

September, 2023

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Global Indian Diaspora Magazine

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WORLD FOR YOU

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# Hello September



LET'S NOW LOOK

## FORWARD TO THE AUGUST COMPANY OF SEPTEMBER.

By Melwyn Williams

### Dear readers, Greetings!

At times, the world can appear to be a sombre and disheartening place, with unfortunate incidents weighing heavily on our hearts. However, amidst the challenges we face, there are those captivating moments that restore our faith in humanity and remind us of the beauty that exists in the world's functioning. August proved to be one such month, brimming with extraordinary achievements and heartwarming stories that ignited a sense of pride within the Indian Diaspora.

First and foremost, let us celebrate the remarkable feat of Chandrayaan, India's ambitious lunar mission. This awe-inspiring venture not only signifies India's unwavering progress in space exploration but also serves as a testament to our nation's scientific acumen on a global scale. It is indeed a reflection of the indomitable spirit that thrives within the Indian Diaspora, propelling us to reach for the stars.

Another source of immense pride was the exceptional performance of Neeraj Chopra and other talented athletes. Their remarkable triumphs not only brought glory to the Indian flag but also inspired countless individuals worldwide. They epitomise the dedication, perseverance, and unwavering spirit that define the Indian Diaspora, serving as a beacon of hope for generations to come. We are filled with immense joy and pride as we witness the historic achievement of Rameshbabu Praggnanandhaa, a true chess prodigy who has brought glory to Indian soil by securing the silver medal in the esteemed FIDE World Cup. His remarkable accomplishment not only showcases his exceptional talent and dedication but also serves as a beacon of inspiration for aspiring chess players from the subcontinent.

The recently concluded BRICS Summit provided an exceptional platform for India to showcase its diplomatic finesse and global influence. It was a momentous occasion where our nation actively contributed to shaping international relations and fostering fruitful partnerships. Through constructive dialogue and collaboration, India demonstrated its commitment to a more interconnected world, where the Indian Diaspora plays a vital role in this collective endeavour.

We must also acknowledge our political leaders' proactive efforts to engage with the Indian Diaspora around the world beyond party politics. Their endeavour to establish connections and nurture cultural ties is instrumental in fostering a sense of belonging and unity. These gestures reinforce the shared identity that resonates within the Indian community, regardless of geographic distance, affirming our collective strength and solidarity.

As we reflect on the significant events and accomplishments of August, let us seize this opportunity to bask in our shared pride. Through resilience, determination, and unwavering dedication, the Indian Diaspora continues to make indelible marks on the global stage. We stand united in embracing these moments of glory and take pride in being part of a community that leaves an enduring legacy.

Together, let us uplift one another, celebrate the remarkable achievements of the Indian Diaspora, and cherish the power of unity and resilience as we shape a promising future for all.

Namaste,

**-MELWYN WILLIAMS**

Editor-in-Chief, The WFY Magazine

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## OUR SPECIAL CORRESPONDENT

New Delhi: India's first woman cardiologist S. Padmavati, who drew scores of young doctors into her speciality, introduced the country's first super-specialisation cardiology course, coronary care unit and mobile coronary care van and amazed her colleagues by swimming well into her 90s, died from Covid-19 on Saturday. She was 102.



## You Need To Know The Rare Indian Lotus Of Cardiology: Padmavati

*Sivaramakrishna Iyer Padmavati (20 June 1917–29 August 2020)*



Dr. Padmavati was a cardiologist from India. She was the founding president of the **All India Heart Foundation** as well as the director of the **National Heart Institute** in Delhi.

The **World Health Organisation (WHO)** and the institute work together to teach students preventive cardiology. In 1992, Padmavati received the Padma Vibhushan, the second-highest civilian distinction in India. The first female cardiologist in

India, Padmavati, who was elected a fellow of the National Academy of Medical Sciences, founded the country's first cardiac clinic and cardiac catheter lab.

### Early Life and Education

On June 20, 1917, Padmavati was born to a Tamil barrister in Burma (Myanmar), which was also under British colonial rule like India. He gave her the name Padmavati Sivaramakrishna Iyer. She had two sisters and three brothers.

Hers was a tale of an unbreakable spirit formed during the bloody years of World War II.

When Japan invaded Burma at the height of World War II, she had to return to India shortly after finishing her medical studies in Rangoon. Padmavati said, "We literally had to run for our lives. My parents were given 24 hours to leave the house. For many years, my father lived there. After that, we had to go from Mergui on the final flight. Only the women travelled, the men staying behind. Things were quite horrible." When Japan invaded Myanmar in 1942,

Padmavati, her mother, and her sisters were forced to leave their male relatives behind and travel to Coimbatore in the Indian state of Tamil Nadu. Only when the war was over in 1945 was the family finally reunited.

She graduated from Rangoon Medical College in Rangoon with an MBBS degree. In 1949, she relocated to London, where she went on to get an FRCP from the **Royal College of Physicians** and an FRCPE from the **Royal College of Physicians of Edinburgh**, which was then unheard of for a female Indian doctor.

Although Padmavati recalls that she had a strong bond with her family, she also yearned to learn medicine from the best. She enrolled at Johns Hopkins University in the US to study under Dr. Helen Taussig, who pioneered modern cardiology by performing the first operations on blue babies—children born with a congenital heart abnormality. She worked at the National Heart Hospital, the National Chest Hospital, and the National Hospital in Queen Square, London, during her stay in the UK.

## COVERSTORY

She then relocated to Sweden for three months after earning her FRCP to take cardiology courses at the Southern Hospital. She applied for a fellowship at the **Johns Hopkins Hospital** in Baltimore, a division of Johns Hopkins University, and was accepted. She then began training under renowned cardiologist **Helen Taussig**. She enrolled in **Harvard Medical School** (Harvard University) in 1952, where **Paul Dudley White**, a forerunner in contemporary cardiology, was her professor.

## CAREER



She was adamant about going back to India and helping Indians, even while a promising cardiology career in the USA was waiting for her. As soon as she returned to India in 1953, she began working as a lecturer at **Lady Hardinge Medical College** in Delhi, where she also established a cardiac clinic.

She was one of the first few female cardiologists in India in 1954, and later, while working as an examiner for the Medical Council of India, she established the **country's first DM course in cardiology**. Together with a group of doctors and businessman Ashok Jain of Bennett, Coleman & Co. Ltd., she established the **All India Heart Foundation (AIHF)** in 1962. AIHF was established to help the underprivileged and needy.

She joined Maulana Azad Medical College in Delhi in 1967, the same year that the Indian government presented her with the **Padma Bhushan**. At the college's on-campus G. B. Pant Hospital, she founded one of the earliest cardiology departments. In 1966, she served as the **Secretary General of the 5th World Congress of Cardiology**. By this time she had become quite famous.

She served as the chief administrator of Maulana Azad Medical College, Lok Nayak Hospital, and G.B. Pant Hospital concurrently in the 1970s.

In 1978, she stepped down from her position as Director (Principal) of the Maulana Azad Medical College.

In 1981, she founded the National Heart Institute (NHI) under AIHF in South Delhi.

She continued to work there until it evolved to include tertiary patient care, research, and population outreach in the years that followed. She also had an honorary professorship in cardiology and medicine at the **University of Delhi**.

**At the age of 90, Padmavati joined the European Society of Cardiology as a fellow in 2007, making her the society's oldest fellow.**

Padmavati worked continuously until the age of 95 (in 2015), putting in 12 hours per day, five days per week, to provide the poor and needy Indians with the best cardiac care possible. That year, she wrapped up her active practice.

The **Janaki-Padmavati Trust** was established by Padmavati and her sister Janaki (a neurologist); they both chose to stay single and donated all of their income to the cause of helping the impoverished receive life-saving heart surgeries.

## DEATH





In the midst of the COVID-19 pandemic in India, on August 29, 2020, Padmavati passed away at the National Heart Institute in New Delhi as a result of COVID-19-related problems. She passed away at the National Heart Institute (NHI), the very organisation where she had been the founding director. She had been battling COVID-19 for 11 days before she passed away from cardiac arrest. She was born a year before the 1918 Spanish flu epidemic. What a distinguished career she had in the intervening years! She was India's oldest living doctor when she passed away at the age of 103. Her mortal remains were cremated in New Delhi's Punjabi Bagh at the dedicated COVID-19 crematorium.

## AWARDS AND HONOURS



### State Honours:

- **Padma Bhushan**, India's third highest civilian honour (1967),
- **Padma Vibhushan**, India's second-highest civilian honour (1992)

She also received the Dr. BC Roy Award, the Kamla Menon Research Award, and the Harvard Medical International Award. She received the Fellowship of the American College of Cardiology and FAMS awards for her accomplishments and contributions to the growth of cardiology in India. Dr. Padmavati Sivaramakrishna Iyer, often known as Dr. Padmavati was a woman who was completely dedicated to her medical profession. How

else can one practice until the age of 103? It was only her sheer perseverance, dedication, and devotion to her profession that made it possible for her. This truly devoted cardiologist saw patients on a regular basis until she was 100 years of age in 2015 and thereafter continued with fewer visits for the following three years until COVID-19 affected her as well.

She was instrumental in introducing India to the most modern and updated knowledge as far as cardiology is concerned. She not only helped in utilising this knowledge to set up medical facilities in India but also enhanced India's excellence by a few notches.

Those who had the opportunity to work closely with her and have seen her claim that they never saw her as boastful, disrespectful, or socially improper. Her virtues included a calm demeanour that was stern and commanding, and she masterfully handled everything she encountered. The young Padmavati successfully completed her MBBS degree, taking home various awards, including best outgoing student. She was multifaceted and a sports enthusiast who continued to swim 20–30 lengths of a pool well into her 90s. The swimmer Padmavati, who picked up what she calls her "craze" for swimming during her "Burma days," states that she has received so many awards that she is unable to recall them all. She swam six months out of the year in the private pool owned by the Ford Foundation in Delhi. Dr. Padmavati continued to swim until she was 93–94 years old, which was quite incredible. She played a strenuous sport like tennis, which she only stopped a few years before her death. She enjoyed taking long walks during the remainder of the year and during the winter in Delhi. Her father, whom she credits with being passionate about literature, taught her the craft of reading. She had said that reading helps her stay current on cardiology's most recent advancements. She was passionate about a 30-minute

dosage of BBC News with a glass of port wine every evening and the envy of any fashionista. She was also a lover of silk sarees and solitaire.

## TALL SHE WAS!

Despite being only five feet tall, Dr. Padmavati stood out amongst all those who have worked in the field of cardiology in this region of the world. She never had any regrets in life and was rooted, God-fearing, and had a motherly and loving heart.



Regardless of how little time she spent with them, she was like a mother to all cardiologists – kind yet firm, appreciating but also giving them advice. Imagine the iron will, vision, genius, and sheer dedication of this Iron Lady to break through the glass ceiling by attaining all of these, providing underprivileged Indians with high-quality cardiac treatment, and finally donating all of her fortune to her fellow countrymen.



We will honour your life, Padmavati Madam, as you continue to march forward, comforted by the knowledge that some of us have received way beyond our entitled share of your love and affection. This is a motivational tale of India's first female cardiologist, who accomplished so much upon returning home. India and Tamil Nadu need to be extremely proud of their daughter, Sivaramakrishna Iyer Padmavati!

**-MELWYN WILLIAMS**

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



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# Dual Citizenship And The Indian Diaspora: All You Need To Know Now



By Adv. Jose Abraham

## THE INDIAN DIASPORA AND INDIA

The Indian diaspora is a term used to refer to the global community of people of Indian descent living outside of India. This community, which is estimated to be around 32 million people, is spread across the world and has a significant presence in countries such as the United States, the United Kingdom, Canada, and the United Arab Emirates.

The Indian diaspora has a long history of migration, dating back to the colonial period when indentured labour was brought to various parts of the world, particularly countries in the Caribbean, Africa, and Southeast Asia. Today, the diaspora is a diverse and multi-faceted community, comprising people of Indian origin from different regions, religions, and socio-economic backgrounds.

The Indian diaspora has played an important role in shaping the cultural, economic, and political landscape of the countries in which they live. They have been successful in businesses, politics, and academia. Indian-origin people have held high public offices in countries like the USA, UK, Canada, Singapore, and many more. They have also been active in preserving and promoting Indian culture and traditions through organisations and community events.

One of the key issues facing the Indian diaspora is the question of identity and belonging. Many members of the diaspora struggle to reconcile their Indian heritage with their identities as citizens of their host countries. The concept of dual citizenship provides a way for members of the diaspora to maintain a connection to their Indian heritage while also fully participating in the societies of their host countries.

Another important issue for the Indian diaspora is the question of economic opportunities. Many members of the diaspora have been successful in business and have made significant contributions to the economies of their host countries. However, they have often faced barriers to fully participating in the economies of their home countries. The Indian government's efforts to provide dual citizenship and greater economic opportunities for the diaspora are seen as a way to address these issues and encourage greater economic engagement between the diaspora and India.

India's policy on citizenship for overseas Indians has been criticised for not providing dual citizens with full political rights, such as the right to vote in Indian elections or to hold public

office. Additionally, dual citizens are not allowed to acquire agricultural or plantation properties in India. These limitations have been seen as a major hindrance to encouraging the diaspora to invest in India.

In recent years, the Indian government has been taking steps to engage with the diaspora and provide them with greater opportunities to connect with their homeland. One of these efforts has been the introduction of the concept of "Overseas Citizenship of India" (OCI).

This move is seen as a way to strengthen the ties between the diaspora and India and to provide them with greater opportunities to invest, work, and study in India. The OCI card holder is entitled to a lifelong visa for visiting India and a multiple-entry, multi-purpose lifelong visa for visiting India. They are also eligible for benefits like parity with NRIs in economic, financial, and educational fields, except in certain fields like the acquisition of agricultural or plantation properties.

However, India's citizenship policy is not as liberal as that of other countries like the USA, Canada, and many more. It doesn't allow the dual citizenship.

The Indian diaspora is a significant and influential community that has made important contributions to the countries in which they live. The Indian government has been taking steps to engage with the diaspora and provide them with greater opportunities to connect with their homeland through the concept of dual citizenship. While the concept of dual citizenship has not been allowed yet even if it is being proposed for greater engagement and investment between the diaspora and India, it still has limitations in terms of political rights and property ownership. The Indian government is taking steps to address these limitations, but much more needs to be done to fully realise the potential of the diaspora as a vital link between India and the world.

