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INDIA – CHINA
RELATIONS**

**INTERNATIONAL
DAY OF YOGA
CELEBRATIONS**

SONU NIGAM
ROCKS SHANGHAI

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**PAST YEAR'S
EVENTS**

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PATRON'S MESSAGE



Shri. Anil Kumar Rai
Consul General of India, Shanghai

I am pleased to note that Indian Association-Shanghai under leadership of Shri Mukesh Sharma and his able team has spearheaded several important activities for the Indian community. Indian Association-Shanghai, has emerged as a key forum for exchange of ideas with Indian diaspora, Chinese and foreign community and a platform to collaborate, cooperation and jointly work towards strengthening the visibility of India in China as well as using their knowledge, skill sets and outreach for development of India.

The effort of Indian Association has been rightly acknowledged by the leadership and Government of Shanghai through conferring Magnolia Award.

India has faced many natural disasters in past few months leading to disruption of normal life of citizens. Indian Association, with spirit of selfless service, has come forward to extend its help in all forms for the rebuilding efforts, including through contributions towards Chief Minister Relief Funds.

Indian Association's contribution towards promotion and propagation of Indian values and efforts for strengthening people-to-people contact is praiseworthy.

I compliment the Indian Association-Shanghai team for their sustained efforts and selfless contributions. I also acknowledge with appreciation the continued guidance and support extended by the former Presidents, General Secretaries and all other office bearers.

Jai Hind!!

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PRESIDENT'S MESSAGE



“ We are also celebrating the 70th year of India –China friendship and this year Indian community completed 7th year of consecutive blood donation to Shanghai blood center reaching 1000+ units of blood donation. In coming year , IA will champion several celebrations to foster a wonderful people to people connect.

**Mukesh Sharma
President ,
Indian Association**

Dear Friends,

On behalf of the board of Indian Association, heartiest wishes to you and your near and dear ones for this Diwali and upcoming New Year 2020. In last one year, India faced many challenges of floods in different states such as Kerela , Orissa , Maharastra and Assam. I am proud to state that all of you stood to help the brothers and sisters who lost their livelihood and faced natural disasters. IA contributed over 15 Lacs INR from Shanghai to help the needy ones.

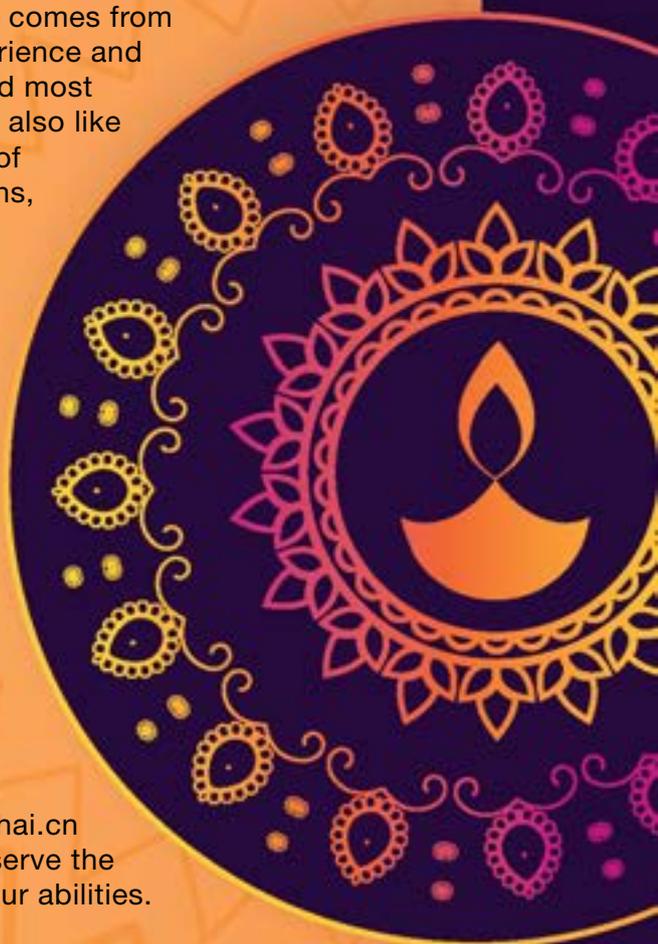
I would like thank our committed sponsors who stand with IA as a strong back bone and our “Dream Team” who comes from diverse set of experience and regions in India, and most importantly I would also like to thank members of regional associations, several volunteers and nodal points who help IA to connect and execute all the events.

I thank you all for giving us an opportunity to serve you and I request you to continue giving your feedback on the activities of IA Shanghai at

president@iashanghai.cn
which will help us serve the society to best of our abilities.

Finally, I would like to thank our Honorable Consul general Shri Anil Rai and the entire team of Indian consulate for providing their selfless help, support and guidance to IA Shanghai.

Thank you and best wishes for Diwali and New Year 2020!!



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CONSULATE EVENTS

PRAVASI BHARATIYA DIVAS

9TH JANUARY, 2019

On the occasion of 15th Pravasi Bharatiya Divas (January 9) CGI Shanghai organized a Round Table interaction with the representatives/heads of various Indian Associations/community, Cultural/Regional groups from Eastern China Region. The objective was to apprise the community leaders of the initiatives taken by the government and activities proposed for the coming year, so as to, not only seek their cooperation but also to ensure that the information reaches to maximum widest populace.



CONSULATE EVENTS

70TH REPUBLIC DAY CELEBRATED IN SHANGHAI

26TH JANUARY, 2019

The 70th Republic Day was enthusiastically celebrated at Shanghai on January 26, 2019. The celebrations started with the Flag hoisting ceremony, in which more than 450 members of the Indian community and students from Eastern China Region participated, despite the freezing temperature. Consul General Anil Rai unfurled the National Flag and read out excerpts from the Hon'ble President's address to the Nation.

The ceremony continued with a series of cultural performances presented by Indian community which included patriotic songs and dances to remember the contributions of the freedom fighters and forefathers of the Nation and sacrifices made by service personnel in keeping



the Republic of India safe from external forces and internal disturbances.

The Republic Day celebrations also witnessed two important accomplishments launches - of Hindi magazine - 'Samanvaya Hinch' & student App 'Study in China'.

The Hindi magazine - 'Samanvaya Hinch' is first Hindi magazine to be published in Eastern China Region with the help of both Indian as well as Chinese contributors. The magazine is not only an important step towards promotion of Hindi, but is a lively example of a joint contribution by Indian and Chinese community members.

On the occasion, two Chinese girls namely Ms. Chen



CONSULATE EVENTS

Xun & Ms. Chen Anlan from Shanghai International Studies University rendered their experiences in Hindi language on 'Hindi Seekhne Aur Likhne Ki Yatra' & 'Meri Bharat Yatra' respectively.

A new App for Indian students' "Study in China App" was also launched. The app is meant for students, faculty and others to come together and share information & experiences on courses, educational institutions, career opportunities, Passport, Visa and other related issues along with all other kinds of queries for the student community.

The launch of the App was appreciated by the Indian students, who were present in record numbers, not only from Shanghai but also from Zhejiang and Jiangsu provinces.

This year has been of a particular achievement for Indian community in Shanghai where a number of Indian community members have received wide ranging recognitions - from Shanghai government's 'Magnolia Award' to Pravasi Bharatiya Samman and She the Change - Nari Udyami Samman which acts as a motivating factor for the Indian community to continue their efforts in enhancing people-to people contacts and contribute in strengthening India-China friendship.





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CONSULATE EVENTS

INTERACTION WITH YOUNG JOURNALISTS

6TH MARCH, 2019

In the series of the events celebrating '150 Years of Celebrating the Mahatma' Consulate General of India in Shanghai organized an interactive session with young journalists from various schools of China as part of the interactions with school children on March 6, 2019. The young enthusiastic, 28 students from 22 schools, were curious about India, its diversity, art and culture, and development. While interacting with the students, Consul General explained the various facets of India including the journey of India from Independence Movement till now. He elaborated the role of Mahatma Gandhi as builder of modern India and relevance of his philosophy in modern day world. During the event, the students also rendered various cultural performances including playing instrumental music, showing handicrafts and singing. The crown of the evening was the singing of a Hindi song by a Chinese student.



CONSULATE EVENTS

ZHONGGUANCUN INDUSTRIAL ZONE - LIYANG, JIANGSU

24TH APRIL, 2019



The Indian delegation led by CG Anil Rai, visited the Zhongguancun industrial zone in Liyang, Jiangsu. This zone is devoted to research and manufacturing of e-vehicle components, especially vehicle batteries. The team also visited agricultural equipment manufacturers later in the day.

CONSULATE EVENTS

BUSINESS & TOURISM PROMOTION EVENT

24TH APRIL, 2019



At the Business & Tourism promotion event at Liyang, Jiangsu, CG Anil Rai spoke about the increasing ease of doing business in India, with special focus on latest e-vehicle policy. He urged the e-vehicle industries in Liyang to take advantage of the policy and to invest in India. A presentation on Indian Tourism was also shown to the audience to attract more Chinese tourists to India.

CONSULATE EVENTS

VISIT TO YADEA E-VEHICLE COMPANY

26TH APRIL, 2019



The expert team led by CG Anil Rai, visited Yadea e-vehicle company which is the leading player in electric 2-wheeler segment. Later, they also visited a waste recycling company to understand how it can be implemented in India.

CONSULATE EVENTS

RABINDRA JAYANTI CELEBRATIONS

7TH MAY, 2019



The 158th Birth Anniversary of Gurudev Rabindranath Tagore was celebrated with great enthusiasm in Shanghai. A large number of Chinese friends participated and enjoyed melodious Rabindra Sangeet and paid tributes to the great Poet and Humanist.

CONSULATE EVENTS

CONFERENCE ON HINDI LANGUAGE

7TH MAY, 2019



A conference on teaching, translation and means for communication of Hindi language was organized, under the auspices of CGI Shanghai, on 11th May in Shanghai by a group 'Hindi in China' comprising of China based Indian and Chinese scholars. The conference was attended by 29 Professors including 19 Chinese Professors and 09 students from various Chinese Universities. Other professionals related to Hindi language in China also participated in the event. The topics discussed in the Conference included: (i) हिंदी शिक्षण—स्कूल से विश्वविद्यालय तक हिंदी; (ii) अनुवाद और संचार माध्यमों में हिंदी; & (iii) हिंदी लेखन—शिक्षण की चुनौतियाँ और संभावनाएँ ।

CONSULATE EVENTS

5TH IDY 2019



18th May 2019 - In the run up to the 5th IDY - 2019 celebrations, a curtain riser event was organized at Wuyi, in association with the Wuyi govt. More than 500 Chinese people turned up to perform Yoga with their friends and families.



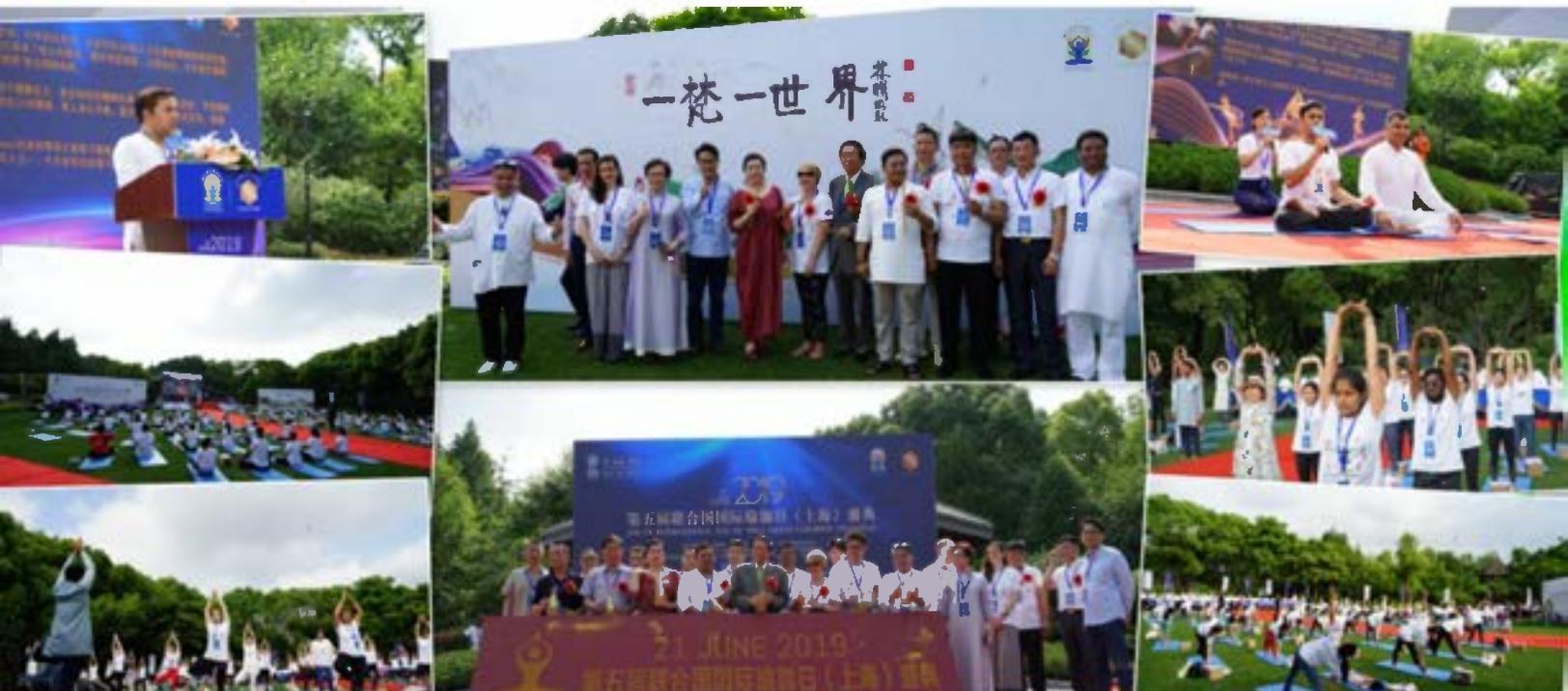
8th June, 2019 - IDY event #2 at Shanghai Jade Buddha Temple, an iconic venue in Shanghai. A lot of Yoga enthusiasts, including Chief Abbot JueXing were present and performed Yoga. CG Anil Rai spoke about the benefits of Yoga in maintaining Physical and Mental well being of an individual.

CONSULATE EVENTS

5TH IDY 2019



14th June 2019 - IDY #3 event at Wuxi saw several hundreds Chinese people participate and affirm their interest in the holistic health benefits of doing Yoga regularly.



21st June, 2019 - IDY #4 event at Xijiao State Guest House, Shanghai was attended by more than 600 people and performed Yoga. Diplomats from various Consulate Generals in Shanghai also attended the event.

CONSULATE EVENTS

5TH IDY 2019



22nd June 2019 - IDY #5 event at Suzhou. Over 200 people participated in the Yoga demo at the scenic Dushu Lake area of Suzhou.



22nd June, 2019 - IDY event #6 at Hangzhou. Yoga day celebrations continue in Hangzhou. Chinese people are fascinated by the skills and dexterity of Indian Yoga masters.

CONSULATE EVENTS

5TH IDY 2019



23rd June, 2019 - IDY #7 event at Zhenjiang. Over 1000 yoga enthusiasts gathered at the scenic South mountain area and performed Yoga.



25th June, 2019 – IDY #8 event at the iconic Liuji Temple, Wencheng County in Wenzhou. Around 800 yoga enthusiasts performed Yoga in pleasing rainfall. Various cultural performances including Taichi marked the event

CONSULATE EVENTS

COMMERICAL/CULTURAL EVENTS IN TAIZHOU CHINA

17TH-19TH SEPTEMBER 2019

The Consulate General of India in Shanghai hosted/participated in a series of Business/Cultural Events in Taizhou China.



10th China (Taizhou) International Pharmaceutical Exposition & The India-China (Taizhou) Healthcare Forum : The event brought together the leading leaders of Taizhou and Indian governments, experts in the health care industry, making joint efforts to promote the cooperation in health care industry between India and China. In addition, Mr. Consul General visited Taizhou's local enterprises and factories to explore the potential of economic and trade cooperation between India and Taizhou.



India Film Culture Week: Chinese audience at Wuyi were thrilled to see a Indian cultural performance; Indian Music and Dance, at the event organized by CGI Shanghai & Wuyi Govt.

The screened Indian film attracted a full house of audience. We believe that in the future we will see more and more exchanges between India and Taizhou.

