

November, 2023

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November

LET'S WELCOME THE

NEW NOVEMBER IN AN
INDIAN SPIRIT

By Melwyn Williams

Dear WFY Readers & Patrons,

As November approaches, a month brimming with cultural celebrations such as Diwali, let us take a look at the global incidents shaping up. It is a fitting moment to contemplate the profound influence that the Indian Diaspora has had on a global scale. Consisting of more than 32 million people spread throughout 205 countries, the Indian Diaspora is a vital link between India and the international community.

A noteworthy example of the diaspora's advocacy and influence is its crucial participation in the 2005 Indo-US nuclear agreement. By means of fundraising and petitioning, Indian Americans effectively advocated for this accord, thereby emphasising the diaspora community's resolve and strength.

Conspicuous in its financial contribution to India's economy, the Indian Diaspora annually remits an astounding \$80 billion. The aforementioned number signifies the most substantial remittance worldwide from any diasporic group, showcasing the dedication and prosperity of Indians living in diverse regions across the globe.

An attribute that sets apart the Indian diaspora is its esteemed standing for diligence and proficiency. The Economist reports that the Indian diaspora in the United States has an average annual income of \$150,000, which is double the national average. In addition to succeeding in education, business, and politics, members of this community occupy influential positions in parliaments throughout the United Kingdom, Australia, Canada, the European Union, and the

United States. In addition, Indian diaspora executives have flourished in corporate environments, with 25 individuals presently serving as the CEOs of S&P 500 companies.

In addition to their professional accomplishments and financial contributions, the Indian diaspora also functions as cultural envoys, thereby transmitting India's soft power on an international scale. Although no longer citizens of India, numerous diaspora individuals uphold profound connections to their cultural heritage by safeguarding and exhibiting Indian customs and traditions in the nations where they have settled.

Significantly, the diaspora has consistently voiced its dissent or apprehension regarding the course of action taken by the Indian government. Concerning matters including the repeal of Article 370, the Farmers' Bill, and the Citizenship Amendment Act, diaspora communities have participated in discussions and expressed both support and opposition. An organisation with a presence in eighteen countries, the Indian Diaspora Global is actively engaged in the affairs and welfare of the diaspora. Their most recent initiative, "Keep The Door Open," is an unprecedented collective demand for dual citizenship for the Indian diaspora.

It is essential to acknowledge that the Indian diaspora's presence has worldwide repercussions. The events that occur in India possess the capacity to affect not only the diaspora but also the countries in which they reside. Prominent political parties in India are cognizant of this phenomenon and endeavour to maintain ties with the diaspora

in the hope of securing their backing for domestic affairs. In anticipation of the Lok Sabha elections, specific political parties have secured financial support from the diaspora in support of common causes.

Additional news regarding the recent natural and man-made disasters in India is regrettable. Thirteen individuals perished as a result of a detonation at a firecracker warehouse in Attibele, Karnataka, whereas 74 people perished in the flash floods that struck Sikkim. Furthermore, the catastrophic inundations resulting from the rupture of Lhonak Lake have claimed the lives of 22,000 individuals, constituting the most severe calamity to strike this area in more than five decades.

From a favourable perspective, the dedication of Swaminarayan Akshardham, the second largest Hindu temple globally, in Robbinsville, New Jersey, serves as an emblematic representation of the diaspora's laboriousness in safeguarding their religious and cultural legacy.

The ongoing global apprehension regarding climate change has prompted the National Oceanic and Atmospheric Administration of the United States to issue a dire warning: 2023 is projected to be the warmest year ever recorded. This underscores the critical nature of environmental intervention.

Regarding the social fabric, the Supreme Court of India recently refrained from sanctioning same-sex marriage, placing emphasis on the jurisdiction of the legislature in this regard.

Furthermore, the fraught diplomatic ties between Canada and India have resulted in the withdrawal of 41 Canadian diplomats. India's decision to revoke the diplomatic immunity of these individuals subsequent to the death of a pro-Khalistan Sikh leader, Hardeep Singh Nijjar, instigated this course of action.

This edition, our cover story titled 'Why Is Kalam Unbelievably Relevant Even Now?' is on APJ Kalam, former president and missile man of India. He is more commonly known as the President of the Youth. We have the world politics section covering the Israel-Palestine conflict. Besides this, you can find interesting reads on health and wellness, lifestyle, travel, art and culture, sports, etc. We have our special feature, 'From the Kitchens of India', along with an insight into Navratri as well. I hope all these will make for an interesting read for you.

Happy Reading!

In unity and celebration,

-MELWYN WILLIAMS

Editor-in-Chief, The WfY Magazine

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Why Is Kalam Unbelievably Relevant Even Now?

Avul Pakir Jainulabdeen Abdul Kalam
(15 October 1931 – 27 July 2015)



The eleventh President of India and a noted aerospace engineer, Dr. APJ Abdul Kalam, was colloquially referred to as the Missile Man of India. His impressive scientific and technological advancements in India, coupled with his modesty and uplifting nature, have earned him widespread acclaim and admiration.

Dr. Kalam's enduring popularity in India persists despite his demise in 2015. For millions of people, he serves as an inspiration and a national icon. Indian people remain motivated by his legacy to pursue excellence and have grandiose aspirations.

His enduring popularity can be attributed to a multitude of factors. Predominantly responsible for the development of ballistic missile and launch vehicle technology in India, he was an exceptionally gifted physicist and engineer. In 1998, India conducted the Pokhran-II nuclear tests, which substantially enhanced the nation's defensive capabilities. He played a pivotal role in the planning of these tests.

Further, with a crystal-clear vision for India's future, Dr. Kalam was a visionary leader. His book, *India 2020: A Vision for the New Millennium*, provided a comprehensive strategy for attaining his conviction that India could progress to the status of a developed nation by 2020.

Additionally, renowned for his modesty, kindness, and

simplicity, Dr. Kalam was a revered and esteemed individual. The message of optimism and hope that he conveyed made him particularly well-liked among the youth.

Contemporary India's Recognition of Dr. Kalam

Significant in contemporary India is the work of Dr. Kalam. India is now a global leader in these disciplines due in part to his contributions to the nation's scientific and technological progress. Countless Indians have been motivated to pursue excellence and make meaningful contributions to the progress and advancement of their country by his vision for India's future.



The President Dr. A.P.J. Abdul Kalam with the awardees of the Nirmal Gram Puraskar who called on him at Rashtrapati Bhavan, in New Delhi on March 23, 2006.

By Melwyn Williams

COVERSTORY

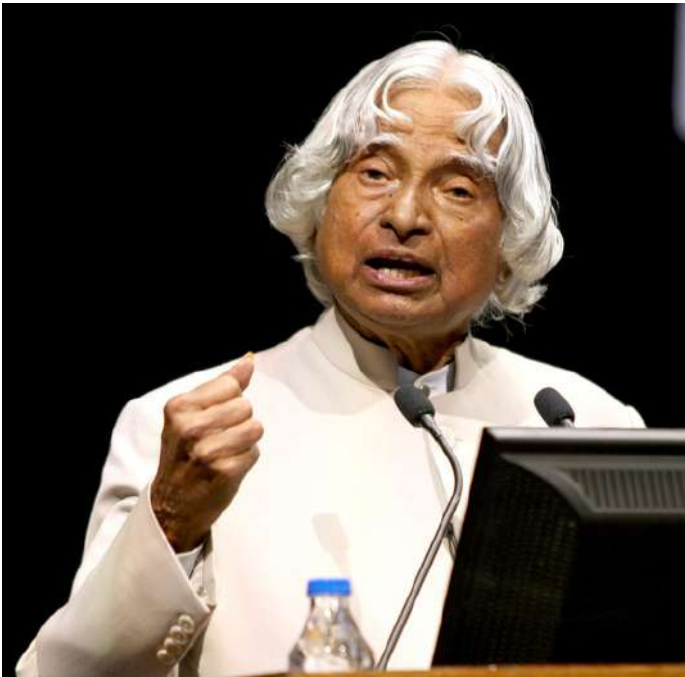
Indeed, the values and principles espoused by Dr. Kalam continue to have contemporary relevance. The significance of diligence, commitment, and endurance was imparted to us by him. He also instructed us to endeavour ceaselessly to effect positive change in the world and to maintain humility and compassion.

Dr. Kalam's teachings for contemporary India

Dr. Kalam has much to offer regarding the modern Indian context. A few instances can be cited:

- **The Scientific and Technological Importance:** Dr. Kalam held a firm conviction regarding the paradigm-shifting potential of science and technology. He held the conviction that the advancement and progress of India were contingent upon the sciences and technologies. Standing as a global leader in these domains, contemporary India ought to maintain its substantial investments in science and technology.
- Kalam fervently advocated for the significance of education. He was convinced that education was indispensable for both nation-building and the empowerment of individuals. Education should be universally accessible and a priority for contemporary India.

Dr. Kalam served as an example of the importance of values and principles because he was a strong example offenders. He asserted that diligence, commitment, tenacity, modesty, and empathy were all essential qualities. Encourage its citizens to conduct their lives in observance of these values; this should be the mission of contemporary India.



The former President, Dr. A.P.J. Abdul Kalam delivering key note address on "Strength Respects Strength", at the 5th Admiral A.K. Chatterji Memorial Lecture, in Kolkata on April 11, 2015.

Millions of individuals looked up to Dr. APJ Abdul Kalam as a visionary leader and icon. He has become one of the most well-liked and esteemed

figures in Indian history due to his impressive achievements in scientific and technological progress, inspiring personality, and modest disposition.

Today, the legacy of Dr. Kalam remains pertinent. His optimism and message of hope, his commitment to values and principles, and his emphasis on the significance of science and technology are more crucial than ever.

Contemporary India ought to aspire to embody the principles that Dr. Kalam espoused.

- A man of distinction, Dr. Kalam was born in Rameswaram, Tamil Nadu, India, on October 15, 1931. His father was engaged in boating, which contributed to his modest upbringing.
- Kalam was a brilliant student; his thirst for learning never died.
- A graduate of the Madras Institute of Technology, specialising in aeronautical engineering.
- Although a devout Muslim, Dr. Kalam was an ardent advocate for interfaith harmony. It was his conviction that the message of love and harmony was universally preached by all religions.
- Kalam was employed at the Defence Research and Development Organisation (DRDO) as a scientist. He was instrumental in the advancement of launch vehicle and ballistic missile technology for India.
- In addition, Dr. Kalam contributed to the development of India's inaugural launch vehicle, the SLV-3, while employed by the Indian Space Research Organisation (ISRO).
- Kalam advised the Minister of Defence on scientific matters between 1992 and 1999. He supervised the Pokhran-II nuclear tests conducted by India during this period.



His Principles & Philosophy

With a distinct vision for India's future, Dr. Kalam was a leader with foresight. His book, *India 2020: A Vision for the New Millennium*, provided a comprehensive strategy for attaining his conviction that India could progress to the status of a developed nation by 2020.

Dr. Kalam ardently supported science and technology; he was indeed a true patron. Dr. Kalam was a strong advocate of education for all and held the conviction that science and technology were indispensable for the advancement and progress of India. He was convinced that education was indispensable for both nation-building and the empowerment of individuals. In recognition of his contributions to science and technology, Dr. Kalam was bestowed with a multitude of honours and accolades. Padma Vibhushan and Bharat Ratna were two honours bestowed upon him, respectively, in 1990 and 1997. Dr. Kalam, a man of modest means with a strong rapport with the populace, he presided over India for five years as the 11th President of India. He was elected in 2002.



Young people were particularly attracted to Dr. Kalam and they connected instantly with him.

His motivational speeches and messages of optimism and hope earned him the title of 'President of the Youth & Children'. To interact with students, Dr. Kalam often visited universities and institutions. He motivated them to achieve excellence and work towards their goals.

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His Books

Some of his noted books are:

- *Wings of Fire: An Autobiography* (1999) was among the many publications authored by Dr. Kalam.
- *China 2020: An Emerging Millennium Vision* (2002)
- *Ignited Minds: Capturing India's Potential for Empowerment* (2003)
- *2004's The Luminous Sparks*
- *For the 21st Century, Mission India: A Vision* (2005)
- *A Vision for Tomorrow's India: Beyond 2020* (2014)

Wisdom and inspiration abound in the works of Dr. Kalam. Anyone who desires to accomplish their goals and effect positive change in the world should highly recommend reading them.



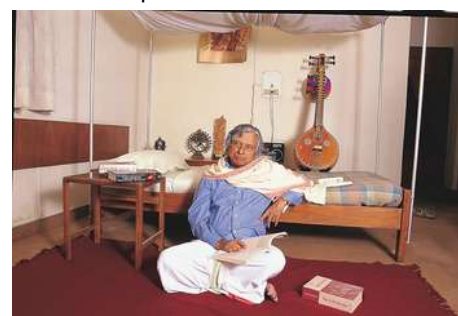
His Relevance

He gave a new direction and vision to modern India. His contributions to the field of science, especially space and technology, helped India achieve a pioneering position in the world, which only a handful of nations can boast of. He inspired the children of India to dream and achieve their dreams through hard work. He emphasised the importance of secularism and living in peace and harmony, respecting each other's beliefs and traditions without hampering their own, as he was a devout Muslim himself. He inspired many to be modest and humble to the core and to keep their focus on bigger things. He set an example with his life, his education, his books

and his work. He reminded each one of us of how a president of a democratic nation should be.

These are virtues he passed on to the current generation, which indeed are the need of the hour, and we still benefit from them.

Notwithstanding his unanticipated candidature for the presidency, he garnered widespread admiration during his tenure in that illustrious office. Beyond his customary ceremonial duties, he established rapport with common individuals, particularly young people. By employing his distinctive approach of delivering informative poems for children and idiosyncratic PowerPoint presentations, he explored a wide array of subjects, including the importance of broadband connectivity in rural regions and solar energy. The influence of Abdul Kalam was significant; his book "*Ignited Minds*," among others, struck a chord with readers, which contributed to his widespread acclaim.



Abdul Kalam was notable for a variety of reasons. Being a Muslim who was deeply ingrained in Hindu culture, he was regarded by many as an anomaly. Scientific by nature, he frequently listened to Carnatic devotional music, played the rudra-veena (a traditional South Indian instrument), and admired classical Tamil poetry. He nevertheless carried out the namaz (Islamic prayer) devoid of any feeling of incongruity. Through the amalgamation of his native Islamic faith and a profound understanding of the customs that founded his civilization, he personified the multifarious essence of India's rich heritage.

Abdul Kalam, whose long silver hair was styled back and who



spoke with a thick Tamilian dialect, defied expectations to become a cultural icon. His popularity persisted after he ceased serving in office. Throughout his retirement, he consistently delivered speeches, with a particular emphasis on academic institutions, where he adeptly engaged a wide range of audiences.

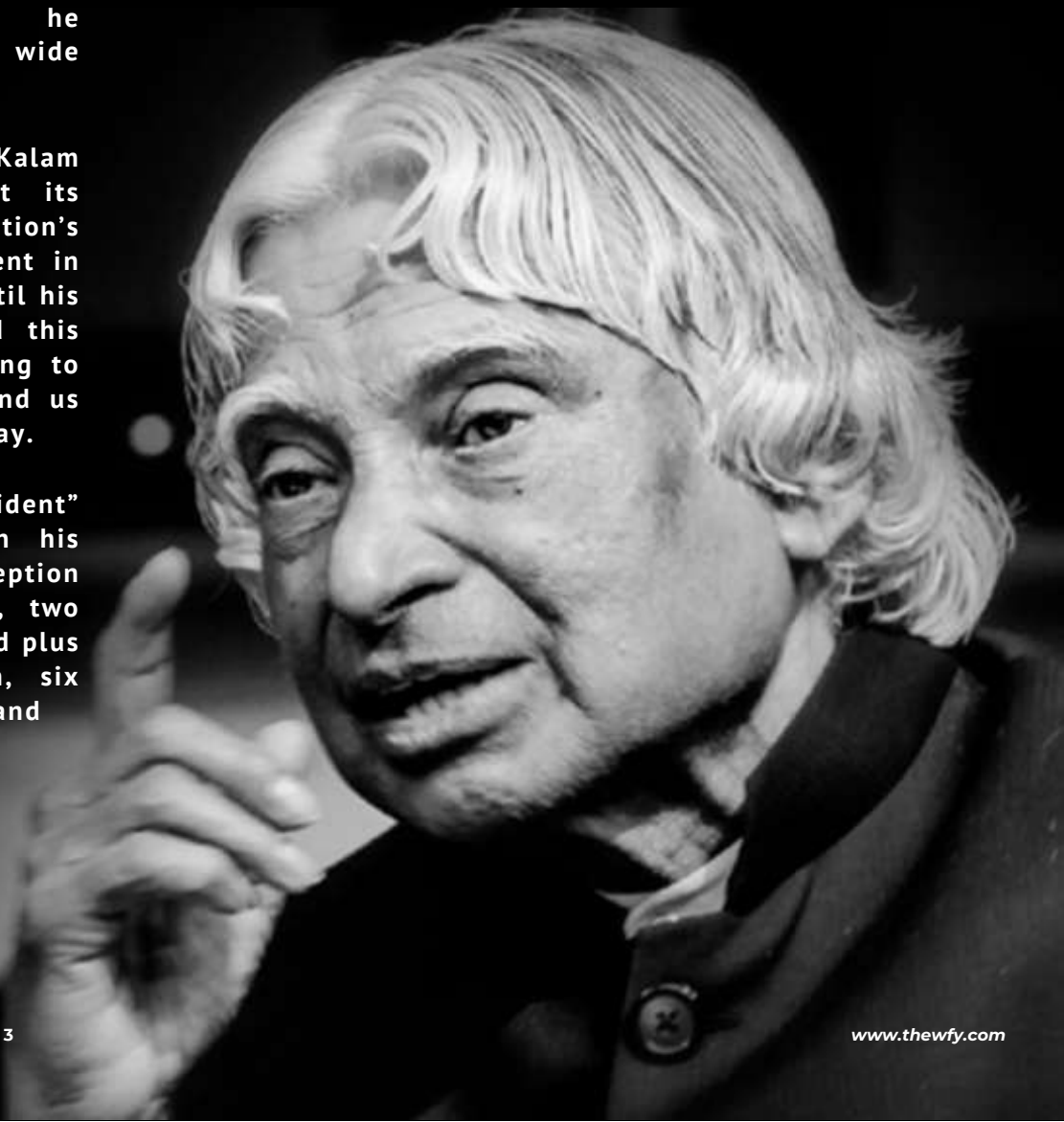
APJ Abdul Kalam epitomised India at its finest. He was the nation's most revered president in its history. Active until his demise, he departed this world while continuing to speak, as if to remind us that he had more to say.