## INDIAN DIASPORA AND THE DUAL CITIZENSHIP.

“Perfect freedom is as necessary to the health and vigour of commerce as it is to the health and vigour of citizenship”. Patrick Henry.

A reporter in Kolkata questioned Abhijit Banerjee's mother about his citizenship as the Nobel Prize was

## WORLD POLITICS

presented, noting that he had only recently become a citizen of the United States in 2017. His mother said, "He travels a lot."

In 2019, the Indian passport falls to position 86 from 77 in 2010. This ranking shows how many nations allow passport holders to enter with no visa or with a visa upon arrival. India is one of the world's major sources of illegal immigration due to its high poverty rate (311 Indians have just been deported from Mexico).

Regardless of how big of a global "power" anyone believes India has become, developed nations will not grant the Indian passport easy access into their airports any time soon. For this reason, bright and affluent Indians who frequently travel and reside abroad prefer to obtain foreign citizenship. For the majority of Indians, obtaining foreign citizenship is not "anti-national," but rather a practical consideration. Anyone who has applied for a visa to the US or the UK will understand.

4.5 lakh Indians chose foreign citizenship between 2014 and 2017. The trend will only increase as more nations grant easy citizenship in return for money and investments.

The Indian government is being downright stupid by not granting dual citizenship to such Indians. Dual citizenship is available in 85 nations worldwide. India must join this lengthy list in order to prevent embarrassing situations like an Indian winning the Nobel Prize despite not being an Indian citizen.

### Citizenship of India under the constitutional provisions.

- The Constitution of India governs citizenship in India under Articles 5–11 (Part II) of the Constitution.
- The Citizenship Act, 1955, is the legislation dealing with citizenship that has been amended by the Citizenship (Amendment) Act, 1986, the Citizenship (Amendment) Act, 1992, the Citizenship (Amendment) Act, 2003, and the Citizenship (Amendment) Act, 2005.
- Nationality in India mostly follows the *jus sanguinis* (citizenship by right of blood) and not the *jus soli* (citizenship by right of birth within the territory).

### Article 5: Citizenship at the Commencement of the Constitution

This article discusses citizenship for people at the commencement of the Constitution, i.e., January 26, 1950. Under this, citizenship is conferred upon those who have their domicile in the Indian Territory and

1. Who was born in Indian territory; or
2. Whose either parent was born in Indian territory; or
3. Who has ordinarily been a resident of India for not less than 5 years immediately preceding the commencement of the Constitution.

### Article 6: Citizenship of certain persons who have migrated from Pakistan

Any person who has migrated from Pakistan shall be a citizen of India at the time of the commencement of the Constitution if:

1. He or either of his parents or any of his grandparents was born in India, as given in the Government of India Act of 1935, and
2. (a) in case such a person has migrated before July 19th, 1948 and has been ordinarily resident in India since his migration, or
  - in case such as a person has migrated after July 19th, 1948, and he has been registered as a citizen of India by an officer appointed in that behalf by the government of the Dominion of India on an application made by him thereof to such an officer before the commencement of the Constitution, provided that no person shall be so registered unless he has been resident in India for at least 6 months immediately preceding the date of his application.

### Article 7: Citizenship of Certain Migrants to Pakistan

This article deals with the rights of people who migrated to Pakistan after March 1, 1947, but subsequently returned to India.

### Article 8: Citizenship of certain persons of Indian origin residing outside India

This article deals with the rights of people of Indian origin

residing outside India for purposes of employment, marriage, and education.

Article 9: People voluntarily acquiring citizenship of a foreign country will not be citizens of India.

Article 10: Any person who is considered a citizen of India under any of the provisions of this Part shall continue to be a citizen and will also be subject to any law made by the Parliament.

Article 11: Parliament to regulate the right of citizenship by law

The Parliament has the right to make any provision concerning the acquisition and termination of citizenship and any other matter relating to citizenship.

### Indian Citizens living abroad can be categorised as:

1. **NRI**: Non-Resident Indian
2. **PIO**: Persons of Indian Origin
3. **OCI**: Overseas Citizen of India

### NRI:-

An NRI is an Indian citizen who travels outside of India for work, conducts business, engages in a profession outside of India, or who declares an intention to travel overseas for an unforeseen period of time. Non-resident Indians are citizens of India who travel overseas to work. He is an Indian national who spends a total of 183 days outside of India in a fiscal year. To become an NRI, no application is necessary. An individual's annual tax filing, which is subject to change each year, serves as the official record of their status as an NRI. If you want to open an NRI bank account, let your bank know.

Opening special bank accounts with Indian banks and being able to borrow money against securities held in NRO (Non Resident Ordinary Rupee), NRE (Non Resident External Rupee), and FCNR (Financial Currency Non Resident Bank) accounts without a ceiling are just a few of the advantages that an NRI can enjoy. This means that an NRI does not have to pay a maximum amount for the marginal securities that he invests in. They may use loans to purchase a home or other property, among other things. There are no limits on purchasing residential or commercial property in India without the RBI's approval. In India, they can buy mutual fund





units, debentures, and shares. If an NRI pays taxes in the country where he lives, his income is not taxed in India.

If an NRI is present in India at the time of voting, they are eligible to use the other benefits, which include the right to vote. The University Grants Commission (UGC) regulations state that they have a 15% reservation in Indian educational institutions.

An NRI, however, also has some restrictions. Although NRIs can obtain loans for housing or business purposes, they need authorization to withdraw funds they have invested in India. He is not allowed to buy a farm house or any property for farming. An NRI may vote, but he is not permitted to run for political office. Additionally, he is prohibited from working for the government of India.

#### PIO:-

A person of Indian origin who has a 15-year-long visa for Non-Indian citizens. As per the Gazette of India (Part-I, Section-I) published on January 9, 2015, all the existing Persons of Indian Origin (PIO) card holders registered as such under the New PIO Card Scheme 2002 shall be deemed to be Overseas Citizens of India Cardholder. It means that the PIO Card Scheme has been discontinued w.e.f. 9th January, 2015. Hence, conscious and continuous efforts are made by the Indian state to urge all PIO card holders to convert their PIO cards into OCI cards.

#### OCI:-

Section 7A of the Citizenship Act, 1955, defines an OCI as a person of Indian origin who is a foreign national and gets registered as an Overseas Citizen of India Cardholder. In order to be an OCI, he should be an Indian citizen, either one of his parent or an ancestor who is/ was an Indian citizen, a person married to an Indian citizen, or an existing OCI for at least two continuous years.

1. Citizenship at the commencement of the Constitution
2. Citizenship by birth
3. Citizenship by descent
4. Citizenship by registration
5. Citizenship by naturalisation
6. By incorporation of territory (by the Government of India)
  - People who were domiciled in India as on 26th November 1949

automatically became citizens of India by virtue of citizenship at the commencement of the Constitution.

- Persons who were born in India on or after 26th January 1950 but before 1st July 1987 are Indian citizens.
- A person born after 1st July 1987 is an Indian citizen if either of the parents was a citizen of India at the time of birth.
- Persons born after 3rd December 2004 are Indian citizens if both parents are Indian citizens or if one parent is an Indian citizen and the other is not an illegal migrant at the time of birth.
- Citizenship by birth is not applicable for children of foreign diplomatic personnel and those of enemy aliens.

#### Termination of Indian Citizenship

Termination of citizenship is possible in three ways, according to the Act:

- **Renunciation:** Any Indian citizen who is also a citizen of another nation and renounces his Indian citizenship through a declaration made in the way specified by law loses his Indian citizenship. Every minor kid of a guy who loses his Indian citizenship likewise loses his Indian citizenship. However, by declaring his decision to reclaim Indian citizenship within a year of reaching legal adulthood, such a child may become a citizen of India.
- **Termination:** Indian citizenship can be terminated if a citizen knowingly or voluntarily adopts the citizenship of any foreign country.
- **Deprivation:** In specific circumstances, the Indian government has the power to revoke a person's citizenship. But not all citizens are covered by this. It only applies to people who have obtained citizenship through registration, naturalisation, or merely by virtue of Article 5 Clause (c) (which is citizenship at commencement for a domicile in India and who has ordinarily been a resident of India for not less than 5 years immediately preceding the commence-

ment of the Constitution).

According to the Ministry of Home Affairs, there are four ways in which Indian citizenship can be acquired: birth, descent, registration, and naturalisation. The provisions are listed under sections 3, 4, 5(1), and 5(4) of the Citizenship Act, 1955.

#### DOES INDIA ALLOW DUAL CITIZENSHIP?

The Indian Constitution does not allow holding Indian citizenship and citizenship of a foreign country simultaneously. However, based on the high level committee of the Indian diaspora, the Government of India decided to grant Overseas Citizenship of India (OCI). As per the Passports Act, 1967, it is mandatory for all Indian passport holders to surrender their passports to the nearest Indian mission or post immediately after acquiring the nationality of another country.

Hence, Section 9 of the Citizenship Act, clearly prohibits Dual citizenship. As per the ministry of external affairs (MEA) with the MHA, 1.63 lakh persons surrendered their Indian citizenship in 2021 against 85,236 in 2020 and 1.44 lakh in 2019, which is a serious concern. According to the reports, over 43% of the 3.92 lakh people who gave up Indian citizenship in the last 3 years (2019-2021) became citizens of the US itself, with the rest from across a dozen other countries.

As India does not provide dual citizenship, as many as 362 Indians living in China also acquired Chinese citizenship.

A person with dual citizenship is able to work in both countries, and he or she can decide for themselves which country offers the better job prospects. Additionally, individuals who hold two citizenships can aid in the transfer of a nation's culture and environment to another. People with dual citizenship are able to hold property and exercise their rights in both nations.

**-ADV. JOSE ABRAHAM**





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## Spotlight: Know The Psychology Of The Indian Diaspora



**By Fr. Amirtha Raj, OP**

**There is a significant difference between the diaspora Indians of the first generation and the next generations**

### **FIRST GENERATION**

The Indian-ness or the Indian identity is very strong and prominent in the lives of the first generation of Indians. The first few months and years in a foreign country seem to be like living away from one's own home. "We and others" that seems to be their feeling, the spontaneous line of thinking, the natural and normal behavior. There are aspects and elements which are deeply imbedded in the Indian psyche and it is almost impossible to wean away those significant elements when they leave India. They tend to carry with them at least five important elements which are deeply rooted in them. They are the language, religion, caste, food habit and culture. The beginnings of integration through assimilation is a process depending on many factors. But every diaspora Indian would want to integrate with the local community and experience the assimilation and have the Indian pride to feel that "Mine is a success story" here in this country. There are also other elements, but for most Indian diaspora these seem to be the defining aspects of Indian-ness.

For most Indian diaspora the world is very small, their family, place of work, place of worship and school/college. Young and old they are all deeply rooted in their family. The relationship with the parents, grandparents, uncles, cousins, etc., continues for the first generation. They tend to relate with the people who speak the same language in a foreign country. The one medium which would naturally help to interact is the local language for communication and interaction. The struggle of having to learn a foreign language is relative depending on the age, interest,

exposure, etc. But as long as one does not learn the language of the land, their interaction would be limited to those who communicate their language. The women who have a little more exposure tend to learn the language faster than the men. Men tend to be shy about making mistakes or forming incorrect or incoherent sentences, but for women those are not that important to prevent them from learning a new language.

Most Indians tend to carry their religion with them. The amount of involvement in religious activities, celebrations, rituals and communitarian activities are carried along with them when they travel to foreign countries. Natural search for a holy place of their religion, a temple, a church, a mosque or any holy place of their religion draws them to relate to the same God with whom they are very familiar with. This is deeply rooted in the lives and psyche of Indians. The bonding takes place with the people of the same religion and with those who worship the same God/s. Religious bonding with others takes place through the media of 'God/gods'. Therefore, it takes a while to have the same feeling of closeness with the people. The intimacy with the divine is natural and almost instant, but the relationship with the people of the same faith takes a while; to interact freely and to feel comfortable with them requires a few more aspects.

The curse or the most natural mindset of being Indian is its caste system. Whatever way one would want to look at it, it is going to be there. Whether you are educated or uneducated, whether it is reasonable or unreasonable, whether it is realistic or unrealistic, whether it is religious or irreligious, but every Indian accepts the fact that it is social. Within India one of the

first unasked query is 'what is your caste!' There are many Indians living abroad would spend sleepless nights wanting to find out the background, particularly the caste one belongs to. We do not tend to discuss this with foreigners, for the obvious reasons that they would tend to think, that Indians are backward, unreasonable, unrealistic, irrelevant, stupid, difficult to comprehend, etc. For these and many other reasons Indian diaspora avoids talking about it with foreigners and say it is very special to all Indians. This caste system defines, determines and identifies among Indians abroad who one is and what is one's background, etc., etc. The caste system is a baggage an Indian would find it extremely difficult to unload and carry whenever and wherever there is a gathering of Indians. There is a sigh of relief and happiness that one belongs to the same caste and the bonding is unbelievably instantaneous. But it takes a while to know what caste one belongs to....

One thing Indians definitely carry with them is their food habits. The taste buds do not change overnight to adjust to the local food. For years they would tend to cook the same way the 'mother' had taught them and/or have learnt from the home of the in-laws. The type of food that one continues to eat is a marker or an indication how deeply rooted you are to being 'Indian'. That which is common to all the Indian cuisine is the curry and that being pungent. But other than that the variation of curry and the level of pungency depend on the region one comes from and also on every conceivable dish of Indian origin. There is nothing Indian about the food, because we have to be very specific from which region or state of India one comes from and much more specific would be from which district of the state one

comes from. There is nothing richer than the food habits of Indians. The variety is incredible, the types are unbelievable, that every Indian who begins to cook seem to produce a new recipe with new ingredients. That which is very special to Indians is their food habits and certainly it takes a long time before they begin to acclimatize and accept the local food. 'It is never the same' is the curt remark after a meal.

Indians carry with them their local culture. The culture lives on for a long time. There are Indians living in different parts of the world, may be second, third or more generations, but that which lives on in a community of Indians is their culture. The culture determines a group of people and keeps them together. But India does not have one culture, so the Indian culture lives on differently in different countries depending on the place of their origin in India. The first generation tends to follow the culture as purely as possible, while the successive generations would tend to assimilate local cultural elements and adapt to the situation and place. Culture gives identity to them. Among the many elements that which lives on for a long time is the culture. But often what we find would be the modified version of the culture. But we Indians are happy with the "juggard" and comfortable with the modified version rather than no Indian culture at all.