CONSULATE EVENTS

73RD INDEPENDENCE DAY CELEBRATED IN SHANGHAI

15TH AUGUST, 2019

The 73rd Independence Day was celebrated with great zeal, enthusiasm and patriotic fervor by Indian community at the Consulate General of India, Shanghai

The Independence Day celebrations also witnessed the launch of 2nd edition of the Hindi magazine 'Samanvaya Hinch', recital of Hindi poems by Chinese students, and announcement of the celebration of 550th Birth Anniversary of Guru Nanak Devji. Over the next one year, the birth anniversary celebrations would include various activities such as Kirtan Diwans, plantation of trees, donations and cultural events.

The 2nd edition of Hindi magazine – 'Samanvaya Hinch' was launched on the occasion, has contributions from both Indian and Chinese scholars. 'Samanvaya Hinch', the first Hindi magazine published in the Eastern China Region, was an important step towards the promotion and mainstreaming of Hindi in China.



CONSULATE EVENTS

The celebrations also witnessed participation from Chinese nationals. Chinese students Chen Xuying (Pratibha) and Liang Weiyan (Deepti) from Hindi Department of Shanghai International Studies University shared their experiences in Hindi language and recited Hindi poetry on Mahatma Gandhi.



To mark the occasion, the Indian community members presented a series of melodious patriotic songs to remember the sacrifices and contributions of our freedom fighters, revolutionaries and service personnel

The ceremony witnessed participation from more than 250 members of Indian community and around 20 Chinese nationals.



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CONSULATE EVENTS

HANGZHOU INTERNATIONAL DAY

5TH-8TH SEPTEMBER, 2019

In order to promote and propagate Indian Tourism and Culture in Eastern China Region, CGI Shanghai set up an Indian Pavilion during Hangzhou International Day (a festival commemorating Hangzhou's successful hosting of 2016 G20 Summit) between Sept 5-8, 2019. The Pavilion showcased Indian art and culture, handicrafts, furniture, and Yoga to Chinese and other foreign nationals. The Festival was attended by around 20,000 people.



CONSULATE EVENTS

INVEST INDIA SEMINAR

25TH SEPTEMBER, 2019

The "Invest India Seminar" event was co-organized by the Consulate General of India in Shanghai and China-India Economic & Cultural Council (CIEC).

The event witnessed exuberant participation by myriad representatives from law firms, business enterprises, financial & banking houses, public institutions and tax offices etc. They all paid close attention to India's investment policies, shared their own investment experience, resources and prepared themselves for the future investment in India.





Sonu Nigam sets the stage on fire at IA's Diwali Nite in Shanghai!

India's popular playback singer, Sonu Nigam performed in front of a sold-out Shanghai crowd last Diwali.

He presented a variety of fun and high-energy numbers, setting the stage on fire with his performance.

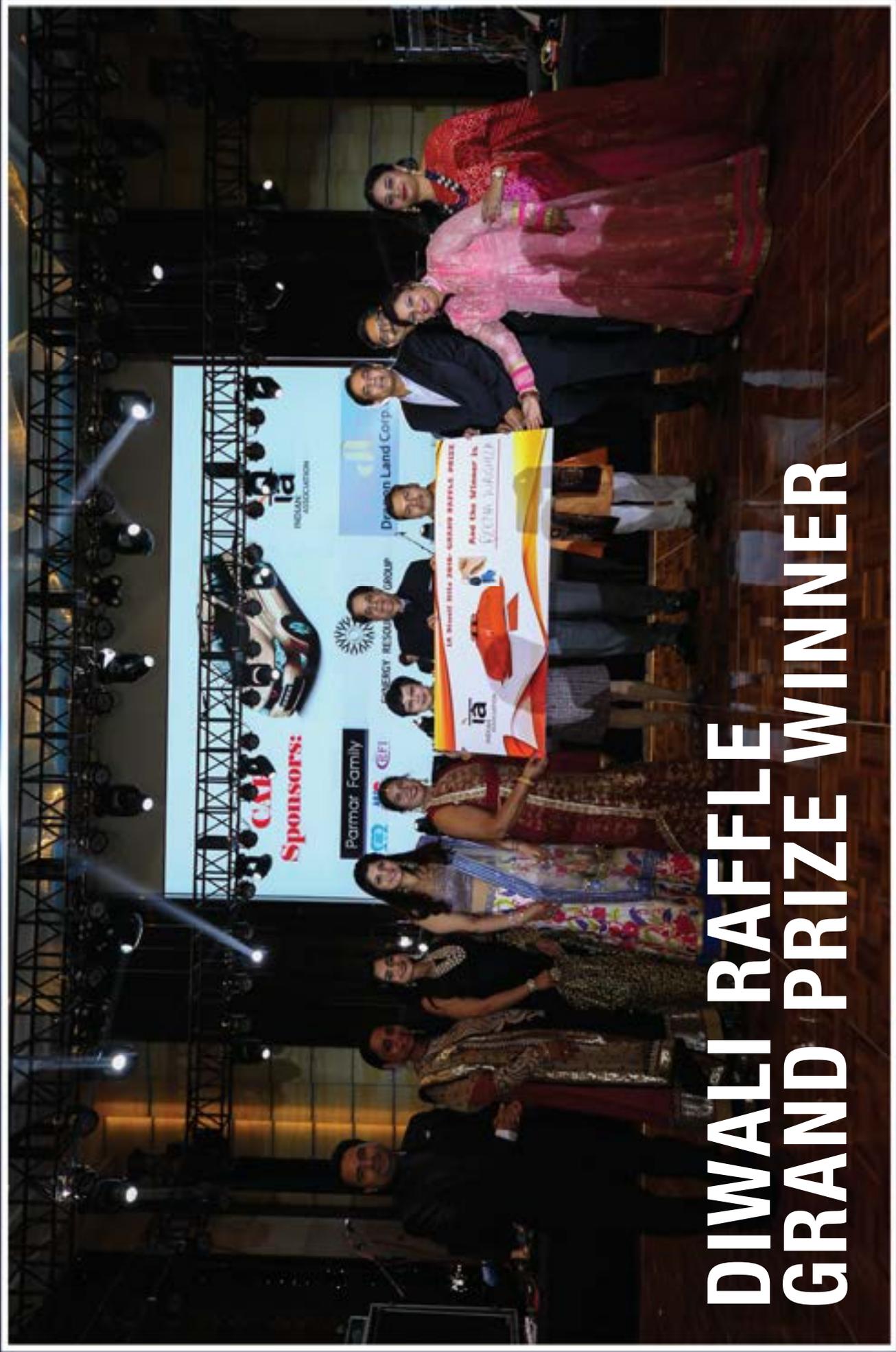
The singer mesmerized the audience while singing his favorite songs, traversing the stage from one end to the other, sharing anecdotes, shaking hands and taking selfies with his fans, all the while not missing a beat or a note in his singing.

IA Diwali Nite **WITH SONU NIGAM**









DIWALI RAFFLE GRAND PRIZE WINNER



Wishing you and yours a Happy Diwali; may your year be as bright as the lights of diyas.

From,

Ita & Arun



COMMUNITY RECEPTION FOR INDIA'S NEW AMBASSADOR TO CHINA



Indian Association at Shanghai organized a community reception for India's new Ambassador to China Shri Vikram Misri and his wife Smt Dolly Misri at the Indian Consulate Shanghai on 12th April.

The event was attended by a diverse diaspora of Indians from various states and professions.

Members of community got an opportunity to introduce themselves and ask questions related to Ambassador's diplomatic career ranging over 30 years in more than 10 countries.

Shri Vikram Misri elaborated his interesting experiences working in various countries with different government leaders. He also said that "Each Indian residing in China is a true ambassador of India and he is very pleased to see a vibrant Indian community in Shanghai".



The event was attended by Hon Consul General, Shanghai - Shri Anil Rai, his wife Smt Harshita Rai and leaders from Consulate and Embassy of India.





Dandiya Night

Indian Dance Festival

The festive season kicked off with a vibrant and entertaining Dandiya event. The evening began with Aarti to Goddess Durga followed by mesmerizing dance performance by guests. DJ Sameer enthralled one and all with timeless Dandiya hits mixed - in his signature style. Guests enjoyed a sumptuous buffet including specialties like khasta kachori, pav bhaji and jalebi.

The evening concluded with prizes awarded for best costumes and performances.









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IA Badminton Tournament

**Strength lives in the
mind of a champion!**



The IA annual calendar kicks off with the Badminton Tournament.

This year it was held on 8th March at the Shanghai Jianqing Youth sports Club in Gubei. The tournament had over 100 enthusiastic players in 5 categories. Rahul Gandhi was the player of the tournament.

Dr Choubey and his team were there to support in case of medical emergency.







**Among closely fought matches,
the winners and runners-up came out on top,
as follows:**

| Category | Winner | Runners up |
|-----------------|------------------------------------------|----------------------------------------------|
| Men's Singles | J. Karthik | Rahul G |
| Women's Singles | Shalini Rawat | Dhwani |
| Men's Doubles | Rahul G & Hemanth | J. Karthik & Rakesh |
| Women's Doubles | Shalini Rawat Kanatt Meera Raveendran | Rajshree Sehgal Sanya Sehgal |
| Mixed Doubles | Rahul G Shalini Rawat | Kishore Garimella Kanatt Meera Raveendran |
| Children | Maitrey Bhatt | Aneesh |

IA CRICKET CHAMPIONSHIP

The IA Cricket championship was organized on 4th May, 2019 at Dulwich College International School, MinHang, Shanghai. A total of 16 teams participated with over 120 players and overall 200 people witnessed the tournament. It was well fought tournament with matches beginning at 08:00 and ending at 17:30 witnessing goosebumps, emotional extremities and zeal.



The WeChat article witnessed 12,000+ views and about 10,000 votes in just 48 hours for the most favorite team. The tournament was live streamed from the field for initial matches.



WeChat Contest - Most favorite team:

CSK Boys won this award with highest number of votes. They were awarded with 500 RMB Prize.



Man of the tournament: Danish

Danish was declared as man of the tournament for his throughout consistent performance in all of the matches. He was awarded with Trophy + 500 RMB Cash Prize.





Winners

Bollywood Superstars lifted the trophy by convincingly beating Yanlord Tigers Puxi. Winners were awarded with a Trophy + Medals for 8 players + 2500 RMB cash prize. Runners-up were awarded with a Trophy + Medals for 8 players + 1500 RMB cash prize.





LIFE GIFT FROM INDIA: GIVE BLOOD, SHARE LIFE

Indian Association in Shanghai, along with Shanghai (Red Cross) Blood Center, Hongkou District Blood Management Office, Shanghai People's Association for Friendship with Foreign Countries (SPAFFC) and Shanghai Foreign Agency Service Department (SFASD), organized the Seventh Annual Blood Donation Drive on Aug 31, 2019 at the Shanghai (Red Cross) Blood Centre to promote the idea of voluntary blood donation and saving lives. Over 150 Indians took part in the activity.

"As an Indian community we have been contributing to our work land Shanghai in whatever form we can , but a gift of life is our most cherished Seva (Service) or Charity..Therefore we call it as a unique donation." - Mukesh Sharma

Mr. Vivek Arora, who has lived in Shanghai for 30 years, donated the 1000th unit of blood since the event started. He was very excited, "I live in Shanghai with my family, is a kind of luck!" We repay the city and the people who live here by donating blood. I love China, love Shanghai!"



IA BLOOD DONATION DRIVE



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Over 150 Indians donate blood in Shanghai

By He Qi in Shanghai | chinadaily.com.cn | Updated: 2019-08-31 12:44

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MEDIA COVERAGE

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IAShanghai



IA MIXER: HOW TO GAIN MARKET SHARE IN CHINA

Indian Association organized a mixer event – panel discussion on How to gain Marketshare in China on 5th June, 2019 at the hall of Indian Consulate in Shanghai. Two stalwart experts – Dr. Edward Tse and Mr. Ashok Sethi shared their insights on disruptions in China - Consumer Insights, Block Chain, Artificial Intelligence and Automation.

Dr. Edward Tse, Founder & CEO of Gao Feng Advisory Company, also the author of over 150 articles and four books including the award-winning *The China Strategy* and *China's Disruptors*; shared 3 layered duality concepts in tremendous growth of China. He explained the core mindset behind the success of Chinese people and Chinese entrepreneurs.

On the other hand, Mr. Ashok Sethi, who leads the Illuminera Institute in Shanghai and also the author of the book *Chinese Consumers*, enthralled the CXOs with his impeccable theory of demographics on gaining marketshare in China. He shared how the inexorable force of demographics that has turned China into one of the largest consumer market in the world.

Over 70+ guests starting from university students to CXOs attended this 2-hour long event. Mr. Mukesh Sharma, President, Indian Association thanked the panelist, guests and conveyed a special thanks to Hon'ble Consul general for his presence during the event.



IA SPEECH COMPETITION



LIST OF WINNERS:

Group A

- 1st Suhana Jain
- 2nd Shivangi Pandey
- 3rd Ayushi Arya and DurvaVadgama

Group B

- 1st Navyyendu Soni
- 2nd Arman Manna
- 3rd Tanvi Rao



Indian Association, with the support of Indian Consulate, organized a speech competition on September 1st, 2019 at the Indian Consulate, Shanghai. Hon'ble Consul General Mr. Anil Rai, and Hon'ble Consul (Press, Information & Culture) Mr. Arun Kumar Panwar were present to encourage the children.

To promote diversity of languages, children were encouraged to speak in any of the regional languages. The Gandhi documentaries, from the official website of Gandhi@150, were played during the competition.

A total 20 children participated; out of which, 12 were from Group A and 8 were from Group B. The three judges – Mrs. Darshna Hegde, Dr. Anita Sharma and Ms. Praseon Singh evaluated each of the participants on factors such as audience interaction, posture and eye contact, word choice, content, use of time, confidence and citation on sources.

IA CONTRIBUTES OVER RS 15 LAKHS TO DISASTER RELIEF FUND IN INDIA

This year cyclones and flood have devastated many densely populated areas in India including states like Maharashtra, Odisha, Assam and Kerala. This "extremely severe" disasters required many people to be evacuated to higher ground. Advances in early warning systems and evacuation planning helped to evacuate scores of people in advance; but the cyclones and floods brought widespread damage to infrastructure and posed a significant human health risk. Relief was needed for healthcare, infrastructure, agriculture, cattle and housing.

In the wake of such natural disasters and the massive relief efforts to help people recover, Indian Association in Shanghai rallied the support of non-residential Indian community to raise funds for those severely affected. An amount of over Rs 15 Lakhs was raised during the fund-raising drive over the year. The cheque were handed over to Consul General of India, Shanghai to be sent to Chief Minister's Relief Fund in the respective states.

Consul General of India, Shanghai, Mr Anil Rai stated "Indian Association, Shanghai raises to the occasion when the country and society needs them. The contribution towards 'Chief Minister's Relief Fund' for rebuilding of Odhisa in the aftermath of super cyclone Fani is one of many examples."

"Charity is the cornerstone of Indian Association Shanghai and Indian community in Shanghai is always at fore front in giving back to our motherland." said Mr. Mukesh Sharma, President, Indian Association.



Kerala Funds being handed over to India's Tourism Minister



**Assam Funds being handed over to
Consul General of India, Shanghai**



**Maharashtra Funds being handed over to
Consul General of India, Shanghai**



**Odisha Funds being handed over to
Consul General of India, Shanghai**



IA MIXER: DYNAMICS OF HEALTHCARE

A healthcare seminar was organized at the Indian Consulate in Shanghai on Saturday August 17th 2019. Four specialists across various fields shared insights on healthcare related issues in our daily life. Each of the specialists spoke about 20-30 mins followed by a Q&A session.

- Dr. Sung Yuk Lan , MD shared tips on Common Infectious Diseases
- Dr. Parul K Sinha, MDS shared tips on Dental Issues
- Dr. Kiran Shah, MD shared tips on Arthritis and
- Dr. Sanjeev Choubey, MD shared tips on Cardio and Obesity

Great insights were shared on common infections and how to take precautions in daily life, oral dental care from toddlers to elders, Arthritis – symptoms, diagnosis and treatment, and obesity and cardiovascular diseases – causes, measurement, cardiac complications, along with remedies for prevention.

Implementing these tips in daily life will surely make a healthier tomorrow.

A special thanks to CGI Shanghai, Sponsors, panelist of doctors, and volunteers to help organizing this talk.





BAL DIWAS 2019



There were 48 performances presenting exemplary lives of eminent Indian personalities and heroes and their contribution to society. Talent was present in abundance. Artists as young as 22 months performed at the event and were greatly cheered and appreciated by an enthusiastic audience. Consul General of India, Shanghai Mr Anil Rai and his wife Mrs Harshita Rai were also present to encourage the participants.

