisine

Indian cuisine is renowned worldwide for its flavours, spices, and diverse range of dishes. Indian restaurants can be found in almost every corner of the globe, offering a taste of the rich and aromatic Indian culinary tradition. From the fiery curries of North India to the delicate flavours of South Indian dosas and idlis, Indian cuisine has made a lasting impression on global taste buds.

The popularity of Indian food can be attributed to its unique blend of spices, use of fresh ingredients, and careful balance of flavours. Indian spices such as turmeric, cumin, coriander, and cardamom have found their way into kitchens around the world, enhancing the taste of various dishes. Indian restaurants have become culinary ambassadors, introducing people to the diverse regional cuisines of India and creating a global appreciation for its flavours.

### Indian Entrepreneurs Making Their Mark

Indian entrepreneurs and business leaders have also made significant contributions to the global landscape. With their innovative ideas, entrepreneurial spirit, and determination, Indians have created successful ventures in various industries, leaving a mark on the global economy. Leaders like Sundar Pichai, CEO of Google; Satya Nadella, CEO of Microsoft; and Indra Nooyi, former CEO of PepsiCo, have not only achieved remarkable success but have also become role models for aspiring entrepreneurs worldwide.

These individuals have showcased the power of Indian talent and intellect, breaking barriers and shattering stereotypes. Their achievements have not only advanced their respective companies but have also opened doors for other Indians to thrive and make their mark on the global stage.

### Indian Literature and Intellectual Contributions

Indian literature, with its rich history and diverse genres, has influenced writers and intellectuals across the world. Ancient Indian texts like the Vedas, Mahabharata, and Ramayana contain timeless wisdom, philosophical insights, and moral teachings. Translations of these texts have allowed readers from different cultures to delve into the depths of Indian literature and gain a deeper understanding of its cultural heritage.

Contemporary Indian writers such as Arundhati Roy, Salman Rushdie, and Jhumpa Lahiri have garnered international acclaim for their compelling storytelling and thought-provoking narratives. Their works have shed light on various aspects of Indian society, culture, and history, bridging the gap between different cultures and fostering a sense of shared humanity.

Indian spirituality and philosophy, with their emphasis on mindfulness, self-realisation, and inner peace, have also found followers across the globe. Practises like yoga and meditation have gained popularity worldwide as people recognise their physical, mental, and spiritual benefits. Indian spiritual leaders such as Sri Sri Ravi Shankar and Sadhguru have become global ambassadors of peace, guiding individuals towards self-discovery and personal growth.

### Sports and Indian Achievements

India's presence in the world of sports has been steadily growing, with athletes making their mark in various disciplines. From cricket to badminton, Indian athletes have achieved remarkable feats on the global stage, bringing glory to the nation. The Indian cricket team's success in international tournaments, including winning the ICC Cricket World Cup and ICC Champions Trophy, has captured the attention and admiration of millions of cricket enthusiasts worldwide.

In recent years, Indian badminton players like Saina Nehwal, PV Sindhu, and Kidambi Srikanth have emerged as top contenders in international competitions, winning medals at the Olympic Games and World Championships. Their achievements have not only put Indian badminton on the global map but have also inspired aspiring athletes to pursue their sporting dreams.

## ART & CULTURE

### Indian Fashion and Bollywood's Global Influence

Indian fashion has gained recognition for its vibrant colours, intricate designs, and traditional craftsmanship. Designers like Manish Malhotra, Sabyasachi Mukherjee, and Tarun Tahiliani have showcased their collections on prestigious runways around the world, earning praise for their fusion of Indian aesthetics with contemporary styles. Bollywood celebrities, known for their glamorous and stylish appearances, have also played a significant role in promoting Indian fashion globally. Their red carpet looks and fashion choices have caught the attention of international media and fashion enthusiasts, further enhancing the influence of Indian fashion on the global stage.

The Indian film industry, commonly known as Bollywood, has captivated audiences worldwide with its colourful and extravagant productions. Bollywood movies, known for their elaborate song and dance sequences, have gained popularity in countries far beyond India's borders. The infectious energy, melodrama, and storytelling of Bollywood films have found a global fan base, leading to the rise of Bollywood-inspired dance forms like Bhangra and Bollywood fitness classes.

In recent years, Indian actors such as Priyanka Chopra, Deepika Padukone, and Irrfan Khan have successfully transitioned to Hollywood, gaining recognition and acclaim for their performances. Their presence in international films and collaborations with renowned filmmakers have further solidified the global impact of Indian cinema.

### Indian Influence in Music and Dance

Indian music, with its rich traditions and diverse genres, has made a significant impact on the global music scene. Classical Indian music, characterised by intricate melodies and rhythms, has inspired musicians and composers worldwide. Artists like Ravi Shankar and Zakir Hussain have collaborated with international musicians, bridging the gap between Eastern and Western musical traditions.

In recent years, the popularity of Indian music has extended to the realm of popular music, with the emergence of Indian music producers and DJs gaining global recognition. The

fusion of Indian classical elements with contemporary beats has created a unique sound that resonates with audiences worldwide.

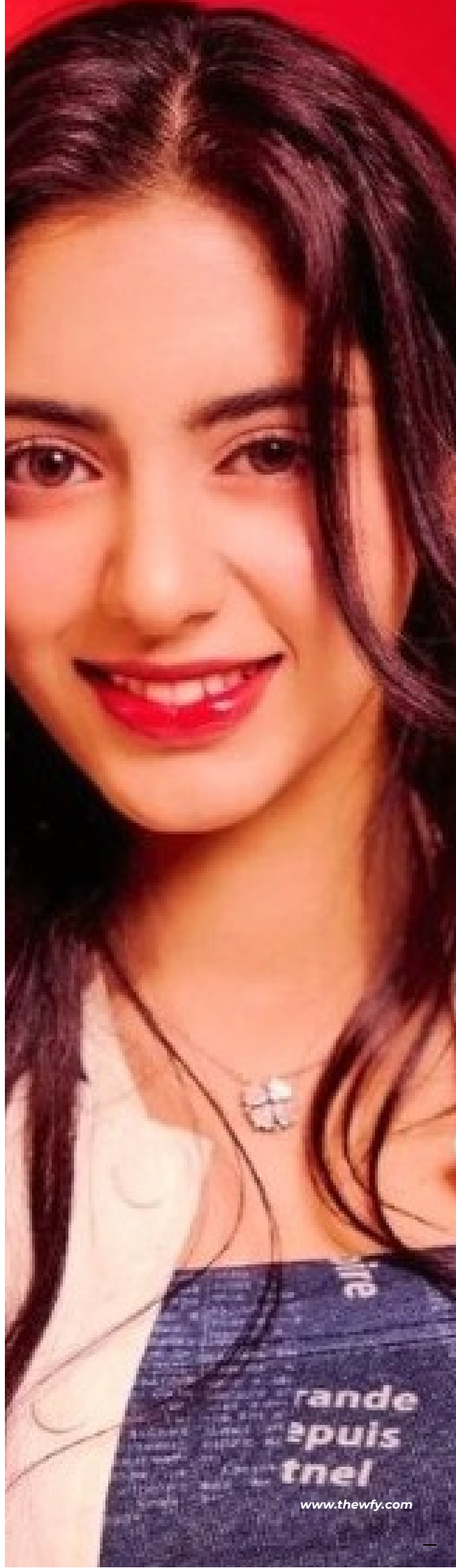
Indian dance forms like Bharatanatyam, Kathak, and Odissi have also found international acclaim, with dancers and choreographers promoting these traditional art forms on global stages. Dance companies and individual artists have showcased the grace, precision, and storytelling aspects of Indian dance, captivating audiences and spreading awareness about India's rich cultural heritage.

The influence of Indian culture on the world stage is undeniable. From the flavours of Indian cuisine to the achievements of Indian entrepreneurs, from the wisdom of Indian literature to the global impact of Bollywood, India's cultural contributions have left an indelible mark.

