

INDRADHANUSH

2022

75
Azadi Ka
Amrit Mahotsav

**COMMUNITY
UPDATES**

CELEBRATIONS

**ARTICLES,
ART
& EXPERIENCES**

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**HOT !
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**IABC
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**RESILIENCE OF
INDIAN COMMUNITY**

**REMEMBERING
CHANDRIKA**



INDIAN ASSOCIATION CHINA



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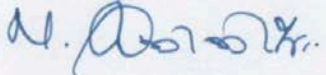


Dr. N Nandakumar
Consul General of India, Shanghai

Message

I am glad that Indian Association, Shanghai is bringing out the latest edition of its annual magazine 'Indradhanush'. I hope that the magazine will provide a vibrant platform for creative expression of the members of Indian Association. I wish all the very best to Indian Association, Shanghai and congratulate Shri Rahul Bagde, President, Indian Association and its team for spearheading this initiative.

Best wishes,


(Dr. N. Nandakumar)
Consul General

19 October 2022
Shanghai



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Mr. Rahul Bagde
President, Indian Association China

On behalf of the board of the Indian Association I wish you and your families a happy, healthy, and prosperous Diwali. 2022 is the special year for all of us we celebrate the 25th Anniversary of Indian Association (ia).

Your association has come a long way in 25 years, and together we have created some long-lasting memories. We have achieved a lot together in the last 25 years. Your association had the privilege of hosting the Prime Minister Shri Narendra Modi ji in May 2015, Home Minister Shri Rajnath Singh ji in Nov 2016 and Defence Minister Late Shri Manohar Parrikar ji in April 2016. The Shanghai Magnolia Award in 2018 is testimony to your contribution to shanghai over many years.

The resilience of the Indian community was tested in 2022 with the longest lockdowns we all experienced. We came out stronger and healthier. Your association was at the forefront helping the community during the lockdown with excellent support from Consulate General of India, Shanghai, and The Shanghai People's Association for Friendship with Foreign Countries (SPAFFC). Your association helped the community with four rounds of grocery deliveries to 13 Districts in Shanghai reaching out to over 688 Indian homes. We helped unite families, arranged emergency transport, medical and financial assistance for the needy during the lockdown period.

This is the best example of what a united community can achieve in the most challenging of times.

During the year we unfortunately lost our dear Friend, IA board member and lifelong supporter of IA, Shrimati Chandrika Chunilal (Past President -2012 to 2014). Her contribution over last two decades to IA and to the Indian community is immense and unforgettable. She touched many lives and had been an inspiration for the Indian community in Shanghai.

I take this opportunity to thank Mr. Mukesh Sharma (President of IA 2018-2022) for his contribution to the IA and Indian community over last 8 years in various roles and positions he held in the association. IA reached new heights during his tenure.

I would like to express my sincere gratitude to the Indian community for your trust and support. I appreciate the support received from our sponsors, Indradhanush advertisers and all the volunteers who have supported us through 2022. I would like to thank Honorable Consul General of India, Shanghai Dr. N.Nandakumar and the entire team of Indian consulate for providing help, support, and guidance.

Please reach out to me or any members of the IA board with your feedback, suggestions, and Ideas to iashanghai@live.com which will help us to better serve the Indian community.

Wish you all a Happy Diwali



TRIBUTE TO CHANDRIKA NAVINCHANDRA CHUNILAL PAST PRESIDENT - IA



WE WILL MISS YOU CHANDRIKA JI
OM SHANTI OM



Mukesh Sharma -

Chandrika has contributed to Indian association in capacity of general Secretary - Culture and as President in 2010-2012. She was very passionate in organizing several cultural events in community and extended her constructive support as past President in the board as well from 2012-2022. It's very unfortunate that we lost her in an unexpected way. Team IA will always miss her contribution. I personally learnt a lot from her which helped me contribute to IA. Thanks.

Nilesh Parmar -

I called her Chandrika Mami or Mami. We shared a common bond as we were related through my mother's side of the family with her husband Navin Chunilal (Mama) as well as sharing ancestral roots originating from the Kshatriya Gujrati community. My first memories of her goes back to when I was around 6 years old while we were all living in Taipei and thus having known her for 40 years. Mami has always been a strong person and displayed leadership within her personal, business, and community life. Many of you may have seen her within her roles in IA, however, her life's work goes much more beyond. She was a proud mother, mother-in-law and grandmother to Ravi, Mrinali and Kiara. She managed a sizable business operation which had operations across various countries with total employees in the hundreds. She served with the Indian Association as president and then continued as an active board member. Mami also received awards for her business accolades and was a member of the Shanghai chapter of Entrepreneurs Organization (EO). Chandrika Mami, you will be missed and remembered by us and many more! May your soul rest in eternal peace.

Beena Waghela -
Chandrika Navin, What an amazing person and what a remarkable life! Chandrika hailed from humble backgrounds in India. After having married Navin, Chandrika joined a traditional Indian family that ran the business exclusively by the male counterparts in the family. In the mid 1990s she was determined to change this and successfully broke into the family business as its first female family member, and till date is well respected for what she brought to the table. I feel so lucky that I got to know her closely when I joined Indian Association. She was an amazing lady, who believed in uplifting everyone in her circle. I have the best memories of working closely with Chandrika for various community events organized for the Indians in Shanghai. She touched so many lives for the good and was very active in her participation and contribution to the Indian Community. She was an amazing and charismatic business woman and I feel privileged to have known her. She had been awarded International Women's Entrepreneurial Challenge (IWECC) Foundation's 2019 award. A lot of people have been blessed by her kindness and hold her close in their hearts. Chandrika's untimely passing away has created a void in the Indian Community in Shanghai, she will be truly missed. We pray for her eternal peace.

Vivek Arora -
Chandrika ben had been an older sister to the Indian community ever since she moved to Shanghai with her family.

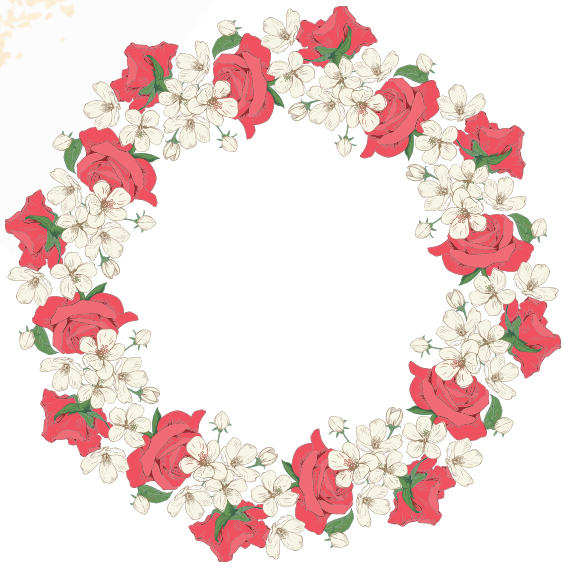
For over twelve years Chandrika had been at the forefront of all community activities, first as General Secretary Culture and later as President of the Indian Association. She was a pillar of the community and always the first to volunteer to help anyone in need. Hospitality was her forte and everyone looked forward to the Indian Association board meetings at Chandrika ben's office. Between cups of masala chai, plates of 'theplas' and bowls of 'farsan' she discussed her plans and ideas with the board. A doting grandmother and mother, devoted wife and an astute business person completed her larger than life persona. We are blessed to have had the opportunity to have spent time with her while she was in our midst. She is deeply missed by all and the void left

behind by her passing will be very difficult to fill. May you rest in Peace Chandrika ben.

Amit Waikar
Dear Chandrika's sudden demise was just too shocking for me and Aparna to accept. We were both shattered and speechless. Very rarely does it happen that we get motionless and numbthis was precisely that moment!

Chandrika, for us continues to be a shining example of 'Women of substance'. Hence it was a matter of immense joy and pride for me to recommend her name for the prestigious International Women Entrepreneur Award in Oct 2019. For both Aparna and me, Chandrika deserved every award and every praise for the way she proved herself in all her roles .. as a business owner of an international business entity, as a devoted wife, a doting mother and as a glamorous grandmother. Aparna wrote a full article about Chandrika's achievement in a leading Marathi magazine.

There is so much more to write about dear Chandrika .. there was so much more that she has left behind.....



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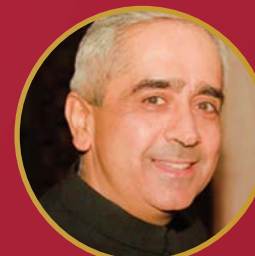
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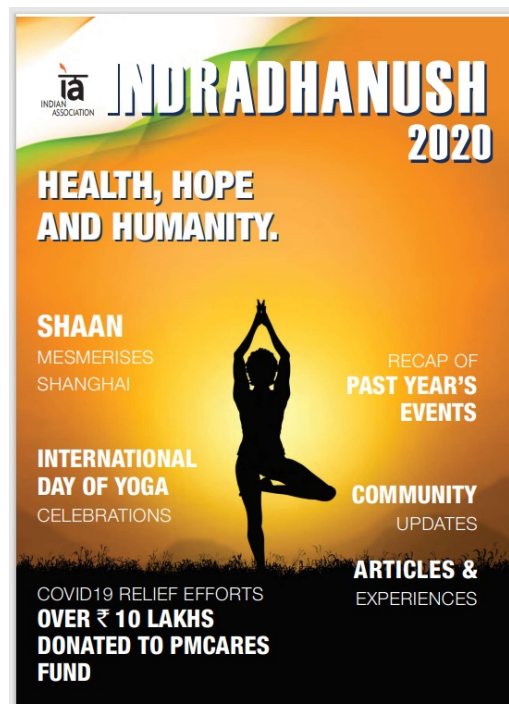


Abundance
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Speaking on the occasion, the Consul General Dr. N. Nandakumar briefed the diaspora about the PBD website and registration process for participating in the Convention. He also urged the Diaspora to take part in the Convention enthusiastically and in large number



17th Pravasi Bharatiya Divas - Dated 13th Oct 2022 Launch of the Website of the 17th Pravasi Bharatiya Divas (PBD)

The Consulate General of India in Shanghai organised the launch of the website (pbdindia.gov.in) of the 17th Pravasi Bharatiya Divas (PBD) Convention for Indian Diaspora in Eastern China Region at Consulate premises on 13th October 2022. The programme was organised in a hybrid mode for wider participation of Diaspora. The launch of the PBD website marks the commencement of on-line registration for participation in the PBD Convention 2023.

The website was jointly launched by the Hon'ble External Affairs Minister, Dr. S. Jaishankar and the Hon'ble Chief Minister of Madhya Pradesh, Shri Shivraj Singh Chouhan.



Hon'ble Minister of State for External Affairs, Shri V. Muralidharan also participated in the launch ceremony. Launching the website, EAM said that, since 2014, the Government has accorded the highest priority to our more than 32 million Diaspora and that our engagement is founded on the 4Cs of Care, Connect, Celebrate and Contribute. He added that PBD Convention 2023 will also include a first ever digital exhibition on the theme "Azaadi Ka Amrit Mahotsav (AKAM)- Contribution of Diaspora in Indian Freedom Struggle". In his remarks, Chief Minister of Madhya Pradesh spoke about the rich cultural and spiritual heritage of Madhya Pradesh and encouraged the Diaspora to take part in the PBD Convention 2023 in large numbers.

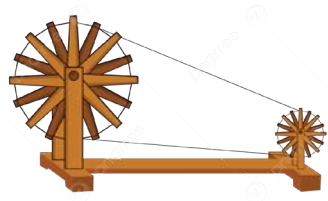




Celebration of Gandhi Jayanti Dated - 02 Oct 2022

153rd birth anniversary of Mahatma Gandhi was celebrated in Shanghai in a befitting manner. Consul General Dr.N.Nandakumar and members of Indian community paid floral tributes to the father of the nation. Consulate hosted a special lecture by Dr.Shona Radhakrishna, a renowned Gandhian on the occasion.

Speaking on the occasion Dr.N.Nandakumar, Consul General highlighted Mahatma's ideals that guided our freedom struggle. Members of Indian community paid rich tributes to Mahatma Gandhi by reciting his favourite bhajans including 'Vaishnava Janato' and 'Raghupati Raghava Rajaram'.



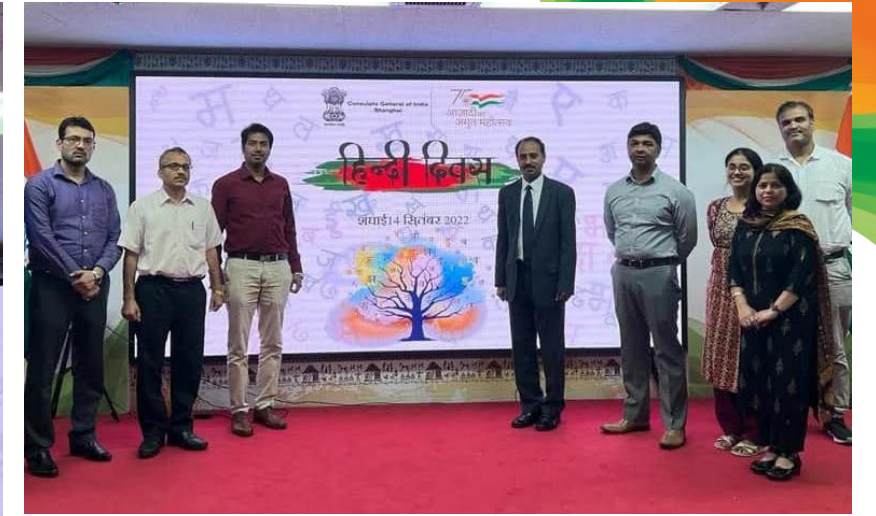
On his 153rd birth anniversary Mahatma Gandhi's life and ideals were warmly recalled by the children. They narrated their favourite chapters of Gandhiji's autobiography 'My Experiments with the Truth'. Consul General Dr.N.Nandakumar also joined the children by narrating interesting anecdotes from Gandhiji's life.



Session - Easy meditation for busy people Dated - 22 Sept 2022

On 18th September, 2022, the Brahma Kumaris Inner space, Shanghai organised a meditation session with the title “Easy Meditation for Busy People” at the Conference hall of consulate. The programme was aimed at promoting mental and physical health through meditation. It was held in both physical and virtual mode.

Speaking on the occasion, Dr. N. Nandakumar, the Consul General, congratulated the BrahmaKumaris Inner Space for organising a programme aimed at promoting healthy and happy living. He said that Consulate will continue to support programmes focusing on health and well-being.



Hindi Diwas Dated - 14th Sept 2022

हिंदी दिवस - १४ सितम्बर २०२२

भारत के प्रधान कौंसलावास शंघाई ने १४ सितम्बर २०२२ को हिंदी दिवस समारोह का आयोजन प्रधान कौंसलावास के कांफ्रेंस हॉल में किया। हिंदी दिवस का उद्देश्य हिंदी का प्रचार एवं प्रसार तथा अधिकारियों/कर्मचारियों में हिंदी के प्रति जागरूकता पैदा करना व उन्हें हिंदी में काम करने के लिए प्रोत्साहित करना था।

सर्वप्रथम, प्रधान कौंसुल डॉ एन नंदकुमार ने माननीय ग्रह एवं सहकारिता मंत्री जी के हिंदी दिवस पर सन्देश का वाचन किया। इस अवसर पर प्रधान कौंसुल ने कहा कि ग्रह मंत्रालय का राजभाषा विभाग हिंदी के प्रचार के लिए निरंतर प्रयासरत है। उन्होंने आग्रह किया कि प्रधान कौंसलावास के सभी भारतीय मूल के अधिकारी/कर्मचारी कार्यालय के कामकाज में अधिक से अधिक हिंदी का प्रयोग करें। प्रधान कौंसुल ने यह जानकारी भी दी कि कौंसलावास अगले दो सप्ताह हिंदी पखवाड़ा के रूप में मनाएगा, जिसमें हिंदी के प्रचार एवं प्रसार की विभिन्न गतिविधियां शामिल हैं - इस पखवाड़े के दौरान प्रधान कौंसलावास हिंदी के प्रसिद्ध लेखकों और कवियों का जीवन परिचय तथा प्रतिदिन कार्यालय के दैनिक कामकाज में प्रयोग होने वाले एक हिंदी के शब्द का अंग्रेजी एवं चीनी भाषा में रूपांतर करके सोशल मीडिया में प्रसारित करेगा। प्रधान कौंसुल ने यह घोषणा भी की कि प्रधान कौंसलावास हिंदी की ऑनलाइन कक्षाएँ भी जल्द शुरू करेगा।

तत्पश्चात हिंदी दिवस के अवसर पर गद्य एवं पद्य के मौखिक पठन के कार्यक्रम का आयोजन भी किया गया, जिसमें लगभग सभी अधिकारियों/कर्मचारियों ने भाग लिया। इस कार्यक्रम में श्री अटल बिहारी वाजपेयी जी द्वारा रचित कविता 'उम्र की ऐसी की तैसी'; श्री सोहन लाल जी रचित कविता 'जी होता चिड़िया बन जाऊँ', श्री दुष्यंत कुमार जी रचित कविता 'कैसे मंजर सामने आने लगे हैं'; स्वतंत्रता सेनानी सुभाष चंद्र बोस पर लिखी गयी कविता 'खुनी हस्ताक्षर'; एवं संत कबीर दास जी के दोहे आदि का पठन किया गया। कार्यक्रम की समाप्ति में हिंदी के प्रचार एवं प्रसार में निरंतर योगदान का निर्णय लिया गया।

Independence Day Dated - 15th Aug 2022



The Consulate General of India in Shanghai celebrated the 76th Independence Day of India with great zeal, enthusiasm and patriotic fervour on 15th August, 2022. To mark the special occasion of 75th anniversary of independence day, the celebrations were organised throughout the day, including a special cultural programme in the evening.



Celebrating India Dated - 06th Aug 2022

On 6th August 2022, the Consulate General of India in Shanghai organized a cultural evening, which is third in the series of programmes leading up to the celebration of the 75th anniversary of India's Independence on 15th August 2022. Ambassador Shri Pradeep Rawat and Mrs. Shruti Rawat graced the programme held at the Consulate. Ambassador highlighted recent measures taken to facilitate easier access to consular services and called for enthusiastic celebration of Azadi ka Amrit Mahotsav. Indian community in Shanghai presented colourful cultural performances during the cultural evening. On the occasion, Ambassador Shri Pradeep Rawat and Consul General Dr. N. Nandakumar also launched 'India Bulletin', an electronic newsletter brought out by the Consulate on the latest developments in India. An 'India Corner' showcasing the products and handicrafts from various states of India was also inaugurated by Ambassador Shri Pradeep Rawat and Mrs. Shruti Rawat.





8th International Day of Yoga in Eastern China Region Dated - 27th June 2022

The 8th International Day of Yoga was celebrated with enthusiastic participation of people from all walks of life in Shanghai, Nanjing, Hangzhou and Yiwu. Focusing on the theme of IDY this year i.e., “Yoga for Humanity”, the Consulate General of India in Shanghai organized various offline and online Yoga programmes during the week 18-26 June 2022.

Shanghai: A mass yoga programme was held on 26th June 2022 to mark the 8th IDY. The Yoga session included a practice of ‘yogasanas’ of Common Yoga Protocol (CYP) by Dr. Avinash Mishra, a professional Yoga guru and a demo of advanced Yoga positions by Shri Prasanjit. The programme also featured a video message of spiritual guru Sri Sri Ravishankar and a demo of Rajyoga meditation by Brahma Kumaris Innerspace Shanghai. Delivering the IDY message Consul General Dr. N. Nandakumar said that the traditional belief in India was that Yoga brought peace not only to individual but for the whole world. Quoting Hon’ble Prime Minister of India Shri Narendra Modi, he said that “millions of people with inner peace will create an environment for global peace”. He noted that Yoga is not new to China as yogic practices

came to the China along with Buddhism thousands of years ago. He urged Young people to take up Yoga for better health. Consul General also gave away certificates of appreciation to partnering Yoga institutes, community organizations, sponsors and volunteers. The programme was held at Chancery ground at Wanshan Road, Changning. Yoga celebration also arranged in Nanjing, Hangzhou, Yiwu and Onlien to reach entire indian Community in China.

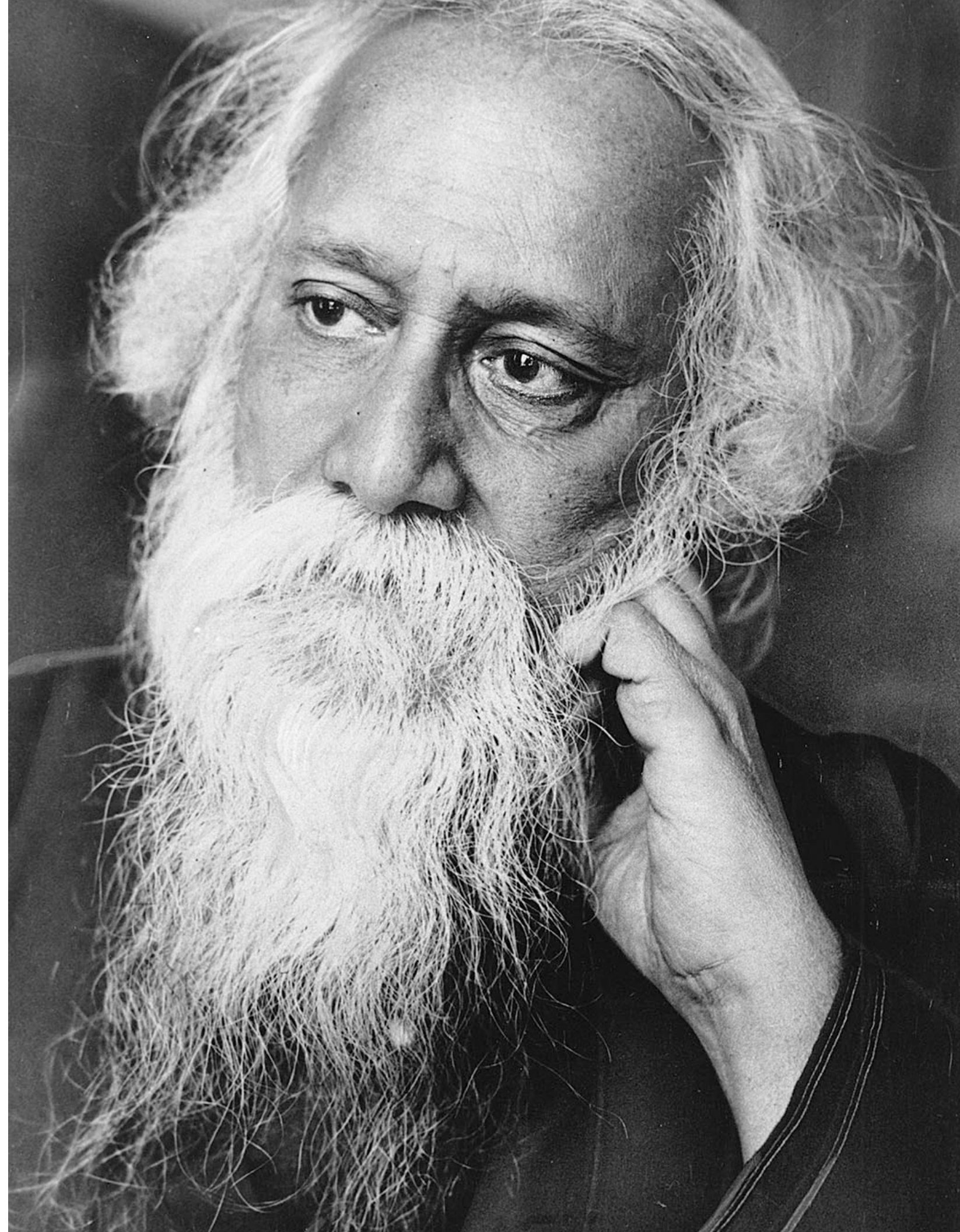
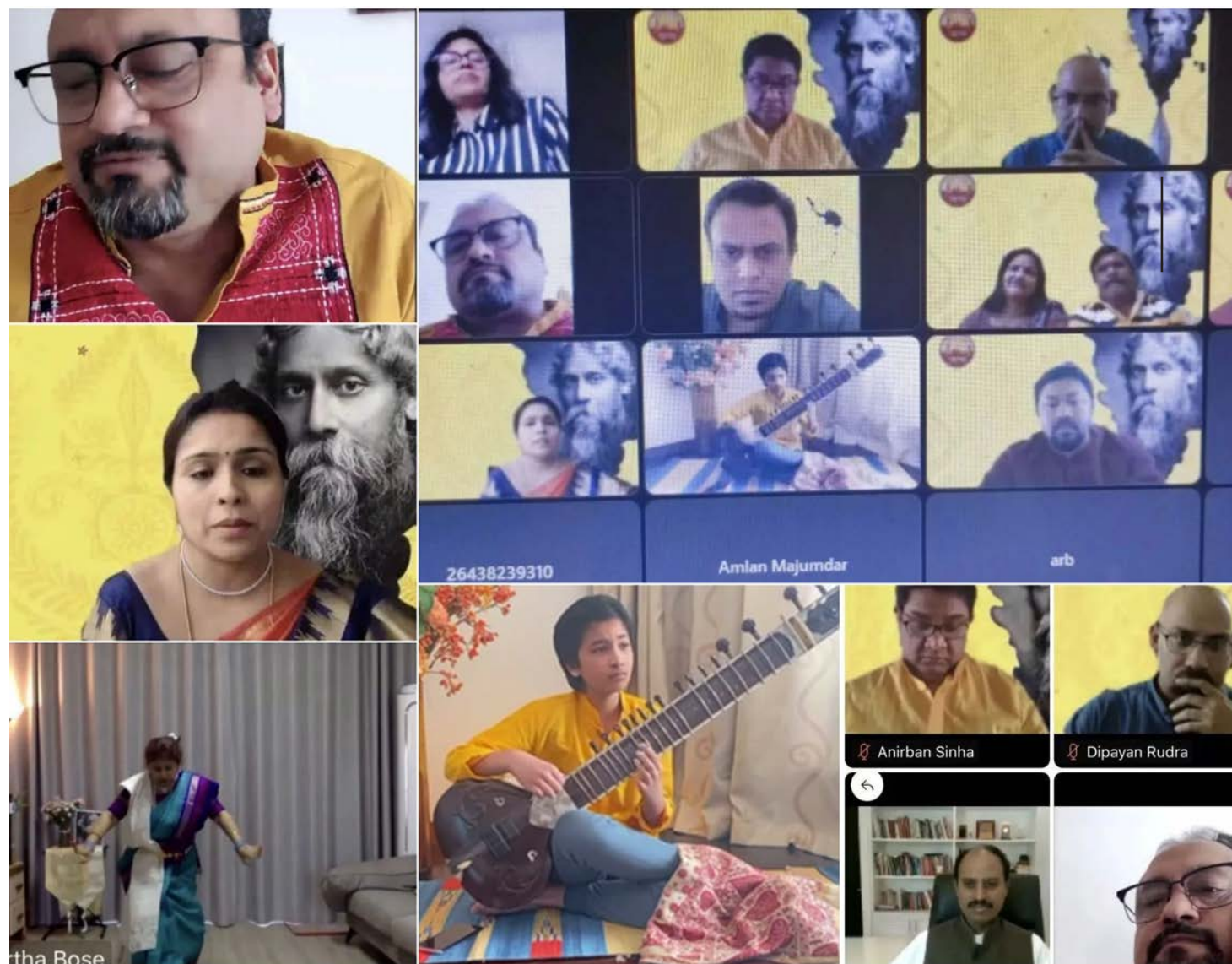


Celebration of Gurudev Rabindranath Tagore Jayanti Dated - 08th May 2022

The Consulate General of India, in Shanghai celebrated Gurudev Rabindranath Tagore Jayanti on 8th May, 2022. The event “Remembering Gurudev Rabindranath Tagore on his 161st Birth Anniversary” was organised in online mode featuring Rabindra Sangeet, which included dance, sitar recital, songs and poetry by members of Indian community.

The event started with the inaugural address of the Consul General, in which he elaborated on the life and works of Gurudev. Noting Gurudev to be the cultural bridge between India and China, the Consul General highlighted the visits of Gurudev to Shanghai, Nanjing, Hangzhou, Jinan, Beijing, Taiyuan, and Hankou.

The cultural programme started with a recitation of a poem called Banshi (flute) by Dipayan Rudra. The poem was written between the First and the Second World War period depicting the alienation and longing for love, and emotional dependence of a small-time urban office goer in Kolkata. The poem was followed by song “Amaro Porano Jaha Chai” sung by Ipshit Bagchi, and dance by Ms. Suparna on Rabin-dra sangeet “Mon more meghe songi”. Another melodious song by Ms. Aditi was followed by Gurudev’s famous song “Ekla Chalo Re” on Sitar by a student, Shubodeep Sinha. The programme ended with two songs sung by Goutam Sen, one based on Rag Bihag and the other inspired from a seventeenth century Irish Song.



Unlock the Music Season & launch of 'Ek Bharat Shreshth Bharat Week'. Dated - March 2022

As part of Azadi Ka Amrit Mahotsav, the Consulate General of India organised screening of a musical concert "Unlock the Music Season-2" supported by ICCR, SRF, Takshila, Sangeetha, Saptaparni, IAA and Shubhendra & Saskia Roa Foundation. The concert was performed by Vocalist Padma Shri Aruna Sairam accompanied by Vidwan Patri Satishkumar (on Mridangam) and Vidwan H N Bhaskar (on Violin). Meera Bhajan, Sai Bhajan and thillana performances were the highlights of the show.

On the occasion, Ek Bharat Shresth Bharat (EBSB) week on the theme 'Unity in Diversity' was also launched. The EBSB week is being organised as part of the celebration of "Azadi Ka Amrit Mahotsav".

During the programme, the members of Indian community were given an introduction of Bhasha Sangam Mobile App, developed by Ministry of Education, GOI. The members of Indian community including students were also urged to download the App and use it to become familiar with wide range of Indian languages.

A movie on Ek Bharat Shresth Bharat showcasing dances of different states of India was also screened at the event.

The Consul General Dr. N. Nandakumar graced the occasion. The event witnessed enthusiastic participation of Carnatic music lovers of the Indian Diaspora in Shanghai. The Indian community was also urged to participate in the Ministry of Education, GOI's "Ek Bharat Shresth Bharat" week celebrations.





Republic Day Dated - 26th January 2022

The Consulate General of India in Shanghai celebrated the 73rd Republic Day of India with great zeal, enthusiasm and patriotic fervour on 26th January, 2022. The celebrations began with Dr.N.Nandakumar, Consul General, unfurling the national flag followed by the National Anthem. The Consul General then read out the address of the Hon'ble President of India to the nation. On the occasion, members of Indian community presented melodious patriotic songs and dances depicting supreme sacrifices and invaluable contributions made by the freedom fighters, revolutionaries and ordinary people during the course of India's freedom struggle. Consul General felicitated the children and other participants of the cultural programme.

The celebrations of 73rd Republic Day of India witnessed an overwhelming participation of members of Indian community in Shanghai, Indian diaspora and friends of India in spite of the challenges posed by weather. The program was organized at the Chancery plot. Considering the pandemic situation, adequate precautions were also taken by the Consulate in line with the regulations issued by the local authorities.





Umang - Rangoli Making Festival Dated - 14th January 2022

The Consulate General of India in Shanghai celebrated the festive season of Lohri, Magh Bihu, Makar Sankranti and Pongal, with colors. The occasion was celebrated at the Consulate with a Rangoli. Members of the Indian community made a colorful depicting of Indian Peacock and the Pongal pot in the form of Rangoli. The art of Rangoli is popular throughout in India especially Southern India. In order to celebrate this tradition as part of the celebration of 75th anniversary of India's independence, Ministry of Culture, Government of India, is organizing a Rangoli festival titled 'Umang' with the theme 'Unity in Creativity'. In order to encourage this popular art form, CGI Shanghai is also organized Rangoli making competition



Celebration of Pravasi Bhartiya Divas 2022 Dated - 09th January 2022

On 9th January 2022, the Consulate General of India in Shanghai organised a Panel discussion on "Role of Indian Diaspora in Building Atmanirbhar Bharat" to mark the occasion of Pravasi Bhartiya Divas.

The Panel composed of the following eminent experts drawn from the Indian diaspora in Shanghai : (i) Prof Tansen Sen, Director of the Centre for Global Asia at New York University, Shanghai; (ii) Shri Mukesh Sharma, Country Head for Tech Mahindra; (iii) Shri Bivash Mukherjee, Senior Editor & Writer Shanghai Daily; (iv) Dr. Rajat Agarwal, President of Henkel China and Global Head of Lifestyle at Henkel Adhesive Technologies; and (v) Shri Sanjay Sharma, CEO Arcelor Mittal, China. The Panel was moderated by Shri Madhav Sharma, formerly Head Confederation of Indian Industry- China. The Consul General, Dr. N. Nandakumar inaugurated the Panel discussion.