Bal Diwas was organized on 21 April, 2019. This annual event saw participation of about 170 children from Shanghai, Suzhou and one participant was from Bengaluru.

The theme for this year's celebration was "Jewels and Epics of India".













IA MIXER: MAKING A DIFFERENCE -LESSONS FROM LIFE BY DR. DIPAK C. JAIN.

Several Indian business professionals in Shanghai look forward to IA Mixer series, where accomplished professionals from diverse backgrounds share their thoughts and ideas.

We were pleased to host Dr. Dipak C. Jain - President (European) and Professor of Marketing at China Europe International Business School (CEIBS) in Shanghai, China as he shared his experiences and life journey.



MAKAR SANKRANTHI - BATHUKAMMA

TELUGU ASSOCIATION OF CHINA



Telugu Association of China was formed in 2014 by a group of enthusiastic, culturally conscious Telugites working and living in China. TAC's aspiration is to evolve into an umbrella organization, create a common platform for all city-specific Telugu Groups in China.

The idea is to harness strength in numbers and find meaning, identity pride and a sense of belonging in a foreign land to sustain and nourish our roots in a common culture and rich traditions, and there by shape a shared future.

This we intend to accomplish by being in touch via regular communications and by promoting awareness of our common ancestry/roots and a spirit of community through socio-cultural events. TAC endeavor to maintain a vibrant profile online through social media, messaging apps, websites, apps etc.

TAC is already active in Shanghai, Beijing and growing presence in Changsha, Guangzhou, Hangzhou, Kunshan, Shenzhen, Shaoxing & Suzhou cities in China. It is set to grow bigger!!!!!!

Conceivably, TAC will evolve to coordinate with external publics or stakeholders such as Indian embassy and its consulates in China, business and industry chambers, other similar Indian regional groups in China and organize activities like Charity

drives, food festivals, donation campaigns for noble causes.

Here in China, Telugu Association mainly celebrates 3 popular festivals in both Telugu states and are celebrated grandly across the nations viz.

1. Makara Sankranti
2. Ugadi (Telugu New Year)
3. Bathukamma

1. MAKARA SANKRANTHI (మకర సంక్రంతి)

Makaraa Sankranti (Sanskrit: मकर सङ्क्रान्ति) is a festival day in the Hindu calendar, in reference to Surya (sun) deity and has been observed according to solar cycles.

It falls in January every year and marks the first day of sun's transit into the Makara (Capricorn), marking the end of the month with the winter solstice and the start of longer days.

The festivities associated with Makara Sankranti are known by various names such as Maghi (preceded by Lohri) in north India and Sikhs, Makara Sankranti (Pedda Pandaga) in Karnataka, Telangana and Andhra Pradesh, Sukarat in central India, Magh Bihu by Assamese, and Pongal in Tamilnadu.



The festival, Sankranti, is celebrated for four days in Andhra Pradesh and Telangana:

Day 1 – Bhoghi (బోగి): This is when people discard old and derelict things and concentrate on new things causing change or transformation. At dawn, people light a bonafire with logs of wood, other solid fuels and wooden furniture that are no longer useful. Another major activity is to Bhogi is “bhogi pandlu”



celebrations. Where kids will get blessings from adults with new rice, flowers & Regu pandlu (Jujebi's).

DAY 2 - MAKARA SANKRANTHI (మకర సంక్రంతి): The second day is Makara Sankranti. People wear new clothes, pray to God, and make offerings of traditional food to ancestors who have died. They also make beautiful and ornate drawings and patterns on

the ground with chalk or flour, called "Rangoli" or "muggu" in Telugu, in front of their homes. These drawings are decorated with flowers, colors and small, hand-pressed piles of cow dung, called "gobemma" (గోబేబెమ్మ). Rural children and young girls will go house to house; sing songs and ask for treats in some areas (or pocket money), melas (fairs), dances, kite flying, and feasts etc.

DAY 3 - Kanuma (కనుమ): Kanuma is very intimate to the hearts of farmers because it is the day for praying and showcasing their cattle with honor. Cattle are the symbolic indication of prosperity. On the day after Makara Sankranti, the animal kingdom is remembered and in particular, cows. Girls feed the animals, birds and fish as a symbol of sharing.

DAY 4 - Mukkanuma (ముక్కనమ): The fourth day is called Mukkanuma which is popular among the meat lovers/non-vegetarians. On this day, farmers offer prayers to the elements (like soil, rain, fire for helping



the harvest) and the (village) goddesses with their gifts which sometimes (and these days mainly) include animals.

This year Makara Sankranti was celebrated in Shanghai at Embassy club, Pudong area. We took the pride to invite our Indian Association president Sri. Mukesh Sharma as chief guest for the event. Like any other year organizer celebrated the festival traditionally like celebrations that happen back home. Colors were added to the festival with the Rangoli competitions, offering Bhiogi pandlu to small kids, kite



flying, playing traditional games kabaddi, tokkudubilla (hopscotch) and Tyre aata (Hoop rolling) etc. last but not least mouthwatering lunch.

2. UGADHI (TELUGU NEW YEAR)

Ugadi (Ugadi, Samvatsaradi, Yugadi) is the New Year's Day for the people of Andhra Pradesh, Telangana and Karnataka states in India. It is festively observed in these regions on the first day of the Hindu lunisolar calendar month of Chaitra. This typically falls in March or April of the Gregorian calendar.

The day is observed by drawing colorful patterns on floor, mango leaf decorations on doors called toranalu, buying and giving gifts such as new clothes, giving charity to the poor, special bath followed by oil treatment, preparing and sharing a special food called UGADI PACHADI, and visiting Hindu temples for panchanga sravanam (Recitation of



Almanac/predictions for all 12 stars). The PACHADI is a notable festive food that combines all 6 flavors – sweet, sour, salty, bitter, spice and astringent taste. In the Telugu and Kannada Hindu traditions, it is a symbolic reminder that one must expect all flavors of experiences in the coming new year and make the most of them. It is called Gudi Padwa in Maharashtra,



but sometimes observed a Gregorian day earlier because the lunar day starts and ends in Hindu calendar according to the position of the moon.

This year Shanghai Telugu Association celebrated the Ugadi at Mercury hotel in Shanghai.

It was a great honor to the community to receive Consular General of India in Shanghai Shri & Smt. Anil Roy & CG team as Chief guest and guest of honors along with Indian Association president Shri Mukesh Sharma. Organizers took pleasure in honoring the guests by serving traditional Ugadi Pachadi & delicious Indian food from India.

With the support from Indian Association & sponsors for the first-time organizers invited a group of upcoming singers from India to bring colors to the celebrations. That was a great experience for the people who travelled all the way from India who brought the vibes to the event with their range songs from old to latest, mythological to pop and duet to solo songs etc. All credits to Shri Srinivas Y who was instrumental in arranging visas and helping them travel planning to singers from India and hosting them to give warm touch during their stay.

3. BATHUKAMMA

Bathukamma is floral festival celebrated predominantly by the Hindu women of Telangana and some parts of Andhra Pradesh. Every year this festival is celebrated as



Bathukamma.

It is the festival for feminine felicitation. On this special occasion women dress up in the traditional sari combining it with jewels and other accessories. This year, Bathukamma festival was celebrated in Shanghai & Beijing by the Telugu Association of China on October 13.

CHARMINAR CHEETAHS

Aside celebrating festival; Telugu group is also show up their presence in the sports. New cricket team was formed as "Charminar Cheetahs" were formed under the captaincy of Shri G. Ravindar. The team played in Division 3 of Shanghai Cricket Club and become the winners of D3 and bagged the trophy.

Over and above all these socio-cultural activities, TAC's vision envisages a future where all Telugu people in China



contribute proactively to the larger community, and evolve intellectually and professionally, to be not only in tune with the globalized world but also exploit all the opportunities it presents. Come, join us, strengthen Telugu Association, discover the pride and joy in being a connected, culturally conscious, global-minded Telugu.

Let us grow and prosper together and help make the world a better place.

- Ashok Kumar Gupta Ega & Srinivas Yanamandra



per Shathavahana calendar for nine days starting Bhadrapada Pournami till Durgashtami, usually in September/October of Gregorian calendar. Bathukamma is celebrated for nine days during Durga Navratri. It starts on the day of Mahalaya Amavasya and the 9-day festivities will culminate on "Saddula Bathukamma" or "Pedda Bathukamma" festival on Ashwayuja Navami, popularly known as Durgashtami which is two days before Dussehra.

Bathukamma represents cultural spirit of Telangana. Bathukamma is a beautiful flower stack, arranged with different unique seasonal flowers most of them with medicinal values, in seven concentric layers in the shape of temple gopuram. In Telugu, 'Bathukamma' means 'Mother Goddess come Alive' and Goddess Maha Gauri-'Life Giver' is worshipped in the form of

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GLIMPSES OF SHANGHAI MARATHI EVENTS 2019

Staying away from India can not take away the "Being Indian" spirit from Shanghai Marathi Mandal. Wherever we are we try to celebrate every festival with great enthusiasm. Shanghai Marathi Mandal is celebrating all the main Marathi festivals since last 13 years. The year 2019 started with Makar Sankranti. The ladies wing of SMM geared up with some fun games & entertainment for Makar Sankranti. There were around 30 ladies who attended this event. The schedule was very interesting this year as it included Ramp Walk & Sankranti "ukhane" competition. Everyone was shining in their Black Indian attires. Ramp walk was followed by some fun games & prize

distribution. Typically in Maharashtra the first Sankranti of a newly wedded girl and also the new born babies is celebrated by decorating them with a particular jewelry & garlands. We try to do this every year, as luckily we get 1-2 new brides & 1-2 small babies every year. The tears of happiness in that new bride's eyes is the best gift we get. Even though she is away from her own Mom, sisters, aunts, she has our SMM family here to celebrate with her. SMM ladies wing Rocks!!

March-April is the time to celebrate our Marathi New Year- Gudi Padwa. Every year we invite a celebrity

from Marathi Film/drama industry. This year it was the famous poet & performer Sandeep Khare. After the Gudhi Pujan there was a felicitation of Pravasi Bharatiya Samman Award winner Mr. Amit Waikar by the hands of Sandeep Khare. It was a wonderful gesture by SMM to recognize the achievement of our community member. After this Sandeep Khare mesmerized the audience by reciting his famous poems in his own style. The program/ interview was conducted by very talented Dr. Deepa Deshmukh. It was a wonderful interactive program. The Marathi audience here is indeed lucky to have got this wonderful opportunity to meet Sandeep Khare & listen him live.

During this event the then President Mr. Sanjay Kulkarni handed over his responsibility to the new President Mr. Rahul Bagde. Mr. Sanjay kulkarni has made significant contributions to further the reach and class of SMM.

Come September & everyone is ready to welcome our beloved Ganapati Bappa. The theme for this year was announced before the school holidays started so that the participants can decide their performance & also are able to get their costumes from India during the summer holidays. This year's theme was "Celebrating Inspirations of Life"....

We had about 12 performances & was attended by about 250 people. Ganeshostav 2019 was graced by the presence of our Consulate General of India Mr. Anil Kumar Rai & Mrs. Harshita Rai, President of the New Development Bank Mr. K. V. Kamath & Mrs. Rajalakshmi Kamath, the president of IA Mr. Mukesh Sharma & Mrs. Nidhi Sharma and General Manager of Air India Mr. Dhyabrata Sanyal.

SMM President Rahul Bagde welcomed guests, thanked all past presidents of SMM and introduced





the SMM core team to the Audience. The program started with Ganesh Vandana, a beautiful classical dance by our talented young ladies Tanvi Hegde, Suchita Mahajan & Akriti. We have so much talent in our community & we saw that in this performance.

Then came the Tiny Tots in their colorful costumes, walking straight from the audience & climbing the stage with great confidence. It was a very cute & entertaining sight! All the kids walked on the stage in a Ramp Walk.

Kids always amaze us by showing their talents. The audience was amazed by the next performance where 3 young kids Aayush Bagde, Sanika Dattawadkar & Sumedha were telling about the modern day saints like Baba Aamte, Smt. Sindhutai Sapkal, Sunderlal Bahuguna, Dr. Prakash & Mandatai Aamte, Dr. Rajendra Singh. So many from the audience didn't know many facts shared by these

young kids. Hats off to their research!!

The next performance was a mesmerizing Kuchipudi dance by a Guru(teacher) & her Shishyas(students). Interesting part is that the Guru is a Chinese lady who is a very popular & trained Kuchipudi dancer Lulu. Her Shishyas were two super cute little girls Mahika & Ma Jiayi...these small girls presented the dance form with an amazing grace!! They danced so beautifully that the audience couldn't stop their applause...

Next we had kids from Shanghai Adda performing live songs. It is not easy to sing live on the stage in front of such a huge audience. But these kids are very brave. They rocked the stage by singing some amazing songs.

Bekhauf Azaad Hai Rehena Hame was the theme for next performance. Yes as the name indicates it was

about the Girl's safety issue in the World. How a mother who is carrying a child in her womb gets worried about her yet to be born daughter...how safe she will be & how will she survive in this cruel world around her....Very beautifully presented by Manisha Shriram & other talented ladies from Passionate Indian group.

Then came the dream singers with their fusion medley of Aarti, Bhajan & kavvali. It was a unique experiment by Snehal, Suman & Rujuta who were accompanied by Parag Pujare on Keyboard & where we also had a young kid master Shubhdeep Sinha accompanying them on Tabla.

We all grew up in the era of Doordarshan.. There was a time when no other channels were there. The next performance by kids Ishaan, Tanvi Bhanushali, Sanika & Riddhima was lazy dance on the same theme. They took us down the memory lane with the old advertisements. It was fun to watch them.

Classical music never fails to impress the audience. We have some amazingly talented classical singers in our community. Our own very talented Parag & Gouri presented a wonderful Jugalbandi. Classical singing can not be completed without live Tabla, Accompanying them on Tabla was Prashant Vaidya.

River talk - A tribute to our Rivers was presented by Beenaji & her group Shanghai Adda. We can never pay back the debt for all that which was done by the rivers, so let us at least pay a small interest towards the river's well being was the central theme of this performance. Very emotional & sensitive performance.

आओ आप सब को सुनाये कहानी राजस्थान की....और मीराबाई की जो थी एक जोगन राजस्थान की॥ Meerabai is a well known Rajput Saint. The next performance on the life story of Meerabai was by Monica & her Rajasthani group. A very colorful & fantastic performance!!

गड आला पण सिंह गेला... A very popular story about a brave soldier called Tanaji Malusare. The story of Tanaji's

dedication towards Shivaji Maharaj was told in the form of Traditional Powada which was presented live by our super talented kids. Again a very well coordinated performance with wonderful costumes & props. Hats off to Ketaki Thakar & her talented gang of kids for this mesmerizing performance!!

Pradyumna Ingle & Prajakta Kelkar made the Ganeshotsav event very interesting by their witty, spontaneous & fun filled anchoring. The quiz about places in India also was a great chance for audience to win some special hampers from Henkel. Suchita Mahajan coordinated all the performances & Shilpa Bhanushali did the decorations with help from all Mayuri Bagde and Isha Kulkarni.

As a support for people affected by Maharashtra floods, Shanghai Marathi Mandal along with Indian Association presented the cheque of One Lakh Thirty Thousand Rupees to Consul General of India as a contribution to CM Relief's Fund.

All the child participants were awarded a wonderful SMM plaque along with a bag of chocolates. The event ended with a Thank you note by Samir Dorle which was followed by Ganapati Atharvasheersha, Aarti & Prasad. Everyone enjoyed the sumptuous lunch prepared by KOG.

We at SMM would like to thank all the Indian community for its endless support. It encourages us to do all these events in a better way every year. We wish you a wonderful Diwali & a Prosperous New Year!!

- Aparna Waikar on behalf of Shanghai Marathi Mandal



SHANGHAI ADDA

Durgotsav



Shanghai Durgotsav in its teens:

Shanghai's Iconic Durgotsav- enters its thirteen year mark with its full charm, glamour & glory. Bengali's most important event organize by the "Shanghai Adda" is surely a spectacular event not to be missed if you are in Shanghai. Even if you are not, you should plan for the next year event. '

The true essence of the Durga Puja – is the exchange of joy & happiness, cooking a Bhog together, pre arrangements of everything for months, day long informal conversation with friends over a Cha-er Cup (Tea Cup) in hand perfectly phrased as Adda.

It is a festival of sanctity which give chance to mix with people, display of creativity, enthusiasm of a Bengali culture and spreading a message of love & unity and most importantly killing demon within you by enlightening yourself.