Indian culture's influence on the world, from K-Pop to Cannes, is a testament to its richness, diversity, and enduring appeal. Bollywood films, K-Pop music, Indian fashion, art forms, festivals, and digital platforms have all contributed to the global recognition and appreciation of Indian culture. The journey of Indian culture's influence has been marked by influential personalities, milestone events, and a shared passion for preserving and promoting traditions. The Indian diaspora, along with Indian artists, intellectuals, and entrepreneurs, continues to shape and contribute to various fields, enriching the global cultural tapestry. As we celebrate the influence of Indian culture on a global scale, it is essential to recognise and appreciate the diversity, vibrancy, and timeless traditions that make India a force to be reckoned with in the global arena.

As India continues to evolve and grow, its influence will only expand further, fostering greater cultural exchange, appreciation, and understanding between nations. As we move forward, it is essential to continue celebrating and embracing Indian culture while fostering cultural exchange and understanding. The global influence of Indian culture serves as a reminder of the power of art, music, film, and traditions in bridging gaps, promoting diversity, and creating a world where cultural heritage is celebrated and cherished by all.

**-WYNONA M**





# THE BEST HOTSPOTS AND TIPS: SPOTLIGHT ON INDIAN DIASPORA CLUBBING



-By William Melwyn

The Indian diaspora has spread its wings across the globe, contributing to the cultural fabric of various nations while maintaining a strong connection to their Indian roots. With this global presence comes the emergence of vibrant clubbing scenes that cater to the diverse tastes and preferences of the Indian community. From pulsating Bollywood nights to fusion music parties, the clubbing trends among the Indian diaspora are evolving rapidly in 2023. In this article, we will delve into the hottest clubbing destinations around the world, explore the fusion of Indian and international music genres, and provide essential tips for globetrotters who want to experience the best of Indian diaspora clubbing.

## 1. The Global Hotspots for Indian Diaspora Clubbing

### 1.1 London, United Kingdom

London has long been a hub for the Indian diaspora, and its clubbing scene reflects the city's diverse cultural landscape. From upscale venues hosting Bollywood-inspired parties to underground clubs featuring cutting-edge electronic beats, London offers a myriad of options for Indian music enthusiasts. Notable clubbing destinations include the famous Ministry of Sound, which regularly hosts Bollywood-themed nights, and venues in the trendy Shoreditch neighbourhood, known for their fusion of Indian and Western music genres.

### 1.2 New York City, United States

The Indian diaspora in New York City has fostered a vibrant clubbing scene that celebrates the best of Indian music and culture. From stylish rooftop bars offering breathtaking views of the city skyline to basement clubs pulsating with Bollywood beats, the options are endless. Popular venues like Le Bain, BollymixNYC, and Rumi Lounge regularly host Bollywood-themed nights and showcase top Indian DJs, ensuring an unforgettable clubbing experience for the Indian diaspora and party enthusiasts alike.

### 1.3 Dubai, United Arab Emirates

Dubai has become a global melting pot, attracting a large number of Indian expatriates. The city's clubbing scene caters to the diverse tastes of the Indian diaspora, with a mix of mainstream clubs, exclusive lounges, and beachside venues. Some of the prominent destinations include Cavalli Club, White Dubai, and Tamanya Terrace, where Indian and international music blend seamlessly, creating an electric atmosphere that keeps the dance floor alive till the early hours.

### 1.4 Sydney, Australia

The Indian diaspora in Sydney has played a significant role in shaping the city's clubbing trends. From Bollywood-themed parties in popular nightclubs to intimate gatherings in underground venues, Sydney offers a range of options for Indian music enthusiasts. The Ivy, Home The Venue, and Zeta Bar are renowned for their Indian-inspired events, combining traditional Indian beats with modern electronic music to create an immersive experience for partygoers.

### 1.5 Mumbai, India

While discussing Indian diaspora clubbing trends, we cannot overlook the vibrant city of Mumbai, which serves as the epicentre of the Indian entertainment industry. The city's clubbing scene is dynamic and ever-evolving, with a mix of high-end clubs, rooftop venues, and beachside parties. From iconic establishments like Trilogy and Kitty Su to new-age clubs like Matahaari and Ark, Mumbai offers a diverse range of clubbing experiences that showcase both Indian and international music talents.

## 2. Fusion of Indian and International Music Genres

One of the defining aspects of Indian diaspora clubbing is the fusion of Indian and international music genres. DJs and producers are experimenting with blending traditional Indian melodies, rhythms, and vocals with electronic, hip-hop, and

pop music styles, creating a unique sound that resonates with the global Indian community. This fusion of genres has given rise to sub-genres like Bhangra-pop, Indi-electro, and Bollywood EDM, which blend the infectious energy of Indian music with contemporary beats and production techniques. It's not uncommon to hear remixes of popular Bollywood tracks infused with electronic elements, creating an exhilarating atmosphere on the dance floor.

The fusion of Indian and international music genres has also paved the way for collaborations between Indian artists and international stars. Renowned DJs and musicians from India are collaborating with globally acclaimed artists to create chart-topping hits that bridge cultural boundaries. These collaborations not only expose the world to the richness of Indian music but also provide a platform for Indian artists to showcase their talent on a global scale.

Furthermore, the fusion of Indian and international music has led to the rise of dedicated music festivals and events that celebrate this unique blend. Festivals like the "Global Indian Music Festival" and "DesiFest" bring together artists from different backgrounds to showcase their talent and create a memorable experience for the Indian diaspora and music enthusiasts worldwide. These events serve as a platform for cultural exchange and provide an opportunity to immerse oneself in the vibrant and diverse sounds of Indian diaspora clubbing.

### 3. Tips for Globetrotters Exploring Indian Diaspora Clubbing

For those globetrotters who want to experience the best of Indian diaspora clubbing, here are some essential tips to enhance your clubbing experience:

#### 3.1 Research and Plan Ahead

Before embarking on your clubbing adventure, research the clubbing scene of your destination. Look for popular venues, upcoming events, and specific nights dedicated to Indian diaspora clubbing. Planning ahead will ensure that you don't miss out on the best parties and performances during your visit.

#### 3.2 Dress Code and Etiquette

Pay attention to the dress code and etiquette of the clubs you plan to visit. Some venues may have specific dress requirements, so it's important to dress appropriately. Additionally, familiarise yourself with clubbing etiquette, such as respecting personal space, following club rules, and being mindful of cultural sensitivities.

#### 3.3 Connect with the Local Indian Community

Reach out to local Indian community organisations or social groups at your destination. They often have valuable insights into the club scene and can provide recommendations for the best venues and events to attend. Connecting with the local Indian community will not only enhance your clubbing experience but also provide an opportunity to forge new friendships and connections.

#### 3.4 Embrace the Fusion

Embrace the fusion of Indian and international music genres. Be open to exploring new sounds and dancing to the rhythmic beats that blend Indian melodies with contemporary music styles. This fusion creates a unique and exciting clubbing experience that captures the essence of the Indian diaspora's cultural evolution.

#### 3.5 Immerse in the Cultural Experience

Clubbing within the Indian diaspora is not just about music and dancing; it's a cultural experience. Immerse yourself in the vibrant atmosphere, indulge in Indian cuisine and signature drinks, and celebrate the rich tapestry of Indian culture. Engage with fellow clubbers, exchange stories, and embrace the sense of community that transcends borders.

The clubbing trends among the Indian diaspora in 2023 are a testament to the vibrant cultural fusion that defines this global community. From London to New York City, Dubai to Sydney, and Mumbai to various other destinations, the Indian diaspora has shaped the clubbing scenes worldwide, infusing them with the infectious energy of Indian music and the spirit of cultural celebration. As globetrotters, exploring

Indian diaspora clubbing offers a unique and immersive experience that combines music, dance, and cultural exchange. By following the tips provided and embracing the fusion of Indian and international music genres, you can create unforgettable memories and be a part of this dynamic and evolving clubbing phenomenon. So, get ready to hit the dance floor, immerse yourself in the pulsating beats, and embrace the global community of Indian diaspora clubbers. Let the rhythm guide you on a journey that transcends borders and unites people from diverse backgrounds in the universal language of music and celebration. Whether you're a seasoned partygoer or a curious traveller, the Indian diaspora clubbing scene is waiting to be explored.