The first generation of Indians have one foot in India and one in another country. They go through lots of inner turmoil and struggle. They process their line of thinking from Indian style to a different and new style. They would tend to develop a new type of behaviour from the traditional behavior they are used to. They would want to 'instantly' feel comfortable in the new place but unfortunately it takes a long time, and in most cases this happens with the successive generations who

are born in a foreign country or who came to a country when they were very young and had done all their studies there. But the second or the successive generations of Indian diaspora is different.

### **The second-generation diaspora Indians search for a relevant and realistic Identity**

#### **SECOND GENERATION**

The identity of being an Indian in the diaspora, ends with the first generation. But for the second generation of Indians, being an Indian is a concept and not a reality, continuous and constant struggle to identify as an Indian and a search within and without to find Indianness. They are born and brought up in a foreign country which is now their homeland and relatively comfortable environment, and gives them a greater sense of belonging to where they are. They speak the language of the place well and also most of them would communicate in their mother tongue relatively well, but it's only a very small percentage who cut off completely the umbilical cord of their origin. As children they identify with their parents, but in course of time they begin to feel comfortable with the environment outside their home. There are two identities they struggle with, one at home and one outside their homes. They spend a lot of time trying to find a realistic and relevant identity, which would make them think, feel and act comfortably.

There are many areas they constantly strive to find a relevant identity, and I would like to discuss about five areas – new and local culture; importance of local religion; religion of the majority; struggling to come out of the caste system; the preference of food – Indian or local; and opportunities in life in the here and now.

Having experienced as children a transformed, mutated and micro-mini Indian culture within the family and among the gathering of





Indians, the second generation of diaspora Indians are exposed to the local and seemingly a different culture from that of their parents and acquaintances.

But fortunately, they are more comfortable with this foreign and local culture than the multi-dimensional and complex Indian culture. Indian culture is obviously diverse, but the new and local culture seem to be easy to assimilate and understand than the Indian culture. They have grown up with this culture of the land in the school, in the neighborhood, among their friends, among the many events they are exposed to as teenagers and adults as well as the natural connection of the language and the culture, the songs and programs, the food and the gatherings, etc. All these would be missing among the many Indian cultures.

Importance of the local religion, the religion of the majority: Most first generation Indians feel comfortable with their religion; but most of the second-generation Indians are comfortable with the local religion, there is a tendency to feel the affinity with the religion of the majority. But in the recent past this reality has gone through a significant change, that is, wanting to identify with the majority – secularism. For Indians the importance of the belief system and the relationship with the divine is unquestionable. That natural tendency, as according to St. Augustine of Hippo, that “our hearts are restless until they rest in [God]”, is no longer true in many countries as secularism has been growing fast and it is no secret that the second generation of Indians are increasingly comfortable with secularism or in some cases with the religion of the majority.

Struggling to come out of the caste system: For Indians the caste system though it began as a fundamental phenomenon of the Hindu religion, it has

become part and parcel of the social system for Indians, obviously going beyond the religion to the society and affecting, influencing, conditioning, controlling, monitoring the entire Indian psyche. Every time the caste system is discussed the second generation of Indians feel uncomfortable in contrast to the first generation of Indians who ordinarily feel comfortable about it.

Because it has been deeply ingrained in the first generation, the second generation strives to come out of it, dissociate with it, unable to explain or convince others in the land in which they are and so strive and struggle to look for a new identity without the caste system. When the caste system is removed a significant ‘Indianness’ is also removed. Innumerable caste associated negative experiences and events outside India are shameful.

The preference of food – Indian or local: this is an area where the second generation of Indians struggle to find a relevant identity. As children they would have had enough and more Indian food, and they naturally like it and certainly enjoy it. But as grown ups they would be much more exposed to the local food. In course of time they get more comfortable with the local food. There is this natural struggle whether to prefer and choose the food of their childhood or to like the food of their peers and friends, and naturally the struggle ends in most cases with the preference for the local food. Is it because of peer pressure, because of the easy availability, not wanting to be dissociated from the local community, not ready to be classified as different from the group, etc. This struggle for a relevant and realistic identity with the choice of food is an everyday incident for most of the second-generation diaspora Indians. Opportunities in life in the here and now: that which gives

a definite identity which would be relevant and realistic would be the opportunities in life. A seed of a big dream has been sown in the mind of the second generation Indians. ‘You ought to not only have a big dream in life but should achieve it’ would be the refrain one would have heard many times. The many opportunities in life are occasions to realize those dreams.

Anyone who attains some dream opportunities would find a new identity. Until one realizes the dream opportunities in life, there is this struggle to find a relevant identity. Looking for new opportunities in life, progressing towards the set goals, striving for bigger challenges, dreaming to make a big name, aspiring towards unclear dreams are times and occasions when a diaspora Indian goes through a big struggle to search and to find an identity.

The second-generation of diaspora Indians have a very clear awareness of the country where they are as away from India and as their new-found land. In their emotion there is this constant struggle to find a new identity with the country where they are or with the country of their origin and this remains a prolonged struggle. They strive and strive to have an identity which must be relevant and realistic.

Their struggle between the Indian culture and the local culture; the religion of the local majority and the religion of their parents; the understanding and practices of caste system; the preference for local food or Indian food and the search for opportunities here and now for diaspora Indians are normal and natural. But the question we have is: what is the mindset of the second-generation diaspora Indians.....

*This was the Last article of Rev.Fr. Amirtha Raj Mannes,OP.*

**-FR. AMIRTHA RAJ, OP**



By  
**Dr. Shilpi Pandey**

# Fundamentals Of Neuroplasticity: Know It All Here

**As we all know, our Brain is the Chief executive officer 'CEO' of our body. It is the most complex thing we have yet discovered in our universe.**

These days, we often hear that it's possible to 'rewire our brain' to attain happiness, peace, success, etc. But what does "rewiring our brain" actually mean? And how can it be done?

The old-school concept was that the brain becomes rigid and static during the adult stage, with no new brain cells (neurons) being generated. That's why there was a myth that it would be difficult for us to learn new things and acquire new skills during the later stages of our lives. Conventional knowledge mistakenly led us to believe that.

Only in the last 30 years or so has research revealed demonstrable proof that the *adult brain is not only capable of changing, but it does so continuously throughout life, in response to everything we do and every experience we have.* This amazing feature is known as **NEUROPLASTICITY, which is the inherent ability of the brain to change and reorganise itself in response to learning and experience.**

***This can only mean one thing: no one is going to be too old to learn new tricks or develop new habits because newly generated brain cells (neurons) will always be there to make it happen.***

## **BENEFITS OF NEUROPLASTICITY ;**

The old-school concept was that the brain becomes rigid and static during the adult stage, with no new brain cells (neurons) being generated. That's why there was a myth that it would be difficult for us to learn new things and acquire new skills during the later stages of our lives. Conventional knowledge mistakenly led us to believe that.

- The ability to learn new things, e.g. ; new habits
- The ability to enhance our existing cognitive capabilities, such as intelligence, memory, logical reasoning etc.
- Recovery from strokes and traumatic brain injuries.
- Strengthening other brain areas, if a particular brain area is damaged by disease or trauma.
- Makes our brain adapt to changes we may come across in life.
- Protects against degenerative diseases such as Alzheimer's and Parkinson's.
- With neuroplasticity, we can recondition our brain and reorganize our thoughts to make the changes we want to see in our lives.

Neuroplasticity has opened vast avenues of opportunities to reshape our brains and re-invent ourselves.



Neuroplasticity has opened vast avenues of opportunities to reshape our brains and re-invent ourselves.

### HOW TO IMPROVE NEUROPLASTICITY ?

- Gaining New Experiences....Traveling and exploring new places, taking new routes, Learning new things eg. Learning a new language, learn to play an instrument etc. These serve as the stimulus in making new neural connections
- Stress reduction... Is very important because stress is the enemy of neuroplasticity.
- Focus... Without focused concentration, brain connections are not made, and memory is not stored. Hats why, to create longer-lasting memories, we should pay complete attention to what we are doing in the present moment.
- Engaging in creative activities
- Getting adequate sleep, proper diet and regular exercise also support brain growth and health.
- Discard or Minimize Dependence on Modern Gadgets such as calculators, translation software, spell-check and auto-correct applications.
- Engage in some Brain training Exercises.. Many brain training exercises and brain games are available online. Jigsaw puzzles, crosswords, chess and other problem-solving and memory games are useful. Meditation is best.
- Networking with other people...this gives us the opportunity to see things in a new perspective as well as absorb new information in a unique and meaningful ways.
- Always having a positive outlook...this will not only dramatically relieve stress and anxiety but will also speed up the creation of new brain cells.

Our brain has a “**use it or lose it**” function– if we do an action everyday at regular intervals and without fail, then our brain would eventually have to use its resiliency and adjust its configuration to make that task easier for us..... It affords us the privilege to learn from experiences in our environment, so that we may change our actions to produce much more desirable outcomes..

*Our brain is the **center of numerous possibilities**, just like a crossroads leads to multiple pathways. So, it depends on us to choose the right path, to change our lives. It's not where we've been, it's where we choose to go next, and that counts.*

- If we are not born with a talent, then we can even train our brain by constantly practicing to acquire that talent.
- It has been proven that human intelligence is not fixed or static – it can be increased.
- Even the personality traits we have exhibited since childhood can be changed.
- If we are living a lifestyle that makes us feel dull, then we still have the chance to abandon bad habits and engage in activities that would help us improve our lives.

Neuroplasticity is nothing but making all these happen.

***The potential it is offering us to improve the quality of our lives is seemingly limitless bounded only by our own mindset, full focus, repeated practice and our willingness to take up the challenge of improving our quality of life.***

This means—we can re-invent our brains through the choices we make on how we want to respond to the things we interact with.

- DR. SHILPI PANDEY





By Vanshika Arya

## BEAUTIFUL UTTARAKHAND: THIS IS THE PLACE WHERE GOD RESIDES

**Northern India's Uttarakhand, also known as Uttaranchal, is a stunning state with numerous pilgrimage sites, making it a DEVBHOOMI (the land where God resides).**

Uttarakhand's Himalayas, Bhabar, and Terai regions are renowned for their pure natural settings. The state's two divisions, Garhwal and Kumaon, together contain 13 districts. The state's train hub and main city, Dehradun, acts as Uttarakhand's winter capital. The Chamoli district's Gairsain town was chosen as Uttarakhand's summer capital on March 5, 2020.

### HISTORY:

The long and illustrious history of Uttarakhand dates all the way back to ancient times. The Mahabharata, a Hindu epic, made mention of the region, also known as Kedarkhand. Several dynasties ruled this region, including the Chandras, the Guptas, the Katyuris, and the Mughals. The region was governed by the British and was a part of the United Provinces, which had a big impact on it. It was merged into Uttar Pradesh after winning its independence before being broken off as an autonomous state in 2000.

The region was first inhabited by the Munda-speaking Kol people. They later joined tribes of Indo-Aryans who had previously arrived during the Vedic age. Rishis and Sadhus are also said to have resided in what is now Uttarakhand during that time, according to folklore. The rishi (sage) Vyasa is said to have written the Mahabharata there since it is believed that the Pandavas travelled (and camped) nearby. One of the first prominent dynasties of the Garhwal and Kumaon Kingdoms in the second century BC was the Kunindas, who practiced an early branch of Shaivism and traded salt with western Tibet. The Garhwal Kito, who have dwelt in the northern highlands, are regarded as the ancestors of the contemporary Bhotiya, Raji, Buksha, and Tharu peoples.

The Chand rulers ruled Kumaon successfully from the seventh to the eighteenth centuries, while Pahari painting flourished from the seventeenth to the nineteenth.

The influence of religion on people's lives is significant in Uttarakhand. The state is also recognised for having a large number of temples, shrines, and other places of worship that draw a lot of people from all over the country. Among the well-known temples in the state are those in Kedarnath, Badrinath, Yamunotri, and Gangotri. A variety of ashrams and religious organisations are also present in the state, including the Parmarth Niketan, Swami Rama Sadhaka Grama, and the Anandamayi Ma Ashram.

The state of Uttarakhand is thought to have given nature a supernaturally beautiful gift in the form of the dwelling of the God of Gods, Mahadev, Kailash, and Parvatraj, the Ajit of Himalayan splendour. The state of Uttarakhand is where several rivers converge. The Himalayan-shadowed state of Uttarakhand, which is renowned for its land, is revered worldwide. Four more noteworthy dams can be found in the state of Uttarakhand, which makes it the origin of the Mahadevi Ganga.

According to Indian religion and literature, the four main Dhams—Yamunotri, Gangotri, Badrinath, and Kedarnath, among others—come out on top in the category of travel destinations as the holiest places for Hindus. The fact that Uttarakhand is the only state in which all four of these dhams are found would surprise you. These four holy sites are referred to by the general term "Char Dham". Tourists that come to stay for a few months regularly visit Yamunotri, Gangotri, Badrinath, and Kedarnath. Many people believe that visiting these four dhams will release them from all of life's worries and misdeeds. Let's take a look at some of the best places to visit and explore this





culturally rich place.

## THE TOP 10 BEST TOURIST PLACES TO VISIT HERE ARE:

### Auli-



Auli, also known as Auli Bugyal, is a hill town and ski resort in Uttarakhand's Chamoli region of the Garhwal Himalayas. It is recognised for its ski resorts, ski runs, and winter sports contests. It is a snow-covered winter wonderland.

It is one of the most well-liked tourist locations in Uttarakhand and provides a setting where you can unwind and enjoy a calm environment. You should use the tall, snow-capped scenery and mountain range that surround Auli as the backdrop for your Instagram photos.

### Nainital-



Nainital is one of the most beautiful and well-liked tourist spots in Uttarakhand and northern India. The wonder-calm Naini Lake, which has mountains on three sides, is where Nainital gets its stunning appearance. The "Anjuli" that keeps the valley together is formed by the deodar, oak, and pine forest that surrounds Naini Lake. The city is centred on Naini Lake.

Nainital is accessible all year, and the area displays a variety of seasonal hues. You can spend the night admiring Naini Lake in any of the many hotels, eateries, or cottages available.

### Mussorie-



Mussoorie, an intriguing hill town 38 km from Dehradun, is well-known for its lush slopes and varied flora and wildlife. It offers visitors a breathtaking view of the Himalayan snow ranges to the north and east, as well as the Doon Valley, Roorkee, Saharanpur, and Haridwar to the south. Tourists will love this almost serene environment.