The "People's President" had no property in his name. With the exception of a pair of shoes, two thousand five hundred plus books, a wristwatch, six shirts, four trousers, and

three suits, Dr. Kalam possessed almost nothing. Notably, the former president did not possess a refrigerator, television, automobile, or air conditioner. Dr. Kalam did not lead an extravagant lifestyle. His primary source of revenue was the royalties he obtained on the books he had written, as well as his pension.

Always motivating millions of individuals worldwide, Dr. Kalam's legacy lingers. A shining example for all, he was a genuinely brilliant leader. His extraordinary life will continue to be celebrated in India for a long time to come.

-MELWYN WILLIAMS





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The Human Cost Of Israel-Palestine Conflict: Know It All Now

By Girinder Kumar

Rooted in historical, religious, territorial, and political issues, the Israel-Palestine conflict is a long-standing, deeply complex dispute that has destabilised the political landscape of the entire Middle East region for decades and remains a significant source of tension in the region. Not only has it affected millions of lives on the Palestinian and Israeli sides of the border and their neighbours, but it has also cost thousands of lives on both sides due to the frequent eruption of hostilities.

In the latest developments on this front, armed Hamas militants launched coordinated attacks on Israel from the Gaza side in the early hours of the morning of October 7, 2023. In an unprecedented well-coordinated offensive, Hamas, a US-designated terrorist organisation, launched thousands of rockets within a short span of time on Israel, followed by an on-ground offensive by heavily armed militants against civilians and military personnel deep inside the Israeli territory.

The entire world was stunned at the scale of these attacks, sounding alarm bells across the region and triggering fears of the start of another war and the escalation of hostilities in the area, which has for long been a hotbed of bloody armed conflicts over the last several decades.

The conflict has its origins in the late 19th and early 20th centuries, when a wave of Jewish immigrants arrived in the region that was then under Ottoman rule. The British Mandate governed the region during and after World War I, and the Zionist movement aimed to establish a Jewish homeland in Palestine. In 1947, the United Nations approved a plan to partition Palestine into separate Jewish and Arab states, leading to the establishment of Israel in 1948. This event, known as the Nakba (Arabic for "catastrophe"), resulted in the displacement of hundreds of thousands of Palestinian Arabs whom Israel never allowed to return to their homes and who were forced to take refuge elsewhere and have since been living in poverty. Both Israelis and Palestinians lay claim to the same land, while the involvement of various regional and international powers, including the US and Russia, also adds to the complexity of the matter.

A barrage of rockets fired from Gaza entered Israeli airspace, mainly in south and central Israel, triggering warning sirens and rendering its much-decorated Iron Dome air defence system ineffective. At the same time, heavily armed terrorists broke through the heavily fortified border fences and entered Israel on motorbikes, pickup trucks, and paragliders from Gaza side by

speedboats on the coast, attacking civilians and IDF bases in as many as 22 locations in Israeli territory, killing more than 1400 civilians and soldiers and also taking more than 200 hostages.

Israel immediately declared a war on Hamas, launched its counter offensive against Hamas and Islamist Jihadist (PIJ) targets in Gaza and West Bank areas, and served an ultimatum on civilians in Gaza to move out of the conflict zone. Dubbed 'Open Air Prison' by international aid agencies, Gaza has been under a continued Israeli blockade since 2007, which maintains strict control over its borders, airspace, and access to the sea.

Israel largely provides and controls the electricity and water supplies to Gaza, which it blocks along with other essential supplies, including fuel and food, to Gaza areas. More than 1.5 million civilians have been internally displaced within Gaza, although they have hardly been able to escape the war and are caught in the crossfire between the warring sides. Even before the start of current clashes, the area has witnessed unprecedented violence this year, with the number of people getting killed on both sides being the highest in the last two decades.

The Israeli retaliatory action in the last two weeks has so far resulted in the loss of nearly 8000 human lives (including 2000 children) and about 20000 wounded on the Palestinian side, most of them civilians. The toll is expected to increase as the area of conflict has been increasing, with the IDF targeting suspected terrorist hideouts in the West Bank and Lebanon and increasing violent incidents on the Syrian side as well. Few other non-state actors in the region, like Hezbollah (operating from Lebanon), view the current conflict as an opportunity to corner Israel and have declared their support for Hamas, firing on Israeli positions in border areas with Lebanon. The continuous barrage of the area through airborne missiles and artillery shelling has left a vast trail of devastation in the Palestinian Territories, with hospitals, schools, religious sites, and even refugee camps coming under attack. Israeli border areas with Lebanon have also seen increased violent eruptions, and people in large numbers have been displaced on both sides of the border.

After being denied food and other basic necessities for nearly three weeks now, the area faces a humanitarian crisis. With about 2.3 million civilians, the Gaza Strip is one of the most densely populated areas on earth, and more than 50% of its population is poor and faces continuous food insecurity even



during the relatively peaceful periods. Nearly 80% of its population is estimated to be dependent on some form of humanitarian assistance for survival.

Since the Israeli closure of two crossings with Gaza and the blockade of essential supplies, humanitarian aid from the international community has been difficult to reach civilians in Gaza as the Rafah Crossing, the only international crossing Gaza has with any country other than Israel, remains closed due to bombardment on the Gaza side. The Egyptian government remains reluctant to open its borders for the free movement of international aid or Palestinian refugees due to fears of Israeli retaliation.

It has been only after the intense pressure of the international community, including the UN and EU, and some serious negotiations and intervention by US President Joe Biden that Israel agreed to allow limited movement of aid material, restricted to 20 trucks a day, to Gaza from the Egyptian side of the border, although this is likely to increase in the coming days. Even these supplies are grossly insufficient to address the catastrophic humanitarian crisis in Gaza. While no fuel is allowed to be carried in relief supplies due to Israeli fears of its misuse by Hamas, hospitals in Gaza are quickly running out of fuel, thus risking the lives of many on emergency support. Israel controls the electricity supply to Gaza and could have restored the same for hospitals, water treatment plants, and other humanitarian purposes, but it is seething from rage and doesn't seem to be interested at all in providing any relief.

If it is some relief, Israel has, except for some targeted limited-purpose raids (and immediate withdrawal), so far exercised restraint and has not yet launched its planned massive ground offensive in Gaza, which, if it were to happen, is sure to cause scores of casualties among Palestinians and substantially increase the human cost of war. Part of the reason for not going in for the full-scale ground invasion appears to be the safety concern for Israeli hostages Hamas has and also the extensive network of underground tunnels that

Hamas has been able to build within Gaza that may endanger the safety of the invading Israeli army. That Hamas has been able to build such a vast network of underground 'Gaza Metro' despite continuous Israeli surveillance over all these years tells a different story of the financial and emotional support that Hamas enjoys within the occupied territories.

The international community is also apprehensive of the regional powers, Iran and others, getting directly involved in the armed conflict if the planned ground offensive materialises, further complicating the situation and making it worse. Despite constant emphasis on the growing humanitarian crisis in Gaza by every country in the region and in many other parts of the world, the regional powers have so far exercised caution and only observed the developments from a distance.

The growing number of casualties, mainly civilians, has caused concern across the world, and protests have erupted in countries worldwide, including some by Jewish organisations, to stop the offensive against civilians in the area. World leaders are calling for restraint, while the Israeli response has been that "humanitarian efforts cannot be allowed to impact the mission to dismantle Hamas".

It's one of the longest ongoing ethnic disputes in modern world history and has been the cause of many violent attacks and wars in the region, including the Arab-Israeli War (1948), the Suez Crisis (1956), the Six-Day War (1967), the Attrition War (1969), the Yom Kippur War (1973), and two Lebanon wars (1982 and 2006) between Israel and other Arab nations. More than 20,000 human lives have been estimated to have been lost in the dispute since 1987, and the number is likely to substantially increase as the hostilities are unlikely to stop if the status quo is allowed to prevail.

Israel has been more aggressive ever since its victory in these wars, mainly the 1967 Six-Day War, when it captured large territories in the area, including the Sinai Peninsula and Gaza from Egypt, the Golan Heights from Syria, and the West Bank and East Jerusalem areas from Jordan. More than 300,000

Palestinians were either displaced or expelled from the West Bank. Whereas the status of Sinai and Golan Heights has mostly been resolved between Israel and its neighbours, the West Bank, East Jerusalem, and Gaza continue to be under Israeli occupation to date and have seen frequent eruptions of protests.

The fact that Israel has completely annexed the East Jerusalem region, which the Palestinians also claim and want to be their future capital, complicates matters further.

An Israeli law passed after the annexation of East Jerusalem allows Jews to reclaim properties that were Jewish before the formation of the Israeli state in 1948 (Jordan controlled the area between 1948 and the 1967 war), prompting charges of ethnic cleansing against Israel as there is no equivalent right in Israel for hundreds of thousands of Palestinians who fled or were forced from their homes during the war surrounding Israel's establishment in 1948. Tens of thousands of Palestinians continue to face the risk of forced evictions in the occupied territories, even as frequent squatting is continuously witnessed in the occupied territories where state-backed Israeli settlers have been freely encroaching on Palestinian neighbourhoods.

Restrictions have been imposed by Israel on Palestinian family unification between Israeli citizens or residents and their spouses from the Occupied Territories to maintain a Jewish demographic majority, inviting apartheid and 'war crimes' charges against Israel from the UN as well as other humanitarian organisations across the world. Amnesty International, in its 2022-23 report on 'The State of World Human Rights' stated that ***"Israel's continuing oppressive and discriminatory system of governing Palestinians in Israel and the Occupied Palestinian Territories (OPT) constituted a system of apartheid, and Israeli officials committed the crime of apartheid under international law. Israeli forces launched a three-day offensive on the occupied Gaza Strip in August, during which they committed apparent war crimes. This compounded the impact of a 15-year-long ongoing Israeli***



blockade that amounts to illegal collective punishment and further fragments Palestinian territory. Israel escalated its crackdown on Palestinians' freedom of association. It also imposed arbitrary restrictions on freedom of movement and closures that amounted to collective punishment, mainly in the northern West Bank, ostensibly in response to armed attacks by Palestinians on Israeli soldiers and settlers."

The areas in the West Bank and Gaza remain under continuous Israeli siege, and Israel maintains strict control over its access and has, over the years, established vast settlement colonies—Israeli Jewish civilian communities mainly built on occupied Palestinian lands in the West Bank and Gaza. Although in 2005 it closed these settlements in Gaza, no such withdrawal has been made in West Bank areas, which are estimated to be home to about 0.7 million Israeli settlers. In what many observers view as clear steps in de facto annexation of the occupied Palestinian Territories, nearly one-fifth of the West Bank has been declared a 'firing zone' since 1970, exclusively reserved for Israeli military training.

Thanks to the support of its key allies, Israel has for long enjoyed impunity for its actions in the

Occupied Palestinian Territories, actions that go way beyond its 'right to existence'. But that must change now, as the legitimate rights of people in the area to live a dignified life must be respected and honoured by all. Likewise, there is no place in a civilised society for any kinds of terrorist activities the likes of Hamas or Hezbollah propagate, and all such organisations must immediately be extinguished across the world.

However, it appears that things are changing on the ground because growing concern for the lives and safety of civilians in Gaza and other parts of the Occupied Territories is slowly but surely replacing the overwhelming support and sympathy for Israel that were present during the initial stages of the conflict. Huge rallies are being held in different parts of the world, including the US and UK, calling for immediate suspension of hostilities and relief to the affected populations in the war zone. The UN General Assembly, by an overwhelming majority, also called for an immediate ceasefire to provide humanitarian aid in Gaza. The resolution has been supported by 120 members of the 193-member UN General Assembly, with 14 voting against it and 45, including India, abstaining from it.

Achieving a just and lasting peace will require compromise, dialogue, and the commitment of all sides to disputes, as well as the direct involvement of the international community. A comprehensive approach involving diplomacy, peaceful coexistence, and a humanitarian approach is crucial for creating the desired conditions for building an atmosphere of trust and negotiations to bring everlasting peace to the region.

It is still too early to say how the dispute is going to unfold in the coming weeks, as Israel is adamantly firm on a long and decisive war against Hamas and other terror outfits operating in Palestine. But what is most important here is that the rampant and indiscriminate pounding of civilians currently ongoing in the area, whether by Hamas or Israel, must immediately stop. Civilians in the area, irrespective of their ethnicity, are entitled to a dignified life free of fear and force. Both Israelis and Palestinians deserve the opportunity to live in peace and security, and the International Community is obligated to ensure that innocent people there are in no way denied their basic right to life.

- GIRINDER KUMAR





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Breast Cancer Awareness Month Advice: Know It All

By TN Krishnakumar

October holds a special significance as it is recognised worldwide as Breast Cancer Awareness Month. This annual campaign aims to shed light on the importance of early detection, prevention, and treatment of breast cancer, a disease that affects millions of women across the globe. Amongst various communities, the Indian diaspora stands united in its efforts to raise awareness, educate, and empower women in the fight against breast cancer.

Pink Month: October (BCAM)

Breast Cancer Awareness Month (BCAM), also referred to in the United States as “National Breast Cancer Awareness Month (NBCAM)”, is an annual international health campaign organised by major breast cancer charities every October to increase awareness of the disease and raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

A Global Concern:

Breast cancer knows no boundaries and affects women of all races, nationalities, and socio-economic backgrounds. Within the Indian diaspora, the prevalence of breast cancer and its impact on women's lives is a growing concern. According to recent studies, breast cancer is the most common cancer among Indian women, with an increasing incidence rate. The implications of this disease reach far beyond the physical aspects, affecting emotional well-being and families as a whole. Recognising the urgency of the situation, individuals and organisations within the Indian diaspora have stepped up their efforts to address this critical issue.

In 2020, there were 2.3 million women diagnosed with breast cancer and 685 000 deaths globally. As of the end of 2020, there were 7.8 million women alive who had been diagnosed with breast cancer for the past 5 years, making it the world's most prevalent cancer. About 13% (about 1 in 8) of U.S. women are going to develop invasive breast cancer in the course of their lives. In 2023, an estimated 297,790 new cases of invasive breast cancer are expected to be diagnosed in U.S. women, along with 55,720 new cases of DCIS. DCIS (ductal carcinoma in situ) is a non-invasive breast cancer that starts in the milk ducts.

As per the Globocan data for 2020, in India, breast cancer accounted for 13.5% (178361) of all cancer cases and 10.6% (90408) of all deaths, as per WHO records and data.

Raising Awareness:

You've probably seen—and maybe even worn—a pink ribbon during October to recognise National Breast Cancer Awareness Month to support those who have been diagnosed with, are battling, or are recovering from the disease.

Breast Cancer Awareness Month serves as a platform to educate women about the importance of early detection and regular screenings. Education plays a pivotal role in dispelling myths, overcoming cultural barriers, and encouraging women to prioritise their health. It is essential to stress that breast cancer can affect anyone, and early detection significantly improves the chances of successful treatment. Through

public service announcements, workshops, and community events, the Indian diaspora is making concerted efforts to inform women about the signs and symptoms of breast cancer, self-examination techniques, and the availability of screening services.

