

August, 2024

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Global Indian Diaspora Magazine

**COVERSTORY**

**Great Romani:  
The Best Of  
The Indian  
Migrants**





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WFY MAGAZINE AUGUST 2024  
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# From the Editor's Desk

# Hello

# August



**By Melwyn Williams**

If we have become insensitive to what is happening around us and have developed an oblivious shell around us, then it is high time you hit the reset button on your life. All we do is to keep ourselves glued to that silly yet very over-powering mobile phone in your hands.

### Introduction

You're scrolling through your Facebook feed when you see a post about the latest school shooting. You automatically scroll past it, not wanting to think about the tragedy. You've become so desensitized to the violence happening in our world that you've developed a numbness to it.

This isn't healthy, and it's time for you to hit the reset button on your life.

Some suggestions are as follows:

- Spend time in nature.
- Connect with friends and family.
- Volunteer in your community.
- Reflect on what's important to you.
- Make time for yourself.
- Connect with your spirituality.
- Get creative.

### Why Have We Become Oblivious?

Have you ever had the feeling that you are merely going through the motions? That you've become numb to what's happening around you? If so, you're not alone.

It's easy to become oblivious to the world around us. We build walls around ourselves for protection. We become insensitive without meaning to

## STUCK UP: CAN WE MAKE A BETTER LIFE FOR OURSELVES?

be. This is often due to anxiety about how we are perceived by others. Recognizing insensitivity is the first step to protecting yourself from it. If you can identify when someone is speaking insensitively to you, you can put up your guard. You can choose not to be affected by them.

### How Has This Affected Us?

You've probably been feeling a little out of touch lately, like you just can't seem to get motivated to do anything. You're not quite sure why, but everything just seems so pointless. Well, it might not be you that's changed—it might be the world around you. It's not uncommon for people to develop an oblivious shell around them as a way to cope with the never-ending news cycle. We see something horrific on the news and then switch off because we can't handle it. We hear about another mass shooting and decide to unplug from social media because we can't bear to see the posts. We become desensitized to the pain and suffering happening all around us, and before long we've become completely disconnected from the world. If this sounds like you, then it's time to hit the reset button of your life. You need to find a way to reconnect with the world around you before it's too late.

### How Can We Become More Aware and Sensitive?

If you've been feeling like you've been disconnected from the world, or like you're just not interested in anything going on around you, there are things you can do to reset your life. The first step is to begin paying attention to your surroundings. What are they wearing? What types of advertisements are adorning the walls? What type of music is being played in the background? All of these things provide information about what is going on in the world.

Talking to people is yet another option. Start conversations with strangers and listen carefully to what they say. Inquire about their lives and listen intently. You'll be amazed at how much you can discover, simply by conversing with others. The bottom line is that if you want to reset your life, you need to become more aware and sensitive to what's going on around you. It won't be easy, but it's definitely worth it.

### How Can We Benefit From This In Our Daily Lives?

If you're feeling like you've become oblivious to what's happening around you, it might be time to hit the reset





button on your life. This can be a difficult process, but it's definitely worth it in the end. Here are a few things that can help you reset your life:

- Get rid of the distractions in your life. This might mean getting rid of social media, or taking a break from the news.
- Spend time in nature. This can help you reconnect with the world around you and clear your mind.
- Always spend time with people who are important to you. These are the people who will stand by you and will be there for you during difficult times.
- Reflect on your life so far. What have been the highlights? What have been the low points? What do you want to change?
- Make a plan for the future. What steps must you take to get there? How can you make this happen?

**What Can We Do to Make a Difference?**

It can be tough to face the reality of what's happening in the world today. The news is depressing, and it seems like every day there's another tragedy. But if we have become insensitive to what is happening around us and developed an oblivious shell around us, then it's time to hit the reset button of your life. We need to find a way to connect with the world again, and we need to find a way to make a difference.

You can make a difference in numerous ways. You can volunteer, you can donate money, or you can speak out against injustice. But whatever you do, don't give up. The world needs your voice, and things can change if we all work together.

**How Can We Prevent This From Happening Again?**

If you're like most people, you've probably become desensitized to what's happening around you. You've grown numb to the violence, the poverty, and the injustice. Maybe you've even built up a shell around yourself, so you don't have to think or feel about it. But if we don't address the root causes of our problems, they're only going to get worse. We need to find ways to prevent ourselves from becoming insensitive and oblivious. And that means taking a good, hard look at ourselves and our world, and not turning away from what we see.

It will not be simple, but it will be worth the effort. So how can we start? Well, for starters, we can be more mindful of the media we consume and the people we associate with. We can also pledge to understanding more about our surroundings, and not being afraid to speak out against injustice. If we want to create a better world, we need to start by looking inside ourselves. Are you ready to do your part?

**Conclusion**

If you're feeling like you've become insensitive to the world around you and you've developed an oblivious shell, it's time to hit the reset button on your life.

Here are some basic steps to get you started.

- Acknowledge that you need to reset
- Start paying attention to what's happening around you
- Educate yourself on the things happening in the world
- Let others know about what you are learning
- Take action and do something to make a difference.

**Parting Thoughts**

Here are some grave issues challenging our world. I'd like you to think about them.

Do your own bit of research and see how it is affecting us and what shall we do about it?

- Ageing
- Education
- Pandemics
- Sustainability
- Children our future generations
- Child Labour
- Climate Change
- Decolonization
- Violence
- Democracy
- Disarmament
- Poverty
- Food
- Inequality and Gender Equality
- Health
- Human Rights
- Justice
- Migration and refugees
- Peace and Security
- Water
- Youth
- Extremism
- Fundamentalism
- Intolerance
- Non-inclusivity

But if we have become insensitive to what is happening around us and developed an oblivious shell around us, then it's time to hit the reset button of your life. We need to find a way to connect with the world again, and we need to find a way to make a difference.

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**How Can We Prevent This From Happening Again?**

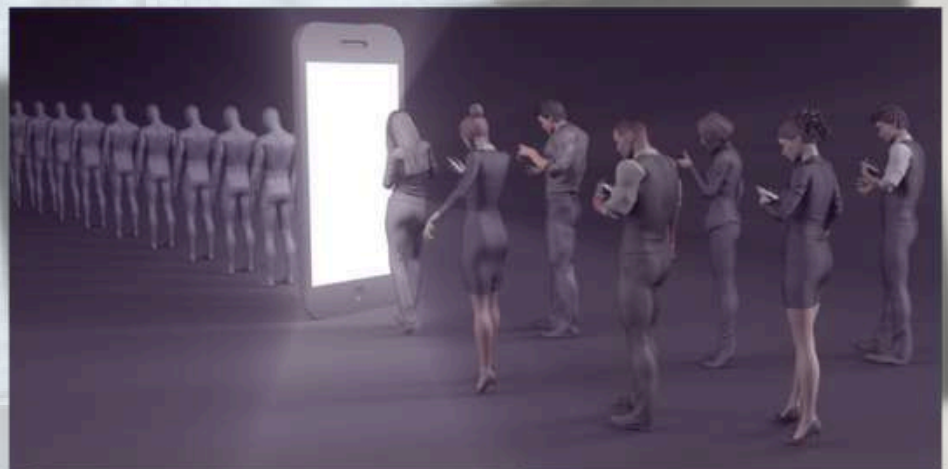
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It will not be simple, but it will be worth the effort. So how can we start? Well, for starters, we can be more mindful of

**Namaste**

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



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## COVERSTORY

# GREAT ROMANI: THE BEST OF THE INDIAN MIGRANTS.



*Today, most Roma have settled into houses and apartments and are not readily distinguishable. Because of continued discrimination, many do not publicly acknowledge their roots and only reveal themselves to other Roma.*







# ROMANI, THE GREAT INDIAN MIGRATION

By Melwyn Williams

**Romani** are the first Indians to go to Europe largely from the present day Punjab and nearby areas. Linguistic and genetic evidence suggests that the Roma originated in the northern regions of the Indian subcontinent; in particular, the Rajasthan, Haryana, and Punjab regions of modern-day India. In February 2016, during the International Roma Conference, then Indian Minister of External Affairs, Sushma Swaraj stated that the people of the Roma community were children of India. The conference ended with a recommendation to the government of India to recognize the Roma community spread across 30 countries as a part of the Indian diaspora.

Around 326 BC, the forces of Alexander of Macedon are considered to have transported the first wave of the Roma out of India. This was because they were iron smelters and skilled in making war weapons. The word “Roma” is thought to have originated from the Sanskrit term “doma,” also known as the contemporary “dom” or its variations, which may be found in numerous Indian languages and refers to lower castes involved in a variety of menial tasks and, in some cases, itinerant singing and dancing careers. According to a 2012 study that analysed around 800,000 genetic variants in 152 Romani people from 13 Romani communities throughout

Europe, it concluded that the Roma people fled northern India around 1,500 years ago, and the Roma who currently live in Europe went across the Balkans around 900 years ago.

The Roma, also known as the Romani, are a nomadic people that mostly inhabit Europe and America. Anthropologists, historians, and geneticists generally agree that the Roma’s

ancestral homeland is northern India. Zigeuner in Germany, Tsiganes or Manus in France, Tatar in Sweden, Gitano in Spain, Tshingan in Turkey and Greece, Gypsy in the UK, etc. are some of the several names used to refer to the Roma. Some of these names carry blatantly racist overtones and are seen as such by the Romani people.

The Roma (Gypsies) originated in the Punjab region of northern India as a nomadic people and entered Europe between the eighth and tenth centuries C.E. They were called “Gypsies” because Europeans mistakenly believed they came from Egypt. This minority is made up of distinct groups called “tribes” or “nations.” The Roma are an ethnic people who have migrated across Europe for a thousand years. The Roma culture has a rich oral tradition, with an emphasis on family. Often portrayed as exotic and strange, the Roma have faced discrimination and persecution for centuries. Some of the famous personalities of Roma descent are, painter Pablo Picasso, actor-filmmaker Charlie Chaplin, performer Elvis Presley, Hollywood legend Michael Caine, tennis player Ilie Nastase, and actor Yul Brynner.

Since many Roma are hesitant to declare their ethnicity in official national censuses for fear of being harassed or persecuted, the exact number is unknown. The global population of the Roma minority was believed to be around 20 million as of 2016. About 30 nations in West Asia, Europe, America, and Australia are home to the Roma people. With 2.75 million members, Turkey has the largest Roma population. There are thought to be 800,000 people in Brazil and perhaps 1 million in the US. There are significant Roma populations in Romania, Bulgaria, Russia,

Slovakia, Hungary, Serbia, Spain, and France. **The Romani language is clearly related to those spoken in northern India**, and many of the most popular Romani words—including the numerals—are virtually identical to the names they have in contemporary Hindi. Examples include the Romani word for “ek,” which is the same as the Hindi word for “ek,” dui (do), trin (teen), shtaar (chaar), panchi (paanch), sho (chhe), desh (dus), bish (bees), manush (manushya, or man), baal, kaan, and naak, which are the same as the Hindi words for “hair,” “ear,” and “nose”



The Roma and Indian groups share a number of cultural practices, such as the connection of white with mourning, the tradition of mehndi application by Indian brides, the observance of ritual purity rules, and taboos about birth and death. Because a woman giving birth is seen as impure, she must deliver the baby outside of her caravan or tent to prevent contamination. Their close ties to Hindu culture are suggested by the high rate of child marriages and the worship of deities like Shiva, Kali, and Agni. **In popular literature and film, the Roma are portrayed as**





having unpredictable temperaments and magical or occult abilities, including fortune telling. In addition to the basic misconceptions about them, they are frequently portrayed as robbers or lawbreakers.

Language Numbers	Romani	Domari	Lomavren	Sanskrit	Hindi	Bengali	Sinhala
1	ekh, jekh	yika	yak, yek	eka	ek	ek	eka
2	daj	di	tu	dvā	do	doi	deka
3	tin	teran	tarn	tri	tin	tin	thunathri
4	štar	štar	šdor	catvāra	čār	čhar	hathara/sathara
5	panč	panč	penč	pañca	pañc	pañch	pañha
6	šuv	šai	šes	šat	chah	chhoy	hayašaya
7	ša	šau	haš	sapta	sāt	sāt	hatašaha
8	ordo	xarš	našt	aštā	ašt	ašt	ata
9	oja	na	nu	nāva	nau	noy	nawaya
10	deš	des	las	dāśa	daś	došt	dašaya
20	biš	viš	višt	viñšati	biš	biš	višša
100	še	šaj	šaj	śata	sau	ekahā	siyašathakaya

ROMANI LANGUAGE

Since the commencement of their immigration to Europe, racism has translated into government persecution. In Germany, Italy, and Portugal, they were sold into slavery or slaughtered; they endured prejudice due to the colour of their skin; and they were blamed for bringing the terrible plague to Europe.



Nomadic Roma Family, Moldavia 1837

Roma people were sent to concentration camps by the Nazis. A statute enabling the denial of citizenship to Roma was adopted in Turkey in 1934. Roma women were compelled to get sterilization in Czechoslovakia in the 1980s. Even now, there are cases of Roma women having their ears cut off and children being taken away from their parents. The removal of 51 illegal Roma camps by the French government in 2010, caused a stir and warnings of retaliation from the EU. According to a 2011 survey conducted in 11 European nations, only one out of every two Roma children attended school on an average, and only one out of every three Roma adults held a paid job. Nearly half of the Roma populations in these nations



A Romani wagon

experienced prejudice as a result of their ethnicity, and nearly 90% of them lived below the poverty level.

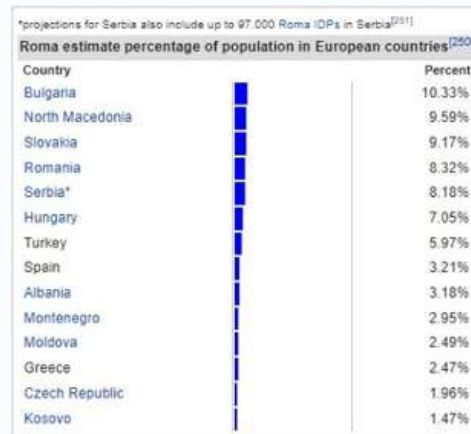
The majority of Roma belonged to the Sinti and Roma family groupings. Both groups spoke dialects of a common language called Romani, based on Sanskrit (the classical language of India). The term "Roma" has come to include both the Sinti and Roma groupings, though some Roma prefer to be known as "Gypsies." Some Roma are Christian and some are Muslim, having converted during the course of their migrations through Persia, Asia Minor, and the Balkans.



Romani\_gypsy\_europe\_india

For centuries, the Roma were scorned and persecuted across Europe. Zigeuner, the German word for gypsy, derives from a Greek root meaning "untouchable."

Many Roma traditionally worked as craftsmen and were blacksmiths, cobblers, tinsmiths, horse dealers, and toolmakers. Others were performers, such as musicians, circus animal trainers, and dancers. By the 1920s, there were also a number of Romani shopkeepers. Some Roma, such as those employed in the German postal service, were civil servants. The number of truly nomadic Roma was on the decline in many places by the early 1900s, although many so-called sedentary Roma often moved seasonally, depending on their occupations.



ROMA POPULATION

In 1939, about 1 to 1.5 million Roma lived in Europe. Roughly half of all European Roma live in Eastern Europe, particularly in the Soviet Union and Romania. Hungary, Yugoslavia, and Bulgaria also had large Romani communities. In Prewar Germany, there were at most 35,000 Roma, most of whom held German citizenship. In Austria, there were approximately 11,000 Roma. Relatively few Roma lived in Western Europe.

Romani People

The Romani, colloquially known as the Roma, are an Indo-Aryan ethnic group, traditionally nomadic itinerants.



Most of the Romani people live in Europe, and diaspora populations also live in the Americas.

- Ukraine: 47,587–260,000 (0.6%)
- Romania: 619,007–1,850,000 (3.29–8.3%)
- Spain: 750,000–1,500,000 (1.9–3.7%)
- France: 500,000–1,200,000
- Moldova: 12,778–107,100 (3.0%)
- Montenegro: 5,251–20,000 (3.7%)
- North Macedonia: 53,879–197,000 (9.6%)

Muslim Romanies in Bosnia and Herzegovina (around 1900)



DNA

Gypsies traveled, taking the DNA and genetic history that they picked up along the way with them. Consequently, it's not uncommon for a Gypsy individual to get DNA results that reflect a mix that includes South Asian DNA, Middle Eastern DNA, and one or even several European ethnicities.

Surname

You may have Romani, Traveller or Gypsy ancestry if your family tree includes common Romani or Gypsy surnames such as Boss, Boswell, Buckland, Chilcott, Codona, Cooper, Doe, Lee, Gray (or Grey), Harrison, Hearn, Heron, Hodgkins, Holland, Lee, Lovell, Loveridge, Scamp, Smith, Wood and Young.