Enthusiastic Bengalis have taken Duargapujo to the different part of the world. But arranging such event here in China comes with certain challenges & restrictions. You need different levels of planning, getting the Purohit ,Murthi from Kolkata and other puja related materials which are not available here. The most daunting task for the new purohit was finishing a five day long puja just in 2 days. It is definitely a proud moment of Shanghai Bengali community delivering a perfect pujo flavor by overcoming all challenges to the satisfaction of all.

This year our 'Teenager Pujo' – was celebrated in full swing with all colors. A relentless hard work & commitment had been seen from all members & participants. The day started with the holy chants of mantra, offering anajali to goddess Durga. This is also a good opportunity for all the kids to experience about the Indian culture understand what is Durgotsov is all about. Kids enjoyed the most. Their full participation, whether in drawing competition or stage show / a drama or a dance; left the entire audience spell bound by their amazing performances.

Shanghai Divas were seen in most beautiful poses as this is a perfect opportunity to display their wardrobe collection. Men are not far behind, with their latest punjabi/ kurta collection on & equipped with their latest cameras in hand appeared impressive too. You would find them busy in capturing the best moments of the pujo starting from the ladies posing, arti, unique dance moves with the drummers or enjoying the most palatable dishes during 2 days of the celebration.

Durgotsov is incomplete without a cultural program. This year stunning performances were staged from all Indian communities across all ages. You could only hear the cheers of the crowd in those 2 hrs of back to back exciting colorful performances, which left a cinematic experience for the entire audience.

Finally you could not miss the moments of Sindoor Khela, the most important rituals of the final day. The entire pujo venue was occupied in this game, putting sindoor on each other by all married women to protect their husband & children from the evil.

2nd day of pujo leaves a feeling of emptiness within as Ma prepares to go back to Kailash (not too far from Shanghai) home which is known as Bijoya Doshomi & Visharjan. The best part of this the Durgotsov in the land of Kung fu– is to brings the Indian & international community together to celebrate through its own charm & extravagance. You as an Indian will surely feel happy to see Chinese participating in a Durgotsov and enjoying every bit of it. This is a perfect opportunity to promote cultural exchange & friendship between two countries. This is the true essence of the Durgotsov that unites all diversity and promote peace & happiness.

Beena Wagela
President - Shanghai Adda







SHANGHAI SANGAMAM



Shanghai Sangamam is an Indian association formed way back in 2004 – April 14, 2004, to be precise. That day was the South Indian New Year, and a time for harvesting in many parts of India. The aim to form the association was two-fold to begin with: to mark the auspicious occasion and to provide a platform for like-minded individuals and families to come together and do something positive as well as help the new comers to Shanghai .

From the humble beginnings of a 20-person group, Shanghai Sangaman has grown into a gathering of around 300 South Indians, though people from other parts of India and even from outside of India are welcome.

Though basically a cultural organization that has brought people together on many occasions, especially Diwali (a Hindu festival of lights) , Sankranti, Pongal, Vishu, South Indian New Year, etc, Shanghai Sangamam is not limited in its approach. It has set up community groups that help the Indian community in Shanghai in various aspects, including education / guidance to adopt the local lifestyles / moral support to the new comers , etc . It also funds natural relief funds at emergencies in India through few reliable charity organizations.



An association that was formed as a close-knit group to give voice to Indians in Shanghai and help them keep in touch with their culture in a foreign land has morphed into an organization that not only celebrates festivals and brings joy to its members and outsiders but also maintains links with the community and shares Indian traditions and customs with their Chinese brethren .



Foremost among the festivals the association marks and espouses in the South Indian New Year, , followed by Diwali . Both of these occasions are very auspicious and joyful occasions that are marked with a spectacular gathering of people, replete with cultural programs, Indian food served in a traditional manner, prayers to the deities, and

chanting of holy songs and mantras. Recreating the essence of India is but a small part of Shanghai Sangaman's basic role.



Some other important and holy occasions are celebrated, under the association's aegis, at the Indian Kitchen restaurant's Hong Mei Road outlet, which has a shrine for Lord Ganesha, the elephant god. Traditional puja and all traditional rituals are performed there during Ganesh Chaturthi as well as the Pongal (harvest festival). The occasions are marked with delicious and traditional Indian food and sweets as well as greetings and general bonhomie. At such times, it does feel like Shanghai is a home away from home for the Indians, and for that Shanghai Sangaman deserves plaudits.

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".

That is not all. Shanghai Sangamam may be an Indian association but it has its roots in Shanghai. It has been nourished by the vitality and open nature of the throbbing metropolis. And so, the association tries to give back through cultural exchanges with



local residents. The big gatherings almost always feature Chinese talents performing Indian songs and dances, not just limited to Bollywood. And the locals are not just performing they are also imbibing the joyful atmosphere and the delicacies on offer. Such gatherings are a perfect example of cultural symbiosis, something Shanghai Sangaman is justifiably proud of. Shanghai Sangamam may well be one among a plethora of Indian associations dotting the

Shanghai landscape, it is, however, different in that it not only brings people together, it spreads wings to the outside world via culture, tradition, good deeds and an open mind. It's an attitude that is honest and uplifting.

Shanghai Sangamam Team







THE UNIVERSAL SAINT: GURU NANAK



Guru Nanak with Bhai Mardana (left) and Bhai Bala (right)

The twelfth of November 2019 marks an important milestone in not only the history of Sikhism, but is also of paramount significance to the entire humanity. This auspicious day is the 550th Prakash Purab (birth anniversary) of the founder of Sikhism – Guru Nanak Dev Ji. He shared the message of the One Universal Creator God with not only his followers but with the whole mankind. He dedicated his life in travelling far and wide, eradicating pain, trying to enlighten people and showing them the correct way to lead their lives (GuruSikhi Jeevan). Not only did he document his own sermons and hymns but also recorded the thoughts of saints and devotees who shared the same philosophy – making the essence of life itself timeless. Hence, Guru Nanak is aptly dubbed as “The Universal Saint” or the “Gur-purshotam Avtar of Kaliyuga”.

Guru Nanak, and hence, Sikhism were born in turbulent times. India, in those days, under foreign rule, was split into small administrative regions where the common man’s moral, cultural and traditional independence was severely abused and threatened. Oppression, torture and genocide had become prevalent practices to curb the sovereignty of this diverse nation. Such was the predicament of the time which yearned for reform. Bhai Gurdas Ji appropriately writes in his composition, Vaaran:

ਸੁਣੀ ਪੁਕਾਰੀ ਦਾਤਾਰ ਪ੍ਰਭੁ ਗੁਰੂ ਨਾਨਕ ਜਗ ਮਾਹਿ ਪਠਾਇਆ (ਵਾਰ ੧)

Suni pukaar daatar prabh Guru Nanak jagg maahe pathaaya (Vaar 1)

The Almighty Lord answered the prayers and sent Guru Nanak to this world

The prayers of millions in distress and hopelessness were answered when Guru Nanak was born on Vaisakh Suddi 3 Saamat 1526 to father Mehta Kallu Ji and Mata Tripta Ji in Rai Bhoje di Talwandi (present day Nankana Sahib, Pakistan):

ਸਤਗੁਰੂ ਨਾਨਕੁ ਪ੍ਰਗਟਿਆ, ਮਿਟੀ ਧੁੰਧੁ ਜਗ ਚਾਨਣੁ ਹੋਆ (ਭਾਈ ਗੁਰਦਾਸ ਜੀ, ਵਾਰ ੧)

Satguru Nanak pargateya, miti dhundh jagg chaanan hoa (Bhai Gurdas Ji, Vaar 1)

With the emergence of the true Guru Nanak, the mist cleared and light scattered all around.

Guru Nanak had an elder sister, Bibi Nanaki, who also went on to become the first Sikh disciple and was one of the first to recognize the holy light in her brother. Guruji was married to Mata Sulakhni and they had two sons: Baba Sri Chand and Lakhmi Das. He also had two companions who accompanied him everywhere: Bhai Mardana Ji and Bhai Bala Ji. Guru ji's life is full of marvel, revelation and miracles, recorded in scriptures world over. The ideology of Sikhism can be summed up in the Mool Mantar:

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤੀ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥ (ਗੁਰੂ ਨਾਨਕ, ਜਪੁ ਜੀ ਸਾਹਬਿ)

Ek Onkar Sat Naam Karta Purkh Nir Bhau Nir Vair Akaal Moorat Ajooni Saibhang Gur Parsaad

One Universal Creator God. The Name Is Truth. Creative Being Personified. No Fear. No Hatred. Image Of The Undying, Beyond Birth, Self-Existent. By Guru's Grace (Guru Nanak, Japji Sahib)

His core values went on to become the principles of Sikhism. Sikhism – a path laid out by Guruji to unify and alleviate all of mankind in lieu of the changes time demanded. A Sikh in literal terms means “a student” who is always willing to learn.

1. Naam Japo (Meditate on the One God): Remember the One Lord who is the sole creator, nourisher and destroyer of the universe. This practice is also known as Simran and helps one center and channelize their energy towards positive causes whilst also winning over the five evils: Kaam (lust), krodh (anger), lobh (greed), Moh (affection), Ahangkar (Ego).

2. Kirat Karo (Earn a virtuous living): By engaging in hard work, earn your living with honest means. Guru ji demonstrated that he would rather eat a coarse meal earned earnestly by a poor man rather than indulge in delicacies procured by corrupt ways.

3. Vand Shako (Share with all): Earnings of a forthright living must be shared with all in need. “Sewa” (service) is one of the bedrocks of Sikhism. Guruji instructs to direct 10% of the acquired income (Dasvandh) to be channeled towards helping the poor and needy. There a famous epigram as below:

ਗਰੀਬ ਦਾ ਮੁਹ, ਗੁਰੂ ਕੀ ਗੋਲਕ

Gareeb da muh, Guru ki golak

Help the impoverished – this itself is the Guru's bounty

Gurudwaras world over run a communal kitchen funded by Dasvandhs of Sikhs in order to implement the practice of Kirat Karo, Vand Shako.



Shanghai Sangat at the Blood Donation Camp

Other fundamentals include: equality to women , protecting the weak and speaking up against injustice, wish for the good of all (Sarbat da Bhala) and recognize no one but the ONE unified power as the Master.

Guru Nanak travelled more than 28,000 kms in all four directions across the world along with Bhai Mardana Ji and Bhai Bala ji. These tours are also known as Udasis. The purpose of these tours was to engage in fruitful conversations with saints and scholars, ostracize outdated, fruitless customs and traditions and share his ideology. He always carried with him a handbook called the Pothi Sahib in which he recorded his experiences and psalms whilst also archiving works of famous pietists. His entire compilation is present in Guru Granth Sahib Ji, the presiding Guru of the Sikhs and has hence been eternalized to continue to guide humanity. His devotees gave him different names in their native languages: Nanakcharya in Sri Lanka, Nanak Lama in Tibet, Guru Rimpochea in Sikkim and Bhutan, Nanak Rishi in Nepal, Nanak Peer in Baghdad, Val Hind in Makka, Nanak Vali in Misar, Nanak Kadamdard in Roos, Peer Balagdaan in Mazhar Shareef and Baba Nanak in Iraq.

Guru Nanak also gave the world two blessings in the form of Langar (Communal Kitchen) and Kirtan (Devotional songs). Bhai Mardana always carried a Rabaab (Lute like musical instrument played with a bow). Millions around the world are looking forward to this day with fervor and have already actively engaged in celebrations. An International procession from Gurudwara Nanak Piao, New Delhi, India to Nankana Sahib, Pakistan started on the 28th October 2019. Another similar procession that commenced from Nankana Sahib on the 1st of August this year, is currently touring India and is meant to camp at Sultanpur Lodhi, Punjab. "Shanghai Sangat" is a big family in Shanghai dedicated to local welfare. The sangat has already engaged actively in the Blood Donation drive arranged by the Indian Association on the 31st August, 2019. Gurburab celebrations are planned to be held between November 1st to 12th at Shanghai, Keqiao, Yiwu, Beijing and Tianjing. Furthermore, a plantation drive is also being planned in the coming days, details of which would be available soon. The Indian Consulate in Shanghai has offered full support for these celebrations.

A true tribute to this holy, reverent spirit would be to incorporate his teachings into our daily life. Lets make a resolution to adhere to the basics of Naam Japo, Kirat Karo and Vand Shako so that this world becomes a better place.

By
Jasleen Kaur Saggu
on behalf of Shanghai Sangat



Shanghai Kannadigaru

The Relish of Kannada in Shanghai Cultural, Colourful, Kannada.

ಶಾಂಘೈನಲ್ಲಿ ಕನ್ನಡದ ಕಂಪು
ಸಾಂಸ್ಕೃತಿಕ, ವರ್ಣರಂಜಿತ, ಕನ್ನಡ.

Shanghai Kannadigaru is a social community with group of Kannada speaking people from all parts of Karnataka and India, living in and around Shanghai, China. Shanghai Kannadigaru group currently have close to 300 registered members from Shanghai, Changshu, Guangzhou, Ningbo, Hangzhou, Suzhou and other parts of China. Shanghai Kannadigaru group members comes from all professions like IT, Automobiles, Teaching, Finance, Business development, Fabrics & Textiles, Pharmaceutical, Research, Trading, Yoga teaching, Medicine, Shipping etc. Group members experience staying in Shanghai/China varies from few months to several years.

Shanghai Kannadigaru helps all Kannadiga's to feel like home away from home and try supporting new comers get soaked in to Shanghai city and Chinese way of living. Shanghai Kannadigaru established to promote Kannada & Indian culture as well as Kannada Language within the community through various cultural events organised in the city. Shanghai Kannadigaru group represents rich Karnataka heritage of great Indian diaspora in China and important part of Indian Association in Shanghai.

Successfully steered following events by Shanghai Kannadigaru;

- Yugadi 2018 Celebration: Yugadi festivities on 24th March.
- Kannada Rajyotsava & Deepavali 2018 Celebration: on 25th November.
- Yugadi 2019 Celebration: Yugadi festivities with various cultural events on 20th April.

Social Cause:

- Unfortunate demise of Guruswamy from Mysore - raised funds within group for untimely demise of Guruswamy (Yoga teacher) and supported his family in the time of grief.
- Charity: 2019 Floods in Karnataka - raised funds for flood relief support towards Chief Minister Relief Fund Natural Calamity.

By
Sandeep Shastri Kashikar





Shanghai Kannadigaru | Rajyotsava 2019

Shanghai Kannadigaru | Rajyotsava 2019





Ugadi @ Shanghai Kannadigaru, Apr 20 2016



Kannada Rajyotsava @ Shanghai, Nov 25 2016



Kannada Rajyotsava @ Shanghai, Nov 25 2016



Shanghai Kannadigaru @ Shanghai, 24 March 2016

ONAM CELEBRATION BY SHANGHAI KAIRALI COMMUNITY

This year, Shanghai Kairali held its Onam event on September 22nd 2019, which was celebrated with over 350-people. Members of several Indian communities, other nationalities; including our very own Chinese friends, were very impressed by the celebration and were genuinely awestruck by the authenticity and richness embedded in the Kerala and Indian culture. Regardless of their hectic schedules, members of The Shanghai Kairali community brought together this entire event, which received lots of praise and appreciation. This celebration involved the display of traditional Indian Dances, live Hindustani Music performances, Colloquial Dramas and so much more. The event was further glorified by everyone's participation in Kerala's famous Tug of war competition. To highlight and embrace the interconnectivity between diverse cultures, our Chinese brothers enhanced the entry of our King Mahabali who was accompanied by a long procession of Thalam, Tiger dance and Hunters, by enacting their very own traditional Dragon dance. The celebration was decorated with Pookalam also called Onam Kalam (Floral Rangoli) with thrikkakara, by our very own Kairali Community. The Pookalam, symbolic of serenity and happiness is often designed to start the day of Onam on an auspicious note. The Sadhya (dinner) which commenced the event was served on a Banana leaf which carried with it over 20 authentic Kerala dishes. Kerala being a tropical state celebrates most of its festivals by eating on Banana leaves.