Mussoorie, the queen of hill towns, is well known for its stunning beauty, vibrant social life, and entertainment. It's a popular vacation spot due to the fantastic weather. During the summer, when visitors are most prevalent, it vibrates with happiness and festivity. There are no significant slopes, and those who are more adventurous can embark on enjoyable trips to the numerous beautiful places in the region.

### Chopta-



As the "Mini Switzerland of Uttarakhand," Chopta is a lovely village that is not yet well-known to tourists. The quiet morning wind and chirping of the birds in Chopta are a pleasant difference from the blasting horns of cities and other hill towns when the sun's crimson rays kiss the snow-covered Himalayas in the morning.

Due to the disappearing pines, deodars, rhododendrons, and other conifers that can be found around this peaceful property, Chopta is rich in flora and fauna.

### Chakrata-



Chakrata, a hidden gem in Uttarakhand, is surrounded by dense conifers, flaming red rhododendrons, towering oaks, and the imposing snow-capped Himalayan mountains. From Chakrata, which has a laid-back but pleasant environment, you can see a vast vista of the Rishikesh-Yamuna Valley.

A few nice walks lined with trees are available for visitors to wander through. For those looking for a winter adventure, Kharamba Peak is there.

This hilly town's surrounding woodlands are home to many different creatures, such as wild birds, spotted deer, and panthers, making it a haven for wildlife photographers, ornithologists, and nature lovers alike.



**Munsiyari-**

The lovely village of Munsiyari is located in Uttarakhand's Pithoragarh district, hidden among the snow-capped Himalayan peaks. Munsiyari offers breathtaking views of the splendour of nature. This charming hill village is situated at a height of 2298 metres above sea level. Munsiyari, which is also jokingly referred to as Little Kashmir, literally translates as "place with snow."

Awe-inspiring vistas of the surrounding mountain ranges are provided by the valley's pristine surroundings. High-altitude trekkers and outdoor enthusiasts frequently visit the area since it serves as the starting point for the Milan, Ralaam, and Namik Glaciers. It is well known for its stunning beauty and walking excursions.

**Rishikesh-**

Rishikesh offers stunning vistas of hills covered with vegetation. In Rishikesh, the rivers Ganges and Chandrabhaga merge. The most recognisable landmark in Rishikesh is none other than the gorgeous river Ganges itself, which sweeps through the city. Since the dawn of time, numerous yogis, rishis, sages, and sannyasis have travelled to Rishikesh to practice yoga in this calm environment. Since then, Rishikesh has developed a reputation as a refuge for sages. A holy city with many ashrams, Rishikesh is well-known all over the world for its yoga. Dehradun has attained global acclaim as the home of yoga. Every year in the month of March, Rishikesh is the site of a weeklong international yoga festival.

**Harsil-**

Anyone looking for peace and quiet in the Himalayan foothills will find lots of possibilities in Harsil, an underappreciated gem of Uttarakhand. It is situated on the banks of the Bhagirathi River at a height of 2620 metres above sea level. Tourists and environmentalists have started to flock to this lovely hamlet in recent years.

There are several exhilarating trekking trails near Harsil that you might take. At Harsil, you can indulge in rejuvenating vacation activities like yoga and meditation.

**Kausani-**

Mahatma Gandhi stayed there on his visit in 1929; it was the same place. He referred to the region as "the Switzerland of India" because of how stunning it was.

At 1890 metres above sea level and located in Uttarakhand's Kumaon region, Kausani is a well-kept secret. Enjoy the sunrise and the magnificent vistas of Trishul, Nanda Devi, and Panchachuli, among other Himalayan peaks, from one of the numerous viewing points there. This lesser-known hill station's location on a hillside covered in chir and blue pine forests makes it the ideal weekend escape.

**Almora-**

The picturesque village of Almora, which served as the Chand dynasty's old capital, is set against the snow-covered Himalayas. Almora is well known for its rich cultural heritage, unique crafts, and delectable cuisine. Famous people have visited Almora over the years, including Swami Vivekananda, Rabindranath Tagore, Uday Shankar and his troupe, which featured Guru Dutt and Zora Sehgal for a performance, and Ravi Shankar, who helped the community establish its culture. Govind Ballabh Pant, a well-known freedom fighter who later served as India's Home Minister and the first chief minister of Uttar Pradesh, was born in Almora. ***The state of Uttarakhand is gorgeous, having both impressive natural beauty and a long history of rich culture. The state has a great deal of potential for tourism and other companies, and the administration has taken a variety of steps to promote economic growth. To assure long-term growth and development, the federal government must also deal with a variety of challenges that must be overcome. Overall, the state of Uttarakhand is appealing to tourists because of its breathtaking natural landscape, significant religious significance, and wide range of customs.***

**- VANSHIKA ARYA**

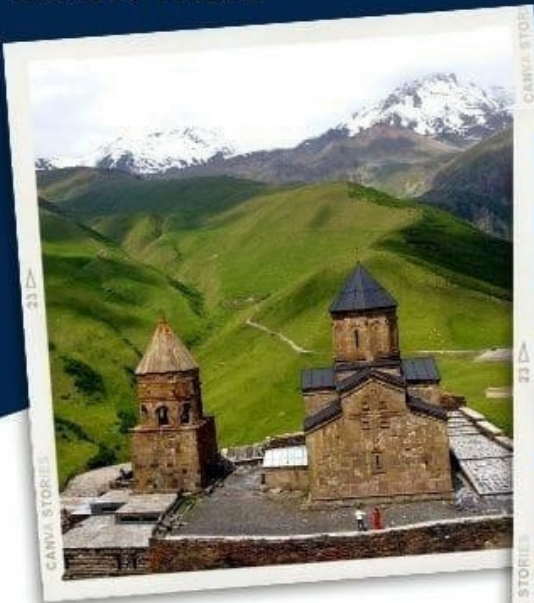


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# MURGH MUSALLAM- DAJAJ MAHSHI FUSION

FROM THE KITCHENS OF INDIA

“Murgh” in Urdu basically means chicken, while the word “Musallam” means whole or “complete”.



By Sudha Mukhopadhyay



## Murgh Musallam-Dajaj Mahshi Fusion

“**Murgh**” in Urdu basically means chicken, while the word “**Musallam**” means whole or “**complete**”. Therefore, Murgh Musallam literally means ‘whole chicken’. It is generally served with sauce. The dish was popular among the royal Mughal families of Awadh, now the state of Uttar Pradesh in India. Ibn Battuta described Murgh Musallam as a favourite dish of Muhammad bin Tughluq, who was the eighteenth Sultan of Delhi. He reigned from February 1325 until his death in 1351. The sultan was the eldest son of Ghiyath al-Din Tughluq, founder of the Tughlaq dynasty. The dish was also served in the Delhi Sultanate

“**Dajaj**” in Arabic basically means chicken, while the word “**Mahshi**” means stuffed. Therefore, Dajaj Mahshi literally means ‘stuffed chicken’. It is generally served dry, with pulao.

My husband’s recipe for Murgh Musallam is a little different, yet it is delicious to the core. It is different because he first tried it out while living in the Middle East, and so, naturally, his recipe of Murgh Musallam came to be influenced by the Arabic Dajaj Mahshi. Hence, his recipe is a fusion of Indian and Arabic-style cuisines. This sumptuous dish, basically and traditionally, consists of whole chicken marinated in a special paste, stuffed with boiled eggs and prawns pulao, infused with spices like saffron, cinnamon, cloves, cardamom, etc., and, of course, finally garnished with almonds.

When this Murgh Musallam is cut into two long pieces (neck to bottom), one can see the egg right in the middle, surrounded by prawn pulao, with both of these elements sitting comfortably in the belly of the chicken. It is a feast for the eyes, followed by a divine taste that lasts a long time on one’s palate.

I have been diligently following this recipe of my husband’s for many years now. This recipe, of course, calls for loads of preparatory work, but the end result is amazing. It not only has a wonderful visual appeal but tastes fantastic as well.

Without much ado, I would like to share the recipe.

### MAIN INGREDIENTS

- Chicken
- Prawns
- Eggs
- Rice

1) Chicken: fully dressed whole chicken, 1 to 1.2 kg





### Chicken marination:

- Turmeric powder, 1 tspn,
- Chilli powder (1 tspn),
- Coriander powder (2 tspn),
- Cumin powder (1 tspn),
- Fennel powder, 1/2 tspn,
- Garam masala powder (1 tspn),
- Curd, 2 tbspn,
- Ginger and Garlic paste, 2 tbspn.,
- Salt,
- Oil,
- Lemon juice (half a lemon)

Mix all these ingredients into a nice, thick paste.

Make deep cuts in the breast and leg portions of the chicken. Apply this chicken marinade and set it aside overnight. This makes the chicken soak up the marinade well and makes it tender too.

### 2) Prawn Pulao

Prawns, 250 gms, deveined and marinated with turmeric powder and salt

#### For the prawn masala:

- Chopped onions (1 big),
- Chilli powder (1 tspn),
- Coriander powder (2 tspn),
- Cumin powder (1 spn),
- Garam masala (1 tspn),
- Ginger and Garlic paste (1 tspn),
- Salt.

Fry the prawns in oil for 2 to 3 minutes and keep aside.

After removing the prawns, in the same oil, sauté the above masala, add a little water, and sauté it well till it turns into a thick gravy. Then add the fried prawns to this gravy and keep it aside. The prawn masala for the pulao is now ready.

#### For the prawn pulao:

- Rice: 2 cups;
- Cardamom: 4,
- Bay leaves: 2,
- Cinnamon stick: 1, and
- Shahi Jeera: 1 tspn.

Boil water for rice along with the above whole spices, a tablespoon of oil, and salt. Add rice and cook till it is 80% done. Drain the rice and mix in the prawn masala. Add a fistful of fried cashews, raisins, coriander leaves, 1 teaspoon saffron soaked in a little milk, rose essence, and a table spoon of ghee, and cook (dum) on a slow flame for 10 minutes. Prawn pulao is now ready.

The next step is to place the marinated chicken in the oven for about 30 minutes at 200 °C, turning it once halfway through. Once done, take the chicken out and stuff it with a small portion of the prawn pulao and two whole boiled eggs. Apply butter to the chicken and place it in the oven for 10 minutes at 180 °C.

Finally, remove the chicken from the oven and place it on a layer of the remaining prawn pulao. Garnish it with toasted and sliced almonds. Murgh Musallam cum Dajaj Mahshi are now ready. It is a very flavorful and aromatic dish, and it comes out perfect every time. It is my favourite and will always remain one. Serve it with cucumber raita and pappad. And finish it off with some Qahwa (Arabic coffee). This is an experience of peace and contentment. Relish it with your family and friends.

- SUDHA MUKHOPADHYAY



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## Continent Of Peace



By Rema Pisharody

At one point or the other  
We fight a million wars  
With ourselves  
And with the outer world  
For gains and for conquests,  
Believing it as eternal  
Or we fight over  
A sharp edged splinter  
To bleed to end  
In Mid-summer rays  
To burn the whole feelings  
To sand dust to end in earth  
To meditate in winter's crystal ice  
To felicitate our own innermost being...

There hides a continent of peace inside  
us  
With doors as vast as our human race  
Locked for a reason or often covered  
In layers of illusion like that of clouds  
In the sky repeatedly cast a shadow  
On light that of a lustrous universe  
Where tirelessly we seek for peace  
Forgetting the peace within  
Is a continent uncovered for.

It is difficult to find  
The cause of a heartless destiny  
While the washed out sorrows  
Take a different unusual path  
To empty in oceans  
Where mermaids hide dreams  
Of a million centuries  
In nuggets of pearl..

In chaos and in endless  
Clusters of outer voices  
Deep within hides a continent  
A continent of peace  
Adorned with silence And treasurable gems  
of hope

May be, one day  
At the end of all non-forgiving  
Seasons and carnivals  
Hopefully there arises a continent  
In all novelty  
For humanity to cherish..

-REMA PISHARODY





# The Love Still Remains

By Sarmistha Dey

The relationship is lost in this crowded city,  
but love lives on in the tip of my pen...

The memory is lost in this busy time,  
but you peek into my dream yard...

A familiar nickname has been lost in the midst of this commotion,  
but I have kept it locked in some of my passwords...

The touch of love is lost in this masked world, but  
I find you in the play of sun and rain....

- SARMISTHA DEY





A photograph of a dark brown bowl filled with a light-colored, thick porridge, likely rice porridge, topped with small white grains. To the right of the bowl is a single, dried, yellowish-brown leaf with a prominent vein pattern. The background is a light, textured surface.

# Rice-Pot Riots



By Sindhu Gatha

## MINI STORY

They tend to tear their stomachs out at night without a sense of place or time. Cursing the empty wallet when seeing white smiling sweets in glass cages on roadsides with sticky bellies.

On one of the dark nights of drizzling rain, there was a small gloom just before the suicide of a kerosene lamp flame. Four stomachs are waiting for a long hour to cook a little rice in the fireplace. It is only the mother of the house who sees through the veil of tears that the green wood that is reluctant to burn is being lit as a cure for hunger. The poor waited for the rice to turn into cooked rice. When the storm of hunger blew, the poor three little bellies fell from the edge of sleep to slumber.

It was when the night broke at the edge of darkness that the man who was the father of those three baby bellies arrived on all fours. As soon as he arrived, he took the pot of three-quarter-cooked rice from the stove and threw it out in a drunken stupor.

Only that mother, after looking at the three stomachs that were crying and tired, bit the rye with saliva and thought that death would not be so painful.

- SINDHU GATHA





By Sarmistha Dey

## Last Call

One day I will leave this world  
The boundless illusion of the world will be dusted off.  
A well knitted family is like a toy house.  
The game will come to an end by breaking the rules.  
The bond of belonging is an inexhaustible torture.  
The space will forget the pain.  
Eternal illusion is a constant companion,  
I will leave everything in the house of eternity.  
Eternal peace will be called with both hands raised,  
I will respond to that call beyond all illusions,  
there will be no darkness in the heart,  
and the mind will not be dyed in the evening of twilight.  
Yet I live in the words of poetry,  
May be I will remain in the pages of memory.

- SARMISTHA DEY





## Enola Holmes, "Our Future Is Up To Us."



By Krishna D

"There are two paths you can choose: one that you choose for yourself and one that others choose for you."