Involvement of the Indian Diaspora:

Members of the Indian diaspora have actively engaged in initiatives that contribute to breast cancer awareness and support. Indian community organisations, healthcare professionals, and brave survivors have come together to amplify the message of hope, resilience, and solidarity. These efforts range from organising awareness camps to providing financial aid for mammograms, supporting research projects, and offering emotional support networks. By fostering a spirit of togetherness, the Indian diaspora is creating a safe space for women to share their experiences, seek guidance, and access resources crucial for a comprehensive approach to breast cancer awareness.

As a responsible citizen, wherever you live, whatever your nationality, all of us tried to raise awareness about breast cancer among our women—mother, sister, wife, daughter, or friend—and try to engage with them for breast cancer awareness and early detection through breast cancer screening. As per the WHO reports, the only way we can reduce the fatality of cancer is to early detect and treat it.



I have been engaging with breast cancer awareness and screening for the last many years with the support of many hospitals and many organisations around the world.

We did a few breast cancer awareness campaigns in the UAE with the help of Aster Hospital and NMC Specialty Hospitals and offered assistance through doctors and nurses to women on self-detection and screening.

On October 6, 2023, through the audio platform “Mentza,” Dr. JS Rajkumar, Dr. Shambhavi Rajgopal, and TN Krishnakumar organised a talk on breast cancer awareness and breast cancer screening using AI and the latest technologies. Dr. JS Rajkumar spoke on the need for breast cancer screening and early detection, and Dr. Shambhavi Rajagopal was the moderator of the speech. I came up with the data related to breast cancer all around the world, and in particular in India.

With the support of Lifeline Multispeciality Hospital in Chennai and Dr. JS Rajkumar, we have done 1380 breast cancer screenings using the I Brest (AI-based breast cancer screening method) from October 1, 2022, until June 30, 2023. We detected 21 cases of breast cancer at stage 1 and helped in identifying the problem at the beginning stage and starting treatment and recovery.

The breast cancer screening, with the help of Lifeline Multispeciality Hospital and Dr. JS Rajkumar, is still continuing for the next year. The hospital staff will visit the poor rural areas and screen a minimum of 50 women every Sunday for the next year with the support of the Dubai Emerald Lions Club in Dubai.

On October 10, 2023, with the support of NMC Specialty Hospital, a breast cancer awareness programme was conducted, and 10 breast cancer survivors and warriors spoke to the ladies about how they fought breast cancer. Oncology Specialist Doctors spoke on the requirements for early detection by using breast cancer screening and the necessity of starting early treatments to stop the cancer from spreading.

On October 22, 2023, we will had one more session on breast cancer awareness with the support of Aster Hospital and an initial screening of breast cancer by the hospital staff.



The Indian community attaches great importance to cultural preservation and tradition. Recognising this, awareness programmes tailored to the unique needs of the community have emerged. These initiatives combine culturally sensitive messaging with critical medical information, making women feel understood and respected. By incorporating traditional practices and beliefs, these programmes bridge the gap between cultural heritage and modern healthcare. Moreover, community leaders, influential figures, and celebrities are leveraging their platforms to raise awareness, encouraging individuals to prioritise their health and break the silence surrounding breast cancer.

Breast Cancer Awareness Month serves as a reminder to prioritise women’s health and the fight against breast cancer within the Indian diaspora. Through collaborative efforts, education, and support, the community is empowering women to navigate the challenges of this disease with resilience and determination. Progress is being made, but the journey continues. By advocating for regular screenings, fostering a supportive environment, and embracing comprehensive healthcare approaches, the Indian diaspora is making a profound impact on the lives of women affected by breast cancer. Let us unite, persist, and bring about a future where breast cancer is detected early, treated effectively, and ultimately defeated.

Let’s together fight this most prevalent cancer in women, ensure our women are free from the No. 1 cancer affecting all age groups, and save the family. Let’s ensure that this month of October, every woman in every part of the world is informed about breast cancer and the necessity of breast cancer screening to early detect and save lives. **-TN KRISHNAKUMAR**





Truth Now: Life's Timeless Dance And Embracing The Change



By Richa Maurya

In the gentle embrace of my youth, I fondly remember my mother's words, their echo still alive in my memory. "You can't do a thing right; you need to keep things back where you picked them from", she'd often lament. Her never-ending to-do list for me kept my youthful chaos in check. Those were the days when I was a young girl, prone to moments of clumsiness, often making a mess in the kitchen, conveniently ignoring my mother's meticulous instructions. None of it was on purpose; these mishaps simply happened in the whirlwind of my young existence. The most audacious part of it all? I had the nerve to correct her when she stumbled over her words while she repeated my instructions.

Fast forward to today, and my role has gracefully changed. As I watch my daughter, a young girl absorbed in her digital world, I step in, just as my mother did, to remind her of everyday chores like making the bed, setting the table, finishing her fruits, picking up that stray towel, and organising her room. Life, it seems, relishes its ironies. Today, in this strange dance of generations, I find myself in a scene oddly familiar. I'm swept up in a flurry of words, tripping over my own tongue, and creating an unintentional wordplay much to my daughter's delight. She finds my linguistic slip-ups utterly hilarious and bursts into giggles. I reprimand, blaming my linguistic follies on the troublesome children I have. And they appear to have a talent for making me lose my train of thought.

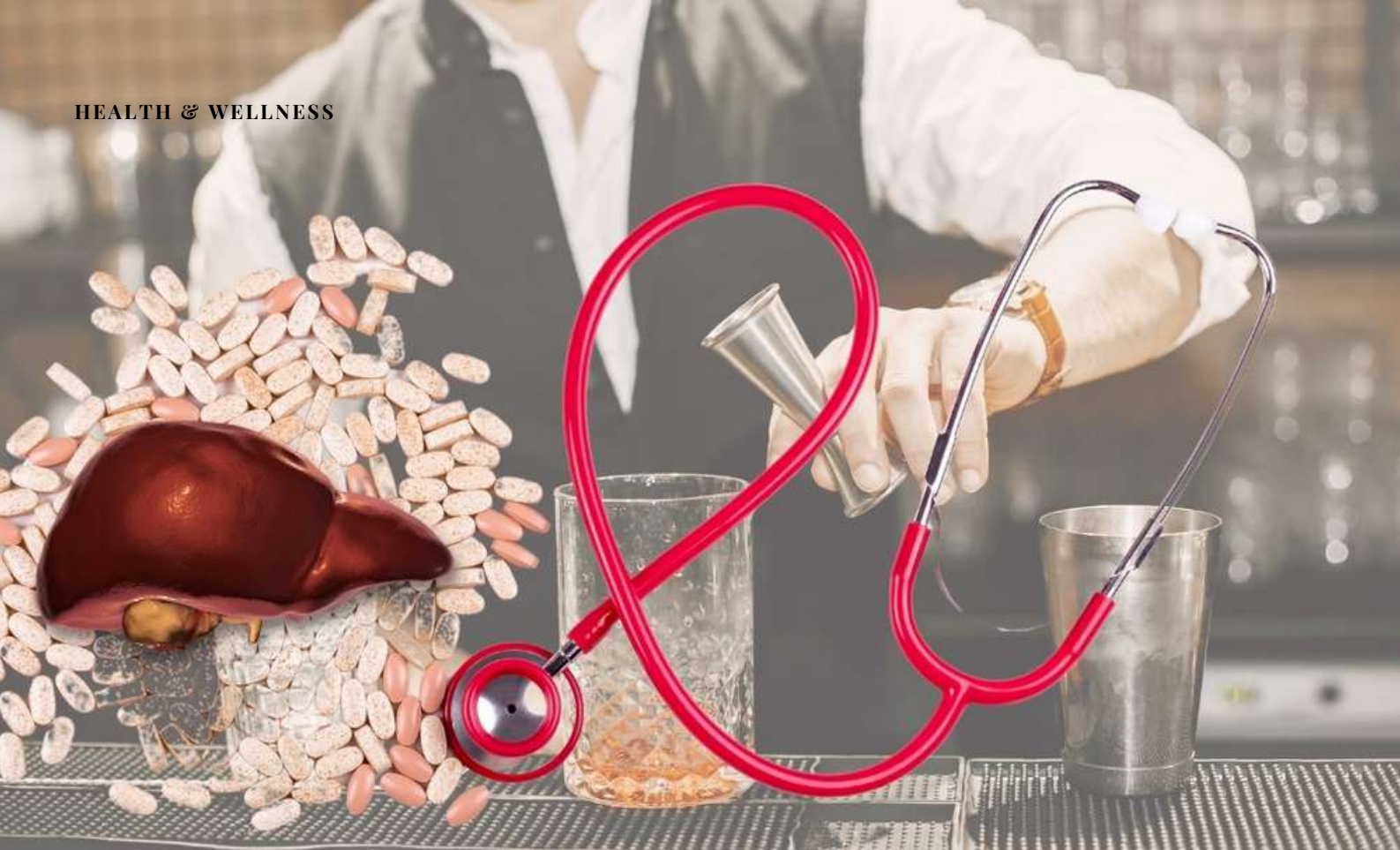
Life's transformation unfolds in curious ways. Despite feeling eternally youthful, my knees occasionally betray me, and my memory plays hide-and-seek, leaving me perplexed before an open fridge. My mobile phone seems to have adopted the spirit of mischievous hide-and-seek, only to reappear right in front of me when my daughter rings it. My reading glasses, too, embark on their own adventures, vanishing within our home, waiting to be found by my sharp-eyed teenager. Oh, how I miss the sharpness of my mind; post-its are all I have now.

In the midst of our usual dance of life, one day, as we were reviewing my daughter's newly ordered ethnic dress on our last trip to India for a marriage, my mother chimed in, "How light is the colour of your girl's dress? Could you not order something more vibrant and colourful for the function?" I sighed. "Oh, I tried my best to persuade her, but she has a mind of her own." My mother chuckled and said, "It serves you right. You never listened to us either." And in these simple yet profound moments, I can't help but recall the wisdom of Lao Tzu. I once read, "Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

It was as if the universe was gently reminding me that, like the generations before me, I too have come to embrace these moments with open arms. This is my story, a tale of embracing life's ever-changing tides, cherishing the beauty of the roles we inhabit, and recognising that wisdom is the most precious treasure we collect on our journey, with a dash of humour and a wink from the universe. For me, an Indian at heart who feels so at home in the land of two seas, I like to constantly remind myself to adapt to new environments while doing my best to preserve India in me. As cliché and insecure as it may seem, I still wonder about the amount of India that would remain in my son's heart, who is studying in the US after having been raised mostly in Bahrain. Well, it's a matter that only time will tell. As a parent, I would allow my children to explore and develop their own cultural identities.

As I navigate life's ever-changing tides, I've come to realise that embracing change not only enriches our experiences but also strengthens our connections with the world around us. So, the next time life delivers an unforeseen twist, remember to dance with it, for in those moments, we truly find our rhythm in life's timeless dance.

-RICH MAURYA



Alcoholic Liver: Know How To Undo The Damage

By
WFY Bureau

Alcohol and Liver Health: A Complex Connection

A Brief Overview of Alcohol Consumption and Its Popularity

Let's start off with something we all know: alcohol is omnipresent in most cultures around the world as a social lubricant, a medium of celebration, and sometimes a tool for relaxation. From the frothy head of a chilled beer to the refined elegance of a vintage red, it's almost as if humanity's love affair with the fermented and the fizzy knows no bounds. But, like any seemingly merry story, this one also has its darker sides, leading us to discuss alcohol from a health standpoint.

Alcohol: A Common Yet Potentially Harmful Substance

You see, alcohol isn't just your average beverage. Rather, it's a 'drug' in a garden-party dress, carrying the potential to affect our body's several systems when consumed in high quantities frequently. And sadly, the liver often ends up being the jilted lover in this reckless romance, burdened with the job of handling this intoxicating invader.

The Liver: The Body's Heavy-Duty Detoxifier

Ah, the liver! This brownish-red organ, tucked neatly beneath our ribcage, is akin to the unsung superhero of our body. It tirelessly performs about 500 different functions, but foremost among them is detoxifying and cleansing our bloodstream from harmful substances, including alcohol.

Understanding Liver Function and Its Role in Alcohol Metabolism

The Liver: An Overview of Its Essential Role in the Body

Our liver is like the hardworking custodian of your body's health, filtering out toxins, synthesising proteins, and even aiding in digestion. It's the Wonder Woman of our bodily universe, if you will. That's why disrupting its normal functions through excessive alcohol intake can have serious consequences.

Alcohol Processing: How the Liver Transforms Alcohol

Here is some cool (or not-so-cool) science: when we sip our favourite alcoholic drink, it seeps into our bloodstream through the stomach lining and small intestine. Our liver, acting as the noble guardian it is, steps up to metabolise said alcohol. The superhero organ uses enzymes to break the alcohol down into acetaldehyde, a highly toxic and carcinogenic compound, and then into acetate, a harmless substance that our body can use for energy.

Consequences of Overloading: The Dangers of Excess Alcohol Intake on Liver Function

Now, imagine you've switched your regular glass of wine to dancing the night away with cocktails—well, the liver starts groaning under the strain. Processing too much alcohol too often can overwhelm the liver, punishing it into a gradient of damage stages.

The Impact of Alcohol on the Liver: A Molecular Perspective

Alcohol-Induced Oxidative Stress: Fuelling Liver Damage

Remember that evil-sounding thing called acetaldehyde? One villainous job it performs is instigating oxidative stress, causing an imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects. It's like dumping a pile of hazardous waste in the middle of a serene park, causing harm to the natural balance.

Alcohol Metabolism By-products and Their Toxic Effects on the Liver

Among the by-products of alcohol metabolism, acetaldehyde is the Big Bad Wolf. Its toxicity combined with an excess amount of alcohol results in the destruction of liver cells and leads to liver inflammation, aka hepatitis.

Chronic Inflammation and Cirrhosis: Long-Term Impacts of Alcohol on Liver Health

If you continue to throw caution to the wind and drink as if there's no coming Monday, chronic inflammation becomes your liver's unwanted roommate. Over time, this leads to the formation of scar tissue, a condition termed cirrhosis, transforming your liver into a battlefield of irreversible damage.

Stages of Alcohol-Induced Liver Disease: A Critical Progression

Alcoholic Fatty Liver: The First Warning Sign

Here's one thing to remember, folks: the liver is not a silent sufferer. The first SOS it sends up when dealing with excessive alcohol is an alcoholic fatty liver. It's that annoying first alarm bell in the morning that says, "Hey! Things are not right. It's time to cut back."

Alcoholic Hepatitis: A Dangerous Step Towards Severe Liver Damage

Ignoring the earlier bells may push the liver into alcoholic hepatitis. It's like waking up to an angry, red rash after ignoring the prickling of a pesky mosquito bite. Symptoms are more visible now and often involve abdominal discomfort, yellow skin, and whites of the eyes (jaundice), indicating severe liver inflammation.

Alcohol-Related Cirrhosis: The Final, Irreversible Stage

This is when things go starkly south. Decades of excessive alcohol consumption lead to cirrhosis, a stage characterised by the replacement of healthy liver tissue with scarred tissue. It's similar to what happens when a simmering pot of stew is left unattended for too long—it burns, scars the pot, and leaves a mess that's hard to clean.

Reducing Risks: Preventing Alcohol-Induced Liver Damage

Healthy Drinking Habits: Moderation is the Key

I'm not implying you should ditch alcohol completely, although that'd be a great favour to your liver. A more pragmatic approach is to remember the old saying, "moderation is the key." Follow dietary guidelines for alcohol; opt for no more than one drink per day if you're a woman and two if you're a man.

Diet and Exercise: Enhancing Liver Health and Resilience

Incorporate a liver-friendly diet filled with fruits,

vegetables, lean proteins, whole grains, and healthy fats. Add a dash of regular exercise, and voila! You've got yourself a simple yet effective recipe for a liver-efficient lifestyle.

Regular Check-Ups and Screenings: The Importance of Early Detection

"An ounce of prevention is worth a pound of cure," said Benjamin Franklin, and he wasn't messing around. Regular health check-ups help catch the gremlins of alcohol-induced liver damage before they can cause much havoc.

Living with Alcohol-Induced Liver Damage: Treatment and Management

Medical Interventions: Available Treatments for Alcohol-Induced Liver Diseases

Treatment for liver diseases often depends on the stage and severity of the condition. The use of certain medications, therapies, or even liver transplants in extreme cases can help manage these conditions.

Lifestyle Changes: Abstinence and a Healthier Lifestyle

But remember, no form of treatment can be fully effective unless coupled with complete alcohol abstinence and a healthier lifestyle. It's like fighting fire—you need to stop feeding the flames while dousing them with water.