In the inaugural address, the Consul General underlined the invaluable contributions made by Indian diaspora in building our nation including the contribution made during the freedom struggle. He expressed gratitude for voluntary support and donations provided by the diaspora to fellow citizens in India in the times of need during the second wave of COVID-19 Pandemic. Apprising the diaspora about various schemes and reforms undertaken by Government of India under Aatmanirbhar Bharat Abhiyan, he called for greater participation of our diaspora in realising the objectives of the Abhiyan.

While discussing Aatmanirbhar Bharat, the Panel stressed on the need for reducing the Capital Risk Premium for facilitating more foreign investment in India, developing labour intensive industrial sectors including chemical infrastructure with complete value chain and ecosystem, increased Budget allocation for education sector to make India an attractive destination for higher education, and leveraging our diaspora connections to make Indian companies globally competitive.

The participants in the event included business leaders, writers, thinkers, entrepreneurs, CEOs, heads of Indian and foreign multinational companies, and artistic & cultural personalities. PIO's from Mauritius, Fiji, the US and the UK also attended the event.



Ayurveda Day - Webinar on “Ayurveda for Poshan” Dated - 02nd Nov 2021

On November 2, the auspicious Dhanwantri Day, the Consulate General of India, Shanghai and Centre for Innovation in Science and Social Action (CISSA), Thiruvananthapuram, Kerala marked the Ayurveda Day 2021 by jointly organizing a Webinar themed “Ayurveda for Poshan” on the relevance of Nutrition in the current COVID-19 Pandemic scenario. The various topics discussed at the Webinar included ‘Practical Applications of Ayurvedic Dietary Principles in Therapeutics’, ‘Concepts of Food and Nutrition in Ayurveda’, ‘The Art and Science of Food and Food Consumption in Ayurveda’, and ‘Significance of Nutrition in Mother and Child Health care from Ayurveda Perspective’.

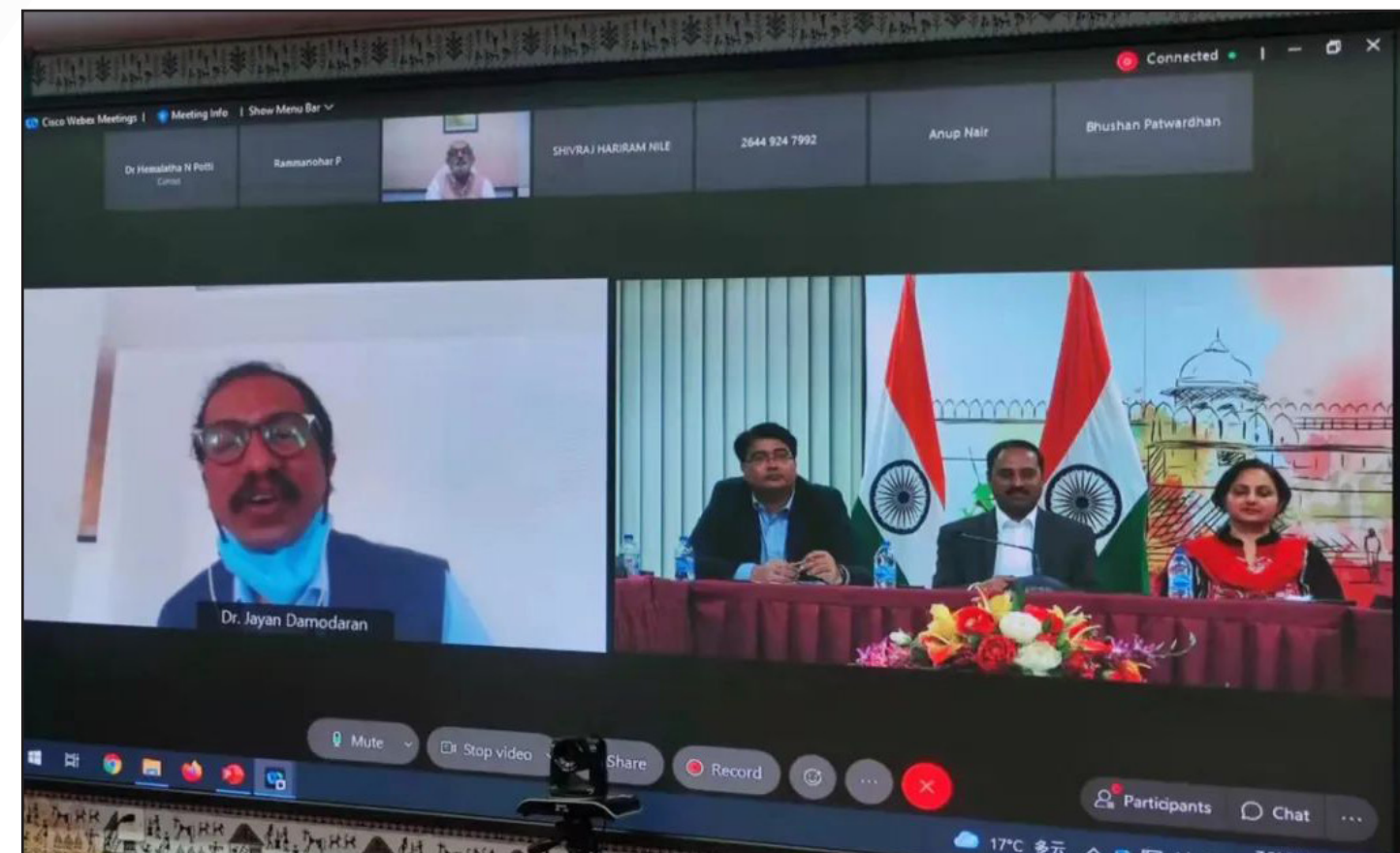
The Webinar brought together some of the best experts in the field of Ayurveda including Prof (Dr) Bhushan Patwardhan, Former Vice Chairman, UGC; Prof (Dr) G.G. Gangadharan, Director, Ramaiah Indic Specialty Ayurveda Restoration Hospital, Bangalore; Dr. Vaidya P. Rammanohar, Research Director, Amritha School of Ayurveda, Kollam; Prof (Dr) Jayan Damodaran, Dean Faculty of Ayurveda Kerala University of Health Science; Dr. Sriranjini Jaideep, Researcher & Wellness Consultant, Mississauga, Canada; Dr. N. Hemalatha Potti, HoD, Kaumarabhrithya, Amrita School of Ayurveda, Kollam, from India; Dr. Anita Sharma, BAMS; and Dr. Sanjeev Chaubey, Consultant, Suntec Hospital, Shanghai.

The Consul General of India in Shanghai, Dr. N. Nandakumar inaugurated the Webinar. In his inaugural address, the Consul General highlighted the relevant role Ayurveda Nutrition can play in improving health in the post pandemic scenario. He urged Ayurveda practitioners and enthusiasts to contribute for bringing greater awareness about Ayurveda in the rest of the world including China. He also spoke about the

various steps taken by Government of India in popularizing and developing the Indian System of Medicine. In keynote speech, Prof. Bhushan Patwardhan, emphasized the importance of having natural, seasonal and regional food for good health. He pointed out that even though fortification of food and advancement in nutra-

ceuticals is needed, ultra-processing and adulteration of food can be fatal to health. He also spoke about the various initiatives taken by the national and international organizations including the UN for providing nutritious food to all human beings.

The event witnessed enthusiastic participation from various fields including Doctors, Research Scholars, Students, Yoga and Meditation Experts, and members from Business community. They expressed the need for knowledge sharing by exchange programs between faculty and students of reputed universities and collaborative projects of research by various organizations.





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in association with -

- * Shanghai People's Association for Friendship with Foreign Countries (SPAFFC),
- * Shanghai Blood Center,
- * Shanghai Foreign Agency Service Department,
- * Health Commission of Hongkou District in Shanghai &
- * Shanghai Hongkou District Blood Administration Office

PRESENTS

**GIVE THE GIFT OF LIFE.
DONATE BLOOD**

8:30-13:00, September 3rd, 2022 (Saturday)

Place: Shanghai Blood Center (No. 1191, Hongqiao Road)

donors and expressed their gratitude for the noble cause of offering the “Gift of life” to Shanghai.

SBC organized engagement activities for blood donors post blood donation. Donors were served Indian snacks, moon cakes, and kiwifruits. IA also donated kiwifruits to all the SBC nurses, security, and cleaning staff.



IA thanked the event sponsors Olam, Tata Consultancy Services, and Singapore Airlines. IA also expressed gratitude to TEC and Bloodline for their community partnership.

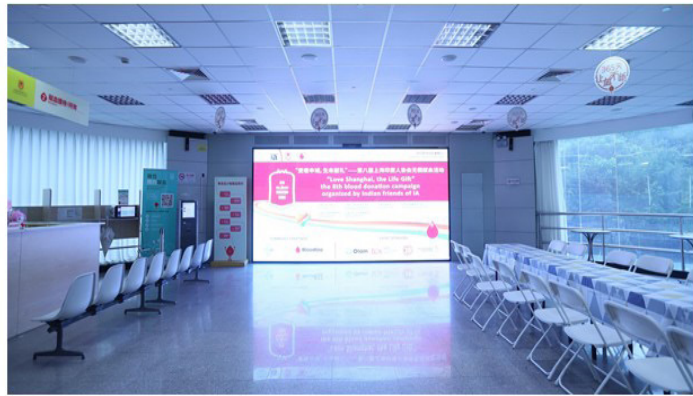
BLOOD DONATION DRIVE SEPTEMBER 2022

The 8th Blood Donation drive organized by Indian Association China on 3rd September 2022 with the support from Shanghai People’s Association for Friendship with Foreign Countries, Shanghai Blood Center, Shanghai Blood Administration office, Shanghai Foreign Agency Service Department, Shanghai Hongkou Health commission and Shanghai Hongkou Blood Administration Center was a resounding success. The 3rd of Sep date was chosen as it falls on the 10-Day Ganeshostav being celebrated in India.

Indian community in Shanghai stepped up to donate the “Gift of Life”. Many young Indian children between Ages 12 and 18 volunteered to help Shanghai Blood Centre & IA to execute this function.

Mr. Chen Jing, president of the Shanghai People’s Association for Friendship with Foreign Countries, Jing Ying, vice president, Lu Taohong, deputy director of the Shanghai Municipal Health Commission met the IA board members and thanked them for arranging the 8th Blood Donation Drive. They enquired about the health of the





ACTIVITIES



LOCAL GOVT DELEGATION VISITED IA BLOOD DONATION DRIVE



VOLUNTEERS



The event was widely covered by the local media.

- <https://www.shine.cn/news/metro/2209030029/>

- https://global.chinadaily.com.cn/a/202209/03/WS6312fde0a310fd2b29e75c67_4.html

- <https://mp.weixin.qq.com/s/YvG7KnEh-GkQzdaq4G4m8eg>

- <http://m.chinanews.com/wap/detail/zw/sh/2022/09-03/9843717.shtml>

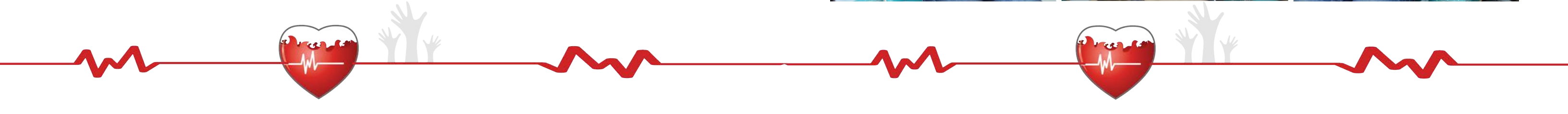
- <https://finance.sina.cn/2022-09-03/detail-imizmscv8960105.d.html?from=wap>

- <https://j.eastday.com/p/1662183220031182>

- https://m.sohu.com/a/582230356_260616/?pvid=000115_3w_a

- <https://wap.xinmin.cn/content/32225906.html>

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Millet Masti

Millet cooking contest

Cook delicious, nutritious and healthy Millet based food
and celebrate Azadi ka Amrit Mahotsav

10th September 2022 , 14.00-16.00 hours

At Conference Hall, Consulate General of India, Shanghai
1008, 10th Floor, SITC, 2001 YanAn(W) Road, Shanghai

Scan to Register



MILLET MASTI - MILLET COOKING CONTEST SEPTEMBER 2022

Millet Cooking Competition was organized by Indian Association on 10th Sep 2022 in partnership with Consulate General of India, Shanghai. The event was inspired by the announcement of UN declaring 2023 as the International Year of Millets.

His Excellency Ambassador Shri Pradeep Kumar Rawat also encouraged the Indian community in China to organize events to promote the awareness of Millets in his first address. Consulate General of India, Shanghai, Dr. N. Nandakumar offered support to Indian Association to launch the Celebration of Millets Festival.

The launch event "Millet Mantra – Eating Healthy with Rujuta Diwekar" was organized on 6th August 2022 in partnership with Consulate General of India, Shanghai. PM Modi ji's message on international year of Millets was shared with the Audience.

We are incredibly happy with the sheer number of participants engaged in recreating the aroma and taste of traditional millet dishes and creating some innovative new dishes. The Food Innovation was at best during the Millets Cooking Competition. The participants were well supported by their family members.

We had the best Judges in the town. The event was judged by

- Mrs. Sreedevi Nandakumar, the spouse of Consul General of India, Shanghai .
- Shrimati Chhaya Chaudhari - Celebrity Indian Chef & Food Expert and
- Shrimati Zainab Noorain - Teacher by profession with deep understanding of Indian cuisine

They evaluated the presentation, taste, texture, flavour, relevance of ingredients, creativity, and Nutritional value of each dish. The judges also asked some intriguing questions to participants and offered some intelligent suggestions.

- **The 1st Winner** was Sariga Krishnan for her Ragi Pakoda, Barnyard Millet Dosa with Veg stew, Sorghum idiyappam/ String hoppars with Kadala Curry and Sweet Almond Coconut Milk, Foxtail Millet Mysorepak and Pearl millet kheer.

- **The 2nd Winner** was Richa Sharma for her Papdi chaat, Kachori & Cake.

- **The 3rd Winner** was Vaibhav Gupta for his Dal Bati and Churma.

The special Outstanding Creation (OC) prize was given to Priyanka Chaturvedi for her Kids' Power Lunch box comprising of Non-Gluten Millet Brownie, Nachos with Salad & Roasted Veggie Pesto Millet Wrap. Congratulations to all the Winners and Participants!!

IA will celebrate International Year of Millets 2023 with more such programs". The participants in the cooking competition will be an important Ambassador of Millet Festival in Shanghai. This is not the end. This is start of yearlong Millet's celebration.



Judges shared their experience of the event.

Mrs. Sreedevi Nandakumar, the spouse of Consul General of India, Shanghai.

I personally feel like cooking competitions are exciting event for the judges also for the participants because of the suspense & wonders of what might the food taste like. In that way I had an amazing experience in tasting different types of food from different states of India.

“Health is Wealth, Millet gives us a Health”

Thank you so much & Congratulations for all the participants & winners for all your effort & passion in making a traditional & innovative way of cooking using Millets as a base ingredient.

Shrimati Chhaya Chaudhari “Cooking is therapeutic – I second this statement, and many others will. Sitting idle has awakened the inner chef in all of us. And we are the witness of such a Interesting event - Millets Cooking Competition by Indian Association. What a drool-worthy end to the weekend! The delicacies made by all participants deserves every bit of love. Looking forward to see more events.”

Shrimati Zainab Noorain

“It was a privilege to be on the judge’s chair at Millet Masti competition organized by Indian Association, Shanghai. Amazing delicacies, some traditional, some fusion and some very innovative out of the box recipes. Participants creativity and expertise astounded me.

Below are the motivational messages of the winners and participants along with their beautiful creations.

Sariga Krishnan (Ragi Pakoda, Barnyard Millet Dosa with Veg stew, Sorghum idiyappam/ String hoppers with Kadala Curry and Sweet Almond Coconut Milk, Foxtail Millet Mysorepak and Pearl millet kheer) I am always fascinated about Millets and its miracles!!!! That’s why I love to call as “The Miracle Millets” It’s our traditional food dating back its origin thousands of years ago... It is an epitome of a sustainable approach in agricultural as a country of origin & culture in INDIA. It is a beautiful creation of existence which I always endeavor to cook which is appropriate & apt for all ages

Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut.

Millet is part of my everyday cooking for 10 years and

I love to experiment new dishes in it. I like to create awareness among my friends to incorporate in their everyday cooking for their own health benefits...

It was a wonderful opportunity to participate in the millets cooking competition organized by IA and winning in my own category...I would like to congratulate all the winners and the participants... It was amazing experience to learn new dishes by all the participants...



Richa Sharma (Papdi chaat, Kachori & Cake)

I tried to make most devoured Indian Chaat with millets while making sure that I preserve the finger smacking taste. This healthy platter had baked kachori, dahi Wada and papdi chat using different millet flour and whole millets. And to top it Ragi cake with organic coconut sugar giving it a unique Gulabjamun flavour.

Vaibhav Gupta (Dal bati and Churma)

Dal Bati Churma - One of my favorite cuisine since childhood and why it is, here is the story.

I am from Indore, Madhya Pradesh which also known as “Chatoro ka Shahar” (City of Foodies). And one of the famous cuisines is Dal Bafla. Dal Bafla and Dal Bati Churma are famous Rajasthani delicacies. Bafla is a dough ball boiled in water and then traditionally cooked in the Kanda (dried cow dung ashes). Arhar dal is used as a dal and these are served with Chhanch, Laddoo, Chutneys and Onion salad. This is necessary cuisine in one of the marriage days in Indore and that is one of the reasons why this dish is so close to my heart. Bati is a similar variant of Bafla though in Bati dough is directly baked in kanda’s. Both Bati and Bafla outer layer is crispy and inner layer is soft.

Since childhood I loved Bati and Bafla, so I tried to recreate that love in Millet Masti competition.

I made Masala Bati and Panchratan Dal. For Masala Bati I used different kind of millets like Bajra, Ragi, Nachani & Jowar mixed with different Indian spices and herbs. For Panchratan Dal I used five types of lentils. Churma is Bati mixed with ghee, jaggery and nuts to make it a kind of dessert. So, in this Rajasthani platter you have everything.

If you have not tried this cuisine, please do try it once, hope you would love it too as I love it from childhood.

Priyanka Chaturvedi (Non-Gluten Millet Brownie,

The inspiration behind my dish was cooking a healthy wholesome meal for kids school lunch. Cooking with millets is a step forward towards healthy eating as it is high in fiber, high in iron, calcium, and gluten free. The pesto roasted veggie millet wrap has the goodness of millets along with roasted colourful vegetables. This is served with a pumpkin yogurt dip and a wholesome salad. The dessert is a millet brownie made with foxtail millets, oats flour, coconut sugar and brown sugar for the colour combined with all seeds and berries. This is a completely gluten free dessert with healthy sugar and a guilt free snack that can be consumed anytime.

Srilalitha (Ragi Ladoo and Jowar papad)

Now a days wherever we can see everywhere sickness from newborn kids to old Age people. Why? The entire world is turning into healthy food because we changed our life and food totally with wrong ingredients which our golden grandmothers were using and staying their entire life with Zero medicines. That miracle natural medicine is “ Millets.” Millets are very nutritious and rich in Phenolic acids with gluten free and boasts high fibre, Protein, and antioxidants. I used finger millet to make laddu and sorghum millet for papdi. “ Millet Mantra” helps all people to switch into Millets in their daily food menu. Thank you, IA team, for initiating this wonderful program and helps the entire world to lead a healthy life.

Aaishini Shah (Jwar bajri steamed roti with Kadhi) Millet absolutely vanished from our lives but has high nutrition values. A great source for Protein, high in fiber, gluten free and a wonderful antioxidant. When given a chance by IA to showcase the skillful use this magical millet I cooked a very traditional Gujarati dish called Mollu (non-spicy) cholla dhokla which is served with khatti kadhi.

Thank You IA team for this wonderful event which helped to understand the importance of Millet and the innovative ways to use it.





Rani Biswal (Karanji Ragi with Kheer)

I prepared the eastern India Dish from Orissa. We made this dish during festivals and traditional events. Since this is a Millets Festival, I decided to make Ragi Karanji and Kheer.

Valli Immaneni (Bisibellebhat and Millet Boondi)

Bisi bele bath is a popular dish from Karnataka, and traditionally made with Rice and lentils. I have used foxtail millet instead of rice to make it more nutritious. Since millets digest slowly, and vegetables are added, this is a good dish for diabetics. The dish is served with boondi as an accompaniment, which I have made using foxtail millet flour. Thanks to IA for the opportunity to cook and learn so many new dishes with millets.

It is an ancient grain which is a wholesome alternative for wheat and rice. It is Gluten free, full of iron, rich in fiber, high in protein, Good for Bone health, Controls blood sugar levels. It has amazing Health Benefits. I am thankful to Indian Association for giving all of us a platform to showcase the talent and learn so much from each other. Looking forward to more such events

Nagaratna Hegde (Chakali and Tikki)

How to enjoy food...especially snacks to make them healthier ...

I have tried two snacks -

1. Chakkali
2. Masala vadapi.

Millets used as main ingredients because of its



Neera Shinde (Jwari Bhakri, Pithala, Kothimbir Vadi)

Jowar Roti is an all-time favorite in our house and among my friends. Since it is a member of the millet family, Jowar is gaining massive attention these days.

health benefits like easy to digest alkaline in nature with more fiber & essential minerals & one can enjoy healthy snacks without worry.





Anirudh Raikar (Ragi Bhakri, Pithala, Salad and Tikki)

Millet Mantra was an amazing experience. I never used millets in most of my dishes before other than millets Dosa, but this time I got a chance to explore millets in most of the items. An extremely healthy ingredient which can be used in one's diet. I would like to thank IA Team for organizing this event and giving me a chance to explore millets in various dishes, which will help me to add few more dishes in my cooking list. I would like to congratulate the winner and all the participants, Looking forward for many more events.

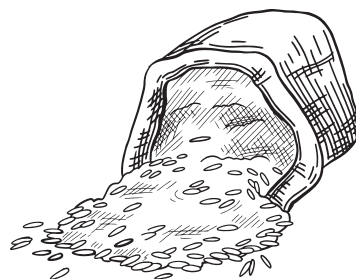
Bhuvaneshwari Suryanarayanan (Millet moong bean gruel)

It was a memorable evening to spend time with Indian community. What made the evening special was the opportunity to cook a traditional Tamil recipe. I chose to showcase "millet moong bean gruel", a long-lost farmers recipe which only is available in villages of Tamilnadu.

Reena Mayur (Foxtell Millet, Kheer and Rice)

Millets form a part of healthy and wholesome traditional Indian food. As aptly tagged "Super food grains" for millets is gaining much awareness in India as well globally because of its high nutritional value. As a part of Year of Millet 2023 drive, it's an amazing initiative by IA to organize an interesting millet cooking contest. Was incredibly happy to participate and I prepared Foxtail millet recipes as it is tasty and healthy replacement for rice dishes. Its super easy to prepare and makes it perfect for any meal and will do a healthy lunch box option as well!

It was amazing to see variety dishes showcased in the contest. Overall, a great experience and looking forward for more of such interesting events



Anusha Sanchugola (Chakkli, Rice, Kheer and Achar)

"Millet Mantra"..Finally it is time to celebrate. Millets have been around us for centuries as a food group but somewhere down the line, we have replaced it with polished rice, wheat, bread. Consuming millets was considered as poor people's meal which I would say as per current scenario it is turned out to be wrong. Today again Millets are suddenly back into the limelight. Highly nutritious, non-glutinous and rich in fibre, they are easy to digest. I have replaced rice with millets in my Kara pongal, payasam and made my all-time favorite muruku too. Thank you, IA, for such thoughtful initiation which ignited many of us to drive on to a millet path.

Bharathi Simha (Millet Lunch platter- Karnataka Style - Ragi Mude, Bisibellebhat, Muruku, Curd Rice)

I preferred making a lunch platter using Millets, I wanted people know that millets are not a food of modern world, it has been used since ages. It is a staple food for millions of households in Karnataka. I have used two types of millets here, Finger millet (Raagi) and Foxtail millet (is also called as navanne akki in Kannada)

My Lunch platter includes:

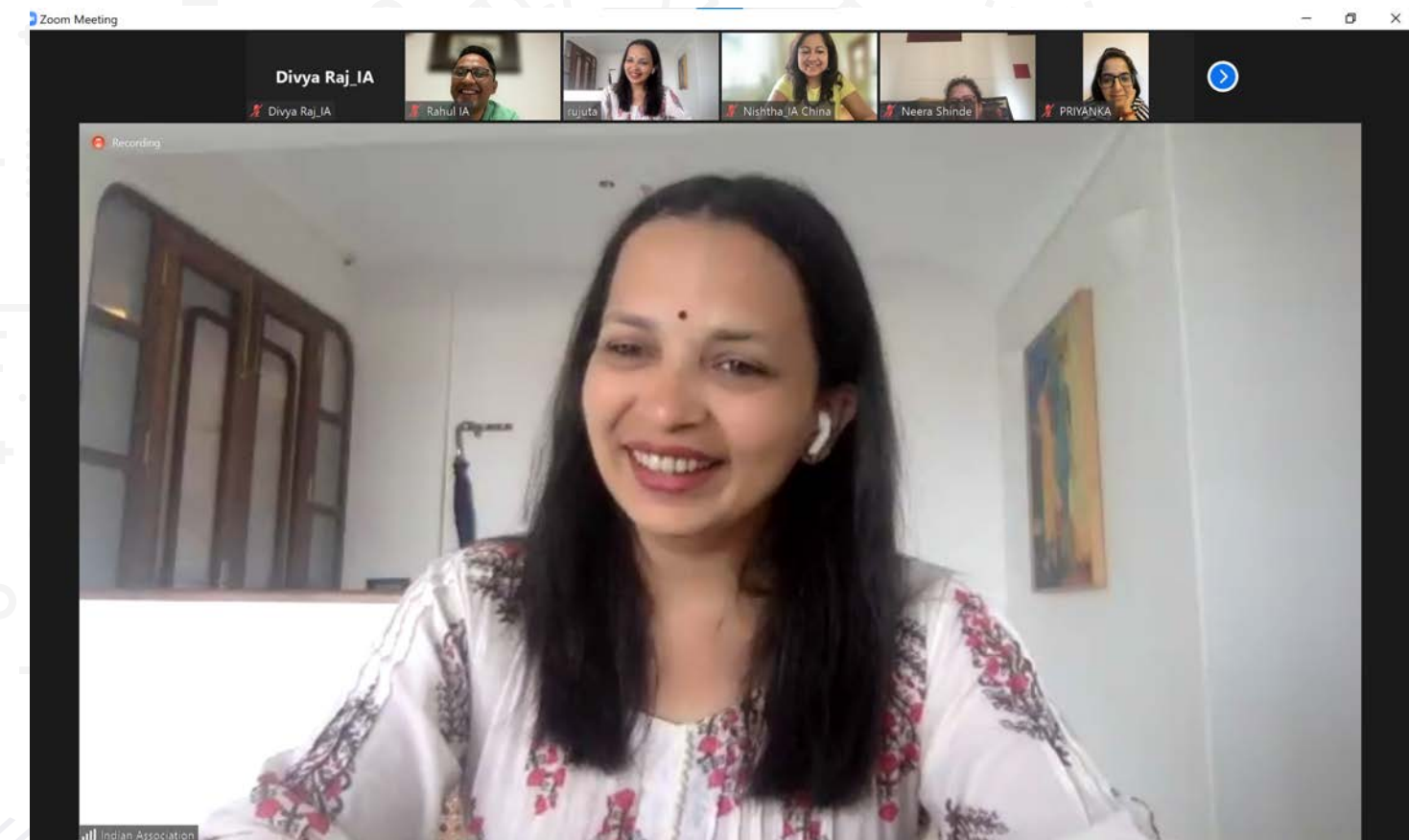
1. Finger millets ball /Raagi ball, Bassaaru and kaalu palya [using horse gram, thoor dal, green gram, paalak and amaranth leaves].
2. Foxtail Millets Bisibele baath and raita (prepared using yogurt) with Millet Murukku and Sev.







As a part of 75 years of Independence and Azadi ka Amrit Mahotsav celebration, The Ambassador of India and Consulate General of India, Shanghai have encouraged the Indian Community to raise awareness of the health benefits of millets. Let's hear from Rujuta about the different kinds of millet, their benefits, their relevance in today's world, and how we can adopt them in our daily life. MANTRA to live healthily.



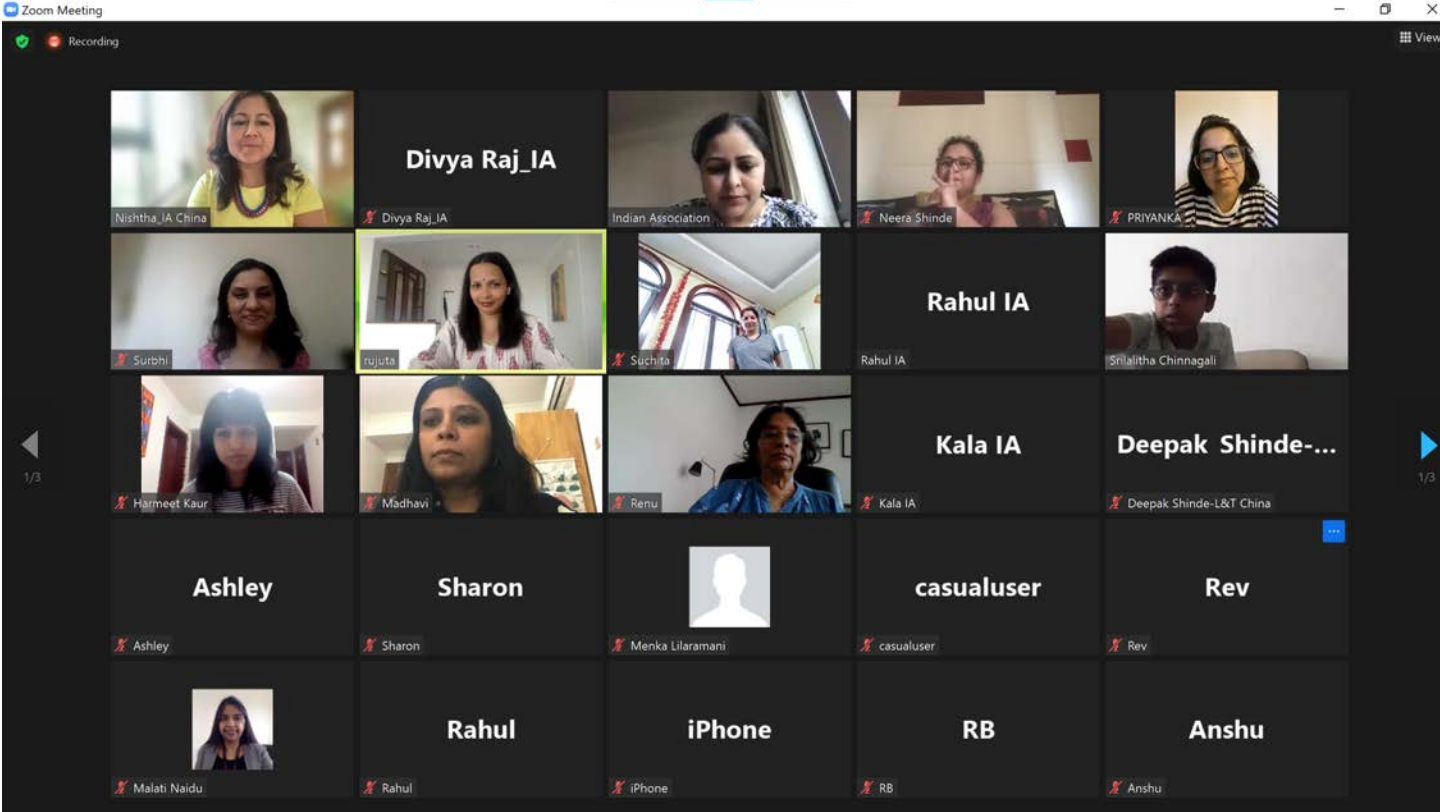
MILLET MANTRA - EATING HEALTHY WITH RUJUTA DIWEKAR AUGUST 2022

The “Millet Mantra – Eating Healthy with Rujuta Diwekar” session organized by the Indian Association in collaboration with the Consulate General of India, Shanghai on 6th August 2022 as a part of celebrating the 75th year of independence of India on zoom was a grand success. Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture, and achievements.