Background of Onam:

King Mahabali (popularly known as Maveli), He ruled over Kerala. He was greatly respected in his kingdom and was considered to be wise and extremely generous. Everybody was happy in His kingdom. There was no discrimination on the basis of caste or class. Rich and poor were treated equally. There was neither crime, nor corruption. Due to his popularity, the Gods became extremely concerned and jealous. They felt threatened and decided to end his reign. They sent Lord Vishnu to earth in the form of a dwarf Brahmin. Disguised as Vamana, Vishnu requested Mahabali for 3 feet of land. Kind Mahabali granted him the land, Vamana began to expand and eventually increased himself to the size of cosmic proportions. With his first step, the Brahmin boy covered the whole of earth and with the other step he covered the whole of the skies. He then asked the King where is the space for him to keep the third foot. King Mahabali with folded hands bowed before Vamana and asked him to place his last step on his head so that he could keep the promise. The brahmin placed his foot on the head of the King and trampled Mahabali to the netherworld. There, the King requested Lord Vishnu to be allowed to visit his land and people once a year, and Vishnu granted him his wish. It is the day of the visit of King Mahabali to Kerala that is celebrated as Onam every year.

By
Dr.Jaya Gupta Rajesh
Shanghai Kairali







Importance of Vitamin D3

Everyone should take vitamin D supplements during the autumn and winter because modern lifestyles and gloomy weather have led to deficiencies.

Indoor jobs and poor diets are depriving people of the "sunshine vitamin", according to Public Health England (PHE), which has taken the unprecedented step of advising the whole population to increase their intake during the darker months. Additionally, people who spend nearly all their time inside, such as care home residents, or those who cover up for religious or cultural reasons, including nuns or women in Muslim veils, are urged to consider taking supplements all through the year. People with darker skin tones, and children up to the age of four are also advised to take a daily pill.

Why Vit. D3 is so important ?

#1: Reduces Risk Of Cancer

Vitamin D3 decreases cell multiplication and acts as an anti-inflammatory. In recent studies inflammation is a critical element of tumor proliferation. Numerous studies have presented a link between high vitamin D levels and a lower risk of cancer. In a study called, Health Professionals Follow-up, subjects were half as likely to be diagnosed with colon cancer with high concentration of vitamin D3 as to those with low levels. Similar finding has shown that Vitamin D3 intake can possibly lower risk of breast cancer. Although a definitive answer can not be made at this time studies are promising that high levels Vitamin D3 has a link with lower cancer risk.

2: Healthy Bones

Vitamin D is vital for bone health.

Vitamin D plays a substantial role in the regulation of calcium and maintenance of phosphorus levels in the blood, two factors that are extremely important for maintaining healthy bones.

We need vitamin D to absorb calcium in the intestines and to reclaim calcium that would otherwise be excreted through the kidneys.

Vitamin D deficiency in children can cause rickets, a disease characterized by a severely bow-legged appearance due to softening of the bones.

In adults, vitamin D deficiency manifests as osteomalacia (softening of the bones) or osteoporosis. Osteomalacia results in poor bone density and muscular weakness. Osteoporosis is the most common bone disease among post-menopausal women and older men.

3: Reduced risk of Flu

Children given 1,200 International Units of vitamin D per day for 4 months during the winter reduced their risk of influenza A infection by over 40 percent.

#4: Reduced risk of diabetes

Several observational studies have shown an inverse relationship between blood concentrations of vitamin D in the body and risk of type 2 diabetes. In people with type 2 diabetes, insufficient vitamin D levels may negatively effect insulin secretion and glucose tolerance. In one particular study, infants who received 2,000 International Units per day of vitamin D had an 88 percent lower risk of developing type 1 diabetes by the age of 32.

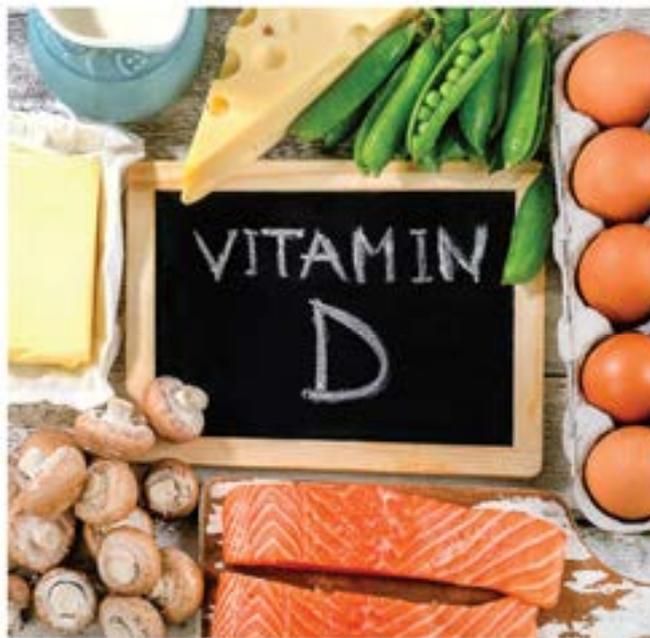
#5: Healthy infants

Children with normal blood pressure who were given 2,000 International Units (IU) per day had significantly lower arterial wall stiffness after 16 weeks compared with children who were given only 400 IU per day.

Low vitamin D status has also been associated with a higher risk and severity of atopic childhood diseases and allergic diseases, including asthma, atopic dermatitis, and eczema. Vitamin D may enhance the anti-inflammatory effects of glucocorticoids, making it potentially useful as a supportive therapy for people with steroid-resistant asthma.

#6: Healthy pregnancy

Pregnant women who are deficient in vitamin D seem to be at greater risk of developing preeclampsia and needing a cesarean section. Poor vitamin D status is associated with gestational diabetes mellitus and bacterial vaginosis in pregnant women. It is also important to note that high vitamin D levels during pregnancy were associated with an increased risk of food allergy in the child during the first 2 years of life.



Everyone will need to consider taking a supplement in the autumn and winter if you don't eat enough foods that contain vitamin D or are fortified with it.

And those who don't get out in the sun or always cover their skin when they do should take a vitamin D supplement throughout the year.

Until now it has been assumed that sunlight would provide the vitamin D needed by most of the population all the year round. We now know this is not true because about one in five thousand people in the world population have a low blood level of vitamin D.

There are very few foods that contain a good source of vitamin D so it is very important to ensure we include a variety of oily fish (such as tuna, salmon and sardines), eggs and certain fortified breakfast cereals in our diets.

At last, eat healthy and nutritious food to ensure normal and healthy growth of your kids and for yourself.



SIDDHARTH SINHA
Co-Founder, Chaiti Arts Foundation

Chaiti

An ode to Indian performing arts in China

Love, humour, pathos, anger, heroism, terror, disgust, wonder and serenity are the nava rasas or nine basic emotions which are fundamental to all Indian aesthetics. Sage Bharata, the earliest Indian musicologist said to have lived in the 1st or 2nd century AD, enunciated these moods and believed that it was the musicians task to evoke a particular emotion or mood. The classical music tradition in India is based on these principles and continues to be a form of meditation, concentration and worship.

The Raga, or musical mode, forms the basis of most musical event. Raga is essentially an aesthetic rendering of the seven musical notes and each Raga is said to have a specific flavor and mood. Tala is what binds music together. It is essentially a fixed time cycle for each rendition and repeats itself after completion of each cycle. Tala makes possible a lot of improvisations between beats and allows complex variations between each cycle. With the help of the Raga, Tala Indian musicians create a variety of feelings. The melodious sounds of a musical rendition can evoke the innermost emotions and moods of the audience, connoisseurs and non-connoisseurs alike.

In just over six years, Chaiti Art Festival has come to be associated with Indian performing arts in China. Its now an important segment in Indian cultural activities here, and more importantly, its also becoming an integral part of China's cultural calendar.



Music & Dance can be a social activity, but it can also be a very spiritual experience. Ancient Indians were deeply impressed by the spiritual power of music, and it is out of this that Indian classical music was born. So, for those who take it seriously, classical music involves single-minded devotion and lifelong commitment. But the thing about music is that you can take it as seriously or as casually as you like. It is a rewarding experience, no matter how deep or shallow your involvement.



Indian music in particular is always in tune with nature and the seasons. Its music is part of the society which has adorned the courts of the kings. But it has never entirely forgotten its spiritual origin and nature. No doubt, music reflects the heart of India. There is a melody for every season & one of them is CHAITI. The name CHAITI is derived from the Indian month of CHAITH which is the transition from spring to summer time. CHAITI is a form of Indian semi classical music (instrumental & vocal) that alludes mostly to springtime transiting to summer.



Watch Purbayan Chatterjee & Grammy nominated artist Wu Man at Vasant 2020

CHAITI ARTS



Supporting young & emerging talent . Megha Rawoot on Sitar makes her international debut at Dalian supported by Senior tabla exponent Sh Sarit Das.

FESTIVAL is an effort to showcase the rich musical & cultural heritage of India.

It is rare to see an Indian classical music performance in China. That's mostly because other forms of Indian entertainment are already popular in China and that is why when one gets to see auditoriums full of music lovers appreciating every beat and flow of our classical musicians one feels a sense of pride, achievement and satisfaction.

Chaiti Arts Festival which is the main annual event of the foundation has seen many famous as well as talented young musicians from India including the legendary Ustad Amjad Ali Khan in its last edition and Ustad Shujaat Khan in 2018. The events also showcase Classical Dance and exhibits Folk

paintings from India. The main event, Chaiti Arts Festival is held under the aegis of Consulate General of India and the founders hope that the event will continue as an yearly celebration of Indian performing arts even after they leave this country. Apart from its main event the foundation has also started another event called VASANT which is held in

February – March which invites equally talented artists from India. The upcoming VASANT and CHAITI ARTS FESTIVAL will be held in March and June in 2020.



The Foundation has also initiated engagement like WORKSHOPS giving opportunity to young artists from India to showcase their talent and teach in China and to collaborate with local festivals. Raga Rhapsody was an ensemble produced by CHAITI for the World Music Festival in September that presented a fusion of Indian Classical Music and Kathak dance. The events have been organized in Shanghai, Beijing, Guangzhou, Xiamen, Wuhan, Chongqing and Dalian. The real task is not

just organizing an event or festival but ensuring its visibility among the locals and expatriates alike. Introducing a completely new genre of music to the locals was a path-breaking task. Regular workshops are an integral part of the annual Chaiti activities in China. We believe that an exchange of dialogues between the visiting Indian artists and Chinese artists allows for an understanding of history and application of Indian performing arts and creates opportunities of cooperation. There must be something great about the two of these cultures that survived for over 5000 years, and it must be celebrated in unison

In its efforts, Chaiti has garnered support from both Indian and Chinese Corporations and encouragement from Embassy and Consulate General of India. Confederation of Indian Industry also endorses the event as an important effort in building up good relationship. The Foundation does not employ any worker but does all its work thru a workforce of passionate volunteers & friends



In our efforts, we have received encouraging support from the Govt of India. Co-Founders of Chaiti Arts Foundation –Madhumita Bhuyan and Soudamini Bose have received the prestigious

“She the Change-Nari Udyami 2019” award for their efforts in propagating Indian art and culture in China during the **15th Pravasi Bharatiya Divas** Convention at Varanasi earlier this year.

“ CHAITI is a sincere effort to showcase the beautiful form of Indian performing arts in China. ”

At Chaiti we believe that Arts & Culture have the power and ability to bring people together that transcend the boundaries of hearts and minds. It celebrates this spirit and the ability of the arts to bring people together over

and above geography, culture and language through the theme ‘Harmony for Humanity’. As a social organization through the power of music and arts we are reaching out through our ways into the hearts of fellow Indians and Chinese people by realizing the influence music can have on cultures. A respectful relationship rooted deep in mutual admiration of each other’s culture only brings in prosperity and makes better relations, CHAITI is an effort in that cause.



NIDHI SHARMA
International Women's Day Event - Founder & Organiser

International Women's Day Event by WomenRisingB'yond



Big shout-out on the huge success of 2nd International Women's Day Event held on 8th March 2019 at Marriott organized by an WomenRisingB'yond . The theme of the event was Balance For Better. The Event was a great success with remarkable strength of attendees representing different nationalities.

Nidhi Sharma Organizer of the Event & Founder Of WomenRisingB'yond opened the event by a welcome note. She also highlighted the purpose of the event which was to celebrate womanhood in a purposeful & meaningful way. Attendees of the event included accomplished speakers, inspiring & aspiring women who were corporate employees, entrepreneurs, freelancers, fashion designers, make-up

artists, educators.

The Event was hosted by Paula Mueller, Founder EQality, a company that provides students and young professionals with innovative Emotional Intelligence(EI) enhancing tools, in order for these to become more competitive on a global market.

The whole event was depicted in a form of visual drawing made by Go For Visual Founders Nagore Osa & Leire & grabbed the attention of the audience. The idea behind the visual depiction was to improve effectiveness and team engagement through Visual Thinking.

The first Speaker was Ms. Donna Huang , HR Director, Asia Region , Westinghouse Electric Company . Donna spoke on the Topic 'Balance For Better'. She talked about how to better balance life which included many pointers such as 1) make a plan to set priorities 2) stop being perfectionist 3) reserve some time to exercise & meditation 4) be patient and start with small things. Another effective take-a-away Donna brought in her speech was five languages of love. She touched upon the important issues like challenges of women at work, percentage of women who go for salary negotiation. She added multiple perspectives in her speech which was quite relatable to all the women attendees.





The 2nd Speaker was Third Luv who is a great integrator of many talents. Performer, facilitator, change agent, mentor and coach, her diverse background and eclectic skill - set. She talked candidly about a new emerging paradigm that is led by women all over the globe wanting transformative change. Her topic on Self- Mastery covered the fact that the biggest obstacles women face is identifying their Self- Worth. She beautifully talked about self-mastery which made the women spell-bound as it was inspiring for them to be as evolutionary women in the 21st century so that they feel empowered, purposeful, unstoppable and chosen on a daily basis.

3rd Speech was on Female health given by Dr. Angeline Lok from

Columbia Clinic Dr. Lok emphasized on managing health strategically and gave tips on how & why to maintain medical history note-book. It was an eye-opener to all the women on how to keep health on priority and what should be done on a daily basis to maintain a healthy lifestyle.



The speeches were followed by a Workshop on Visual Thinking conducted by Nagore Osa & Leire from Go For Visual. The idea of the workshop is to facilitate women to think about their visions strategically. Few women shared about their vision, spoke about their ventures & journey they went through, they told that how important is the conviction and determination to make their dreams happen.

Team Games & Lucky Draw: The event became interesting with team games to

provide camaraderie amongst attendees. It brought lots of excitement & laughter in the room. Same spirit was followed in the Lucky Draw Prizes with long list of prizes & attendees' enthusiasm reached at the highest.

Sponsors & Supporters

The event was supported by Westinghouse Electric Company, St. Michael Hospital, Columbia Clinic, Go For Visual, Dragonfly, FIELDS, Community Center, Lohan Jewellery, Aleksandra Ikononova, Edu Matters, Laya, Eco&more, De Medici, Greenwave, Un Caffe Bar



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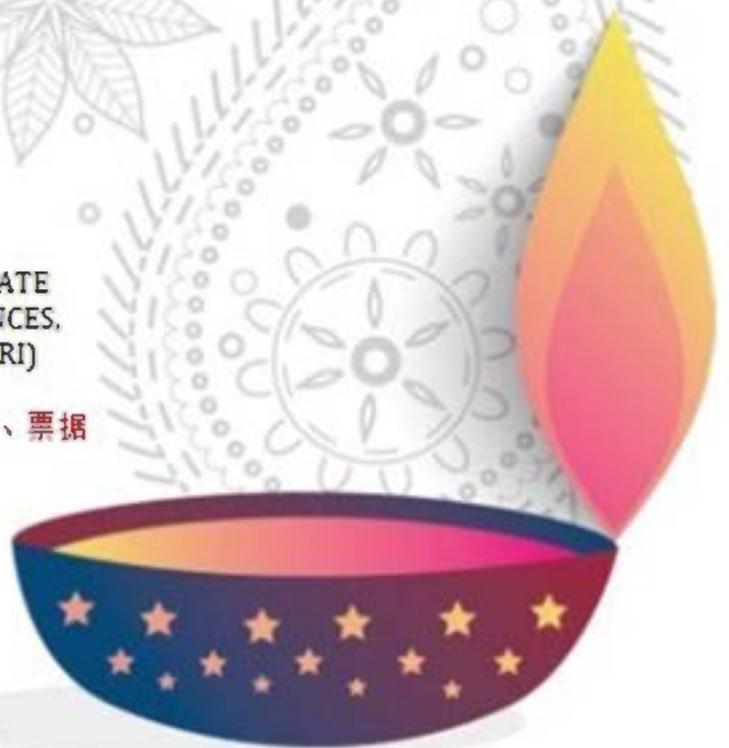
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SURVIVAL IN CHINA THROUGH MY EYES

“Beauty lies in the eyes of the beholder”

Hard to begin this article... Wondering where to start....