So pack your bags, put on your dancing shoes, and get ready to embark on a thrilling adventure across the globe. Discover the hottest clubbing destinations, immerse yourself in the fusion of Indian and international music, and experience the cultural richness of the Indian diaspora firsthand. From glamorous rooftop bars to underground clubs, each venue offers a unique blend of tradition and innovation, creating an electrifying atmosphere that will leave you craving for more.

As you embark on your journey, remember to plan ahead, connect with the local community, and embrace the fusion of sounds that define Indian diaspora clubbing. Respect the dress codes and etiquette of each venue, but also allow yourself to let loose and dance like nobody's watching. Take the opportunity to try new flavours, sip on signature cocktails, and engage in conversations with fellow clubbers who share a love for music and culture.

Indian diaspora clubbing is not just about the music; it's about celebrating diversity, forging connections, and creating memories that last a lifetime. It's a celebration of identity, a fusion of cultures, and a testament to the power of music to bring people together. So, whether you're a globetrotter seeking new experiences or a member of the Indian diaspora reconnecting with your roots, let the rhythmic beats guide you on an unforgettable journey through the global clubbing scene.

The Indian diaspora clubbing trends in 2023 are a reflection of the vibrant and dynamic nature of this global community. From London to New York City, Dubai to Sydney, and Mumbai to various other destinations, the influence of Indian music and culture can be felt in clubs around the world. The fusion of Indian and international music genres creates a unique and exhilarating experience, blending traditional melodies with contemporary beats. For globetrotters, exploring Indian diaspora clubbing offers an opportunity to connect with a diverse and vibrant community, immerse in cultural exchanges, and dance the night away to infectious rhythms. So, get ready to embark on an exciting adventure and experience the best of Indian diaspora clubbing across the globe. Let the music be your guide and the dance floor be your sanctuary as you create lasting memories and celebrate the richness of Indian culture in the pulsating atmosphere of the clubbing scene.



**-WILLIAM MELWYN.**



CANCEL

CULTURE

## CANCEL CULTURE: REGRESSIVE OR PROGRESSIVE? EXCLUSIVE KNOW IT ALL HERE



-By Jijoy Mathew

Recently, I had been listening to a Clubhouse (a social media platform) discussion on “political and social injustice among low-class communities in Indian society”. This was a contested topic among participants, who had different ideas and perspectives on the root causes of societal inequality. During the discussion, some participants deliberately used derogatory words against the oppressed and the downtrodden. The sudden reaction came from one of the admin panellists, who rebuked and condemned the person’s remarks by saying that we are “cancelling” and “calling out” the views expressed here as absolutely abusive in opinion-making. Then I realised that provocative and aggressive language can be expressed anywhere by a celebrity or non-celebrity against any oppressed community. Language or expression might have been not just abusive and out of context but also politically inappropriate. In this case, cancel culture rejects the authoritarian voice, which may be destructive to society or specific groups. Besides, many consider that the dominant engagement of cancel culture in society is a containment vessel designed to spoil free speech and freedom of expression. When considering this dichotomy in cancel culture, it stresses two kinds of people: those who vehemently oppose its views and ideological underpinnings and those who advocate cancelling as a need of the hour. Here, I would say that the cancel culture will repost or reshare its ideological parameters as either positive or negative in the social spheres of public life.

### Cancel Culture in the Context

Cancel, cancelling, and cancellation are buzzwords used in the new age of the digital world. With no more

masquerading, the word cancel is outpouring and flooded with many meanings and expressions in today’s life. Everyone in the world, one way or another, has ever passed through such an experience of cancellation or cancelling. Some types of cancellations, such as buying a ticket for a journey, a theatre performance, a movie, or a trip, have been made on different occasions. On the other hand, broadly speaking, cancellation is not something new in the history of its widespread use but is mainly categorised as boycott, ban, exclusion, blacklist, and withhold. Once these fastidious terms related to cancellations have been propagated among individuals, companies, organisations, governments, or communities, make them accountable in civil society. In the 1950s and 1960s, the United States experienced the transformative impacts of civil rights movements and boycotts for social and racial justice for Afro-Americans. These civil rights movements were more plausible in bringing the oppressed communities and their civil rights back to the limelight by stopping the oppressor’s voice. In addition, the phrase “cancellation” has appeared in novels, films, and TV shows in the 1980s and 1990s; for instance, “Your Love is Cancelled” and “You Are Cancelled”. However, as a socio-cultural and political rhetoric, cancel culture is surprisingly and convincingly a recent invention and a new norm. It mostly refers to people being cancelled because of their exasperated position of uttering sexist, racist, and misogynist pronouncements while remaining in their personal comfort zones. Sigal Ben-Porath, Professor of Education, Political Science, and Philosophy at the University of Pennsylvania, observes that cancel culture reveals not only the cancellations of individuals’ ideologies and views but also the toppling of racist



## LIFESTYLE

statues, de-platforming individuals, removal of confederate flags, etc. In particular, people engaged in #LGBTQ, #BlackLivesMatter, and #Metoo are the best examples of how they are involved in achieving social and human justice for survival. This shows that collective voices and actions are considered a massive strength for rejecting authoritarian elements. In this situation, I would say that the action of cancellation may be instigated within the premises of a social issue in a particular context.

### Cancel Culture Without a Trademark

While some have praised cancellation culture as a means to hold people accountable for their behaviour, others have criticised it for a number of reasons. The cancel culture has been regarded as negatively deteriorating the fairness of human justice in particular. In another way, the involvement of the cancel culture can solely lead to a mob mentality, in which individuals are condemned without a fair trial or opportunity to defend themselves. This can result in the loss of jobs or reputation, which can have a significant impact on an individual's life. Cancel culture can also create an environment of uncertainty and self-censorship where individuals are cautious about speaking out or expressing themselves for fear of being cancelled. This can have a chilling effect on free speech or the free exchange of ideas, which is the cornerstone of a healthy democracy. In some cases, for instance, students in some universities bring into play a style of cancelling against their professors because of these professors' contrary speeches or voices that they once used on the campuses and colleges. It can lead to a stifling of free speech and open debate by creating a culture of fear and intimidation, and it can even cause legal action. As a result, cancel culture might discourage people from expressing their thoughts or participating in sincere debates because they are afraid of being disgraced or shunned in society. While it is important to hold individuals accountable for their actions and words, some argue that a cancel culture often goes too far, resulting in harsh consequences that are inconsistent with the offence committed. In this situation, one cannot simply exclude an individual or institution based on the offence they have committed. Who will punish them for their offence? What kind of exclusion is justified, and how long will this punishment last? However, many questions remain unanswered.

### Towards Mutual Inclusion

As we have discussed, cancel culture is seemingly two modes of engagement, one of which drives individuals to take effective responsibility for their actions, and the other is the censorship of one's own freedom. Sometimes it can slowly corrode a person's sense of self and human dignity. In this situation, mutual inclusion is the most successful way to confront the binaries of cancel culture. When someone or a group of people makes use of cancel culture as a sensitive tool for restricting individuals' words and actions, mutual inclusion can be a potential prospect for the exchange of respect with everyone in society. This mutual inclusion can also create a space for everyone, including marginalised and oppressed communities, to have their voices heard and demand change in social justice and human rights affairs. This does not imply that cancel culture is no longer recommended in society but rather that it should be implemented while maintaining human self-respect and each individual's rights with mutual inclusion. This demonstrates that mutual inclusion is essential when considering the constructive and harmful aspects of the cancel culture in which the issue is involved, and it fosters a harmonious response. It is important to hold individuals accountable while also ensuring that due process and fairness are upheld and that cancel culture is not used as a means of harassing or silencing dissenting voices.