Rujuta ji enlightened us about the various benefits of Millet and answered some thought-provoking questions from the audience. Consul General of India, Shanghai Dr. N. Nandkumar joined the session along with Rujuta Diwekar. He stressed the importance of millets for a healthy lifestyle and thanked IA for the initiative to promote awareness of Millets. IA plans to celebrate the International Year of millets through 2023 and welcome ideas, volunteers, and partners from the community.

The U.N. General Assembly adopted a resolution, sponsored by India, and supported by more than 70 countries, declaring 2023 as the International Year of Millets (IYoM-2023). The resolution is intended to increase public awareness of the health benefits of millets and their suitability for cultivation under tough conditions marked by climate change.

Millets have been around since 3000 BC, long serving as a staple crop for millions of farmers, particularly in India, China, and many parts of Africa. India had proposed this resolution in UN General Assembly which was unanimously approved. Yet with 2023 declared as the UN International Year of Millets, the fortunes of this ancient, humble grain could be on the cusp of changing.



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EXPERIENCE SHARING - INDIA CHINA TRAVEL JUNE 2022

Indian nationals and their accompanying family members are preparing to return to China for work after the Chinese Embassy in India optimized visa policies for those who wish to travel to China to resume work.

However, direct flights between China and India have yet to be resumed and travel between the two countries needs a transfer in the third place, as of date. Saket Sinha entered China via HK and Karun Bharati through Vietnam. Travel Expert Andrew Glodek helped Mr. Sinha to enter China through his great resources.

On 26th June, we invited above mentioned speakers to learn about the possible routes to enter China.



SAKET SINHA
Dy. General Manager
WILLOWOOD



ANDREW GLODEK
Travel Consultant
President - Polish Chamber
of Commerce



KARUN BHARTI
Supply Chain Manager
FOXCONN

Notes from Saket on Traveling

To travel from any country to China, there is a requirement to get a Health Declaration Code or HDC from the embassy in the country that you are originating from. Now, I want to emphasize that the local embassy is not against any one country or the other. Their sole motivation is that they should not send any COVID positive people into China from their region. Hence, they have procedures like 14 days health monitoring before you can get HDC, multiple tests at their designated centers, etc. The number of seats in flights is very limited, so they do have an additional burden of trying to ensure that Chinese citizens and citizens of the home country get a preference.

This is the reason why there is a rule that you must start your journey to China with an HDC from the embassy in your own country. This places the responsibility of screening potential COVID patients on the embassy of each passport holder's home country.

When the embassy in India was not giving the HDC, other routes like Vietnam and Dubai etc. were working, but now that the embassy in India has started giving HDC, it is reasonable to assume that this limitation will apply to Indians also now. Many of my European and American friends faced this problem, that they have to start the journey from their home country. One friend is Irish, his family is in UK, he had to go to Ireland and stay for 14 days just to get HDC to travel to China.

To be absolutely sure of getting an HDC from a third country, you must have a residence permit of that country. If not, you are taking a chance, the local embassy may allow you or may not allow you, it is not sure. They should be convinced that you had a genuine reason to be in their country. Like for example, Karun had his Vietnam office extending the invitation to him to come to Vietnam.



YOGA SE HOGA JUNE 2022

To celebrate the 8th International Yoga Day (IDY) 2022, Indian Association China hosted a 1-week yoga session with a qualified yoga instructor Ms. Aarti Mundada from 14th June to 21st June 2022, morning 8 – 9 AM

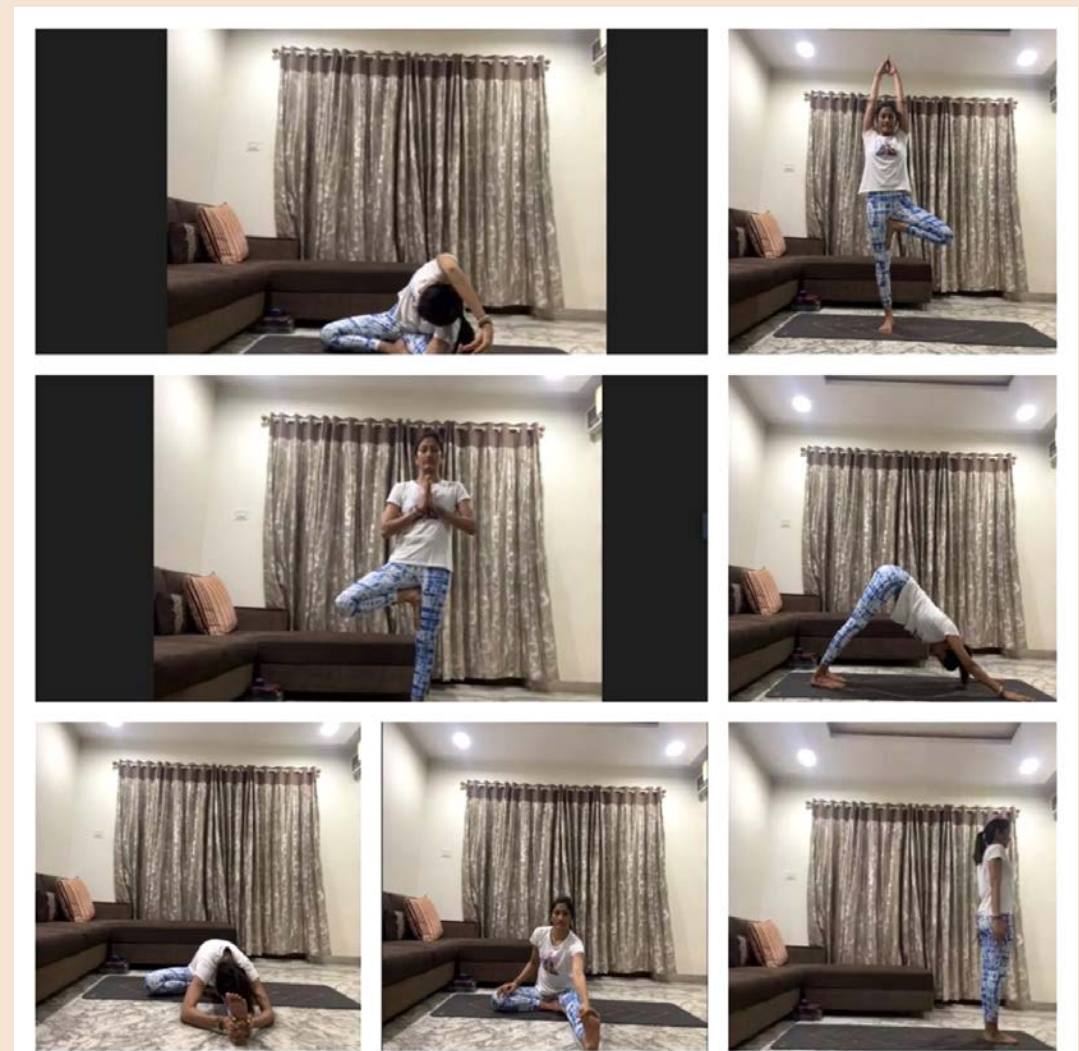
The Indian Association China's "YOGA SE HOGA" well resonated with the theme of International Day of Yoga 2022 "Yoga for Humanity"

The poster features a central image of a person in a purple yoga pose. At the top left is the '75 Azadi Ka Amrit Mahotsav' logo. In the center top is the 'ia Indian Association China' logo. To the right is the 'FIT INDIA' logo. The main title 'YOGA से होगा' is in large, bold, black Hindi script. Below it, in smaller text, is '14TH JUNE 2022 TO 21ST JUNE 2022'. Further down, it says '1 week yoga session for anyone keen on learning yoga with qualified yoga Instructor' and '08.00 HOURS to 08.45 HOURS'. A circular badge on the left says 'SURPRISE PRIZES on the INTERNATIONAL YOGA DAY 21ST JUNE 2022'. On the right, a box contains 'Meeting ID: 263 997 3242' and 'Passcode: 547048' with a Zoom logo. At the bottom left is a QR code with the text 'SCAN QR CODE TO REGISTER'. At the bottom right is the website 'WWW.IASHANGHAI.CN'.

The schedule was as follows:

- Day 1 - Breathing techniques & routine warmup.
 - Day 2 - Surya Namaskar
 - Day 3 - Yoga for back pain
 - Day 4 - Complete body stretching
 - Day 5 - Yoga for knee pain & leg strengthening.
 - Day 6 - Opening of shoulders & Chest
 - Day 7 - Arm strengthening
 - Day 8 - Complete Body Yoga
- Core exercises were performed every day.

The Yoga Instructor, Ms. Aarti Mundada from Pune, India has been practicing yoga since the last 8 years and teaching for the last 5. She motivated the participants to practice yoga every day and made them fall in love with it.





Wishing you and your family a very

HAPPY
Diwali
Festival of Lights



迈克罗迈帝克数控机械贸易（上海）有限公司

Micromatic Machine Tools (Shanghai) co., Ltd.,

Building No. 8, #526 3rd Fute East Road,

Wai Gao Qiao Free Trade Zone (Shanghai) CHINA Code: 200131

电话: +86 (21) 5866-5031 /32 传真: +86(21) 5866-5033

MANAGING STRESS - THE VEDANTA WAY APRIL 2022

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress healthily will make us more resilient. To help the community deal with the stress, Indian Association was happy to organize a Session with Vedanta Academy.

Vedanta Academy is a world resource for the study, research, and dissemination of Vedanta. It offers continual three-year full-time residential courses and youth camps for students as well as corporate seminars and retreats for professionals and businesspersons. The Academy disseminates knowledge through a scientific program of study and reflection. Encourages a spirit of enquiry. A liberal approach enables the development of the intellect and not merely providing intelligence on a subject. The session was organized on April 17th, 2022, Sunday between 11:30 AM – 12:30 PM CST via Online Zoom Meeting.

The Speaker, Ms. Abha Hule, is 20 year Veteran from Vedanta in Pune.

The session started with an Introduction to Vedanta followed by Techniques on Managing Stress (especially in the COVID lockdown era). Vedanta's Youth Program was briefly introduced which was followed by Q&A.



IA SPEECH COMPETITION APRIL 2022

Indian Association organized an online speech competition on April 16th, 2022. The event began with a warm welcome message by the host, Ritika Singh Kumar. Our young future leaders participated in IA Online Speech Competition and spoke on the topic:

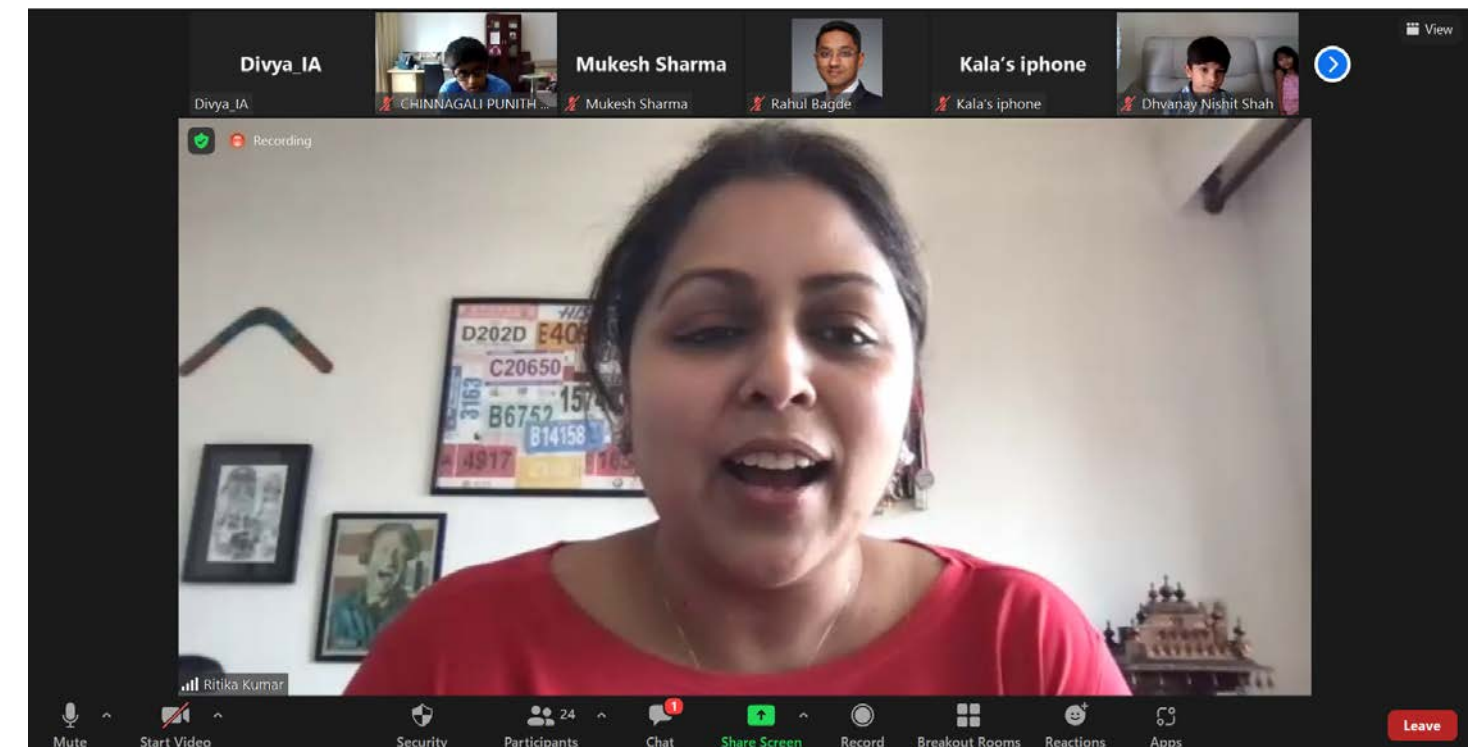
India@100 – “Greatest Achievements of India until this day and what we dream to achieve at the completion of 100 years”

Children were divided into two age groups:

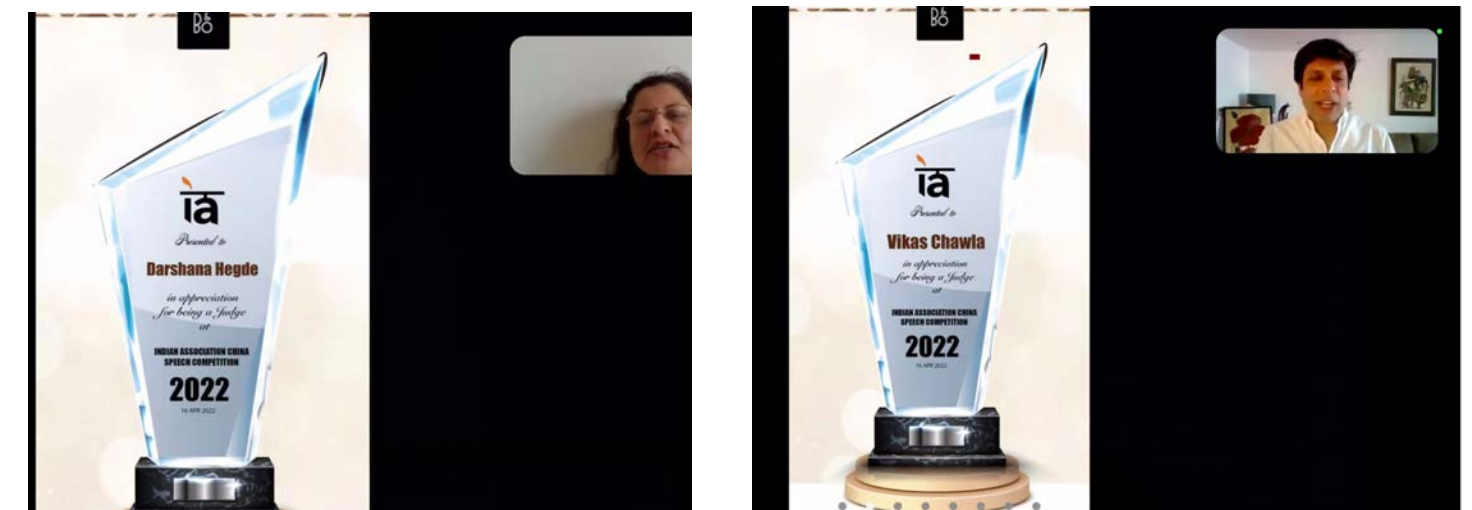
- *Group A: ≥ 6 to < 9 Years*
- *Group B: ≥ 9 to ≤ 15 Years*

In all 14 Children participated, 4 from Group A and 10 from Group B.

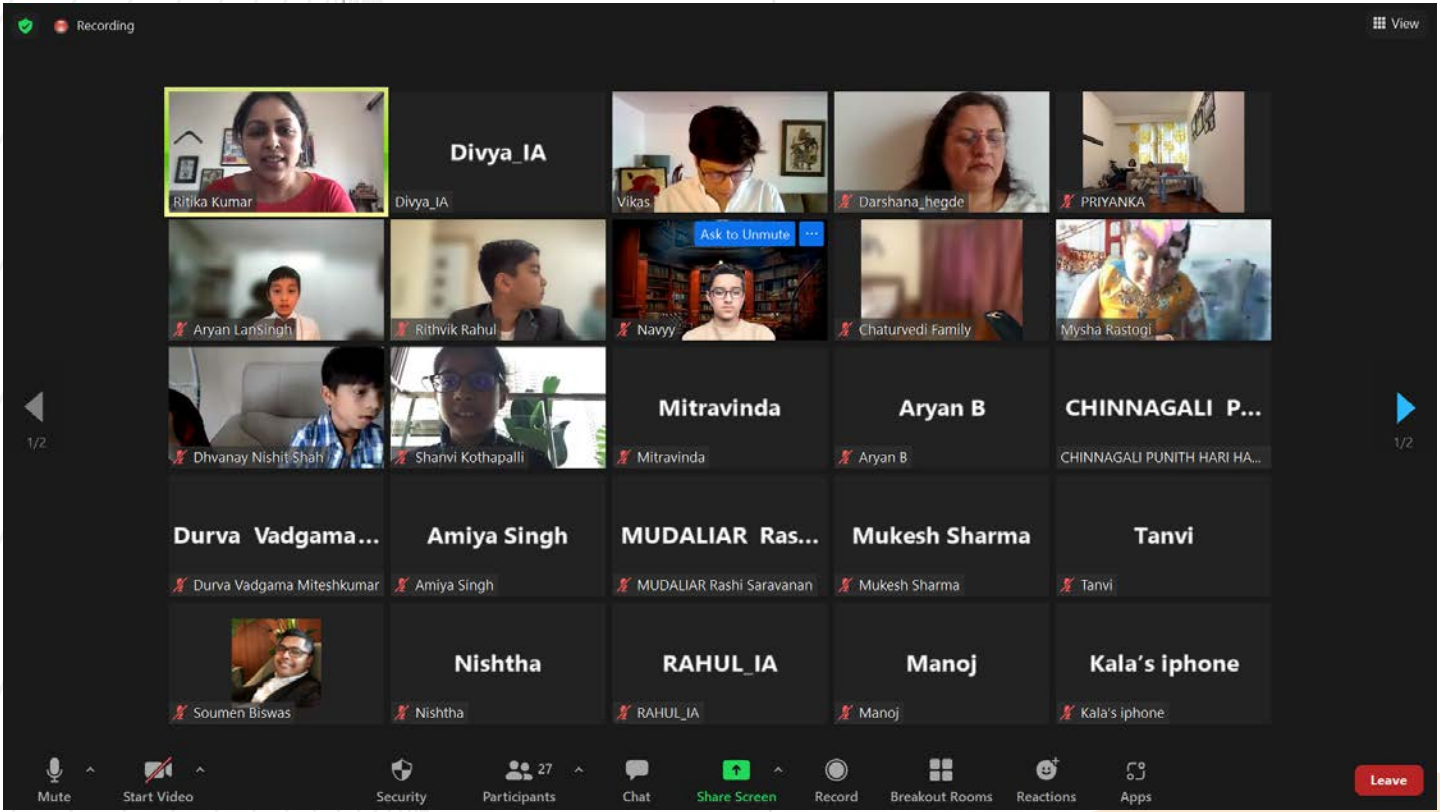
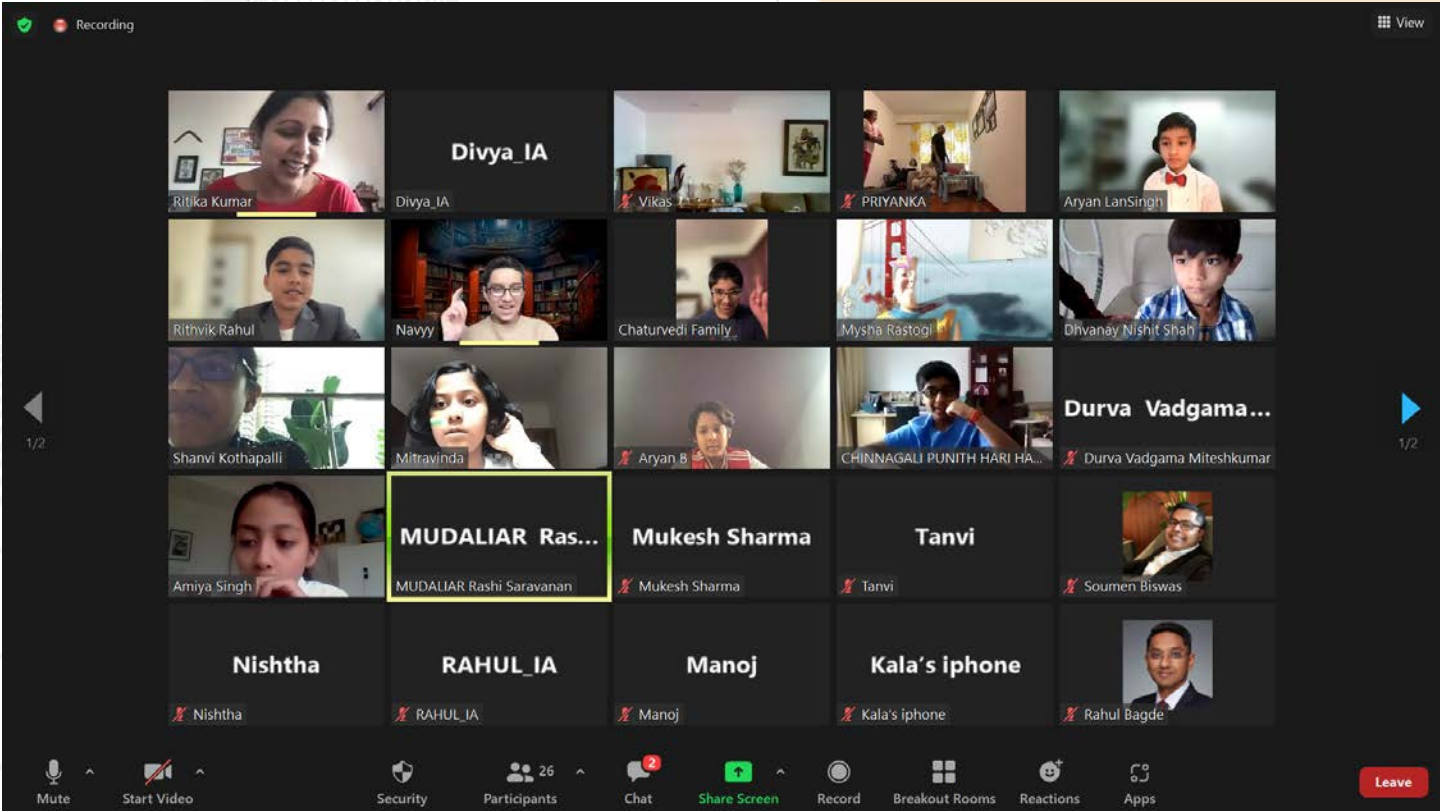
They scored each participant on various evaluation rubrics including content organization, clarity of speech, tone, speed, summarization, audience interaction, posture and eye contact, choice of word, confidence, and sources citations.



Mrs. Darshana Hegde and Mr. Vikas Chawla were the judges for the competition.



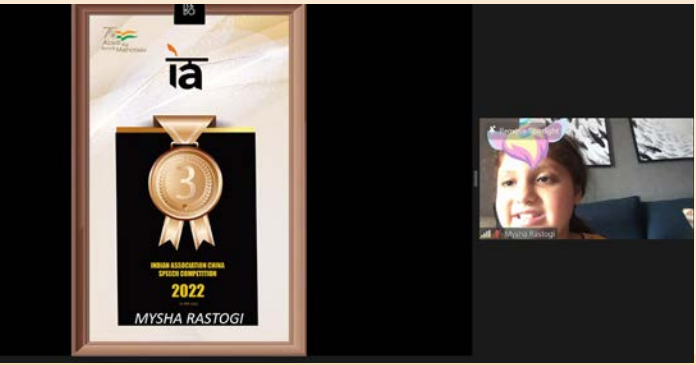
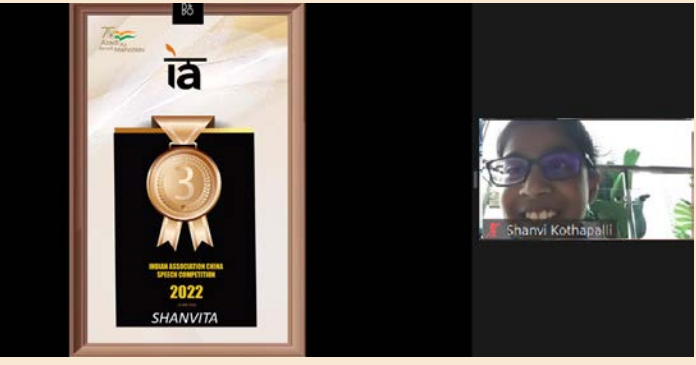
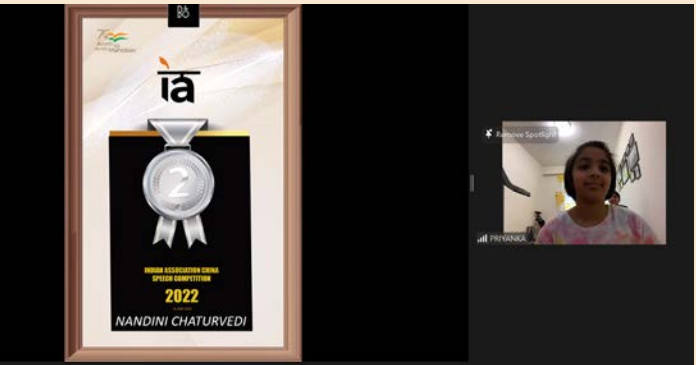
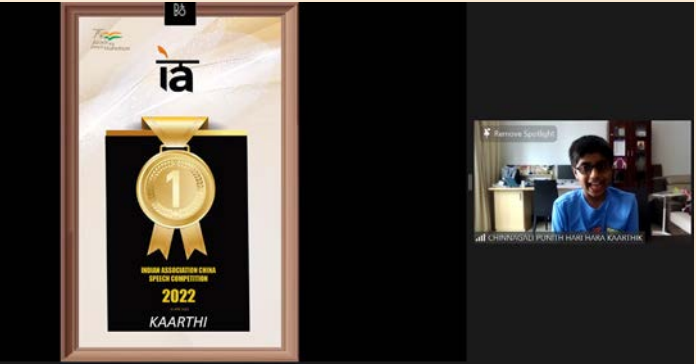
Participants



The winners

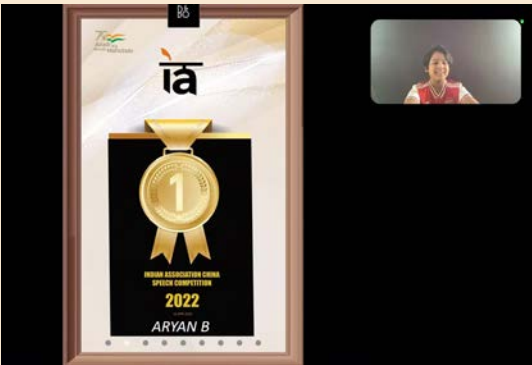
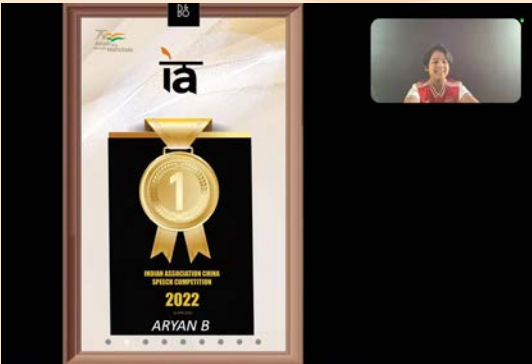
For Group A:

- 1st Kaarthi
- 2nd Nandani Chaturvedi
- 3rd Mysha Rastogi and Shanvitha



For Group B:

- 1st Rithvik Rahul and Aryan B
- 2nd Arjun Chaturvedi
- 3rd Navyyendu Soni



Participants



ARE YOU FUTURE READY? APRIL 2022



ARE YOU FUTURE READY?

Speaker : Brigadier Sushil Bhasin

TEDx and Global Keynote Speaker, a podcaster
and author of 6 books.



APR
24



5.00 - 6.30
PM

iashanghai@live.com
www.iashanghai.cn



GET IN
TOUCH
<https://brigsushilbhasin.com>

Indian Association China (IA) was honored to host a session with Brigadier Sushil Bhasin on 24th April 2022 via Zoom. He is a TEDx and Global Keynote Speaker, a podcaster, and an author of 6 books.

It was a highly motivational talk called “Are you Future Ready?”.

It was very much the need of the hour, given the current COVID-19 Situation in Shanghai. The session lifted our spirits with great insights from professional and personal life perspectives.

Recording of the session's video is available on IA's Facebook page.

Indian Association China (IA) thanked Brigadier Bhasin for the inspiring session.



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Website:
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Visit our branch at:
ICICI bank Limited 2705, 27/F, Wheelock Square, No. 1717,
West Nanjing Road, Jingan District, Shanghai - 200 040

ICICI Bank Limited, Shanghai branch in licensed and regulated
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IA's STORY OF RESILIENCE AND STRENGTH APRIL 2022

“Tough times are inevitable in life, but how you compose yourself during those times define your spirit and will define your future” -Richard Branson. It's amazing what people can do when they come together to face the most difficult times. There are many inspiring stories in the Indian community in Shanghai, supported by their own Indian Association (IA) and lifelong friend of the Indian Association - The Shanghai People's Association for Friendship with Foreign Countries



As the community assessed that lockdown might take longer than anticipated, there was a concern that families will run out of basic Indian cooking ingredients. IA got a whiff of this from concerned community members and we reached out to our friends in SPAFFC. They managed to get us a permit for 2 days. This permit enabled two people from abundance store in Pudong to visit the warehouse to arrange groceries for delivery to some families in Pudong who were already in lockdown for more than 2 weeks.

We hail our heroes Mr. Jimmy Chow from abundance and Eve Samyuktha who helped us with providing and packing groceries and estimating families by district and planning the distribution respectively. A big thank you to both of them from the Indian Community in Shanghai.

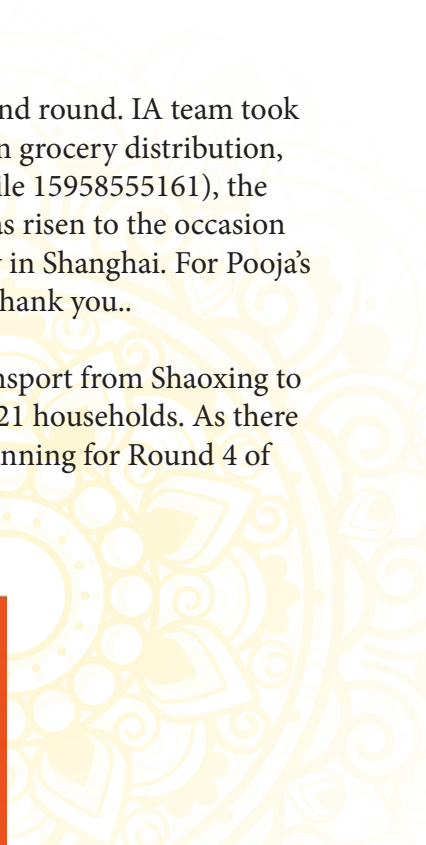
IA reached out to its friends in the logistics industry to arrange for the Green-pass transport to Pudong households without any cost to the community. Hearing this news IA started receiving plenty of requests from the Indian community on the Puxi side.