Ongoing Management and Long-Term Prognosis

Achieving sobriety doesn't mark the end of the journey. Follow-up visits to your doctor, routine blood tests, and sticking to a healthy diet and lifestyle all play crucial roles in the ongoing management of the disease and ensuring a safer, healthier future.

Alcohol, Liver, and Health: A Balancing Act

Recap of the Impact of Alcohol on the Liver and Effects of Excessive Drinking

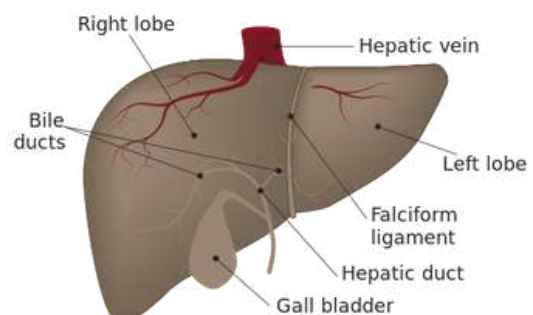
Indulging in alcohol is like dancing on a tightrope over a sea of health consequences, with liver disease being among the most dire. Endless rounds of cheers and downed glasses might echo fun, but it could lead to a breathless liver fighting for recovery from toxic overload.

Precautions and Preventive Measures: Key to Maintaining a Healthy Liver

Protecting your liver begins with paying attention to your alcohol intake, embracing a healthy lifestyle, and going for regular check-ups. It's not rocket science, but it does require a deliberate commitment to health.

Urging Readers to Practice Responsible Drinking

At the end of the day, the call lies with you. Just remember, nothing feels as good as being healthy. So, even as you enjoy that glass of wine, remember to be mindful of how much and how often you're drinking.



Frequently Asked Questions

How Much Alcohol is Too Much for the Liver to Handle?

This question is a bit like asking, "How much rain is too much for an umbrella to handle?" It varies. Sure, an umbrella can handle a drizzle, maybe even a steady rain, but in a hurricane? All bets are off! The 'safe' limit for alcohol consumption varies per individual, but general guidelines suggest up to one drink per day for women and two for men.

Can Alcoholic Liver Disease be Reversed?

Yes and no. It's like asking if you can unburn a piece of toast. Early stages of liver damage (like alcoholic fatty liver and hepatitis) can be significantly reversed with complete abstinence and lifestyle changes. However, advanced liver disease like cirrhosis is generally irreversible.

What Signs Indicate Alcohol-Related Liver Damage?

Physical signs such as jaundice (yellowish skin and eyes), fatigue, swelling in the legs and abdomen, and dark urine are some potential red flags. If you find yourself waving these signs around, it's time to visit your healthcare professional.

Are Some People More Prone to Developing Alcohol-Induced Liver Diseases?

Indeed! It's unfair, but factors like genetics, gender, and even ethnicity can predispose some people to a higher risk of alcohol-induced liver damage. But, remember, these are risk 'factors', not destiny.

How Can One Reduce the Risk of Alcohol-Related Liver Disease?

Apart from moderating your alcohol intake, adopting a healthy diet and engaging in regular exercise can foster liver health. And yes, regular medical check-ups too. After all, being forewarned is being forearmed!

What Treatment Options Are Available for Alcohol-Related Liver Disease?

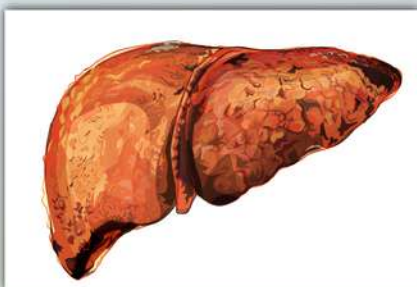
Much depends on the stage of the disease. Therapeutic interventions can range from counselling to medication and, in severe cases, liver transplants. But the most prescribed (and effective) medicine' is complete abstinence from alcohol.

Can You Live a Long Life with Alcoholic Liver Disease?

Honestly, it's complicated. It's like trying to predict if a plant will thrive in unfavourable conditions. Success in living with the disease demands the alignment of many things: early diagnosis, effective treatment, relevant lifestyle changes, and the commitment to steer clear of alcohol throughout life.

- WFY BUREAU

There are more than a hundred different kinds of **liver disease**. Some of the most common ones are

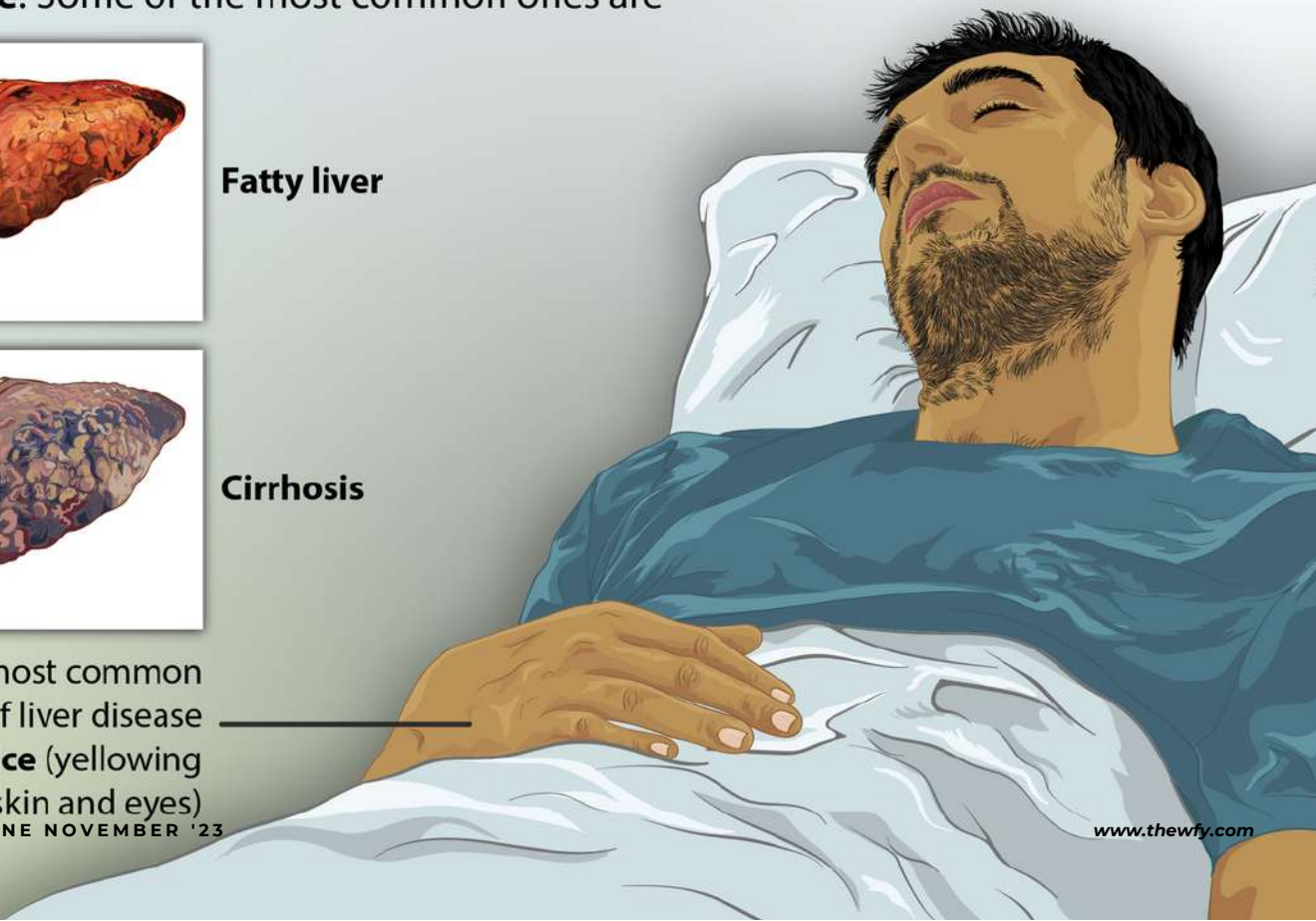


Fatty liver



Cirrhosis

One of the most common symptoms of liver disease is **jaundice** (yellowing of skin and eyes)





Children Need Timely Help To Overcome Their Disabilities



By
Anitha Ammanath

Medicine and Diet: Do not be deceived; people with disabilities need support.

'There is medicine for insanity. If given, the pillar will be clever. It will cost some money. If they agree, they can take care of it, no matter how much risk they take.' It tells the story of a fraudster who lives up to the parents of children with disabilities, doing tens of thousands of rupees worth of tests in the name of a drug to boost intelligence and promising to change the baby's disability through specialist treatment. Like a nut on a con, along with mental distress, those poor parents also fall victim to massive financial fraud. The psychiatrist at the NIMHANS Hospital in Bangalore, Dr. S.K. Sojan Antony, is talking about this.

What is an Intellectual Development Delay? How do I identify?

Children with dementia have a lot of personality traits. Children with this condition were formerly referred to as mentally retarded children. But now the term intellectual developmental delay is used. The word is used to refer to children who are experiencing intellectual disabilities. Growth-retarded children can be identified at a very young age. This is because the physical, social, mental, and emotional development of those children may be delayed more than that of other children. Open your

neck late to do things like sit, get up and walk, talk, and walk. If there is such a delay in the baby's development, seek the help of a paediatrician who will show the baby regularly on a regular basis. They can quickly identify if the child has a disability. If so, they will refer you to a team of expert doctors to find out what type it is.

What is an Intellectual Development Delay? How do I identify?

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Should a neurologist treat children with disabilities?

The neurologist plays a crucial role in making the diagnosis in the early stages of treatment. The first step is to identify the cause of the intellectual development delay. The neurologist will diagnose whether it is due to a problem with the structure of the brain or some other abnormality in the brain. Think about what treatment can be given for that condition. If it is concluded that the neurologist will not be able to provide any specific treatment at that stage, the patient will be referred to a psychiatric team as soon as possible.

Doctors put forward three main recommendations for training:

1. **Sensory motor stimulation:** This is an exercise that stimulates the five senses of the baby. Children can sing songs, talk, joke with them, play with them, do body massages, do baby exercises, and introduce them to different tastes and smells. Thus, babies can improve their condition by doing things that stimulate all five senses. If the baby has difficulty moving freely, small exercises can encourage him to overcome it and encourage him to walk. Even if such children experience delays in doing things, do not reduce their training. Continuous training will only improve their condition.
2. **Can focus and teach children to learn things by the time they are three or four years old by showing them different objects and recognising them big and small. Introduce colours and smells. Introduce each new thing inside and outside the house. It can tell you exactly what to eat and what not to eat.**
3. **Be self-sufficient and teach cleanliness and order.**

These children need less time to learn about hygiene and toilet training than normal children. Special kids will only understand what a normal child is told ten or twenty times, or what he or she is told to do a hundred or two hundred times. You can teach them to eat by themselves, to be clean, and to use toilet etiquette. Although training in such matters can be a bit daunting, parents can certainly succeed if they follow the instructions of the medical team examining the child.

What should we say to those who fall into the trap of fraud in the name of training?

Doctors prescribe things like physiotherapy for some children. When it comes to identifying a baby's problems, cheaters come up with a variety of treatments for their parents. They seek out victims to market their therapies. In this, it is argued that pure cheating can increase intelligence through medicine. No drug to boost intelligence has yet been discovered.

What can be done to stimulate the intellect of children with disabilities?

Intelligence can only be enhanced if the structure of the brain is used properly. Only by interacting with our surroundings, good parenting, and training can a

child's intellect be awakened. Only an expert team of doctors can provide the training. It is advisable to rely on them alone for such things. If anyone says that babies' problems can be changed quickly, it is a scam. Let me remind you once more that following the expert doctor's recommended exercises consistently is the only way to see a change in the baby's condition.

What are some other things to look for in the early stages of a baby's development?

- A disability should be identified at a very young age.
- Training and opportunities are required according to age.

Try to enter special schools, and special educators can rely on children for the training they need to provide as they get older. There will be trained trainers and teachers to train the children. Arrangements should be made to send children with disabilities to special schools at the age of three or four. Special care should be taken to ensure that the school follows the syllabus that suits them. If children who are behind in their studies are sent to a normal school, they will not be able to progress with normal children, and then they will have mental conflicts. IQ tests are performed to diagnose dementia. Intelligence can be assessed with the help of a psychologist at school age V. Accordingly, an accurate decision can be made as to which school to send them to. Skills can be identified and trained. No child is born on earth without intelligence and ability. Most severely deficient people have the ability to recognise and understand certain things. So it is important to recognise their limitations as well as their areas of ability. Priority should be given to training that can improve it. Recognising that a child has the ability to understand things and training them according to those abilities can help them become smarter. They can be given continuous training and study assistance for that. They can impart knowledge to them through games, stories, and songs rather than telling things directly.

Special kids give the family a chance to become better human beings.

Parents, other children in the home, and the community must show a willingness to interact with such children on a regular basis. Treat them very kindly. Because they did not choose the lives of the less intelligent themselves. It is a natural thing that happens in nature. Parents who are financially backward are also more likely to have children with disabilities. If such children are born at home, it should be considered an opportunity given by God to become better human beings. It should be seen as an opportunity to take care of them, to treat them well, and to thereby change their outlook on life. As Satya Nadella, Chief Executive Officer of Microsoft, puts it, Listen to the words of geniuses like these. Carefully hold those babies together.

- ANITHA AMMANATH



Overcome Now: How The Indian Diaspora Ensures Mental Wellness

By Unnati Sahni

Welcoming Mental Soundness: The Indian Diaspora Ties to Destigmatize Mental Health on World Mental Health Day

The Indian diaspora observed **Global Mental Health Day on October 10, 2023**, with a commitment to eradicating the stigma associated with mental health in a world that is notable for its diversity of artistic expressions. This perennial event has developed into a platform for the Indian community to sustain mental health through honest exchange and easily accessible services. This in-depth article investigates the deep essence of this festival among the Indian diaspora. It highlights their tenacious measures to construct a more humane, inclusive, and appreciative society.

Getting Around Cultural Stigma

Like multiple societies worldwide, the Indian diaspora carries prolonged battles with intensely embedded cultural stigmas associated with mental soundness. Quietness naturally obscured efforts, and service requests withered. Nevertheless, there has been a prominent transformation in Indian society's perception of mental health in recent years.

"We are witnessing an extreme shift in the manner in which mental health is considered in our community," notes psychiatrist Dr. Ravi Kapoor. Mental health is slowly being recognised as as essential as biological

health, and talks about it are evolving to be more honest and easygoing. It conveys a significant improvement in our group's expedition."

This shift is indicative of a global craze in society. A growing number of people and institutions are seeing the relationship between mental health and general well-being and dispelling mythologies discouraging people from obtaining the respect they need. The Indian diaspora encourages a culture of compassion and tenderness via community-led projects, awareness campaigns, and educational programmes, dismantling obstacles that have prolonged and contained candid conversations about mental health.

Community Assistance: Promoting Communication and Understanding

On this year's Mental Health Day, the Indian diaspora accommodated several schemes to encourage conversation and assist those in need, presenting the resounding temperament of society's aid and solidarity. Online platforms, community-led support groups, and culturally intelligent therapy became paramount for individuals to tell their tales, get guidance, and find solace in a loving and empathetic setting.

Mental health advocate Dr. Priya Shah highlights, "Creating safe spaces for open conversations about mental health within our society has been

instrumental in breaking down barricades and promoting empathy." "Our virtual support groups have provided a lifeline for many, displaying the power of society in nurturing mental well-being."

The community's endeavours to deliver readily obtainable and culturally relevant mental health aids are critical to handling certain hardships members can experience. They have been compelled to take a more sweeping and inclusive direction in mental health care, viewing their society's associates' many conditions and pasts and realising there is no solution.

Combining Conventional Knowledge with Contemporary Methods

Although there have been outstanding advances in contemporary mental health therapies, the Indian diaspora has stressed the significance of including standard understanding and cultural traditions in examining mental well-being. Age-old practices like Ayurveda, mindfulness, and meditation are becoming more widely recognised for supporting mental health and an individual's peace and harmony.

Dr. Neha Rao said, "The fusion of conventional Indian practices with contemporary mental health procedures has proved incalculable in promoting holistic well-being." "These approaches emphasise the interconnectedness of the mind, body, and spirit, offering a wide approach to mental wellness that echoes deeply within our society."

Mental health professionals are laying the groundwork for a more integrated and culturally responsive approach to mental health care by combining these methods with evidence-based modern therapies. This technique stimulates recovery and well-being on several levels.

Maintaining the Flow: An Appeal for Participation

The Indian diaspora's blaring scream for additional measures to destigmatize mental health rumbled as World Mental Health Day concluded. The emphasis on promoting an atmosphere of compassion, understanding, and aid continued, emphasising the importance of maintaining honest conversations and assuring everyone access to mental health aids.