**'The Enola Holmes Mysteries'** is a series of detective novels written by the American author Nancy Springer. The story revolves around Enola Holmes, the younger sister of the famous Sherlock Holmes. In 2020, this series was adapted into a film, followed by a sequel released in 2022. The titular role was played by Millie Bobby Brown.

Both films leave a lasting impression in the minds of the viewers with plenty of highly inspirational dialogues and motivating life lessons. Enola Holmes has been taught by her mother to be an independent young girl. Accordingly, Enola doesn't let anybody, including her brothers, Sherlock Holmes and Mycroft Holmes, tell her what to do. She says that no one can stop her from pursuing her passion. No one can underestimate her, and no one can decide her future.

"Every little thing we do in our lives will have some significance in the future."

It is important to discover one's passion, purpose, and path in life. One can achieve anything in life with motivation and confidence.

"Paint your own picture. Don't be thrown off by others." It is necessary to remain focused on the attainment of one's desired goals rather than getting distracted by others.

"Sometimes you must dangle your feet in the water in order to attract the sharks."

At times, one needs to take risks in order to derive solutions to problems.

"You have to make some noise if you want to be heard."

Enola Holmes is an intelligent, brave, courageous, wise, and independent young girl in a male-dominated world. Over the years, it has been projected that a Prince Charming will come to save and rescue the damsel in distress, but it was Enola Holmes who saved the life of the young Tewkesbury when his life was in danger. She uses her logic and follows the path of truth.

During the 19th century, when young girls were expected to be naive, Enola emerges as a young girl with a mind of her own. She has the ability to solve problems independently and contribute to society in a meaningful manner. The younger generation will surely be inspired to be brave and confident; as Enola says, **"Our future is up to us."**

- KRISHNA D





## Blooming Hues

By Richa Maurya

Amidst the quiet, an artist blooms,  
A mother's heart, now brushes consume.  
With vibrant hues on canvas, I play  
A dance of colors, in a wondrous way.

A red Hibiscus, my muse in sight,  
Petals unfurl, my dreams take a flight.  
With passion, and my heart ablaze,  
I find respite in art's embrace.

From empty nest, new purpose I found  
Painting the world my heart unbound.  
With every stroke, I write my story,  
A symphony of art, in all its glory.

So let the Hibiscus forever bloom,  
In love with art, dispelling all gloom.  
A woman's journey, colors blending,  
My canvas of life, eternally transcending.

- RICHMA MAURYA





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# ELEGANT

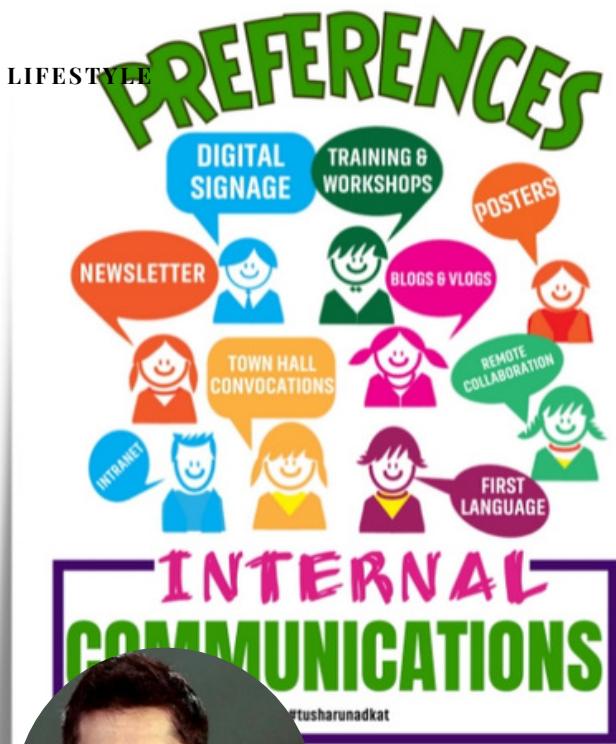
GOLD, SILVER, DIAMOND AND MOISSANITE

# JEWELLERY

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SAMYAG JAIN  
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## Mastering Internal Communications: How To Make Better Connections At Workplace?

By Tushar Unadkat

### Forging Strong Connections: Mastering Internal Communications for a Cohesive Workplace.

In the modern business landscape, one cannot overstate the significance of seamless internal communications. A harmonious workplace thrives on the foundation of well-informed, engaged, and aligned employees attuned to the company's objectives and endeavors. Elevating internal communications to an art form requires the implementation of practical strategies aimed at optimizing workplace dynamics:

- **Regular All-Hands Symposia:** Embark on a journey of collective understanding through comprehensive company-wide assemblies. These gatherings orchestrated by leadership illuminate the path ahead, disseminating updates, goals, and achievements. Through this shared experience, employees develop a profound connection with the organization's grand vision, fostering a robust sense of unity.
- **Intranet or Inner Web Portal:** Engineer a dedicated digital haven – an internal website or intranet – where employees can seamlessly access mission-critical documents, company updates, announcements, and various resources.
- **Chronicle of Email Bulletins:** Regularly disseminate succinct and engaging email bulletins. These electronic messages serve as conduits for broadcasting company accomplishments, upcoming events, noteworthy news, and other pertinent information.
- **Agile Messaging and Chat Facilitators:** Harness the prowess of instant messaging and chat platforms, exemplified by Slack, Microsoft Teams, or akin alternatives, to cultivate swift and informal inter-team discourse.
- **Visual Epistles:** Evoke a personal connection through video messages delivered by organizational leaders. These visual narratives serve as vehicles for imparting vital announcements, updates, and celebratory moments.
- **Town Hall Convocations:** Set the stage for democratic dialogue with the inception of town hall-style meetings. This platform empowers employees to pose inquiries, share feedback, and engage in unfiltered discourse with senior leadership.
- **Digital Signage Deliberation:** In a tangible workspace, consider integrating digital signage. These dynamic displays, strategically positioned in communal spaces, exude pertinent announcements, updates, and reminders.
- **Mobile App Augmentation:** Envisage a bespoke mobile application tailored to the organization. This versatile tool equips employees to access pivotal information on the go, encompassing company news, benefits, and an array of resources.
- **Habitat of Internal Social Networking:** Foster a shared virtual terrain – an internal social media haven – for employees to exchange updates, achievements, and concepts more relaxed and interactively.
- **Echo Chambers for Feedback:** Institute a manifold of feedback conduits, ranging from surveys to suggestion boxes and dedicated email channels. This conduit serves as a direct line of communication for employees to channel their insights, suggestions, and ideas.





- **Command Center of Project Management:** Elicit synergy by integrating project management tools. These platforms underpin effective communication and collaboration, ensuring a harmonious trajectory for collective projects.
- **Echelons of Employee Acknowledgment:** Plant the seeds of positivity through the institution of employee recognition programs. These initiatives, designed to spotlight and celebrate employee dedication and accomplishments, foster a buoyant atmosphere, and elevate morale.
- **Routine Insights from Departments:** Rally each department to provide routine insights to the larger organization. These updates offer transparency into ongoing projects, milestones, and surmounted challenges.
- **Leadership Chronicles – Blogs and Vlogs:** Unveil the human side of leadership through blogs or vlogs. Company leaders share insights, experiences, and reflections, endowing employees with an intimate connection to the executive team.
- **Academies of Training and Workshops:** Enrich the arsenal of communication skills across the organization with bespoke training sessions and workshops. This targeted approach cultivates practical communication competencies among both managers and employees.
- **Nexus of Remote Communication Strategies:** In a dispersed or remote workforce scenario, underscore communication tools and methodologies catering to remote collaboration and engagement nuances.
- **Multilingual Outreach and Translation Facilitation:** Acknowledge the diverse linguistic tapestry of your workforce by incorporating multilingual communication strategies. Implement translation services for crucial announcements, documents, and resources, ensuring that language barriers do not impede understanding. This inclusive approach enhances engagement, making all employees feel equally valued and informed.



It remains axiomatic that the bedrock of fruitful internal communications rests upon the pillars of consistency, transparency, and a multifaceted array of channels tailored to the kaleidoscope of communication preferences within the organization. An equally pivotal facet lies in the unwavering commitment to listen to employee feedback, iteratively refining communication strategies in response to their evolving needs.

**-TUSHAR UNADKAT**





By Debjit Dey

## This Is The Amazing World Of Biking And Life Beyond

The traditional “vroooooom” sound of an IC engine, or a specific sound like the “potato-potato-potato” as Harley lovers call it, skips anyone’s heartbeats for a few moments, irrespective of whether they love motorbikes or not. The cadence of big bikes like the Harley and Suzuki Boulevard always makes heads turn for most people.

For me, it’s music to my ears. Motorbiking had been one of my passions for a long time, but with time and the routine chores of life, somewhere that passion was getting lost. When I shifted to Saudi Arabia for a new career, that passion once again revived when I started watching the bikers during the winter seasons. I was convincing myself that I needed to make this dream come true soon.



When I shifted to Bahrain back in 2018, I assured myself that time has come to get myself on a Harley Davidson. Within a year I applied for a motorcycle driving license and was fortunate enough to get the same in the first attempt without any hassle. Once the license was done, I was on the hunt for a reasonable Harley fitting into my estimated budget. At that time I

had no clue of how many, what kind of passionate bikers I may get in Bahrain or in the region. Incidentally I got my first motorbike, a Harley Davidson Sportster 883 from an Indian rider who introduced me to his riding group by the name Pleasure Riders Bahrain. And then started my real entrance to the world of motorcycling.

Pleasure Riders Bahrain (PRB) was founded in year 2017 by three persons, Mr. Umesh Babu (The Captain), Mr. Arun Reghuvaran and Mr. Ajith Kumar S Pillai. This is the largest riders’ group of expats in Bahrain. There are about 20 to 22 active motorcycle riders’ groups in Bahrain. The first officially known riders’ group is Bahrain Motorcycle Company (BMC) founded in 2004, soon followed by Harley Owners Group, HOG (Bahrain Chapter) in 2006, followed by Bahrain Riders Club in 2007.

When I joined PRB, I never had an idea that I could find so many Indian riders here in Bahrain. To my surprise not just Indians but we have people from all age groups up to some around 60-65 as well, all professions including doctors, ladies, husband & wife duo etc.





It amazes me how Indians who are typically known as family people and after a certain age wish to abstain themselves from risky adventures and sports, are passionately involved in riding. We have in PRB bikes from standard street bikes like Royal Enfield or Triumph Rocket, cruiser like Harley Fatboy, Road Glide, touring like Harley Ultra Classic and Goldwing, racing bikes like Ducati Diavel or Suzuki Hayabusa, Dual Sports like BMW R1200, Off-Road bikes like KTM or Aprilia, covering almost all types and range of motorcycles one can think of.

“Never ride off and leave anyone you rode out with, if they break down you pull over and wait, come hell or high-water bikers do not abandon a brother or sister” is a famous Bikers Code and I feel it every time while riding with PRB. We had many occasions when someone broke down and they were never left behind. I also had an incident quite late in the night when my clutch plate burnt out and I couldn't restart my bike and I had my brothers standing next to me till it was successfully carried back to the city garage and back home.



Adrenalin rush, heart pounds, refreshing is a biker's feelings when he/she rides. Since I started riding on a regular basis, I realized I am pushed to some disciplines. For instance, as we ride on early mornings every Friday during the weekend here, I started avoiding late night parties, drinks etc., on Thursday evenings to comfortably get up fresh early morning for my ride. The pull for the ride is much more than spending time on unhealthy toxication late nights.



Apart from individual fun, our riders' groups in Bahrain are engaged into many social causes as well. They are conducting every year mega ride on Bahrain National Day, every year Pink Ride for breast cancer awareness, mega ride on Women's Day, ride in association with SMILE for child cancer, ride for men's prostate cancer awareness; PRB conducted in past blood donation camps, distribution of food to needy in different labour camps, food & provision kit distribution during COVID-19 pandemic, Iftar feast etc., are some to name. On 16th Dec 2021, His Excellency Piyush Srivastava Indian Ambassador to Bahrain flagged off a bike rally by PRB marking the 50th National Day of Kingdom of Bahrain.



Riders in Bahrain are also going on international riding trips in many countries. PRB have made a trip to Greece in 2021, two of PRBians Mr. Simon & Mr. Amit made a GCC tour recently this year 2022. Sadguru as we all know is doing a solo riding from UK to India for "Save the Soil" awareness campaign and PRB will be proudly hosting his ride in Bahrain and may accompany him till Saudi Arabia.

As they say, "Beauty with Brains" I say, "Biking with Benevolence".

Happy & safe riding to all my rider brothers & sisters.

**-DEBJIT DEY**





## The Old Road To Peace But New Ways: Happy Teachers

By Sr. Shirley

“Sister, where are you hiding your ruler?” I turned back to see who the person is and caught my eye on an elderly man rolling his shopping cart while I was shopping in a shopping mall. When I noticed the smile on his face, I knew he was kidding. Previously I have heard about people talking about how the nuns in old days disciplined their students using a ruler as part of the corporal punishment. I smiled back at him and as he came closer, he said, “By the way, I turned out to be a good person because of them.” I replied instantly, “Thank God for the nuns!”

It was a general misconception that nuns were merciless in classroom with the students when it comes to discipline. It is also reminding me of my earlier school days in southern India where I also disciplined by my teacher for not completing my homework or coming late to school. As a young child who would want to be corporal punishment in front of your classmates. It leaves scars in a young heart.

So, now as I am a teacher myself, trying to see in a different manner how to discipline the young ones whom I take care of, I had to admit that with the little one like preschoolers, it was always easy to guide and discipline them. No matter what, they love their teachers. The sadness they feel on the time of discipline last only few minutes and they play with you again as if you are their best friend. I am glad that we are using a form of discipline we

call “time out.” This form of discipline, the child will separate from the group and is given one to five minutes to think about what had happened. Once the time of thinking is over, he/she comes back to the teacher to apologize and to rejoin the group. Five minutes is a prolonged period for the child to feel bad and to think about the consequences very seriously. But however, now, it is different with the older students. When it comes to discipline an elementary student, it can be a little bit challenging.

So, what is the best way to discipline them? What is the best way to get to know your students? What is the best way to make connection with them and yet, forming their young hearts to become a better person? This is a tedious process a teacher would learn from her years of teaching experience. Because each child is unique and precious.