Many groups use names apparently derived from the Romani word kalo or calo, meaning "black" or "absorbing all light". This closely resembles words for "black" or "dark" in Indo-Aryan languages (e.g. Sanskrit काल kāla: "black", "of a dark colour"). Likewise, the name of the Dom or Domba people of North India – to whom the Roma have genetic, cultural and linguistic links – has come to imply "dark-skinned", in some Indian languages. Hence names such as kale and calé may have originated as an exonym or a euphemism for Roma.





## Flag of the Romani People



The **Romani flag** or flag of the Roma (Romani: **O styago le romengo, or O romanko flako**) is the international flag of the Romani people. It was approved by the representatives of various Romani communities at the first and second World Romani Congresses (WRC), in 1971 and 1978. The flag consists of a background of blue and green, representing the heavens and earth, respectively; it also contains a 16-spoke red **dharmachakra**, or cartwheel, in the center. The latter element stands for the itinerant tradition of the Romani people and is also an homage to the flag of India, added to the flag by scholar **Weer Rajendra Rishi**.

## Modern History

Romani began emigrating to North America in colonial times, with small groups recorded in Virginia and French Louisiana. Larger-scale Roma emigration to the United States began in the 1860s, with Romanichal groups from Great Britain. The most significant number immigrated in the early 20th century, mainly from the Vlax group of Kalderash. Many Romani also settled in South America. During World War II, the Nazis embarked on a systematic genocide of the Romani, a process known in Romani as the **Porajmos**. Romanies were marked for extermination and sentenced to forced labour and imprisonment in concentration camps. They were often killed on sight, especially by the **Einsatzgruppen** (paramilitary death squads) on the Eastern Front. The total number of victims has been variously estimated at between **220,000 and 1,500,000**.



Deportation of Roma from Asperg, Germany, 1940

The Romani people were also persecuted in Nazi puppet states. In the Independent State of Croatia, the Ustaša killed almost the entire Roma population of 25,000. The concentration camp system of Jasenovac, run by the Ustaša militia and the Croat political police, were responsible for the deaths of between 15,000 and 20,000 Roma.

## Post 1945

In Czechoslovakia, they were labelled a “**socially degraded stratum**”, and **Romani women were sterilized** as part of a state policy to reduce their population. This policy was implemented with large financial incentives, threats of denying future welfare payments, with misinformation, or after administering drugs.



An official inquiry from the Czech Republic, resulting in a report (December 2005), concluded that the Communist authorities had practised an assimilation policy towards Romanis, which “included efforts by social services to control the birth rate in the Romani community. The problem of sexual sterilisation carried out in the Czech Republic, either with improper motivation or illegally, exists,” said the Czech Public



A poster auction of Romani Bucharest

Defender of Rights, recommending state compensation for women affected between 1973 and 1991. New cases were revealed up until 2004, in both the Czech Republic and Slovakia. Germany, Norway, Sweden and Switzerland “all have histories of coercive sterilization of minorities and other groups”.



## Society, Tradition and Culture.

### Romani society and culture

For centuries, stereotypes and prejudices have had a negative impact on the understanding of Roma culture. Also, because the Roma people live scattered among other populations in many different regions, their ethnic culture has been influenced by interaction with the culture of their surrounding population. Nevertheless, there are some unique and special aspects to Romani culture. Traditionally, as can be seen on paintings and photos, some Roma men wear shoulder-length hair and a mustache, as well as an earring. Roma women generally have long hair, and **Xoraxane** Roma women often dye it **blonde with henna**.



Roma mom and kids. Image credit: Dinesh Michael

## Spiritual Beliefs

The Roma do not follow a single faith; rather, they often adopt the predominant religion of the country where they are living, according to Open Society, and describe themselves as “many stars scattered in the sight of God.” Some Roma groups are Catholic, Muslim, Pentecostal, Protestant, Anglican or Baptist.

The Roma live by a complex set of rules that govern things such as cleanliness, purity, respect, honor and justice. These rules are referred to as what is “Rromano.” Rromano means to behave with dignity and respect as a Roma person, according to Open Society. “Rromanipé” is what the Roma refer to as their worldview. Romani social behaviour is strictly regulated by Indian social customs (“marime” or “marhime”), still respected by most Roma (and by older generations of Sinti). This regulation affects many aspects of life and is applied to actions, people and things: parts of the human body are considered impure: the genital organs (because they produce emissions) and the rest of the lower body. Clothes for the lower body, as well as the clothes of menstruating women, are washed separately. Items used for eating are also washed in a different place. Childbirth is considered impure and must occur outside the dwelling place. The mother is deemed to be impure for forty days after giving birth.

Death is considered impure, and affects the whole family of the dead, who remain impure for a period of time. In contrast to the practice of cremating the dead, Romani dead must be buried. Cremation and burial are both known from the time of the Rigveda, and both are widely practiced in Hinduism today (the general tendency is for Hindus to practice cremation, though some communities in modern-day South India tend to bury their dead). Animals that are considered to be having unclean habits are not eaten by the community.

## Language

Though the groups of Roma are varied, they all do speak one language, called Rromanëš. Rromanëš has roots in Sanskritic languages, and is related to Hindi, Punjabi, Urdu and Bengali, according to RSG. Some Romani words have been borrowed by English speakers, including “pal” (brother) and “lollipop” (from lolophabai-cosh, red apple on a stick).

## Hierarchy

Traditionally, anywhere from 10 to several hundred extended families form bands, or kumpanias, which travel together in caravans. Smaller alliances, called vitsas, are formed within the bands and are made up of families who are brought together through common ancestry. Each band is led by a voivode, who is elected for life. This person is their chieftain. A senior woman in the band, called a phuri dai, looks after the welfare of the group’s women and





children. In some groups, the elders resolve conflicts and administer punishment, which is based upon the concept of honor. Punishment can mean a loss of reputation and at worst expulsion from the community, according to the RSG.

### Family Structure

The Roma place great value on close family ties, according to the [Roma Foundation](#): “Roma never had a country — neither a kingdom nor a republic — that is, never had an administration enforcing laws or edicts. For Roma, the basic ‘unit’ is constituted by the family and the lineage.”

Communities typically involve members of the extended family living together. A typical household unit may include the head of the family and his wife, their married sons and daughters-in-law with their children, and unmarried young and adult children.

The traditional Romanies place a high value on the extended family. **Virginity** is essential in unmarried women. Both men and women often marry young; there has been controversy in several countries over the Romani practice of child marriage. Romani law establishes that the man’s family must pay a bride price to the bride’s parents, but only traditional families still follow it.



Costume of a Romani Women

Romani typically marry young — often in their teens — and many marriages are arranged. Weddings are typically very elaborate, involving very large and colourful dress for the bride and her many attendants. Though during the courtship phase, girls are encouraged to dress provocatively, sex is something that is not had until after marriage, according to [The Learning Channel](#). Some groups have declared that no girl under 16 and no boy under 17 will be married, according to the [BBC](#).

Once married, the woman joins the husband’s family, where her main job is to tend to her husband’s and her children’s needs and take care of her in-laws. The power structure in the traditional Romani household has at its top the oldest man or grandfather, and men, in general, have more authority than women. Women gain respect and power as they get older. Young wives begin gaining authority once they have children.

### Hospitality

Typically, the Roma love opulence. Romani culture emphasizes the display of wealth and prosperity, according to the [Romani Project](#). Roma women tend to wear gold jewellery and headresses decorated with coins. Homes will often have displays of religious icons, with fresh flowers and gold and silver ornaments. These displays are considered honourable and a token of good fortune.



Gypsy fortune-teller in Poland, by Antoni Kozakiewicz, 1884

Sharing one’s success is also considered honourable, and hosts will make a display of hospitality by offering food and gifts. Generosity is seen as an investment in the network of social relations that a family may need to rely on in troubled times.

### The Roma Today

While there are still traveling bands, most use cars and RVs to move from place to place rather than the horses and wagons of the past.

Today, most Roma have settled into houses and apartments and are not readily distinguishable. Because of continued discrimination, many do not publicly acknowledge their roots and only reveal themselves to another Roma.

While there is not a physical country affiliated with the Romani people, the **International Romani Union** was officially established in 1977. In 2000, The 5th World Romany Congress in 2000 officially declared Romani a non-territorial nation.

**During the Decade of Roma Inclusion (2005-2015)**, 12 European countries made a commitment to eliminate discrimination against the Roma. The effort focused on education, employment, health and housing, as well as core issues of poverty, discrimination, and gender mainstreaming. However, according to the RSG, despite the initiative, Roma continues to face widespread discrimination. According to a [report by the Council of Europe’s commissioner for human rights](#), “there is a shameful lack of implementation concerning the human rights of Roma. In many countries hate speech, harassment and violence against Roma are common.”

**April 8 is International Day of the Roma, a day to raise awareness of the issues facing the Roma community and celebrate the Romani culture.**

I hope the *world gives Roma, its much required due and acknowledge them appropriately*. Check out the famous Roma below, Cheers!

### FAMOUS CELEBRITIES OF ROMANI ORIGIN



PABLO PICASSO (1881-1973) CHARLIE CHAPLIN (1889-1977) ELVIS PRISLEY (1935-1977)  
BOB HOSKINS (1942-2014) RITA HAYWORTH (1918-1987)  
MICHAEL CAINE (1933) YUL BRYNNER (1920-1985)

### Politicians & Activists

- **Juscelino Kubitschek** – Brazilian president. His mother was of Czech Roma descent.
- **Damian Draghici** – (born 1970) Humanitarian, Civil Society Supporter, Ambassador for European Year of Equal Opportunities for All, musician, Romania
- **Rajko Djuric** – (born 1947) Serbian writer and academic, leader of Roma Union of Serbia
- **Rudolf Sarközi** – chairman of the Austrian Romani association Kulturverein.
- **Sani Rifati** – Serbian activist
- **Ali Krasniqi** – Albanian writer and activist
- **Bajram Haliti** – Kosovar activist
- **Carlos Miguel** – Portuguese minister and mayor
- **Idália Serrão** – Portuguese secretary of state and MP
- **Juscelino Kubitschek** – 21st President of Brazil
- **Washington Luis** – 13th President of Brazil
- **Alfonso Mejía-Arias** – musician, writer and politician, Mexico
- **Ian Hancock** – Romani scholar and activist, born in UK, living in USA, Professor at the University of Texas, (I highly recommend his book about the Romani “WE ARE THE ‘ROMANI PEOPLE’” first published 2002, my words Laurie.)
- **Livia Járóka** – Hungarian Member of the European Parliament
- **Mădălin Voicu** – (born 1952) Romanian politician. His father, Ion Voicu, is Romani
- **Ștefan Răzvan** – (? – 1595) Prince of Moldavia, Ruled Moldavia for four months. (Romani father)
- **Nicolae Păun** – Romanian politician
- **Agnes Osztolycán** – Hungarian politician
- **Juan de Dios Ramirez Heredia** – Ex-member of the European Parliament, founder of the Romani Union, Spain.
- **Viktória Mohácsi** – (born 1975) Hungarian Member of the European Parliament
- **Ronald Lee** – (born 1934, in Montreal), Canadian Romani novelist, activist and U.N. delegate
- **Romani Rose** – German Sinto activist
- **Dávid Daróczy** – (1972–2010) Government Spokesperson of the Republic of Hungary

### Football Players & Athletes

- **Pierre-Yves André** – French (Retired)
- **Aljoša Asanović** – Croatian (Retired)
- **Arturo Garcia, Arzu** – Spanish (Free Agent)
- **André-Pierre Gignac** – French (Olympique Marseille)
- **Dani Güiza** – Spanish (Getafe)
- **Raby Howell** – English (Retired)
- **José Mari** – Spanish (Xerez CD)
- **Petre Marin** – Romanian (Retired)
- **Gigi Meroni** – Italian (Retired)
- **Jesús Navas** – Spanish (Sevilla FC)
- **Bănel Nicolită** – Romanian (AS Saint-Etienne)
- **Marian Ogryanov** – Bulgarian (Botev Plovdiv)
- **Christos Patsatzoglou** – Greek (PAS Giannina F.C.)
- **José Antonio Reyes** – Spanish (Sevilla FC)
- **Tommaso Vialatti** – Italian (Retired)
- **David Vairelles** – French (FC Gueugnon)
- **Tony Vairelles** – French (FC Gueugnon)
- **Rafael van der Vaart** – Dutch (Hamburger SV)
- **Cejka Stojka** – Austrian artist and writer
- **Freddy Eastwood** – Welsh (Free Agent)
- **Ricardo Quaresma** – Portuguese (Beşiktaş)
- **Richard Carpenter** – English (Retired)
- **André-Pierre Gignac** – French
- **Andrea Pirlo** – Italian
- **Artur Quaresma** – Portuguese
- **Bănel Nicolită** – Romanian
- **Carlos Martins** – Portuguese
- **Carlos Muñoz Cobo** – Spanish
- **Christos Patsatzoglou** – Greek
- **Dejan Savičević** – Montenegrin
- **Diego Rodríguez** – Spanish
- **Dragoslav Sekularac** – Serbian
- **Eric Cantona** – French
- **Freddy Eastwood** – Welsh
- **Georgi Ivanov** – Gonzo – Bulgarian
- **Gigi Meroni** – Italian
- **István Pisoni** – Hungarian
- **János Farkas** – Hungarian
- **José Mari** – Spanish
- **Marius Lăcătuș** – Romanian
- **Milan Baroš** – Czech
- **Quique Sánchez Flores** – Spanish
- **Rab Howell** – English
- **Ricardo Quaresma** – Portuguese
- **Telmo Zarra** – Spanish



## Football Players & Athletes

- [Zlatan Ibrahimović – Swedish](#)
- [Zvonimir Boban – Croatian](#)
- [Florin Lambagiū – Romanian](#)
- [Niekky Holtzken – Dutch](#)

## Authors, Artists & Writers

- [Veijo Baltzar – Finnish writer](#)
- [Rajko Djurić – \(born 1947\) Serbian writer & activist](#)
- [Caren Gussoff – American writer. Claims “Romani and mixed heritages”.](#)
- [Delia Grigore – \(born 1972\) Romanian writer, academic and activist](#)
- [Ronald Lee – Canadian writer, Romani activist and lecturer at the University of Toronto.\[2\].](#)
- [Matéo Maximoff – French writer](#)
- [Louise Doughty – British writer](#)
- [John Bunyan – Christian author](#)
- [Rajko Đurić – Serbian](#)
- [Hedina Tahirović-Sijerčić – Bosnian](#)
- [Lafcadio Hearn – Irish writer](#)
- [Charlie Smith – poet.](#)
- [Baja Saitovic Lukin – poet](#)
- [Mehmed Merejan](#)
- [Cejza Stojka – \(born 1933\) Austrian author and painter](#)
- [Katarina Taikon – \(born 1932\) Swedish children's writer](#)
- [Bronislawa Wajs – \(1908–1987\) AKA “Papusza”, Polish poet and singer.](#)
- [David Morley – English](#)
- [Elena Lacková – Slovak](#)
- [Hillary Monahan – American](#)
- [Mariella Mehr – Swiss](#)
- [Menyhért Lakatos – Hungarian](#)
- [Muharem Serbezovski – Macedonian](#)
- [Nina Dudarova – Russian](#)
- [Antonio Solario – Italian artist](#)
- [Helios Gómez – Spanish artist, writer and poet](#)
- [Serge Poliakoff \(1906–1969\) – painter](#)
- [Otto Mueller – painter and printmaker, Sinti mother](#)
- [Micaela Flores Amaya, La Chunga, Flamenco dancer and painter](#)
- [Joe Machine, \(1973\) British Stuckist painter](#)
- [Damian Le Bas, English artist](#)
- [Delaine Le Bas, English artist](#)
- [La Chunga, Spanish painter](#)

## Cinema & Theatre

- [Alba Flores – Spanish actress](#)
- [Bob Hoskins – English actor](#)
- [Charlie Chaplin – English comic actor \[25\].](#)
- [Jesus Castro – Spanish actor](#)
- [Joaquín Cortés – Spanish ballet and flamenco dancer](#)
- [Leonor Teles – Portuguese film director](#)
- [Manoush – French actress](#)
- [Sandro de América – Argentine actor](#)
- [Stefan Bănică Sr. – Romanian actor](#)
- [Tony Galif – French film maker of Algerian Kabyle and Spanish Roma origin.](#)
- [Moira Orfei – Italian actress](#)
- [Yul Brynner – Russian actor and president honour of the Unión Romani](#)
- [Leonard Whiting – British actor of English and Irish ancestry who claims to “also have some Gypsy blood”.](#)
- [Marcia Nicole Lakatos known as Manoush – Dutch-German actress. Her mother is of Manouche origin.](#)
- [Soledad Miranda – Andalusian Flamenco Dancer and later Horror Film Actress from Seville, mother was Gitana](#)
- [Nikolai Slichenko – Russian actor](#)
- [Angel Dark – Slovak pornstar](#)

## Boxers

- [David Kostecki – Polish light heavyweight boxer of Romani descent](#)
- [Ivailo Marinov – also known as Ismail Mustafov, Ismail Huseinov or Ivailo Khristov\) is a Rom Bulgarian boxer, who won the bronze medal at the 1980 Summer Olympics in light flyweight, and the gold medal in the same category at the 1988 Summer Olympics](#)
- [Serafim Todorov – was a Bulgarian/Georgian boxer at the 1996 Summer Olympics who won a silver medal. He is the last boxer to ever defeat the highly regarded Floyd Mayweather Jr.](#)
- [Boris Georgiev – is an amateur boxer from Bulgaria who won a bronze medal at the 2004 Summer Olympics in the Light Welterweight class](#)

- [Jem Mace – Bareknuckle Boxing Champion, Father of Modern Boxing; called “The Gypsy,” but denies Romani ancestry in his autobiography.](#)
- [Johann Wilhelm Trollman – German light-heavyweight boxer killed during the Porajmos](#)
- [Silvio Branco – Italian light heavyweight Boxing Champion](#)
- [Michele di Rocco – Italian Light Welterweight Boxing Champion](#)
- [Faustino Reyes – Spanish Boxing he won the silver medal in the featherweight division \(– 57 kg\), 1992 Summer Olympics in Barcelona](#)
- [Billy Joe Saunders – British Boxing, represented Great Britain in the 2008 Olympics](#)
- [Norbert Kalucz – Hungarian Boxing](#)
- [Jakob Bamberger – German amateur boxer, twice the German Vice-flyweight champion, Olympic selection in 1936, in the years 1970/80 activist in Sinti civil rights movement](#)
- [Luke Tyson Fury – British professional boxer who fights in the heavyweight division](#)
- [Dorel Simion – Romanian](#)
- [Marian Simion – Romanian](#)
- [Samuel Carmona Heredia – Spanish](#)
- [Zoltan Lunka – Hungarian](#)

## Kick Boxers

- [Albert Kraus – Dutch](#)

## Professional Wrestlers

- [Gigj Dolin – American](#)

## -MELWYN WILLIAMS

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- 2. THE GYPSY LORE SOCIETY. BEGINNING IN 1888, THE GYPSY LORE SOCIETY STARTED TO PUBLISH A JOURNAL THAT WAS MEANT TO DISPEL RUMORS ABOUT THEIR LIFESTYLE.