"Our job doesn't finish with a single day; it's an enduring devotion to promoting a civilization of mental wellness," says Dr. Kapoor. "We have to keep making mental health discussions a priority, fight stigma, and make sure that everyone feels designated to put their well-being first. We can actually make a difference if we work together and remain steadfastly supportive."

The World Mental Health Day 2023 celebration marked a momentous turning point in the ongoing

struggle to destigmatize mental health by displaying its dedication to fostering inclusivity, embracing mental wellness, and a humane and understanding culture.

The conjoined efforts of the Indian diaspora have not only enhanced the health of its nationals but have also performed as a potent model for communities around the world, spotlighting the importance of harmony, compassion, and honest communication in promoting a culture that values, respects, and prioritises mental health.

In the future, the diaspora of Indians is clinched to maintain the current pace, bring on the conversation, and create a stage where each person is entrusted to put their mental health first without fear of shame or discrimination. They want to establish a culture that values compassionate understanding and holistic well-being for all by promoting mental health as much as physical health through their unrelenting dedication and collaborative activism.

Their ongoing initiatives indicate a powerful commitment to creating a more compact and bright world community in which everyone comprehends the significance of mental health as a fundamental component of human flourishing. No one has to fight alone to attain emotional well-being. The Indian diaspora is spreading the groundwork for a more humane and encouraging future in which mental health is recognised as a vital component of human existence. The diversity of cultural traditions coexists peacefully with the contemporary pursuit of well-being and comprehension.

As the Indian diaspora continues to endorse mental health, their commitment acts as a beacon of yearning for societies across the globe, flashing a speech that places a bonus on mental health and cultivates a climate of patience, comprehension, and adaptability. Their steadfast dedication to destigmatizing mental health is evidence of the efficacy of group efforts and the endless compassion that cuts across boundaries, cultures, and communities.

Through persistently raising their voices, the diaspora of Indians is transmitting a ripple effect that echoes worldwide, encouraging people to embrace mental wellness, foster empathy, and build a culture that prioritises each person's emotional well-being. Their dedication and perseverance shine a light on the path to a day when mental health is no longer stigmatised and everyone is free to put their well-being first without fear of prejudice.

- UNNATI SAHNI

Malta



Jewel of the Mediterranean Sea

FOUND: THE AMAZING AND STUNNING BEAUTY OF MALTA

By Vanshika Arya



Malta is a beautiful island in the center of the Mediterranean Sea. A small but strategically significant group of islands has played a significant role throughout its long and turbulent history in the conflicts between various powers for control of the Mediterranean and in the interactions between emerging Europe and the more ancient cultures of Africa and the Middle East. German and Italian planes pounded Malta mercilessly, and by the end of the conflict, it had been completely destroyed. In honour of the Maltese people's valour during the war, Malta was given the George Cross, a British decoration for outstanding courage, in 1942. The movement for self-governance grew in strength after the conflict. Malta gained its independence from Great Britain in 1964, entered the Commonwealth, and on December 13, 1974, it was proclaimed a republic. In 2004, it was granted membership in the European Union (EU).



Regarding the experience of St. Paul, the Apostle, who is claimed to have been shipwrecked near Malta in 60 CE, the Acts of the Apostles make note of the Maltese people's reputation for warmth, hospitality, and compassion towards foreigners.



Maltese culture has been greatly influenced by Roman Catholicism. Around religious holidays, particularly those honouring the patron saints of towns and villages, many traditions have developed. Malta's national emblem is the eight-pointed, or Maltese, cross, which was chosen by the Hospitallers of St. John of Jerusalem in 1126 and is depicted on the nation's euro coin. The capital is Valletta. At the eastern end of the constrained section of the Mediterranean Sea, separating Italy from the African coast. A blend of Italian and Arab cultures reflects Malta's culture. The Maltese are well educated and value the arts very much. Major figures in Maltese art and literature include the Italian painter Caravaggio and the Maltese poet Dun Karm. Malta's history of foreign occupation and the Roman Catholic Church's influence are the main sources of the island nation's cultural impacts. The festival honouring a village's patron saint, which is celebrated by processions and fireworks, is where most folk traditions have developed.

TRAVEL & LEISURE

The country is made up of five islands: **Malta (the largest)**, **Gozo**, **Comino**, and the uninhabited islets of **Kemmunett (Comminotto)** and **Filfla**. **Sicily** is to the south, **Libya** is to the north, and **Tunisia** is to the east.



The limestone formations that make up Malta's islands are predominant, and much of its coastline is made up of high or vertical limestone cliffs that have been indented by bays, inlets, and coves. On the submerged Malta-Hydean Platform, they are lying. Malta's principal physical feature is a clearly defined escarpment that runs the length of the island from Point ir-Raeb near Fomm ir-Ri Bay to the coast northeast of Gargur at Madliena Fort, following the Victoria Lines Fault. The highest points are coralline limestone uplands that form a triangle plateau; the tallest of them is Ta' Uta, which rises to an elevation of 830 feet (253 metres) in the southwest.

The capital of Malta is Valetta.

But some of the other most picturesque cities in **Malta** are **MELLIEHA**, **SAINT JULIAN'S**, and **SLIEMA**.

The best time to visit Malta is considered to be April. The weather brings beauty to this island to the point that it relaxes the eyes and mind at the same time.

The 5 most favourite tourist attractions in Malta are:

Mdina: a bastion-enclosed mediaeval walled town in Malta's heart, is situated atop a sizable hill. The town was formerly the capital of Malta, and with its tiny population, charming views of the island, and narrow alleys, it truly is a magical place. Mdina is known as the "Silent City" by Maltese and tourists alike since it does not allow cars (except those of a select few people) and offers a tranquil ambiance for those who choose to stroll through its winding alleys and alleyways. Within the city walls, Mdina's population of 250 people occupies a limited area of 0.9 km. Many palaces, the majority of which are used as individual residences today, can be seen in the mediaeval town of Mdina, which features a blend of Norman and Baroque architecture. The town's central square is home to the enormous and impressive Cathedral of the Conversion of St. Paul. It has museums, a Carmelite church, and many more things to explore.



John's Co-Cathedral: It is a Roman Catholic cathedral that the Knights of Malta constructed in Valletta between 1573 and 1578. Grand Master Jean de la Cassière commissioned it in 1572, giving the construction project the go-ahead. He turned it into the focal point of the Knights of Malta, also known as the Order of the Knights

Hospitallers of St. John. Glormu Cassar (Girolamo Cassar), a Maltese architect, created the Church. One of the finest specimens of high Baroque architecture in all of Europe is the church.



Upper Barrakka Gardens: In Valletta, there are a tonne of palazzos, museums, cathedrals, piazzas, and gardens to meander around and explore. The Upper and Lower Barrakka Gardens are two places you should visit if city sightseeing has worn you out and you're seeking a short break or a more tranquil way to spend a sunny afternoon in the otherwise busy capital. These gardens are the perfect places for you to relax while enjoying a cup of coffee and a snack while taking a little break from touring Valletta's numerous attractions.



This location needs to be at the top of your list if you're looking for the most breathtaking vistas the islands have to offer! These colonnaded gardens, which are perched atop the Grand Harbour, were built in 1661 but served as the private gardens and recreation area for the nearby auberges of the Knights of the Langue of Italy.

Popeye village: Popeye's fictional village of Sweethaven was set in the open-faced Anchor Bay in Malta's north-western corner, two miles from the village of Mellieha, when Walt Disney and Paramount Pictures decided to adapt the popular comic strip Popeye into a motion picture. The current movie set is accessible to the public as a family entertainment centre and outdoor museum. In addition to the village itself, there are boat tours of Anchor Bay, audio-visual performances that feature excerpts from the original movie and the set's development, water trampolines, mini golf, and other entertaining sports.



The Citadel: The Citadel has been a well-liked hamlet since the Bronze Age because of its favourable views, and it was a wealthy metropolis called Glaucois Civitas during the Roman and Phoenician eras. It was converted into a fortress during the Middle Ages, and the Knights of St. John used it as a bastion against Ottoman assaults. In its imposing walls, a third of the island's former residents formerly lived. Today, there are less than 10 people

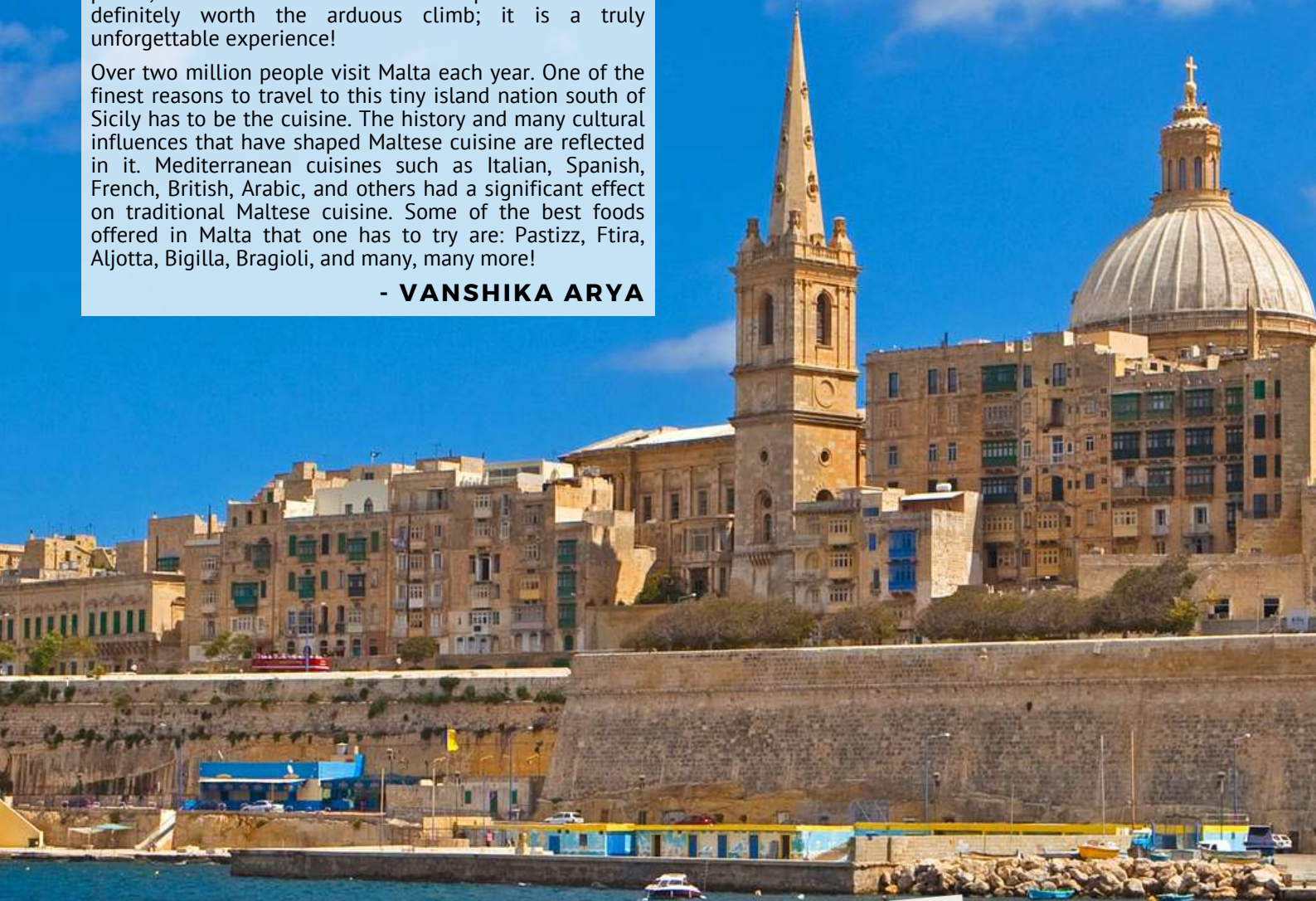




living there. But it doesn't mean there aren't plenty of things to do. There is plenty to do in this wonderful city, including exploring the magnificent cathedral, the historic prison, and the various restaurants. A trip to the Citadel is definitely worth the arduous climb; it is a truly unforgettable experience!

Over two million people visit Malta each year. One of the finest reasons to travel to this tiny island nation south of Sicily has to be the cuisine. The history and many cultural influences that have shaped Maltese cuisine are reflected in it. Mediterranean cuisines such as Italian, Spanish, French, British, Arabic, and others had a significant effect on traditional Maltese cuisine. Some of the best foods offered in Malta that one has to try are: Pastizz, Ftira, Aljotta, Bigilla, Bragioli, and many, many more!

- VANSHIKA ARYA

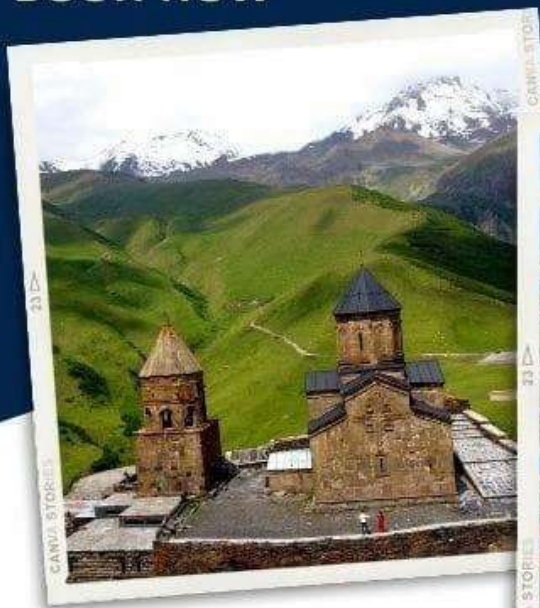


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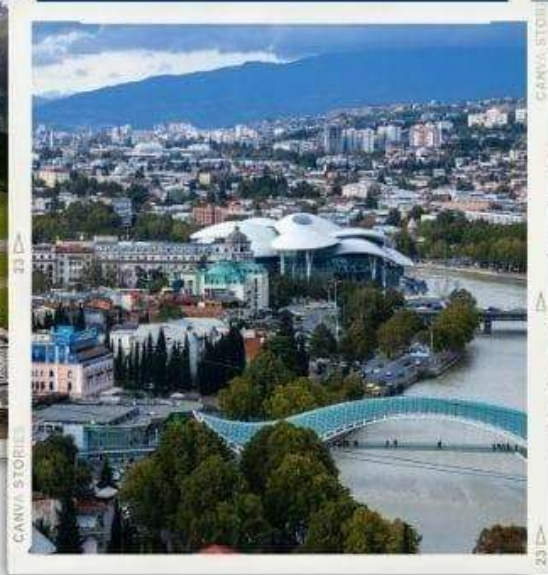


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ALOO GOBI

FROM THE KITCHENS OF INDIA

It is speculated that Aloo Gobi originated in the northern Indian state of Punjab. Gobi, or cauliflower, was a mostly readily available ingredient



Aloo Gobi

All those out there in foreign lands are getting nostalgic about home and the food mom used to make. Here is a recipe found in most North Indian households, exactly the way most of your moms would make it.

It is speculated that Aloo Gobi originated in the northern Indian state of Punjab. Gobi, or cauliflower, was a mostly readily available ingredient, and this factor contributed to its enduring popularity among farmers and common households.

Here's a simple and easy-to-follow recipe for Aloo Gobi, along with step-by-step instructions:

Ingredients:

- 2 medium-sized potatoes, cut into small cubes
- 1 small cauliflower, separated into small florets
- 1 medium-sized onion, finely chopped
- 2 tomatoes, finely chopped
- 2 green chilies, slit lengthwise (adjust according to your spice preference).
- 1 teaspoon of cumin seeds
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chilli powder (adjust according to your spice preference)
- 1 teaspoon cumin powder
- 1 teaspoon of coriander powder
- Salt to taste
- 2 tablespoons of oil
- Fresh coriander leaves for garnishing

Step-by-step instructions:

- Heat oil in a large pan or kadai over medium heat.
- Add cumin seeds and let them splutter.
- Add the chopped onions and green chilies. Sauté until the onions turn golden brown.
- Add ginger-garlic paste and sauté for a minute until the raw smell disappears.
- Add the chopped tomatoes and cook until they turn soft and mushy.
- Now, add the turmeric powder, red chilli powder, cumin powder, coriander powder, and salt. Mix well and cook for 2 minutes.
- Add the potato cubes and cauliflower florets to the pan. Mix everything together until the vegetables are evenly coated with the spices.
- Reduce the heat to low, cover the pan, and let the Aloo Gobi cook for about 15-20 minutes, stirring occasionally. The vegetables should be tender.
- Once the potatoes and cauliflower are cooked, remove the lid and cook for a couple of minutes on medium heat to let any excess moisture evaporate.
- Garnish with freshly chopped coriander leaves.