**-JIJOY MATHEW**



# PASSWORD

\* \* \* \* \*

## THE COMPLETE HANDBOOK FOR EFFECTIVE PASSWORD MANAGEMENT

-WFY Bureau, UK.

Managing passwords can be a challenging task, from creating hard-to-guess passwords to remembering them later. In today's world, the stakes are higher than ever as security breaches become more frequent and disastrous. With the increasing number of apps, accounts, and passwords, the opportunities for theft have multiplied. Surprisingly, despite the risks involved, many people still use weak and easily guessable passwords. For instance, "123456" remains the most commonly used password worldwide, highlighting the need for improved password practices.

JD Sherman, the CEO of password manager company [Dashlane](#), humorously remarked, "You have to laugh to keep from crying" when discussing the state of password security. Once a password is compromised in a data breach, hackers often attempt to use it on various sites and services, a technique known as a "stuffing" attack. Reusing passwords or employing easily guessable options like "solarwinds123" not only puts individuals at risk but also exposes their workplaces to vulnerabilities. However, it is important to note that the blame for these password-related issues should not solely fall on the users.

According to data from [Dashlane](#), the average person has over 200 accounts that require passwords. Managing such a large number of passwords has become overwhelming, making it challenging to follow the best security practices consistently. While we await a password-free future where more secure solutions are in place, there are steps we can take today to protect ourselves.

Here are six essential practices to enhance your password security:

1. Stop reusing passwords: Retire your trusty go-to passwords and start afresh. Reusing passwords across multiple accounts weakens their security. If a data breach occurs on one platform, all your accounts with the same password become vulnerable. Avoid creating passwords that are merely slight variations of each other, as they can be easily reverse engineered.
2. Create strong, unpredictable passwords: Avoid using personal details in your passwords, as information from your life can be easily obtained from social media platforms. Instead, leverage password generators or other techniques to create truly random combinations of words, numbers, and symbols. The longer and more complex your password, the harder it is to crack. Microsoft reports that 96 percent of password-related cyberattacks involve passwords with fewer than 10 characters, and 76 percent involve passwords with fewer than six characters.
3. Steer clear of commonly used passwords: Certain passwords are alarmingly common and easily guessed by hackers. Avoid using passwords like "123456," "password," "qwerty," or obvious choices like pets' names, kids' names, favorite teams, or birthdays. Instead, combine multiple words or create unique phrases with the addition of special symbols.
4. Check for password exposure: Stay informed about potential security breaches that may have exposed your passwords. Platforms like Apple and Have I Been Pwned notify users if their saved passwords have been compromised. Take the necessary steps to change compromised passwords promptly. Password managers can also help identify compromised accounts.

## TECHNOLOGY

5. Enable two-factor authentication: Passwords alone are no longer sufficient for securing sensitive accounts. Two-factor authentication adds an extra layer of security by requiring users to authenticate their identity through two different methods. Traditional methods involve receiving a numeric code via text message, but authenticator apps are becoming more popular. These apps connect to your accounts and provide a secondary authentication factor, such as a unique code, to verify your identity.

6. Use a password manager: Password managers can address many password security challenges in one solution. Apps like [Dashlane](#) and [1Password](#) generate, store, and automatically fill in strong, hard-to-guess passwords. They can also save additional information like personal details and credit card information, streamlining the sign-up and checkout processes. Alternatively, built-in password managers like Apple's Keychain can also be utilized. These tools securely store your passwords and offer convenient autofill features.

Setting up a password manager is a [straightforward process](#). You can either download the manager app onto your mobile device or sign up on the manager's website. Once installed, the password manager begins saving the passwords you use for various websites and applications. It also generates strong and unique passwords when you sign up for new accounts and automatically fills them in during logins. Some password managers even provide features to store additional information, such as your name, address, and credit card details, further streamlining your online experiences.

In an ideal world, password management would be simplified to just three passwords: your phone password, email password, and password manager password. Memorizing these three crucial passwords or utilizing features like [Dashlane's password-less option](#), which allows unlocking accounts with a PIN or biometrics, can enhance security.

However, if you choose to store passwords independently without a password manager, it's essential to understand the risks involved. Traditional methods include writing passwords in an analog notebook or on a slip of paper. While this approach avoids digital theft, the physical list can be easily lost, stolen, or damaged. Another popular method is storing passwords digitally, such as in a password-protected document or a note on your smartphone. Although this approach offers convenience, it exposes you to potential cybertheft if unauthorized individuals gain access to your device or accounts.

Regardless of the method you choose, it's crucial to be aware of the risks and weigh the trade-offs. Password managers provide a comprehensive solution for password security, but if you opt for alternative storage methods, ensure you take appropriate precautions.

In conclusion, effectively managing your passwords is vital in today's digital landscape. By following these recommended practices, such as avoiding password reuse, creating strong and unpredictable passwords, enabling two-factor authentication, and utilizing password managers, you can significantly enhance your online security. Remember, password security is a shared responsibility between users and service providers. Stay vigilant, regularly update your passwords, and adapt to evolving security practices to safeguard your valuable information in an increasingly connected world.

**-WFY BUREAU, UK.**



# Password





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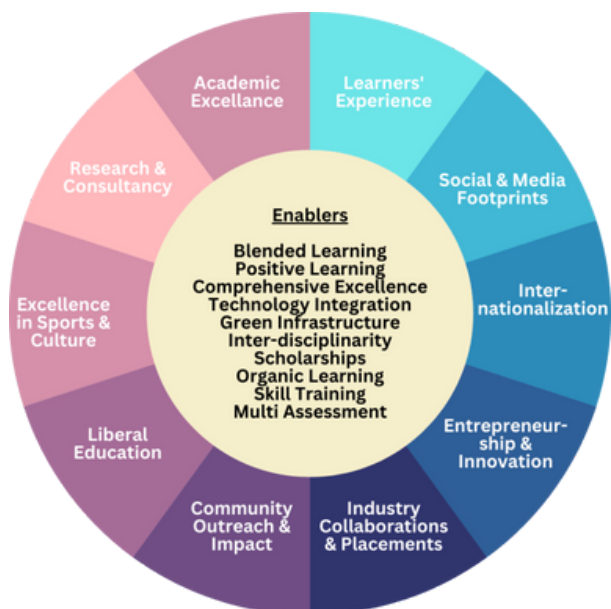
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# All You Need To Know About Blended Learning: The New Age Education

**By Prof. Ujjwal K Chowdhury** 10Square: Evolving a Model for Post-Pandemic University Education. Part IV begins....

## ENTREPRENEURSHIP & INNOVATION:



Innovation as a way of life and entrepreneurship as a passion need to be nurtured on campus through non-credited and/or credited courses on these subjects, with practical assignments given. Having focused entrepreneurship programs and department is one aspect of it, but bringing in basics of entrepreneurship and innovation in every program is another key aspect too.

The university may initiate a series of programs to further fuel the spirit, habit and exposure of innovation and incubation among its learners.

## Some possible options are as follows:

- Women's Entrepreneurship Meet annually
- Grassroots Entrepreneurship Meet annually
- Youth Entrepreneurship Summit annually
- Heritage Entrepreneurs' Fest
- Participation in global entrepreneurs' meets
- First Generation Entrepreneurs' Summit & Awards
- Innovation Hackathon at the national level
- Innovative Idea Studio: contests to incubation
- Participation in innovation contests in multiple universities within and beyond the nation
- Innovation Lab with multiple inter-disciplinary projects
- Annual Entrepreneurship Accelerator Meet & Ventures Funding
- What's Next? What's New? Innovation Conclaves

## INDUSTRY COLLABORATION & PLACEMENTS:

In a developing economy, one of the key roles of the university is to develop intense industry-institute interface. This is singularly the leading economic outcome of higher education through which human talent nurtured can be economically productive and employable. Such collaboration can be through master-classes by industry experts, appointing Professors of Practice (full time or part time, from among industry stalwarts), industry guided program and course development, projects from the market, internship assignments (online or offline, full-time or part-time), research using industry infrastructure, showcasing future technologies on campus by the tech majors, and final placements.