- Museums and libraries
- 1. MUSEUM OF ROMANI CULTURE (IN CZECH), BRNO, CZ.
- 2. STUDDI ROMANI (SPECIALIZED LIBRARY WITH ARCHIVE), SOFIA, BG. ARCHIVED FROM THE ORIGINAL ON 21 AUGUST 2006. RETRIEVED 21 AUGUST 2006.
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# DUAL CITIZENSHIP IN INDIA: ALL YOU NEED TO KNOW NOW



By Adv Jose Abraham



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

## Introduction

A reporter in Kolkata questioned Abhijit Banerjee's mother about his citizenship as the Nobel Prize was presented, noting that he had only recently become a citizen of the United States in 2017. His mother said, "He travels a lot.

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

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

4.5 lakh Indians chose foreign citizenship between 2014 and 2017. The trend will only increase as more nations grant easy citizenship in return for money and investments. The Indian government is being downright stupid by not granting dual citizenship to such Indians. Dual citizenship is available in 85 nations worldwide. India must join this lengthy list in order to prevent embarrassing situations like an Indian winning the Nobel Prize despite not being an Indian citizen.

## Citizenship of India under the constitutional provisions

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

**Article 5:** Citizenship at the commencement of the Constitution.

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

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

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

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

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

**Article 7:** Citizenship of certain migrants to Pakistan

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

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

This article deals with the rights of people of Indian origin residing outside India for purposes of employment, marriage, and education.

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

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

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

The Parliament has the right to make any provision concerning the acquisition and termination of citizenship and any other matter relating to citizenship. Indian Citizens living abroad can be categorized as –

- **NRI** - Non- Resident Indian
- **PIO** - Persons of Indian Origin
- **OCI** – Overseas Citizen of India

## NRI:

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

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





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

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

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

**PIO:**

A person of Indian Origin was a 15 year long visa for Non- Indian citizens. As per the Gazette of India (Part-I, Section-I) published on 09.01.2015, all the existing Persons of Indian Origin (PIO) card holder registered as such under new PIO Card scheme 2002, shall be deemed to be Overseas Citizens of India Cardholder. It means that the PIO Card Scheme has been discontinued w.e.f. 9th January, 2015. Hence conscious and continuous efforts are made by the Indian state to urge all the PIO card holders to convert their PIO cards into OCI cards.

**OCI:**

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

- Citizenship at the commencement of the Constitution
- Citizenship by birth
- Citizenship by descent
- Citizenship by registration
- Citizenship by naturalization
- By incorporation of territory (by the Government of India)
- People who were domiciled in India as on 26th November 1949 automatically became citizens of India by virtue of citizenship at the commencement of the Constitution.
- Persons who were born in India on or after 26th January 1950 but before 1st July 1987 are Indian citizens.
- A person born after 1st July 1987 is an Indian citizen if either of the parents was a citizen of India at the time of birth.
- Persons born after 3rd December 2004 are Indian citizens if both parents are Indian citizens or if one parent is an Indian citizen and the other is not an illegal migrant at the time of birth.
- Citizenship by birth is not applicable for children of foreign diplomatic personnel and those of enemy aliens.

**Termination of Indian Citizenship**

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

- Renunciation: Any Indian citizen who is also a citizen of another nation and renounces his Indian citizenship through a declaration made in the way specified by law loses his Indian citizenship. Every minor kid of a guy who loses his Indian citizenship likewise loses his Indian citizenship. However, by declaring his decision to reclaim Indian citizenship within a year of reaching legal adulthood, such a child may become a citizen of India.

- Termination: Indian citizenship can be terminated if a citizen knowingly or voluntarily adopts the citizenship of any foreign country.
- Deprivation: In specific circumstances, the Indian government has the power to revoke a person's citizenship.

But not all citizens are covered by this. It only applies to people who have obtained citizenship through registration, naturalisation, or merely by virtue of Article 5 Clause (c) (which is citizenship at commencement for a domicile in India and who has ordinarily been a resident of India for not less than 5 years immediately preceding the commencement of the Constitution). According to the Ministry of Home Affairs, there are four ways in which Indian citizenship can be acquired: birth, descent, registration and naturalisation. The provisions are listed under sections 3, 4, 5(1) and 5(4) of the Citizenship Act, 1955.

**Does India allow Dual Citizenship?**

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

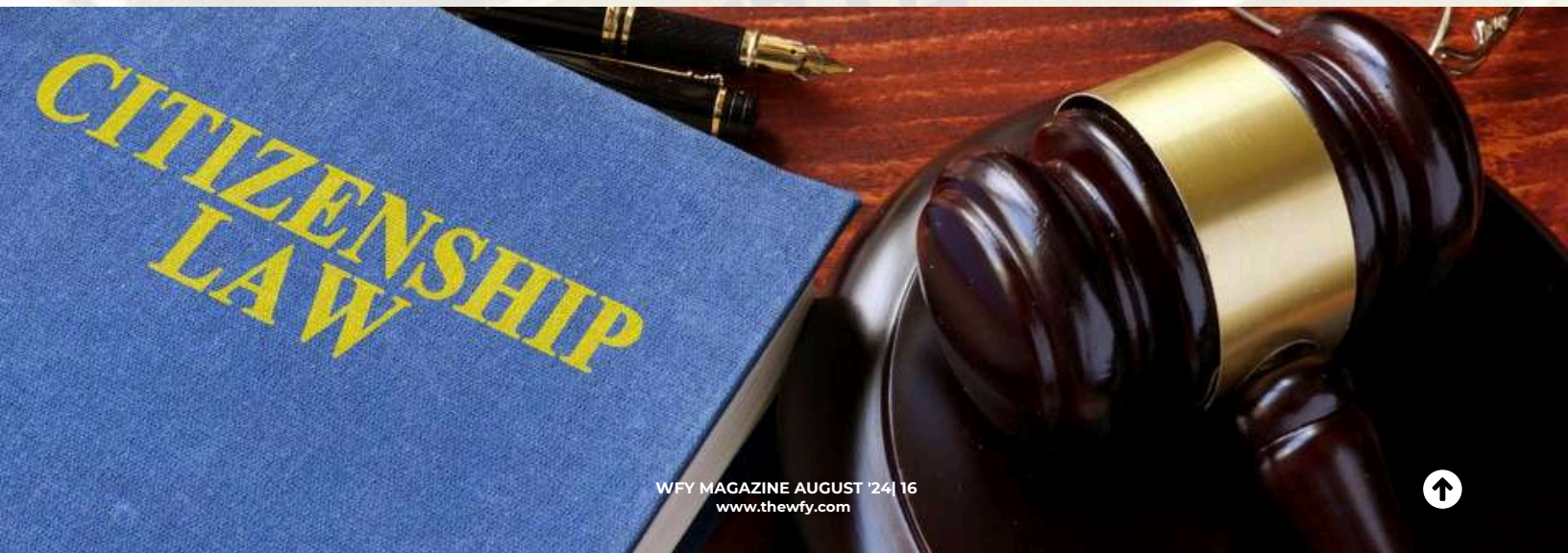
Hence Section 9 of the Citizenship Act, clearly prohibits Dual citizenship. As per the ministry of external affairs (MEA) with the MHA, 1.63 lakh persons surrendered their Indian citizenship in 2021 against 85,236 in 2020 and 1.44 lakh in 2019 which is a serious concern. According to the reports, over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

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

**Conclusion**

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

**-Adv. JOSE ABRAHAM**







# A Better Indian Origin Representation In The UK Parliament

By WFY Bureau UK

Following the July 5 general election results, a record number of 26 MPs of Indian descent are expected to join the UK Parliament, a substantial rise from the 15 that did so five years prior.

Leader of the Conservative Party and the first person of Indian descent to hold the position of Prime Minister in the United Kingdom, Rishi Sunak, has emerged victorious from the Yorkshire constituency of Richmond and Northallerton. On July 5, 2024, in addition to Sunak, twenty MPs of Indian descent from the Labour Party and five from the Conservative Party also won.

Witham, Essex, native Priti Patel is a Conservative MP of Gujarati heritage. Since 2010, Patel has represented the seat in a number of positions, including Secretary of State for International Development.

Prominent politician Gagan Mohindra, a Hindu from Punjab, won his seat in South West Hertfordshire. After being elected as a Parish Councillor in 2004, Mohindra became a Conservative MP in 2019.

For the fourth time since 2011, Labour Party leader Seema Malhotra was able to hold onto her Feltham and Heston constituencies. Malhotra served as the Shadow Minister for Skills and Further Education, among other shadow minister positions.

The Labour leader Valerie Vaz, who is Goan by descent, has won the Walsall and Bloxwich constituencies five times. Since 2010, Vaz has been a member of parliament and has held the position of Shadow Leader in the Commons.

Retaining her seat in Wigan, Lisa Nandy became the first female MP for the area and among the first Asian female MPs since 2010. She was the Minister for International Development in the Shadow Cabinet.

Re-elected from Nottingham East, Nadia Whittome made history in 2019 by becoming the youngest MP in the United Kingdom at age 23.

The first female Sikh MP in the UK, Preet Kaur Gill, defeated Conservative Ashvir Sangha in Birmingham, where she has been serving since 2017. Gill has held the position of Public Health and Primary Care Shadow Minister.

Tanmanjeet Singh Dhesi of the Labour Party kept his Slough seat, albeit with a narrower margin of victory.

Shivani Raja, the leader of the Conservative Party, defeated Rajesh Agrawal, another Labour candidate of Indian descent, in the Leicester East seat.

Suella Braverman, a 44-year-old Conservative MP who caused controversy and was sacked by the party for her remarks, won the Fareham and Waterlooville constituency for a record four times.

Moreover, Navendu Mishra, Jas Athwal, Baggy Shanker, Satvir Kaur, Harpreet Uppal, Warinder Juss, Gurinder Josan, Kanishka Narayan, Sonia Kumar, Sureena Brackenbridge, Kirith Entwistle, Jeevun Sandher, Sojan Joseph, and Murina Wilson are other Labour MPs of Indian descent who were elected to the UK House of Commons.

- WFY BUREAU UK





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## Surprisingly, Why Do Women Suffer More With Migraines? Informative



By  
Dr. Amit Kant Singh

### Introduction

**M**igraines are benign conditions but negatively affects the quality of life of the migraineurs. Neurovascular component is one of the main etiology of migraine. Migraines are expressed as pain associated with vasodilatation of cerebral and meningeal arteries and are classified as occurring with or without a visual aura, thus implicating different neuronal involvement between the two types of migraines. Indeed, individuals who experience aura can be biochemically differentiated from those who do not.

Migraines are 3 times more common in women than in men. They may be associated with the menstrual period, ameliorated by pregnancy, diminished at menopause and may worsen with menopausal hormone treatment. These observations indicate that fluctuations in estrogen levels may be a precipitating factor for migraines. But, the differences in circulating levels of estrogen were not observed between women with and without menstrual migraine. Urinary excretion of estrone-3-glucuronide was double in women with migraine than in those who did not experience migraine, thus the ability to metabolize estrogen may be related to the development of migraine. Therefore, further studies related to estrogen metabolism among women who experience migraines, with or without aura, and women who do not, need to be conducted especially related to the production of catecholestrogens that influence production and disposition of adrenergic neurotransmitters thus participating in neuronally induced cerebral vasospasm.

### Polymorphism of estrogen receptors

Several polymorphisms are associated with familial migraine including genetic variation in Estrogen Receptor alpha (ER $\alpha$ ). Estrogen receptors are located within brain nuclei

innervating the cerebral vasculature as well as other nuclei regulating cardiovascular function. Thus, besides influencing adrenergic mechanisms, estrogen may also modulate central opioidergic tone, release of peptidergic transmitters from trigeminal nuclei, and the GABAergic system, perhaps modulating NO.

### Estrogen receptors and Nitric Oxide (NO)

ER $\alpha$  stimulates NO production in vascular endothelium, this causes direct modification of migraine. Platelet production of NO was greater in women with menstrual migraine than in those without. NO released from platelets contribute to decrease cerebral vascular tone. A polymorphism E298D in eNOS results in decreased activity of the enzyme and is also associated with increased risk for cardiovascular and cerebrovascular disease. The homozygous variant is an independent risk factor for stroke in persons with migraine with aura. Females participation in the studies related to migraine is about 80% which reflects that the condition is prominent in women. More studies are needed to establish the association of genetic variation in eNOS with those of ER $\alpha$  in a larger population. If the genetic variant results in decreased activity of eNOS, the results are difficult to interpret within the context that increased production of NO may trigger migraine. Some evidences suggest that neuronally derived NO is also involved in the etiology of migraine, but no association of migraine with genetic variation of neuronal nitric oxide synthase was found. Further research is required regarding estrogenic modulation of all three isoforms of nitric oxide synthase in the cerebrovascular unit.

In addition to estrogenic modulation of neuronal transmission associated with pain and endothelial NOestrogen may induce migraine through direct effects on vascular smooth muscle cells. For example, estrogen increased the efflux

of magnesium from cultured cerebral smooth muscle cells.

### Migraine and stroke

Migraine may be a risk factor for stroke, as revealed by Atherosclerosis Risk in Communities Study, according to which there is increased incidence of ischemic stroke in young women who experience migraine with aura. This observation also points to an underlying pathological condition of the neurovascular unit contributing to migraine. These observations point to the need to understand and differentiate factors contributing to stroke risk. Several chronic alterations in small arterial anatomy and function, which may not show a sex difference in frequency, predispose an individual to ischemic stroke and migraine with aura.

### Conclusion

Thus, the above evidences indicate that the elevated estrogen level is one of the main factors responsible for the development of migraine and its preponderance in females along with the polymorphisms of estrogen receptors that affect nitric oxide production therefore causing modulation of migraines.

- DR. AMIT KANT SINGH

*Dr. Amit Kant Singh is working as Professor in Dept. of Physiology, UPUMS, Saifai, India.*





# Know The Better Ways To Be While Waiting At OPD



By Dr. Jeanne Maria Dsouza

As a school girl, I often happened to see my father, a dermatologist surrounded by skin patients waiting patiently for their turn. They didn't seem very sick with just an odd rash here and there and only occasionally looked distressed. Most had to wait for hours to be seen and to me it seemed such a waste of time. Now as a medical student, I have come across papers which have analyzed patient waiting period, noted it being a cause of dissatisfaction among patients and have suggested ways to reduce it. While this is a welcome effort, in a country like India where the doctor-population ratio is still very poor and government doctors are overstretched, this may be a distant dream.

I was wondering whether this wait in the outpatient department (OPD) could be made fruitful for patients/attendants, hospitals and the community. Can the medical fraternity/hospital social worker/NGOs be the catalyst for this "Healing beyond the medical domain" by motivating the patients and/ or their attendants to be available to their fellowmen. This may sound alien in developed societies but this is a reality in developing nations. To begin with, I have chosen "Dermatology" as a specialty where this initiative could begin, as most patients have disorders that are cosmetically distressing and not physically incapacitating. As a medical student, I now feel as I move around in the hospital during my clinical postings that it may be a little more difficult to begin in other OPDs like Internal Medicine, Pediatrics, Surgery, Orthopedics, etc. where the patients may be relatively more sick and less mobile and may also require more attention from their attendants. So while they wait in an OPD, they could be encouraged & sensitized to help with few of the listed voluntary and charitable acts with a lot of positive spin offs – ultimately a waiting time well spent.