Serve hot **Aloo Gobi** with roti or rice. Enjoy your delicious homemade dish, just like your mom used to make!

- WFY BUREAU





NAVRATRI SPECIAL: KNOW HOW THE VIBRANT NINE-DAY FESTIVAL IS CELEBRATED



By Sudha Mukhopadhyay

It's that time of the year when Navratri will be celebrated in many ways with great zeal all over India. Navratri, symbolising victory of positivity over negativity, literally means "Nine nights". In Sanskrit, Nav means Nine, and Ratri means nights. During these nine nights and 10 days, the three forms of the Divine Mother are invoked: Durga, Lakshmi, Saraswati. The significance of each day of Navratri is attached to a form of the Mother Divine.

“Yaa Devi Sarva Bhutesu Maatr Rupenna
Samsthitaa,
Namas Tasyai Namas Tasyai Namas Tasyai Namah.”

To that Devi Who in All Beings is Abiding in the Form of Mother,

Salutations to Her, Salutations to Her, Salutations to Her, Salutations again and again.”

The main element of Navratri in India, however, is that people engage in celebration of the triumph of good over evil. It is a festival that brings people together and promotes harmony.

In the east and northeast of India, the goddess is celebrated as Durga, the vanquisher of the evil demon Mahishasura and the festival is called Durga Puja. During this time, women deck up in

colours of white and red, and the cities are decorated with lights. People enjoy the inception of the festival from the day of Mahalaya to the day of Bijoya Dashami, when the idols are immersed in water.

In Western India, especially in Gujarat, Navratri is one of the main festivals. People assemble in large gatherings to perform the popular Garba dance. Gujarat perhaps, is the only state in India that erupts into a grand nine-night dance festival.

In Mysore, Karnataka, the festival is popularly known as Dussehra and is celebrated royally that includes regal processions, torch light parades and musical events. The history of Mysore Dussehra goes back to the 15th century when Raja Wodeyar started these ten days celebrations. There is also a legend that says it was Goddess Chamundeshwari of the Chamundi Hill who killed a buffalo-headed monster called Mahishasura and restored the victory of truth over evil.

In UP and Bihar, Navaratri is celebrated in the form of Ramleela which literally means "Rama's play", when people perform series of scenes from the Ramayana. And on the 10th day, the festival is celebrated as Dussehra, marking the victory of Rama over Ravana.



For me the Golu festival was all about : a) listening, b) admiring and c) enjoying.

a) listening to young girls and women of the household sing bhajans. If one was well-versed with singing devotional songs, it was the right time and place to display one's talent.

b) admiring the awesome display of dolls, both mythological and pretty handmade ones with beautiful colourful costumes.

c) above all, enjoying the tasty offerings. Almost every household had Chickpea sundal, thengai/mangai/pattaani sundal to offer on different days of the nine day festival. By sundal I mean steamed chickpea served with coconut, raw mango and a seasoning of few coarsely ground spices. It always tasted yum. Simple yet tasty.

Yes, the ladies in particular were ever enthusiastic to show their talents in the fields of decoration, doll making, cooking, singing, etc., irrespective of the status they enjoyed in their lives, professionally or otherwise. Every lady I knew was one better than the other....they were all the talented lot.



Interestingly, during my days in Japan, I was pleasantly surprised to learn about "Hinamatsuri" which is celebrated on 3rd March every year to pray for the health and well being of young girls.

Also called "Doll's Day" or "Girl's Day" beautiful dolls are arranged on tiers in odd numbers (talk about similarities of sorts). There is also a Hinamatsuri song called "Ureshi Hinamatsuri" meaning Happy Hinamatsuri. And like our sundal prasadam, the customary Japanese drink for the occasion is shirozake, a sake made from fermented rice. Such unforgettable memories.



This year Navratri festival was observed from 15th to 24th of October, celebrating the victory of good over evil, not just spiritually... but within us as well. Happy Navratri.

- **SUDHA MUKHOPADHYAY**



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KODAIKANAL



By Rema Pisharody

Look at the hill view,
And those serene lakes
And the cloud walks
He, the guide of the hill
paints a canvas in front
It spreads across endlessly
like a picturesque portrait..
The roads, the hairpin curves
The cross you find on that steep rock
How well it is crafted for ages to cherish
To bedeck a gift of the forest
He, the guide said
While a rain cloud kissed my forehead
In Coakers walk
And for you to believe
Rains, the seasons
The trees, those birds, honeycombs
And those Strobilanthes
Blossom to brighten the valley
Well, all a handwork of nature
And there again that point of fear
Do not step in..
It is the point where this scenic hill sedates
To fly along the valleys in unseen wings
It is a trap and do not fall
Instead pluck a flower of hope
From the clouds and plant it here
When you come next
This hill might have another surprise
Of spring flowers...

-REMA PISHARODY



Stay Well

By Sarmistha Dey

To be well is to know,
You have to learn to love.
Here is my green catch
That blue sky,
In the middle of it, the mind is the bird
Want to fly with wings.
You have to learn to love.
You have to know how to stay well.

There are both joy and sorrow
This is the rule for everyone
If one accepts the joy
One has to bear the sorrow as well
The essence of the last life
You have to learn to accept.
To love is to live.
You have to know how to stay well.

We all have come
To take our portion of love
If you don't get our share
Sadness we need to bear.
From infinite gift of nature
We do not even want to take a small particle of sorrow.
So let's convey the message to everyone
Do not think of taking just your share of joy and sorrow
You have to learn to love.
You have to know how to stay well.

- SARMISTHA DEY



By Sindhu Gatha

Tomorrow's Promises

A word mistake
There was a gunshot

Blood for blood
The cry of the knife

The battle cries
Sea and air
Vibrating

The continents
are covered in blood

Slipped in the blood field
Falling Shadows

Music of skulls
accompanied by torsos

Those who tearfully search
for their relatives on mud mattresses

Winds catching
the smell of death

A mass exodus of those
who have lost everything

Those who started the war
A peace treaty was signed

Not even able to cry
Not knowing what was going on
Without leaving the shock of the gunfire
Tomorrow's Promises
Our little children.....

- SINDHU GATHA



Equality- an illusion?

By Saaj Chowdhury

My school books aroused a great distaste
I believe they're just illusory based

They paint portraits of gender equality
Those portraits which are unknown to our society

The portrayals of peace and love that are scripted
In reality, are nothing but, restricted

The sight of discrimination leaves me in vain
Will I be ever free from this pain?

I fantasize in plunging to the ocean of impartiality
I crave for the mankind to be free from its brutality

- SAAJ CHOWDHURY



See The Best Of Tibet Emerging In Karnataka



By Krishna D

How many of us are aware of the fact that there is a Tibetan colony in Karnataka, India?

Well, the place is a Tibetan monastery located around 5 kilometres from **Kushalnagar** in the Coorg district of Karnataka. To get a glimpse of the vibrant Tibetan culture, one must visit the Namdroling Monastery, also known as the Golden Temple in Coorg. It is a calm and tranquil place with a spiritually charged atmosphere. After **Dharamshala**, this Tibetan colony is the second-largest Tibetan settlement in India.

The temple came to be known as the Golden Temple because of the three massive golden deities of Lord Buddha inside the temple. It is believed that the newspapers that reported the inauguration of the new temple referred to it as the Golden Temple. Tourists refer to the temple as the Golden Temple, as most of them don't know its actual name. The signboards also indicate the temple to visitors as "**The Golden Temple of Namdroling Monastery**". The three massive deities of Lord Buddha, namely, **Padma Sambhav**, **Buddha Sakyamuni**, and **Buddha Amitayus**, are the main attractions of the monastery. These deities are nearly 40 to 50 feet in height.

His Holiness **Drubwang Padma Norbu Rinpoche** established the monastery in 1963. The entrance of the monastery has a huge portrait of the founder. The walls of the temples are beautifully decorated with traditional Tibetan paintings, motifs, and inscriptions. Visitors admire the traditional Tibetan architecture and craftsmanship.

At the entrance of the monastery, flags of myriad colours sway in the gentle breeze to welcome the visitors. Visitors can comfortably park their cars in the spacious and well-organised parking area. The temple's entrance has a large archway that leads to a beautiful and well-maintained garden.

The Indian government donated to the Tibetans in exile the entire monastery's land area. The monastery is also a teaching center. **Several thousand monks and nuns reside in the monastery, which has a school, a college, and a hospital.**

The serenity of the place touches the soul of every visitor and fills their mind with bliss and contentment. In addition to the calmness and tranquility of the temples, the place also has shopping centres where visitors can enjoy shopping for traditional Tibetan items, relish Tibetan cuisine, and immerse themselves in the culture of Tibet while in Karnataka.

- KRISHNA D





By Sindhu Gatha

TOMORROW

**Fires in rainforests
and snow freezes in sunny rivers**

**All the rivers drained of moisture
become the stumbling word
of the midnight wind**

Expensive air and cheap love

**And the love that suffocates
in the rush to the time
when it's just you and me**

**The mother's breast is burnt
by the water droplets
falling from the raindrops**

**A life that goes away
without saying another word
in the long corridor of tomorrow**

Tomorrow that fades into lost distance...

- SINDHU GATHA



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The Best Way: How To Deal With An Egoistic Boss?

Navigating the Ego: Strategies for Dealing with an Egoistic Boss

By Tushar Unadkat

Introduction

Dealing with an egoistic boss can be a challenging and sometimes frustrating experience. A narcissistic boss often prioritises their own needs and desires above those of their employees, which can lead to a toxic work environment and hinder personal and professional growth. However, finding effective ways to navigate this situation is essential, as quitting may not always be the best solution. This article will explore strategies for dealing with an egoistic boss while maintaining your sanity and career trajectory.

Maintain Your Composure: One of the most crucial aspects of dealing with a self-centred boss is to remain calm and composed. Self-centred individuals thrive on attention and reactions from others. By keeping your emotions in check, you can deny them the satisfaction of knowing they have affected you. Take deep breaths, count to ten, or practice other relaxation techniques to help you stay level-headed when dealing with your boss.

Focus on Your Work: The best way to counteract the negative impact of an egoistic boss is to excel at your job. Concentrate on your tasks, meet deadlines, and deliver high-quality work consistently. Doing so demonstrates your professionalism and dedication, which can be used to your advantage in various ways.

Build Strong Relationships with Colleagues: Egoistic bosses often alienate their employees, making it even more crucial to cultivate strong relationships with your colleagues. Create a supportive network within your workplace where you can share experiences, vent frustrations, and seek advice. A united front can help you cope with the challenges posed by your boss and provide you with a source of emotional support.

Communicate Effectively: While it can be daunting to communicate with an egoistic boss, it's essential to keep the lines of communication open. Be respectful and assertive in your interactions. Clearly express your thoughts, concerns, and needs without becoming

confrontational. Ensure that your communication is solution-oriented, focusing on how the issue can be resolved rather than placing blame.

Document Everything: To protect yourself in case of any disputes or misunderstandings, it's wise to document all interactions and decisions with your boss. Keep a record of emails, meetings, and any other correspondence related to your work. This documentation can serve as evidence if you need to defend your actions or decisions.

Seek Feedback and Constructive Criticism: Although egoistic bosses may be reluctant to provide feedback, don't hesitate to ask for it. Constructive criticism is essential for your professional growth. Approach your boss politely and respectfully, expressing your interest in improving your skills and performance. By seeking their input, you may gain insights that will help you navigate their ego more effectively.

Practice Empathy: While it is challenging, try to understand your boss's perspective. Egoistic behaviour can often be a defence mechanism or a response to insecurities or pressures. By practicing empathy, you may be better equipped to anticipate their actions and react in a way that minimises conflict.

Consider Your Long-Term Goals: Assess your long-term career goals and whether your current job aligns with them. If your egoistic boss is hindering your growth and well-being, exploring other career opportunities within or outside the company may be worth exploring. A toxic work environment can affect your mental and physical health, so prioritise your overall well-being.

Dealing with an egoistic boss is undoubtedly challenging, but not impossible. You can navigate this difficult situation with grace and professionalism by maintaining your composure, focusing on your work, building relationships, communicating effectively, documenting interactions, seeking feedback, practicing empathy, and considering your long-term goals. Remember that your career is a long journey, and while your current boss may be challenging, there are always opportunities for growth and advancement in the future.

-TUSHAR UNADKAT

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Plans And Goals: You Set Them Now The Best Way



By Kulmohan Kaur

How many of us have managed to manifest our childhood dreams into the reality of our adult lives? How many can claim the much-sought-after jobs of doctors, engineers, astronauts, or even humbler aspirations such as being a janitor, a bus conductor, or a ward boy? Where have these dreams that once consumed our kindergarten minds disappeared?

Some might argue that people naturally change as they grow, but I dare to suggest that it is societal norms and expectations that truly alter us. In the innocence of childhood, expectations are minimal. Children are expected simply to be well-behaved and to eat their meals with decorum. Their imaginations are unshackled, free to venture down unpredictable avenues. However, as they mature, society begins to feed them a steady diet of expectations, cynicism, disappointments, and other forms of societal baggage.

Even if children were not burdened by these societal influences, they would still struggle to realize their dreams because they are rarely taught the art of setting goals and planning the path to their realization. Schools seldom equip children with the skills to set effective goals. As for parents, they are too absorbed in their own reality or pursuit of dreams to guide the minds of children to the fruition of their dreams.

It is important that we incorporate this vital knowledge into the curriculum of our educational institutions. Sadly, more often than not, children are primarily schooled in subjects such as mathematics, language, science, and even moral science, while the

crucial lesson of setting and pursuing goals is conspicuously absent. As they venture into the unforgiving real world, they often find themselves bewildered. Their childhood aspirations, particularly those formed in kindergarten, appear unattainable because they lack the understanding that their dreams must be constructed in a manner acceptable to society and practically achievable.

There are numerous ways to set effective goals that lead to tangible progress. After all, a plan remains mere conjecture until it is translated into action. Do you understand the essence of this truth? If not, take a moment to reflect. We formulate countless plans every day, but not all of them see the light of realization. The approach I'm about to outline is based on what I have both learned and imparted to numerous individuals who have successfully applied it in their lives.

Goals should be **SMART**, an acronym for **Specific, Measurable, Achievable, Reasonable, and Time-bound**.

Specific: Next time you contemplate a goal, ask yourself what specific achievement you seek. A vague desire for more money or to lose weight lacks specificity. However, aiming for a specific amount in your bank account, completing a vital task to clear the path for a holiday, or reaching an ideal weight of 60 kilogrammes is specific.

Measurable: Determine how you will recognise the attainment of your goal. If you aspire to lose weight, ask yourself when you will know you have succeeded.



LIFESTYLE

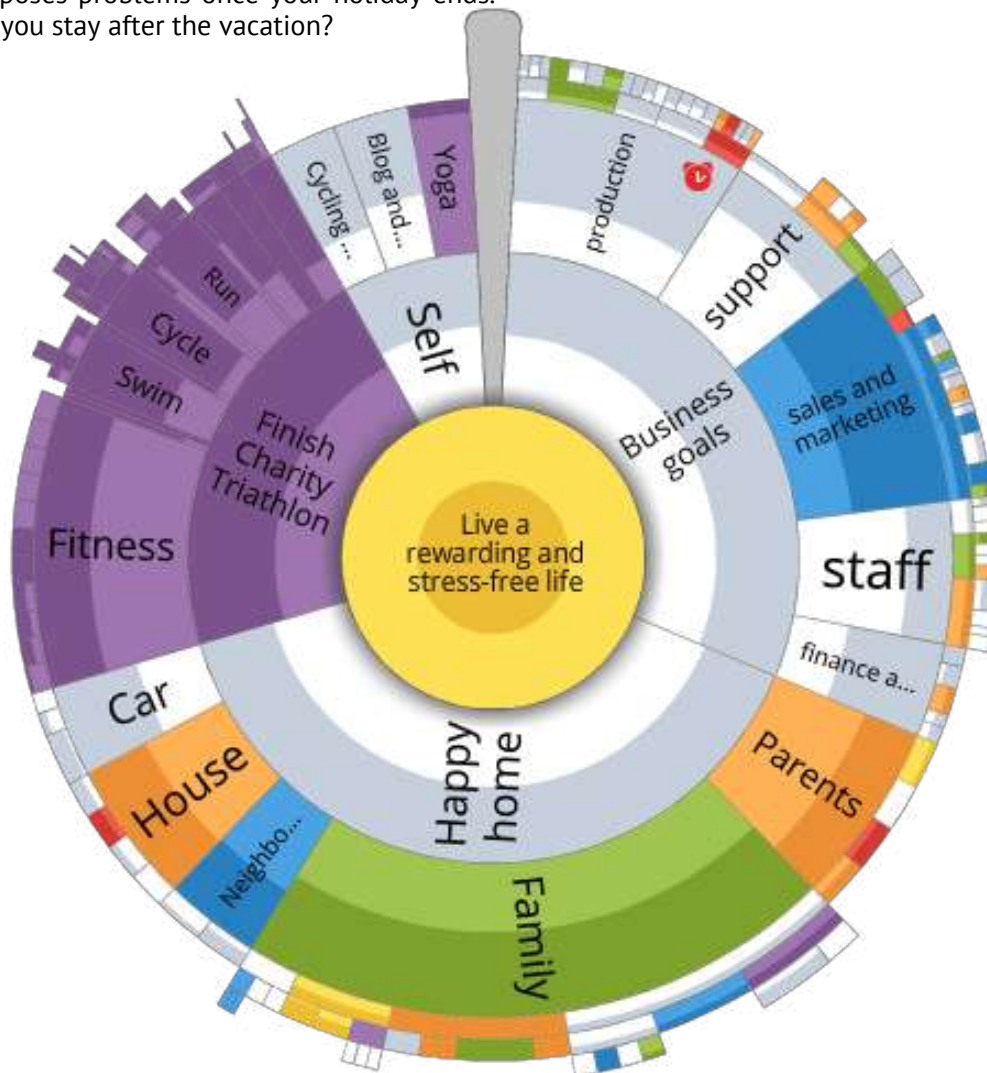
Is it when you've shed 2, 5, or 10 kilograms? Is it when you can effortlessly wear new clothes or when compliments pour in? Measuring success before it is realised brings it within reach.