We approached SPAFFC to arrange a 2nd Green Pass for Abundance. We then started planning for a set of packages along with Abundance to ensure all families get something. The demand was much more than the supply available at Abundance. The transport was even more difficult as we needed to send orders to 13 different districts in Shanghai. The IA team helped Abundance to form different WeChat groups so Jimmy can focus on packing and the IA team can address any queries from the Indian Community. It took 3 days for packages to be prepared, they were packed and picked up on Sunday 10th April and delivered over the next 3-4 days.



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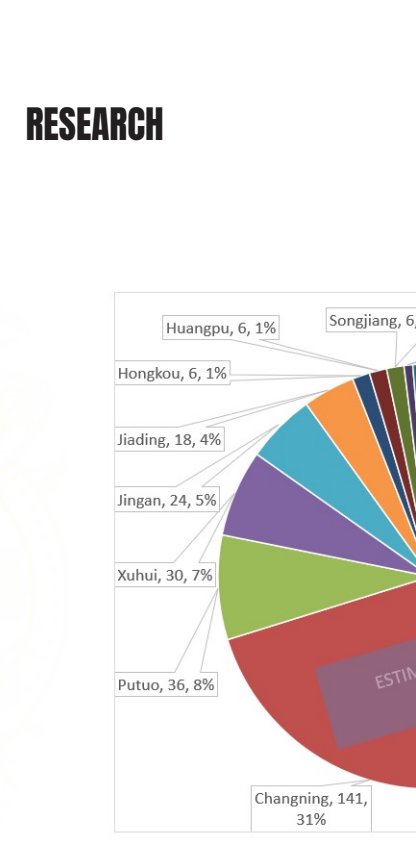


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RESEARCH

District	Count	Percentage
Changning	141	31%
Putuo	36	8%
Xuhui	30	7%
Jingan	24	5%
Jiading	18	4%
Hongkou	6	1%
Huangpu	6	1%
Songjiang	6	1%
ESTIMATE	11	2%

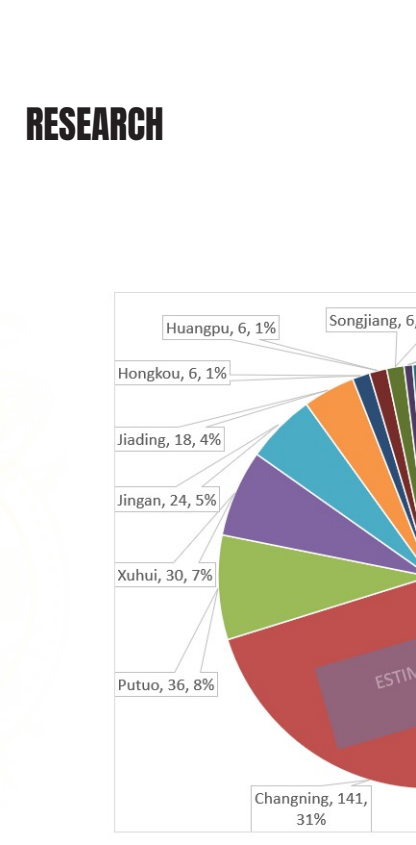


RESEARCH

District	Number of Projects	Percentage
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Happy Diwali

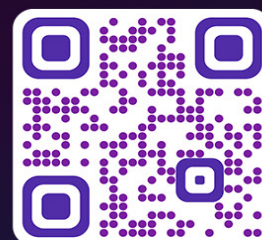
This is a time for family, friends and festivities. To capture the spirit of Diwali, we have created a unique piece of art, in collaboration with AI-enabled Mid Journey platform.

We are offering this NFT collectable in limited numbers on Opensea (<https://opensea.io>), this way you can be sure that your ownership of this art piece is recorded for posterity.

So celebrate with us and download your own Diwali collectable today!



Web 3.0 Consulting | Full Stack Web 3.0 Development
NFT Marketplace Development & Integration | Smart Contracts
Social Media Marketing | Analytics and Data Science



**SOLIDARITY PARTICIPATION
APRIL 2022**



Indian Association thanks all contributors for sharing their feelings on dealing with the pandemic and their experiences. We all stand united in this. A tribute to all the frontline workers

Suhana and Kavish Jain : Thank you for risking your lives to help us! You guys are the best! Because of you, Shanghai will be able to tide over the difficulties! Come on Shanghai we will not give up



Riyaan Kartik Raj is 5-year-old and studies in Zhongban in Shanghai. He loves singing, dancing, and drawing. He hopes the pandemic ends soon, so that he can go back to school and meet his friends and teachers. Riyaan wishes everyone a safe quarantine.



Arjun Chaturvedi - Hi! My name is Arjun Chaturvedi and I have lived in the beautiful City of Shanghai for the last 10 years! This is my city!! At present, Shanghai is combating a COVID wave, and we are all doing a good job of fighting it - with discipline, teamwork and a positive approach.

I volunteered to help with COVID testing in my community and was very pleased to see many safety measures that were in place to protect not just volunteers but also the general public. I am sure that if we remain focused, we will win over this COVID wave. **Jiayou Shanghai!**



Zainab Noorain - Humanity or Freedom?

I'm amazed how God is helping us to be patient and help each other in this situation. People by nature are not bad and when they are tested together the true helping nature emerges out with flying colors.

In past few weeks I have seen elderly people living alone taken care by volunteers, volunteer's kids who are online schooling by themselves taken care by the community people for their food and home works, A cat gave birth to young ones and people made sure the cat family is well fed and gets sufficient sunlight, I have literally seen messages reading I have an extra onion to share if anyone really needs it, I have witnessed people exploring the food availability and informing neighbors and making sure they too buy along with them, kids from different families getting together like chirpy birds and the very sight is a source of entertainment for the elderlies who otherwise are lonely and depressed. Someone from less risky area wants to bring food to the quarantined community so that no one sleeps hungry there. And Doctors and Nurses tirelessly working to test us and make sure we all are safe.



Everything looks picture perfect just like how it used to be in the olden days. There is not a trace of selfishness, no one wants to see anyone sleeping hungry. What a beautiful sight to behold!

I don't want these days of peace and humanity to end but then I want to be free mentally and physically. I want to go out, achieve things on my bucket list. I have many dreams to live.

Now the question that bugs my mind is what is more important peace and humanity or freedom??

Zainab Noorain is a teacher at JinCai international School, Shanghai. She is inclined towards literature and art activities. She loves to be actively involved in our society, for she believes it has given her immensely and now it's her time to pay back.



Manoj Mehta has been living in Shanghai for the past 17 years. He is the Chief Executive Officer of naked Group since 2012. During his time in Shanghai, he has been actively involed in various volunteer organizations and is ever ready to serve the community.



Shravya is from Bangalore, India. She is 10 years old and studies in SCIS Pudong, Shanghai. She likes Sports and Arts. Her parents moved to China in 2009 and she loves Shanghai. She prays for everyone to stay safe and wishes that everything will be normal soon.



Feelings about COVID-19

I feel so sad
Because I can't see my friends
I feel so bad
Because no one can defend themselves

I feel so angry
Because I'm very bored
I feel so hungry
Because I played sports in the tennis court

I feel happy
Because I played Fortnite with my cousin
I feel happy
Because I had a very big discussion

Everyone should stay positive
Because there should never be negativity

Toshaan U Sharma is a studying in grade 5 in International School. He loves to play drums and watch cricket during his free time. During lock-down he requests everyone to enjoy family time and stay positive.



All was well

All was well
Till we bid farewell, to life as we knew it.
We were split, emotionally hit.
A little germ made us admit.
What the rest of the world had already been through, now
we must relive.

The variants of this disease are:
Omicron, Delta, Alpha, Beta
Gamma, Iota, Kappa, Zeta
Epsilon, Eta, MU, and that's the data.

6 million deaths, 490 million cases
And that too, from all places
While economies plummet, we keep fighting for whodunit?
People panic bought and turned into hypocrites.

Lockdown, Quarantine, Isolation,
Boredom, Online school, Ordering rations
Just became the "New Normal"
And going outside became Abnormal!

But, even in this unstable time,
This too we can climb
In our hearts we can keep
Everybody who sacrificed their safety sowe could be.

We should Spread Positivity,
Do or Learn a New Activity,
Because as they say:
If you Smile, the World Will Smile WithYou...!

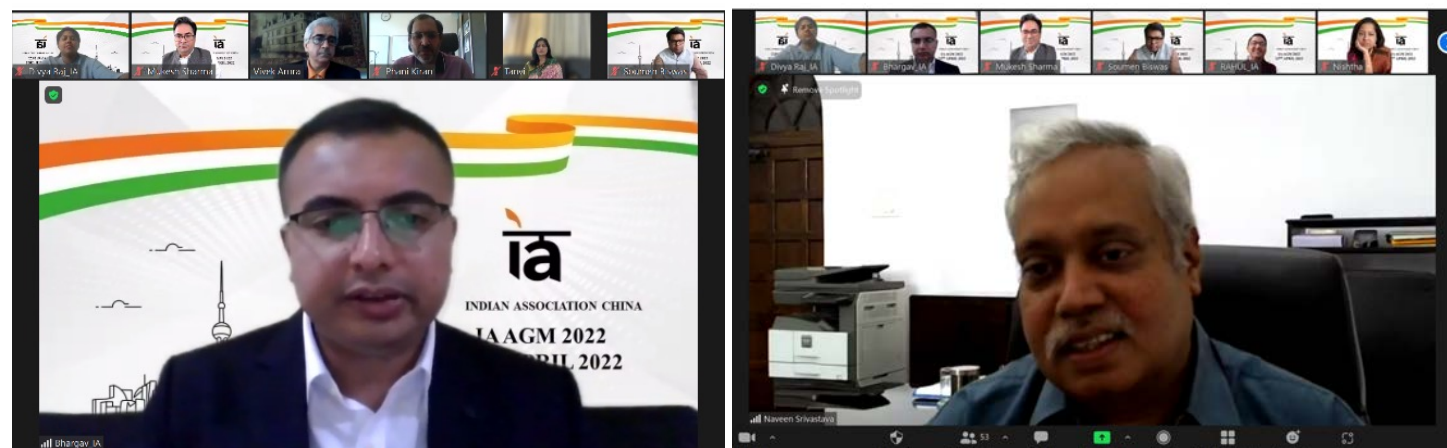
Navyyendu Soni studies in Year 8 in Dulwich College Shanghai Pudong. He has been living in Shanghai for the past 8 years. He enjoys Drama, Art, and Science. Navvy also likes playing guitar, badminton, and reading books.





Indian Association China (IA) held its Annual General Meeting (AGM) on 23rd April 2022. It was an indeed a special occasion as IA celebrated its 25th Anniversary. GS Media Shri Bhargav Joshi welcomed the members.

Shri Naveen Srivastava was the Chief Guest. He is Additional Secretary East Asia and currently the head of WMCC (working mechanism for collaboration and coordination) team and leading the India China relationships. He was also the CGI Shanghai in 2012-2015.



Shri Naveen Srivastava appreciated the work IA and their contribution to community for past 25 years. He acknowledged visions of founding members, Past Presidents, and all volunteers to establish such an association in a country like China and making it a formidable institution. He fondly remembered the visit of Prime Minister Shri Narendra Modi's to Shanghai in 2015 and how the Indian community in China came together to plan and execute the biggest ever event for any foreign head of state in China.

He distinctly remembered the 1st Meeting with IA for organizing up to 2000 people event and how it ended up being the 5500+ people event. Shri Shrivastava talked about the various charity and social initiatives taken by IA in last decade and how it has helped create lot of goodwill with the various government authorities in Shanghai. He also talked about how different city organizations like IA Dalian, IA Hangzhou, IA Shaoxing, IA Foshan, IA Guangzhou etc. were created under IA umbrella. This network of local Indian associations across different cities in China helped many Indian citizens during emergencies. Shri Shrivastava thanked the outgoing President Shri Mukesh Sharma and welcomed the incoming President Shri Rahul Bagde and the new IA Board.



The outgoing President Shri Mukesh Sharma thanked the Indian community, IA Sponsors, IA Advertisers, IA board and Past Presidents, CGI Shanghai office and Ambassador's office and SPAFFC for the wonderful support for last 4 years. He expressed satisfaction for what IA could achieve in his leadership. He shared important lessons on how submitting to the serve the society becomes the source of motivation. Mr. Sharma talked about selfless service for the ultimate purpose and how inclusivity means the power of WE with a shared inspiration.



He also stressed how collaboration, empathy, courage & people orientation is critical in the social leadership. He shared the memories captured by IA through its flagship Indradhanush Magazine. Mr. Sharma highlighted IA's efforts to help community with basic food and groceries, uniting the separated families, forming support groups for medical and emergency help during lockdown. He

shared the new Initiative of Indian Association Business Council (IABC) to focus business initiatives. He presented the summary of Financials for 2021.

Mr. Sharma also thanked the outgoing IA board members Shri Vishnu – GS Media (2020-2022), Shri Tapan Gado-dia (2016 – 2022) – GS Charity and Sports, Shri Phani Kiran (2005-2009 & 2016-2022) for their excellent contribution to IA. He then welcomed the incoming President Shri Rahul Bagde and the IA Board team for 2022-2023. He said that Shri Rahul Bagde has deep knowledge of core values, ethos, governance principles and process of IA. He has played multiple functional roles such as G sec Memberships, G Sec Publications, G Sec Sponsorships and G sec Charity in last eight years of his service to IA and is well equipped to lead IA to greater heights in future.



IA DIWALI NITE 2021 NOV 2022

Indian Association Shanghai's Annual Mega event "DIWALI NITE – REVIVE" was celebrated on 6th November 2021. It was a night that witnessed a unique blend of excitement, melody, celebrations, and bonding, where the real stars were the people of the Indian Community in Shanghai.

As Diwali is all about kindling our diminished lights and enlightening our surroundings with positivity and goodwill, the event began with lighting lamps and prayers by the Consul General of India – Dr. N. Nandakumar, Sponsors and, the IA Board members.



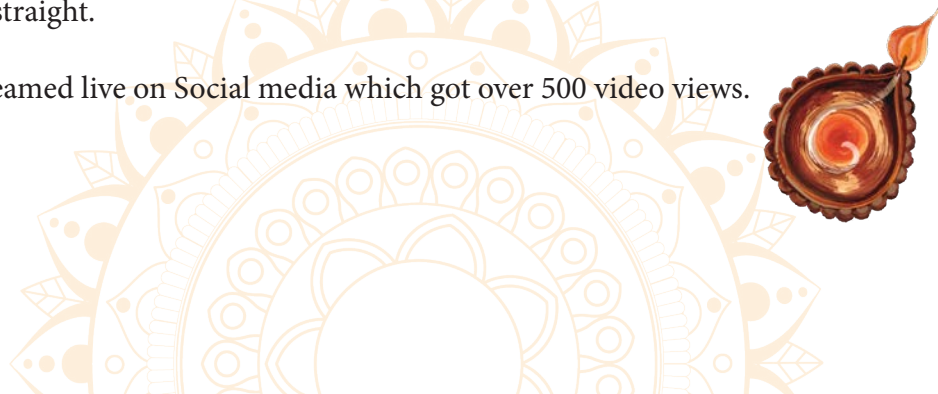
Mrs. Ritika Singh Kumar and Mr. Rahul Bagde introduced the Indian Association Board. Then IA President Mr. Mukesh Sharma delivered a keynote speech. With IA entering its 25th year of existence in 2022-23, he described the Indian community in Shanghai as a Banyan Tree, which is being nourished through strong roots of long timers in Shanghai who have cultivated a culture of support and trust in society, and said it is also equally being refreshed by the newcomers who are still calling Shanghai as home. He said these are unprecedented times, and that he strongly believes that we can weather all storms "together".

It was followed by the speech of the Consul General of India, Dr. N. Nandakumar. He wished everyone a very happy Diwali and thanked IA for keeping the entire community together during these difficult times. The IA's sponsors and partners who supported the community throughout the year were felicitated and finally, all the advertisers were thanked for Indradhanush 2021.

IA raised rupees 30 Lakh towards combating the COVID-19 pandemic in India. The relief equipment were suitably allocated across government medical facilities in various parts of India and IA's contribution was acknowledged by NITI Aayog. The remaining 125,500 RMB was contributed to Prime Minister's National Relief Fund and was handed over to CGI Shanghai.

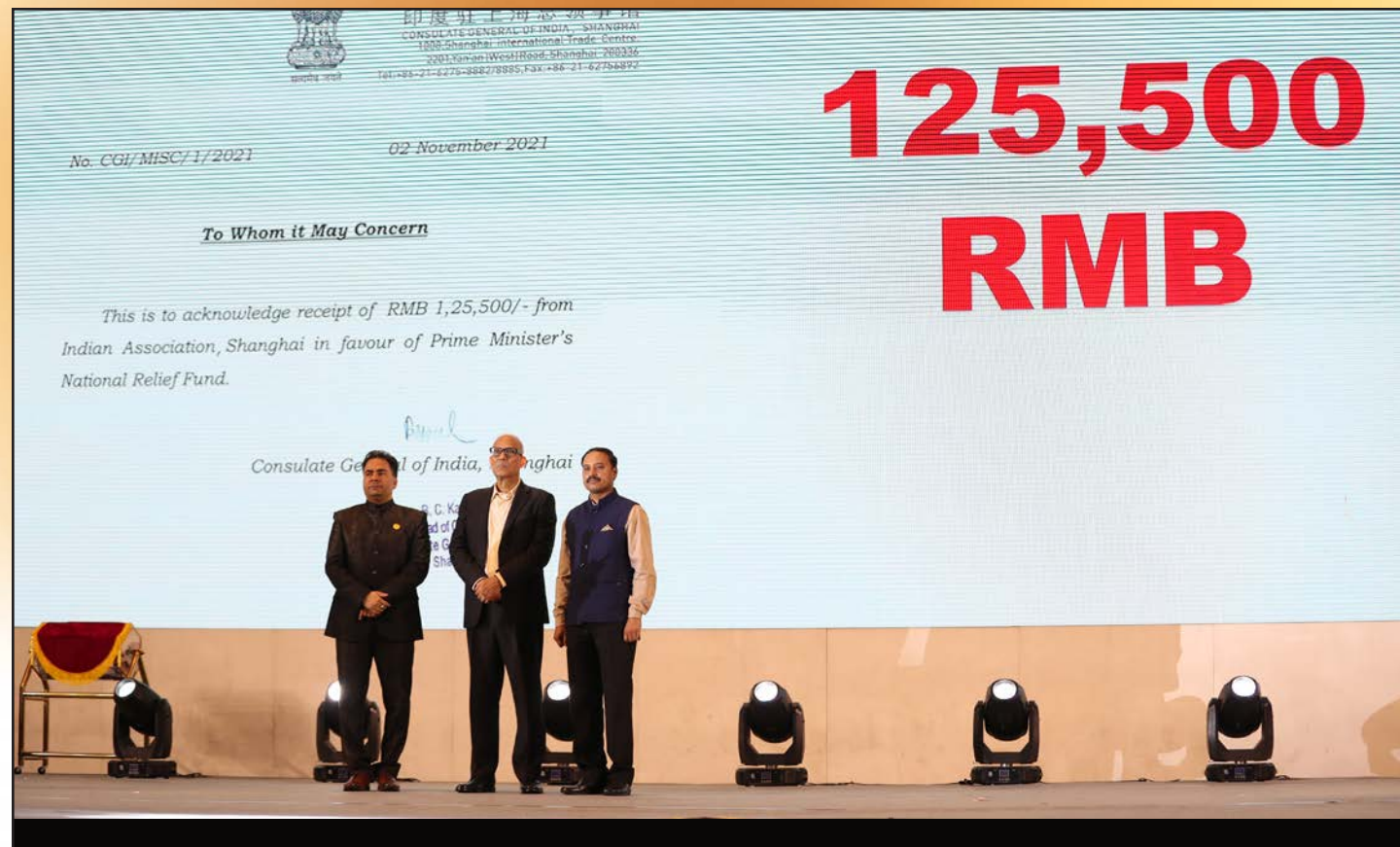
Everyone enjoyed the evening with the true spirit of Diwali and appreciated the ambience, food, and music together with their friends and families. The charming performance by the Shanghai Dancing Divas - Mughal-E-Azam left all the attendees mesmerized. Many lucky ones won several exciting prizes in Raffles. Diwali wishes from stars who performed on previous IA Diwali Nite's including Sunidhi Chauhan, Lalit Pandit, and Pratibha Baghel surprised all. DJ Shri's energetic and vibrant Bollywood music made everyone groove to the beats for 2 hours straight.

The event was streamed live on Social media which got over 500 video views.













SUBHA DURGA PUJA 2022

লাগু থেে বৈবিন্দ পৱনৰ ওঁ লক্ষ বৈদুৰ্ঘ্য বৈদেই পুৰা
ছতৱে হেৰাথে, ইচ্ছাৰেই and প্ৰত্যাশাৰেই
ইে দৰদৰ্শনোং পুৰা বৈ.





SHANGHAI KAIRALI CELEBRATIONS



Contributor - Dr. Jaya Gupta Rajesh
For Shanghai Kairali

Lord Parashurama the originator of Kerala

From the number of myths and legends persist on the origin of Kerala the one myth is the creation of Kerala by Lord Parashurama.

Kerala is known as Parashurama Kshetram or The Land of Parashurama.

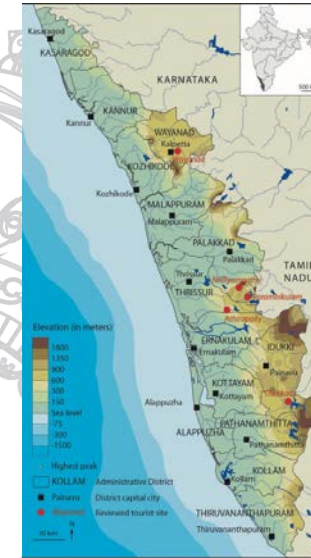
According to the literature dated back in 17th-century the land of Kerala was recovered from the sea by the axe-wielding warrior Parashurama, the sixth Incarnation of Lord Vishnu . Parashurama threw his axe across the sea, and the water receded as far as it reached from Gokarna to Kanyakumari. The land which rose from sea was filled with salt and unsuitable for habitation, so Parashurama invoked the Snake King Vasuki, who spat holy poison and converted the soil into fertile lush greenland. Out of respect, Vasuki and all snakes were appointed as protectors and guardians of the land.

Lord Parashurama the 6th avatar of Lord Vishnu

Parashurama was the sixth incarnation (Avatars) of Lord Vishnu from the Treta Yuga. The word Parashu means “AXE” in Sanskrit therefore Parshuram means Lord Rama with Axe.

The main motto of Vishnu’s sixth incarnation was to free the earth’s burden by assassinating the sinful and irreligious kings who neglected their duties.

It is believed that Parashurama gave the Sudarshan chakra to Lord Krishna. He is also known to be the Guru to Bhishma, Dronacharya and Karna



Some Puranas like the Kalki Purana believes that Parshuram still resides on the earth. It states that Parashurama will be the martial guru of Shri Kalki, who is going to be the last avatar of Lord Vishnu.

Parashurama is one of the Seven people who got the boon of immortality, other six are Lord Hanuman, Vibhishana, Ashwatthama, King Bali, Ved Vyasa(Rishi Krishna Dwipayana) and Kripacharya.

Parshuram was known for his love for righteousness.



Prayers to Lord Parashurama

Devam naumi remapathim, ranapatum, bhaswath kireedanchitham,
Kodandam sasaram karena dhadhatham varena chanyena cha,
Aartha thrana patum kutarasamatham kanda chidham bhasuram,
Smasru praspurithananam sura thanum Ramam sada saswatham. 1

I salute that Rama with an axe,
Who is being saluted by devas,
Who is the consort of Lakshmi,
Who is expert in fighting in war,
Who shines due to his crown,
Who holds Kodanda in his right hand,
And arrows in his left hand,
Which are capable of saving the oppressed,
Who is armed with the mighty white axe,
Who is effulgent with light,
And who has a well proportioned heavenly body,

Brahma kshatravapurdhara smitha mukho rajanyakaalanalo,
Bribrana parasum karena tharuna pradhyothnodath prabha,
Vidhyuth pingalatha jatavalaya vanaschadayan valkalam,
Jeeyadhujjwala yagna suthra mahitho ramaschiram bhargava. 2

Victory to that Bhargava Rama,
Who has a laughing face of Brahmin as well as Kshatriya,
Who is the great fire which destroyed the clan of kings,
Who held the Mighty axe in his hand,
Who shined like the rising sun,
Who had very electrifying matted locks,
Who dressed himself using the bark of trees,
And who was famous as the one
Who knows the holy chants of Yagna.
Om Parashurama! Om Parashurama!! Om Parashurama!!!



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SHANGHAI KANNADIGARU MEMORIES

ಶಾಂಘೈನಲ್ಲಿ ಕನ್ನಡಿಗರ ನೆನಪುಗಳು

ಸಾಂಸ್ಕೃತಿಕ, ವರ್ಣರಂಜಿತ, ಕನ್ನಡ.

“Shanghai Kannadigaru established to promote Kannada & Indian culture, uphold Kannada Language amongst the community. By hosting cultural programs & providing platform to our young and old members to explore & express, we instill Kannada tradition across time zones. Shanghai Kannadigaru group represents rich Karnataka heritage of great Indian diaspora in China. Shanghai Kannadigaru hosts two main events each year starting 2019 (Yugadi and Kannada Rajyotsava).”

Ekta Divas and Diwali Mela Event – The Shanghai Kannadigaru account - Oct 2021

The Shanghai Kannadigaru group setup Karnataka Pavilion to promote Karnataka culture & heritage for the Ekta Divas & Diwali event organized by Indian Consulate, Shanghai on Oct.31. Shanghai Kannadigaru volunteers put up the food, music, tourism, sarees, and the arts sections in the Karnataka pavilion/Stall.



The cultural program started off with our group members Mohini Vikas & Reena Mayur's performance. They performed Yakshagaana dance to a phenomenal medley of drum beats & songs from Rangitharanga movie, captivating the audience. They made us all proud by putting up such an amazing display of Coastal Karnataka flavor in Shanghai. After this performance, Pranavi along with her friend performed a wonderful Kuchipudi dance to the tunes of “Bhaagyada Lakshmi” song.



Meanwhile, visitors from all over visited the Karnataka stall. There was a Japanese solo traveler who seemed happy to see around all the stalls and went out quite content. We met several enthusiastic Chinese folks curious about India & its culture. A Chinese gentleman who already had been to Hampi and loved it. There were folks from other parts of India, who also seemed quite happy to see the Karnataka stall, the variety that we had here on display, acknowledged the efforts that the Shanghai Kannadigaruru team had put in. There was a young man from Russia, who thoroughly enjoyed the tourism and arts section of the stall. Then there were others from the USA & Czech republic, who were happy to know about Karnataka and its many worlds. Overall, the team gave their best to promote Karnataka to the best of their abilities. Main attractions were Filter coffee, biryani as well as Karnataka tourism narration by our volunteer Achuth Kamath. It was a great team effort & all the volunteers had a wonderful time

Kannada Movie Screened - Sa. Hi. Pra. Shaale, Kasargodu - Nov 2021



Shanghai Kannadigaruru, along with the fantastic support from Indian Consulate screened the National award-winning Kannada movie “Sarkari Hiriya Praathamika Shaale, Kasaragodu” on Nov.6th. The theme of the movie, in a way, resonates with the purpose of Shanghai Kannadigaruru, to protect & promote Kannada language and culture in a land outside the state of Karnataka. The staff at Indian consulate were kind enough to let the Kannada group use the 70-seater room for the movie. The room itself was well decorated, with paintings of various Indian heritage site, had a big screen and camera.

This movie is a 2018 Indian Kannada language socio-political comedy film written, directed and produced by Rishab Shetty, presented by Sudeep. The film stars Anant Nag, Ranjan, Sampath, Pramod Shetty, Saptha Pavor, Mahendra, Sohan Shetty, Prakash Thuminad, Manish Heroor and others. The movie was declared a Blockbuster at the box office. The film won Best Children's film national award in the 66th national awards 2019.

66th Kannada Rajyotsava - Nov 2021

Continuing the tradition of celebrating Karnataka (Kannada) Rajyotsava in the month of November each year, 'Shanghai Kannadigaruru' celebrated the 66th Kannada Rajyotsava on 13th November 2021 at Bollywood restaurant in Pudong. On this special occasion, about 70 Kannadigas came together from Shanghai and nearby cities for the celebration. Pre-recorded videos of highly respected Kannadigas, Yaduveer Krishnadatta Chamaraja Wadiyar and Mr. Murugesh Nirani (Minister of Large and Medium Industries of Karnataka) was played to start the event, who praised the Shanghai Kannadigaruru group for doing a commendable job in promoting the Kannada language & culture.

The lighting of the lamp by Dr. Nandakumar (CGI SH) and several group members marked the start of the Kannada Rajyotsava 2021 celebration. Shanghai Kannadigaruru group felicitated special invitees traditionally with garlands and silk shawls.



Dr. Nandakumar wished everyone a very happy Deepavali festival and Kannada Rajyotsava, brought up a brief history of the formation of Karnataka and praised a lot of the achievements done by the people of this wonderful state. His speech cited stories of two spirited personalities from Karnataka who recently had been awarded the prestigious Padma Shri awards; Tulsi Gowda, a forest protectionist, fondly called “Encyclopedia of forest” for her immense knowledge on forest herbs, served her life in tribal areas, planting around 30000 saplings, taking care of forest department,. Another story of Manjamma Jogathi, a theater actress, singer, and dancer of Jogathi Nritya, a folk-dance form of North Karnataka, awarded Padma Shri for her contribution to the field of folk arts.



Due to Shanghai lockdown, this years Yugadi celebration could not be held as planned however, volunteers' team is preparing a Kannada Rajyotsava & Deepavali celebration get-together in November.

Website '<https://shanghaikannadigaruru.com/>' captures group celebrations & memorable events and connecting members in China.

SHANGHAI MARATHI MANDAL CELEBRATIONS

Contributors - Mrs. Suchita Mahajan & Dr. Deepak Hegde

Festivals have a special impact in the lives of Indians and each of the festival has a special significance. The Shanghai Marathi Community has been celebrating several festivals in pomp and splendor since 2007. However, over the past three years, the Covid 19 pandemic and the restrictions associated with the gatherings for safety reasons have jaded some of festivities. However, it has not been able to hold back the enthusiasm our Indian community for long and they have been celebrating the festivals in this year with due respect to safely.

Makar Sankrant

Makar Sankranti is a popular festival celebrated by ladies every year in the month of January. It is believed that from this day the Sun starts its journey towards the north. It signifies the end of winter season & start of the harvest season. From this day, the days start getting longer & warmer. Staying away from India, it becomes even more important to keep our traditions alive and our Shanghai Marathi Mandal ladies try their best to do that.

This year, Makar Sankrant was celebrated by Shanghai Marathi Mandal's ladies by organizing Haldi Kumkum ceremony along with some traditional Maharashtrian activities to relive memories of games from back home in India. (The Haldi Kumkum ceremony, is a social gathering in India in which married women exchange Haldi (Turmeric) and Kumkum (Vermilion powder) as a symbol of their married status and wishing for their husbands' long lives. Another important reason is that it is believed that one married woman giving other married women Haldi Kumkum will strengthen the life of their husbands and the married woman would be sumangali i.e., a married woman for a long long time.). Every year, the Shanghai Marathi Mandal ladies celebrate different ideas. This year they had many Maharashtrian traditional activities like songs, dances, Fugadi (an art form that can be traced to the primeval cultural traditions of Maharashtra) and Ukhane (Ukhane is a tradition in Maharashtra. Ukhane means a couplet or a short poem in which one cleverly weaves the name of his or her beloved spouse). Additionally, some fun games were organized & enjoyed by all the ladies. Following the tradition from Maharashtra, The ladies always celebrate the newly wedded bride's first Sankrant & a newborn baby's first Sankrant. This year it was celebrated for a new born baby as well. Following this, Haldi Kumkum with Til Gul (Tilgul is a colorful sesame candy coated with sesame seeds) was offered & 'saubhagya vaan' (gift) was distributed to everyone. The program concluded with a feast of delicious lunch.



This year, Gudi Padwa (A spring-time festival that marks the traditional new year for Marathi Hindus), could not be celebrated in person due to the lockdown in Shanghai owing to the outbreak of Covid 19 scare.



Ganeshotsav

The month of September is eagerly looked forward in India for the arrival of Ganpati Bappa, where idols of Bappa arrive at our homes for a period ranging from 1.5 to 10 days. During this time the festive atmosphere and the cultural celebrations are a hallmark of Maharashtra and the passion in the celebrations and the competitions between be it for the idols at the different mandals, to the aartis to prasad of modaks is for all to see.