Towards these goals, initiatives like the following need to be developed in South Asian universities:

- Annual mega Job Utsav/Fest: minimum 1000+ jobs from 100+ recruiters, more the merrier
- Industry Master-classes/ Workshops every fortnight
- Certain Labs and Studios created with industry support
- Research work using industry infrastructure
- Jointly Curated Programs with the industry
- Industry sponsored events related to concept, practice or recognition of talents
- Market research and industry specific paid projects
- Skilling Workshops & short courses with corporate involvement
- Large-scale HR Meet annually
- Knowledge Partnership with corporate houses for their Management Development Programs, PhD research by their top brass, etc, since ongoing continuous learning and training are becoming essential part of corporate HR today
- Creating Video Resume, Digital CV, and Personal Branding, and
- Extensive domain-specific Portfolio Creation

#### COMMUNITY OUTREACH:

A respected university is one which is a caring one, one which has a community outreach division to initiate institutional and individual social responsibility initiatives, like #ChangeTogether Initiative within and beyond the campus. The university must reach out to people during natural catastrophes (flood, pandemic, famine, earthquake) leading to relief and rehabilitation efforts, can take up marginalized children's upkeep & holistic growth support by all university stake-holders, and learners can engage in application-oriented projects for social good and use by development sector organizations.

The learners can give back to their schools and juniors through Back2School Project where each learner gives back to school through knowledge initiatives, or #EachOneReachOne initiative where each learner changing the life of one teenager.

The University can adopt a school or a village in its vicinity for outreach program with visible outcome.

Events that brings in UN Sustainable Development Goals awareness, initiatives and evidential contribution towards SDGs can be another area of social outreach.

#### EXCELLENCE IN SPORTS & CULTURE

A documented excellence in games and sports, and in cultural initiatives is another hallmark of a good university and a fulfilling learning experience of the stake-holders.

Wellness regime as a compulsory component of campus must exist where gym use, racing, yoga and exercises must be a daily regimen in the university. Adequate Sports scholarships based on transparent criteria must buttress this effort towards creating excellence in sports. There must be sports on-campus through multiple competitions. This can lead to national team selections & for international tournaments also.

On-campus medical facilities need to be assured and continuously expanded each year, along with Smart Health Card for all.

Apart from games and sports as a culture, co-curricular activities need to be harnessed bringing in a culture of creativity and expressions. Each such domain can have a learner driven club, like Music Club, Dance Club, Debate Club, Adventure Club, Quiz Club, Book Club, Communication Club, Film Club, and the like. Each of these clubs should have a monthly plan of action, and participation in at least one club should be compulsory task of each learner. The performance in the club and even in active healthcare should be a component of comprehensive excellence score explained in the enablers.

The university can have a program of Art of Living which may include Pitri-Matri-Shikshak Diwas (Parents' & Teachers' Day), celebrating the festivals of various communities, National Days of various nations (for foreign students), Universal Humanism special talks in interaction with global stalwarts

Every good university has its own Annual Fest with creative contests, which can be at two levels: inter-HS Schools & Colleges-Universities.

Culture and healthcare will get a stronger push with focused programs on Health Science and Sports, and also through a Faculty of Creativity or Creative Sciences & Arts in the University.

#### LIBERAL EDUCATION

The enablers noted earlier in the first part of this article, along with some of the aspects of outcomes noted here will lead to a model of liberal education in the university with several common learning areas, having common credits for all learners. These can be related to diverse areas like:

- Employability 360, Design Thinking, Entrepreneurship
- Communication & Language skills
- Creative and Problem-solving skills
- Universal Humanism & Know Your Nation Better
- Online Courses (e.g. Coursera or LinkedIn Learning) for integrated knowledge, acquired digitally
- Lifelong Learning Skills: Intelligence Quotient, Passion or Emotional Quotient, and Spiritual Quotient detailed with applications, cases, etc.
- High level of technology exposure to all learners involving 4IR technologies of today

A liberal framework of education is expected to create a complete comfort in learning, working, researching, and communicating in a blended manner among the learners (even the mentors), leading to a creation-oriented mind-set among all: creation of technologies, products, services, new knowledge and communication tools.

Liberal education also emanates from major-minor specialization approach explained among the enablers.

As the universities complete a quarter of a century in this millennium, a renewed attention towards such a holistic approach to higher education for life is the call of the day.

*Part IV ends....*

**-Prof. UJJWAL K CHOWDHURY**







# The Best Ways Of Empowering Asian Inter-University Brotherhood



**by Prof. Ujjwal  
K Chowdhury**

## ***Case for Asian Inter-University Brotherhood & Collaboration***

Asia and the Pacific region has around 5990 universities, though they vary very much among themselves and more than half of them are funded and managed privately, like in other continents of the world, albeit following the laid out principles of the governments of the nations.

### **Global University Rating-Ranking Parameters:**

The global rating and ranking of universities have some preferred areas of focus. There are quite a few of them of which Times Higher Education and QS Ranking are the most famous and widely accepted. Most such rankings look at a few parameters very favourably with high scores. First, academic research is a major outcome of universities, more particularly if the research is in fundamental areas of seeking knowledge or explaining natural and social phenomena. Second, academic excellence is looked from learner to professor ratio, which is usually preferred to be within 20:1. Third, academic leadership is valued in terms of personal achievements, degrees and research, published work in academic journals, and years in academics. Fourth, infrastructure in terms of large real estate and elaborate machinery is another highly preferred area of evaluation. Fifth, the cost of education is not a major focus of ranking while the outcome of high investments in terms of infrastructure, expensive faculty, advanced laboratories, etc, is surely a major focus. Sixth, there is a strong emphasis on internationalization as to how many foreign students are studying in the university being ranked and rated, how many foreign teachers are there, how many tie-ups with foreign, read Western, universities exist, etc.

### **How the Developing World Universities are Different**

All these parameters are important ones in a globalized world, but are primarily suited for the advanced economies and universities in the developed West, more than the under-developed and developing Asia and Africa. While academic research on fundamental issues is extremely important for advancement of knowledge, poorer nations have to invest their scarce resources for applied research that solves their immediate economic, social, cultural, ecological and technological problems in their immediate environments and give them immediate or mid-term succor. Also, as an outcome, employability quotient and entrepreneurship skills, technological skills for their learners is the most outstanding outcome for universities in Asia and Africa. The universities in Asia will survive based on their performance in this outcome. Most of these come at ease in the developed Western economies with lesser proportion of youth in their societies, and with higher standard of living along with techno-savviness and access.

It is extremely expensive to have 20:1 learner to professor ratio in developing nations and focus on huge infrastructure. The governments do not have the capacity to invest on these parameters in public universities, and if the private ones do so, their cost of education goes extremely high and beyond the reach of the huge majority of their countrymen. Hence, universities in the developing world have to focus primarily on their resources to ensure the minimum required infrastructure, faculty members and learning resources. The developing Asian and African nations are usually densely populated and they need cheaper higher education with reasonably good quality

more than international students seeking expensive high quality education. While international tie-ups are important for Asian universities, they cannot be a primary parameter to ascertain their quality and ranking.

In such a scenario, the rationale for a different paradigm of rating and ranking of universities in the developing world is perhaps necessary, and to evolve that a much more intense collaboration among Asian universities is needed.

### **Pan Asian University Brotherhood:**

There are several reasons why a pan-Asian university brotherhood and intense collaboration among universities would be beneficial. This is going beyond merely signing MOUs and speaking in platitudes.