A. Contribute to cleanliness: Government setups have much higher footfall and limited housekeeping manpower. Patients/attendants can participate in a cleanliness drive by helping keep clean the OPD areas. This should not be perceived as something below one's dignity. After all many people do 'Kar Sewa' when they visit places of worship as pilgrims.

B. Volunteering to help other sick patients reach their destination: Mobile and able-bodied patients/attendants could help to cart sick and immobile patients to doctors' chambers, investigation and imaging areas where hospital manpower may be limited as help to an unaided patient makes an instant difference.

C. Making worthwhile charity: A sharp eye and few questions will make one realize that distress in another patient's eye is not due to physical illness alone but due to poverty. Volunteering to buy a few medicines or pay for some investigations would be a great service indeed.

D. Being an educator: Those blessed with the knowledge to remain healthy, to keep our environment clean, about agencies which help the needy, about bus routes to reach a place etc. can educate their fellow patients who are in need of such information.

E. Being a hospital guide: Those under long term follow-up with multiple hospital visits have a fair idea about location of different services in the hospital which they can use to help and guide other patients. Sometimes sick patients are struggling to reach simple facilities like washrooms and drinking water in the absence of adequate signages.

F. Donating useful reading material: Useful books, magazines which are of practical educative value and have outlived their utility at home can be brought to the OPD waiting area so that others can benefit. New reading material for self-learning can be brought along to make use of the waiting time.

G. Learning about basics of health care & emergency: Hospitals with a good audio-visual set-up can display and disseminate practical health information to waiting patients. This includes important basic life support measures like how to perform cardiorespiratory resuscitation in emergency situations at home and in neighborhood before medical help arrives. Information about new emerging health related issues including epidemics like COVID 19 and community measures required to contain them could also be relayed via these electronic platforms.

H. Interacting with medical social workers in hospital campus: Medical queries including those of a very personal and sensitive nature can be sorted out during the waiting period by meeting counsellors and medical social workers.

I. Interacting with other hospital supportive services: Many hospitals have departments for physiotherapy, dietetics & Yoga which can be visited and knowledge gained regarding proper nutrition & exercises for staying healthy and recovering early from diseases.

These are some of the useful things which can be done by patients and/or their care givers to transform their waiting period from being boring, burdensome and frustrating into a useful, educative, enriching and philanthropic experience. I feel strongly that the onus has to be on our medical fraternity and those involved in voluntary health services to motivate and nudge our patients with some of these ideas which appeal to them. This will be our additional service to them apart from being medical healers.

- DR. JEANNE MARIA DSOUZA





# This Is The Guide To Better Mental Health: Part 3

By WFY Bureau USA

## Assistance for Health Professionals and Public Health Workers

It can be difficult and stressful to provide care and services to the general public. Stress at work can negatively impact not just your own health but also the health of the people you care about outside of work, as well as the care and services you provide to others while performing your duties.

It is imperative that managers and supervisors understand what constitutes stress and modify organisational policies and procedures to mitigate stress connected to the workplace.

Learning how to manage stress and knowing where to get help is beneficial for both managers and employees.

### Acknowledge the signs of stress in both other people and yourself.

- *Experiencing irritation, rage, or denial;*
- *Uncertainty, nervousness, or anxiety;*
- *Helplessness or powerlessness;*
- *Lack of motivation;*
- *Tired, overwhelmed, or burned out;*
- *Sad or depressed;*
- *Having difficulties sleeping;*
- *Difficulty concentrating.*

### Be aware of burnout

Those who are experiencing burnout frequently feel worn out and pessimistic. An individual's physical, emotional, and psychological health may be strained by working in a stressful atmosphere. Anxiety and depression are two mental health disorders that are more common among workers who are burned out. Employee retention may also be impacted by burnout. Burnout can cause employees to become less engaged at work and make the decision to quit their position entirely.

### Advice for supervisors and managers

Stress at work can be prevented and reduced in large part by managers and supervisors. When employees are asked to perform too much and have insufficient resources to do so, burnout may result. Although self-care and resilience training are helpful at the individual level, altering workplace policies and practices is the most effective strategy to deal with burnout. Many government and ngo bodies offers online course to prevent 'Burnout Among Public Health Workers' especially for managers and supervisors in the field of public health. Participants would gain knowledge on how to avoid burnout and give employees' health and well-being top priority.

**A Total Worker Health strategy can be used by managers and supervisors to put policies, procedures, and initiatives into action. A program to lessen stress at work could consist of:**

1. Put in place management and organisational rules that address the core causes of stress, such as excessive demands or bullying at work. Additionally, put in place regulations that offer employees more freedom and control over their work and schedules.
2. Train managers on techniques for lowering stressful work environments.
3. Offer all employees resilience-building training and treatments for stress management and reduction. Make employee assistance programs accessible.

**Here are some coping strategies to help you become more resilient:**

- Talk about work-related stress with coworkers, managers, and employees.
- 1. Be honest about how your wellbeing is being impacted by work-related stress.
- 2. Determine the sources of stress and collaborate to find remedies.
- 3. Find out how to get in touch with mental health resources at work.
- Recognise and accept the things in your life over which you have no control.
- Throughout your shift, take breaks to stretch, rest, or check in with friends, family, coworkers, and supporting peers.
- Try to get some exercise while you're not at work. Spend time outside relaxing or engaging in physical activities.
- Find healthy coping mechanisms for stress;
- Engage in activities you enjoy when not at work.

- WFY BUREAU USA







## Unlock The Best Ways To Beat Stress



By Kulmohan Kaur

It's interesting how so many people are inviting more stress into their lives day by day. The number of people marked or labeled as stressed is increasing by thousands if not millions every year. Stress, in psychology and biology, (is) any environmental or physical pressure that elicits a response from an organism.

Scientific definition apart, what is stress in the real, daily life of a common person like you and me? It is the pressure of work, family responsibilities, the debt to repay, the deadlines approaching fast, and what not!! Of course, not all stress is bad. I mean, who would ever complete the work if he didn't have a deadline to follow? Why would you get hot food exactly as you ordered it in the restaurant if the restaurant didn't fear losing a patron? Why would the husband take out the trash, for that matter, if he didn't worry about his wife nagging him about it, like, forever?

Not all stress is good though. Research says stress decreases productivity and increases the chances of early death. At least in today's world with all the problems being faced by everyone, especially people who want to do something with their lives. It sometimes feels like we should return to being cavemen, living in caves, hunting animals for food, reproducing, and sleeping. The modern world has begun to feel more like a survival game than ever before. And till the time some crazy person invents the time machine, we all have to live in this modern and civilized world where all the things that warrant our attention continuously exceed the resources, especially time. Then what should we do to get out of the rut, so to say? Are we damned to live in continuous stress, attracting more and more slow poisons — I mean diseases that kill slowly — Diabetes, hormonal imbalances, insomnia, cholesterol, hypertension, and what not?

I say no. Don't believe me? Read on and I'll tell you what I have been teaching hundreds of people over the past 10 years:

### #1 Accept the cause of stress

When we ignore something which is causing stress in our mind, we can't do anything to eliminate it. Whether it is a terrible boss, a major change in life, a grievance against a loved one, or a long-lasting health issue, we can start to

eliminate it only if we acknowledge its existence. Most of the time we tend to ignore and keep trying to convince ourselves that the issue doesn't exist or is not as important. Many times we displace the focus on other things which are seemingly more important than the stressor. But doing this leads to feelings festering in our minds. This affects the brain and in turn the body. The first thing we need to do to beat stress is to acknowledge that there exists something in our lives that are negatively affecting us. And then comes the second point.

### #2 Take Action one step at a time

It is not easy to reach the position of Vice President when you have just started as an intern in a company. But it is easy to get a permanent job where you are working as an intern. It is then easy to show your capability to get a promotion and then another and then yet another till you finally get what you had your eyes set on. It is easier to imagine losing half a pound a week than to imagine losing 26 pounds a year. What I am saying here is, dream big but decide small. One technique which I always recommend is to decide on your BIG goal..... Let's say, running 2 hours every day. If you are a slacker, sitting at your home and job 16 hours a day, then that is a really big goal for you. After doing half an hour a day you'll feel like it's not for you and then you'll likely quit. Instead, decide to increase your running to 2 hours a day by the end of three months, for example. Then make a reverse timeline. I'll run 1 hour a day by the end of 6 weeks, you'd say. And half an hour by the end of 3 weeks, and a quarter of an hour by the end of a week. So that gives us a small goal. Start with 5 minutes of walk and 2 minutes of jog. Decrease the walk time by a minute and increase the jog time by 2 minutes every day and you'll find that you have reached your goal before the decided time. It's time to pat your back and look forward to the next goal. What happens here is that your mind gets accustomed to your reaching the small goals and then expects you to fulfill the next goal, which, if you noticed, has now turned into a small goal for you. Then the mind and body work together to reach the decided goal. You can apply this for any goal in your life, be it health, career, money, relationships, spirituality, or whatever you want.

### #3 Decrease expectations

Expectations from others are a cause of stress for many of us. Although we may not be aware of it, expectations from ourselves are a cause of stress too. If the expectations are not fulfilled they lead to disappointment and sadness. It may be easier said than done, but it is essential to decrease the expectations to the bare minimum level. The principle above can be applied to this as well. Yes, we need to motivate our subordinates to work better, but instead of expecting them to do everything themselves and then getting disappointed when they are unable to, it's always better to assess their strengths and weaknesses and then guide them accordingly so that they may achieve their goals in a better way. You can even apply the above principle to your employees so that they are not overwhelmed by the goals you are assigning to them. Become a leader and lead by example. The same applies to yourself too. Do a SWOT (Strength, Weakness, Opportunities, Threats – for the uninitiated) analysis on yourself before setting any expectations. Moreover, believe that you have all the resources you will need to complete a task and your mind will guide you to find it.

### #4 Set your priorities right

Do you need to win an argument over politics with your friends and risk losing them in the process or can you just agree to disagree over the matter and move on without any grudge? What is important to you? You need to be clear about your priorities. I read somewhere that when your principles are clear your decisions are instant. If you think that the education of your children holds a very high value in your heart then you won't hesitate before investing or even taking out a loan in your name for the same. Don't wait till you are faced with a challenge to choose something before you set your priorities. Sit down now and write what is important to you in life and then list all of it according to its importance. Don't stop at doing this exercise just once. As you grow, the priorities may change. You can do this exercise as often as you want. Just be sure you have it clear in your mind. That way, when faced with a decision to go out of the country without your family or remain with them even if the income is lesser, you won't have to take time to decide.

### #5 Meditate

Last but not the least, meditate as often as you can. As some great person said, "meditate for half an hour a day. If you don't have time, meditate for one hour". Meditation helps us to focus on the positive and clears our minds to make better decisions. The time of the day is not important. You can meditate any time, be it early morning, afternoon, evening, or even just before you sleep. Meditation is easy for us now. A lot of free and paid courses are available all over the world for learning meditation. If you want to learn the exact techniques you can join any of them. Every course is as good as the others. Or just put on a guided meditation on the various apps available, often for free on the Play Store or Apple Store. Sit comfortably and let go. Don't worry whether you are doing it right or not.

Start with any one of the above and gradually imbibe all of them in your life. You can do it. The list is not exhaustive. I'm sure after reading all the above points you will be able to think of many other ways to beat stress. Keep adding more techniques to your arsenal and you will surely be able to lead a mostly stress-free life even after attending to all your responsibilities and duties.

- KULMOHAN KAUR





# Advice: Gratitude Is The Best Way That Leads To Happiness



By **Sudha Mukhopadhyay**

“Gratitude is something that is very strongly associated with greater happiness”. This is what I remember reading somewhere sometime ago. This Happiness Quotient is a concept that measures approximately the amount of happiness each person has achieved in one’s life.

“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes” Andrew Carnegie.

**Most certainly, being happy leads to being GRATEFUL.**

**I have realised that:**

1) Current temperature has a BIG effect on happiness. In fact it has a bigger effect than variables like wind speed and humidity, or even the average temperature over the course of a day. I have also found that happiness is maximised at slightly cooler temperatures, so I keep an eye on the weather forecast before heading outside for my 30 minutes of fresh air. And by God’s grace we are presently enjoying an awesome weather, here in Chennai, with grey clouds, cool breeze, abundance of floral trees in full bloom and a beautiful rainbow. Yes, making time to go outside on a nice day also delivers a huge advantage. I am GRATEFUL to the weather God for showering this grace upon us.

2) I think that there certainly is a direct link between happiness and eating more fresh fruits and vegetables and I am GRATEFUL for the bountiful supply of seasonal fruits / vegetables.

3) We all have things we’d rather not do.... work, chores, that kind of stuff, but when I take these little moments to myself, it is like a little vacation in the middle of the day. It boosts my energy and gives me a feeling of contentment. I am GRATEFUL for this spirited energy.

4) There is likely some correlation between being joyful and having good friends... and the inverse is also true. Today, I realise how much I have been impacted with many wonderful people whose paths I have crossed. I am GRATEFUL for being blessed with good friends who have stuck with me since my childhood.

“Good friends, good books and a sleepy conscience, this is the ideal life” said Mark Twain. How very true. I am GRATEFUL for all of these in my life, no matter however limited in quantity they are.

“May you have warmth in your igloo, oil in your lamp and peace in your heart”... is an Eskimo proverb. Whoever coined this proverb, must have been such a happy, contented person. There is so much of life’s philosophy hidden in this proverb.

This definitely is a path that leads to being GRATEFUL.

Just a few days ago, my hubby and I set out early one morning on a short drive. On seeing our neighbour’s driver downstairs, we exchanged pleasantries and wished him a wonderful day. He happily reciprocated our greetings. I could see HAPPINESS in his smile.

A little further near our gate, we saw the lady who cleans our compound. We wished her too a wonderful day. She too happily reciprocated our greetings. I could see HAPPINESS in her smile.

We then set out for a brekkie. Had a good breakfast... masala dosa, poori bhaji, kesari (sooji halwa) and coffee. This I must add, is a typical Chennai breakfast. We enjoyed every bite thoroughly. The waiter, of course, served us with a smile. While leaving, we wished him a wonderful day. He happily reciprocated – with a delightful surprise. I could see HAPPINESS in his smile.

We then went to the nearby flower market to buy flowers for our daily pooja. I love decorating my pooja with yellow and orange marigolds. Luckily, we found some fresh marigolds being sold by a flower vendor. I purchased quite a bit of these flowers, and while paying this lady, I wished her a wonderful day.

She happily reciprocated my greetings and said I was the first customer for the day to buy flowers from her shop and that I was the only customer EVER to have wished her a wonderful day. I then gave her my best wishes for great sales not just for the day but for the future as well, and as I was walking away, I could see HAPPINESS in her smile.

I came back home with a heart filled with joy and happiness. I realised how unplanned actions and words could bring about happiness in people, be they known or total strangers. Our kind words for others do return the same feelings to us in double the quantity. All these people individually and together made our day. We felt GRATITUDE.

Their smiles were the best joyous moments for me. I am GRATEFUL to the Almighty for these mercies.

If we practice gratitude, by noticing even the little things in life, we are sure to have a wide range of benefits of joy and pleasure. Some people do play an important role in providing our lives with happiness that leads to goodness. Be GRATEFUL to them. Live simply, never tire of thinking about happiness and focus on fun, fitness, family and friends.

Using Horace’s immortal motto “Carpe Diem”, I would say: May we each seize this year as our most beautiful year yet, and let us fill our souls with gratitude.

“Just living is not enough, one must have sunshine, freedom and a little flower”.. Hans Christian Anderson. So go ahead, walk in the sun, feel the fresh air – happiness and contentment are bound of follow wherever you go. Be GRATEFUL for every little thing in life.

Everyday be kind to a stranger. Everyday create a new, happy moment not just for oneself but for others as well. May you all find your happy place, live there always and be GRATEFUL for life.

- **SUDHA MUKHOPADHYAY**





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# THE LOVE OF THE “SECOND HOME”



By Prof. Ujjwal K Chowdhury

**The second home. Almost the touch of a second life. Everyone secretly or openly longs for a second home, and some actually go out and get it. Coming from the hills of Arunachal Pradesh, I had also longed for a home in the mountains. Work brings us to urban homes, but desire takes us afar. But it has taken a long time to get on to the task.**

### Concept of a Second Home:

The concept of second homes has always been around, though often restricted to the extremely affluent. It is this class that could afford to have a home away from home, for vacationing or for an occasional weekend relaxation. But lately, the concept appears to have gained widespread acceptance, though the going has not been very easy.