The Covid scare and the restrictions around the movement of people induced a sense of uncertainty over the organization of the Ganeshotsav event in person and over the attendance of the Indian diaspora. Given this, it was organized at a smaller venue, the Indian restaurant in Pudong. However, as the event drew near, it saw the participation in large numbers, so much so that the number of attendees had to be controlled.



The Ganeshotsav event organized on the 4th of Sep, the 16th year event in a row, was kicked off with the customary welcome extended to all attendees by Dr. Deepak Hegde, the President of Shanghai Marathi Mandal welcomed all the guests. This was followed by the customary welcome and introduction of new families on behalf of the Shanghai Marathi Mandal, by Chaaya Chaudhary. While this welcome helps in introducing new families in Shanghai to the Indian community in general, it also helps amalgamate the new families into the social fabric of Shanghai Marathis and helps them settle down faster. The Mas-

ters of ceremony Tanvi Kharwadkar and Dr. Darshan Hegde, walked the attendees through the program introducing them to the various cultural events which were a part of the program. The cultural program kicked off with the high voltage lezim performance followed by the Shree Ganesha Deva Shree Ganesha song. The Ganesh Vandana on keyboard and the Ganesh Prarthana mesmerized the attendees. This was followed by several song recitals and dances by the participants. One of the highlights of the cultural program were the two Indian bhajan recitals by a Chinese singer Alerinsha. She learnt the Ganesh bhajan within a week specially for singing at the event. She kept the attendees engrossed with her flawless rendition. One of the key performances was an item titled Maharashtra Lokadhara, which highlighted the Maharashtrian culture by walking the audience through a typical day in the life of a village person, several Maharashtrian festivals and folk songs and dances.

The Honorable Consul General of India in Shanghai, Dr. N. Nandakumar, Rahul Bagade, President, Indian Association Shanghai & Prabhat Kaul, President, CIC graced the occasion and encouraged the participants and later distributed prizes to all participants. This year, the Ganesh Murti for Shanghai Marathi Ganeshotsav 2022 was lovingly made and decorated by our very own Tanvi Kharwadkar. Tushar Bhanushali proposed the vote of thanks on behalf of the Shanghai Marathi Mandal and the event was wound up in true Indian style with the chanting of Atharvashirsha followed by Aarti and slogans of “Ganpati Bappa Moraya, Pudhchya Varshi Lavkar Ya” marking a hopeful wait for the next Ganeshotsav in Shanghai. The Ganeshotsav 2022 event fulfilled the vision of Balgangadhar Tilak, who had laid the foundation of large-scale Ganeshotsav during the Indian freedom struggle in the 1890s to bring the people together and foster a sense of unity



SHANGHAI SANGAMAM CELEBRATIONS



Shanghai Sangamam, is an Indian association formed in Shanghai way back in 2004 – April 14, 2004. This is the day when we welcome the arrival of Spring season and celebrating South Indian New Year. The aim to form the association was two-fold: to provide a platform for like-minded individuals and families to come together and do something positive to the community as well as help and address the needs of the newcomers and the Indian Citizens in Shanghai and nearby provinces, so that they can have a moral support and make themselves feel home.

As like every other organizations, we have started with a humble beginning of 20-person group, Shanghai Sangamam has grown into a gathering of around 300+ South Indians, though people from other parts of India and even from outside of India are welcomed.

We have a diverse team at Shanghai Sangamam who are expats from India, including professionals, small businessmen, local employees and our lovely Indian women.

Though basically a cultural organization that has brought people together on many occasions, especially Pongal, South Indian New Year, Vinayagar Chaturthi, Deepavali (a Hindu festival of Lights), etc, Shanghai Sangamam does not believe in limiting its approach.

It also funds natural relief funds at emergencies or sponsor for selected student educations in India through few reliable charity organizations.

Through its various programs, the association also ensures that Indian children, who are brought up in Shanghai, do not get deprived of their culture and tradition. The cultural programs during the South Indian New Year and Diwali festivals give these kids a chance to display their talents via songs, performances, dances and other activities and bring out their “Indianness”.

People were short of vegetables and provisions during this period. Through Shanghai Sangamam and team, we were able to help and support at least 20 households to receive the necessary vegetables, meat and drinking water through various sources.

We also thank Indian Association’s involvement in organizing the delivery of Indian provisions from Abundance groceries to various households throughout Shanghai.

This lockdown taught us how we are dependent on each other, the kindness of various people and their helping tendencies and most important lesson was MONEY CAN’T BUY EVERYTHING WHAT WE NEED.



Year 2022, is a remarkable year for every citizen living in Shanghai irrespective of their nationalities, as every of us faced the citywide lockdown from mid-March to end of May this year.

So far, in 2022 we were able to celebrate only Pongal and Vinayagar Chaturthi and we couldn’t celebrate South Indian New Year due to the Shanghai lockdown.

Pongal, a harvest festival celebrated by the Tamil community. It is a celebration to thank the Sun, Mother Nature and the various farm animals that help to contribute to a bountiful harvest.

Celebrated over four days such as Bhogi (the last day of Margazhi month), The Pongal (1st day of Thai Month and Worshipping the Lord Sun for the yield), Mattu Pongal (giving thanks to the cattle that helped the farmers to raise their crops) and Kaanum Pongal (Family Re-Union by visiting relatives and friends as well as enjoying various local street activities). The Tamil month Thai, is considered as an auspicious month. A popular saying goes as “Thai Pirandal Vazhi Pirakkum “ which means the birth of Thai month will pave the way for new opportunities.



Shanghai Sangamam with a great pleasure and proud, hosted Pongal and Kolothsavam 2022 on 16th Jan'2022 at Indian Kitchen, Hongmei Road.

We ensured the ambience will feel like a native Pongal celebration, so we decorated the space with thoranam (hanging layers) of mango leaves and authentic flower garlands. In old tradition, hanging mango leaves at the entrance of the houses are believed to be ward off evil spirits and negative forces entering into the house as well as Mango trees & leaves are believed to be the home of Goddess Lakshmi.

We started the event with traditional Pongal making in a very traditional way of cooking on a clay pot on brick supported furnace, ignited with wooden sticks. For the 1st time in the history of Shanghai Sangamam, we have organized Kolam (Rangoli) competition in our Pongal event. Many women participants were excited and volunteered themselves for the competition, as it is part of their lifestyle on occasions of such festivals. We were very much thankful that we were able to find the color powder for making Kolam.



The participants started making their Kolam (Rangoli) subsequently when other guests were taking darshans of Abhishekam and Poojas for Lord Vinayaga idol. Our Lord Vinayaga idol has been given abhishekam with 11 different traditional items incl Gingely Oil, Ghee, Milk, Yogurt, Lemon, Turmeric, Sandal, Vibhuthi, Honey, Pan-chamrutham and Swarnam. Every product used in Abhishekam has its own scientific and traditional value.

Surprisingly, few guests who found there were many fresh flowers leftover, immediately they made a team and started making a colorful and floral Rangoli. Including our Chinese guests sat together on the floor and started working on the floral Rangoli (PS: Few people were complete strangers to others). We could feel their joy with their loud and funny chats with non-stop laughter for nearly an hour. This is what exactly our people do when there is an occasion at home. Super exciting.





Once the Abhishekam's were done, we have decorated Lord Vinayaga idol with ornaments and flower garlands (which are hand-made by a team of women members from our community specially for the occasion) and all the guests were given Aarti to get the blessings from Lord Vinayaga.

The event has been graced by our Honorable Consulate General Dr. N. Nandakumar together with his family.

We were most honored to have them on our Pongal event. Our Honorable CG has spent quality time in interacting with the Indian community members and their kids, stayed together with us while making Pongal, Abhishekam and Poojas to Lord Vinayaga. He was very curious and delighted in watching our women participants making Rangoli with utter patience and care.

He called up all Rangoli competition participants to explain one by one about the theme of their Rangoli. Shanghai Sangamam team requested him to select one best Rangoli out of all and we were very happy that he has explained on his very own humble way on selecting Sangu Kolam (Shankh Rangoli) as winner as it has been created with the theme of Peace and Unity.

Our honorable CG presented the gifts to all Rangoli participants and a special gift to the Winner of the Rangoli Competition. Before we wind up the event, we ensured that the group photo has been taken with all guests together with our honorable CG and his family.

Vinayagar Chaturthi, is a Hindu festival commemorating the birth of the Hindu god Vinayagar (also called as Ganesh Chaturthi or Vinayaga Chavithi). It is observed in the Tamil Month "Avanai-Valarpirai Chathurthi" or (4th day after new moon in Aavani) is special day for Elephant headed Lord Shri Vinayaka. Lord Vinayaga is the Prime God for most of the people who follow Hinduism and We always pray to Lord Vinayaga before starting any auspicious events / pooja.

Shanghai Sangamam celebrated Vinayagar Chaturthi on 4th Sept'2022 at Indian Kitchen, Hongmei Road with all our beloved Indian community in Shanghai.

In India, Fabulous foods are specially prepared for Vinayagar, keeping in mind His elephantine nature and abnormal hunger. People offer famous rice based sweet is called Kolukattai (also called as Modagam or Modak) and several varieties of fruits such as mangos, bananas and sugarcane. Sweets are the elephant-headed Deity's delight, so to express their love families take great pains to make special tasty treats.

The same way, this year we have requested our community members to bring a favorite food or fruits to offer Lord Vinayaga for the pooja. We couldn't believe ourselves with the amount of interest with the community members, they brought such diverse variety of delicacies to offer to Lord Vinayaga for the pooja ceremonies.

Our Honorable Consulate General of India Dr. Nandakumar and his family were present in our Vinayagar Chaturthi event. We were very much honored to welcome him and his family for the event.

With more than 1.30hours of Abhishekam with 11 variety of traditional items including Ganga Thirtham and Poojas, all the guests were served lunch and refreshments.

Even though, there were on and off raining on this day, the interest and divinity of our community haven't gone away. They were all stay put and continued the enjoying the abhishekam and pooja.

This year marked one of the biggest offerings to Lord Vinayaga idol with diverse varieties of sweets, fruits, and other prasadam.

Highlights of our events are

- Engaging people till the core of their interest makes the event more fun and exciting.
 - Guests and their kids are completely overjoyed with Rangoli, as we could see all the small kids were equally helping their mom as well as the other Rangoli participants with colorings and helping on decorating Rangoli.
 - Guests brought back beautiful memories of their childhood stories and sharing with their friends.
 - All the guests felt that they were in their own home's festival occasion.
 - We were able to spread the culture of celebrating Pongal & Vinayagar Chathurthi to the young generation kids and our Chinese guests.
 - And finally, Unity and Team Work brought in great joy, satisfaction and success.
 - We haven't charged the guests on both the celebrations of Pongal'2022 and Vinayagar Chaturthi'2022.
 - We were much more satisfied and delighted in seeing the happiness and satisfaction from our guest's face, following the famous old saying "Makkal Sevaye Mahesan Sevai", meaning Service to the community equals to Service to the God.
- We wish the situation in China will get better next year to have exciting and engaging celebrations in Shanghai. Thank you.



SHANGHAI SANGAT CELEBRATIONS





शीर्षक — (ठहर गया शंघाई)

रौशनियों से नहाया हुआ शहर शंघाई
सदा भागने वाला।
सदा चहल-पहल, चलाचल
बहती-उछलती नादिया की तरह गाने वाला
यह शहर सबको खूब लुभाता था
जहाँ हर कोई खिंचा चला आता था
वहाँ यकायक...सन्नाटा पसर गया
दानव से डरकर जैसे, शहर पूरा सिहर गया
विराम लग गया सारी गतिविधियों को
उड़ने वाले पंछी लगे नोचने पिंजरों को।

थी कठिन परीक्षा की घड़ी,
बच्चे, बूढ़े, जवान सबको देनी पड़ी
कैसे होगा? किसके साथ? क्या होगा?
कौन बचेगा? अगला कौन होगा?
मिलते-जुलते सवाल सभी उठाने लगे
उत्तर कोई न पाकर वे चकराने लगे।

सबको बड़ी घबराहट हुई
और कुछ कसमसाहट हुई
फिर धीरे-धीरे
शुरू सुगबुगाहट हुई।

बस थी कुछ दिन की बात
बदले फिर हालात
पिंजरों में बंद सारे
लगे करने सबसे बात

जो खड़े रहते थे सिर्फ़ फोन में गड़े हुए
अजनबीयों की तरह भीड़ बन खड़े हुए
इक-दूजे को दूर से हाथ हिलाने लगे
मास्क के पीछे आँखों से मुस्काने लगे।

आस-पड़ोस में 'ठीक हो?' 'पूछ
सब ज़िम्मेदारी निभाने लगे।
कभी किसी को पड़ी ज़रूरत तो
'मेरे पास है', यह कहकर घर भिजवाने लगे
मदद को इक-दूजे की हाथ बढ़ाने लगे
कैसे क्या करना है, सब समझाने लगे
वीचैट पर जोक्स भी थोड़े आने लगे
आज क्या खास पकाया, यह बतलाने लगे।

समय जो था सबके पास, औरों को देखने का।
वर्ना! ये सब इस भागते शहर के...दौड़ते लोग
पहले से प्लांड सभी काम करने के सिवा
कुछ फ़ालतू देखने-सुनने का नहीं पालते रोग

महीनों हाय-हेलो भी जिनसे हुई नहीं
उनके भी संदेशे रोज़ ही आने लगे
मास्क लगे चेहरों से छलकता अपनापन
हौले-हौले सभी नकाब उठाने लगे
पथरीली सी नगरी के ये बाशिंदे
शहर की खालिस रूह से भेंट कराने लगे।

यह माना के उछलती-गाती नव्या
सबको खूब लुभाती है
पर नीचे की तलहटी तो
शांत- ठहरी धारा ही दिखलाती है
ठहर गया शंघाई.....पर
धुली सी ताजी काया कुछ बतलाती है।

शीर्षक - (इंसान)

जाने कितने चेहरों को औढ़े सब इंसान होते हैं
रोज़ घूमते पहन मुखौटे और अनजान होते हैं

लड़कपन में तो हम सारे, इक संतान होते हैं
उम्र थोड़ी सी बढ़ जाए तो बस अरमान होते हैं

तरुणार्ध में आके सब बड़ी पहचान होते हैं
उम्र ऐसी में हम सबसे, बुद्धिमान होते हैं

जवानी में सभी अक्सर, थोड़े शैतान होते हैं
हों बूढ़े चाहे कुनबे में, ज़रा सुनसान होते हैं

कोई निर्बल नज़र आए तो हम बलवान होते हैं
ताकतवर के आगे हम खड़े निष्प्राण होते हैं।

मिलते हैं जो मालिक से, हम नादान होते हैं
नौकर सर झुकाता है तो हम अभिमान होते हैं

अनुचर सामने हो जब हम भगवान होते हैं
अकेले ओट में छुपके, वही हैवान होते हैं

अकेले में दिखी कन्या तो उसकी जान होते हैं।
बीवी-बच्चों के आगे, भाई जान होते हैं

लुगाई हो मामूली जो तो चंगेज़ खान होते हैं
बेगम हों बड़े घर की, तो मुँह का पान होते हैं

बयाह ससुराल में हों जब हमी मेहमान होते हैं।
मेहमान हों किसी के जब, सुरीली तान होते हैं

कहीं गलती हो खुद की तो हम अनजान होते हैं
गर किसी और ने करदी बहुत परेशान होते हैं

महँगे होटलों में हम बस परिधान होते हैं।
जो लिपटे जब तिरंगे में देश की शान होते हैं

कुर्सी पर कलक्टर की हम बड़े महान होते हैं
घर में जोरु के आगे, नन्ही जान होते हैं

हों कमजोर और कड़के तो इक सःमान होते हैं।
अमीरी गर कभी छू ले तो बस धनवान होते हैं।

ज़िंदगी है तो सब चेहरे, मूल्यवान होते हैं।
मसला इतना है कि जाने कब इंसान होते हैं

Chiraag Bansali



Painting in Pandemic

感谢所有一线工作者和志愿者。加油上海。
Thank You all frontline workers and volunteers.



Inspired by the original art work of Li Zhong (李钟), a painter of the Shanghai Academy of Painting and Calligraphy and President of the Fengxian District Artist Association.

Chiraag
19 APR 2022

For all the people living in Shanghai, 2022 is a year that will always be defined or be remembered as the year that COVID shaped their lives.

While volunteering in my own neighborhood, I was inspired to create these two pieces as a token of gratitude and appreciation.

Thank you to all the front line workers and volunteers.

Inspired by the original paintings of: Li Zhong (李钟) is a painter, member of the Shanghai Academy of Painting and Calligraphy, and president of the Fengxian District Artist Association.

感谢所有医生和医疗工作者。加油上海。
Thank You all doctors and medical workers.



Inspired by the original art work of Li Zhong (李钟), a painter of the Shanghai Academy of Painting and Calligraphy and President of the Fengxian District Artist Association.

Chiraag
30 MAY 2022

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Deepa George



A Decade in China: Home away from our home



Ten years ago, when my husband got an opportunity to work in China, little did we know that we would spend a decade of our lives in this amazing country.

Towards the end of 2012, when we were just about to complete two years of our married life, my husband gave me a big surprise when he told me that he was considering to move out of India. I was excited, but at the same time, I had a heavy heart, since I had never stayed away from Bangalore right from my childhood.

Nevertheless, I was curious to know where we would be relocating. When my husband told me that he was considering to take up a job offer in China, I was a bit confused and I asked him, “Did I hear that correctly? China? It was not surprising to receive similar reactions from both sides of the family and many of our close friends.

Now that I knew where the place was, I got in touch with my go to buddy “Google,” where I always got my instant answers easily. I was nervous, curious, and excited about our life ahead in a new country. I say nervous because, all my life, I was brought up in a very protected environment and I did not have to be bothered about doing anything on my own - I always had someone to support me physically and emotionally. In January 2013, my husband went on a delegation to Beijing. He liked the place and winter was at its peak that time. Every evening, like an inquisitive child, I would eagerly wait for his call to know about how he was settling down in the new place, since it was soon going to be my home too.

After a month, my husband told me that I could come over to Beijing for a short holiday. I was super excited, but the thought of traveling alone scared me. With a lot of motivation from my husband and parents, I convinced myself that I was capable to travel alone. I got my leave approved and applied for the visa. During my short stay in Beijing, I fell in love with the place. We had many amazing experiences which encouraged us to make Beijing our new home.

I am reminded about the initial struggle we had, to communicate our food preferences in restaurants, where we ended up showing actions as though we were playing Dum charades with the waiter. This experience, forced us to learn the pronunciations of some basic Chinese words for our survival.

I cannot miss mentioning about our guardian angels, Srinivas, and Pooja. We were very fortunate to meet them. They gave us an incredible introduction to China and helped us connect with the Indian community in Beijing. I felt very comforted that we had family in the form of these friends, when we relocated to Beijing.

When I look back, I am thankful for all the things we were blessed with after moving to China – both, the good and challenging experiences. God was in control and He had already planned things beautifully for us when He gave us this opportunity. To list a few, I got a job within two months of settling down in Beijing, in the same company that I was working in Bangalore, with a promotion as Project manager. My thanks to Mr. Naveen, my director from Bangalore, who recognized my potential and paved this path for me.

It was a tough challenge for me to work with colleagues who spoke only Chinese with a bare minimum of English. Since I was the only one who was non-Chinese, my team insisted that I must perform for the Annual day. I sang a Chinese song for the event. The audience were surprised and excited to hear me sing in Chinese. I am not exaggerating here, but the whole auditorium was vibrating with claps and cheers. I will cherish this memory forever because it was a huge turning point in my life and it encouraged me to become a part of the Beijing Sargam, a community for ardent Indian singers.

I was passionate about singing right from my childhood, but I always needed a push. This group helped me to bring out my best and I got multiple opportunities to sing for the Indian community on different occasions.

Buying a home is a dream come true for many. For me, this was extra special because, when I resigned my job in India, I felt very sad that I cannot be financially independent or continue with my career. My disappointment was short lived because God was merciful and allowed me to continue my career, in China. I encouraged my husband to save each penny from our salary so that we could invest it in a home. My happiness knew no bounds when our hard work finally paid off. The day we came to Bangalore to register our property, is still fresh in my mind. The very next year of buying the house, our little bundle of joy, Daniel came into our lives. This home was a blessing for us and other family members.

Life has not been only a bed of roses for us in this journey. We did have an equal share of painful and challenging situations as well. But we are thankful for them because they have kept us grounded and helped us become better and stronger versions of ourselves.

In 2018, my husband was transferred to Shanghai. Bidding farewell to Beijing was heartbreaking and starting afresh in Shanghai was not easy. Fortunately, within a short period of time, we were blessed with good friends and we could settle down well. I wanted to recharge, reflect, and explore things with my son, so I did not take up a job in Shanghai.

Just like everyone else faced, the COVID-19 lockdown in 2020, brought in fear and anxiety in us as well.

We decided to stay back in China and this period of lock down taught us that adaptability is the secret to life.

Having plans and goals are great, but when things do not happen the way we expect, we feel choked. If you are adaptable, you will figure it out. With all this self-motivation, we successfully survived the first lockdown and were immensely grateful to God and everyone around us for keeping us safe. Being associated with the Shanghai Kannadigaru community helped us feel connected with home, when travel is a distant dream.

The second lockdown in March 2022, came in as a big shock for us since we were not prepared for it. It literally paralyzed us mentally, emotionally, and physically. Though I tried very hard to keep myself motivated and hopeful, I constantly failed. It was a real nightmare, since there was no clarity on when the lockdown would be lifted and I was struggling to make peace with myself.

During these low moments, I was reminded of the healthcare workers and volunteers who tirelessly risked their life to make things work as expected. A couple of my Chinese friends who lived in our compound went out of their way to ensure we had enough food and other commodities for our day-to-day life. The members in our Indian community, constantly checked on us to find out how we were doing and if we had enough Indian groceries. All these kind gestures, slowly helped me to realize that I must shift my focus on being thankful rather than constantly worrying about the uncertainty that was lying ahead of me. It was not easy for me to come out of that mode, but I consciously started practicing gratitude, one day at a time by focusing on being consistent rather than being perfect.

Towards, the end of April, I happened to read a poem 'Everything is not locked down.' I do not know who the author is, but I just fell in love with it, the moment I set my eyes on it. The poem boosted up my spirit instantly and it helped me to be grateful in the current state.

As I journey in my tenth year in China, I want to thank God for giving me the opportunities which shaped me to become a better, stronger, independent and a humbler version of myself. When I look back, I am grateful for both the good and challenging situations that helped me to take those risks and come out of my shell, for all the people I have met in my journey this far and for all the experiences that have taught me that "You are confined only by the walls you build yourself."

A decade in China, has truly been an enriching experience for me and my family. The new experiences we gained has positively changed our mindset, values, and ways to look at the world. Thank you, China, for giving us a safe place to work and live.



Deepa George lives with her family in Pudong, Shanghai. She has a Master's degree in Microbiology. In her free time, she learns piano, does sketching, painting, baking and gardening. She also helps her young Chinese friends, prepare for the IELTS exam

Dhanalakshmi Balabaskar



Lockdown

This world is asking
Why did you come
Staying inside
Without other seeing
Online education is
Stepping into kid's life
Family's play game that
Helps to reduce stress
Online shopping doesn't help
But neighborhood's
Vegetable sharing make
Us happy!!...

You gave unknown
People's love
But why did you separate
Us from our loved ones!!
It's a big relief to see
Husband and kids
Eating without rushing

I'm one of the many who
Think that this
Lockdown has slowed down
The clock of hectic life
And gives us
Beautiful memories that
We cherish
Inside our hearts...

Dhanalakshmi Balabaskar



Passion and Confidence

Passion is important because it can be the difference between a life that mediocre and a life that's extraordinary. It's what allows us to see into our full potential and achieve great things. Ultimately passion is something that we each have to find for ourselves.

Every doors and window were closed for all of us , but it's not for passion. God taught me this. One lockdown day I was invited to give SS Ted talk to international students. That was my first time to speech in front of young children. I'm passionate with my WRITING (stories) not giving speech . That makes me so nervous and I asked myself can you really do it?!! Then I realized god gave me this beautiful opportunity to convey some good things to young generation.

So I decided to turn my writing into speech and prepared on these topics (culture , humanity , honesty) One of great day in my life is may 3rd I gave them my speech and found them totally engaged in every one of my presentations which is brought me to happy tears , at that moment something popped into my head, it is

“PASSION and CONFIDENCE ARE FRIENDS, IF YOU’VE CONFIDENCE IN YOUR PASSION IT SURVIVES THE LIFE TIME and TAKES IT TO NEXT LEVEL OF SATISFACTION ”



To achieve great things in our life we need to find out our passion and pursue it wholeheartedly.

I'm grateful for this wonderful opportunity that I've had to express myself creatively and I will continue doing so for years to come with god grace

I'm Dhanalakshmi Balabaskar, a house wife, mother of daughter, living in Shanghai with family, who is passionate with writing, love to do volunteering and gathering

Harsha Niraj Kumar



Explore The Unexplored

It was day when we were planning to shift from Singapore to China (Shanghai),and when we were winding up things a friend of mine who's Chinese came to me and asked are you sure to shift China? I was puzzled and asked her why are you asking this question and she said how come you guys plan to go China as language is barrier and you are being vegetarian you will definitely have problem. I was little worried as she being Chinese and asking me such question I came home and discussed with my husband and he said its ok let's try and explore,if we are not comfortable will shift back to India.

Finally we moved to China and its been 7years now, we had never faced problem with language and food as people over here are very nice and cooperative.I started learning Chinese within a month I landed in China as I wanted to learn new language and I became little confident in talking with local people in Chinese because my Chinese teacher advised me to do so, and as days passed by I became more and more confident. I stay in Pudong district and joined in Zhangjiang Community service center, and served for zhangjiang community with various activities .On September 9th 2022, I and my family been invited for an family fun event but to my surprise I was been nominated as an Top Ten Volunteers and been recognized with a certificate. Thanks to the community to have faith in me and certified me as an top ten volunteer.

Thanks to my better half (Niraj Kumar)and my lovely kids (Suhana and Kavish Jain) who had always supported me in every decisions I make and we always believe in “EXPLORE THE UNEXPLORED”



Jison Jose



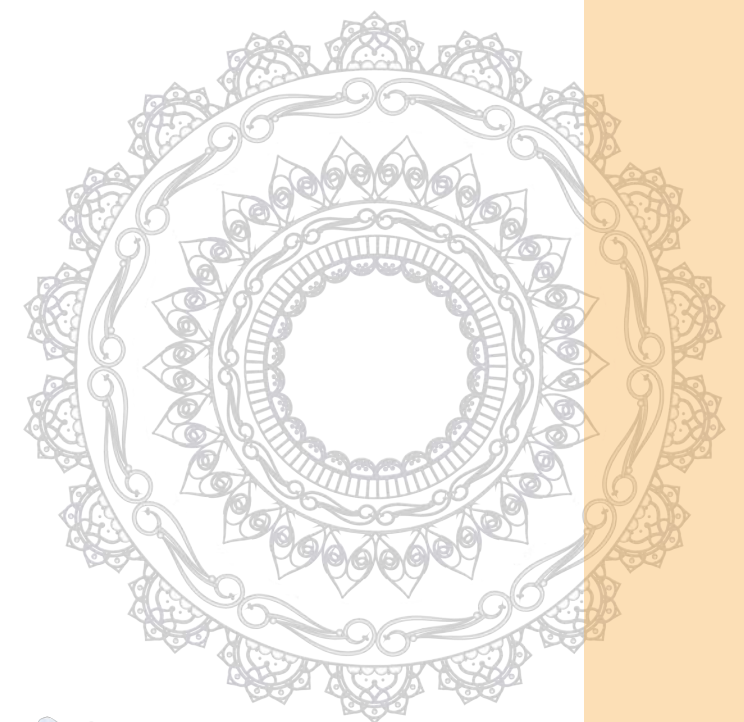
Jison Jose lives with his family in Pudong, Shanghai. He has been in China for 10 years. He is passionate about sketching, painting, baking, cooking, dancing and playing the guitar.



Pallab Das



Pallab is a Freelance Apparel , Graphic designer and Illustrator. Presently he is based in . He worked with leading Fashion Brands from India (Raymonds , Aditya Birla Retail, Arvind Brands) and international clients like Levi's, Royal Enfield and many more. He is associate with many D2C brands and start-ups on Brand and Identity Design and web illustrations. Pallab graduated from NID , (National Institute of Design) Ahmedabad. He lived in Kolkata, Mumbai and Heidelberg, Germany. His hobby is painting and cooking and likes to spend time with family. His main interest area in illustration is people and daily life in simplistic form with touch of humour .He speaks Bengali, Hindi, English and German. He is very enthusiast about new innovations and applications of technology specially in Lifestyle and Fashion Brands.



Pranav Edavi

Pranav is a third year MBBS Student at Fudan University, Shanghai.



Richa Sharma



My journey on trying and creating options for healthy food had been very exciting (and some time adventurous !) in last couple of years . I have dabbled on multiple areas including baking , sugar less , air fry , substitute options .

One thing led to another and it was not until few months back when IA announced Millets cooking competition that I started exploring Millets as ingredient. Millets is gaining popularity in the world.. the talk by nutritionist Rujuta Diwekar gave more insights . Since then I have tried multiple variants in baking , snacks and with some very good responses.

Participation in IA organized competition and the recognition I received further motivated me to continue on this journey .

I am looking forward to continue to create healthy and yet tasty options in times to come.

Your Trust is my inspiration-



Ratnadeepa Dutta



Illustration by Pallab Das

I am Ratnadeepa Dutta and presently working as Lead Process / Project Engineer – Acrylics with BASF (China).

Sreemoyee's life was immensely boring as well as depressing since she moved into the new place. Every time her husband, Malay gets a transfer due to his new position, she has to always move with him to the new place. The couple are married since more than 10 years now.

Malay is an IT professional and is working in a multinational organization, with his hard work, he earned a very good reputation and is relatively successful in his career. As usual good reputation always brings additional responsibilities and that makes Malay extremely busy with his work. On the other hand, Sreemoyee is a happy go lucky girl. She loves to enjoy each moment of her life, she is very creative, she keeps on trying new things and she is also very passionate about singing. They both perfected each other.

Sreemoyee could still remember the 1st day when she came to know that a new life is going inside her. She could still see the sparkle in Malay's eyes when he heard the news. The couple started planning to welcome the new member. The families from both sides were equally excited and as this was going to be the 1st child for the family, their parents insisted Sreemoyee to come to her hometown, that they could take special care for her, could perform all rituals. Everything went as per planning, but near to her delivery there was the outbreak of the pandemic, Malay had plan to come back to his country before the delivery, but eventually all flights got cancelled. He tried till the last moment but couldn't manage to come out.

Most countries closed their border. The situation was very bad in their hometown, and hospitals and medical facilities were overloaded. Sreemoyee was going through so much tension and stress, Malay kept on calling her, providing her moral support, confidence. But God had a different plan, in the end, despite all special care, Sreemoyee could not manage to keep their baby alive.

Almost after 3 months from this incident, Malay finally managed to come to his hometown. By that time Sreemoyee became little stable. But she was no more the earlier Sreemoyee. Malay requested his office to transfer him to a new location. Malay was convinced that a new place, a new beginning would help Sreemoyee to slowly come out of this depression. At least, each time after shifting, Sreemoyee used to get busy with arranging things, decorating the house, making her own garden, exploring the new place.

But this time, it was different. They have moved to the new place almost one month ago. But there was nothing that could excite Sreemoyee anymore. Since she moved into the new house, she confined herself mostly in her bedroom, never went outside, spent almost all the time on the bed. Malay kept on trying to take her out for a walk, but she refused every time.

This morning was also like all other morning. The weather was pleasant, with clear blue sky and puffy white, cotton top clouds sailing on it --- beginning of Autumn. Malay left for office already, Sreemoyee was finishing her breakfast. Looking at the beautiful sky, she thought after many days to go out for a walk. She doesn't like crowded place anymore, but Malay said that there is a beautiful river just behind their house. She can sit for some time on the riverbank or may be walk for a while.

The streets on the weekdays were as usual very busy. Sreemoyee was trying to walk faster so that she could get out of this crowd. After a while she could hear the streams and see the beautiful river. There was hardly anyone, the place might be crowded during the weekend. The area was well maintained, clean, full of green around, the river water was so clean, Sreemoyee could see her reflection, she has stopped looking at mirror as she could not face her anymore, she could notice that her charming face has become gloomy,



has developed wrinkles, and dark circles around her beautiful eyes.....Sreemoyee took a deep breath... she decided to sit on the bench for some time. And then she noticed an old woman dancing on her own. The lady was wearing a red top with a dark red skirt and holding a Japanese hand fan, Sensu. There was so much peace on her face, and a very relaxing smile. The world around her, so much pain, sorrow, depression -- apparently nothing could affect her, nothing could distract her from her devotion.