**Enhancing educational quality:** Collaboration among universities can lead to the sharing of knowledge, resources, and best practices, which can help improve the quality of education offered by each institution. This can benefit students by providing them with a more comprehensive and high-quality education. These best practices shall be more suited for developing societies with lower per capita income, lesser learning resources and investments available, and technology still being much lesser than the developed Western universities of the US, UK, Canada, Australia et al.

### **Promoting applied research and real-life innovation:**

Collaboration among universities can also foster innovation and promote research in different fields. By pooling resources, expertise, and infrastructure, universities can undertake more ambitious research projects and make more significant scientific breakthroughs. And these research can be in applied areas of development in these nations, and in close collaboration with their governments and their fledgling MSME sector of the economy. The innovations can be those which can be put into practice fast making a positive economic contribution. Universities can play a significant role in developing new technologies and solutions that can address social, economic, and environmental challenges facing Asia. An association of universities can promote collaboration on research and development, as well as provide funding for innovative projects that can spur growth and development.

**Building cultural bridges:** A pan-Asian university brotherhood can help build bridges between different cultures and promote mutual understanding and respect among developing nations of Asia with similar or relatable history and traditions. This can lead to increased collaboration and exchange between universities and learners, facilitating cross-cultural learning and the sharing of different perspectives. By fostering academic and cultural exchange programs,

universities can facilitate the exchange of ideas, perspectives, and experiences, which can contribute to greater mutual understanding and respect among Asian nations.

**Addressing societal challenges:** Collaborative efforts among universities can also help address societal challenges facing Asia, such as climate change, poverty, and inequality. By working together, universities can identify and tackle complex challenges that require multidisciplinary and cross-sectoral solutions. For example, tackling soil erosion, repeated mega storms and cold waves in South and Southeast Asia is a common

challenge which universities can take up collaboratively for research, innovation, and solutions etc.

**Strengthening regional integration:** A pan-Asian university brotherhood can help strengthen regional integration by promoting collaboration and cooperation across borders. This can lead to increased economic and social integration, as well as the development of a common regional identity and shared values. An association of universities can facilitate knowledge exchange and collaboration among universities across Asia, which can help universities learn from each other's experiences, share best practices, and build partnerships. This can lead to the development of joint research programs, student and faculty exchanges, and collaborative projects that can have a positive impact on the region.

### **Asian Universities for Asian Development:**

An association of universities of Asia can support the development of Asian nations in several ways:

**Developing human capital:** Universities are critical institutions for producing highly skilled and educated individuals who can contribute to the growth and development of their nations. An association of universities can collaborate on employability oriented curriculum development, mentors' training, and applied research programs that can enhance the quality of education and provide a highly skilled workforce for the region.

**Providing policy advice:** Universities can also provide independent policy advice and analysis to policymakers, which can help shape policies and strategies that promote sustainable development and address key challenges facing Asia. The association can contribute to this in various nations. It is high time that Asian Universities look at themselves as equals and collaborate as partners, rather than looking at only the Western nations for crumbs of unequal relations. Competition is a discredited 20th century concept. This is the time for collaboration, and the pandemic has proven it like never before.

**-Prof. UJJWAL K CHOWDHURY**





**By Leon Jose Vithayathil**

# The Truth About German Recession And Its Impact On Indian Economy Know It All Here

Germany, the 4th largest economy in the world, has finally slipped into recession, unable to overcome the pressure of high inflation. Not so long ago, Germany was Europe's powerhouse: wealthy, booming, and politically strong. The mighty have fallen. "Unfortunately, the fundamental improvement in the economy is not in sight," said Jorg Kramer, chief economist at German lender Commerzbank. "All the important indicators in the manufacturing sector are pointing downward," he added, predicting German GDP would decline this year and be flat only next year.

Recently issued statistics state that the output in Europe's largest economy dropped 0.3% in the first three months of the year, following a 0.5% decline at the end of 2022. A recession is defined as two consecutive quarters of declining GDP output. German GDP data showed "surprisingly negative signals," Finance Minister Christian Lindner said. He added that while comparing Germany with other highly developed economies, the economy was losing growth potential. He also stated "I do not want Germany to play in a league where we have to relegate ourselves to the last positions". With reference to the forecasts of the International Monetary Fund, a prediction has been made: recession in 2023 will only affect Germany and Britain among European territories. But it is unlikely that the UK has gone into recession as predicted by most economists and has achieved a GDP of 0.1% in the first quarter of 2023 and the end quarter of 2022.

## Reasons for the recession

Inflation is the major cause of the recession. Inflation has been climbing since the start of the Russia-Ukraine war in February 2022. Germany was depending mostly on Russia for its energy needs, which included both fuel and gas. Over the

past decades, Russia has supplied more than half of German natural gas demands. The energy price has shot up as a result of the demand and unavailability of gasoline. Inflation has affected the purchasing power of the people. Sales of household materials like food and beverages, clothing, footwear, and furnishings decreased in the first quarter of 2023 compared to the previous quarter. Car sales in Germany fell from the beginning of the year, reflecting a reduction in grants and subsidies on purchases of hybrid and electric vehicles.

## Impact on the Indian Economy

It is too early to analyse the impact of the economic recession in Germany on the Indian economy. But it is certain that the major export sectors to Germany will be affected, such as clothing, footwear, leather, chemicals, machinery, iron, steel, and electronics. In the 2022-23 fiscal year, India's exports to Germany included machinery worth \$1.5 billion, electronics worth \$1.2 billion, smartphones worth \$458 million, apparel worth \$990 million, organic chemicals worth \$822 million, footwear worth \$332 million, leather goods worth \$305 million, articles of iron and steel worth \$474 million, and auto components worth \$406 million.

These sales would probably have an impact, and India must find an alternative buyer to compensate for the products manufactured in India. Russia, Latin America, and African countries are the best possibilities, which we would need to find inroads into. We must use our strong international relationships to achieve this goal. If not, the Indian economy and GDP would be affected.

**-LEON JOSE VITHAYATHIL**



## Wherever there lives a Gujarati, there lives Gujarat forever!

Wherever there lives a Gujarati, there lives Gujarat forever!  
જ્યાં જ્ઞાન વસે એક ગુજરાતી, ત્યાં ત્યાંજ વસે સદકાલ ગુજરાત!

by Tushar Unadkat

### The official launch of the Canadian Gujarati Women Association (CGWA)

The tri-female powers officially launched The Canadian Gujarati Women Association (CGWA), representing our motherland, mother tongue, and mother culture. The inaugural event celebrated Gujarat Day on April 29, 2023, recognizing, and honoring seven outstanding Gujarati women.

An audience of 600 community members, the Consulate General of India Toronto, Canada, Ms. Apoorva Srivastava, MPP for Mississauga-Malton, Mr. Dipak Anand, and other influential individuals from the Greater Toronto Area attended the event held at a packed hall in Toronto.

The CGWA aims to recognize and empower Gujarati women in Canada for their unique cultural contributions and help them reach their full potential.



The lamp lighting ceremony. LtoR: CGI Apoorva Srivastava, Chintan Bhavsar, Supriya Chavda, and Aruna Narola.

"Some senior women contribute quietly to the community and are true leaders deserving recognition. Acknowledging their efforts and contributions to society is essential, even if they do not seek attention or acclaim," claims Ms. Chintan Bhavsar, CGWA President.

"These senior women often have a wealth of knowledge and experience to share with others. In addition, they have dedicated their lives to serving their families, engaging in volunteer work, mentoring, or simply being a friend to those in need," added Ms. Supriya Chavda, CGWA Vice President.

"Their contributions are invaluable and profoundly impact the lives of those around them. Therefore, we must recognize their efforts and show appreciation for all they do," concludes Ms. Aruna Narola, CGWA Secretary.