It is that today there are a lot of people with more disposable income. It has been a trend for decades before. But in the last five to ten years, you see a new breed of people aspiring who have come up the hard way too. Today, the pace of life has become such that everyone craves and needs that relaxation of the mind in terms of getting out of your current routine life. While relaxation in the city means going to a movie or going for dinner, unfortunately there are no more avenues left for the same in the city. It isn't just a dream but a reality, where a person can put aside maybe Rs 20, 30, 40 lakhs towards something he feels will be beneficial for his daily life and something for families to enjoy in terms of bonding times and things like that.

Initially it was a weekend home, a bungalow, at times the ancestral home in the village, for some a time-shared property, and for many a proper personalized 'second home' to go and stay as often as you can.

### First versus Second Home:

There is a perception difference between the first and the second homes. When a new urban centre comes up due to reclamation, an airport nearby, an industry coming up, the residential properties they create opportunities for are First Home, your work home, where you stay to earn, to educate children and pursue careers and social life. Second homes are a different market altogether. It is for a different life, relaxation, health, creativity, bonding, et al.

Interestingly, the IT-Internet revolution earlier and the pandemic now have created a new opportunity: working from remote. And, hence, people who are taking a property as a Second Home will, within two to ten years, may take it on as the first home as slowly productive work from distance would be possible and accepted, barring occasional face to face meets.

For example, in Talegaon, between Mumbai and Pune, around 2,000 homes sold as second homes by a developer, are into first home situations right now. Shahapur and Boisar, on the outskirts of Mumbai, which were second home destinations, are places where now every second day there is a first home project launch. Karjat has good first home projects. Similarly, near Kolkata, homes in Sonarpur to Baruipur, bought in the past as second homes, are becoming first homes now. Urbanization expanded, work from home getting accepted, good residential areas with space almost unavailable or unaffordable within the cities now. Royal Palms in Arrey Colony of Mumbai have moved from second home to first home for most of the inhabitants now.

### The Affordability Factor:

Affordability is also an issue. People have properties in few crores as second home in cities like Lavassa that have not finally clicked. Close situation was in Amby Valley too. You have to convince your customer that yes this is something that is going to help him tick the boxes for the reasons that he is purchasing it, he sees utility when he goes down for the couple of weekends in a month, where maybe he entertains some friends or maybe has some business entertainment. And for that an investment above Rs.50-60 lacs will be something that even an upper middle class person will think several times.

Amby Valley later tried to modify their scheme and bring in Swiss Chalet concepts that were a crore of rupees and then went down the line to sell better. Logically, it should have been in reverse. They should have started with something at Rs 30-40 lakh and then as utility increased, demand starts increasing and people start visiting more, then they are likely to buy it for larger ticket money. Specifically on holiday homes, there is also the concept of studio apartments and condos, which have 340-350 square feet layouts, basically in the shape and form of a five-star hotel room, with an attached pantry and bathroom. This is all you need.

“Don't talk to us about three bedrooms, large villas and all that. Look at this proposition first. Buy, enjoy, either use it yourself and we also had a rent back scheme that we had bundled in”: such a proposition works with many.

Rent back is a good proposition as people can stay when they want, and yet get some rent when they are not. If a guaranteed rent figure is there from a running property, nothing can be better deal than that. It is good for the developer too if he is servicing the property as the inventory is available to him free of cost. A developer may have 700 to 800 rooms that he had sold to customers, who had paid him in full for that, plus he gets a share of the rental income. So, it is profit-sharing ultimately.

### Affordable Luxury as a Lifestyle:

Second Home as a concept is also growing in the segment of affordable luxury and also what is traditionally luxury for rich families, landed families, who have had Second Homes historically and whose second and third generations are looking at getting their own houses. Call it a getaway destination or a holiday home or a second home, whatever you may choose.

La Montana in Lonavla, for example, with villas, had a large amount of ads, used the radio, used mass media to propagate and communicate about it, totally sold out largely to Mumbaikars within a year though they planned for three years selling time. A major reason of this success is people's disposable income and propensity to spend is also higher. If you look at the cultural shift, one thing I'd like to add is that compared to our parents or a couple of generations back, today we are willing to spend far more, though there used to be a higher propensity to save in the past.

Earlier it used to be that you are close to retirement, retiring as an MD of some big company, you would say let me part with my retirement money, etc. Today, the guys who are coming in are about 35-40 years of age. They want it today. They want to make that lifestyle. They want to make that statement today that I have arrived in life. This is one of my manifestations of me having arrived.





There is another concept of private Second Home buying through word of mouth, like the exclusive Prive in Mumbai outskirts. So, basically, it is the same group of people who came, same socio economic background, same educational background, largely investment bankers, industrialists, people from similar backgrounds who then invested in it. There is also the concept of creating a known neighbourhood in Second Homes. The first set of buyers could be presented a bouquet of flowers, champagne, a ticket to a concert, which is where the incentive is not in the form of money but it's a personal touch. And then such a buyer is incentivised, he will talk to his friends who will invest or co-invest. Suddenly from having only a second home for your family, you are getting your own friend circle. Then both sides have family and friends and it becomes an entire lifestyle. You are moving with your family and friends. You make the ambience. We just create the stage.

#### Types of People Buying Second Homes:

There are various types of people investing in land and Second Homes. One would just like to invest in the landed property, be it a barren land or a plot, not deciding if he would construct something there. But only hoping that four to five years down the line the prices would go up and he would sell off the plot. The second are those who are expecting something of a monthly return from those properties. Could be a form of rent back schemes. The third are those who just want to have a leisurely time. During the weekends or whenever they want to have their holidays.

The category of these people in terms of percentages is growing. Disposable incomes are growing. Purchasing power is increasing. And the age factor is coming down from the 60s to the 50s to even the 30s and 40s. So that is the kind of disposable income that people have at this moment. Once they have a good first home in the city, a good car, they go in for a second home. Also, the thought of spending good time with their family is another reason. Everyone has a guilt factor today that they don't spend time with the family. Many people love to farm, and they go and enjoy, they farm, etc. So, it's a theme sale. Next is investment. Land is the best asset class. You ask any investment banker, advisor, wealth manager, they will say shares, insurance, etc, but ultimately land is the best asset class. People are also buying these as their retirement homes. People don't want to stay in metros after they retire. Buying a second home is a very emotional product for them, they are emotionally attached. It is a very Indian phenomenon. Unlike foreigners we do not treat it like a commodity. It becomes part of your family, your heritage, part of an heirloom you can pass on to your future generations.

#### Economic Impact of Second Homes:

There is surely an economic growth angle here. Ultimately, like in the US, the building construction industry is a wealth multiplier at all levels of the economy. It creates jobs, wealth and circulates money. So, to give it a boost, the government should get proper roads, get your rail network happening and you will unlock value not only for the developers but also whoever is buying into that story and investing accordingly. Many of these are future cities. In many states, to convert agricultural land into NA [non-agricultural] is very cumbersome. It takes time. There are hundreds of permissions, NOC [no-objection-certificates], etc. There should be some simplified procedure for government approval and infrastructure, surely not going against ecological and farming rights and protection. So, master planning with correct zoning is needed for Second Home community development in virgin places. Shimla or Lonavla, both look horribly ill developed.

One good classical example one can give you is Magarpatta township, Pune. It is a classical example where a group of farmers came together under the guidance of a person named Magar, brought a few farmers together. Their farmlands were properly utilised to create a beautiful township. It consists of buildings, schools, etc and in doing so, the government also helps in giving some kind of tax incentive to the farmers. Most of the houses there are First Homes now.

#### Challenges for Buyers at Times:

Second Home buyers had to endure challenges of poor planning and unfulfilled promises of developers as well. The recreation area, facilities, amenities all need to be taken care of. And now, as so many projects have come up, people see one project giving so many things and there is an impact on the other projects of the same. Whether it is for Second Homes or first ones or real estate in general, we need far better unity and cohesion between people (developers and customers both) and people being of certain ethical standards and agreeing. Most developers do not want to unite. A regulatory system is required. Telecom has a regulatory board. That is why there is an association. Insurance is regulated. Shares, stocks are regulated. There are associations for all of these. The biggest asset class, the real estate, is largely unregulated. And this is largely because of the self-interest of both developers and politicians.

A brand is not something, which dies with you. It is something, which you leave behind as a legacy. But real estate has a bad name for all of that already. There are a lot of people who are genuinely doing good work, either because of competition or because of their own value system. But real estate itself is considered as a bad word. Regulation actually for the betterment or development or growth is important. You have to look at real estate as a formal industry. If you become an industry then you can get money from the banks to buy land. If a bank is giving you money, there will be far less transactions that are done in cash.

Also, we have to come to agree that there has to be sustainable development and growth. But to look at the environment exclusively and to forsake growth is also not an option. It is important to do projects, which are sustainable and under the Indian Green Building Council guidelines and are rated highly. But to do that we need a natural resource called sand, which sadly is rare, and controlled by sanctions. The other big problem the industry is facing is unskilled labour, a shortage of labour. Mechanisation, more automation in construction, etc. But that will take time. And, many times, all the forms are there, all the NOCs are there, but the files just lie in a government office. Nobody wants to touch them easily.

#### My Second Home:

My lure of the mountains has taken me across the Himalayas, to Nepal, to Northeast, and now to the Silent Valley in the Palghat hills of the Nilgiri ranges in Kerala. Amid the clouds, some 2000 feet above the sea level, at Attapaddy, in Palakkad district of Kerala, my villa is getting constructed as an integral part of an Inno-Accelerator Knowledge Hub of 8 acres, with facilities for 50 people to come and deliberate on wellness, business, incubate new products and services, expansion plans, yoga, meditation, and the like, all conceptualized by Shine Gopal, the founder of MarketNext ecosystem. And, in a few years, I shall be here staying, researching, training, learning, relaxing, talking to the trees and clouds, and have an earning as well. An eco-friendly life, with homegrown organic food, no fossil fuel vehicles finally on campus, and living a creative and meditative life would be my call for what we called in Indian culture, the Vanaprastha phase of life.

**-Prof. UJJWAL K CHOWDHURY**







# Unlock Compatibility And Chemistry In Relationships: All You Need To Know- PART 2

By **Ridhima Kapoor**



## *Subtle And Toxic Combinations Of Chemistry And Compatibility*

**Regretfully, chemistry and compatibility don't always go hand in hand.** A high compatibility but low chemistry relationship is probably just going to be a comfortable and dull round of get-togethers and talks. Until they both just give up and drift apart, or until they marry and complete their mutual convenience and find themselves in a lifetime of simple and (often) asexual companionship, it will be a lifeless and boring affair. Unfortunately, such a setup is not unusual.

Conversely, incompatibility combined with chemistry almost always results in disaster. Sometimes it's as easy as not residing in the same region of the world, but more often than not, the situation is significantly more intricate.

Two people behave in an entirely unreasonable way when they are totally incompatible. All too frequently, two incompatible individuals start a mutually destructive cycle of emotional self-immolation and ride the roller coaster of love and hatred together.

People find themselves saying things like, "Look, I know she faked being pregnant to get me to propose to her, but you know, it may just be fate, right?" or "I don't care if he's married to a convicted felon, we're meant to be together." As this is going on, friends watch helplessly as their torture victim buddy spins helplessly in a tornado of love, their jaws hanging open as they debate whether to try to talk them out of it and risk alienating them or to be supportive.

**Bad news for those with high chemistry and significant incompatibilities. awful news.**

These kinds of relationships typically start out fast and intense, erupting like a geyser, then fizzling out almost as fast. When reality sets in and logic takes over, this is when it usually happens. It dawns on you how incredibly obnoxious you find each other, but it's not always easy to end a relationship like that. While your intellect says no, your heart says yes. Subsequently, you persuade your mind to accept, which causes your emotions to reject it.

At this point, your decision-making usually turns to your genitalia, even though they have about as good of a track record as an inebriated third grader. This only ends in awkward public confrontations, unpaid drink tabs, thrown iPhones, changed locks, unanswered phone calls, sobbing voicemails, and, if you're lucky, the sterile interior of a clinic. Or, if you're really lucky, an experience that will make you question your own sanity.

And then there you are, unemployed, with two unused one-way tickets to Bermuda, six stitches, slashed car tires, and a broken cell phone (wherever you go, as they say). Well, at least that crazy person is no longer around (though you kind of miss them). It's a brutal but exhilarating event that will always remind you that we are still animals.

Not that it matters or that I am speaking from experience. Nope. There is nothing to view here. Proceed.

## **The Matrix of Chemistry-Compatibility**

**Poor Chemistry/Low Compatibility:** a partnership lacking in simple communication as well as intimacy. This rarely occurs, and when it does, it passes quickly.

**When something seems perfect but you know it's completely wrong,** it's said to have high chemistry/low compatibility. Also known as a relationship that is a walking skip fire.

**Good compatibility/low chemistry:** Mostly asexual, dull companionship. The entire relationship was centred around talking about frozen meal plans, sweatpants, and Netflix.

**The sweet spot is high compatibility/high chemistry.** Excellent harmony between practicality and closeness. Yes, indeed, sweetie.

- RIDHIMA KAPOOR





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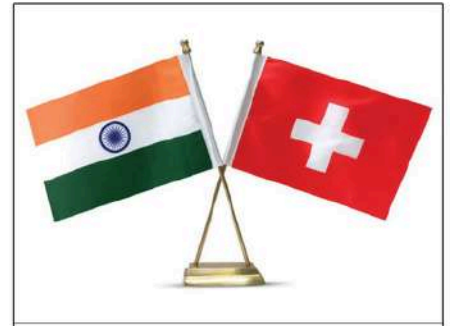


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FROM THE  
KITCHENS  
OF INDIA

# GHEVAR

Ghevar is a traditional Indian sweet delicacy that holds a special place in the hearts of dessert enthusiasts.







## GHEVAR

Ghevar is a traditional Indian sweet delicacy that holds a special place in the hearts of dessert enthusiasts. Its intricate design and mouthwatering taste make it a must-have during festive occasions, especially during the Teej or Rakshabandhan festival. This sweet disc-shaped dessert is made from flour, ghee, and sugar syrup, and it is adorned with a variety of toppings like dry fruits and saffron threads. Let's dive into the recipe and create this delectable treat to indulge in the flavours of India!

### INGREDIENTS

#### For the Ghevar:

- 1 cup all-purpose flour (maida)
- 1/4 cup ghee (clarified butter)
- 1/4 cup chilled milk
- 1/2 cup ice-cold water
- A pinch of cardamom powder
- Ice cubes for chilling the batter
- Ghee for deep frying

#### For the Sugar Syrup:

- 1 cup of sugar
- 1/2 cup of water
- A few strands of saffron (optional)
- 1/4 teaspoon cardamom powder
- 1 tablespoon rose water.

#### For Garnishing:

- Silver vark (edible silver leaf) or edible gold leaf (optional)
- Assorted dry fruits (sliced almonds, pistachios, and cashews)

### INSTRUCTIONS

#### For the Ghevar:

- In a large mixing bowl, add all-purpose flour and ghee. Mix them well with your fingertips until the mixture resembles coarse crumbs.
- Gradually add chilled milk and ice-cold water while stirring continuously to avoid lumps.
- Add a pinch of cardamom powder to the batter and mix well.
- To chill the batter further, place a few ice cubes in the batter and keep it aside for 10 minutes.

#### Fry the Ghevar:

- Take a deep-frying pan or kadai and add ghee for deep frying. Heat it on a low to medium flame.
- Now, take a Ghevar mould or a wide-mouthed steel ring and place it in the hot ghee.
- Pour a ladleful of the chilled batter into the mould carefully, allowing it to spread in a circular shape.
- Fry the Ghevar on low heat until it turns golden and crispy. Gently remove it from the mould using a skewer and drain excess ghee by placing it on a wire rack or absorbent paper.





## FEATURE

**Prepare the Sugar Syrup:**

- In a separate saucepan, add sugar and water and bring it to a boil on medium heat.
- Once the sugar dissolves completely, add the saffron strands and cardamom powder, and continue boiling until the syrup thickens slightly.
- Turn off the heat and add rose water to the syrup, giving it a delightful aroma.

**Assemble the Ghevar:**

- Dip each Ghevar into the warm sugar syrup for a few seconds, ensuring it absorbs the sweetness.
- Place the soaked Ghevar on a serving plate and garnish it with silver vark or edible gold leaf (if using).
- Decorate the Ghevar with sliced almonds, pistachios, and cashews, adding a rich texture and flavour to the dessert.

***Your mouth watering Ghevar is now ready to be served and enjoyed!***

**TIPS**

1. The key to making perfect Ghevar lies in the temperature of the batter. Make sure to keep the batter chilled and use ice cubes to maintain its consistency during frying.
2. Ensure the ghee is not too hot while frying the Ghevar, as it may lead to uneven cooking and affect the crispness.
3. For a unique twist, drizzle some saffron-infused milk over the Ghevar before serving, enhancing its visual appeal and taste.

With this delightful Ghevar recipe, you can savour the authentic flavours of India right in your own kitchen. This rich and exquisite sweet is sure to be the star of your festive gatherings and leave your guests wanting more.