“My Granny”, Sreemoyee turned back when she heard the voice of a little gal. She was so mesmerized – she didn't know how long she was staring at the old woman. The little gal was smiling at her, the old lady was still dancing. “My Grandpa passed away last year, you know this Virus.....it's very difficult for my granny to live without my grandpa.....but you know she is

very strong....she is a dancer and my grandpa used to always encourage her for dancing, so she continues to dance....every morning she comes here and dances like this.....she believes grandpa can see her dancing, from the other side of the world and can feel happy like before. This is her belief....and she lives with that.....this moment is her very own moment, rather their moment.... she is so beloved,” the little girl had a very feeble voice, but the words already touched Sreemoyee's soul.

After many months, there was a smile on Sreemoyee's face, at the same time tears rolling down her face. She was so lost with her own world, that she almost forgot that everyone is going through this pain. Malay also has lost his first child..... his pain is also not less..... the whole world is going through this pain, instead of trying to come out of the phase she was immersing herself in the ocean of sorrow. Her baby, the little gal who could not get the chance to see the world, may be also looking at her from the stars, and may be also crying with her. She may be also waiting for her mom to sing for her.....to smile for her.....to live for her. Sreemoyee can see the light at the end of the tunnel, her loss can't be compensated, like the loss of the old woman.... but she must find her own happiness exactly like the old woman found even towards the end of her life. Yes, Maa, our mother, Goddess Durga is coming..... there is happiness all around..... this pandemic made so many changes to the world but couldn't bring down the spirit. There is life everywhere.....and there will be life everywhere.....new life.....new beginning.....new World.....Sreemoyee starts softly “Asatoma sadgamaya / Tamosoma Jyotirgamaya, Mrityorma Amrityam Gamaya Shanti Shanti Om !” (From ignorance lead me to Truth / From darkness lead me to Light / From death lead me to immortality.... Om Peace Peace).

Sudheer Uralath



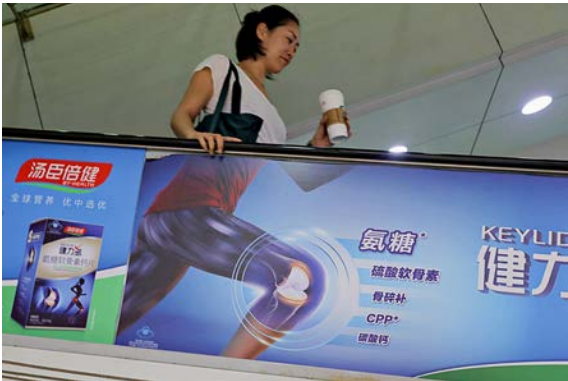
Sudheer Uralath is always fascinated by the unpredictability of moments. The creative core compels him to capture its varied nuances, contrasts and chaos. Trying to portray the symbiotic synergy between the street and its subjects, he steals their souls. We see life in its lights and darknesses, shadows and shades. A palette of colors appear- divergent and dreary, classy and clumsy at the same time.

Exhibitions :

- 2014 Chiang mai, Thailand (group)
- 2015 Chiang mai, Thailand (group)
- 2016 Kerala, India (solo)
- 2016 Ningbo, China (group)
- 2017 Kerala, India (group)
- 2018 ,Kerala, India (Solo)
- 2019 Ningbo, China (solo)
- 2020 Illinois,USA (group)
- 2021 Offenbach, Germany (group)
- 2021 Ningbo,China (Solo)
- 2021 Ningbo photographers Association (Group)
- 2022 Ningbo, art and cultural centre ,China (solo)

Publications

- National geographic magazine (your shot)
- ISP international street photography magazine (Russia)
- Mots de images magazine (France)
- Ningbo focus (china)
- SPT (street photo Thailand)
- Blive magazine (India)
- Arteria (India)
- Phottam magazine (India)



Surbhi Gupta



MY LIFE IN SHANGHAI AFTER COVID

As covid has brought a paradigm shift across the whole world, being a small spec in the ever-evolving cosmos, my world changed too. Shanghai is such a vibrant city and can provide huge opportunities for expats to explore their inner talents and groom them the way they want to. Having not left Shanghai for the past two and a half years, I strived to see the possibilities and made my life an endless project- changing, evolving, and surprising myself; all the while gaining strength from the madness around.

As I look at myself today from where I started- as a science teacher to a hands-on mom; to a home tutor I am continuously evolving my creative side in the multitude of areas I am learning and growing.

In April 2020, the stress and fear the pandemic brought along the hitherto unknown virus and its spread; made me withdraw from my obsession of reading news. The sustainability enthusiast in me started exploring the internet to make use of my ribbon collection. As they say, hope in the day, strength in the heart, and faith in the Universe make a great start! I started learning ribbon embroidery on the internet. The beautiful first piece I created received so much appreciation that I was motivated to explore more and more and, in a few months, I had a lovely collection of handmade ribbon embroideries. Sharing enriches everyone with more knowledge. Being a teacher all my life, naturally, I started teaching ribbon embroidery. With such supportive people around and the ease of access to all kinds of materials here on Taobao; by the end of the first year, I had created a few videos on Social Media, started my own channel, learnt how to frame the embroideries and displayed my works in the community.

All this when before 2020 needlework had never been my cup of tea! The confidence I gained with the needle led me to embroider a spider-man Rakhi for my son. A chance interaction with someone in need of Rakhi that year led me to realize people need Rakhi here. With the intention of bringing festive joy, I started making customized designer rakhis. With choices as diverse as people of our country, I have made whatever designs each one wanted; accommodating their color choices and the thread choices too. Starting from simple ones to embroidered ones, personalized alphabets, Om, photo rakhis, and evil eye rakhis; I have made around 200 rakhis in the last 3 festivals. These delicate bonds of love have bonded me to so many lovely people from Shanghai and as far as Shenzhen. I am totally humbled by the immense love and blessings showered on me by all. Recently someone told me that, 'if it hadn't been for the rakhis I made for them, they wouldn't have celebrated Raksha Bandhan this year.' Though I know that's said out of sheer love, nonetheless it motivates me to keep going further with my creative ventures.

Taking life as it comes is a blessing and going with the flow in life brings pleasures unknown. In November 2021, 'Indian association Diwali Nite' provided a beautiful opportunity to explore classical dance. It was my first such dance performance after two months of rigorous practice for long hours, with a group of nine Dancing Divas. The musical play was based on the Bollywood epic movie Mughal e-Azam. It was a magical performance & the overwhelming appreciation and applause were a testimony to the innumerable hours of intense practice we all had put together.

The combination of thought and action defines creative confidence: the ability to come up with new ideas and the courage to try them out.

Last year while searching the internet, I chanced upon washable makeup remover wipes. These are made by sewing together a cotton cloth and cotton towel; thus, can be reused after washing - a sustainable alternative to the use and throw cotton balls used by everyone to remove makeup. A single reusable wipe saves thousand cotton of balls to land in landfills.

'We do not inherit the Earth from our ancestors; we borrow it from our children'

Being a sustainability enthusiast, I strongly believe in this statement. I have been associated with my kids' school parents' sustainability group- Eco Panthers, for the past few years now. It's a group very close to my heart, in which we share weekly eco tips and conduct a few sustainability workshops. During my association with it, I honed my sewing skills. So last year I started making makeup remover wipes. They were an instant hit with all. As part of a Coffee and Crafts workshop, demonstrated to the group how to sew them. Further, I shared it as an after-school activity with kids for Mother's Day in the school. Later on, during the lockdown also shared them with a few neighbors.

Craft can help with emotional well-being and keep our brains active. Had a wonderful online sustainable craft session with Dulwich senior school kids on their well-being day during the lockdown. It was a pleasure making a tote bag from an old T-shirt with such enthusiastic kids.

Later when the lockdown was over, spent this scorching hot summer vacation, teaching ribbon embroidery skills. Had an opportunity to conduct my first embroidery workshop in Puxi with a wonderful group of zealous, super enthusiastic girls and moms.

Meanwhile, last year, made a few sketches for a few friends as their parting gifts and gifted a few ribbon embroideries as farewell gifts to some close friends as well. Also tried my hand at personalized silhouette cut-out cards for birthdays/ anniversaries of friends. Later, created a silhouette cut out

of friends with a Shanghai skyline backdrop, for someone who wanted to gift it to a family friend on his birthday.

Evolving with each of my creations, I started making embroideries customized according to the design, color and size requirements of friends. Embroidered my first 30cm * 30cm piece - Spring Basket, with ribbon embroidered cherry blossoms and daisies. One of my embroidery closest to my heart was 'couple hoop art embroidery'. I made it on a friend's request who wanted to gift it and it came out as a real masterpiece on my first try. This led me to make a friend's hoop art with the Shanghai skyline in the background which is loved by everyone and is in huge demand these days.

While I continue with my passion for tutoring Science and mathematics to kids from various international schools, I love exploring my creative side during my free times when the kids are in school. This Independence Day, I volunteered to apply henna(mehndi) at the consulate event. Taking life as it comes, I joined a women entrepreneur market, at Hotel Shangri-la organized by the Women Rising Beyond group. Later was called by Yijian library, Pudong to display my works. I am committed to bettering myself and leaving footprints of love and kindness on each step of my journey.

Happiness is not only about expecting the best to happen but about accepting, whatever happens, is for The Best.



Vaibhav Gupta



Three and Half Years Out here!!!

Epilogue: Yes, this story is about the journey which started 3 and half years ago and still going on. I arrived on 4th March 2019. Before starting the story let me tell everyone about myself. I came from the city of Indore, Madhya Pradesh and had been working for Ubisoft Pune since 2013. I was selected and transferred from Pune Studio to Shanghai Studio after doing series of interview rounds. Since belonging to small city (at that time now it has been developed a lot) I am connected to my roots and being religious I am vegetarian as well. I haven't travel to different cities in India henceforth this was my first International Travel to Shanghai. I was nervous after my selection and doing my international travel, but my parents were paranoid sending me to another country. I was accompanied by my friend colleague, so I was bit relaxed. Another reason for being relaxed was that we were coming only for one year contract. When everything was finalized, tickets were booked everyone around me were worried about me, relatives were saying how will I survive in the city where it is hard to find vegetarian food. This made my parents more worried, and they packed my whole bunch of food stuff eatables in one bag. Everything was packed I left Pune from my sister home to Mumbai International airport and check-in to Mumbai Airport. To my surprise at the ticket counter when I was weighing-in I got to know that I am way above my 30kg weight limit, and I paid hefty amount as an extra luggage fee. We finally said goodbye to India on 2nd March 2019, Saturday.

Welcome Shanghai: We arrived Shanghai next day on 3rd March 2019, Sunday. I can't express the way I felt when I landed in Shanghai. It was a bit of mixed emotions; I was thrilled for my upcoming adventure as well as was nervous as everything was unknown and unfamiliar. Being it a new city, new language or new people I was going to meet I was ready for the new journey of my life.

One chauffeur picked us to drop us to our hotel, to our surprise one apartment was booked on the same date and my friend's apartment was booked for the next day. Since it was Sunday so we couldn't contact any company personnel and you can imagine how panic the situation was for us, luckily there was a manager who could speak English so first day we shared the apartment and later we decided to stay in the same apartment but double our stay. On Sunday we didn't have anything to do so we went out to find out how can we commute. Thanks to our HR I knew which app should be preinstalled before coming to China and how can we use the map here in Shanghai (though it still was in Chinese).

On our first day in Shanghai, me and my friend had rest in the hotel and later went to walk around the hotel to search for something to eat, we found a McDonalds near our hotel. When we were waiting on the traffic signal to cross the road a funnily scary incident happened, a guy appeared from nowhere and started to ask you need Massagi (that's massage), good hot massagi and started to grab us by hand. We rushed to cross the road as soon as signal turned green and later we laughed so hard. After reaching McDonald's I was disappointed to know that it didn't have any vegetarian burger. I survived my first night by eating fries and ice cream as no vegetarian option was available in McDonald's.



First Day to Office: 4th March it was our first day to go to studio and I was super excited for the same, woke up quite early and got ready to go. We stayed at 36th floor and when I was going down in the elevator for having my breakfast, I realized that the lift doesn't have any number 4 floor I got to know after few days that it is because that the number in Chinese is not considered lucky so old buildings don't have that number. I ate lot of dishes in my breakfast as I was not sure what I will be eating during lunch. Me and my friend after finishing breakfast left the hotel early so that we can reach office before time. We went to Line 12 Jiashan Road subway station, and I was amazed to see the ticketing system and travelling for the first time in the subway. We get off on Hangcao Road subway station and walked towards the office.

We reached our studio quite early and completed our formalities, we went for lunch to nearby canteen, and I could only eat rice, boiled vegetables and homemade mixture made by mom for lunch. After finishing first day of work, we left for our hotel and went again to McDonalds to eat our dinner. For my everyday lunch was rice and boiled vegetables and dinner was fries. I soon realized that surviving being a vegetarian here in Shanghai will be quite difficult. We stayed in the hotel till 16th March and on the last day of our surprise we found Lotus Land was near our hotel. We couldn't resist and ate lot of Amazing Indian cuisine on the last day of our stay.

We found apartment near our office, which was around 2.5km walking distance, initially I was not aware how to commute to the office, so I used to walk 1km away from my apartment to Gudai Lu subway station and get off Hongcao Lu subway station then walk to office, I realized after 1 month that we were taking long distance to travel to the office. Learning general travelling method took us a while. My boss and colleagues were quite supportive to help us in every aspect to settle us down. He helped us by travelling us from nearby bus stop to office which reduced our time and effort to daily commute.



We got to know about Mobike and Hello bike after couple of months which made our life easier. Our boss also helped us in purchasing of household items from Ikea and after one month of settling down I made my first Aloo Sabji. We found nearby Metro supermarket and bought our daily vegetables from there. By this time, I started to translate the labels which were in cheese, bread and ice-cream and found that cheese have rennet (part of calf intestine used for making cheese), bread have eggs and ice-cream have eggs and gelatin which made them non-vegetarian. This made me to scan each label and translate them to know the ingredients. We were enjoying our stay to the full after 6 months of stay I went to Bachata dance class with one of my colleagues. Being conservative I was quite shy as the dance was quite sensual and never did that before. This was another amazing and new experience for me, made lot of new friends here.

Extra curriculum Activity: As it is said that everything is written in fate so meeting an Indian friend named Sameer in the dance class was the part of fate itself. Sameer introduced me to Spartan training group which was preparing for spartan races. Initially I was not aware of what Spartan group is. Later I found that this group prepares for Spartan races held in China.



Spartan race is obstacle course race which is done either solo or with the team. Being adventurous person, I was thrilled to join the group and know more about spartan races. I was not well prepared for the race but still joined it. I registered for Spartan 5km race which was supposed to held in Shanghai but due to COVID-19 it got cancelled and I shifted my race to 5km Chongli, since we were travelling to other city my friends suggested for me to register for 10km race as well. I registered and we started to prepare for the race. In the preparation group I met another friend Lenka which ran several races of 5km, 10km and 21km before and both Sameer and Lenka inspired me a lot to get better for the races. While practicing I got to know Lenka is a vegan and she helped me to introduced to join Own What You Eat group where everyone discussed about sustainability and practice healthy lifestyle. Lenka also introduced me with vegan restaurant Duli where I organized my first and last vegan get together. That was the first time I learned more about Veganism. On other hand I met Chhaya Chaudhary in Own What You Eat group where she posted her amazing creative fusion of Indian Cuisine. She Introduced me to the Indian Food group where everyone shares unique cuisine. Chhaya di took part in Zrou Chilli Cook of competition in which we supported her. We won 1st prize in the competition, and it was unique experience for me.

Being vegetarian and part of Indian food group it helped me to develop my culinary skills and I started to love making food at home. I usually make my own food and order very less from outside. This three and half years taught me lot about vegan food and culture.



I made lot of friends who helped me in this journey till now. Definition of vegetarian here is quite different as compared to India. People if they are vegetarian mostly eat eggs and fish here. In some of the famous Chinese breakfast even it is made of vegetables to enhance the taste they add little bit of lard (pig fat) in it, so this made me realized that I cannot rely on simply being vegetarian here. Initially it was difficult for me to eat outside now I have lot of options and I usually eat in vegan restaurant. Being part of vegan food group, I got inspired and tried to be vegan and it helps me to indulge in trying new varieties of vegan food.

I was also lucky to learn from the Chefs of CieCas where we learned different countries vegan cuisine and share the stage with Chef Chhaya.



After knowing Indian community here, we organized and celebrated lot of festivals together. We were able to successfully organize Diwali and Holi events in which Vegan food was praised by all. Everyone enjoyed the festival and I rarely felt that I was away from home.

Initially I was here with my friend for 1 year mission, but my company loved our work and made us permanent. I have learned a lot in these part 3½ years and made lot of friends. Shanghai become my second home. There are amazing vegan restaurant out here like Duli, Green Common, Green Friday, If Vegan, Green Vege, 12 Karma, Pizza Topolino etc. who makes superb vegan food and helped me in my journey to be vegan. These three and half year out here taught me a lot and changed me in several aspects. These 3.5 years made me confident enough that from not knowing to cook anything to developing the skills of winning 3rd prize in Millet Mania cooking competition.

Since I arrived, I had lot of fun whether being it visiting lot of amazing places in Shanghai and trip to Zhejiang with friends, taking part in Spartan races, 1000 Push up challenge learning Dance and participating in Flashmob in Shanghai, Doing Fitfam challenges and taking part in their Halloween events.

Its fate which brought me here to meet awesome people like my sisters (Chhaya di, Shilpa di & Sariga di), my friends (Anand, FS Studio, Sameer, Cecilia, Hannah, Ludovic, Lenka, Jack Liu, George, Terry, Penny, Kayoko, Dawn, Phillips, Terry, Emma, Annie, Marius, Indian Food Group, TTB group, Sportspal Tribe, vegan and non-vegan friends and list is endless) and my colleagues, whom I become close with and learned a lot from them. I thank each and every person who crossed path with me in this awesome period of my life, teaching me valuable lessons in life and motivating me to grow and learn more day by day. I hope I continue to make new friends and experience more such amazing adventure in my life till the time I am here.



Zainab Noorain



1.Tough time

My stars are not aligning
The sun is sad, not shining
The path is rough
Going back home is tough
I miss being me
And keep crying why me??
Waiting for the winds to change
I'm ready to walk on roads strange
To reach you for one last time
And tell you, you are my life's prime
World would seem right and true that day
Fears and tears would run far away
The sun shall shine bright again
Finding happiness my heart would not contain.

2.I will be there

All through my life
I have given you love and care
No matter what's the situation
Believe me I will be there

Holding your back
Whispering in your ears
You will always hear me
Asking you to put down your fears

Time will fly past
Changing every person you meet
You will still find me
With a happy face to greet

For I love you beyond words
Or anything can describe
You give me hope and sunshine
From you is my vibe

I will put all my energy
If i have to save you someday
Will bring you back from ashes
Even if God comes in my way

3. India is our Pride

India is a country of traditions
Famous for its festive celebrations
India is rich in its culture
It's has numerous unique sculptures

Indians are known for various dance
Don't miss to see if you get a chance
India is defined for unity
There lies the countries beauty

India is worth every praise
For its a country which has amazing grace
Indians can fight against any tide
When they stand side by side

Indians have made the world turn around
By finding things unique and profound
India has a future bright
Saying that gives me a delight

India is a country of flavours
Be it food or neighbours
Indians make friendship deep and strong
And they keep it for very long

India is the jewel of the world
It has Love and kindness unfurled
With love we have always cried
India is our pride!!
India is our pride!!

4.Hum jante hain

Khuch bhi nahi se kuch banne ka safar
hum jante hai
Logon ke badal te awaz aur andaz
hum jante hai
Kal jo keh ke chup karatethe
tumhe nahi hoga pata
Aj puchne aate hai
kaise hoga ye bhala zara hume bi bata

5.Bharat

Bharat hi humari aan hai
Bharat hi humari jaan hai
Rang birange bhes hai
Bhasha bhi anek hai
Haath mei jab tiranaga aaye
Hojate sab ek hai

Bharat hi humara garv hai
Bharat jeevan ka parv hai
Holi ke rangon mei rangte
Eid ke din gale hum lagte
Diwali dushehra tyohaar humare
Khushion ke vyavhaar humare

Bharat duniya ka gulistan hai
Bharat veeron ki dastaan hai
Uski khatir hum mar bhi jaye
Dushman ko hum maar bhi aaye
Tiranga humari shaan hai
Usi se humari pehchan hai

Bharat duniya mei anmol hai
Bharat ka na koi tol hai
Shunya ko humne sikhaya
Ahimsa pe chalna humne bataya
Yoga, gurukul, Chadhurang duniyane humse sikha
Bin Bharat ke duniya pad jayegi phika phika

Bharat tum ho humara watan
Hum gul to tum ho chaman
Duniya mei jahan bhi jayen
Khushbu Teri phelayen
Ragon mei humare tiranga behta
Dil cheer ke dekho, Bharat Bharat woh kehta
Bharat Bharat woh kehta

6.Mera Desh

Us zameen mei ek kashish si hai
Hawaon mei bhi ishaq sa hai
Asmaan jaise khila khila
Gulon ka rang usme mila mila
Wadiyon ki alag shaan hai
Nadiyon ki apni pehchaan hai
Sarhad paar se aate hai panchiyan
Batorne apne hisse ki khushiyan
Chalungi mei bhi kabhi udh ke wahan
Basti hai meri jaan jahan

Zainab Noorain is an IPC educator at JCID School. She loves to cook, travel, draw and pen down her feelings when she is not teaching. She passionately nurtures her hobbies and takes opportunity to inspire others to follow their passions. She strongly believes in celebrating life through all the situations.





Aarushi Reddy



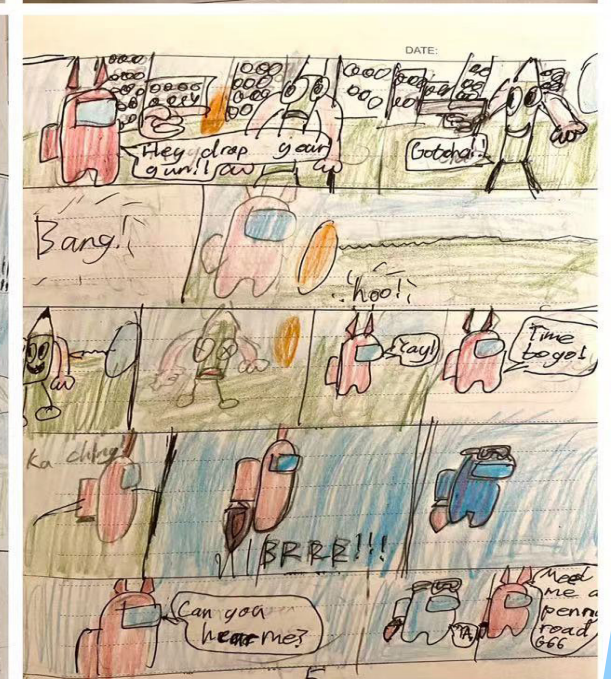
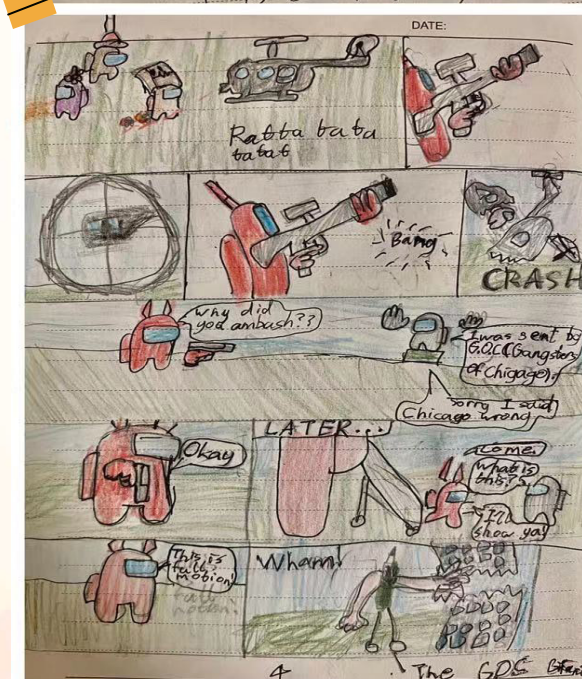
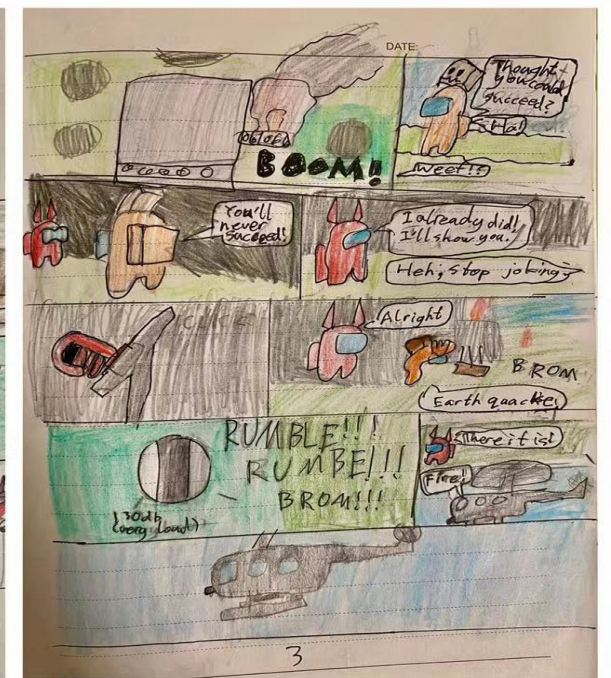
My name is Aarushi Reddy Patpi. I am 9 years old and I live in Hangzhou. I am in grade 4, studying at Wahaha International School. My inspiration to paint is my cousin sister. I never knew that I could paint well until I have recreated my cousin's painting. Now I am passionate about painting and learning more about it. Apart from painting, I am also interested in other arts and crafts.



Aditya Bose



9 years and studying at Shanghai Singapore International School
Here are some illustrations from the comic book, that I am creating. The book is based on the popular cartoon character "Among Us".





Aryan B



Grade 7 student, SCIS

I dream to play soccer for my country India one day. Maybe, right?

This poem "Take me home, Starry nights" is my expression of dreaming and hope everyone who's reading this- big people and young people, continue to dream and keep playing with your passion to make dreams come true.

Take me home, Starry nights

Staring at the starry night,
Against the so very bright light,
I try to relax my eyes,
But as the stary night flies,
I see a beam of bright red and orange light above me,
Something is coming towards the sea right next to me,
I run,
One by one,
One step at a time,
My mouth tastes like lime,
And I look back at the big object,
It's gone...
And I yawn,
All the way back home,
All the way back to Rome,
While roaming around and telling the most fantabulous story,
I feel like I just made glory!



Ayanaa Balabaskar



I like to read, I like writing poems, and I like music- My name is Ayanaa Balabaskar, 9 years old, 4th grade.

COVID-19

You have been here for years you
Are killing people day by day you
Are destroying every single
Civilization one by one
Covid-19
Please go away



E-LEARNING

“ We used you for a several years
We don't need you anymore our
World is getting better but
Anyway good thing you're here
E-learning

”





Aleeka Biswas



Grade 3 - SMIC School. Aleeka lives in Pudong, Shanghai, and greatly enjoys drawing animation, and playing golf.



Daniel Jison



Daniel Jison is 6 years old. He lives in Pudong, Shanghai. He is passionate about drawing, painting, singing, dancing and playing the piano



Drishti Pattnaik



Hey! I'm Drishti Pattnaik. I'm from Odisha, India, but I have lived in Shanghai, China for the past 13 years. Currently, I am in grade 8. I've discovered that reading and writing is a passion of mine. I enjoy crafting stories and plots and forming words into articles. I'd also like to consider myself as an aspiring artist. Through the few months during lockdown, I've done some pieces of art with the limited supplies I've had, and I'd like to share them with you

Covid 19- Lockdown

"Be careful what you wish for" was something I had heard many times before. At that time, I paid no heed to it. In my head, I wished I didn't have to go to extracurricular classes.

My wish came true.

Because now, not only did I not have to go to those classes, I did not have to go to school either! At least, not in person. We still had to attend classes online but, I thought, that's better than nothing, right?

Wrong.

The first few days before online school, I was overjoyed at this new turn of events. I could wear whatever clothes I wanted to class, there was no more rushing to get to another class, and I could sit comfortably in my room while having class. Fantastic, isn't it? Yes, it is fantastic, or at least it would be had that been the case. Alas, nothing was that simple in life. Students still had to wear their uniforms, still had to turn on their cameras, and still had to have ninety minutes of class. Gradually, my euphoric state of mind began to crumble, and I was left with anxious thoughts.

It was difficult to adjust to these new circumstances. The internet was a constant enemy, disconnecting at the worst times. Class participation was particularly bothersome. At school, we could raise our hands and speak; easy! With online classes? Not really. Sure, Microsoft Teams did have icons to help with that. Problem solved? Not so much. The software often glitched, and the microphones randomly decided to shut off.

Other problems were present too. How could I interact with my friends? What about group projects? And presentations?

Gym class (a.k.a. physical education) was hard to adjust to. In this class, students do different exercises and stay fit. Of course, any type of physical exercise requires space to perform it. I have seen many of my classmates struggling to find space, usually confined to the small amount of space in their rooms or a narrow area in their corridors. I felt grateful for the large area in my living room that suited the tasks we did in gym class.

Music class was another obstacle. Playing instruments over a call proved to be incredibly bothersome. Lags were a thing, and no matter how hard we tried, none of us in the orchestra could play scores together – It honestly sounded more like a mess of noise than the music of an advanced symphonic orchestra. And for those that play stringed instruments like me, then you must know how difficult it is to tune without support.

Nonetheless, I was still hopeful that this new situation would be over in a week or two and we would be back at real school.

It wasn't until two weeks later that I realized this was going to last much, much longer than just a few days. Yeah, imagine my surprise.

It lasted three months.

And in these three months, the furthest outside you could go to was your balcony, and that is not very far. You practically had to battle if you wanted food – I have seen my mom wake up as early as six in the morning to buy groceries. Even then, it took as long as a month to have it delivered to your location.



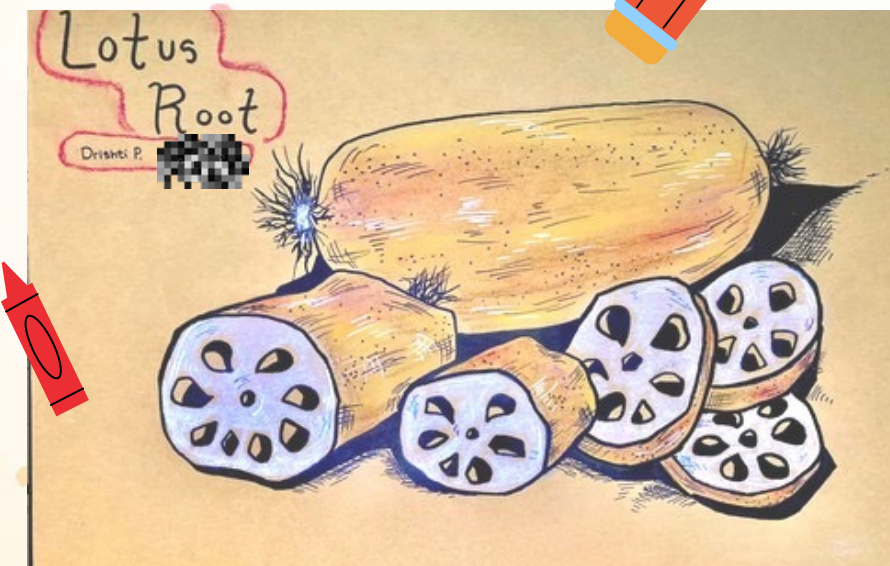
Pet owners had difficult times during the lockdown as well. I have a cat and a dog (Coco and Simba). My dog usually needed to go outside for a walk three times a day.

But during the lockdown? We could not take him out at all. Only after we requested the community officials to permit us to walk our dogs, were we allowed out for limited minutes a day. Some people were not so lucky and struggled to look after their pets.

Then during the lockdown, COVID tests began. We were woken up early in the morning by the loud beacons of medical workers every two days. All I can say is that it isn't fun sticking cotton swabs down your throat. We also got a whole supply of do-it-yourself COVID testing kits sent to our homes. I think I still have thirty of them stuffed in a drawer.