An average student spends more time in the classroom than at home on a weekly basis. Therefore, it is important that he/she is in a safe atmosphere where he/she can learn in a more constructive way. “The goal of childhood education should be to activate child’s own desire for learning.” Says Maria Montessori, the founder of Montessori education system. Here education is centered around the child or rather than the teacher. The knowledge is transmitted from a teacher to the students via a hands-on material that enhances the high-level cognitive learning.



Thus, each teacher in the classroom is the facilitator who carefully sets a positive environment for learning.



When a student spends more time in the classroom, they are learning not just any subjects, but they are growing mature both mentally and spiritually in their daily interactions with peers as well as with their teachers. Here the teacher wisely leads each student always to make a better choice to form his or her moral and social behavior. Being a consecrated person, I value the child's moral value. Their souls radiate as they learn and grow in faith. For this reason, I do come close with my students.

The daily interactions which define their personal characteristics will allow them practice choosing the right thing. Here, the teachers encourage and support students their moral characters and behaviors. In today's world where the average teen depression increases more than ever, it is important that young people need to build a strong positive character for their overall well-being. More students younger and younger are getting depressed because of various reason. Peer pressure is one of them. They need to cultivate a positive mindset that help them to thrive for their goal in life. Away from home, they need an adult whom they can trust and confide.

When I prepare my lessons every day, I make sure that it contains not just the materials on the subject but how it connects my students to the eternal truth. Here, I remember the words of Maria Montessori: "Education is the best weapon for peace." The path to peace is paved by the right choices a child makes in everyday life. Seeking peace always makes a person focused on life and preserves the peace he/she longs. I might not influence the world or the world leaders to end the war.

However, I can influence a human soul to seek peace and the little corner of the world he dwells can be brighter and peaceful. To tell you the truth, it does not come easy to teach my students this way to peace. It takes patience and constructive dialogue with them to cultivate and instill in their mind this ideal of a peaceful world. It is true that this piece must start within my heart first. The young hearts so earnestly look for significant role models in their life. Most of the time, these adults are their parents or teachers. I cannot expect from them any virtue if it is not found in me first. My teaching is more effective if they see all what I teach in me first. From my 25 years of teaching the effective way to teach young hearts is to show it with my own action. Of course, action speak louder than word.



My life will indeed be an open book that will easily attract the young mind and can learn from. When a problem arises among them, I do listen to both students and without any partiality lead them to resolve among them. A listening heart and an open mind without prejudice is what I always use while I guide them to make good choices. In that process I get to know my students more closely, the dreams and aspirations of their hearts. At the end of the day, I become the keeper of their dreams and goals. Very often indeed, after few years, I get to witness these dreams come true in their lives. When I hear such news, let me tell you, I have received the greatest gift as a teacher. It is a moment of pure happiness worth more than any priced gift the world can offer.

**-SR. SHIRLEY**





## The Practice Of Rituals Can Empower Mind And Behaviour: Powerful

By Kulmohan Kaur

Let's delve into the psychological mechanisms behind rituals, examining how they can influence our thoughts, emotions, and behaviours in both subtle and transformative ways. What exactly are rituals? Rituals are repetitive and structured behaviours or actions that hold symbolic meaning and are often carried out in specific contexts.

Engaging in rituals can create a predictable structure in one's life, reducing uncertainty and anxiety. Rituals can serve as coping mechanisms, allowing individuals to manage their emotional states. Engaging in rituals can elicit positive emotions and create a sense of emotional balance.

**Social Bonding and Identity:** Rituals play a significant role in creating and reinforcing social bonds. Group rituals, such as religious ceremonies or cultural celebrations, foster a sense of belonging and community. They help shape personal and collective identities by aligning individuals with shared values and practices. They help individuals navigate significant life events like birth, death, and marriage, providing a framework for processing emotions, adapting to new roles, and finding meaning.

Personal rituals can be intentionally designed to align with specific goals or values, providing a source of motivation and commitment. Whether in personal routines or cultural traditions, rituals offer insights into the complex interplay between psychology, culture, and behavior. Overall, the psychology of rituals highlights how these practices serve as powerful tools for individuals and societies to manage emotions, create meaning, build connections, and navigate life's challenges.

**Rituals and Identity:** Rituals play a fundamental role in forming and expressing both individual and group identities, contributing to a sense of belonging and reinforcing shared values in various cultural, religious, and social contexts. These rituals help shape perceptions of self and community by providing a framework for how individuals relate to one another and the world around them.

**Cultural Significance and Identity Formation:** Cultural rituals are a means of transmitting traditions and values from one generation to the next. These rituals serve as a tangible connection to the past, preserving cultural heritage and identity. Cultural rituals help individuals identify themselves within a larger cultural group. Engaging in rituals specific to their cultural background fosters a sense of pride and belonging. They can unify diverse communities by providing a common ground for celebration, mourning, and other shared experiences.

**Religious Context and Identity Expression:** Religious rituals are often centred around the worship of deities or higher powers. These rituals help individuals feel spiritually connected and provide a sense of purpose and meaning in life. Religious rituals often involve practices that align with specific moral and ethical values. Engaging in these rituals reinforces an individual's commitment to these values and their religious identity.

Religious rituals create a sense of belonging to a religious community. They communicate an individual's changing role within a group and reinforce their sense of identity within that group.



**Reinforcing Norms:** Social rituals often involve adhering to group norms and expectations. By participating in these rituals, individuals demonstrate their commitment to the group's values and behaviours.

**Shared Values and Bonding:** Participating in rituals creates shared experiences among individuals.

**Reinforcing Values:** Rituals often involve symbolic actions that represent shared values. By engaging in these actions collectively, participants reinforce their commitment to these values.

### Creating Personalised Rituals:

Developing meaningful rituals can greatly enhance personal growth, productivity, and overall well-being. By intentionally incorporating rituals into daily life, individuals can create structure, focus, and a sense of purpose. Here are some tips to help you develop your own meaningful rituals:

1. **Identify Your Intentions:** Reflect on your goals and intentions. What areas of your life do you want to improve or focus on? Determine whether you want to create rituals for personal growth, work, relaxation, or other specific purposes.
2. **Start Small:** Begin with simple rituals that can be easily integrated into your routine. Over time, you can expand and customise them based on your needs.
3. **Consistency Matters:** Consistency is key to the effectiveness of rituals. Choose a specific time and frequency for your ritual that aligns with your daily schedule.
4. **Create a Meaningful Space:** Designate a physical or mental space where you can engage in your ritual. This space should evoke a sense of calm and focus.
5. **Personalise Your Ritual:** Tailor your ritual to resonate with your preferences and values. Incorporate elements that hold personal significance.
6. **Mindfulness and Presence:** Practice mindfulness during your ritual by being fully present in the moment. This enhances the emotional and psychological benefits of the ritual.
7. **Combine Rituals with Goals:** Align your rituals with your goals to create a sense of purpose. For example, if your goal is to read more, create a daily reading ritual.
8. **Experiment and Adjust:** Don't be afraid to experiment with different rituals until you find what works best for you. Adjust and refine your rituals based on your experiences.
9. **Morning and Evening Rituals:** Develop morning rituals to set a positive tone for the day. Evening rituals can help unwind and reflect on the day's events.
10. **Incorporate Mind-Body Practices:** Consider rituals that incorporate mindfulness, meditation, deep breathing, or stretching to promote mental and physical well-being.
11. **Practice Gratitude:** Incorporate gratitude rituals, such as journaling or reflecting on positive aspects of your day, to foster a positive outlook.
12. **Digital Detox Rituals:** Create rituals that help you disconnect from technology and foster genuine connections, both with yourself and others.
13. **Experiment with Creative Rituals:** Engage in creative rituals, such as drawing, writing, or playing a musical instrument, to tap into your creative potential.
14. **Reflect and Adjust:** Regularly assess the impact of your rituals. Are they helping you achieve your goals and enhance your well-being? Adjust as needed.
15. **Be Patient:** Rome wasn't built in a day, and the benefits of rituals might not be immediately apparent. Give yourself time to experience the positive effects.

*By developing meaningful rituals, individuals can harness the power of repetition, mindfulness, and intention to create positive changes in their lives. These rituals can serve as anchors, providing structure, motivation, and a sense of purpose that contribute to personal growth, increased productivity, and enhanced overall well-being.*

-KULMOHAN KAUR

# Create good habits!



# TOP 10

## THIS IS THE NEW TOP 10 EMERGING TECHNOLOGIES OF 2023

-WFY Bureau, New Delhi.

Here are the 'Top 10 Emerging Technologies of 2023,' which highlight the impact of global connectivity, AI, and the convergence of the physical, digital, and biological worlds. The technologies mentioned include AI in healthcare, flexible batteries for wearable devices, next-generation neural electronics, virtual shared spaces for mental health support, spatial omics for molecular-level understanding, engineered viruses for health augmentation, and the rapid emergence of AI's potential. However, the societal implications of AI's capabilities should be considered.

### Key Points

- AI is improving healthcare delivery, especially in under-resourced areas.
- Flexible batteries and bendable displays power wearable medical devices and sensors.
- Next-generation neural electronics enable safer interactions with millions of cells.
- Virtual shared spaces in the metaverse facilitate global outreach for mental health support.
- Spatial omics is creating molecular-level "cell atlases" to unlock mysteries, while engineered viruses enhance health in humans, animals, and plants.

Here is the 'Top 10 Emerging Technologies of 2023,' list for you.

### SUSTAINABLE COMPUTING

As one of the top emerging technologies of 2023, sustainable computing focuses on designing and implementing net-zero-energy data centers. With data centres currently responsible for approximately 1% of global electricity consumption, their contribution to the environmental crisis cannot be ignored.

However, innovative computing solutions are being developed to address this issue.

Through the use of energy-efficiency techniques such as liquid-cooling systems and repurposing excess heat, progress is being made towards sustainable energy use in data centers. These techniques help reduce energy consumption and minimise waste, contributing to a more environmentally responsible approach.



The ultimate goal is to achieve net-zero-energy data centres, which requires further creativity and integration of technologies for electricity generation, storage, and management. By adopting a collaborative and forward-thinking mindset, we can pave the way for a more sustainable future in the realm of computing.

### SUSTAINABLE AVIATION FUEL



#### Leading the Path to Net-Zero Carbon Aviation

Sustainable Aviation Fuel (SAF) stands as a transformative solution aimed at reshaping the aviation industry's carbon footprint. As of 2023, aviation's environmental impact

looms large, contributing between 2% and 3% of global emissions. However, SAF emerges as a beacon of hope, demonstrating the potential to steer the aviation sector towards achieving net-zero carbon emissions, a critical target for a sustainable future.

### A Crucial Shift for a Greener Sky

Sustainable aviation fuel is a promising alternative to conventional jet fuel, derived from both biological and non-biological resources. By harnessing renewable feedstocks, SAF offers a substantial reduction in greenhouse gas emissions compared to traditional fossil fuels. This innovation is swiftly gaining momentum as a key strategy to combat climate change while preserving the benefits of air travel.

### Towards Net-Zero Carbon Emissions by 2050

Acknowledging the urgent need for aviation to reduce its environmental impact, industry stakeholders are aligning their efforts to incorporate SAF into their operations. With the ambitious goal of achieving net-zero carbon emissions by 2050, the aviation sector is investing in SAF research, development, and production on an unprecedented scale.

### From Niche to Necessity

Currently, sustainable aviation fuel accounts for a modest fraction of global jet fuel demand, constituting less than 1%. However, the paradigm is shifting rapidly. Collaborative efforts among airlines, aircraft manufacturers, and fuel companies are poised to revolutionise the industry. Plans are underway to establish numerous sustainable fuel production facilities, marking a transformative transition from a niche solution to a mainstream necessity.

### Innovation Beyond Limits

Highlighting the sector's commitment to innovation, the American Society of Testing and Materials (ASTM) has approved nine distinct varieties of sustainable aviation fuel for blending with conventional jet fuel. The journey doesn't stop there—research and development efforts continue to explore novel versions of SAF, some of which are derived from innovative processes such as capturing CO<sub>2</sub> and producing green hydrogen from renewable energy sources.

Sustainable Aviation Fuel's ascent to prominence in 2023 underscores its potential to redefine the aviation industry's environmental impact. As technology, investment, and collaboration converge, SAF is leading the charge towards cleaner skies. This innovation encapsulates the spirit of progress that is not only revolutionising aviation but also reaffirming the collective commitment to forging a more sustainable and ecologically balanced future.

### GENERATIVE ARTIFICIAL INTELLIGENCE



#### Unleashing Unprecedented Creativity and Innovation

Generative Artificial Intelligence (AI) has emerged as a game-changer, pushing the boundaries of human creativity and endeavor. As of 2023, Generative AI represents a paradigm

shift, harnessing the power of complex algorithms and data-driven patterns to generate novel and original content across various domains.

### Unlocking Innovation through Algorithmic Creativity

Generative AI stands as a testament to the remarkable strides in artificial intelligence. It possesses the remarkable ability to create fresh and unique content by deciphering intricate patterns within data, mirroring the cognitive processes of the human brain. Primarily employed in text, code, images, and sound generation, this technology's potential spans far beyond that, with applications anticipated in domains as diverse as drug design, architecture, and engineering.

### From Pixels to Blueprints: A Multifaceted Approach

Generative AI is not confined to any single arena; rather, it is positioned to revolutionise a multitude of industries. Its versatile nature extends its influence from crafting vibrant visual designs to devising intricate blueprints that shape our physical world. As this technology evolves, it promises to disrupt traditional practices by offering innovative solutions that challenge established norms and revolutionise creative thinking.

### Balancing Progress with Responsibility

Amid the excitement, the responsible deployment of Generative AI remains paramount. Ethical considerations are imperative to ensure its impact is positive and far-reaching. Efforts to mitigate bias ingrained within AI systems, safeguard copyrights, and respect individual privacy are critical to harnessing its potential for societal benefit. By addressing these concerns, Generative AI can evolve into a tool that amplifies creativity while adhering to ethical principles.

### A Catalyst for Creativity and Conventional Wisdom

Generative AI's inclusion in the top list of emerging technologies in 2023 underscores its transformative potential. With proper oversight, this technology has the capacity to challenge conventions, stimulate innovative thinking, and catalyse advancements across various domains. As society adapts to its capabilities, Generative AI can redefine the boundaries of creativity, unleashing a new era of invention that resonates across industries and resonates with the human spirit of exploration and innovation.