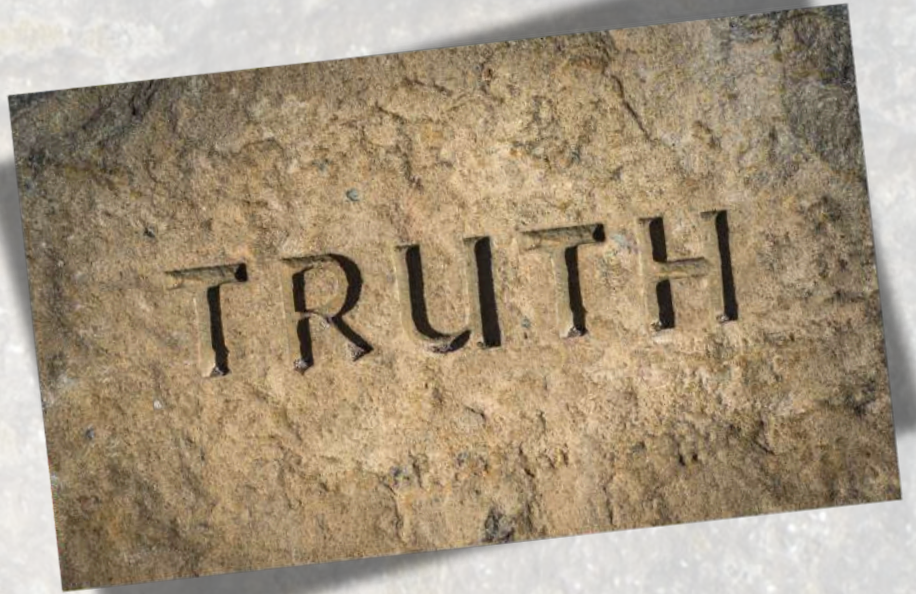
So, get ready to relish the traditional taste of Ghevar and experience the cultural richness of India through this delectable dessert!





# GOSPELS OF TRUTH

By Rema Pisharody



Life is a blessing when it is real  
 When not surrounded by pretenders  
 Heart ignites a chaste ray of hope  
 In solitude where axioms of subtle truth illumine  
 Clearing the last flecks of entrapped feelings  
 Prayers unstain the pain caused by strange outer clusters  
 Masquerade of the shadows fade  
 Smile, love, kindness mere words  
 When used for gains,  
 Which causes permanent scars...  
 Life at times pulls back from the unreal,  
 From the unkind facades  
 Not to break but to save the conscience  
 From tearing apart  
 Heart is not a coded machine  
 To filter real from the unreal  
 For a while the commotion hurts  
 Untruth chains the heartbeats of a verse  
 Painful yet it is the first alphabet  
 Of a child to stand up from the fallen soil  
 To liberate, to breath in peace  
 Even when it takes a lot more struggle  
 To separate the pure soul  
 From a pretentious assemblage  
 It is essential...  
 Being alone is strength at times  
 It's indeed a blessing  
 To know the gospels of truth  
 To be real in life...



- REMA PISHARODY





# Spiritual Seminary

The uncertain life is a journey to a certain death,  
 The journey is an admixture of bitter truth and brutal lie,  
 Glide with heavenly wings either...  
 Or ,tread a treacherous path with gaping gorges.  
 The shades of life painted by the magic painter may differ,  
 Nevertheless you treasure the picture you want to .!  
 whatever possessions you may earn by all means,  
 May you leave with outstretched hands dangling empty.  
 How ever you measure and grab the whole earth..  
 May you need only six foot by three.. deep and wide!!  
 The entry is celebrated and the inevitable may be mourned,  
 May or may not be a void among the dear ones  
 No one can deny or escape ,but abide nature's law,  
 When you gain love being benovelant ,  
 Memories may bring you back when you are not there .  
 Watch out the breatless race to conquer the world,  
 Pause to pray "teach me to be slow" !  
 Alexander the great told in his death bed

"A Tomp now suffice him....  
 for whom...the whole world was not sufficient...."!!!



By Brijji KT







# Everything is Yours

By Sarmistha Dey

I know you are standing  
 on the side of the door  
 With a sweet smile  
 Still I can't see you.  
 On the dining table,  
 in a glass of cold water  
 In the cool breeze of the ceiling fan, In the  
 unbearable heat  
 I get your touch  
 Still I can't see you.  
 When a storm arises in my heart. You make  
 me hold the pen in my hand.  
 You are in the folds of my blanket  
 I get you in a cup of tea  
 Still I can't see you.  
 Some days in the balcony  
 while sitting in the chair  
 You stand beside me  
 wearing the sheet of moonlight.  
 Still I can't see you  
 I understand nothing is mine  
 You have occupied my everything.



- SARMISTHA DEY





# Know How The New India-Canada Co-Production Treaty Is Uplifting Filmmaking!



By Tushar Unadkat

## Lights, Camera, Collaboration: How the India-Canada Co-Production Treaty Revolutionizes Filmmaking!

The India-Canada Audiovisual Co-production Agreement, a unique and strategic initiative of paramount importance, was signed in 2014. This agreement not only strengthens ties between the film industries of India and Canada but also paves the way for a new era of cinematic collaboration. The benefits of this agreement are significant, including a formal structure for co-productions, financial incentives, and the potential to produce high-quality content that appeals to domestic and international audiences. By pooling resources, talent, and expertise, filmmakers from both countries can collaborate more seamlessly on joint film and audiovisual projects, thereby reaping the rewards of this unique partnership.

### Critical Elements of the Agreement

#### Collaboration Framework

The agreement provides a formal structure for co-productions, outlining the responsibilities, rights, and benefits for filmmakers from both countries. It ensures that co-produced films receive recognition as national productions in India and Canada, enabling them to qualify for various national benefits and support mechanisms. This recognition opens up a world of opportunities for filmmakers, from financial incentives to increased exposure in both countries.

#### Incentives for Filmmakers

India and Canada offer a range of economic incentives, such as grants, tax credits, and subsidies, to encourage co-productions. These incentives can substantially lower filmmakers' financial burdens, making it more feasible to undertake ambitious projects. The availability of these incentives makes the financial aspect of co-productions more manageable and allows filmmakers to focus on their creative vision.

#### Tax Credits and Rebates:

- The Canadian Film or Video Production Tax Credit (CPTC) provides a refundable tax credit of 25% on qualified labor expenditures in Canada. Filmmakers must meet specific



criteria and submit the necessary documentation to apply for this credit. Additionally, individual provinces offer their incentives. For example, Ontario offers the Ontario Film and Television Tax Credit (OFTTC), which provides a refundable tax credit of up to 35% on labor expenditures. The process for applying for these credits is similar to the CPTC. Various state governments offer incentives in India. For instance, Maharashtra provides a subsidy covering up to 50% of the production costs for films shot in the state.

#### Funding Programs:

- Telefilm Canada offers funding for co-productions, with typical contributions ranging from CAD 500,000 to CAD 1.5 million per project, depending on the scope and scale of the production.
- In India, the National Film Development Corporation (NFDC) provides funding for co-productions, with grants and loans that can cover up to 40% of the production budget.

#### Reduced Production Costs

By combining resources, filmmakers can optimize their budgets and reduce production costs. Shared use of studios, equipment, locations, and access to a broader technical and creative talent pool contributes to cost savings. The agreement also allows for more effortless movement of cast and crew between the two countries, reducing logistical expenses.

For example, a film with a production budget of CAD 5 million might receive CAD 1 million from Canadian tax credits, another CAD 1 million from provincial incentives, and CAD 2 million in funding from Telefilm Canada and NFDC. These resources can significantly reduce the financial burden on producers.

#### Enhanced Attractiveness for Collaboration

For instance, the film 'Water,' directed by Deepa Mehta, was a successful co-production between India/Sri Lanka, and Canada. The agreement makes collaboration more attractive by providing filmmakers access to a broader market. Co-produced films like 'Water' can be marketed and distributed more effectively in both countries, reaching a larger and more diverse audience. It encourages cultural exchange and blending creative styles, leading to innovative and unique storytelling that can captivate audiences globally.

#### Cultural and Economic Benefits

The collaboration fosters cultural exchange, allowing filmmakers to explore and represent diverse narratives and traditions. The India-Canada Audiovisual Co-production Agreement

plays a significant role by providing a platform for filmmakers to share their unique cultural perspectives. This cultural synergy can lead to films that are richer in content and appeal to a global audience. Economically, the agreement can boost the film industries in both countries by creating jobs, stimulating investment, and enhancing the international competitiveness of Indian and Canadian films.

#### Quantifiable Financial Impact

**Economic Impact:** The agreement has the potential to generate significant financial benefits. A Canadian Media Producers Association (CMPA) report found that for every CAD 1 of federal government support, the Canadian film and television industry generates CAD 2.44 in GDP. Similarly, in India, the film industry contributes significantly to the economy, with estimates suggesting it could grow to USD 3.7 billion by 2025. This potential for economic growth and prosperity is a vital benefit of the India-Canada Audiovisual Co-production Agreement.

**Job Creation:** Collaboration can lead to the creation of numerous jobs. For instance, a co-production with a budget of CAD 10 million could create over 200 direct jobs in both countries, including cast, crew, and production staff. The economic impact reports from the CMPA and insights from industry analyses often provide data on job creation. This potential for job creation is a significant advantage of the India-Canada Audiovisual Co-production Agreement.

#### Conclusion

The India-Canada Audiovisual Co-production Agreement leverages substantial financial incentives from both countries, significantly lowering production costs and enhancing the feasibility of high-budget projects. By providing a range of incentives and reducing production costs, the agreement creates a conducive environment for producing high-quality films that can succeed globally. This agreement benefits the film industry economically, promotes cultural exchange, and strengthens bilateral relations between India and Canada.

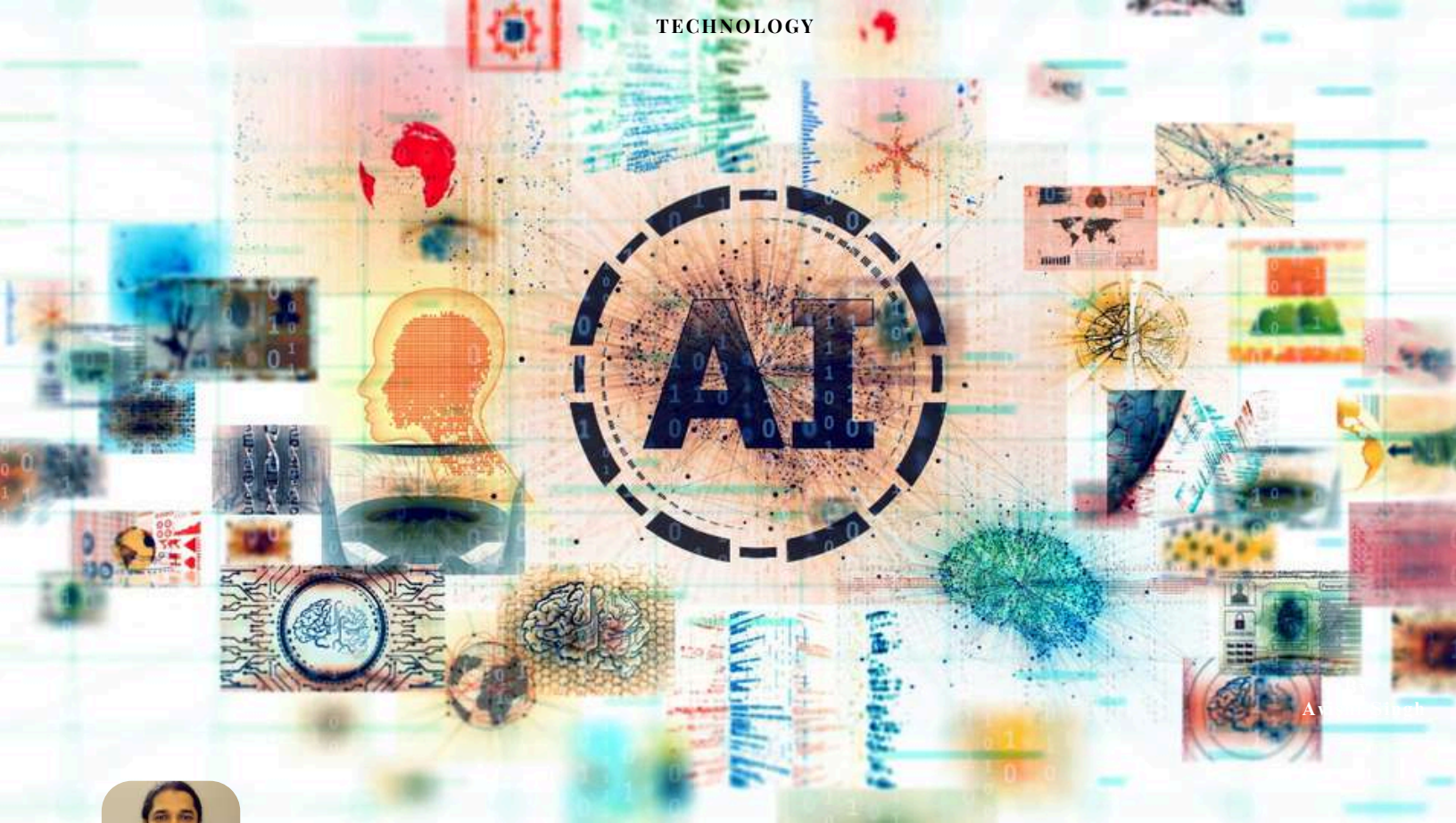
- TUSHAR UNADKAT

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- *Canadian Film or Video Production Tax Credit (CPTC)*
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By

Dr. Shaion P Ouseph

## A New Whopping Stage Of Revolution, Artificial Intelligence (AI)

Let's start with a question; what you think is the most complex object in the universe? I guarantee you that the answer is human brain literally. That's because human brain the most complex network and the most powerful systems can't match with it. We would be surprised to know that we have our brain size of 2000 computers. And now this brain is replaced with Artificial Intelligence (AI). This is not building robots creating a computer mind that can think human but there are several simple and narrowed systems existing already everywhere. From Apple siris to Facebook friend recommendations, air traffic controls, narrow AI has been around for years doing specific tasks better than human.

The computer chip competes with world chess champion way back in 1997 but computer couldn't learn a new game and couldn't think as a human. People thought that playing chess is only human can perform and not machine but today computers beat best of us. The human mind is so complex and not well understood even though latest technologies including brain scanning and other, only tells us only a little. So, we come back to the challenge: creating an artificial brain/intelligence (AI) that works like a human brain, learns and improves is possible? Experts project, 2050 is the year that we see things which thought impossible. Some say, it will save humanity and others say, it will destroy us.

Either way if it when it happens the world would be changed forever. We are shifting to a techno-human age where something new is emerging. While people are talking about global peace, climate change and end of history, an army of scientists are working on AI. And now AI rapidly surfacing and will transcend human limit. Scientists say that they really want to violate human limits now and moving closer and closer to do that. We come from a human phase and now redefining what it's to be human. And we have the opportunity to do things better than what the nature has done. A future period during which the pace of technological innovation will be so rapid, its impact so deep, that human life will be irreversibly transformed.

We spent last several thousand years building tools to reduce our physical labour and improve productivity. These are mechanical muscles, stronger than human muscles. That's replacing human labour with mechanical muscles and this is the way our economy grows and standards of living arise. Now the change is to build mechanical mind and mechanical muscles. Previous years the mechanical mind has pushed horses and cows out of our economy and the mechanical mind will do the same to humans not immediately and not everywhere but in large numbers and soon enough and it's going to be huge problem if we are not prepared.

I believe that we can have a positive individuality through AI within few years from now. Lots of interesting work in this filed going on including nano technology. If the right number of efforts put on the right direction. The work on brain-computer interface radically enhancing our power of cognition. Any one of these paths leads to positive individuality in the near future. The sad thing is the amount of recourses and the energy that put for this is very small. Talking about AI getting weird and fast, what's that even mean, nevertheless a developing field. We may have a lot to take from it and may reject it at the same time. We human beings are at an accelerated stage of our revolution.

- Dr. SHAIION P OUSEPH





# Married In India, Divorce Elsewhere? New Myths And Facts



By  
Adv. Shaju Francis



## *The inviolability of a Hindu marriage, solemnised in India, to a foreign court.*

Over time, especially after India attained Independence, the applicable portions of the Manusmriti were codified into statutory laws, being the Hindu Marriage Act, 1956 (HMA), the Hindu Adoptions and Maintenance Act, 1956 (HAMA), the Hindu Succession Act, 1956 (HAS), etc., and for the purpose of this article, I restrict myself to Section 13, HMA, bearing the relevant provisions for obtaining a decree of divorce, contested and/or by mutual consent, under the Hindu Marriage Act.