***"I ask everyone to thank the senior women in their lives for their contributions to the community. Let us celebrate their leadership and honor them for all they have done to improve the world," encouraged Mr. Tushar Unadkat, Honorary Director of Communications and the Master of the Ceremony.***



The event celebrated the achievements of seven accomplished women, the majority of whom were doctors, researchers, academics, and the notable movers and shakers of the Gujarati community.

CGWA's vision is to create a world where Gujarati women in Canada are recognized for their unique cultural contributions and are empowered to reach their full potential. CGWA envisions a future where its members are leaders and change-makers in their communities, and the organization catalyzes positive social change. CGWA strives



to create a supportive and inclusive environment that values diversity, promotes gender equality, and fosters lifelong learning. Through collective efforts, CGWA aspires to be a powerful force for transformation within the community and beyond. The vision is to inspire, connect, and empower Gujarati women in Canada to create a brighter future for themselves and the coming generations.



*The Consul General of India, Ms. Apoorva Srivastava, and President of CGWA, Ms. Chintan Bhavsar, honored L to R: Ms. Bindu Purohit (President, Brahmin Samaj of Ontario), Dr. Janki Shah (Researcher, Higher Education), Dr. Sonal Bhatt (Ayurvedic Physician), Ms. Neelam Kothari (Media Personality & Event MC), Ms. Rekha Vaishnav (Executive Director, MEHAR), Ms. Mukta Unadkat (88, Humanitarian), and Ms. Savita Patel (90, Philanthropist)*

During the event, CGI Ms. Apoorva Srivastava expressed her support for the significance of CGWA and suggested granting more authority to the organization and empowering women.



Ms. Srivastava explained in her speech the vital reasons for recognizing Canadian Gujarati Women, especially in 2023.

1. ***It acknowledges your contributions to Canadian society. Your hard work and dedication have enriched our culture and economy countless times.***
2. ***Recognizing you promotes diversity and inclusivity.***
3. ***Celebrating your unique perspectives and experiences can help create a more welcoming and accepting society for all Canadians.***

CGWA's vision is to create a world where Gujarati women in Canada are recognized for their unique cultural contributions and are empowered to reach their full potential. CGWA envisions a future where its members are leaders and change-makers in their communities, and the organization catalyzes positive social change. CGWA strives to create a supportive and inclusive environment that values diversity, promotes gender equality, and fosters lifelong learning. Through collective efforts, CGWA aspires to be a powerful force for transformation within the community and beyond. The vision is to inspire, connect, and empower Gujarati women in Canada to create a brighter future for themselves and the coming generations

### ABOUT THE CANADIAN GUJARATI COMMUNITY

According to the 1996 census statistics of Canada, near about 45,180 Gujaratis lived in Canada at that time. The 2016 Canadian Census identified 275,015 people as having Gujarati ancestry in Canada. Currently, the Gujarati population in Canada is about a whopping 3,30,000. Notable Gujarati Canadians include Naheed Nenshi (36th Mayor of Calgary), Bharat Masrani (CEO of TD Bank Group), Zain Verjee

(CNN journalist), Ali Velshi (former CNN, current MSNBC journalist), Rizwan Manji (Canadian actor), Avan Jogia (Canadian actor [circular reference]), Richie Mehta (Canadian film director), Nazneen Contractor (Canadian actress), Ishu Patel (BAFTA-winning Animations director), Arif Virani (Member of Parliament for Parkdale-High Park), Rahim Jaffer (Member of Parliament for Edmonton-Strathcona), Omar

Sachedina (CTV News anchor) and Prashant Pathak (Investor and Philanthropist) to name a few.

Toronto is one of the biggest hubs in Canada for Gujarati immigrants and is also home to the second-largest Gujarati community in North America after New York.

Gujarati women in Canada form a significant part of the Gujarati community, which is one of the largest South Asian communities in Canada. Most Gujarati women in Canada are immigrants who have come to Canada for better economic opportunities and a better quality of life.

Gujarati women in Canada have significantly contributed to Canadian society in various fields, including education, healthcare, business, and politics. In addition, they have played a vital role in maintaining and passing on their cultural heritage to the next generation by participating in cultural events and activities.

Gujarati women in Canada have achieved high educational attainment, with many holding degrees in medicine, law, engineering, and other professional fields. They have also contributed to the development of educational institutions in Canada by establishing schools and educational programs that promote Gujarati culture and language.

Gujarati women have played a significant role in the healthcare sector as doctors, nurses, and other healthcare professionals, providing quality healthcare services to Canadians. They have also participated in community-based healthcare initiatives that promote healthy living and prevent disease.

In business, Gujarati women have made significant contributions to the Canadian economy by establishing and running small and medium-sized enterprises. They have also been involved in international trade, importing and exporting goods between Canada and India.

Gujarati women have played a crucial role in shaping Canadian public policy by participating in political parties and running for public office. They have also participated in community organizations that advocate for the rights and welfare of Gujarati Canadians.

Overall, Gujarati women in Canada have made significant contributions to Canadian society and have played a crucial role in shaping the country's cultural, social, and economic fabric.

At the launch, Mr. Dipak Anand, Parliamentary Assistant to the Minister of Labour, Immigration, Training & Skills Development, delivered a message emphasizing the importance of creating such spaces to support and uplift marginalized communities.





Mr. Dipak Anand, Parliamentary Assistant to the Minister of Labour, Immigration, Training & Skills Development

He added, *"It helps to break down stereotypes and prejudices by highlighting their achievements and successes. Recognizing Gujarati women is essential for building a stronger, more inclusive, and more equitable society. We must ensure they receive the recognition and respect they deserve."*

#### CGWA MISSION

Our mission is to create a supportive community for Gujarati women living in Canada. We aim to celebrate our unique cultural heritage while embracing our members' diversity. We strive to empower Gujarati women to achieve their personal and professional goals through networking, education, and advocacy. Our organization promotes gender equality, social justice, and community engagement. We believe in building strong relationships and fostering collaboration and inclusivity. Our goal is to create a vibrant and thriving community of Canadian Gujarati women who are empowered, connected, and inspired to impact the world positively.

The event was a resounding success, with attendees inspired and uplifted by the stories of the seven remarkable women honored. The CGWA looks forward to continuing to empower and celebrate Gujarati women in Canada and making this recognition ceremony an annual affair. To learn more about CGWA, visit [www.cangujwomen.com](http://www.cangujwomen.com).

**-TUSHAR UNADKAT**







## Know The Best And Greatest Indian Origin MMA Champion

**Anshul Jubli: The Rising Indian Origin MMA Champion of 2023**

In the dynamic world of Mixed Martial Arts (MMA), one name has been making waves and capturing the attention of fight enthusiasts worldwide. Anshul Jubli, the latest Indian-origin MMA champion of 2023, has emerged as a formidable force in the sport, showcasing his skills and determination on the global stage. With his recent victory in the prestigious Road to UFC tournament, Anshul has not only secured a contract with the Ultimate Fighting Championship (UFC) but has also etched his name in the history books as a symbol of Indian excellence in MMA.



### The Journey to Greatness

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,

[www.thewfy.com](http://www.thewfy.com)

even though we were living in Australia like a proper Aussie family," said Clark.

### Anshul's Evolution as a Fighter

Anshul's rapid evolution as a fighter became evident as he faced formidable opponents throughout his career. From his early victories in the MFN to his recent triumph in the Road to UFC tournament, Anshul has consistently displayed his remarkable growth and adaptability inside the cage. Under the guidance of his esteemed coach, Siddharth Singh, and the support of Crosstrain Fight Club, Anshul has honed his technique, expanded his skill set, and transformed into a force to be reckoned with.

### Securing the Championship Title

Anshul's crowning moment came in the final of the Road to UFC tournament, where he demonstrated his sheer dominance and prowess. With a resounding victory over his opponent, Jeka Saragih from Indonesia, Anshul secured not only the championship title but also a coveted contract with the UFC. This remarkable achievement places him among the elite ranks of MMA fighters and positions him as the latest Indian-origin champion in 2023.