### WEARABLE PLANT SENSORS



#### Catalysing an Agricultural Revolution for Global Food Security

Wearable Plant Sensors stand as a milestone in the pursuit of sustainable food production to nourish an ever-expanding

global population. With the United Nations Food and Agriculture Organisation projecting a 70% increase in food production by 2050 to meet these demands, agricultural innovation takes centre stage.



### Agricultural Innovation: A Call of the Hour

Addressing the imminent challenge of feeding a burgeoning global populace necessitates revolutionary advancements in agriculture. Recent strides have encompassed sensor-equipped tractors and satellite data for crop monitoring, effectively enhancing farming efficiency. The next evolutionary leap comes in the form of Wearable Plant Sensors—compact devices capable of attaching to crops and tirelessly tracking essential parameters such as temperature, humidity, moisture, and nutrient levels.

### Real-time Insights: Nurturing Abundance while Minimising Waste

The potential of Wearable Plant Sensors lies in their ability to provide real-time data, enabling precision agriculture. By gathering continuous insights from the fields, these sensors empower farmers to make informed decisions that optimise crop yields, curtail waste, and bolster resource efficiency. Early disease detection, precise irrigation management, and tailored nutrient application all contribute to maximising agricultural output while minimising environmental impact.

### Challenges and Promises

While Wearable Plant Sensors hold the promise of revolutionising crop production and management, certain challenges loom. Ensuring the scalability and affordability of these devices, interoperability with existing agricultural systems, and addressing data privacy concerns are pivotal steps on this transformative journey. Collaborative efforts from technologists, agronomists, and policymakers are essential to overcoming these obstacles and realising the full potential of this technology.

### Cultivating a Sustainable Future

Incorporating Wearable Plant Sensors into the top list of emerging technologies for 2023 underscores their potential to reshape the agriculture industry. As innovation converges with necessity, these sensors have the capacity to drive the advancement of sustainable food production. In a world where global food security is a pressing concern, the deployment of this technology offers a glimpse into a future where the fusion of data-driven insights and ecological consciousness cultivates abundance while preserving the planet.

### DESIGNER PHAGES



### Illuminating the Path to Enhanced Health and Agricultural Vitality

Designer Phages emerge as a transformative force, revolutionising our approach to human, animal, and plant health. These engineered viruses, with their ability to target specific types of bacteria, wield the potential to reshape the world of medicine and agriculture through precise microbiome manipulation.

### Unleashing Microbiome Engineering

Designer Phages represents a groundbreaking leap in biotechnology by exploiting viruses that selectively attack particular bacteria. By harnessing

sophisticated laboratory techniques, synthetic biologists can meticulously reprogram these phages. The result is the ability to precisely target individual bacterial species within the complex ecosystem of the human microbiome. Through this strategic manipulation, bacteria can be coaxed into producing therapeutic molecules or rendered sensitive to specific drugs, paving the way for novel approaches to disease treatment.

### Healing and Enhancing Across Domains

The application of “designer” phages extends beyond human health, encompassing agriculture as well. By leveraging these engineered viruses, agricultural researchers can optimise plant and animal health, thus boosting productivity. These phages hold the potential to revolutionise disease management strategies in agriculture, reducing the need for conventional antibiotics and pesticides.

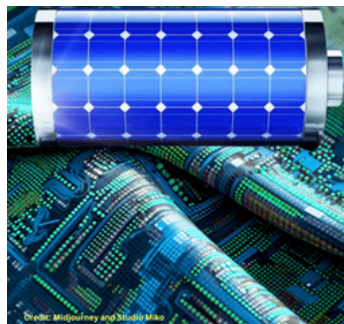
### Venturing into Promising Realms

The promise of Designer Phages is not just theoretical; it's backed by compelling early research results that have caught the attention of investors. Substantial venture capital investment is being channelled into the clinical testing of engineered phages. This injection of funding underscores the potential of designer phages to transform medical and agricultural practices, offering new avenues for addressing the challenges of disease and enhancing overall well-being.

### A Future Redefined by Precision

Incorporating Designer Phages into the top list of emerging technologies for 2023 highlights their extraordinary potential. As we traverse the precipice of a new era in biology, these viruses stand as beacons of precision and innovation. By wielding the power to engineer microbial communities at will, Designer Phages could catalyse a paradigm shift in healthcare and agriculture, reshaping our approach to human, animal, and plant well-being. This technology epitomises the remarkable convergence of science and practicality, offering glimpses into a future where precision and adaptation work in harmony to foster thriving ecosystems and healthier lives.

### FLEXIBLE BATTERIES



### Pioneering the Power Revolution for Wearable Technologies

Flexible Batteries emerge as a groundbreaking force, reshaping the way we power wearable devices. These lightweight and

adaptable energy sources are igniting a revolution in wearable healthcare devices, e-textiles, and beyond, cementing their place among the top technological innovations.

### Bending Possibilities, Powering Innovations

Flexible Batteries epitomise the fusion of form and function. Crafted from lightweight, pliable materials, they have rapidly gained prominence across a spectrum of applications. From wearable medical

devices that monitor health parameters to smartwatches, e-textiles, and beyond, these batteries empower innovation by powering technologies that seamlessly integrate with our lives.

### **Versatile Energy on Demand**

The true marvel of Flexible Batteries lies in their ability to bend, twist, and stretch without compromising their energy storage capabilities. Relying on lithium-ion or zinc-carbon systems, these rechargeable batteries deliver dependable power while adapting to the contours of wearable devices and textiles. This adaptability opens up new dimensions for design, enabling devices that fit comfortably and unobtrusively into our lives.

### **A Thriving Market and Uncharted Frontiers**

The global surge in demand for wearable technologies is propelling the flexible-battery market into rapid expansion. These batteries are not only addressing the needs of wearables but also catering to the increasing desire for miniaturisation and elasticity in various applications. As companies pioneer and commercialise related technology, the potential for innovation in flexible battery design and performance remains immense.

### **Empowering a Connected Future**

The inclusion of Flexible Batteries in the top list of emerging technologies for 2023 underscores their transformative potential. As the demand for wearable devices and integrated electronics continues to surge, these batteries become the cornerstone of a more connected and convenient future. With the ability to blend seamlessly into our daily lives, Flexible Batteries exemplify the harmony between human-centric design and cutting-edge technology, heralding an era where power follows our every move, flexing to fit our aspirations and needs.

## **ARTIFICIAL INTELLIGENCE-FACILITATED HEALTHCARE**



### **Transforming Efficiency in a Rapidly Changing Landscape**

Artificial Intelligence-Facilitated Healthcare stands as a beacon of hope and innovation, poised to reshape the efficiency and efficacy of healthcare systems worldwide. The urgency

sparked by the COVID-19 pandemic has catalysed the integration of artificial intelligence (AI) and machine learning (ML) into healthcare, creating a paradigm shift with far-reaching implications.

### **Navigating Crisis and Beyond**

The global pandemic highlighted the vulnerabilities of healthcare systems across the globe. This pivotal moment accelerated the incorporation of AI and ML into healthcare, harnessing predictive insights to anticipate and effectively respond to future health crises. By leveraging data-driven decision-making, these technologies promise to expedite medical care, reduce wait times, and optimise resource

allocation, thereby creating resilient healthcare infrastructures capable of weathering unforeseen challenges.

### **Empowering Developing Nations**

The potential impact of AI-facilitated healthcare is particularly profound in developing countries, where healthcare systems often grapple with inadequacies. These technologies offer a lifeline by bridging gaps in access to medical expertise, diagnostics, and treatment planning. As AI algorithms evolve, they can significantly enhance healthcare delivery in regions that need it most, ushering in an era of improved health outcomes and enhanced well-being.

### **Unveiling Challenges and Nurturing Ethics**

The transformative promise of AI-facilitated healthcare is accompanied by critical challenges. Ensuring data privacy, managing levels of public acceptance, and fostering patient compliance are pivotal concerns. The ethical underpinning of these systems, given their access to vast volumes of personal data, demands meticulous attention. Crafting a robust ethical framework, buttressed by responsible AI governance, will be imperative to ensure that these technologies yield benefits without compromising individual rights and privacy.

### **A Vision of Transformative Progress**

Incorporating AI-Facilitated Healthcare into the top list of emerging technologies for 2023 underscores its capacity to redefine the healthcare industry. The convergence of AI and healthcare offers a transformative journey, promising precision-driven diagnostics, personalised treatment plans, and efficient health management. As AI continues to shape healthcare, it carries the potential to create equitable healthcare access, expedite medical breakthroughs, and safeguard public health. In embracing AI's potential, we navigate a future where technology is harnessed as a force for human well-being and resilience, steering the trajectory of healthcare towards efficiency, inclusivity, and unparalleled progress.

## **METaverse FOR MENTAL HEALTH**



### **Negotiating Virtual Spaces for Well-Being**

In the dynamic realm of emerging technologies in 2023, the concept of a "Metaverse for Mental Health" emerges as a transformative force, offering a novel approach to addressing the global

rise in mental health challenges. As reported by the World Health Organization, the prevalence of mental health conditions and substance use disorders has been on the rise. The COVID-19 pandemic further exacerbated this issue, underscoring the need for innovative solutions.

### **A Response to Growing Mental Health Concerns**

The global surge in mental health conditions calls for inventive approaches. The responsible utilisation



## TECHNOLOGY

of virtual shared spaces within the metaverse offers a unique avenue. Screen time and excessive social media use have raised concerns about psychological well-being, but the metaverse, as a distinct immersive layer of the internet, shows potential to counterbalance these negative effects and actually contribute positively to mental health.

### Immersive Well-Being

The metaverse provides an immersive platform that can support various facets of mental health care. By offering shared virtual spaces that are designed to promote relaxation, mindfulness, and social interaction, individuals can find solace, connect with peers, and seek refuge from the stressors of the physical world. These spaces can transcend geographical boundaries and facilitate group therapy, self-help sessions, and other forms of mental health support.

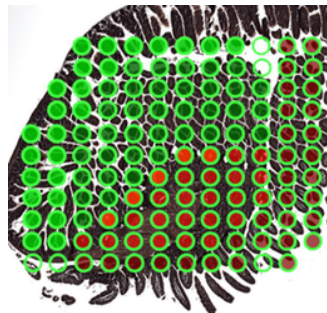
### Innovative Treatment Avenues

Beyond providing virtual sanctuaries, the metaverse is also being explored for more active therapeutic purposes. Gaming platforms and non-invasive technologies, such as electrode-containing headsets, are emerging as potential tools for treatment. These technologies harness the immersive and interactive nature of the metaverse to engage users in therapeutic activities, cognitive exercises, and personalised interventions.

### A Vision of Hope and Healing

Incorporating the “Metaverse for Mental Health” into the top list of emerging technologies for 2023 accentuates its profound potential. As society grapples with escalating mental health concerns, the metaverse emerges as a digital refuge offering respite and empowerment. By fostering connections, delivering innovative treatments, and crafting immersive experiences, the metaverse embodies a future where technology transforms into a beacon of hope, alleviating the burden of mental health challenges and promoting well-being in an increasingly interconnected world.

## SPATIAL OMICS



### Unveiling Life's Intricacies Through Molecular Mapping

Spatial Omics stands as a revolutionary force, poised to unlock the enigmas of life through unprecedented molecular-level insights. This innovative approach marries advanced

imaging techniques with DNA sequencing, paving the way for an intricate understanding of biological processes that were once beyond human observation.

### Highlighting the Unseen Realm

Spatial Omics empowers researchers to peer into the molecular intricacies of life with unparalleled clarity. By merging cutting-edge imaging methods with DNA sequencing, this technique enables the visualisation of cell architectures and biological occurrences that were once concealed from the human gaze. This

transformative capability promises to shape the development of “cell atlases,” intricate molecular maps of diverse species, opening avenues for novel discoveries across the biological spectrum.

### A Catalyst for Breakthroughs

The potential of Spatial Omics extends across diverse domains. By delving into the depths of cellular interactions and genetic expressions, it has the capacity to revolutionise therapeutic exploration, illuminate the intricacies of tumour development, and deepen our comprehension of infectious diseases. These insights, hitherto unattainable, could drive therapeutic advancements and lead to more targeted interventions.

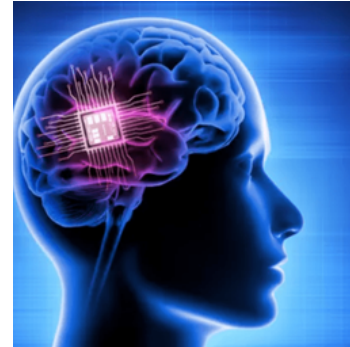
### Market Momentum and Technical Hurdles

The momentum behind Spatial Omics solutions is growing, marking a promising trajectory for its application. However, technical challenges demand attention. Efficient data acquisition, processing, storage, and standardised reporting are crucial facets that require resolution to unlock the full potential of this technology. Overcoming these hurdles is pivotal for realising the transformative potential of Spatial Omics.

### A Paradigm Shift in Biological Understanding

By incorporating Spatial Omics into the top list of emerging technologies for 2023, we highlight its transformative impact on life sciences. This technique holds the power to reconfigure our understanding of biological systems, unveiling mysteries that have eluded us for generations. As the veil is lifted on cellular complexities and molecular dynamics, Spatial Omics may redefine the boundaries of human knowledge, ushering in an era where life's intricacies are illuminated, leading to breakthroughs that enhance human health, understanding, and the very fabric of existence.

## FLEXIBLE NEURAL ELECTRONICS



### Bridging Minds and Machines with Precision

Flexible Neural Electronics emerge as a trailblazing force, poised to revolutionise the intersection of the human nervous system and advanced electronics. This groundbreaking

approach holds the promise to enhance brain-machine interfaces (BMIs) through ingeniously engineered circuits that seamlessly interface with the intricacies of the brain.

### Transforming Brain-Machine Interfaces

Brain-machine interfaces, designed to capture and interpret electrical signals from the brain, are already shaping medical treatments and prosthetic devices. However, conventional probes often fall short, causing discomfort and yielding imprecise readings. A recent breakthrough comes in the form of flexible BMIs that mould to the brain's contours, significantly improving both comfort and signal accuracy.



### Unveiling Neurological Mysteries

Flexible Neural Electronics transcend medical innovation by offering a deeper comprehension of brain diseases. The intricacy and precision of these devices could unravel the complexities of neurological disorders, paving the way for innovative therapeutic interventions. From fine-tuned prosthetics to brain-monitoring devices and even advanced brain stents, the potential applications of these flexible BMIs are vast.