Achievable: For a goal to be considered achievable, it must not reside in the realm of pure fantasy. For instance, I might dream of touching the sun and returning to Earth within an hour. Most would readily dismiss this as unattainable. Even if I had the means to approach the sun, the intense heat would make contact impossible. Returning to Earth unscathed after such a journey is equally improbable. Thus, a goal must be achievable. Not to say that seemingly impossible goals cannot be achieved. But do you believe in your mind that you can achieve it?

Reasonable: Reasonableness entails a balanced approach. It's not about shying away from ambitious dreams but acknowledging that vacationing in a mansion after selling off your apartment poses problems once your holiday ends. Where will you stay after the vacation?

Time Bound: Lastly, goals must be time-bound. Establish a clear deadline for their accomplishment. Instead of vaguely aspiring to be a novelist someday, commit to completing your novel by December 31, 2023. A time frame imparts urgency and motivation as your mind comprehends the impending date of achievement, compelling you to maintain the necessary efforts.

As a bonus, add the letter 'E' to **SMART**, making it **SMARTE**. 'E' signifies **Ecology**, referencing the impact of your goals on the environment. Consider building a massive building as your goal – what repercussions will it have on the environment? Or, setting a goal to read a book in 15 days – how might this affect your work, relationships, and sleep patterns? This ecological assessment, which includes the environment around you – your **work, family, health, society, the Earth**, etc. – is vital before establishing your goals.



I am sure that now you possess the tools to set goals that are specific, measurable, achievable, reasonable, time-bound, and ecologically mindful. Should you still require guidance, you can go through my article published in May. In it, I delve into the art of achieving big objectives through the steady progression of small steps.

-KULMOHAN KAUR



Know Popular Foods From Spectacular India: A Culinary Kaleidoscope

By Vanshika Arya

India is a diverse country, and this diversity extends beyond its population to include its culinary customs. In India, every state has a thriving and distinctive cuisine culture that is a reflection of its history, geography, and culture. State-specific popular cuisines have enormous cultural significance in addition to being a source of culinary delight. In this post, we'll look at some of the most well-known foods from each state in India and their significance.



Litti Chokha is a well-known cuisine from Bihar made from locally obtained ingredients. It consists of roasted wheat flour balls (litti) and a tangy mixed vegetable mash (chokha). This dish's chokha usually consists of roasted or boiled vegetables, including potatoes, tomatoes, and eggplant, along with flavorful seasonings like mustard oil, garlic, and green chilies. This dish is not merely a culinary delight; it also exemplifies the Bihari people's simplicity and ingenuity. Made with materials that may be found nearby, Litti Chokha honours the area's agricultural heritage.

Kerala's Sadya is a large vegetarian feast that is traditionally served on a banana leaf and consists of 32 different dishes, each with its own distinctive flavours and preparations. Parboiled rice (choru), sambar, raita, parippu (lentil curry), sambaram (spiced buttermilk),



avial thoran (stir-fried vegetables with coconut), kaalan, pachadi, erissery, pulissery, moru curry, injipuli, beetroot pachadi, vendakka kichadi (okra in yoghurt), mango pickle.

Served frequently at festive events like Onam and weddings, these dishes together provide a wonderful and delectable feast that not only exemplifies Kerala's rich agricultural practices and usage of traditional spices but also forms a vital part of the state's cultural and culinary legacy.



Rasgulla: Bengalis have a special place in their hearts for this sweet treat from West Bengal. This soft, spongy, and syrupy confection, which is created from freshly cooked chhena

(a form of cottage cheese or paneer), is a representation of Bengali culture and their love of sweets, in addition to being a feast for the taste buds. Their cultural holidays and festivals, like Durga Puja, must include it.

Punjab – Makki di Roti and Sarson da Saag:

Popular winter dishes in Punjab include Sarson da Saag and Makki di Roti. Sarson da Saag is a



mustard green curry, while Makki di Roti is produced from maize flour. These recipes showcase the state's deep agricultural history in addition to being delicious. They are typically consumed during the

LIFESTYLE

harvest season to honour the farmers' labour-intensive efforts.



Gujarat: Dhokla, a well-liked Gujarati snack, is a spongy, savoury cake that represents the state's extensive vegetarian culinary traditions. It is a

well-liked Gujarati snack, is a spongy, savoury cake that represents the state's extensive vegetarian culinary traditions. It is produced mostly from fermented rice and chickpea flour. In Gujarat, it is an essential component of both special occasions and daily life. The interesting Dhokla variations available today, such as Khaman, Rava, Palak, and others, were developed by combining various ingredients to provide a wide variety of tastes and textures. In addition to being a common snack, dhokla is also consumed regularly in their homes and on important occasions.

Dal Baati Churma from Rajasthan:

This meal consists of baked wheat balls (baati) that are served with lentil curry and a sweet crumbled wheat combination. It stands for the culinary ingenuity of the desert state and its appreciation of spiciness and flavour.



Vada Pav, also known as the "Indian Burger," is a well-liked food from **Maharashtra**. A scorching potato fritter wrapped in a

bun, along with a fiery red garlic chutney mixture and fried green chilli, make up this delicious delicacy. Vada Pav is a flexible and tasty snack that may be eaten for breakfast, lunch, or dinner, reflecting the busy lifestyle of Mumbai.

Assam Laksa:

Assam Laksa is a delicious noodle soup that combines Southeast Asian and Assamese culinary elements in a delicious way. This dish exemplifies the state's multicultural blending and the influence of old trade routes on its cuisine. Assam Laksa is often prepared with rice vermicelli noodles, a variety of fresh herbs and garnishes, such as mint, coriander, and finely sliced vegetables, along with a rich and sour fish-based broth, tamarind, lemongrass, and aromatic spices.



Poha is a popular breakfast option in **Madhya Pradesh** and many other regions of India. It consists of flattened rice that has been cooked with a variety of veggies, spices, and

occasionally peanuts. Poha is popular for being savoury yet light, and it is frequently eaten with sev (crisp chickpea noodles), fresh coriander, and a squeeze of lemon.



Lucknowi Biryani is a delectable rice dish that is a hallmark of **Uttar Pradesh** and is distinguished by its flavorful spices, long-

grain Basmati rice, and soft meat (usually mutton or chicken). It is a staple of special occasions and is prepared using the "dum pukht" style, which embodies Lucknow's cultural legacy. It offers a symphony of flavours and textures.

Dham is a traditional festive meal eaten in **Himachal Pradesh** and is frequently provided for weddings and other important occasions. A



variety of vegetarian foods, including Chana Dal, Rajma (kidney beans), Kadi (curry made with yoghurt), Sepu Vadi (fried lentil dumplings), and rice, are served during the multi-course meal. The way that dham is prepared is distinctive; local cooks known as "botis" cook the food over an open flame in huge pots called "handis." Dham is a mouthwatering illustration of the state of Himachal Pradesh's rich culinary heritage and the significance of local cultural festivals.



Eromba is a classic and hot **Manipuri** meal made with boiling vegetables, fish (sometimes fermented), and a hot, fragrant chilli paste. It is

renowned for its potent tastes and the use of locally grown herbs and bamboo shoots, showcasing the state's distinctive culinary traditions. Eromba is a crucial component of Manipuri cuisine and exemplifies the state's fondness for strong tastes

-VANSHIKA ARYA





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Student Spotlight: Know How To Overcome Fear Exams?

By WFY Bureau

Overcoming Challenges in Final Examinations: Strategies for Conquering Anxiety and Attaining Academic Success

As students prepare for their year-end final exams, they frequently encounter many obstacles that can impede their readiness and lead to heightened levels of stress and worry. Gaining a comprehensive understanding of these prevalent problems and offering efficacious solutions to surmount them is crucial to enabling students to optimise their academic performance.

This article aims to thoroughly examine the aforementioned issues and propose effective solutions that can empower students to overcome their anxieties.

1. Time management: Proficient time management is an essential competency that students must acquire in order to achieve exceptional performance in their examinations. According to findings from the National Survey of Student Engagement (NSSE), over 30% of college students indicated a deficiency in their time management abilities. This frequently results in eleventh-hour studying and below-average academic outcomes.

Proposed Solution: One potential solution is to promote the development of a study calendar or timetable among students, wherein they can effectively divide their study material into smaller, more manageable chunks. It is crucial to underscore the significance of commencing one's academic preparations in advance in order to circumvent the burdensome consequences of last-minute cramming sessions. The implementation of time management strategies, such as the Pomodoro Technique, which involves engaging in concentrated work sessions

lasting 25 minutes followed by brief intervals of rest, has the potential to augment one's productivity.

2. Anxiety and Depression: A significant number of students experience the phenomenon of test anxiety. According to the Anxiety and Depression Association of America (ADAA), test anxiety is prevalent among students in the range of 16–20%. The presence of this dread has the potential to impede one's performance, resulting in a decline in both focus and the ability to retrieve information from memory.

Proposed Solution: Implement educational interventions aimed at instructing students in stress-management strategies, including but not limited to deep breathing exercises, progressive muscular relaxation, and mindfulness meditation. It is recommended to motivate individuals to reframe pessimistic beliefs and substitute them with constructive affirmations. Creating a conducive environment that offers support and cultivating a mindset that emphasises personal development can mitigate the effects of exam anxiety and cultivate a sense of self-assurance.

3. Insufficient motivation: Sustaining motivation during the period of exam preparation can prove to be arduous, particularly when students encounter a substantial workload and conflicting obligations. The Journal of Educational Psychology presented a study that demonstrated a favourable correlation between intrinsic motivation and academic achievement.

Proposed Solution: Assist pupils in establishing attainable objectives and dividing them into



manageable sub-goals. In order to bolster their motivation, it is advisable to commemorate and acknowledge the significant achievements of individuals. It is imperative to foster a sense of connection between students' academic pursuits and real-life applications or personal interests, as this approach enhances the overall engagement and meaningfulness of the learning process.

4. Learning Struggle: The cultivation of efficient study habits is crucial for achieving success in examinations. Numerous students encounter difficulties in adopting effective study approaches or engaging in behaviours that impede their learning process.

Proposed Solution: Facilitate the exposure of students to a diverse array of study methodologies, including but not limited to active reading, paraphrasing content, and engaging in preparatory exercises involving practice examinations or quizzes. It is advisable to motivate individuals to engage in experimentation in many ways and ascertain the most effective approach that suits their needs. Highlighting the importance of regular intervals for rest and revitalization in order to optimise overall efficiency

5. Lack of Confidence: One factor that can negatively impact a student's performance on exams is a deficiency of self-assurance and confidence. The significance of self-confidence in achieving academic achievement is emphasised by the **American Psychological Association (APA)**.

Potential Solution: Facilitate opportunities for students to engage in simulated examinations or presentations as a means to both reinforce and demonstrate their acquired knowledge. Offer constructive remarks to accentuate their areas of growth while concurrently underscoring their areas of proficiency. It is advisable to consistently reinforce students' prior accomplishments and foster a constructive self-perception.

Case Study: Sarah, an adolescent enrolled in secondary education, experienced notable levels of worry and apprehension as she approached the culmination of her academic year in the form of final examinations. The individual encountered challenges in successfully managing her time, frequently allocating excessive amounts of attention to subjects that posed difficulties for her. Furthermore, she harboured uncertainties regarding her competencies and experienced a sense of being inundated by the large volume of study materials.

Under the instruction of her instructor, Sarah acquired the skill of developing a structured study timetable, wherein she designated dedicated time intervals for each academic subject. The Pomodoro Technique was employed by the individual in order to enhance concentration and optimise productivity during study sessions. Sarah, in addition, implemented active reading strategies and summarization approaches, enhancing her ability to comprehend concepts with greater efficiency. Through the recognition of little achievements and the reception of constructive criticism, Sarah was able to restore her self-assurance and develop a newfound appreciation for her personal talents.

The statistical data referenced in this article is derived from research and surveys undertaken by esteemed organisations. The National Survey of Student Engagement (NSSE) offers significant insights into the experiences and behaviours of students, encompassing aspects such as time management. The Anxiety and Depression Association of America (ADAA) is a reputable and reliable resource that provides valuable information pertaining to anxiety disorders, including test anxiety. The Journal of Educational Psychology is well recognised as a credible academic publication that disseminates scholarly research pertaining to diverse facets of education and the factors influencing student motivation. The American Psychological Association (APA) provides authoritative perspectives on academic attainment and the significance of self-assurance.

To sum things up, by recognising and resolving these prevalent obstacles, students can effectively navigate the period of final examinations, thereby mitigating anxiety and enhancing their academic achievement. Key measures for assisting students in overcoming their concerns and attaining success encompass the promotion of effective time management, the provision of stress-management skills, the cultivation of motivation, the encouragement of efficient study habits, and the instillation of self-confidence. It is important to acknowledge that examinations can serve as a catalyst for personal development and academic accomplishments when accompanied by appropriate resources and assistance.

-WFY BUREAU



JOBS WITH HIGH PAY: THE NEW TECHNOLOGY TRENDS

By WFY Bureau

Technology Trends and Emerging Technologies

Generative-AI

Generative AI, a cutting-edge technology, has transformed several sectors by allowing robots to create material that seems like it was created by humans. It has several uses, ranging from word generation to visual synthesis and even music composition.

Individuals who master generative AI might pursue intriguing work opportunities in domains such as artificial intelligence research, data science, and the creative industries. The ever-expanding uses of generative AI promise a bright future for those who master it, with chances to alter how we interact and produce content in the digital age.

Some of the most important job roles are:

- AI Researcher, where you can delve into the creation of complex generative models.
- A data scientist who uses generative AI to uncover useful insights from data
- Content Creator utilising generative AI for novel storytelling
- AI Ethics Consultant, addressing the ethical issues of artificial intelligence-generated content.

Machine learning and artificial intelligence (AI)

Artificial intelligence, or AI, has gotten a lot of attention in the last decade. Nonetheless, it remains one of the emerging technological trends since its significant implications for how we live, work, and play are still in their early phases. AI is already well-known for its supremacy in picture and speech recognition, navigation apps, smartphone personal assistants, ride-sharing apps, and a variety of other applications.

Aside from that, AI will be used to analyse interactions to determine underlying connections and insights, to help predict demand for services such as hospitals,

allowing authorities to make better resource utilisation decisions, and to detect changing patterns of customer behaviour by analysing data in near real-time, driving revenues and enhancing personalised experiences. As AI spreads throughout industries, new employment will be created in areas such as development, programming, testing, support, and maintenance, to mention a few. On the other side, AI pays some of the highest wages today!

Machine learning, a subset of AI, is also being used in a wide range of industries, resulting in a high demand for trained personnel. According to Forrester, AI, machine learning, and automation will produce 9% of new employment in the United States by 2025, including robot monitoring professionals, data scientists, automation specialists, and content curators, making it yet another new technology trend to keep an eye on!

Understanding AI and machine learning will help you land positions such as:

- Artificial Intelligence Research Scientist
- AI Developer
- Machine Learning Expert
- AI Designer

Processing Power

Computing power has already cemented its position in the digital era, with nearly every gadget and appliance computerised. And it's here to stay, as data science specialists believe that the computing infrastructure we're currently constructing will only improve in the coming years.