International opportunity pursuit, one in million desires of an Indian (not sure if I can generalize, Indians). 2016 was the year, Me and my husband made the decision to accept the International opportunity and arrive at Shanghai, China. Lot of misconceptions from family and friends, how will you survive in China, being a vegetarian. Even being a non-vegetarian, people think million times to go to China. You will not get this, and you will not get that... what not... Finally convinced all family and friends that we were a bit for adventure and finally made the journey to Shanghai, China.

And then the adventure begins...

Landed up all alone first (no family... just me). But thanks to my near and dear colleague, who had made little progress in adventure, I set forth my journey in a new land with her. First 15days of landing was hell, scared of a new country, not aware of any rules and regulations, not aware if I can get “Indian Restaurants” and above all, I was home sick. Misconceptions that were told, started revolving around my head. Where have I landed and what am I doing here, I would like to go back etc etc.

And then one fine day, the thought of exploring the new city began. The first thing that motivated me the most were the three tallest towers of Shanghai, which help me think about scaling heights in career and personal growth. Also, it is one of the places that I visit or look from far, when my mood swings kicks up.

The quote above is true, “Beauty lies in the eyes of the beholder”. In line, my thoughts will be, “Survival lies in the mind of the survivor”.



Now, enough of my sentence beautification. Let me begin with the real survival thing.

One good thing to always remember is that, "Every International location, will have either a Consulate or an Embassy from home country that caters to every need of its citizens". We have a Consulate at Shanghai, Guangzhou and Hongkong. Embassy is at Beijing. Indian Consulate and Embassy hold many events that brings us (Indian community) close to people and our Indian culture. They hold National events like Independence Day, Republic day, Gandhi Jayanti and others. They also host regular classes for learning Hindi, both for Indian and Chinese Nationals. They host "Indian Tourism" events (to promote Indian Tourism) and "Bal Divas" (to bring out the talents in Indian kids). Details are found in the official website. Consulate offers efficient services like new passport issue, visas to foreigners to visit India, PCC, Power of Attorney attestations and other important attestations. One can reach out to Consulate for any queries.

Worried about missing the important festivals in India?? The Indian Association in China also holds special events like 3D Diwali nite, Dandiya Nights to bring Indian communities together. Also, we have Tamil – Telugu communities and Kannada communities that celebrate festivals like Ugadi, Deepavali and Rajyotsava. We have Marati community that celebrates the famous "Ganeshotsav" in September and also have Bengali Community that celebrates the famous "Durgotsav" in October. Of course, these festivities are not limited to respective community. Here we show our "Unity in Diversity" and participate in each other's festivities. Cultural programs are part of these community functions and one can exhibit his talent as an individual or as a group.

Apart from these communities, we have the "Chinmaya community" that hosts Krishna Janmashtami and Guru Purnima events. They also have wechat groups for children to attend "balvihar" classes and "Vedic Chat" group to learn sacred hymns and prayers.

We are in a digital world. Thanks to the efforts of Google, Microsoft and Baidu team, we now can live in a country, erasing the language barrier. Translator Apps of Google, Microsoft, Baidu and other apps help you to translate what you intend to say, and, in a language, you wish your interpreter understands. Google of course is banned here, but the important apps like Google translator, Google Maps work here. Microsoft Bing translator and i-translate also can be used for translation purpose. Whatsapp does not work at China, but there is an equivalent app by Tencents, "Wechat", that is used extensively here. Make sure to download these apps while in the home country and also help your family and friends aware of this app so that you can stay connected. Talking about, "Wechat", it is abode of the important information that you can gather about the culture, various events and keeps you updated with the latest happenings in and around China. It also helps you connect to groups that help each other and share contacts of persons. One more most important thing, it helps you to keep your wallet at home and not to worry about carrying cash and payment in shops. Yes, that's true. You can link your bank card to "Wechat" and use it at all Merchant sites and shops. Similarly, Thanks to Alibaba team, we have "Alipay" that does similar function as "Wechat" except that "Alipay" is used exclusively for payment and not for chatting.

Ok, ok... I know what's haunting you now... What if my mobile is stolen???. my bank card will be exposed to scams... Here is when the banking helps... Many banks have customer service in English that can help you block the card or block when it is stolen or misplaced. Getting a credit card is a bit tedious process in China. We can also transfer money from China to India with these banks, but this involves transferring through a beneficiary bank. This may take approximately 1 week. Also, we need to get all the details (Swift Code and Bank address and account number) of the beneficiary bank before transferring. It is better to get these from home branch where you want to transfer the money.

Majority of us Indians prefer the following banks as salary accounts in China – ICBC, BOC, China Construction Bank and China Merchants Bank. All these have English websites and English-speaking customer-service that can help you. Of course, How can I forget our dear State Bank of India (SBI)? SBI is having two branches, one in Shanghai and the other in Tianjin. One can open NRO/NRE account and Salary accounts in SBI and transfer their existing Indian SB accounts to NRO within 15days. SBI also caters to transferring money from China to India and money is transferred within a day.

Don't worry about hell lot of questions that you have in your mind. We have the "Indians in China" Wechat group and also "Helping Indians in Indians" wechat group that help us with resolution of our doubts. These groups are formed by representatives who have volunteered and would help us resolve queries. Group members, who have faced similar situation in China (For example: Loan documents required for Bank loans in India, Grocery contacts etc), help each other through these interactive groups.

Now with this continuation, I now arrive at our favorite topic – Food, Food and Food. I am a foodie and miss many of the Indian cuisines. But thanks to the various Indian restaurants in major cities of China, we can still relish the cuisines. Also special thanks to the Grocery chain like Abundance store, Micromart, Raashan Cart, Everyday grocer... AM going to stop here because the list of grocers and restaurants is too huge, and it will look like I am advertising. The Grocers, though are residents of a single city, can courier to addresses outside their city of residence. They deal with Indian groceries like flour, Sona Masuri rice, cereals, spices and pulses from India, coffee tea and so on.

And you do know where to ask? Our Indian wechat groups of course. We have these groups that are specific to each city too. Like we have Indians in Shanghai, Indians in Guangzhou and Indians in Hongkong. Also, one can contact the "Indians in China" and "Helping Indians by Indians" wechat groups. Indians in China also have a website that contains the list of Indian restaurants and covers events and happenings in China based.

The next question when it comes to food is "Is it safe to buy vegetables, meat, seafood and fruits?". China has lot of



local markets nearby the community that you live where one can buy fruits and vegetables. Also, there might be a Carrefour or Auchan markets that also sell groceries and fresh items. There are Friday markets near mosque in Shanghai (Pudong area) where you get lamb and you get good dry fruits and spices. If one can't bear the sight of chopped meat items at these markets and also if one wishes to get the things delivered home just similar to "Big Bazaar", we have Chinese apps like HEMA, Jindong and Taobao. One can make use of the "wechat" translate option or other app options to get the picture or words translated and then buy things from these apps. There are also English apps like Epermarket, Kate and Kim which are bit expensive and require some minimum purchase orders. Chinese apps deliver fresh vegetables home within 30 minutes of delivery, a feature most useful if you forget something and you have started to cook. These can deliver until 10pm. Now to find these secrets, you need to get enrolled in the "Women" group of the individual cities.

The next question now is, "kaam waali bai". Fear not, there are apps for that too. Chinese apps like ayi-bang, 58 can send maids (term in china is "ayi") home after booking through their app. The price ranges from 35 to 45rmb per hour and you need to book for a minimum two hours. We can also book them for monthly chores. There are also many agents that help us find ayi for household chores and to care of children. Also, we have English apps like "Minute care". This apps also help in providing professionals to clean and maintain air-conditioning, refrigerator and termite control.

About the school education in China, there are good International schools and Bilingual schools that enroll students for Primary, Middle and High schools. On the extra-curricular activities, there are lot of institutions that cater to STEM, English, art and sports. This topic is a huge one and I will try to cover in later articles. Currently, there is topic on "Local Schools in Shanghai enrolling Foreign students" covered in this edition. This will provide guidance to parents who wish to enroll their kids to local schools and whose kid's education expenses are not part of their compensation package.

Few talented professionals from India conduct dance and music lessons to kids to pass on the progeny of Indian culture. We have even cricket, badminton, tennis and other sports club where one can pursue sports interest.

There are more topics to be covered. But if I go on and on, this article will only be half read (Please note, Even I got bored at this point trying to write something). SO am putting down my thinking caps down and will resume in future with other topics. Hopefully this covers the major points of life in China.



VEGAN / VEGETARIAN FOOD AVAILABLE AT FAMILY MART

We have done as much research as possible when it comes to the ingredients in the following products, as processed foods typically contain a long list of additives and flavorings that may or may not be vegan. If you happen to find a non-vegan ingredient in any of the products we have listed please send an email to eve@plantbasedconsulting.com.

We do not endorse or encourage our followers to adhere to impossible standards and extreme levels of perfection in label reading. This is a shortcut to unnecessary anxiety surrounding plant based eating.

In the absence of a certifying authority like, the V label, a quick read showing absence of "most" of the animal products is deemed suitable in our opinion.

| | |
|----------------------------------------------------------------------------------|-----------|
| 超熟吐司 (面包) Pasco Bread | 6 RMB |
| 韩式风味麻薯) Red Bean Mochi | 18.5 RMB |
| 牛奶味棒棒形饼干 Milk Flavor Stick Biscuits | 12.80 RMB |
| 和情焦糖饼) Lotus Biscoff | 15.90 RMB |
| 豌豆脆 Calbee | 8.80 RMB |
| 小鸡干脆面 Enaak | 2.50 RMB |
| 乐事美国经典原味 American Classic Flavor Lays | 13.80 RMB |
| 上好佳 玉米卷 Oishi Corn Chips | 7.50 RMB |
| 山药薄片 Yam Chip | 11.80 RMB |
| 绿豆汤, 八宝粥, 黑糖桂圆八宝粥 Mungbean Soup, Rice Porridge, Brown Sugar Longan Porridge | 6 RMB |
| 香拌一城 麻酱凉皮, 酸辣凉皮 Cold Sesame Noodles, Spicy Cold Noodles | 7.60 RMB |
| 呀米将 - 米果拼盘 Ya Mi Jiang - Mixed Rice Snacks | 8 RMB |
| 呀米将 - 菲律宾椰子干 Ya Mi Jiang - Dried Young Coconut | 9 RMB |



These are only some of the products out of the long list. Some images are taken out due to space limitations. You can view the original article published at <https://mp.weixin.qq.com/s/0wV3VW3lxB9Xjbsv77VRRRA> or you can add Eve – Wechat id Papputy to know more about Vegans of Shanghai. You can follow Vegans of Shanghai's (Plant Based Consulting)'s official WeChat account by scanning this QR code. You will find a lot of interesting articles to read for Vegan / Vegetarian community.



Indians In China group started during Q3 of 2016 as a small WeChat group by a group of enthusiasts living in Guangzhou, Shenzhen, Shanghai and Beijing. The idea behind this group was to connect Indian communities located at various cities of China and to address their day to day lives. Initially it started with a website and wechat group; but then core focus is given on WeChat as it is the primary mode of communication in China. Right now IIC groups are one of the most active groups in China.

- Total 19 IIC groups consisting 500 members in each.
- About 20 special topic groups like Madad, Business, Medical help consisting 500 members in each.
- Around 3 local groups for cities, planning to add more cities in future.
- There are about 10K Indian and total about 26K followers on their official WeChat channel
- Roughly on a daily basis there are about 2 posts on Indian culture, heritage, entertainment and infotainment.

IIC groups are making life easy of Indians for emergency medical services, financial services, education issues, business related matters and anything related with daily life.



KULDEEP SHARMA (KK)



RANG BARSE - 2019

Bollywood Indian Restaurant & Nova events hosted Rang Barse (Holi, the festival of colours) on 23rd March 2019 at the picturesque Bund area overlooking the Huangpu river and its enthralling skyline. It was a one of a kind celebration with Indians of various communities, local Chinese friends & expats of different countries gathering in full attendance. The presence of a few Consul Generals also added to the charm of the event. The gaiety & festive dancing to the music of our Deejays went to late in the evening. Our motive of bringing togetherness & instilling a sense of patriotism & cultural oneness was truly achieved.







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NIDHI SHARMA
Parenting Group - Founder

THE 4TH YOUTH ENVIRONMENT SUMMIT

Parenting Group successfully executed the 4th Youth Environment Summit at Marriott Hongqiao on 2nd November 2019. There were total 50 people who attended out of which 42 were students from Shanghai Singapore International school, Shanghai Shangde Experimental School, Shanghai Community International School .

Anagha & Ananya Yanamandra who were the ex-participant emceed the summit.

Ms Nidhi Sharma ,Organizer of Youth Environment Summit talked about the need of action to be taken by each one of us . She emphasized that it's important to feel sensitized towards the depleting planet as there is just

'ONE PLANET FOR ALL OF US' .

All the attendees took a pledge with her which constituted :

Today, at the fourth Youth environmental summit, I pledge to an oath of fairness and justice to my planet , to value every part of it as much as I value myself by giving a thought to the environment before every single consumption, through using less water, buying less clothes, Grabbing less tissue paper and using less disposable plastic. Thus , at this gathering today, let us be influenced by each other, and become advocates for the nature and the Earth

Further, Steve Lawrence gave a keynote on the topic 'A Culture Of Caring' .Steve is working as a teacher of Humanities and Psychology and is the Service Learning Coordinator at SCIS Pudong. He talked about connections and how can we better serve the people in those space.

The participants were self-driven & motivated to share their projects on sustainability . They brought in well-developed on the aim of moving the world towards sustainability. They brought important viewpoints on problems such as Prevention of Animal Testing ,To Shoulder Heavy Responsibility , Amazon Fire , Synthesis Of SDG , Learning About Global Issues & VR Project .

To add flavour to the Summit, Sustainable Fashion Show was entertained for the first time and students made innovative outfit from recyclable materials .

Further , 3 very knowledgeable people came together to form a panel that discussed deeply on the 11th Goal Of United Nation's Sustainable Development Goals (Why It Matters : Sustainable Cities & Communities).

The Panelists were:

Dr. Srinivas Yanamandra - Chief Compliance : New Development Bank

Mr. Mukesh Sharma – Country Head & Member Of Board , Greater China & Japan, Tech Mahindra

Ms. Umhoza Mycline – Pursuing Master Degree in Environment Science & Engineering , Tongji University.

At the end of the summit , each student was acknowledged by giving certificates . To add some excitement to the event, there was a Lucky Draw that handed out Water Purifier worth 2880 rmb from Greenwave ,Japanese Cuisine Voucher from Marriott worth 1600 rmb , kind gift from gre3n , sustainable products from Boomi .

Some Takeaways of PD :

1. Develop Green Culture : Think Green,Eat Green,Go Green and make Green World
2. Multiplier Effect : If each 50 attendees repeat YES 5.5 times ,we can reach 15 billion people (2 times of Earth , so each one matters).
3. Like we are connected to our kids and dear ones and our psychological response is involuntary to save them , such a Green connection(GC) is needed
4. Autonomous cars , 5G and digital tech will make it affordable ,accessible and scalable.







A FASCINATION CALLED BHAGWAT GITA

यदा यदा हि धर्मस्य ग्लानिर्भवती भारत ।
अभ्युत्थानमर्धमस्य तदाऽऽत्मनं सृजाम्यहम् ॥



It was in 2009, I was persuaded by my wife to attend “family Gita class” which was started by then Dr Amita Sinha whom we lovingly call Auntyji or Didi. I am sceptic by nature and reasonably scientifically inclined having grown intellectually on that fodder. My exploration of Gita was initially based on these two traits in me viz skepticism and science. Both these traits are absolutely incongruent with efforts to explore or understand religious scripture like Bhagwat Gita!

But that’s what fascinates me about Bhagwat Gita!

Chinmayanand intriguingly said that to understand Gita one must understand it’s context. It was not clear to me what that really meant. I initially thought, the context is Mahabharat story. But later I realized that the context has much bigger canvass.

This is another fascinating part of Gita – you learn more as you learn!

Simon Sidek is one speaker I really like, and his mantra is to focus on WHY rather than only What and How. Many times, we get into action in terms

of what (what is to be done?) and how (how it is to be done) without understanding “Why it is to be done”. If “Why” is properly defined, may that be about job, life, relationship, business, strategy, vision, then defining what and how is relatively easy. Why is the foundation of that action which is not visible, like a tall building’s foundation, but without that the façade (the Hows and Whats) will be unstable.

So, let us try to understand why Lord Krishna told Gita.