### Towards a Human-Artificial Intelligence Nexus

The journey ahead for Flexible Neural Electronics holds the promise of a true marriage between humans and artificial intelligence. As these interfaces evolve, the prospects of achieving seamless interaction between human minds and machines become increasingly conceivable. The road to this future, however, requires careful navigation of ethical considerations, ensuring that the integration of technology into cognition is balanced with the preservation of human agency and dignity.

### A Vision of Synthesised Potential

Incorporating Flexible Neural Electronics into the top list of emerging technologies for 2023 spotlights its transformative potential. As we stand on the threshold of a new era, the synergy between neural systems and advanced electronics takes centre stage. Flexible Neural Electronics embodies a profound collaboration between innovation and biology, reflecting a future where minds and machines harmoniously converge, where diseases are conquered, and where the interface between human and artificial intelligence holds promise and possibility, carefully guided by ethical wisdom and humanity's quest for knowledge.

**The world is changing at a rapid pace, and so are the technologies. Sometimes the technologies outpace the ever-changing world dynamics. I hope all these are put to good use by mankind and for this planet. Somewhere, I would like to be optimistic about it, and I'm hopeful as it looks quite promising.**

**-WFY BUREAU, NEW DELHI**





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# Global Leaders From The Indian Cities. Know It All Now

By WFY Bureau.

*We are all aware of the numerous Indian-origin business and government leaders currently being lauded as trendsetters and winds of change. Do you know which city in India they belong to?*

**Sundar Pichai of Alphabet Inc – Chennai, Tamil Nadu**



The son of an electrical engineer and a stenographer, Pichai Sundararajan was born and raised in a middle-class family in Chennai. He earned his degree from IIT Kharagpur, where he also met the love of his life, Anjali. Pichai became the CEO of Alphabet Inc. and its subsidiary Google in 2019, but before that, he was also considered for the position at Microsoft in 2014.

**Satya Nadella of Microsoft – Hyderabad, Telangana**



Satya Nadella—one of the biggest names in Silicon Valley—is an undergraduate of the Manipal University of Technology in Karnataka. He was born to a Telugu-speaking family in Hyderabad in 1967. By 1990, he was working as an engineer

at Sun Microsystems. In 2014, Nadella took over Microsoft as CEO after Steve Ballmer, and managed to triple the company's stocks within four years.

**Sharmistha 'Shar' Dubey of Match Group – Jamshedpur, Jharkhand**



Sharmistha 'Shar' Dubey is the executive force behind Match Group, the holding company of 45 dating apps such as OkCupid and Tinder. Dubey was born and brought up in Jamshedpur. She studied at IIT Kharagpur with Sundar Pichai as her classmate. She then built a career spanning over a decade at Match, after which she became its CEO in 2020.

**Arvind Krishna of IBM – West Godavari, Andhra Pradesh**

Another prominent name on the exhaustive list of Indian-origin CEOs leading international companies is Arvind Krishna. He was born in the West Godavari district of Andhra Pradesh. Armed with a BTech degree from IIT Kanpur, he went on to take charge of one of the world's largest tech firms, IBM, in 2020.





**Ajaypal Singh Banga of the World Bank Group – Pune, Maharashtra**



With a lineage tracing back to Jalandhar, Punjab, Ajaypal Singh Banga was born in Khadki, Pune, in 1959. He pursued a degree in economics at St. Stephen's College, Delhi University, and an MBA at IIM Ahmedabad before launching into a progressive career with Nestlé. He went on to run the American organisation Mastercard Inc. as its CEO and Executive Chairman until January 2021. He is currently the president of the World Bank Group.

**Shantanu Narayen of Adobe Inc. – Hyderabad, Telangana**



Shantanu Narayen of Hyderabad became the CEO of Adobe Inc.—a California-based software company catering to about 12 million users across the world—in 2007. He holds degrees from Osmania University in Hyderabad and the Haas School of Business at the University of California in

Berkeley. Despite having left the country over 30 years ago, he continues to contribute to India's digital literacy by providing free Adobe software to underprivileged students

**Revathi Advaiti of Flex – Chennai, Tamil Nadu**



A native of Chennai, Revathi Advaiti began spearheading one of the world's largest manufacturing companies in 2019. Alongside her role as the CEO of Flex, she is also the director for the board at Uber and Catalyst.org, and she is an advocate for women in STEM and in the workplace. She pursued mechanical engineering at BITS Pilani at a time when the field was not common among women in India and later relocated to Oklahoma to begin a career as a shop floor supervisor.

**Sanjay Mehrotra of Micron Technology Inc. – Kanpur, Uttar Pradesh**



Sanjay Mehrotra is the CEO of Micron Technology Inc. in the US, but his roots lie in Kanpur. The pursuit of education took him to the University of California in Berkeley, and in 1988, he co-founded SanDisk in California. After serving as its CEO until 2016, he transitioned into the same position at Micron Inc., where he is still leading.

**Punit Renjen of Deloitte – Rohtak, Haryana**



Punit Renjen is currently heading Deloitte—one of the Big Four service firms headquartered in England—from his home in Portland, Oregon. Renjen is originally from Rohtak, Haryana, where he grew up until leaving for a master's degree at Willamette University in Salem. In 2015, he became the first person of Asian origin to lead Deloitte.



**Leena Nair of Chanel – Kolhapur, Maharashtra**

Leena Nair was born in Kolhapur, Maharashtra. She completed her initial schooling in the state until she moved to Jharkhand to pursue an MBA. Her rise to fame included a three-decade-long stint with Unilever, where she became the first female executive officer. In 2021, she wrote history once again as she became the first Indian-origin female CEO of a luxury fashion brand, Chanel. She is also the youngest CEO the company has ever appointed and is the Global CEO of Chanel.

**Laxman Narasimhan of Starbucks – Pune, Maharashtra**

Born and brought up in Pune, Laxman Narasimhan completed mechanical engineering from the University of Pune and got a master's in German and finance from the University of Pennsylvania. Laxman speaks six languages and has held various leading roles around the world at companies like PepsiCo before he took over Reckitt Benckiser as CEO in 2019. He left Reckitt Benckiser in 2022 and is currently the CEO of Starbucks.

**The list does not end here. It is an ever-increasing and ongoing one. They are truly India's best ambassadors to the world.**

**- WFY BUREAU**







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# The Best Cricket Export From India: Hussain Edge

By Saji Chacko

The trials and tribulations faced by India-born England cricket captain Nasser Hussain would have troubled the toughest of men. Yet the England great had a cool head and an even cooler demeanour, which saw him outlive his legacy as a very good batsman.

Nasser, who was born in Chennai, has royal blood. Born of blue blood (Nasser's father, Raza Javed Hussain, is from the lineage of the Nawab of Arcot), his mother, Shireen, is an English lady, as the Hussain family spent their early days in Chennai. As a youngster, Nassir had firsthand experience at Chepauk Stadium, where his elder brothers were regulars.





## SPORTS

"I had cricket running in my blood since both my elder brothers were cricket players and frequented the Chepauk Stadium, which was close to our house. I was hooked on cricket at the age of 7. Initially, I was a bowler, and my brothers also helped me sharpen my skills," he said.



Nasser Hussain – Last test 103\_ not out 2004

Nasser's Indian roots were cut short when his father decided to move to England to pursue greener pastures. His family settled down in Durham, where Nasser soon developed his skills as a batsman.

Around the time Nasser's family settled down in England, there were a couple of very talented batting youngsters. They were Mike Arthurton and Grahame Thorpe, both of whom would go on to play for England. In fact, Arthurton would captain the England side for five years. The three of them were practicing mates and developed a close bond among themselves.

"Basically, myself, Arthurton, and Thorpe had a great sense of comradeship and friendship. On the field, we were bitter rivals, but the best of friends outside it. We never carried our rivalry outside the cricket field," says Nasser.



Nasser Hussain –with his wife

Just about the time. Nasser was trying to make his breakthrough into the junior England side when he was faced with resistance from a very unlikely source—his own father. Raza Javed was not yet fully convinced about his son's batting prowess and felt that he needed to spend more

time in training. This minor impediment delayed Nasser's entry into the England team by at least three years. But then, ever optimist that he is, Nasser has no regrets: "I have no regrets at all. After all, I managed to play for England, never mind the fact that it may have been delayed by two or three years," he said.



Nasser Hussain's Father

There was another problem that he was beset with. He sustained a minor injury to the right arm just two days prior to England's 1999 Test team selection. Any other cricketer would have skipped the trial, knowing the amount of risk he was taking. But not Nasser—he went ahead with the selection trials, defying even his doctor's advice. As luck would have it, he scored a good knock, which allowed him entry into the England Test side.

Once in the England Test team. His initial performances were not satisfactory, which led to him being dropped frequently. But that did not deter Nasser, whose guts and gumption were of the highest order. Never the one to be disheartened, he kept on working harder and harder on his game until he became a regular in the England side.

Nasser's golden period was between 1999 and 2003, when he captained England in 45 Tests. This was a phenomenally long time in which the England team became a world force in Test cricket. His shrewd captaincy has been the talk of the town, even during the tour to India.



The worst days of our lives, chairman of selectors David Graveney and Nasser Hussain reflect on the gloomy summer of 99 at The Oval credit cricket monthly

It was not just that Nasser was a good captain. He was an excellent batsman who scored 9,000 runs in both Tests and ODIs. He was a very good Test batsman, proof of which came in the 14 centuries—quite a task when one takes into consideration that bilateral Test series were much less common then than nowadays.

He was also one of the fittest players and has the distinction of not missing a single Test or ODI due to injury. In his own words, "It would be a shame if a player would have to sit out for a match due to injuries or fitness issues. I always felt any sportsperson's basic mantra is to keep his fitness," he pronounced.



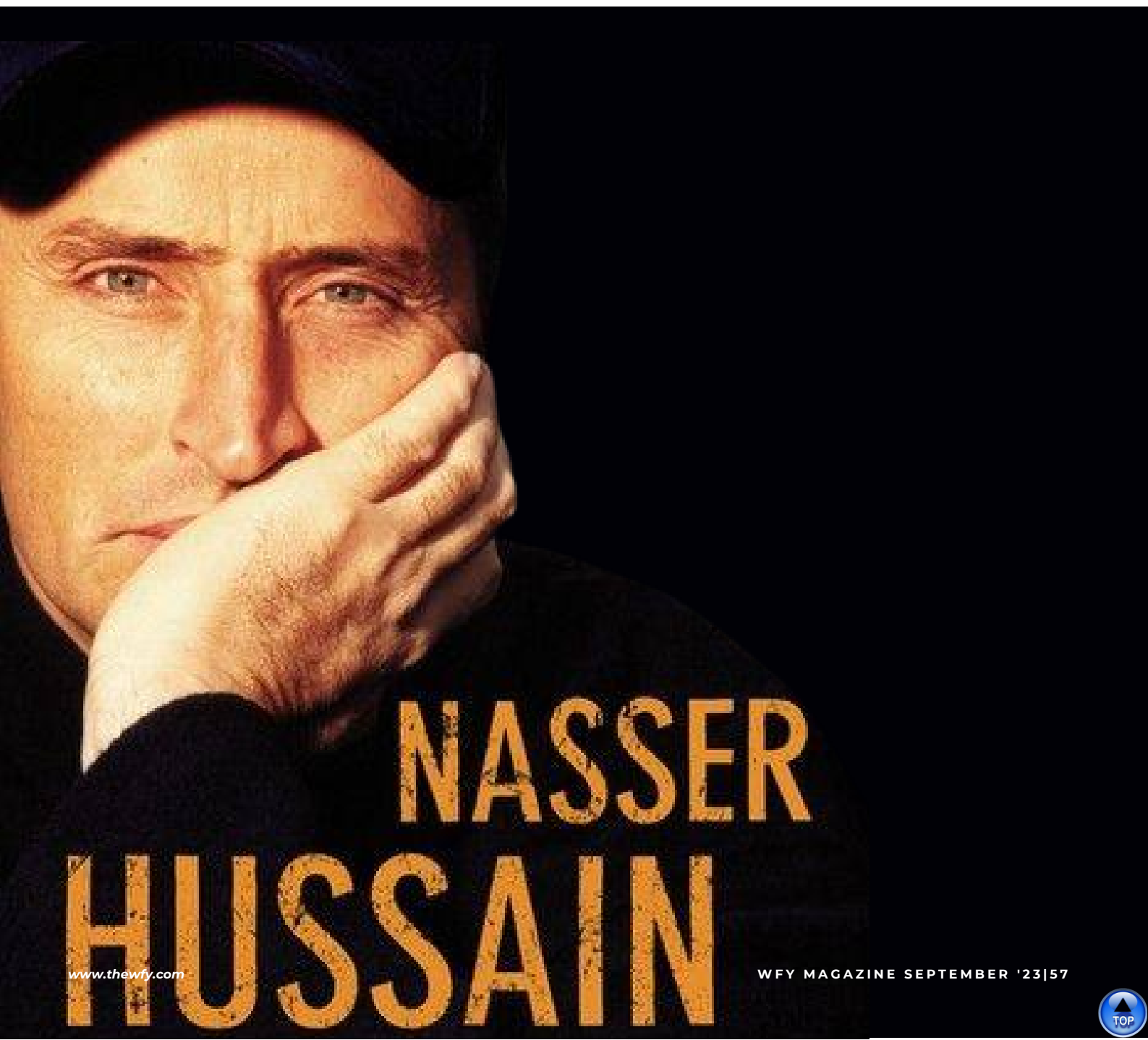
*An emotional Hussain after steering England to a dramatic series victory in Karachi in 2000 © Getty Images*



*England Test Cricket signed memorabilia*

Nasser still harbours a lot of love and admiration for India. He still makes it a point to visit Chennai whenever he is in India. "I still love India in general and Chennai in particular. Sambar and dosa are high on my culinary list. I also feel that Indians are a lot more satisfied than most," he said.

**-SAJI CHACKO**



**NASSER  
HUSSAIN**



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to the Indian Diaspora!**

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WFY (World For You) is the ultimate online digital magazine and portal in English that brings the world of the Indian Diaspora right to your fingertips. Reach out to us on

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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



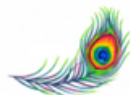
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## INDIAN DIASPORA GLOBAL MOVEMENT

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