### Inspiration for Future Generations

Anshul Jubli's success serves as an inspiration for aspiring fighters across India and beyond. His journey from humble beginnings to becoming the latest Indian-origin MMA champion is a testament to the power of perseverance and self-belief. Anshul's triumph has ignited a flame of hope within the hearts of aspiring

**By Wilfred Melwyn**

## SPORTS

fighters, encouraging them to pursue their dreams and overcome any obstacles they may encounter on their own paths to greatness.

### The Impact of Anshul's Victory

Anshul Jubli's victory has sparked a newfound enthusiasm for MMA in India. The nation celebrates his remarkable achievement, recognising it as a stepping stone for Indian fighters on the global stage. Anshul's triumph highlights the immense potential and talent that exist within the country, prompting the development of infrastructure, training programmes, and platforms to nurture and support aspiring fighters. His success paves the way for future Indian MMA champions, further solidifying India's position in the world of combat sports.

### Looking Ahead

As the latest Indian-origin MMA champion of 2023, Anshul Jubli has set his sights on even greater achievements. With his signing with Paradigm Sports, an agency renowned for managing top-tier fighters, Anshul has gained access to unparalleled resources, guidance, and opportunities. This partnership will undoubtedly propel his career to new heights, enabling him to compete against the best fighters in the world and cementing his legacy as one of the greats in the sport.

Anshul Jubli's journey from Uttarakhand to becoming the latest Indian-origin MMA champion of 2023 is a testament to his unwavering commitment, skill, and determination. His victory in the Road to the UFC tournament and subsequent contract with the UFC signify a monumental achievement not only for Anshul personally but also for Indian MMA as a whole.

With his remarkable evolution as a fighter, Anshul has become a symbol of Indian excellence in the sport. His success inspires future generations of fighters, instilling in them the belief that, with hard work and dedication, they too can make their mark on the global MMA stage. Anshul's journey serves as a shining example of the transformative power of passion and perseverance.

As India celebrates Anshul Jubli's achievement, the impact of his victory goes beyond personal accolades. It opens doors for aspiring Indian fighters, providing them with renewed hope and motivation to pursue their dreams in the world of MMA. The increased interest and investment in the sport following Anshul's triumph will undoubtedly contribute to the growth and development of MMA in the country.

Looking ahead, Anshul's partnership with Paradigm Sports is a significant step towards furthering his career. With their expertise and support, Anshul is poised to reach new heights and compete against the very best in the industry. The future holds immense promise for this rising Indian-origin MMA champion as he continues to strive for excellence and aims to bring home the coveted UFC lightweight championship belt.

Anshul Jubli's journey from a determined fighter in Uttarakhand to the latest Indian-origin MMA champion of 2023 is a testament to his skill, dedication, and unwavering belief in himself. His victory represents a milestone for Indian MMA and serves as an inspiration for aspiring fighters across the nation. As Anshul's star continues to rise, he carries with him the hopes and dreams of a nation, leaving an indelible mark on the sport and paving the way for future Indian champions in the world of MMA.

**-WILFRED MELWYN**







# The Amazing Story of Rajeev Ram, You Need To Know



By Saji Chacko

Rajeev Ram's name is revered in international tennis circles. He represents the US and not India, which remains something of a regret. The tall and lanky 39-year-old is famous for winning the Olympic silver medal with Serena Williams. In fact, he holds the record of being the second-highest player in the history of the game to be crowned world No. 1 in doubles at the ripe age of 38.



*Pic courtesy: Clive Brunskill, Getty images*

Rajeev, whose father, Raghav, a biotech engineer, was born and reared in Bangalore, Mother Sushma was a homemaker, and Ram was leading a normal young kid's life in the southern city.

Both parents spoke Kannada, and the young Rajeev became conversant in Kannada. "I learned to speak Kannada since my father used to speak it very regularly during my childhood. I can understand a bit of Tamil too," he added.

Rajeev also has vivid memories of playing cricket, tennis, and badminton as a youngster. "Like any other youngster, I remember trying my hand at these sports. I must say that I was good at cricket initially, as I used to have some powerful hits with the rubber ball that we used to play cricket with," Rajeev added.

Rajeev also said that at the time his father made the decision to go to America, there was a mixed reaction. "I was happy that we were leaving for a foreign country, yet I must admit it was tinged with sadness," recalls Rajeev.

It was during his stint at the University of Illinois that Rajeev started taking tennis seriously. "I had a very good coach in David O. Meara who had a lot of faith in my abilities—probably he had more faith in me than me myself," chuckles Rajeev.

Slowly but surely, he started making his mark, winning at the college level and then gradually progressing at the state level. Rajeev soon established himself as one of the leading juniors in the US, winning the Easter Bowl and also winning the Junior US Open doubles title in 2000.

"That win in the junior US Open convinced me about my abilities to go places as a tennis player, and that is when I realised that I could pursue tennis as a full-time career," opined Rajeev. What's more interesting about Rajeev is the fact that at the pinnacle of his singles career, he was so good that he had a famous win over former Wimbledon, US Open, and world No. 1 Lleyton



*Rajeev Ram 2009 Indianapolis Tennis Championships Indianapolis, Indiana*

Hewitt and Wimbledon finalist Kevin Anderson, among others.

At the peak of his powers, he was ranked as high as No. 35 in the world, and that too in singles. It was at this juncture that he recalls an incident about which he still harbours a lot of regret.

It was the year 2011, and Rajeev expressed his desire to play for India. At first, the Indian tennis federation was gung-ho about his decision and gave him the impression that he was most welcome and that representing India would be a mere formality. At this point, Rajeev was ecstatic and had mentally given up on representing the US. But then, in a cruel twist of fate, the Indian government came up with a clause that if one had to represent India, then that sportsperson would have to relinquish his other passport.

“That decision was like a bolt from the blue. I just didn’t know how to react. I was really shocked and stunned. Here I was all prepared to represent India, but then I get this news from an Indian official. It took me almost a year to stave off this disappointment,” said Rajeev.

But once he managed to shrug aside the disappointment, Rajeev was back to his best—winning matches and climbing up the Association of Tennis Professionals (ATP) ladder.

Rajeev was also quick to point out some of his best moments, which he will cherish for the rest of his life. “In singles, the win over Australian Hewitt is without a doubt

the biggest feather in my cap. In doubles, the silver medal I won with Serena Williams at the Rio Olympics (2016) would certainly be up there as one of my best shows. Of course, the men’s doubles title at the Australian Open (2020) and US Open (2021 and 2022) will be my biggest takeaways from the game,” he said.

**-SAJI CHACKO**





Connecting Dots

Connecting Roots



INDIAN DIASPORA  
CONNECTING DOTS..... CONNECTING ROOTS  
[www.indiandiaspora.world](http://www.indiandiaspora.world)

#### Our Mission

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

#### Our Vision

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

#### Our Focus

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

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

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

#### Connecting Dots..... Connecting Roots

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

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

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



@globalindiandiaspora



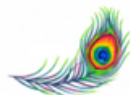
@IndianDiasporaG



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## INDIAN DIASPORA GLOBAL MOVEMENT

### OUR PRESENCE



**A**frica **B**ahrain **C**anada **G**eorgia **G**ermany  
**I**ndia **I**reland **M**alaysia **O**man **Q**atar  
**S**ingapore **T**hailand  
**U**nited Kingdom **U**nited States Of America

[www.indiandiaspora.world](http://www.indiandiaspora.world)





SEEKING 'DUAL CITIZENSHIP' IN INDIA FOR THE  
INDIAN DIASPORA SPREAD ACROSS THE GLOBE.

KEEP  
THE  
DOOR  
OPEN



INDIAN DIASPORA GLOBAL

Africa, Australia, Bahrain, Canada, Georgia, Germany, India, Ireland,  
Malaysia, New Zealand, Oman, Qatar, Singapore, Thailand, UK, USA.

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