Its answer remains in one basic tenet of Hindu philosophy which is change and evolution. Religion is defined as philosophy in motion by Swami Chinmayanand. He says, “As human’s understanding of world changes with Bhautic quest, desires change and so must the concept of order. Rules have, therefore, to adapt constantly. Social stability must not be compromised yet new ideas must be respected and accepted”.

The new equilibrium must be redefined; what was applicable in the past is not applicable today. This is

unquestionably established in reincarnation of Lord Vishnu in Purana and also the four Yuga concept defined in Vedas. Every Yuga needs new order, new set of values. What was applicable in Satya Yuga cannot be applicable in Treta. What was right in Ramayana is not necessarily right in Mahabharat.

Whereas, Ramayana espouses ideals - most of the things are starkly black or white (good or bad); in Mahabharat, mostly it is grey. Unlike Ramayana

which clings to all ideals and defines everything in black and white, Mahabharat dwells completely in gray shade. Ramayana is all about restraints and constraints epitomized by Maryada Purush Lord Rama. Conventional wisdom, even championed today, is challenged, defied. From that sense Mahabharat is too much ahead of time! It’d not for no reason Peter Brooke, when he selected Mahabharat as his magnum opus, said that Mahabharat is not a Hindu story but story for the mankind and timeless in its inevitability!

From the very beginning of Mahabharata, there is conflict on accepted morality and social norms. There is eternal conflict in the story between accepted social Dharma and actual events.

This the fascination called Gita

If I should stretch this a bit, it does not tell you what you should do but imparts enough wisdom in us to make right choices in life. This is clearly articulated by Lord Krishna in summing up his discourse in Chapter 18:63 Yathechhasi tatha Kuru! Do what you think is right! It’s not my way or highway kind of scripture!

The king, wants to marry a fisherman’s daughter with whom he is outrageously enamored. For achieving this goal, what he does? He gets his very competent son to agree not to marry – Brahmacharya for a man who was given a boon to choose his time of his death-throughout his life so that progenies from his fisherwoman will be able to stake claim on the sovereign. What happened to the value that father must work for the

welfare of his son? When these sons are incapable of procreation, Vyasa is asked to impregnate the queens to get rightful heirs for the kingdom. What happens to celibacy of Ved Vyasa and the morality of marriages? The whole life of guru Dronacharya, who is only one of three trained by Lord Parshurama, is driven by his ambition to take revenge of Draupada! Dronacharya even plays trick with Eklavya to ensure his prodigy Arjuna remains the best archer as he had vowed. What happened to forgiveness, fairness,

empathy? Then we have Draupadi being shared by five men. Even in today's world where society is accepting albeit grudgingly, gay and lesbians, this is unthinkable! How ahead you can get in time!! Yudhishtir, the man of wisdom, gambles away his kingdom, his brothers, his wife, not once but twice! Wisdom is about capability to discriminate what's right and wrong. What happened to this wisdom? In an assemblage of some of the greatest characters Bhishma, Dronacharya, Kripacharya, Vidhur a queen is dragged by her hair and ordered to be disrobed so that she will then sit naked on Duryodhana's lap. By any standard and any time, this is simply disgusting. And then Bhima vows that Draupadi will only tie her hair with entails of Dushhasan. How gory one could get!

Morality is blurred in whole of Mahabharat! It was time when choosing what's right and what's wrong is getting increasingly difficult. There is hardly a character which can be called as exemplary. We have shades of goodness in lot of the characters and shades of evil in them.

Crescendo of Mahabharat is at Kurukshetra where two armies are standing before each other for the epic war. The warrior par excellence Arjuna charioted by none other than Lord Krishna ask Krishna to bring his chariot between the warring armies.

The "Doer" Arjuna is standing in the middle of two alternatives. These two alternatives (represented by two armies) are neither totally right (Dharmik) or totally wrong (Adharmik). This is the genesis, the "Why" of Bhagwat Gita. Lord guides his friend, his disciple how to choose faced with difficult alternatives. In this context of changing values, adharmic behavior by leaders Lord Krishna guides us all through Gita to adopt right path to win over the conflict which is seemingly external but in reality internal

Of course, it's simplistic way of looking at Gita and that is one big fascination of Gita. It can be understood at different levels depending on how one's inclinations are

- Practical level
- Spiritual level
- Religious level

Gita is also, one could describe loosely, into three levels connected with above level of understanding Karmayoga (Practical), Bhaktiyoga (Religious) and Dnyanyoga (Spiritual). It also is divided in terms of Physical level, Emotional level and Intellectual level. Gita is told in three sextet of Karmayog, Bhaktiyog and Dnyanyog.

In it's most concise form, one could say that Gita addresses following three questions

1. How to act Freely and Unconditionally
2. How can we have Confidence in the Power of Goodness to make all things right?
3. How can we Choose between Unclear Alternatives to resolve the dilemmas we face.

I never imagined in my life that I would be learning Gita only after coming to China, a country without religion. My only regret is that I did not start earlier in my life because I realize that I would have been much better person and professional if I had understood Gita earlier and adapted it's teaching. But as they say, better late than never!!!

Someone summarized Gita as under:

Gita is a song sung in midst of battle

It's a celebration of peace and harmony in the midst of life's confusion

It's timeless assurance that we each have within ourselves the answers to all our questions and confusions

We need only call upon the inner power (Krishna consciousness) to discover who we are, what we can trust and how we should act

Isn't this fascinating ?





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Q&A

WITH SAIBAL DASGUPTA

China based journalist and author

Q. Penguin recently announced your book on India-China ties, *RUNNING WITH THE DRAGON*. How do you see the relationship between India and China evolving in the face of several challenges?

India and China are yet to completely work out how to deal with each other. Many people think the border dispute is the biggest hurdle in the relationship, and once that is resolved, all the other knots will open up. But we now know that is not the case. It's more complicated, just like couples would describe a bitter-sweet relationship.

There have been some positives. In terms of foreign policy, the knowledge gap – one of the major hurdles – is shrinking. The recent informal meeting between Prime Minister Narendra Modi and Chinese President Xi Jinping, the second one since last year, contributed towards it. But subsequent events showed the relationship is undergoing a series of tests. For instance, how would India deal with massive Chinese investments in connectivity infrastructure in bordering Nepal? The Indian government has supplied no answer as yet.

Q. Do you think the RCEP issue will emerge as a major hurdle in the relationship between China and India?

This issue needs to be seen in the context of economic slowdown and worries about rising unemployment in India. A government battling these issues thinks differently than one that does not.

India has decided to stay out of the Regional Comprehensive Economic Partnership (RCEP) because it fears a sharp increase in low-cost Chinese imports which will in turn result in the closure of factories and greater unemployment. China has contributed to this situation by allowing the trade deficit to keep rising instead of improving the situation by buying more goods from India. New Delhi feels this situation would worsen if India joins RCEP and reduce import duties sharply.

I think this is going to be a temporary move and India might consider joining the RCEP once there is stability in its economy. Keeping away from it for a long time would deprive India of the advantage of a huge regional market and the benefits of supply chain economy.

Q. In economic ties, what are the Chinese looking for in India, beyond exporting to its 1-trillion plus consumer

market? How can investment ties be scaled up further?

For years, India has been ranting about China's refusal to buy Indian goods while its companies are dumping their goods. India's trade deficit with China reached a record high of ~\$58 billion in 2018. We do not yet seem to have a clear plan to overcome this challenge. The only effective action has been New Delhi's decision to hike import duties on the import of mobile phone parts and some electronic goods because this forced the likes of Xiaomi to invest heavily in manufacturing in India.

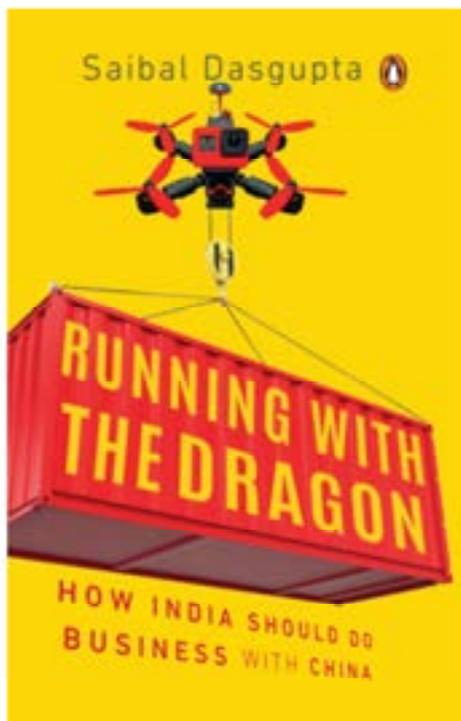
There are signs that China will start buying low-cost Indian medicines because there is a hue and cry amongst Chinese patients unable to afford expensive drugs imported from the western countries. But Beijing is tempting Indian negotiators in order to extract concessions in other areas. This is going to be a test of our negotiation skills.

Chinese officials are closely connected with their business and industry sector because of their Communist Party acting as a connector. We have a disadvantage because business and government in India do not consult each other in making and implementing global strategies.

Q. How do you see the current trade developments between the USA and China affecting India?

A. We need to ask: do we know what would be the Trump administration's trade policy one year down the line, and what if there is a win-win deal between the US and China?

There may be some advantages emerging out of the US-China trade war but it has limited utility.



Book available on Amazon

Diverting foreign investments from China to India would require strengthening the industrial ecosystem across different regions of India. Foreign investors are attracted to places that have elaborate ecosystems with one industry supplementing the other. Mere incentives related to taxes and land pricing is not enough.



In pursuit of an International opportunity, we arrived at Shanghai with our 6-year old son in 2016. At Shanghai, the toughest task we faced as parents was to find a school that meets the requirement of international standards and within the expenses pocket. Researched a lot of schools in Shanghai, attended numerous school fairs to gain more insight about the schools. Targeted International Schools like Dulwich, Wellington that offered very high quality of education. But these were too expensive, looking at the cost of living here in Shanghai and also since my compensation package did not cover the education expenses. Local Schools were inexpensive, but enrollment required Chinese language. We were new to Shanghai and my son had just finished his kindergarten in India. So, his Chinese level was “zero”.

Fortunately, we came across a government website that offered admission to overseas students in local schools. These local schools are good alternative to International schools and offer “International Divisions” in their regular school. The medium of instruction is Chinese, and therefore Nature Science and Mathematics are in “Chinese”. They have two “English” classes, one taught by a native English teacher and other taught by a Chinese Faculty. Shanghai government has options of admitting overseas children to public and private schools under the “Compulsory Education in Shanghai”. Below is the snapshot of the website:

This is the government owned website which opens in April and few important dates of enrollment time and results announcement dates are announced in the Government owned wechat group. Initially, children need to be enrolled in the local district education board where they receive their student number. If the child is already studying in Shanghai, then the kindergarten enrolls the child. This needs to be checked with the faculty. Else one can approach the education boards directly and complete the enrollment. Sometimes this may require assistance from a Chinese friend. Then when the window opens during April-May time frame, application form needs to be completed. The list of schools is also provided in that website. One can also call the schools near the selected area and visit the school. Once selected, Parents will be called for admission and then further discussions.

Unfortunately, by the time we discovered the website, it was too late, and we were unable to use the website for enrollment. But we did not lose heart and we approached the schools directly requesting for any vacancy for student enrollment. There is also another methodology of applying to these schools. One can visit the school websites (in Chinese language only) and then download the application form and submit them directly to the school either through

LOCAL SCHOOLS IN SHANGHAI ENROLLING FOREIGN STUDENTS (Primary and Middle schools)





email or approaching the schools. My son got enrolled with this method to International department of a local school. There are children from different nationalities such as Russian, US, Canada and other countries also enrolled in these local schools with International division.

Today we are delighted to see our son blended with Chinese culture and language. He can recite poems, recognize and write more than 150 characters. He can communicate effectively with his teachers and classmates and is capturing hearts of outsiders who speak to him and get response in Chinese. He has a strong foundation in mathematics and can speak in English fluently. All these would not have been possible without the guidance and support of the dedicated teachers and the management at International Department. The teachers, with their exquisite teaching qualities, have molded him in to a smart and confident individual and continue to motivate and inspire him. The department offers various extra-curricular activities, field-trips and interactive projects in addition to academics that has helped him to develop new interests.

Many people felt it is risky to enroll to a language that is not universal and have already questioned us, "What will you do if you have to return to India?" and "Will he be able to adjust to the education system there?" and so on... For now, we are satisfied that he is receiving quality education and also learning the culture and discipline of a country that we are currently living in. We are sure he will be able to adapt and adjust wherever he goes in future.

A small risk, me and my husband have taken. Not sure if this article can be a good guidance or a path for criticisms.

One more thing, we are really delighted that this guidance has helped few parents, who have enrolled their children to the local schools with International division. This has also influenced few parents not to change their decisions of pursuing their International opportunities in China just because the education expenses are not covered in their compensation package.



Understanding Thyroid Problems -the Basics

What causes Thyroid problem ???

Through the hormones it produces, the thyroid gland influences almost all of the metabolic processes in your body. Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment to life-threatening cancer. The most common thyroid problems involve abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism. Although the effects can be unpleasant or uncomfortable, most thyroid problems can be managed well if properly diagnosed and treated.

What Causes Thyroid Problems?

All types of hyperthyroidism are due to an overproduction of thyroid hormones, but the condition can occur in several ways:

Graves' disease: The production of too much thyroid hormone.

Toxic adenomas: Nodules develop in the thyroid gland and begin to secrete thyroid hormones, upsetting the body's chemical balance; some goiters may contain several of these nodules.

Subacute thyroiditis: Inflammation of the thyroid that causes the gland to "leak" excess hormones, resulting in temporary hyperthyroidism that generally lasts a few weeks but may persist for months.

Pituitary gland malfunctions or cancerous growths in the thyroid gland: Although rare, hyperthyroidism can also develop from these causes.

Hypothyroidism, by contrast, stems from an underproduction of thyroid hormones. Since your body's energy production requires certain amounts of thyroid hormones, a drop in hormone production leads to lower energy levels.

Causes of hypothyroidism include:

Hashimoto's thyroiditis : In this autoimmune disorder, the body attacks thyroid tissue. The tissue eventually dies and stops producing hormones.

Removal of the thyroid gland: The thyroid may have been surgically removed or chemically destroyed.

Exposure to excessive amounts of iodide: Cold and sinus medicines, the heart medicine amiodarone, or certain contrast dyes given before some X-rays may expose you to too much iodine. You may be at greater risk for developing hypothyroidism if you have had thyroid problems in the past.

Lithium : This drug has also been implicated as a cause of



hypothyroidism.

Untreated for long periods of time, hypothyroidism can bring on a myxedema coma, a rare but potentially fatal condition that requires immediate hormone treatment.

Hypothyroidism poses a special danger to newborns and infants. A lack of thyroid hormones in the system at an early age can lead to the development of cretinism (mental retardation) and dwarfism (stunted growth).

Most infants now have their thyroid levels checked routinely soon after birth. If they are hypothyroid, treatment begins immediately.

In infants, as in adults, hypothyroidism can be due to these causes:

A pituitary disorder

A defective thyroid

Lack of the gland entirely

A hypothyroid infant is unusually inactive and quiet, has a poor appetite, and sleeps for excessively long periods of time.

Cancer of the thyroid gland is quite rare and occurs in about 5% of thyroid nodules. You might have one or more thyroid nodules for several years before they are determined to be cancerous. People who have received radiation treatment to the head and neck earlier in life, possibly as a remedy for acne, tend to have a higher-than-normal risk of developing thyroid cancer.



WHY THE CHINESE REVERE MAHATMA GANDHI

Chinese people's respect and regard for Mahatma Gandhi, who is considered the "Father of the Indian nation," is reinforced yet again on the occasion of his 150th birth anniversary on October 2.

In Beijing, the Mahatma is remembered and honored every year on the day. Non-resident Indians and local Chinese renew their cultural ties and friendships by coming together to garland the Mahatma's statue, which is at Chaoyang Park, a prominent and much-visited location in the national capital.

Gandhi's statue shares the surrounding space with statues of Karl Marx and Hristo Botev, all installed here in tribute to those giants of men and to inspire visitors to the park.

Gandhi never visited China in his lifetime, but his philosophy of peace and non-violence continue to strike a chord among the local people, who know him through his works, and books and films about him.

During the 1920s, when the Mahatma's influence was spreading across not only India but the world, Chinese people sought to draw inspiration from his peaceful approach to India's struggle for independence from British colonial rule.

That was because around the same time, large parts of China had a presence of powerful foreign powers such as the United Kingdom, the United States, France and Germany. It was also a time of civil unrest in China.