However, the inviolability of a Hindu marriage has, quite understandably, never really been understood by the outside world and courts abroad, going left, right and centre, even at the mistaken asking of any of the parties to a Hindu marriage, whose marriage has been solemnised in India, to proceed ahead with the dissolution of a Hindu marriage, in a foreign country, by a foreign court, by its decree of divorce, though no such decree of divorce, dissolving a Hindu marriage, solemnised in India, can validly be passed by a foreign court.

A Hindu marriage, solemnised in India, has, inter alia, two vital ceremonies: saptapadi, being the seven sacred steps around the holy fire, and the chanting of mangalashthakas, while the same is being taken, apart from passing the muster of validity of a Hindu marriage, as mentioned in Section 5, HMA. It is to be further noted that a valid Hindu marriage, performed as mentioned above, is in consonance with the requirements of Section 7, HMA.

The divorce of the aforesaid valid Hindu marriage can be sought for, inter alia, under Section 13, under any of the 8 grounds mentioned in Sections 13 (1)(i) through 13(1)(vii) of the HMA, if the said divorce is contested, and if uncontested between the two parties to a valid marriage, the same can be obtained under the provisions of Section 13 (B) of the HMA.

In my practise over the last 26 years here in India, I've come across various cases where a valid Hindu marriage, solemnised in India, has been held to be "dissolved" by a foreign court, on grounds foreign and alien to the grounds of divorce as provided for in the Hindu Marriage Act. It is precisely this "dissolution" of marriage by an alleged Decree of Divorce that I wish to bring to the notice of the Indian diaspora, so that they can guard themselves against the same.

Firstly, no valid Hindu marriage, solemnised in India, can ever be dissolved by a foreign court, as the HMA requires none but the "District Court" to mean "...a City Civil Court or original jurisdiction and includes any other Civil Court which may be specified by the State Government, by notification in the Official Gazette, as having jurisdiction in respect of the matters dealt with in this Act." A foreign court can never fall within the definition of this "court" as defined in Section 3 of the HMA.

Secondly, and in addition to the above, foreign courts, especially in North America, are usually in the process of granting, inter alia, a "No Fault Divorce", which would include granting divorce on grounds which are alien, foreign, and certainly not mentioned as grounds for divorce under the provisions of the HMA, to which alone the parties are bound and find themselves confined in jurisdiction. As a result, any such foreign "decree of divorce" can be successfully challenged before a competent court in India if any of the parties, whether voluntarily or involuntarily, suffer from the grant of such a decree of divorce by a foreign court.

Here, I must clarify that even if one of the parties is "deemed" to have consented to the jurisdiction of a foreign court, the said party can still successfully challenge the grant of the said decree of divorce granted by the foreign court here in India before a competent court, as it is a universally accepted legal principle arising from a common law principal that parties cannot confer jurisdiction on a court which inherently lacks the same, for the conferment of jurisdiction on any court stems from legislative competence. Consequently, it cannot be said or stated that the recalcitrant party, now seeking to question the decree of divorce, issued by a foreign court, is estopped from doing so.

The courts in Europe, especially in Germany, France, Cyprus, and Greece etc., like the courts in North America, are also seen to be merrily granting divorces for the asking, assuming unto themselves a jurisdiction they never had to dissolve such a valid marriage, solemnised in India. The jurisdiction in this regard solely vests, solely and only, with Indian courts, apart from these foreign courts, erroneously ending up granting the same on grounds totally foreign and alien to the provisions of the HMA, under which a competent court in India is authorised to grant such a decree of divorce for a valid marriage, solemnised in India.

The courts in Europe, especially in Germany, France, Cyprus, and Greece etc., like the courts in North America, are also seen to be merrily granting divorces for the asking, assuming unto themselves a jurisdiction they never had to dissolve such a valid marriage, solemnised in India. The jurisdiction in this regard solely vests, solely and only, with Indian courts, apart from these foreign courts, erroneously ending up granting the same on grounds totally foreign and alien to the provisions of the HMA, under which a competent court in India is authorised to grant such a decree of divorce for a valid marriage, solemnised in India.

In summation, marriages between parties, solemnised in India, cannot be dissolved by a foreign court as competent courts in India alone have jurisdiction and the grounds to do so, as are mentioned under the provisions of the HMA. It is high time the Indian diaspora wakes up to this reality and, together, is in a position to put forth a mechanism to stop this factoid of a malpractise which has assumed, unto itself, a "legitimacy" which it never had, does not have, and shall never have, till such time as the provisions of the HMA are not amended to incorporate any such intent on the part of the legislature.

-Adv. SHAJU FRANCIS

Foreign courts, especially in North America, are usually in the process of granting, *inter alia*, a "No Fault Divorce"

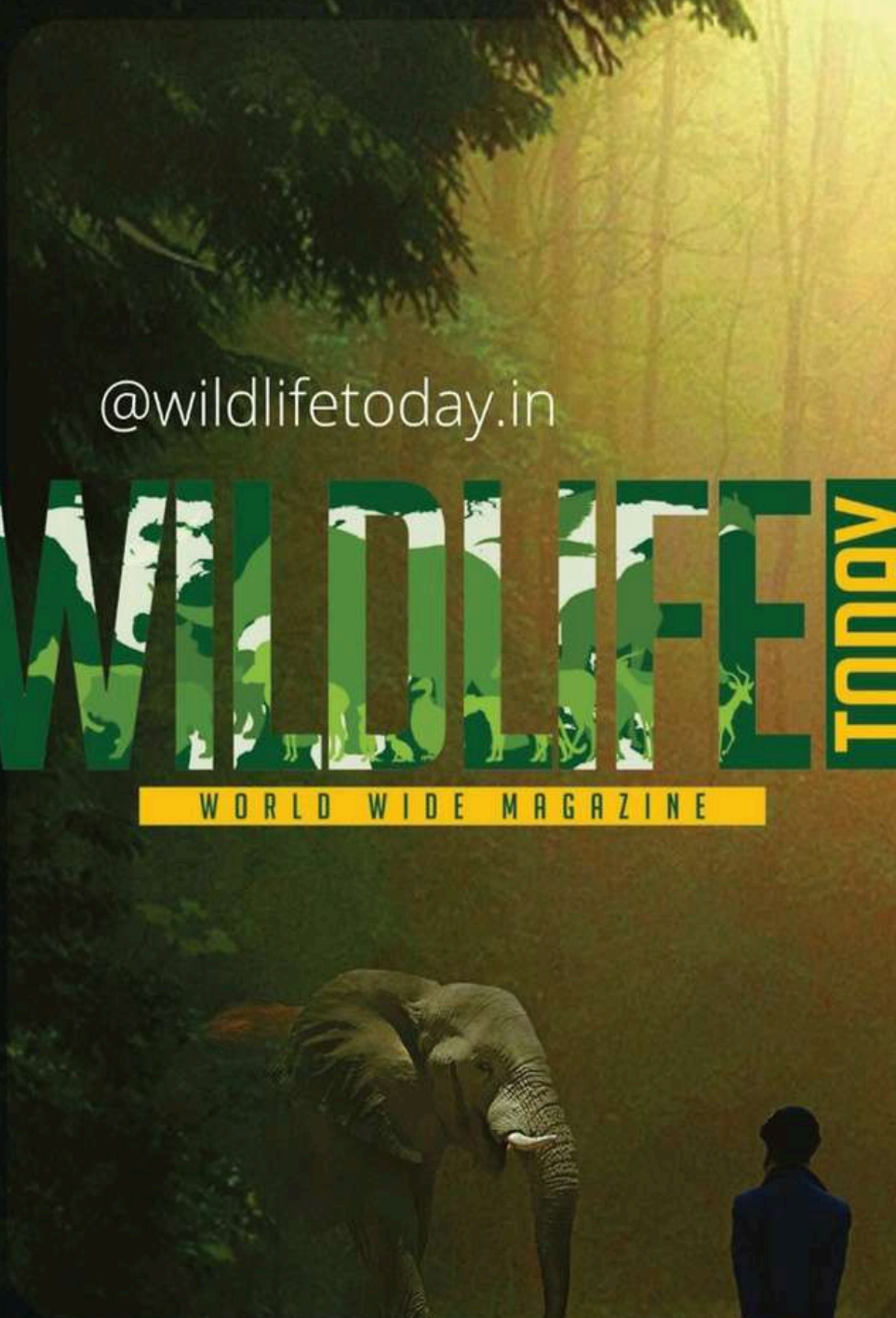




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# WILDLIFE TODAY

WORLD WIDE MAGAZINE







By M P Joseph IAS (Fmr)

## The Amazing World Of Central America, A Travel Treasure

Travelling across Central America covering 10 countries in 22 days, I discovered that there is an undiscovered Spanish or - as they derisively call them in the US – a Hispanic world out there. It is a world that unfortunately not many English-speaking Anglophile Indians know much about. That Spanish world does not exist for us, nor do we much exist for that Latin American world.

I travelled through Guatemala, El Salvador, Costa Rica, Colombia, Panama, Peru, Belize, Honduras, Mexico and Bahamas during those 22 hectic days this October and early November. I did the latter four countries as part of a Cruise, on the MSC Divina, boarding the Cruise Liner in Miami and returning to Miami seven days later.

The cruise was the easier part, as there was always the ship and its staff – all of them English speaking and at least some from India – to fall back on if something went wrong. The first six countries were the most difficult, as I was travelling alone – at my age, remember – having planned the journey, booked the flight tickets, the hotels, the tours and the cabs all by myself. By biggest anxiety was, what if I had booked the flights in a wrong order, on a wrong date, booked a 10.00 pm flight instead of a 10.00 am flight, or went to the airport to board a 10.00 am flight at 10.00 pm, or booked a wrong hotel or on a wrong date, or booked a cab in the wrong city to go to a wrong hotel. And there was the eternal fear of those serious poker-faced officials at the immigration in each country, all of them looking curiously at me and wondering if I was a drug smuggler – though I

must confess I certainly don't look like one – or why anyone from right across the world should visit their country, ostensibly for 2 or 3 days. What if they did not let me into their country? There was nothing I could do about it. And all the rest of my travel plans would go awry. I was often a nervous wreck at the immigration counters.

But they would get curious when I told them that I am a much-travelled traveler, that theirs was the 92nd country that I was visiting, or the 93rd or the 94th. I would tell them that I hoped to hit a century soon and a double century not long thereafter. Being strangers to cricket, they did not quite have that aura about a Century or a Double Century that we in India have. But nevertheless, they were quite impressed. They would then flip through the pages of my Passports – I carry a bundle of them – to verify that what I was saying was correct. Quite impressed by the many used visas that the Passport has and the many entry and exit seals of many countries, they would look up at me with a new respect. The sound of that thud as the officer brought his entry seal down on a fresh page of my passport, was music to me.

And there was always a special smile when they saw my Indian Passport. They love Indians here, though they do not have much clue what India is, or anything much about it. For them and the many others that I met on my travels, India was like a fabled land they had read about, the land of the Taj Mahal, of opulence and grandeur, of dirt, dust and colour, of software and poverty, of the very rich and the very poor. There was a knowledgeable someone on the cruise who insisted that Mumbai is the new name of

Calcutta. It took me some time to convince him that Mumbai now was Bombay then, and Calcutta then was Kolkotta now.

Some of the many I met would be curious to know which part of India I came from. They knew India was huge. And when I told them I was from Kerala, no one, not one that I talked to, had heard about Kerala. I would then take out my Google Map and show them where Kerala was and tell them it was the most beautiful place on earth, that it was green, very green, that it had over a dozen shades of green, that it was God's Own Country. But their total ignorance of Kerala, was always a blow to my Malayali pride.

Kerala tourism, I realized, has miles to go, literally miles and miles to go. The compliment is mutual. The world of Latin America, of Mexico, Central America and South America is a world that we in India know so little about.



At the Casa Domingo, a Convent converted into a star hotel in the ancient town of Antigua near Guatemala City





It is quite another world out there, a Hispanic World, where they speak only Spanish. Language was my biggest barrier. No one very much speaks English in that Spanish world and many would look strangely at me when I spoke to them in English, trying to find from them the way to a shop or a restaurant. Some of them would recoil in horror, as though I was speaking the devil's own language. English is as strange to them as Spanish is to us. But all of them were helpful, especially when they realized that I had travelled halfway across the world to come and visit their country. They would be proud that their small Central American country merited so much attention from an Indian from so far away.

Some would not quite believe what I said, thinking that I was an US Citizen of Indian origin and was only travelling south to see the lands there. It often took me some time to convince them that no, I had actually travelled halfway across the world, for over 30 hours – including the lay over at Doha Airport – to reach their country. There would be a look of respect – or was it look of 'is this guy crazy'? - in their eyes then..

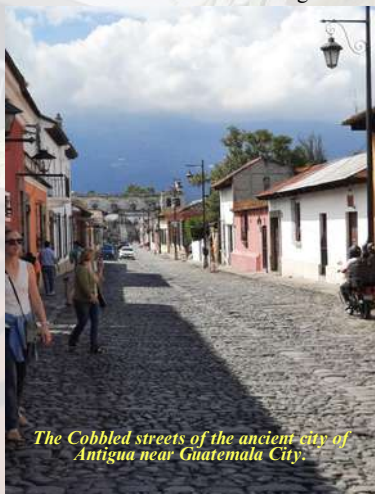


*A Coffee Break in San Salvador.*



*Mayan women in their native Mayan dresses. There is a resurgence of Mayan culture in Guatemala. Antigua used to be a Mayan city.*

The younger ones, who did not speak English would fish out their Smart Phones, go to Google translator and speak to it in Spanish asking me what it was that I wanted. Google would then speak it out for me in English. I would then speak to Google in English telling the young woman or man the place I wanted to go. They would listen to the Spanish translation carefully, then go to Google Maps and show me the way. I seriously wonder what I would have done without Google.

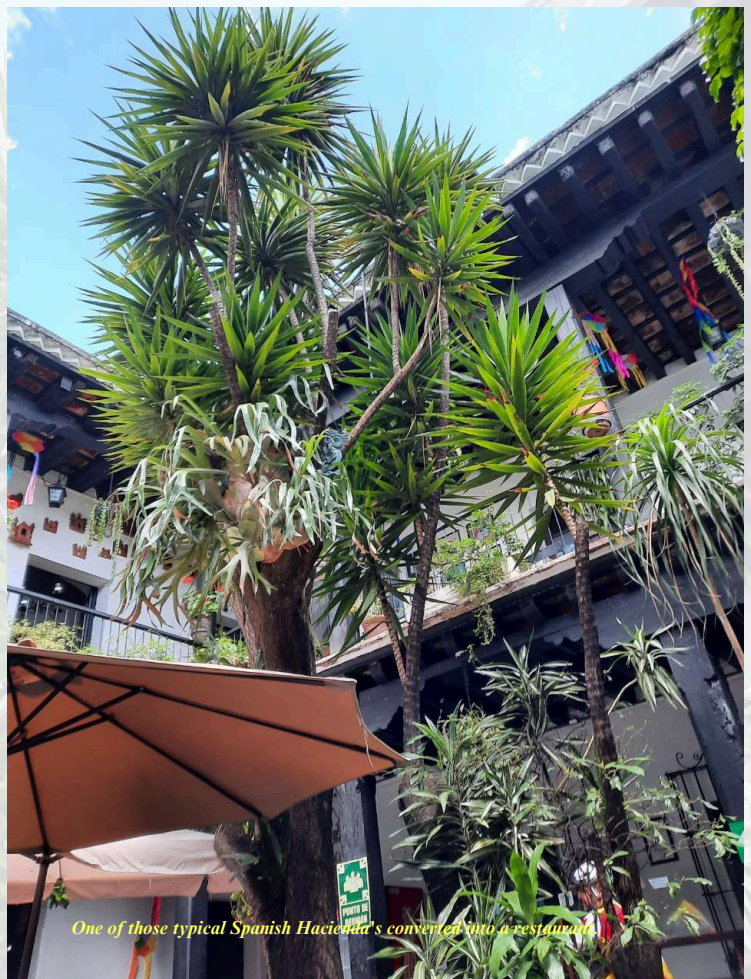


*The Cobble streets of the ancient city of Antigua near Guatemala City.*



*Posing for a photo with volcanoes as backdrop.*

These are all the lands that the Spaniards colonized after Columbus. But it was originally the land of the Mayans, the Aztecs and the Incas. The west call them collectively as Indians, but many a tourist guide during my tours in these countries would point to me and insist that I was the Indian, but the Mayans, Aztecs and Incas were not; that they were the original inhabitants of the land, the indigenous people. That the Mayans, Aztecs and Incas were certainly not Indians. Just because Columbus made a mistake and thought he was in India, while he was actually in America, did not make the Mayans, the Aztecs and the Incas Indians. They were the original indigenous people of Central and South America.



*One of those typical Spanish Hacienda's converted into a restaurant.*

There is today a burgeoning interest in these indigenous people and their culture. The Mayan town of Antigua near Guatemala City is today an important tourist centre. My visit to Antigua was an eye opener for me and showed me how advanced the Mayan culture was many centuries ago.

I believe some of these Central American countries have a small Indian Community, especially Belize, Panama, Honduras etc. That is the Indian diaspora that we do not know much about. The Indian diaspora in these countries need to be part of this worldwide network of the Indian Diaspora that we are building.