At the same time, we have 5G; prepare for a 6G age with more power in our hands and devices all around us. Even better, computing power is generating more tech employment in the industry, although individuals will need to acquire specialised skills. This field will power the majority of jobs in every country, from data

science to robots and IT management. The greater the computer power required by our devices, the greater the demand for technicians, IT teams, relationship managers, and the customer care economy. RPA, or robotic process automation, is an important aspect of this field that you may master now. Automation of robotic processes

Here are some of the best occupations you can pursue after RPA:

- Data Analyst
- AI Developer
- Robotics Engineer
- AI Designer
- Robotics Engineer

Devices that are smarter

Artificial intelligence has been critical to making our world smarter and more efficient. It is not merely mimicking humans but also going above and beyond to make our lives easier. These smarter devices will be around in 2024 and beyond as data scientists work on AI household robots, appliances, work devices, wearables, and much more!

Almost every job requires clever software programmes to make our work lives easier. Smarter gadgets are another addition to the IT industry that is in great demand as more businesses transition to digital areas. To survive, almost every higher-level profession requires solid IT and automation skills.

Here are some of the top occupations you can get:

- IT Director
- Information scientists
- Product reviewers
- Product Management
- Automation Designers
- IT analysts

Datafication

Datafication is simply the transformation of everything in our lives into data-powered gadgets or software. In a nutshell, datafication is the transformation of human chores and duties into data-driven technology. Data is here to stay for longer than we can recall, from our smartphones, industrial machinery, and workplace applications to AI-powered gadgets and everything else! As a result, keeping our data stored appropriately, securely, and safely has become a high-demand specialisation in our economy.

Datafication increases the demand for IT specialists, data scientists, engineers, technicians, managers, and many other positions. Even better, anyone with a solid understanding of technology can pursue certification in data-related specialisations to find work in this field. Data occupations are about skills rather than high-level qualifications.

Let's have a look at some common data jobs:

- Engineers in Big Data
- Engineers in Robotics
- Information Technology Architect
- Analyst of Business Intelligence
- Information scientists

Reality Extensified

From virtual reality to augmented reality to mixed reality and everything in between, extended reality

encompasses all technologies that replicate reality. It is an important technological trend right now since we all want to break free from the world's so-called real bounds. This technology is extremely popular among gamers, medical professionals, retail and modelling professionals, and others since it creates a reality without any physical presence.

In terms of virtual reality, gaming is a critical sector for popular occupations that do not demand advanced degrees but rather a desire for online gaming. To pursue a successful career in this specialisation, you can study game design, animation, or even editing programmes.

Meanwhile, here are some of the greatest careers in AR, VR, and emergency medicine:

- Architect for Extended Reality
- Front-line Lead Engineer
- Software Engineer
- Support engineers for AR/VR
- Game Developers
- Professional gamers
- Artistic Directors

RPA stands for Robotic Process Automation.

Robotic process automation, like AI and machine learning, is a technology that automates jobs. RPA is the use of software to automate business operations such as application interpretation, transaction processing, data handling, and even email response. RPA automates repetitive tasks that previously required human labour.

Although Forrester Research forecasts that RPA automation could endanger the livelihoods of 230 million or more knowledge workers, or around 9% of the global population, RPA is also creating new jobs and changing old ones. According to McKinsey, less than 5% of vocations can be completely automated, but over 60% can be somewhat mechanised.

RPA provides numerous job prospects for you as an IT professional looking to the future and attempting to comprehend current technological developments, including developer, project manager, business analyst, solution architect, and consultant.

And these professions are well-paying, making them the next technology trend to keep an eye on! Mastering RPA will help you acquire high-paying positions like:

- RPA Programmer
- RPA Consultant
- RPA Designer

Three-dimensional printing

3D printing, which is used to create prototypes, is an important trend in innovation and technology. This technique has had a significant impact in the biomedical and industrial sectors. We never imagined printing an actual product on a printer, but it is now a reality. As a result, 3D printing is yet another breakthrough that is here to stay.

Various occupations pay highly and are international for organisations in the data and healthcare sectors that demand a lot of 3D printing for their products. All you need is a solid understanding of AI, machine learning, modelling, and 3D printing

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Let's have a look at the greatest jobs in this field:

- CX Programme Director
- 3D Printer Designer
- Engineer in Prototyping Emulation
- Robotics Instructor
- AI Developer
- Operations Supervisor
- Designer of Organs and Prosthetics

Genomics

Consider a technology that can study and use your DNA to improve your health, assisting you in the fight against diseases and the like! Genomics is the technology that investigates the composition of genes and DNAs, their mapping, structure, and so on. Furthermore, this can help measure your genes, which can lead to the discovery of diseases or other potential health issues.

When it comes to a specialisation like genomics, there are both technical and non-technical professions available. Technical occupations in this field focus on designing, analysing, and diagnosing, whereas non-technical jobs focus on higher levels of research and theoretical analysis.

The following are the top genomics jobs:

- Analyst in Bioinformatics
- Analyst for Genome Research
- Full-Stack Programmer
- Software Developer
- Bioinformatics
- Genetics Designer

Alternative Energy Sources

For the sake of its landscapes and the energy we use, the globe has committed to going greener. As a result, cars run on electricity or batteries, while homes use greener options such as solar and renewable energy. What's more, people are aware of their carbon footprints and waste, so reducing them or converting them to renewable energy is much more beneficial.

This spawned a new technological trend: energy solutions! This alternative energy sector is also increasing environmental and data-related jobs. These jobs are for people with science specialisations and social science credentials.

Let's take a look at some of the best jobs in New Energy:

- Energy Expert (Solar, Thermal, Hydropower, etc.)
- Solar Plant Energy Design
- Climate Strategy Expert
- Project Coordinator
- Chemical Power
- Biotechnology Expert

Renewable Energy Technician

Computing at the Periphery

Cloud computing, which was once a novel technology trend to follow, has now gone mainstream, with key firms like AWS (Amazon Web Services), Microsoft Azure, and Google Cloud Platform dominating the industry. Cloud computing popularity is still increasing as more firms transition to a cloud solution. However, it is no longer an emergent technology trend. The edge is that as the

volume of data that organisations must deal with continues to grow, they have recognised the limitations of cloud computing in particular instances.

Edge computing is intended to address some of these issues by avoiding the latency imposed by cloud computing and delivering data to a data centre for processing. It can reside "on the edge," so to speak, closer to where computation is required.

As a result, edge computing can be used to process time-sensitive data in remote places where access to a central location is limited or non-existent. Edge computing can function as tiny datacenters in certain instances.

Keeping up with cloud computing (including new-age edge and quantum computing) will help you land fantastic employment, such as:

- Engineer for Cloud Reliability
- Engineer, Cloud Infrastructure
- Security Architect and Cloud Architect
- Cloud DevOps Engineer

Computing at the Quantum Level

The next notable technological trend is quantum computing, which is a type of computing that makes use of quantum phenomena such as superposition and quantum entanglement. Because of its ability to readily query, monitor, analyse, and act on data from any source, this fantastic technology trend is also involved in avoiding the spread of the coronavirus and developing viable vaccines.

Banking and finance are also finding uses for quantum computing, such as credit risk management, high-frequency trading, and fraud detection. Quantum computers are now many times faster than ordinary computers, and major brands such as Splunk, Honeywell, Microsoft, AWS, Google, and others are currently active in quantum computing innovation. The global quantum computing market is expected to surpass \$2.5 billion by 2029.

To make a name for yourself in this emerging field, you should be familiar with quantum mechanics, linear algebra, probability, information theory, and machine learning.

Augmented reality and virtual reality

Virtual reality (VR), augmented reality (AR), and extended reality (ER) are the next remarkable technology trends. VR immerses the user in an environment, whereas AR enriches it. Although this technology trend has so far been mostly employed for entertainment, it has also been used for training, such as with VirtualShip, a simulation software used to train U.S. captains of ships in the Navy, Army, and Coast Guard.

We may expect these kinds of technologies to be further incorporated into our lives by 2024. AR and VR, which typically function in concert with some of the other developing technologies described in this list, have immense potential in training, entertainment, education, marketing, and even injury rehabilitation. Either may be used to instruct surgeons to do surgery, provide a more immersive



experience for museum visitors, improve theme parks, or even improve marketing, as seen with this Pepsi Max bus shelter.

While some employers may seek optics as a skill set, keep in mind that getting started in VR doesn't require a lot of specialised expertise—simple programming abilities and a forward-thinking mindset can secure a job—another reason why this new technology trend should be on your radar!

Blockchain

Although most people associate blockchain technology with cryptocurrencies such as Bitcoin, blockchain technology provides security that is valuable in a variety of different ways. In its most basic form, blockchain is data that you can only add to, not subtract from or change. Because you're creating a data chain, the term "chain" was coined. The inability to update earlier blocks is what makes it so secure. Furthermore, because blockchains are consensus-driven, no single party can gain ownership of the data. Blockchain eliminates the requirement for a trusted third party to manage or confirm transactions.

Several sectors are involving and implementing blockchain technology, and as the use of blockchain technology grows, so does the demand for experienced personnel. A blockchain developer specialises in building and implementing architecture and solutions based on blockchain technology.

If you are interested in blockchain and its applications and want to pursue a career in this trending technology, now is the time to begin. To enter the blockchain industry, you must have prior knowledge of programming languages, OOPS concepts, flat and relational databases, data structures, web app development, and networking.

Understanding blockchain can help you advance in a number of disciplines and industries, including:

- Risk Manager
- Technical Architect
- Crypto Community Administrator
- Front-end Developer

IoT (Internet of Things)

IoT is another exciting new technology trend. Many "things" are now designed with WiFi connectivity, allowing them to connect to the Internet—and to one another. As a result, the Internet of Things, or IoT, was born. The Internet of Things is the future, and it has already enabled electronics, home appliances, cars, and other items to be connected to the Internet and share data.

We are already using and benefiting from IoT as consumers. We can remotely lock our doors as we leave for work and prepare our ovens on our way home from work, all while tracking our fitness with Fitbits. Businesses, on the other hand, stand to benefit greatly both now and in the near future. As data is collected and analysed, the Internet of Things can improve corporate safety, efficiency, and decision-making. It has the potential to enable predictive maintenance, accelerate medical care,

improve customer service, and provide benefits we have yet to envision.

And we're just getting started with this new technology trend: by 2030, about 50 billion of these IoT gadgets are expected to be in use around the world, creating a huge web of interconnected items ranging from smartphones to kitchen appliances. And if you want to work in this hot technology, you'll need to learn about information security, AI and machine learning principles, networking, hardware interfaces, data analytics, automation, embedded system understanding, and device and design expertise.

5G

5G is the next technological development to emerge after IoT. Whereas 3G and 4G technologies allowed us to access the internet, use data-driven services, improve bandwidths for streaming on Spotify or YouTube, and do a variety of other things, 5G services are predicted to revolutionise our lives.

By enabling applications that rely on sophisticated technologies such as AR and VR, in addition to cloud-based gaming services such as Google Stadia, NVidia GeForce Now, and others. It is projected to be employed in industries such as HD cameras that aid in traffic management and safety, smart grid control, and smart retail.

Almost every telecom business, including Verizon, T-Mobile, Apple, Nokia Corp., and Qualcomm, is now developing 5G apps. 5G network subscriptions are expected to reach 4.4 billion by the end of 2027, making it an emerging technology trend to keep an eye on and reserve a spot in.

Cyber Defence

Given that it has been around for a long time, cyber security may not appear to be a new technology trend, but it is evolving much like other technologies. This is due in part to the fact that threats are continually evolving. Malevolent hackers attempting to illegally access data will not give up easily, and they will continue to develop ways to circumvent even the most stringent security measures. It's also because new technology is being used to improve security.

As long as there are hackers, cybersecurity will be a popular technology because it will always grow to combat them. By 2025, 60% of organisations will use cybersecurity risk as a main decision in performing third-party transactions and business engagements, according to Gartner.

It is important to highlight that, while the industry is difficult, it also offers substantial six-figure salaries, and responsibilities can range from

- Hacker with Integrity
- Malware Specialist
- Engineer in Security
- CSO (Chief Security Officer)

Trust in the Digital Age

With individuals being accommodated and entwined with devices and technology, confidence and trust in digital technologies have grown. This familiar digital trust is another important development that will

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lead to additional breakthroughs. People who have digital conviction think that technology can build a secure, safe, and dependable digital world and assist businesses in inventing and innovating without fear of losing the public's trust.

Cybersecurity and ethical hacking are two significant specialisations you can pursue to make the digital world a safer place. There are a variety of occupations available in these two industries, ranging from junior to senior levels. Professional credentials may be required for ethical hacking; however, a diploma or even a master's degree is sufficient for a high-paying career in cybersecurity.

The following are the top jobs in cybersecurity and ethical hacking:

- Cybersecurity Expert
- Penetration Examiner
- Engineer in Security
- Architect for Security
- Engineer in Security Automation
- Network Security Consultant

Above, we have listed and highlighted a couple of promising career paths for someone who wishes to get into and stick with this latest emerging technology.

Best wishes, and take the world in your stride!

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The Best And Most Popular Indian Origin Cricketer: Ravi Bopara

By Saji Chacko

The name Ravi Bopara is well known in international cricket circles. The 38-year-old England frontline batsman has been a good player, but few know how he started taking a liking to the game. Ravinder Singh Bopara was born in London to Sikh parents and was an avid follower of England-India matches on TV.



"I am one of those rare cricketers who started loving the game after watching it on TV. From the age of 10, I got hooked on watching the India-England matches. At that time, I never dreamt of playing for England—but yes, I wanted to play the game at a high level," said Bopara.



Once Ravi developed a love for the game, things became much easier for him. He was soon getting the thrill and kick from playing the game that he soon wanted to transcend to the next level. He was not merely content with being a good junior; he wanted to play for Team England. "I was very sure that I wanted to don the England jersey. I was ready to undergo any sacrifice or hardship to achieve my goal," he said.

Slowly, but surely, Ravi was coming up with good knocks regularly to stake his claim on the England side. Such was his consistency that he earned the right to play for his country when he was selected to play against Sri Lanka in the 2007 World Cup. He made an instant mark with a knock of 53, which earned him the man of the match—a baptism that he will remember for the rest of his life. "To represent one's country and that too at the World Cup, that was the biggest dream come true. The fact that I was the highest scorer and also was declared man of the match—I could not have asked for anything more," he added.



SPORTS

Thereafter, in England's home series against India, he was in poor form in three ODIs before finding his mark in the fourth ODI.

Thereafter, Ravi played in the World T20 Cup, where he made an impressive 47 off 15 balls against the Netherlands. His prowess at the shortened version of the game was coming to the fore, but deep down he knew he was more of a Test batsman. "Despite my success at the ODI and T20 levels, I knew that I was more adept at playing in the longer version of the game."

If his ODI debut was memorable, Ravi's Test debut was a forgettable one. He flopped in the Test series against Sri Lanka and could only run 42 runs in five innings, which included three ducks. Was he disheartened? "Not really. I am a patient person and knew that success would not be instant. Even after scoring three ducks, I told myself to be patient and that success would ensue," he went on to say.



Bopara's conviction and self-belief in his Test abilities came true when, in the 2009 series against the West Indies, he finally scored a cracker of 118. He followed it up with two more centuries and, in the process, became the only and fifth ever England batsman to score three tonnes in a Test series. This sterling show earned him the praise of a lot of England greats, and he was being compared with Kevin Pietersen. There were many who thought that Bopara was the next big thing for England cricket.

But once again, Lady Luck did not smile on him, and his form dipped in the Tests, which allowed his close rivals Michael Canberry and Eion Morgan to make their Test debuts and leave their mark on them. Gradually, his poor form and bad luck ensured that he would never become the terrific Test batsman that he once promised to be.



Ravi Bopara now began to concentrate on the ODI's, and his decision to do so started to bear fruit. His crowning moment came when he was selected to play for England in the 2011 World Cup in India. "To be able to play in India and that too in the World Cup was the ultimate experience for me. I had heard and seen a lot about India—but to actually be there for the World Cup was something beyond my wildest dreams," he said.



Once again, his form was patchy in the World Cup; despite scoring decently in England's opener against the Netherlands, he was not played in the next three matches. Thereafter, in England's crucial tie against South Africa, he came when his side was tottering at 15 for 3. He steadied the ship, scoring 60 off 98 balls to be named Man of the Match. Thereafter, he did not score much, as England lost to Sri Lanka in the quarterfinals.



Money was secondary for Ravi—proof of this came when he turned down a 100,000-pound offer to play for Delhi Daredevils in the 2011 IPL in India. "I have been very sure of one thing in my life—that money is important but not all too important. Pride and prestige are more important to me than money. There were so many friends and well-wishers of mine who were disappointed that I blew away the chance to make that much money by playing in the IPL," he said.

Thereafter, Ravi played in patches for England in ODI's and finished his international career on a high note, scoring 4000+ runs in Tests and ODI's.

Today, he leads a happy retired life in London and always dreams of having an association with India. Time will tell what kind of association Ravi Bopara will have with India.

-SAJI CHACKO



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

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

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

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