When the lockdown finally ended (yes!) I was extremely giddy and happy. Now, we get to go to school, work, meet our friends, eat in restaurants, and do lots of other things. Yes, we still have many restrictions, and yes, we still have to do COVID tests every few days, but at least we are free. It wasn't exactly the ending I was hoping for, but hey, it's better than still being stuck at home.

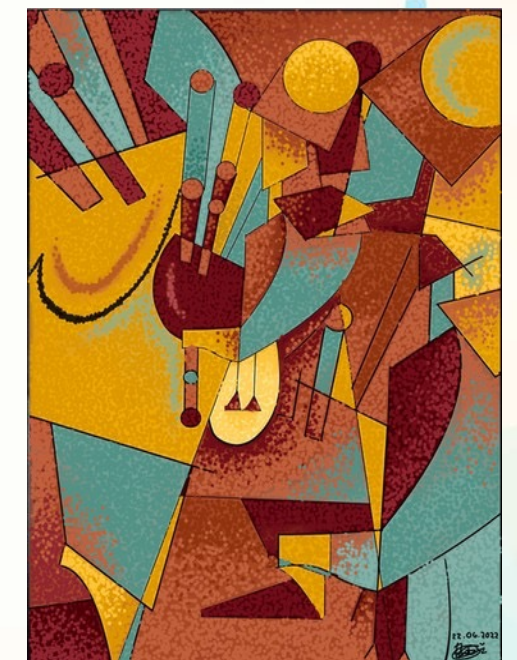
Peace out, Drishti



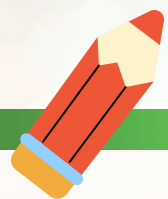
Lotus Root
Chalk and Fine Liners



Lavender Petals
Acrylic Gouache



City of Dots
Digital Art



Mahika Mahen



My name is Mahika Dasri & I'm a Grade 5 student of Shanghai United International School Pudong. I am training for an Indian classical dance called Kuchipudi & I have been learning it for 5 years. I am learning Kuchipudi from a Chinese teacher - Ms.Lulu. When she was young, she went to dance school and learnt Ballet and Chinese Opera and was attracted to Indian classical dance and started learning from Shambhavi School of dance under eminent guru and dancer Mrs. Vyjayanthi Kashi



Kuchipudi dance is a vibrant dance form which originated in Andhra Pradesh. It is one of the eight classical dance forms in India. This dance form is known because of its fast moves, lively eye expressions, hand gestures and so on. It is a mixture of laya of the Tandava dance form and of Lasya or the slow movement in dance speed. The unique concept of this dance form is that a brass plate is moved in accordance with the Carnatic music. The Kuchipudi dancer should possess the additional knowledge of Telugu and Sanskrit language so that they can understand the text of this dance.

While Kuchipudi originated in Andhra Pradesh, Bharatanatyam originated in Tamil Nadu. Although both the dances originated in South India yet their places are entirely different.

The dance form Kuchipudi was traditionally performed by the males, the dance form-Bharatanatyam was traditionally performed by females in temples and religious places and also in king's courts by females who were called the devadasi.

Kuchipudi was mainly spread by the bards who wrote poems, on the other hand, Bharatanatyam was performed and spread from temples and courts of various kings. Kuchipudi was actually performed on the verses which were sung as odes to Lord Krishna while Bharatanatyam was performed on varied Mythological texts. Bharatanatyam includes the mythologies of Ramayana, Mahabharata and so on.

The dance form was previously only for males who used to wear the Angavastram which included a dhoti. The dress of males was also called Bagalbandi. Women mainly wear a colorful and vibrant saree and dress similarly as in Bharatanatyam. It also includes a fan-like pleated cloth in front to make the dress look more gorgeous with body movements. The dress also includes a belt which is worn in the waist by the females. The jewelry is also quite elaborate with necklaces, armlets, bracelets, earrings, hair accessories and so on. Adding to that ankle bells are also worn.

I hope after reading this article you will know more about Kuchipudi as a dance form and some facts about it. Maybe later on, you or even your friends might want to train on Kuchipudi. You could educate them a little about Kuchipudi's history or also the difference between Bharatanatyam and Kuchipudi. I hope you enjoyed reading this article about Kuchipudi. Kindly share this with your friends. Have a great day!



Medhansh Gupta



Medhansh Gupta is 8 years old. He goes to 3rd Grade at SCIS Pudong, Shanghai. He loves drawing and building Legos. He enjoys playing soccer and reading as well.





Pranavi Mayur Chabbi

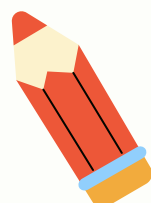


MILLETS

Millet millet rich Gourmet,
Offlate everyone's favourite.

Little seeds looking like colourful beads,
Adding in your diet meets your nutritional needs.

Fibers, proteins, iron and other nutrients basket,
Packed as all in one powerful jacket



Riddhiman Gupta



I am Riddhiman Gupta, a student in seventh grade at SCIS, Pudong, Shanghai. The idea of making a "Mask-Vending Machine" came to my mind during the COVID-19 pandemic. When it is compulsory to wear a mask in public places and we forget to carry one, setting up a "Mask-Vending Machine" can solve our problem and make our life easier.

Masks are essential for all of us to keep the community safer. I am more inclined towards design and robotics subjects, where I can explore, apply creativity, and create designs and products.

Disclaimer: Author submitted this article and pictures for IA Indradhanush publications. IA does not have any copyright of this pictures submitted by the author.

Riddhiman Gupta, a sixth-grade student at Shanghai Community International School, has invented a convenient mask vending machine.

Made from recycled paper boxes and with an easy gear, the light and cheap device can be installed at local subway stations, office buildings, shopping malls and other public places where masks are compulsory. His invention was one the innovative exhibits at the Maker Faire Shanghai 2021, a carnival gathering local tech enthusiasts, craft workers, educators, hobbyists, engineers, science clubs, authors, artists and students.

"Over 100 visitors have been attracted to my booth by the invention, which is far beyond my expectation," said Gupta, 11.

Shot by Jiang Xiaowei. Edited by Jiang Xiaowei. Subtitles by Yang Jian.



A boy drives a home-made vehicle at Maker Faire Shanghai 2021 on the Bund on Sunday.



Riyaan Karthik Raj



Riyaan Kartik Raj is 6 years old. He studies in UKG . He likes dancing and playing with friends. He was in born in Shanghai and can speak Hindi, English, Chinese.



Riddhiman Gupta, 11, with his mask vending machine.

Tongji Tiandi Innovation & Design Co., a state-owned enterprise under the university, transforms the innovative designs from the students into furniture and other products.

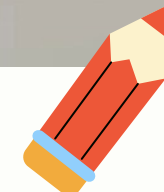
“Shanghai has many opportunities and museums for children to expand horizons and learn science knowledge such as the museums and the fair,” said Australian Todd Urquhart. He brought his two daughters to the event on Sunday.

A local mother surnamed Zheng said the fair introduced many great extra-curriculum activities to her 12-year-old son after the nation’s “double reduction” policy.

Silli also serves as the vice director of Fablab Shanghai, a leading STEAM (science, technology, engineering, arts and mathematics) education organization. Children are invited to take part in various experiments at the fair.

“An increasing number of parents come to ask about the STEAM classes after the nation’s double reduction policy to relive the academic burden of young students,” said Hong Jiawei, an official with Fablab.

Earlier this year, China’s Ministry of Education issued a set of “double reduction” policies to ease the burden of excessive homework and off-campus tutoring on students.





Shimona Gosain



Is Social Media Healthy for Teenagers?

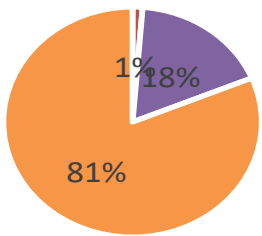
Social media is the new age of morning coffee. A world where we get all the latest gossip with a touch of a screen. It's a place where people upload photos and videos of themselves to share with those who are on the other side of the world. It is also the platform where celebrities share their luxurious lives with their followers. The audience following these influencers are usually young teenagers who idolize them and their lifestyles. "Teenagers go through many mental changes and have a hard time trying to figure out who they are as people. They tend to become intimidated by those who are on television shows, or are famous." (Shaelyn O'Brien) Coming across celebrities who have clear skin and hourglass figures, young teenagers tend to look at their own appearances in a pessimistic way – gaining not only insecurities but also anxiety. Teenagers struggle with their appearance and social media is one of the biggest reasons for it. It brings a direct negative impact on females' mental and physical health.

Beauty Standards and Celebrities

In the past few years, social media has been prominent in our lives – especially with our desire to receive entertainment from our favourite celebrities. The standard of beauty has drastically changed because of the aforementioned celebrities. Women today are expected to have "a slim face, defined features, big lips, glass skin, no wrinkles, no stretch marks, an hourglass body, a flat stomach, no cellulite" – the list never ends (Walker et al.). Celebrities on Instagram post pictures of their 'perfect' body shapes and promote workouts, beauty products, and dietary items that are 'healthy'. But even they can't afford to keep up with the beauty bubble they have created. The Kardashians, the celebrities who started the hourglass figure trend, have been caught multiple times using photoshop on their pictures. Our beauty standards today are too specific, making it nearly impossible to achieve naturally.

"Idols are commonly associated with beauty and perfection, which when teenagers see, they want to copy" (Celebrity Crazyed). Societal and mental pressure forces minors to alter themselves through the use of photo editing applications in order to be able to feel graceful. Therefore, many women go through extreme diets in an attempt to make 'natural' corrections to their bodies. Others with a lot of money end up spending millions on plastic surgery.

Are you jealous of celebrities when you view photos online ?



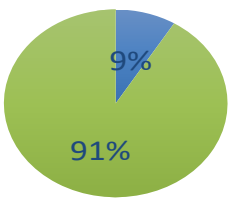
■ Yes ■ Sometimes ■ No

In order to further understand the impact of social media regarding the negative influences of celebrities, I conducted a survey with a sample size of 170 students ranging from ages 11-16 years. The first question enquired about the emotions felt upon viewing an image of a celebrity. As seen in Figure 1, 18% of the answers received were "Sometimes", which implies that young teenagers at times, do feel jealous based on the content they view on social media, thus suggesting that social media has a negative influence on a teenager's mindset.

Plastic Surgery and Makeup

The advancement in makeup products allows many to correct their flaws easily. Heavy make-up has become a necessity for people who feel dissatisfied with their appearance.

Plastic Surgery



■ Yes ■ Sometimes ■ No

The make-up acts as a temporary mask that allows them to hide their acne, scars, or pimples that they feel insecure about. Plastic surgery has become a permanent mask for adolescents. Many of them choose to go under the knife at a relatively young age. As seen in Figure 2, a chart from a plastic surgery organization in America shows the statistics of plastic surgery rates from ages 13-19 in 2020. (www.plasticsurgery.org) It is rather surprising that minors take such drastic measures to feel pretty at a young age. Through the survey conducted; I further discovered that even some of my peers have thought about plastic surgery at least once. The limit of altering themselves goes beyond nose jobs, teenagers even go as far as fixing their height. They willingly go through a painful and rather complicated procedure to be taller. The procedure would involve breaking their bones while the doctors rearrange the legs to look longer and they would essentially learn to walk again (ABC News.go.com). After going through this procedure, it can be mentally challenging, leading to years of trauma.

Cosmetic Surgery Age Distribution

COSMETIC SURGICAL PROCEDURES	AGE 13-19 2020 TOTAL	% OF TOTAL PROCEDURES	% CHANGE 2020 vs 2019
Breast augmentation (augmentation mammoplasty)****	3,233	2%	-34%
Breast implant removals (augmentation patients only)****	64	0%	-2%
Breast lift (mastopexy)****	1,006	1%	-23%
Breast reduction (Aesthetic patients only)****	1,843	5%	-26%
Breast reduction in men (Gynecomastia)****	2,823	19%	-11%
Buttock lift****	12	0%	-29%
Cheek implant (Malar augmentation)0	3,033	3%	-11%
Chin augmentation (Mentoplasty)0	2,517	6%	-5%
Deinmalefaction0	2,152	2%	-14%
Ear surgery (Otoplasty)0	17,340	33%	-3%
Eyelid surgery (Blepharoplasty)0	5,301	2%	-9%
Forehead lift0	74	0%	-4%
Labiaplasty****	879	9%	-16%
Lip augmentation (other than injectable materials)0	331	1%	-23%
Liposuction	2,346	1%	-22%
Lower body lift****	43	1%	0%
Neck lift0	46	0%	-15%
Nose reshaping (Rhinoplasty)0	44,686	13%	-4%
Thigh Lift****	46	0%	-10%
Tummy tuck (Abdominoplasty)****	166	0%	-17%
Upper arm lift****	25	0%	0%
TOTAL COSMETIC SURGICAL PROCEDURES	87,966	4%	-6%

Social Media's Pressure on Mental Health

Social media can be a stepping stone to self-love and confidence but it can also be a rabbit hole of self-hatred and dissatisfaction. The insecurities that teenagers feel only worsen their mental health. Numerous teenagers fall down that rabbit hole and suffer from depression and body dysmorphia. "They constantly criticize their own appearance which often results in anxiety and distress."(Lassonde) All the constant self-criticism only makes them come up with the irrational decisions of skipping daily meals and self-harming. It often results in extreme pain and eating disorders. "According to the American Psychological Association, over 8 million Americans suffer from eating disorders and approximately 90% of them are young women." (www.apa.org) Many celebrities have also spoken about how social media has made them feel uncomfortable and caused them stress and anxiety. Public figures like model Bella Hadid have shared how they also received hate comments on their looks and how it only ignited more of their insecurities. Social media's effects hurt both teenagers and celebrities, implying that social media has become a rather toxic environment that victimizes anyone just because they don't look a certain way; and we as audiences only feed into that. Often leaving negative comments under a stranger's post, becoming that internet troll that everyone hates but can't ignore.

The Rise of Body Positivity

The constant mistreatment for looking different has gotten people to start promoting the term 'I love my body', preaching the fact that being different is good and being different is beautiful. Many celebrities have spoken up about body positivity. Famous athlete Serena Williams has talked about how she didn't let hate comments get to her and positively claimed that "women are curvy, strong, muscular, tall, small and proud" (Stone). Super-model Bella Hadid, as previously mentioned, shared her struggles with social media on her Instagram and continues to tell her followers, "Social media is not real. For anyone struggling, please remember that.



Sometimes all you've got to hear is that you're not alone. So, from me to you, you're not alone. I love you; I see you, and I hear you." (ITV News). Many more influencers have started to use their platforms to promote the idea of self-love and self-confidence. The campaign for body positivity is increasing as more and more influencers encourage their young audience to feel more confident in who they are and accept themselves as they are.

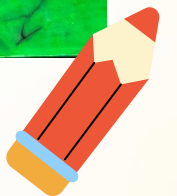
Overall, social media has become a place where the line between real and fake is so narrow, one can barely tell the difference. We start to see the fake as real and begin to desire that fake concept of a perfect body and a perfect lifestyle. Media is so unrealistic today that it forces teenagers to have the desire to take extreme measures and invest in countless "weight loss" products to 'fit in'. This quest for perfection is a never-ending cycle of trying to accomplish what they think society would approve of. Luckily, we are starting to see a larger variety of body shapes being advertised and are starting to accept the way everyone is. Social media should not be a place where people feel pressurized to doll up for acceptance. They shouldn't feel the need to beautify themselves every time they want to share a slice of their life. More public figures need to speak up for young minds to hear that it is completely fine to not fit the traditional beauty standard. Watching these celebrities being vulnerable in the spotlight and opening up to their audience would create a sense of comfort for adolescence and help them realize that they aren't alone, thus making social media a slightly less toxic place in this digital world.



Suhana Jain



*My name is Suhana Jain and I am 11 years old studying in SMIC School.
My hobbies are Dancing (Indian Classical, Freestyle and Bollywood), Drawing, Swimming, Playing Badminton and Soccer.*





Kavish Jain



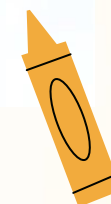
My name is Kavish Jain, 6 years old. I am studying at SMIC School, My hobbies are Playing Keyboard, Drawing.



Tanisha Chaudhury



Tanisha Chaudhury is 11 years old and a Grade 7 student of Shanghai Singapore International School. She loves and enjoys singing, creating art works and dancing.



Tiana Advani



My Blood Is Brown

It started in a world where lighter was better and darker was cursed.

Melanin dripping, sweat running, we hid under trees.

Foreign beliefs sinking into our skulls, we turned afraid of the sun.

What had we become?

We tried and tried to scrub the color off

only to find red scratches atop still-caramelized skin and rays of disappointment

I do not remember,

When I first let the sun sting my skin perhaps it was the ashes from before,

or perhaps when I saw the skeletons of life

but now, i always wait for the light to digest me.

My Nanu's Death Day

I was eleven years old when my mother told me that my Grandfather—or as I call him, Nanu— was scheduled to die the next day. At least, according to his psychic who told him this ominous prediction 30 years ago.

It was the 1980s, and my Nanu had curiously walked into an unfurnished doctor's office, hoping to get a peek into his future. In front of him sat a psychic, a notably small bespectacled man, who read his future from the palm of his hand. Ever since that conversation, my Nanu has been driven by the idea that life is too short and you can't spend every second dwelling on the past. He lived life like a race, very aware that there was an end. And so, the day January 14th lingered in our family's mind decades after.



I woke up that morning with my stomach doing somersaults and my breath quick and uneasy. I got up from the mattress spread across the floor and scanned the room. The sun poured in from the half-opened windows, and I could hear the cars and rickshaws arguing. My throat was dry, and in it lodged a lump filled with sadness and anxiety.

I walked to the kitchen to find an elaborate spread of Bhurji, Pav Bhaji, Poha, and Nariyal (coconut) across the table. My Nanu, towel on shoulder, was wearing a shirt drenched in sweat that could have only come from hours of cooking. He had gotten up early to spoil us. Seeing his eyes crinkle and his lips turned upwards into a smile, my lump grew larger. It felt like it was going to explode. Would this be his last day?

Knowing I would regret any moment I did not spend with him, I mustered up the courage to ask, "Nanu? Do you want to get Samosa Pav with me? Can we go to the market?" .."Yes, of course, beta. We'll leave soon. Let me get ready first."

Minutes later, we were out of the house and hailing a rickshaw. The ride was quiet, my head hung low, and my eyes watered up. For the first time that day, I cried. I made sure I turned away so he could not see my fat tears roll down my cheek. We got off at the market and walked. Usually at that point I would complain about the blistering heat and the soreness of my feet, asking repetitively to go home. That day I didn't mention any of it.

"Nanu, I want to eat ten samosas!" I exclaimed, pointing at the cart nearby and trying to ease the nervousness. "I will buy 15 for you," he said, letting out a chuckle as his hand on my shoulder guided me through the crowd. My shoulders loosened up at the sound of his mellow laugh. I smiled, and so did he. We ate; the samosas were warm and the bread was soft, melting in my mouth after each bite. The imli chutney was a medley of sweet and sour, a mirror of the bittersweet day we were having Juice dribbled down my chin to my arm, and I could feel the tension melting away as we devoured the samosas.

The rest of the day was mostly a blur and went by very quickly. Not once, though, did either of us mention the thought that was brewing in the back of our minds: could this be his last day on Earth? As I went to bed that night, I waited and waited for someone to come up to me and tell me everything was going to be okay.

But no one did... The next morning, I woke up to the sun peering in from the half-opened windows, the cars and rickshaws still arguing, and a familiar smell of onion lingering in the air. Fondly remembering the samosas we shared just the day before, I anxiously crept into the dining room. My palms were growing hot, and not because of the unforgiving sun. Creeping into the kitchen, and shutting my eyes, I prepared myself for the worst. At the same time though, I felt comfort in knowing that we had made the most of his last day. And maybe it was also my Nanu's infamous words on how life was empty and meaningless that truly allowed us to live a day full of meaning.

A familiar voice interrupted my deep train of thought. "Where's the salt?" someone screamed. I hastily opened my eyes, and stood there was my Nanu, just like yesterday.

I ran up to him and hugged him, as if I hadn't seen him in years. I cried again, fat tears rolling down my cheek but this time, it was out of pure joy. I was on top of the world. I felt so relieved that he was still with me, and as I put all my weight on his chest, he whispered "I'm here to stay."

Until that day, I had always been one to overthink everything. I would lose sleep over picking my courses for the next school year and even rehearse the "here" I would say when teachers took attendance — though you may laugh and think that things aren't that big of a deal, they seem like the most important things at the age of 16. But trust me when I tell you that there is nothing like living what you think is someone's last day with them that helps you realize how trivial these things are — I now make sure to live in the moment and not get caught up in the past.

I take time for myself, whether that's spending two minutes every day to jot down what I'm grateful for, or taking ten minutes to be mindful of my day. It has been four years since January 14th, and I am glad to say that my Nanu is still with me and we are closer than ever. He and his psychic are the reason that I've become more carefree, and live every day like it's my last.



Yashvi Kabra



Yashvi Kabra is a year 9 student from Dulwich college. She is fascinated by language learning and analyzing creative literature. In her free time she enjoys playing volleyball and crocheting.

The Essence of Shanghai

“Essence”

What an ambiguous term.
To me, essence means spirit,
It means soul.

The essence of Shanghai,
It's most definitely the bund.
Towering skyscrapers, obstructing our view,
A still, almost sedative river,
And of course, glistening glorified lights.
Oh, what a sight...

Crowds of people,
Each from different walks of life.
But indifferent in reason and desire.

They desire to see the essence of their city.
To find some quiet, some tranquility, in the chaos of this world.

They desire to be soothed by the ripples of the water,
And mesmerized by the spectacle of lights.

So, even if only for a moment, they can forget.
Forget all the sadness.
Ignore all the stress.
And simply breathe and stay present.
This is the essence of Shanghai.

LOOKING AHEAD





Few initiatives like IABC leadership talks series and offline B2B business connect mixers have received great feedback. Few snippets in pictures below.

IABC - INDIAN ASSOCIATION BUSINESS COUNCIL is a wing of Indian Association, a not-for-profit volunteering body, having had a history of serving for 25 years and marching ahead with new blood and new ideas that's bringing the community closer

IABC collective's volunteering ethos is to raise the awareness, inclusivity and influence of Indian professionals and business leaders' peer diaspora both within the Indian working community & with other national's business communities that will,

- facilitate deeper day to day business excellence knowledge flow
- expand business resource and leadership networking
- cultivate cross industry senior leadership mentor access and
- broaden reach to organically connect more givers to help wider business community

2022 has come with it's twists and turns for businesses. Yet one thing stands tall is the spirit of the entire community network, to come forward and support one another. Unity in Diversity – true for businesses too.

Thanks to IABC's community partners, like TEC, SingCham, CanCham, Irish Chambers, Brit-Cham and others for various events alongside our amazing Indian businesses community – we have been successfully facilitating swift market intelligence and connections amongst leadership across to benefit.

IABC
open invite

WeChat IA Business mixer group - best practices, QnA support group, knowledge exchange
Receive business insights, trends highlights and industry events updates

Periodic Mixer: Leadership talk series
a) Online - bi-monthly online sessions
b) Offline Breakfast /happy hour circle with industry expert and partners - quarterly

Automotive	Banking	F&B	Digital Transformation & startups	IT/ Tech	Trade	Pharma	Fashion & Retail	Chemicals
Stakeholder Engagement - Access to senior business leaders - Industry verticals' challenges, insights, feedback and discussion circles								
Business Intelligence - Attend CEO-level briefings, multilateral meetings and retreat with business organizations								
B2B Connectivity - Engage government and private sector leaders through cross-sector initiatives								
Brand Amplification - Take on leadership and speaking roles at business mixers, business summits, and partner events across China								

Yearly Exclusive Confluence and Industry Collaboration Program Access: IABC x cross-chamber partnerships, official bodies, resource exclusive invites (scheduled dates will be shared with advance invites to members and sponsors)

IABC

LEADERSHIP TALK # 8



Digital Payments and Cross Border Remittances

LEARNINGS FROM INDIA'S FINTECH PAYMENT ECOSYSTEM

A PRESENTATION covering a comparative analysis between China & India's payment system, how India achieved its payment revolution through UPI (Unified Payments Interface (UPI) is an instant real-time payment system developed by National Payments Corporation of India)

Dr. Srinivas Yanamandra
Group Head – Regulatory Affairs & Policy
One97 Communications Limited,
PayTM - India's leading payment app

Mr. Rakesh Verma
Head of India Public Policy and Govt Relations,
Stripe – A leading financial infrastructure platform for businesses

A FIRESIDE CHAT : with corporate business leaders in the frontline facilitating Digital payments and Cross border remittances – covering learnings from India's FinTech Payment Ecosystem.

October 13th, Thursday / 4:00 pm - 5:00 pm (China time) / 1:30 pm - 2:30 pm (India time)

Takeaway snippets from the participants:

- Fintech has actually disrupted the “INTERFACE” and simplified. (UPI is India's interface. All businesses/ 3rd party just need to register once on NPCI and super easy integration possible on any of the apps, be it google pay or PAYtm or Bharat pay...Unlike in China where integration is needed on each App independently)
- Fintech / digital payments while being complimentary to physical banks is also a competitor (as fintech also enables peer to peer/ crowdfunding etc models which wasn't always the case in usual banks across). Trend of teaming up/ collaboration is increasing
- “Interoperability” is the most important factor for cross border payments & other services/digital products/ innovation to thrive and scale up. And this trend will increase. “Interoperability” is a characteristic of a product or system to work with other products or systems. eg - PayNow of Singapore is enabling Interoperability with India's UPI which will enable further frictionless cross border business. Interoperability in payments and services is becoming a significant innovation space

IABC

B2B CONNECT: MID YEAR BUSINESS MIXER

The Untold Stories and Great Transitions of Indian Business, Tech & Creative Leaders held on August 18 2022, Thursday evening brought together a diverse set of business leaders with fervent enthusiasm to come forward to share, hear, exchange insights, network, offer and seek support. Thank you to each one of you who joined, who supported, who couldn't join this one, yet took the time to reach out for future sessions. The community is grateful to you



THE UNTOLD STORIES AND GREAT TRANSITIONS OF INDIAN BUSINESS, TECH & CREATIVE LEADERS IN CHINA

18th August, 2022 - 18:00 - 20:00 Hrs
上海市长宁区延安西路500号32楼
32/F The Crest Plaza, 500 W Yan'an Lu

Speakers

Deepak Shinde
Chief Rep & Head Supply Chain
L&T Energy

Deepak Hegde
Senior Business professional involved in development & commercialization of new drugs
Pharma Industry

Devansh Gupta
Director Own Brands
Watsons

Kapil Kane
Director, Innovation
Intel

Neil Nand
Creative Technology
Digby

Md Noorulla
Managing partner
NewWell India China
Novus Apparels India

Parul Mahajan
VP at Regulated Financial Services Company,
Co-Director at Finus laboratories

Prithviraj Sengupta
Planning Director, Greater China
McCann Health

Richa Chawla
Global Head of Production
BEM

Motto

"Practice Right at first time. Always be a Student in Professional journey" - Deepak Shinde
"Success may come and go, but integrity is forever" - Deepak Hegde
"Empathy and curiosity, will take you places" - Devansh Gupta
"Ideas are dime a dozen. It's what you do with them is what really matters. Innovation is 10% inspiration & 90% perspiration" - Kapil Kane
"Making digital beautiful, at mass consumer scale" - Neil Nand
"Be Passionate, Innovative, To Lead Your Business" - Md Noorulla
"At the end of the day I am at peace because my intentions are good and my approach is positive with a smile" - Parul Mahajan
"Making a meaningful difference to people's lives by leaving the world healthier than the way I found it" - Prithviraj Sengupta
"Forward thinker who likes to keep things simple. Fostering creativity & collaboration, as key life skills" - Richa Chawla

Sponsors

kebab grill
A STAR ALLIANCE MEMBER

SINGAPORE AIRLINES
A STAR ALLIANCE MEMBER

Very encouraging to see the senior leader attendees from the Indian diaspora representing over 16 different industries – FMCG, automobile, textiles, Digital & eCommerce, jewelry, logistics, supply chain, pharma, healthcare, financial services, IoT, Design & Innovation, Export-Imports, L&D – learning & development, Media, F&B, IT services, Beauty, Consulting and more.



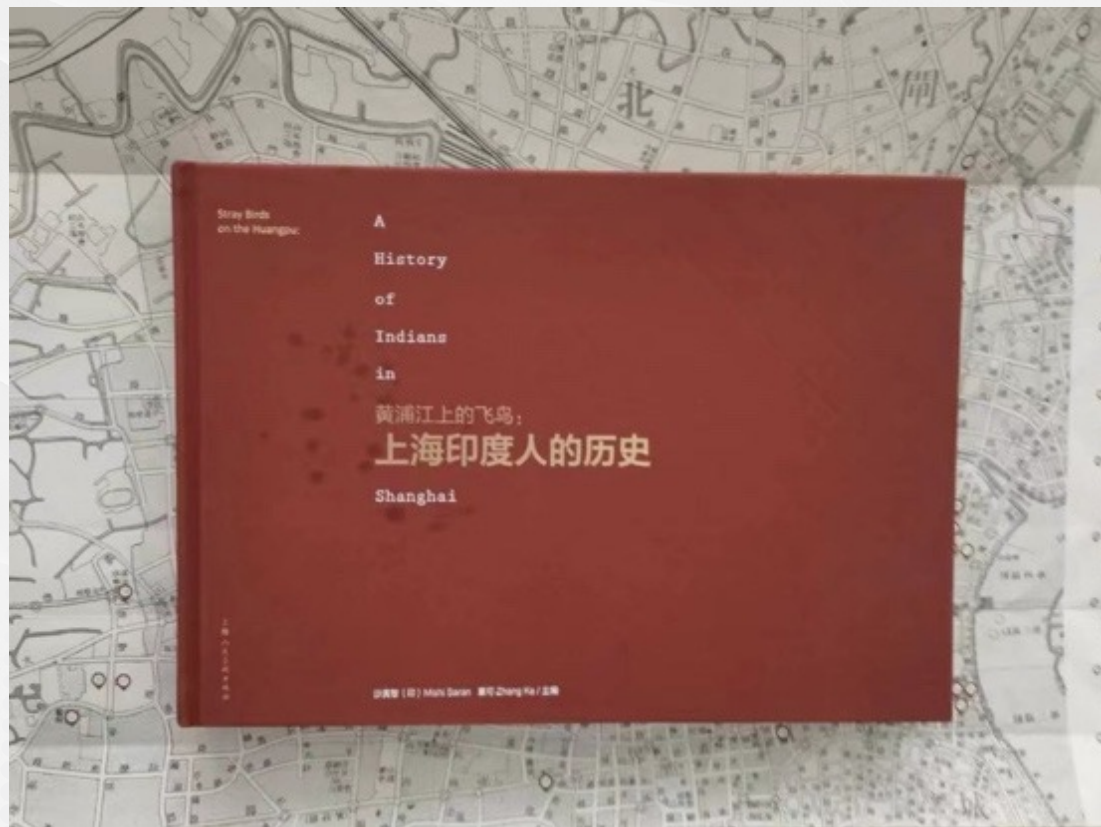


SPEAKERS



IABC

LEADERSHIP TALK # 7



How is UN supporting China's Sustainable Development Goals and how are business leaders adapting to meet them?