**-M P JOSEPH**



*You will occasionally find a Bajaj in these Central American countries*







# The Most Expensive And Pioneering Colleges In The World

By WFY Bureau, UK.

**Education** is often seen as a priceless investment, but some institutions take the concept of "expensive education" to a whole new level. In this article, we delve into the world of the most expensive colleges, exploring the reasons behind their hefty price tags and uncovering what makes them so sought-after. From the venerable halls of Harvard University to the prestigious campuses of Stanford, Oxford, Cambridge, MIT, Caltech, Duke, and USC, we embark on a journey to understand the history, admission process, fees, and scholarships associated with these renowned institutions. Join us as we explore the fascinating world of these educational powerhouses.

## HARVARD UNIVERSITY



Country USA. World Ranking #1. The average fee for an year is \$47,085

Harvard University stands atop the list as one of the most renowned and expensive colleges globally. Its rich history, exceptional faculty, and extensive resources contribute to its prestigious status. Established in the mid-15th century, Harvard has consistently maintained its position as a world leader in academia. We delve into why Harvard is so sought-after, tracing its beginnings to clergyman John Harvard, and highlight the vast array of financial assistance, extracurricular activities, and diverse community that make it an attractive choice for students.

## STANFORD UNIVERSITY



Country USA. World Ranking #3. The average fee for an year is \$51,000

Stanford University, situated in California's vibrant environment, ranks among the world's top universities and is renowned for its innovation and academic excellence. As we delve into Stanford's history and background, we uncover why it holds a prominent position on the list of the most expensive colleges. With its sprawling campus and focus on sports, traditions, entrepreneurship, and social life, Stanford offers students a unique and enriching experience. We also explore the university's commitment to financial aid, ensuring access for students from diverse backgrounds.

## THE UNIVERSITY OF OXFORD



Country UK. World Ranking #5. The average fee for an year is \$62,000

Steeped in tradition and academic excellence, the University of Oxford boasts a rich history spanning centuries. As the second-most popular continuous-operation college after Harvard, Oxford is renowned for its world-class education and impactful research. We delve into the reasons why Oxford holds a place among the most expensive colleges and explore the research opportunities, inclusive community programmes, diverse clubs and societies, and extensive network system that make it an alluring choice for students. Additionally, we shed light on the scholarships and college funds available to support students during their Oxford journey.

## THE UNIVERSITY OF CAMBRIDGE



Country UK. World Ranking #4. The average fee for a year is \$40,000

With its foundation dating back to the 11th century, the University of Cambridge is one of the oldest and most prestigious universities globally. As the fourth-oldest surviving university in the English-speaking world, Cambridge has a rich history of academic excellence. We uncover the reasons behind its premium entry fee and explore its global curriculum, outstanding teaching and learning faculty, assessment benefits, and the perks of being part of its international community. Moreover, we highlight the interactive sessions, support systems, and extensive libraries and museums that enhance the Cambridge experience.

## MASSACHUSETTS INSTITUTE OF TECHNOLOGY

The Massachusetts Institute of Technology (MIT) is synonymous with cutting-edge scientific research and technological innovation. Established in the mid-17th century, MIT ranks high among the world's most prestigious universities. We examine why MIT's specialised programmes in industrial science and engineering contribute to its position as one of the



Country USA. World Ranking #2. The average fee for an year is \$65,500

most expensive colleges. From its renowned faculty to its demanding curriculum, we uncover the benefits for international students and the exceptional student experience offered at MIT. Additionally, we shed light on the pleasant campus environment, placement opportunities, and the university's focus on developing entrepreneurs and technical professionals.

## CALIFORNIA INSTITUTE OF TECHNOLOGY (CALTECH)



Country USA. World Ranking #9. The average fee for an year is \$78,000

The California Institute of Technology, commonly known as Caltech, is a private research university located in Pasadena, California. Founded in 1891, Caltech has earned a reputation as one of the world's top universities, particularly in the fields of engineering and science. The institution's rigorous academic programmes, including its emphasis on fundamental scientific principles and problem-solving skills, attract students seeking a challenging educational experience. Caltech's admissions process is highly selective, with an acceptance rate of around 6%. The university considers various factors when evaluating applicants, including their academic achievements, extracurricular activities, personal qualities, and potential for future success. With a student body passionate about scientific exploration, Caltech provides a stimulating environment that fosters collaboration and innovation. In terms of cost, attending Caltech comes with a significant price tag, placing it among the most expensive colleges in the world. The annual cost of attendance, which includes tuition, room, board, and other expenses, is estimated to be around \$78,000. However, Caltech offers a range of scholarships, grants, and financial aid options to support students in managing their educational expenses. These opportunities ensure that deserving students can pursue their academic ambitions at Caltech, regardless of their financial background.





## DUKE UNIVERSITY



Country USA. World Ranking #25. The average fee for an year is \$80,000

Duke University, situated in Durham, North Carolina, is a private university known for its strong academic programmes and research initiatives. Founded in 1838, Duke has established itself as a prestigious institution with a focus on medicine, public policy, engineering, and the humanities. With a student body of approximately 16,000 undergraduate and graduate students, Duke offers a vibrant and diverse campus community.

The university provides a wide range of academic programmes, including over 80 majors and minors for undergraduate students as well as over 120 graduate and professional degree programmes. Duke's commitment to excellence in teaching and research has earned it a place among the top universities in the USA. Attending Duke University comes with a substantial financial commitment. The estimated cost of attendance, including tuition, room, board, and other expenses, is around \$80,000 per year. However, Duke offers financial aid packages and scholarships to assist students in financing their education. These opportunities aim to make a Duke education accessible to talented individuals from various backgrounds.

## UNIVERSITY OF SOUTHERN CALIFORNIA



Country USA. World Ranking #27. The average fee for an year is \$72,000

The University of Southern California (USC), located in Los Angeles, California, is a renowned private research university. Founded in 1880, USC has a long history of excellence and innovation, with a strong emphasis on research and a commitment to societal impact. The university's dedication to fostering a vibrant intellectual community has contributed to its reputation as one of the oldest and most prestigious institutions in the Western United States.

USC offers over 150 academic programmes across a wide range of fields, including engineering, film, business, law, medicine, and social work. The university's programmes in film and media studies are particularly noteworthy, as are its highly ranked professional schools in law, business, and medicine.

Attending USC requires a significant financial investment. The estimated cost of attendance, including tuition, room, board, and other expenses, is currently around \$80,000 per year. However, USC recognises the importance of financial aid in ensuring access to education. The university provides scholarships, grants, and other financial assistance programmes to support students in pursuing their academic goals.

**One reason for the high costs associated with these prestigious institutions is their unwavering commitment to engaging the most skilled and qualified teaching faculty.** These colleges understand the critical role that exceptional professors and instructors play in providing a top-notch education. To attract and retain the most accomplished educators, these institutions invest significantly in recruiting and compensating faculty members who are experts in their fields. The calibre of teaching staff directly contributes to the quality of education offered, making it a worthwhile investment for both the colleges and the students. By assembling a faculty comprised of renowned scholars, researchers, and industry professionals, these colleges ensure that students receive instruction from the forefront of knowledge and expertise. This commitment to excellence further justifies the higher tuition fees charged by these institutions, as students benefit immensely from the guidance and mentorship of exceptional faculty members throughout their academic journey.

The most expensive colleges in the world are not merely institutions of learning; they represent a culmination of history, academic excellence, and a commitment to nurturing the minds of future leaders. From Harvard's prestigious legacy to the technological innovations at MIT, each of these institutions justifies its high cost through the quality of education, resources, and opportunities it offers. Students who aspire to attend these prestigious institutions often seek out the best education, unparalleled faculty, and extensive networks that can shape their future.

The journey to seek admission to these colleges is a highly competitive one. Students must demonstrate exceptional academic achievements, engage in extracurricular activities, and showcase their unique qualities to stand out among a pool of highly qualified applicants. Each college has its own specific admission criteria, including standardised test scores, recommendation letters, personal essays, and interviews. Prospective students should carefully research and understand the requirements and deadlines associated with their desired college to maximise their chances of acceptance.

The cost of attending these prestigious institutions is undoubtedly a significant consideration for students and their families. The high tuition fees, coupled with living expenses, can be a substantial financial burden. However, it is crucial to note that these colleges also provide various scholarship and financial aid options to make education more accessible. Scholarships can be merit-based, need-based, or a combination of both. Students should explore the scholarship opportunities available at each institution and understand the application process to alleviate the financial strain associated with attending these colleges. These colleges offer a wealth of resources, cutting-edge research opportunities, exceptional faculty, and a diverse and vibrant community.

While the cost of attending these institutions may be high, it is essential to recognise the value they provide in terms of education, networking, and future opportunities. The decision to pursue education at one of these prestigious colleges requires careful consideration and planning, taking into account personal goals, financial circumstances, and the potential return on investment. In conclusion, the most expensive colleges in the world justify their high costs through their longstanding reputations, exceptional educational programmes, and extensive resources. They attract students who seek an enriching and transformative educational experience. While the financial commitment may be daunting, these institutions also offer scholarships and financial aid options to ensure access for deserving students. Aspiring students should thoroughly research these colleges, understand their admission requirements, and explore the available financial assistance to make informed decisions about their educational journey. Ultimately, attending one of these esteemed institutions can provide a solid foundation for a successful and fulfilling career in academia, research, or various other fields.

**-WFY BUREAU, UK.**







# AMAZE CONSULTANTS **STUDY IN GEORGIA**



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# What is the meaning of life?



By Dr Shilpi Pandey

## WHAT IS THE PURPOSE AND MEANING OF OUR LIFE? PERSPECTIVE

Life is a journey. Our journey began at the moment we were born and will continue for as long as we're alive. We had no choice in starting it, but we do have a choice in what we do with the time we've been given. So, it's time to wake up and ask ourselves, "What really matters in our life?" Ships require a compass to guide them and a rudder for steering. Life demands that too, and when we don't have an internal compass—an enduring sense of direction—to help us navigate, we become directionless, not knowing where to go.

★ Someone has intelligently said that, people everywhere dedicate themselves throughout their lives to "three Ps": Protect, Provide, and Procreate. And this is totally right because lives of majority of us moves around these three areas only, that is to protect our family, to provide all the necessities to them and to procreate means to produce offspring (to expand our family). Thus, our life is centered around ourselves and our family.

Most people have no idea what they want to do with their lives. Majority are clueless about what is the purpose of their lives. They continue to lead a meaningless life. But, at some point we all find our-selves seeking a deeper meaning in life... no matter how accomplished, how successful, wealthy or talented we may be. **Purpose in life is concerned with what we most deeply value, and purposeful living is concerned with whether we're living for what matters most.**

\*\*Our "best purpose" becomes our inner motivator, turning on the ignition switch in our brain to surpass the obstacles in our life and focus on what matters most.

Everything is always changing, and we can change too, in this very moment. To do so, we have to overcome the inertia created by our old habits, our judgments, and our negative thoughts / beliefs.

★ **Therefore, to give meaning to our lives, we should find something that we truly believe in. Something so worth accomplishing that we can dedicate ourselves to it wholeheartedly, without apprehension or doubt....**

It means devoting ourselves to a cause, or to many causes, that we consider noble. A desire to make a difference in the world, to contribute to matters beyond (and larger than) our own self-interests. Serving passionately, unconditionally, and whole heartedly without the feeling of personal gains.

Devotion to purpose brings consistency and satisfaction to people's lives. Status, bank balance,, luxury, fame, and other advantages that we avidly seek do not reliably make us happy for a long time, they produce temporary happiness.

**"The purpose of life is to contribute in some way to making things better."**  
— Robert F. Kennedy

To live a meaningful life or living a life with a purpose is really beneficial to us, as

- ★ It creates great personal satisfaction
- ★ Purpose creates resiliency, even in the face of the most terrible events...
- ★ It serves no one other than ourselves; it fulfills a part of our intrinsic needs and desires...
- ★ Dedicating ourselves to a noble purpose not only is beneficial to the world, it is also essential for our own mental and spiritual health.
- ★ Generative individuals are healthier than others... (...generative"— people who try to make a difference in the world)...

**"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."**

— Ralph Waldo Emerson

Whenever we try to obtain purpose of our lives, we need to consider two facts... Firstly: what we can choose to do with the time given to us by god... and Secondly; how we can choose to interact and interrelate with other people. We should try to develop a genuine understanding and find passion and positivity within ourselves, it will definitely help us in leading purposeful and meaningful life.

**Not only must our goals be directed to the benefit of the world beyond ourselves, but the way in which we accomplish them must be ethical and high-minded...**

Just as the right kinds of purpose can be powerful forces for the good, the wrong kinds can be horribly destructive. Therefore we should try our best to create a life of value and purpose with the days we have left? As nobody can predict how much we r going to live. So **let's make our lives more significant and meaningful. There is lots more other than selfish motives and gains.**

We all have an infinite capacity to show kindness and love toward others and ourselves. We may need to learn compassion so that we can help others. When we become more mindful about our life purpose, the greater its impact will be on our life and the lives of those we care about.

—Dr SHILPI PANDEY





# Spotlight: Raj Bhavsar Is The Best Gymnast Of Indian Origin

Raj Bhavsar has the unique distinction of being the only male US gymnast of Indian origin to win a medal at the Olympics. The 43-year old did the unthinkable when he clinched the bronze medal in the parallel bars in the Beijing Olympics in 2008. Apart from this, he is a two time silver medallist at the World Championships.

By Saji Chacko



Raj whose parents hail from Gujarat – Vadodara to be precise has been a fighter to the core—evidence of this comes from the fact that he stuck to this task of winning a medal despite near misses in the Sydney (2000) and Athens Olympics (2004). It's a tribute to his guts and gumption that he finally managed to achieve his cherished dream of winning an Olympic medal.

Such was Raj's love for India that immediately on winning the medal he wanted to come and put the medal at the neck of his grandfather Bhanulal Bhavsar who happened to be staying in Vadodara.

"Even though I was born and raised up in Houston, I just felt like going and placing the medal on my grandfather's neck, I had a major connect with him and felt that it was only because of the prayers and that I could win the Olympic medal," he said.

Raj's parents Jyotindra and Surekha were both professionals. They had a decent live style in Vadodara before Jyotindra decided to pack his bags and pursue greener pastures in the US. Raj was born in Houston, Texas and as a kid played all sorts of games. These included tennis, soccer, chess among others. Raj's tryst with gymnastics was more by accident than by design. One day as an 10 year old he happened to accompany his uncle Ramesh who was a gymnast at the local club in Houston, Ramesh asked Raj to try a hand at the parallel bars—something which Raj didn't like.

It took some persuasion from Ramesh to make Raj try his hand at the bars. He almost fell down, but it sort of acted like a challenge. "I was drawn to the parallel bars since I almost fell off it. The challenge of conquering it was what acted like a catalyst to fuel my love for it," said Raj. Slowly but surely, Raj convinced himself and then his parents that he was good at the sport. He started competing in a lot of local gymnastic tournaments and soon began winning titles—something which showcased his talent in the sport.

Time flew by and soon Raj was old enough to go to college. It was here that he announced to the world about his enormous talent. Raj who had enrolled for an economic degree at Ohio State

University. In the second year, while competing for his College he was crowned USA's best athlete. Later, in 2002, he became the NCAA champion, which is the apex award in the US Collegiate system. "There is no doubt that my NCAA victory proved a point to me more than to anyone else. That I could compete against the best in the US. My parents who were hoping that I would become an successful economist till that time also realized that my future lay in gymnastics more than anything else," Raj said.

Raj was soon representing US in international competitions including the Pan American Games. He was able to win medals, which also earned him the right to represent US in the Sydney Olympics. Unfortunately, a hamstring injury put paid to his hopes of competing further at this Olympics. Raj kept working harder and harder and was representing Team US in the Athens Olympics in 2004. There he was once again a victim of bad luck when a freak shin injury prevented him from giving his best. He was crestfallen but not out.

"Frankly, I could not reconcile to my freak injury in the Athens Olympics. I had worked very hard for this and just could not comprehend the bad luck that was to dodge me. I thought Athens (Olympics) was enough but then to be unlucky in the next Olympics is something of a nightmare," said Raj.

Nevertheless, Raj stuck on with his task and got himself ready for a third Olympics. This was in Beijing and China was hosting it for the very first time. Raj had a feeling before the event that could land up with a medal. "I don't know how to put a finger on it, It was a sort of an instinct," he said.

If bad luck followed and consumed him in Sydney and Athens, then he had lady luck smiling on him for the third time in Beijing. For he was never a first choice in the US team and got in from the back door when Thomas Issac got injured. Raj made most of his luck when he gave his best to win the bronze medal. "I will never forget that moment. When I landed a perfect score on the parallel bars in my third attempt, I could finally let a sigh of relief," said Raj.

- 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.

#### Our Focus

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

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

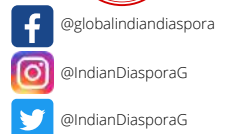
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