Mr. Siddharth Chatterjee
UN Resident Coordinator in China

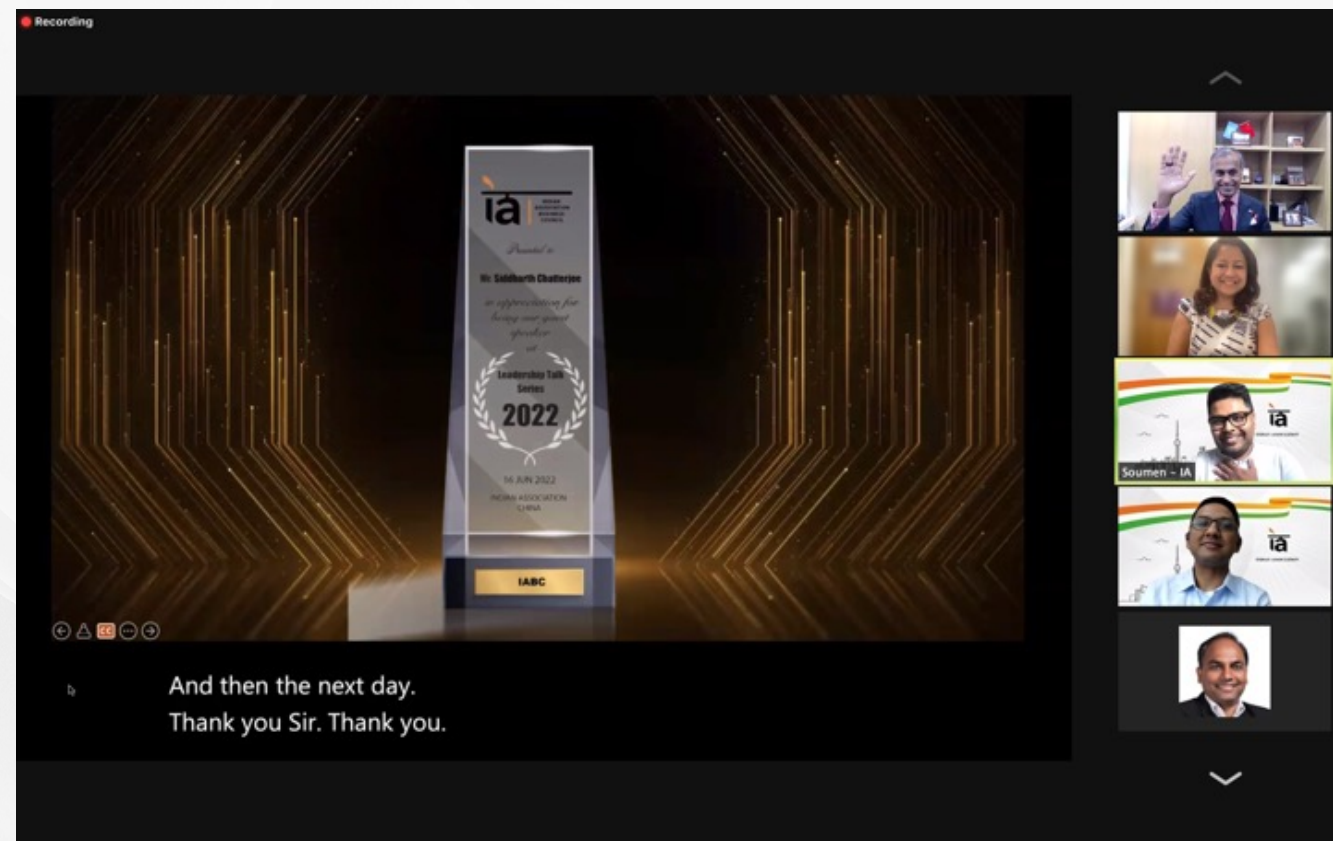


Did you know that UNSDCF - the new UN Sustainable Development Cooperation Framework (2021-2025) sits at the centre of reforms? It is the most important planning and implementation instrument for UN development activities within countries, translating the vision of Member States into UN actions and impacts on the ground. Informed by China's development needs and capacities, and the UN System's own comparative advantage and expertise, programming under the new UNSDCF.

Mr. Siddharth Chatterjee, UN Resident Co-ordinator, China shared and engaged in live audience QnA on UNSDCF and how UN is supporting China's Sustainable Development Goals with stakeholders and business leaders.

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LEADERSHIP TALK # 6



Takeaway snippets from the participants:

“Great to learn directly from UN leaders’ voice about the various organizations’ priorities shifting on executing on Sustainable Development Goals in China too”

“UN Global Impact team is active in China too. And connecting with them to identify resources and potential partners is a good learning today”

A fireside chat with corporate leaders in the front-line - adapting to changing times and engaging with policy makers, ecosystem partners, and customers to ride this wave, despite the headwinds took place this summer.

Despite the uncertainties looming, solid lessons were exchange on how leadership in different context are striking the right balance between short term and long term across policies, competitive edge, and people (talent).

Takeaway snippets from the participants:

“Long term commitment is critical, to succeed in China but balancing between the break and accelerator is the key to succeed”

“Now it’s time for leaders to come/work in China, lead and demonstrate longevity to make a real difference”

www.iaashanghai.cn

INDIAN ASSOCIATION BUSINESS COUNCIL

Leadership Talk Series#6

JUN 05 5-6 PM

Riding the Post Lockdown Recovery Wave: How Foreign Companies & Leadership are standing resilient to Capture Growth?

Dr. Rajat Agarwal
President, Greater China & Global Head-Lifestyle Adhesives

Roderick Peek
Managing Director & Head of China Global Subsidiaries Group

Kamal Dhuper
President, China

Himanshu Chaturvedi
Regional Head, China & SEA

A FIRESIDE CHAT, with Corporate leaders in the frontline - adapting to changing times and engaging with policy makers, ecosystem partners and customers to ride this wave, despite the headwinds. Join in for actionable insights into policies, competitive edge and people. Moderated by Himanshu Chaturvedi.

IABC

LEADERSHIP TALK # 5

Planning ahead

China's Q2 economic forecast and what Business Leaders need to be ready with?

 MAY 15
  5-6 PM

DR. DAN WANG
 Chief Economist
 Hang Seng Bank, China





IABC Leaders in conversation with Dan Wang,
Chief Economist at Hang Seng Bank, China

5:00-5:10 pm – Welcome & eConnect
 5:10-5:20 pm – Executive snapshot presentation by Dan Wang
 5:20-5:55 pm – QnA with senior leaders and Dan Wang
 5:55-6:00 pm – Closing

Dr. Dan Wang's insightful sharing on the economic outlook for the next quarter 2022 with growth policies, real constraints, drivers, et al really made for solid takeaways for business leaders to reflect on and plan some of their next moves. The live QnA enabled many to get their questions answered – right from manufacturing industry to export to financial to employment support to stimulus packages to role of consumption and savings.

Takeaway snippets from the participants:


“Employment challenges will be arise further. Small towns and 3rd/4th tier cities will have lot of opportunities too”

“Be more open and ready for adaptive actions”

“Great inputs on export projections and current risk management scenarios”

IABC




LEADERSHIP TALK # 4



What is Great about India , Innovation and Research?

AMEYA PRABHU

Managing Director of NAFA Capital World Economic Forum-Young Global Leader Partner – UAP Advisors

* Q&A session with Mukesh Sharma

Ameya Prabhu is the Founder and Managing Partner of UAP Advisors and the Managing Director of NAFA Capital. He has been designated as a “Young Global Leader” by the World Economic Forum. He is a writer and the author of “The Rock Babas and other stories”, book of short stories publisher and distributed by Amazon.

He is also a trustee of Manav Sadhan Vikas Sanstha a NGO focussed on holistic human development.

IABC

LEADERSHIP TALK # 3

The Backbone of Trade - Shifts in Supply Chain and Logistics with Approaches to Manage in Times of Uncertainties



SPEAKER

Jarrod Ward

CBDO - East Asia Yusen Logistics
Chair, Supply Chain for AmCham, Shanghai



MODERATOR

Minesh Pore

CEO and Co-founder



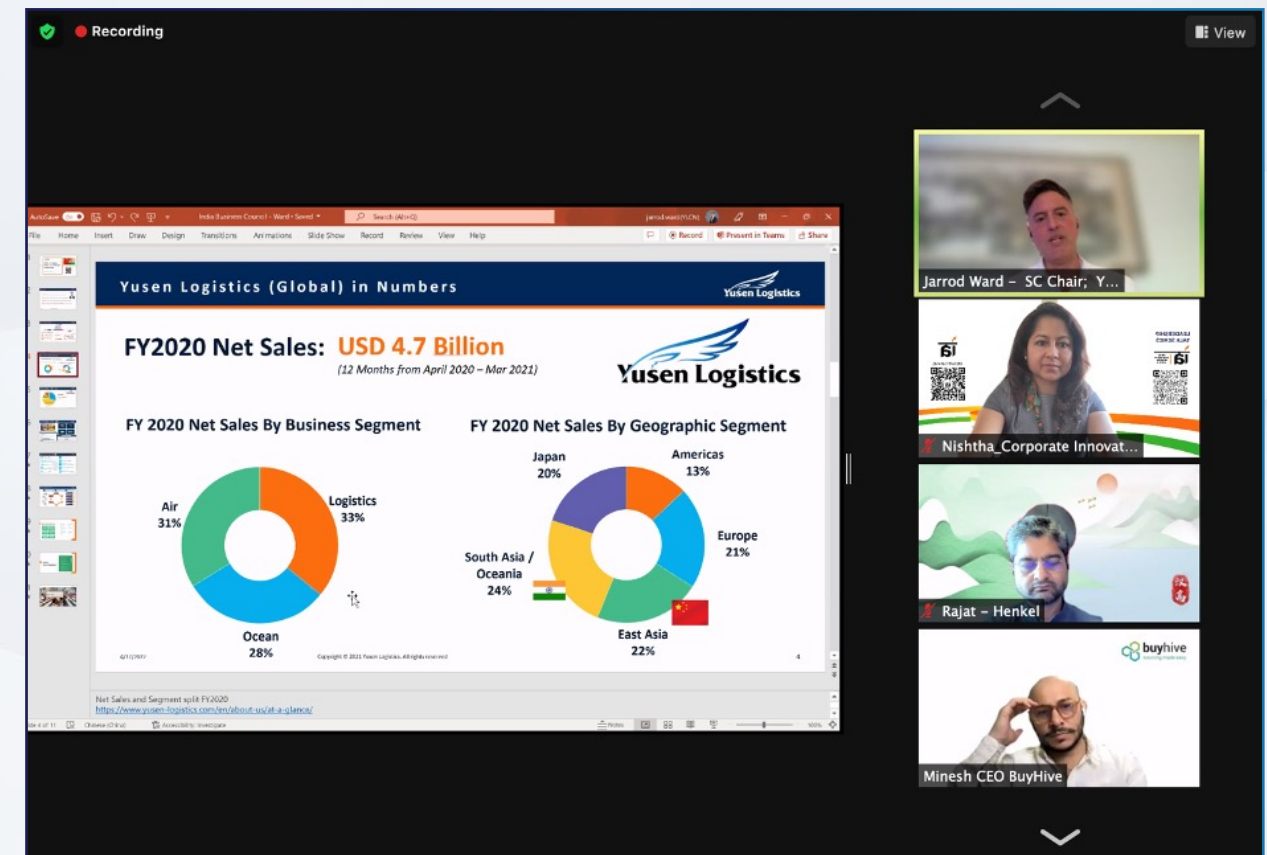
APR
17



5-6.30
PM

Q&A with GUEST SPEAKERS FROM
BUSINESS COMMUNITY

Jarrod and Minesh shared their rich experience on adapting to change and new business models during the peak of Pandemic. Key focal learnings discussed centered around - emerging “shifts in challenges” in supply chain & Logistics trade, “approaches to manage trade” in such disruptive times



Takeaway snippets from the participants:

“Have one Plus strategy to survive”

“Leverage out the risk and distribute eggs in different baskets (product/services duplication) among global subsidiaries”

“Great session and learning mitigation practices by different companies on the ground”

IABC

LEADERSHIP TALK # 2



INDIAN ASSOCIATION BUSINESS COUNCIL
LEADERSHIP TALK SERIES

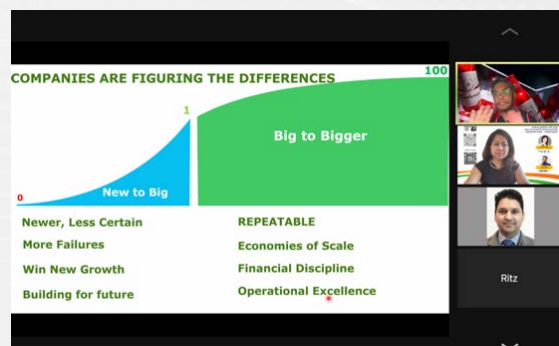
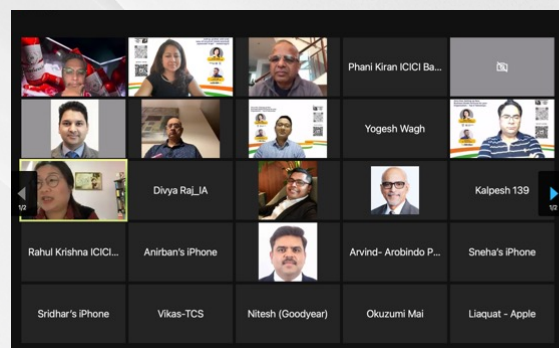


MUTHU K
VP - Beyond Beer



JENNY WANG
Head of Uni- Excubator

Zero-One. Setting up New Business Model Ventures for your Organization - Top 6 Takeaways.



Takeaway snippets from the participants:

“Co-creation is the way to accelerate innovation & new growth pipeline”


“Failure is important part of innovating on new business models”

“I-100 is in our DNA and experience. But 0-1 is hard-er yet need of the hour! Great session”

“Be always clear about what you choose to take from your ‘parent’ company at ZERO stage and give back to it at ONE stage”

IABC

LEADERSHIP TALK # 1




INDIAN ASSOCIATION BUSINESS COUNCIL
LEADERSHIP TALK SERIES

THREE NARRATIVES ABOUT CHINA'S ECONOMIC MIRACLE: LESSONS FOR INDIA

20th March 2022, 5- 6 PM CST, on Zoom

THE STATE OF THE ECONOMY

Professor and Dean, School of Management, Mahindra University, Hyderabad



Dr. S. RAMAKRISHNA VELAMURI

Lessons on Entrepreneurship Leadership & Growth

Program Flow:

- Moderated Q&A - 40 minutes
- Audience Q&A - 20 minutes

About Speaker : Dr. S. Ramakrishna Velamuri

Dr. S. Ramakrishna (Rama) Velamuri is a Professor and Dean of the School of Management, Mahindra University. He has a PhD from the University of Virginia and was the Chengwei Ventures Professor of Entrepreneurship at the China Europe International Business School (CEIBS), on whose faculty he served for nearly 14 years (2007-2021). He is an internationally recognized academician with over three and a half decades of experience in holding key academic, administrative and industry positions.



Scan to Register

Takeaway snippets from the participants:

“The 3 narratives has put lot of things in perspective: Economic 101, Human Capital, Science & Technology pillars”

“Attractive environment for investors, increasing integration with regional and global trade drove successful growth, indeed”

“Great insight on comparative narratives”



LOOKING AHEAD: WHAT THE FUTURE HOLDS FOR BUYHIVE AND THE GLOBAL SOURCING INDUSTRY

By Minesh Pore, cofounder and CEO of BuyHive



2019 was an exciting and transformational year for the global sourcing industry. The Direct-to-Consumer brands were taking off all around the world, and the simultaneous growth and popularity of TikTok and Instagram had led to the birth of mega Influencers who were launching their own brands, product lines and merchandise. The widespread popularity of digital storefront solutions like Shopify or Magento gave birth to a whole new generation of online sellers and retailers who only had to pay attention to branding and marketing; the products were simply sourced from China or other Asian markets.

BuyHive was born that year with the goal of supporting global buyers with more efficient ways of sourcing high-quality products, without expensive and exhausting annual travel to sourcing fairs in China or the rest of Asia. However, the Covid-19 pandemic struck a few months later, disrupting and in some cases permanently altering how business was conducted around the world, including the business of sourcing and procurement.

For BuyHive, the pandemic was an opportunity to quickly adapt to the new realities, and the company responded to the challenge by developing and launching the world's first global network of independent sourcing experts, and a tech-enabled platform that would match global buyers looking to source goods from countries like China with these experts. The 'Expert-Assisted Sourcing' platform went live in 2021 and met with immediate success, despite the pandemic.

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The platform currently has over 97,000 users or buyers representing businesses around the world already registered. On the other side, over 5,000 independent and local sourcing experts are currently active on the platform. These experts are based in China, India, Indonesia, Vietnam and several other leading sourcing destinations. They specialize in all major consumer product categories, including Fashion, Textiles & Fabrics, Home, Kitchen & Office Décor, Garden & Outdoor, Electronics, Travel, DIY, and Toys.

Post-pandemic disruptions

The supply chains around the world underwent major disruptions during the pandemic as factories were closed for long periods, either on account of lockdowns or due to delays in shipments. Shipments of even finished products were delayed for similar reasons. Finally, while the world was still figuring out how to work around these disruptions, the Russia-Ukraine conflict exacerbated the situation further.

BuyHive recently conducted a survey among online sellers including D2C brands from the US, UK, and India to ascertain the impact of these supply chain disruptions. The survey found that an overwhelming majority of online or D2C (Direct-to-consumer) sellers worldwide have been forced to increase the prices of their products. This is on account of higher procurement costs, caused in turn by the pandemic and Russia-Ukraine war. A majority of the sellers surveyed either retail their products via major e-commerce platforms like Amazon, eBay, Etsy, or Flipkart, or run their own digital stores through platforms like Shopify.

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While 82% of sellers surveyed confirmed that their costs have increased due to higher prices from suppliers, over 72% said they have already increased their prices, or are planning to. Despite the increase in prices, 64% of surveyed sellers also agreed that profit margins have reduced as a result of higher costs. Furthermore, the respondents also noted that their sales have reduced because of the increase in prices.

On the impact of the Russia-Ukraine conflict on their business, 55% of sellers said it has increased their costs and reduced margins; while over 49% said it has led to reduced sales. Over 53% of the sellers also agreed that the conflict has caused more difficulty in sourcing goods.

Nearly 73% of the surveyed sellers said that they have started looking for other or cheaper suppliers to keep their procurement costs in control. When asked about the reasons for an increase in their procurement prices, 68% of the sellers blamed Covid-19 related manufacturing disruptions, while 70% reasoned that international freight prices are responsible.

Finding alternative suppliers, however, is proving to be a challenge for most online sellers.

The disruptions in international travel along with the continuing surge in travel costs created new problems for small or mid-sized retailers worldwide in finding new or alternate suppliers efficiently. Nearly 50% of those surveyed agreed that they are not able to find trustworthy suppliers, while almost 60% lamented that they are not able to find cheaper suppliers. Just over 50% of the sellers agreed that they had concerns or doubts about the quality control at new or alternative suppliers.

Moving towards Sourcing as a Service

A platform like BuyHive exists solely to address these and other sourcing-related challenges for buyers around the world. The 'Expert-Assisted Sourcing' platform has proved to be a unique.

model to bring global buyers in touch with independent sourcing experts; with the latter in turn able to utilize their expertise and relationships with local manufacturers and suppliers to find out the best fit for buyers. As a rapidly growing company, BuyHive also has to evaluate certain strategic choices; including the decision whether to raise external capital from venture capital (VC) firms or not.

This and other strategic choices were the subject of a recent case study on BuyHive, published on the Harvard Business Publishing Platform. The case titled 'BuyHive: A Digital Platform for the Transformation of Global Sourcing' has been authored by faculty of the Thunderbird School of Global Management, Dr. Kannan Ramaswamy and Dr. William E. Youngdahl.

BuyHive is probably the first bootstrapped startup focusing on the global supply chain industry that has a case written about it and published on the Harvard Platform. The case will hopefully be an important learning asset for management students and teachers from around the world.

As we come closer to the end of 2022, the chaos and turbulence in global business and supply chains is starting to show early signs of abating. However, a return to complete normalcy is still some time away. Whether it is core supply chain players like buyers, professional sourcing experts, manufacturers, suppliers, and logistics companies; or supply chain enablers like BuyHive; the ability to adapt and evolve amidst a chaotic and rapidly evolving environment will be the biggest factor determining their success in the months and years to come.



LOOKING AHEAD: IN TIMES OF UNCERTAINTY

By Ritwik Ghosh, Head of Investment Strategy and Risk Control for Jinko Power (晶科科技) international business.

The last 3 years have been disrupting for almost everyone, with varying degrees. This has led to an immense amount of negative sentiment within us and around us. This vicious circle of negativity started in January 2020 with the first announcement of Covid-19. In the beginning, it looked like another viral spread like SARS which had affected China in the early 2000s. It took about 1.5 months for the WHO to acknowledge and for common people to realize that this is different from SARS. On 11th March 2020, WHO announced it to be a global pandemic; by then the virus had spread to 114 countries. Last time the world had seen something similar was during the Spanish Flu of 1918. Thus, no living human had experienced something of this nature and scale. It caused widespread panic not only in terms of health and death but also in the impact it will have on the economy. Almost all countries, took pre-emptive actions by closing borders, forcing lockdowns to varying severity to restrict the spread of the virus. They also introduced an immense amount of liquidity foreseeing the negative economic impact, the pandemic may have. Pandemic lockdown measures were announced on the assumption that they would help and economic measures were taken knowing that they would work (having learned from the late 1990s Asian Crisis and Global Financial Crisis started in 2008). However, within a short time, it was proven that on both fronts we were wrong. It took only a few months, to realize that Covid-19 cannot be contained or controlled. On the economic front, it took little under two years to realize the disastrous effect of excess liquidity introduced in the economy, in form of the highest inflation that the world has seen in decades.

Last year, as we were celebrating the end of 2021, there was a universal hope that 2022 will be a better year after the tragic previous two years. However, soon into the new year 2022, we saw three outcomes – 1) Most of the countries progressively gave up their fight against the virus and decided to co-exist with it, just like we co-exist with hundreds of different viruses and bacteria. 2) China decided that “Dynamic Zero Covid” is the solution for the country. It came at a great cost and turmoil to not only people living in China but the entire world. 3) The loose monetary policy continuing for a very long and giving a steroid booster during the pandemic, led to high inflation which almost all central banks led by the US Fed believe need to be controlled, even at the cost of the recession.

Now as we are heading towards the end of 2022, we do feel that some of the effects that we are seeing today, we should have foreseen coming. However, one other major global event, which almost no one saw coming a year ago was the Russia-Ukraine Conflict. The world has not seen such a prolonged situation in the last fifty years. This has brought an energy crisis, not to mention the geopolitical tension right to the heart of Europe. As if these were not enough, the year 2022 converted the biggest naysayers to the effects of Climate Change. The frequency and severity of typhoons, landslides, droughts, floods, and forest fires have impacted each of our lives to a greater or lesser extent; the European summer of 2022, Hurricane Ian in the US, and floods in Pakistan are just a few of such incidents, which makes everyone wonder what's next and where.

In short, we as mankind are truly experiencing a VUCA (Volatile-Uncertain-Complex-Ambiguous) world. A lethal cocktail of these complexities has led almost all of us to suffer anxiety or even depression. Thus, a negative vicious circle has been created by Availability Bias, Confirmation Bias, and Declinism. which many of us have read about. We believe, to be our better selves we should remain objective and not get affected by such cognitive biases. However, it is easier said than done. We are in an age of information overload. Information that comes from official media, social media, and discussions with family, friends, and colleagues. In recent times whichever information source, we seek our information from, we can be forgiven for concluding that doomsday is not far. We are constantly reminded of the disasters happening around the world, be they economic, pandemic, climate, or geo-political (the availability bias). Once we have such conclusions in our mind, then automatically we seek more such information which further confirms our conclusions and beliefs (the confirmation bias).

At this stage, let us take a pause and reflect upon our actions. As we are scrolling through the news headlines, don't most of us pause to read the full news of something that we already believe to be true, while ignoring others? This then leads to the Declinism in us. Declinism can be defined as the belief that the society or institution is moving towards decline. It views the past more favorably and the future more negatively. I remember a short poem I had read during my school days that said something like “... whenever I am confused by the present and feel uncertain about the future, I take shelter in the past.” I believe this is what is happening to most of us. We are experiencing a confusing present and uncertain future. Past, however it was, is familiar to us; we experienced it and we survived it. Thus, it gives us comfort to believe that the past was good and the world, in general, is heading toward decline.



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Thus, it should be acknowledged and accepted wholeheartedly that all is not lost. We are progressing to the new growth stage at best or we are transitioning to a new normal at worst. Such a transition to the new normal has consistently been happening to society and the economy. We can safely conclude that with the all-around progress of society and the ever-increasing speed of information spread, the cycle of societal and economic transformations has become shorter and faster. About a hundred to two hundred years ago, the pace of such transformation was such that any individual would at most experience one such cycle, imagine the American Industrial Revolution (also known as Second Industrial Revolution) started in the 1870s and continued till

the second world war, almost 80 years. Compare that to any new evolving industry or trend today, it may take only 5-20 years to become a widespread phenomenon. Thus, most of us will experience at least two such major evolution, and some of us may experience even three; depending on the industry and the geography we are in. A few decades ago, in management classes, the discussion was on the management frameworks upon which we develop our conclusions and tools to manage the business. However, going forward we need to strengthen certain traits in us. Such traits will help us develop the frameworks uniquely suited to us, as we are already in a stage where be it frameworks or tools, cannot be generalized. The key to such traits are risk-taking and resilience. Firstly, we need to define what is risk-taking before we can sharpen that skill. I define risk-taking as the ability to take decisions in the absence of all the required information. Thus, it is natural that many of such decisions taken will give us results not up to the mark we wanted or even contrary to our expectations at times. Here comes the need for resilience to recover from adverse outcomes of our decision. Most of the time a bad decision may be better than indecision. Indecision doesn't help us in any way besides filling ourselves with anxiety, further paralyzing our decision-making capabilities. After all, folklore says, we never take the right decision, we take a decision and try to make it right. In this process we need to talk internally to give ourselves courage and confidence, to tell our inner being that we have what it takes to face the uncertain future. We also need the humility to accept that the world is too interconnected and complex to try to do everything on our own. Thus, we should be proactively seeking partners to collaborate who complement where we are weak. As a contrarian thought, I would be so bold as to say, this is a very good time to start planning something new. Look at all the entrepreneurs and intrapreneurs who started something new 3-4 years back. Many of them haven't reached a maturity stage, where they can withstand a storm, thus they are facing a survival crisis. However, planning something new does not have any past baggage to worry about, we can start on a clean slate and launch our new initiative to catch the next growth wave that will come once we have crossed the current chaos.

Let me end my thoughts by repeating a quote from C. Joybell. C "I have come to accept the feeling of not knowing where I am going. And I have trained myself to love it. Because it is only when we are suspended in mid-air with no landing in sight, that we force our wings to unravel and alas begin our flight. And as we fly, we still may not know where we are going. But the miracle is in the unfolding of the wings. You may not know where you're going, but you know that so long as you spread your wings, the winds will carry you."

- Ritwik is an investment and strategy professional with solid experience and deep expertise in many aspects of investments, risk control, strategy, and corporate development.

LOOKING AHEAD BY LOOKING BACK

By Santosh Sequeira Consumer and Market Insight Global
Head – Water and Air Wellness - Unilever



Lessons learnt on the cricketing field

We all need to look ahead in terms of how we can cope with adversity and how we can achieve our goals. However, before we look ahead we need to look back in time to reflect on some of the critical lessons learnt through our experiences, be they personal or professional.

I would like to share one such experience which humbled me and taught me some important lessons, which will always remain relevant in most situations we encounter in life.

It was the year 2016 when I was selected captain of the D3 cricket team for Pudong Powers (a club playing in the Shanghai Cricket league). We had always been a great team winning several championships before, however winning this time was a different experience altogether, as we came from a near-hopeless situation to emerge as Champions. What was even more satisfying, was the journey and the way we accomplished this feat as a "TEAM" against the odds. We had won only 1 out of 4 games and it looked like we were not going to make a comeback. For the first time, we looked out of sorts and were staring at an early elimination, having to win all our remaining matches to stay in contention. What followed next and the transformation which made us champions remains not just a one-time moment to cherish but learnings for life. Honestly speaking, these hold good in our daily corporate lives as well.

- 1) Build a unifying bond with people: No space for EGO, mutual respect for all
- 2) Stay resilient, stay calm: Adapt to tough situations - don't let the situation take over your mind & your ability.
- 3) Be flexible: Keep an open mind – if the situation demands, try different options which could still work.
- 4) Back your instincts: Give due importance to your gut feeling – more often than not these are right.
- 5) Believe in yourself first: As a leader, lead by example to gain the trust and confidence of your team – in tougher times take more responsibility to deliver.
- 6) Act with courage: Make bold decisions and stand by them – hold yourself accountable even if these fail.
- 7) Draw a balance between strategy and execution: Have a strategy but more importantly plan on execution.
- 8) Anticipate Challenges: See adversity as an opportunity rather than a crisis – with the right motivation it can bring out the best in people.

- 9) Enjoy team Huddles: Gives such a positive feeling and get you going – Celebrate both success and failures.
- 10) Value the diversity of your team's talent: Have a role for everyone – Balance your team's strengths and weaknesses.
- 11) Vision to succeed: Have a dream and more importantly the will to succeed – if you have the will, you make the way.
- 12) Never give up: Nurture the right mindset – It's never over till it's over.

The next year we got to the finals again (in a rather more comprehensive manner) but lost to a much stronger team. As they say “You win some, You lose some” but you never stop learning and giving your absolute best.

WHY THE INDIAN DIASPORA MATTERS



By Shameen Prashantham, Professor of International Business & Strategy, and Associate Dean (MBA), at China Europe International Business School. He is the author of Gorillas can Dance: Lessons from Microsoft and Other Corporations on Partnering with Startups. (Wiley, 2022)

Although I had no idea at the time, my journey to becoming a professor at China Europe International Business School in Shanghai began twenty years ago when I enrolled as a full-time doctoral student in Scotland. This was my decisive professional move into academia, having previously dabbled in advertising and management consulting at small boutique firms. I was based at one of Europe's leading international business research units, and became part of a new generation of doctoral students examining how smaller entrepreneurial firms go global. For my doctoral research I talked to numerous entrepreneurs in Bangalore who had founded software companies. I learned that many of them had engaged with former classmates or colleagues of Indian origin to find clientele and gain an initial foothold in international markets such as the US, UK, Canada, Australia and Singapore. In other words, these entrepreneurs had tapped into overseas diaspora networks to help them internationalize their ventures.

The term “diasopra” – from the Greek for across (dia) and scatter (speirein) – originally described the Greeks and later Jews who dispersed around the world. Today there are many other diasporas that bring together “birds of a feather” – and the Indian diaspora is hard to miss. There is a long history of Indians in Shanghai (and China), as I learned from Stray Birds on the Huangpu River, a spectacular volume I was fortunate to receive from the Indian Association after I gave a talk based on my recent book on corporate-startup partnering, Gorillas can Dance. It might be useful to remind ourselves of some of the ways in which this collectivity matters.

#1 Diasporas enable first-hand interactions among people.

Perhaps the most valuable contribution of diasporas is that they help people to relate to others, both within the coethnic community and with the mainstream indigenous locals, as people. Taking CEIBS students on visits to Infosys, interacting with alumni hired by Tech Mahindra and inviting guest speakers from Fugu Mobile to my classroom have helped people with no first-hand experience of India overcome biases and misconceptions based on second-hand knowledge. In a period that is fraught with geopolitical tension among governments and political leaders, the value of people knowing and interacting with one another as individuals with mutual interest and friendly exchanges, is all the more critical. As with any network, such outcomes are more like to accrue through proactive engagement and staying open to new possibilities by connecting the dots.

#2 Diasporas help generate solidarity within and across communities.

Diasporas provide a source of support for everyday life. The various challenges resulting from the pandemic have led to many acts of support and kindness from the Indian community in Shanghai. I remember walking into Bollywood restaurant once and being told that food packets were about to be sent to a hotel where a group of recently arrived Indian diplomats were undergoing quarantine. When India was hit by a deadly Covid wave due to the delta variant, I learned of many Indian business leaders working hard to have ventilators and other equipment urgently shipped from China. And during the Shanghai lockdown the Indian community made special efforts to source food supplies that Indian homes would particularly miss. Furthermore, diasporas can



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also build goodwill with mainstream locals. An exemplary illustration of this is the Indian Association's service to the local community through a recent blood donation drive that received kudos from the local media and government.

#3 Diasporas can participate in the pursuit of shared goals.

Diasporas can be participants in the development of their country of origin – and thus in pursuing shared goals of promoting human progress and development. That is perhaps why Indian leaders regularly interact with the Indian community when they travel abroad. For a reason I do not fully understand to this day, when I was on the faculty of Glasgow University, I found myself on a guest list of young Indian-origin leaders in the UK who were invited to attend a reception in honour of the then Prime Minister Manmohan Singh when he visited London in 2008. Seven years later, I was also present when Prime Minister Narendra Modi addressed the Indian community in China, an impressive occasion that the Indian Association of Shanghai was heavily involved in. Such initiatives and events suggest that diasporas are being invited to be co-participants in the progress of the country of origin's socioeconomic development.

Of course, diasporas, like many things in life, wax and wane. Earlier avatars of the Indian diaspora in China – such as the Sikh community in Shanghai – disappeared when historical circumstances changed. The Indian diaspora in Shanghai is inherently diverse, comprising long-timers and more transitory expats on short-term assignments with multinationals. Coming and going is a feature of diasporas. However it evolves, long may this part of the magnificent Indian diaspora remain supportive to its own, engage constructively with the rest, and help create new links elsewhere in the world – all of which matters more than ever before at a time when terms like “decoupling” and “slowbalization” are in vogue in an unmistakably interconnected world.

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