When Gandhi attained martyrdom in 1948, a year after India gained freedom in 1947, he found a permanent place in the hearts of the Chinese. The Chinese people believe Gandhi had great love for China and tracked its development. It is matter of record that Gandhi had extended moral support to the Chinese people during their struggle against the invading Japanese forces.

In the last 20 years of the Chinese Revolution, nearly 30 books about Gandhi's autobiography, his views and works were published in the Chinese language. Similarly, Gandhi's composition on an autonomous India was translated into Chinese.

In the then important Eastern Magazine of China, about 70 articles on the Indian national independence movement, Gandhi, Gandhism, an abridged version of his autobiography, nonviolence and self-rule were published. A special edition of the magazine was titled "Gandhi and New India."

Between 1920 and 1924, the magazine published as many as 20 articles on the Gandhi-led non-cooperation movement in India. The Mahatma was variously described as the ideal leader of India, a great revolutionary, and a social reformer.

Back then, some universities in China had introduced special programs devoted to Gandhian studies, suggesting that the Gandhian thought had great appeal and attraction for Chinese minds. The general view was that Gandhi's humanitarian approach was not just a message for India but the whole world.

That spirit continues to animate people-to-people exchanges between Indians and Chinese in China and elsewhere even today, when bilateral friendship rather than mistrust and brinkmanship are seen as the ideal way forward for the two giant economies to develop further and prosper together.

Editor's note: Akhil Parashar is a correspondent of China Media Group's Hindi Division. The article reflects the author's opinions, and not necessarily the views of CGTN.

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<https://news.cgtn.com/news/2019-10-01/Why-the-Chinese-revere-Mahatma-Gandhi-KruA4FaGDC/index.html?from=timeline>





Fabric Hygiene

Always choose a quality laundry detergent to remove dirt and stains from clothes



Hygiene of the clothes we wear is an important aspect of personal hygiene. Clothes get dirty and need to be changed every day.

Dirty clothes, especially underclothes and socks, can harbor microorganisms. Re-wearing dirty clothes many times or sharing dirty, sweaty sports equipment can lead to skin infections. Unpleasant body odor can also arise from bacteria that accumulate on stains, from mold on clothing and from stale cigarette smoke that has permeated fabric. Washing clothes keeps clothes free from micro-organisms.

Usually two layers of clothing are worn: The internal layer (or underclothes) such as pants, vest and T-shirt and the outer layer of clothing.

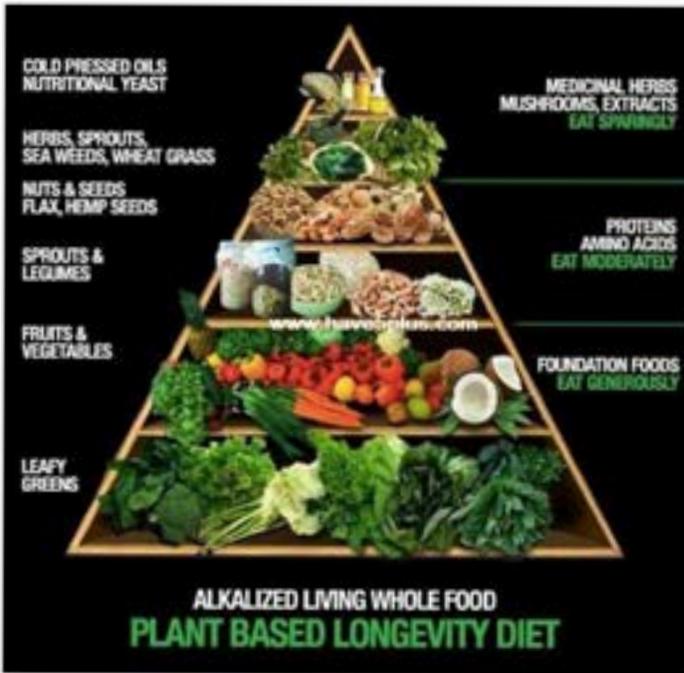
The underclothes are right next to our skin and collect sweat and dead skin cells, which can stain the cloth. Bacteria grow abundantly in this dirt and

produce a bad smell in addition to the specific odor of the sweat. Underclothes, therefore, must be washed more frequently (daily) than the outer layer of clothing.

Washing dirty clothes requires adequate clean water, detergents and washing facilities.

If possible, the washed clothes should be ironed to help the destruction of body lice and nits. Boiling water or insecticides can be used to destroy clothes' infestation.

To help prevent the growth of mold, wet clothes should be hung or dried as soon as the wash cycle has finished, and damp clothing should not be left at the bottom of the washing basket. Clothes should be sun-dried. Good hygiene prevents many infectious diseases.



Awareness, Due to Them, Government & Big Companies are also Supporting By Investing & Sending Out messages to Masses, of Healthy Life Style resulting in 1st Vegan Expo Happened in May 2019 Hangzhou & Several Business Events in Beijing Last year & this year were seeking Companies to Invest in , Bringing New Technology to Serve the masses, reducing the pain for Mother Nature suffering due to abuse , killing of Sentient Beings for Clothing, Research, Fun & Mis information that meat & dairy helps adults Which is Opposite Cause Much of Scientific Proofs are available on web.

Interestingly , Due to Past Busy Life Style, Stress, No Exercise, Unhealthy Food, I had to visit Hospital, and TCM been my Preference, when I told them about My Vegan Path, they Prescribed me Plant Based Herbal Medicine too. Thankfully They Too are Aware of Such as We can See Chinese have been Drinking Soy Milk & Eating Mock Meat for Years. There is Good Book Called China Study, based on the China–Cornell–Oxford Project, a 20-year study concluded that counties with a high consumption of animal-based foods in 1983–84 were more likely to have had higher death rates from "Western" diseases as of 1973–75

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Cholesterol

Cholesterol : An introduction

If you're reading this, you probably care about health and the role that cholesterol can play. That's an important first step.

So, what is cholesterol? What does it do?

Cholesterol is a waxy substance. It's not inherently "bad." In fact, your body needs it to build cells. But too much cholesterol can pose a problem.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol.

Those same foods are high in saturated and trans fats. Those fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal cholesterol level to one that's unhealthy.

Some tropical oils – such as palm oil, palm kernel oil and coconut oil – can also trigger your liver to make more cholesterol. These oils are often found in baked goods.

Why cholesterol matters?

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your levels.

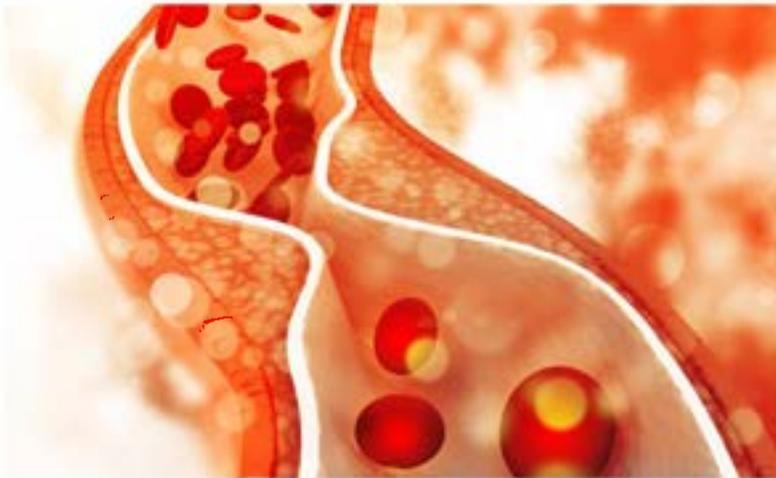
There are two types of cholesterol: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

Cholesterol: The good and the bad

Two types of lipoproteins carry cholesterol to and from cells. One is low-density lipoprotein, or LDL. The other is high-density lipoprotein, or HDL. The amount of each type of cholesterol in your blood can be measured by a blood test.

LDL (bad) cholesterol

LDL cholesterol is considered the "bad" cholesterol, because it contributes to fatty buildups in arteries (atherosclerosis). This condition narrows the arteries and increases the risk for heart attack, stroke and peripheral artery disease, or PAD.



HDL (good) cholesterol

HDL cholesterol can be thought of as the "good" cholesterol. (So, in the case of HDL cholesterol, higher levels are actually better.)

Experts believe that HDL acts as a scavenger, carrying LDL (bad) cholesterol away from the arteries and back to the liver, where the LDL is broken down and passed from the body. But HDL cholesterol does not completely eliminate LDL cholesterol. Only one-third to one-fourth of blood cholesterol is carried by HDL.

A healthy HDL cholesterol level may protect against heart attack and stroke. Studies show that low levels of HDL cholesterol increase the risk of heart disease.

Triglycerides

Triglycerides are the most common type of fat in the body. They store excess energy from your diet. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.



MOSAIC ART ATTACK

Any type of Art is very Relaxing. Especially mosaic is one fantastic art which is challenging & hence it keeps your creativity alive and you feel relaxed & satisfied after seeing your creation. I am in love with this art.

Mosaic is a type of art or image made from the assembling of small pieces of colored glass, stones, or other materials like ceramic tiles or broken pieces which are called as tesserae. It is often used in decorating the houses or palaces.

The history of mosaic goes a long time back starting in classical times, it was a very popular art both in Ancient Greek and Ancient Rome.

All over Europe we can find magnificent examples of mosaic art in Cathedrals & chapels. Also many Islamic countries have this art displayed in their mosques. In India many palaces have beautiful mosaic displays on their wall panels & floors.

In modern mosaic designs people also use the found objects like shells pebbles, glass beads, broken earrings, buttons, etc. making a mosaic using materials is comparatively easier than breaking the tiles into small pieces & creating a design. When you want to create a design using ceramic or glass tiles you will need a set of good Mosaic nippers, glue, scissors, compass, pencil, etc.

A mosaic is different than a painting. We can try using as many colors but it will have a different effect. Best mosaics are made on the wooden or glass surfaces. Also on the ceramic or terracota surfaces.



The first part is The selected design is drawn on the surface either with pencil or copy paper.

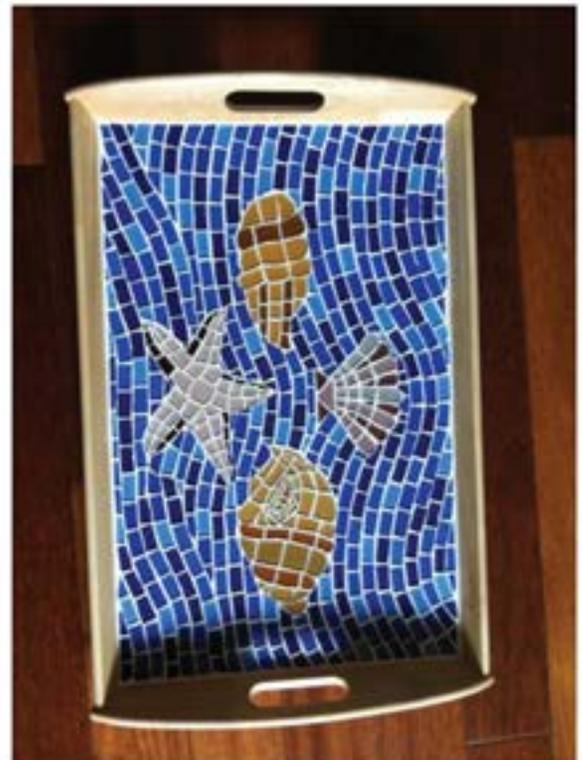
Once the design is ready then we select the tile colors.

There are various methods of laying the mosaic tiles but the most popular & simple one is where we cut the tiles in required shapes & glue them on the design. When gluing we need to place them slightly apart from each other in order to have a small gap between the tiles.



While making the design We can use similarly cut pieces like small squares or triangles or rectangles, or we can use the random shapes & put them into a puzzle like manner. Once all the design is glued we have to let it dry for at least a day. To fix the design to the surface only glue is not enough. So we have to use a cement based grout to fill in the gaps so that the design is permanently fixed on the base. This process is called grouting. There are many colors available in grout or some times you can add a color pigment if you need any particular color. But one needs to be very professional to use the pigments. Once the grouting is done the mosaic is ready for its display.

Earlier it used to be only a professional person's work, like what we see on the house walls or in the swimming pools.. But now we can also learn mosaic easily on a small scale. One can always learn through the Internet from YouTube videos. But it is best to learn any art face to face with practical knowledge from a professional teacher. This course is available at the places like Community Center Shanghai (CCS) where we get to make our own portable design. Mosaic is a wonderful journey from colorful tile pieces to a beautiful art work which I am enjoying since last Nine years...





UNITED NATIONS Sustainable Development Goals

Exploring and understanding the importance of the United Nations' Sustainable Development Goals, which are to be achieved by 2030.

Recounting my experiences in the Model United Nations Conference in New York and my visit to the UN Headquarters.

Introduction to the SDGs

In the year 2000, the United Nations established the Millennium Development Goals, set to be completed by 2015. There was excellent progress by the UN and numerous international organizations to achieve the targets on a global scale. However, despite the progress, the targets had not been completely achieved. As such, the Sustainable Development Goals were launched in 2015, aiming for completion by 2030. There are 17 indicators in total, and they assess a range of social, political, economic, ethical, environmental and technological factors.

I would like to share with you an interesting opportunity I received over the summer. I was in New York for a Model United Nations conference, in which students from many other Nord Anglia schools participated. It was an interesting week of debating as a delegate, representing countries in critical problems that our world is currently facing. I participated in the World Health Organization committee, discussing about the impact of protracted humanitarian crises on mental health (Goal 16), as well as exploring the resurgence of easily preventable diseases due to the anti-vaccine movement (Goal 3). This academic year, I continue to engage with MUN by focusing on Goal 4 -Quality Education and Goal 16 -Peace, Justice and Strong Institutions. These sessions

were led by senior students from the New York University (NYU), who took the role of organization of the conference, as well as chairing. Another key element of this trip involved the High Level Political Forum, in which a group of student panelists discussed key ideas that were raised from the MUN Debate with high-ranking officials from the UNICEF organization. Apart from the debating sessions, we also participated in workshops, such as a forum on child rights, a discussion on the Global Goals and the importance of the year 2020 as a point for greater effort to aim for their completion by the targeted 2030.



MUN in New York & UN Headquarters



Me in the UN General Assembly



Just 100 km northeast of Beijing is a Wonderful experience

**What you crave is sometimes right under your nose; only, you look elsewhere.
Well, that saying is probably true.**

My friend and I decided to flee Beijing during Mid-Autumn Festival. Our ideal chill-out destination, we wished, should be tranquil, picturesque, homey, fun, accessible and affordable. Preferably, it should offer the best of both worlds - a bit of nature like mountains, waters, wildflowers, farms, plus digital-age creature comforts like broadband Wi-Fi and air conditioning.

Our shortlist of places far and near got pruned pretty quickly: places didn't tick the boxes. And then, we chanced upon a farmstay option on a vacation rental app.

The place met all of our criteria and then some, if you include great hospitality, bucolic beauty, rural Chinese



Predawn scene at Yanluo village, near Bulaotun, on the northern edge of the Miyun Reservoir, around 100 km northeast of Beijing. [Photo by Siva Sankar/China Daily]

culture and a glimpse into the homestay business.

For over three days, we got to savor all these just about 100 kilometers northeast of Beijing, on the northern edge of the Miyun Reservoir, near Bulaotun's Yunfeng scenic spot (home to a breathtaking lavender garden on a mountaintop).

The farmhouse, called Wonderful, is run by Sun Yun, a retired schoolteacher, and her husband Fang Qibin, a farmer (and domestic help, facility manager, local guide, barbecue specialist, chef, and pet minder).

Bigger than a regular lake, the reservoir is visible from the terrace. Surrounded by cornfields and a bit of wilderness dotted by a mesmerizing melange of fragrant plants, trees and wildflowers, you can see vast amounts of sky (spirit-elevating on a cloudless, starry night). Ringed by mountains at the horizon,



A view of the mountaintop lavender garden at the Yunfeng scenic spot, near Bulaotun, Miyun.
[Photo by Siva Sankar/China Daily]

sunrise/sunset and moonrise/moonset are spectacular from this vantage spot.

The eight-room Wonderful, complete with solar power and homegrown fresh vegetables, lives up to its name. The largehearted hosts allow free access to their well-stocked communal kitchen, and proactively stoke friendly interactions among guests.

My pal and I went for a long walk around midnight on the excellent, quiet, still road that rings the reservoir, noticing loads of pears hanging low on the trees by the edges.

Next day, a predawn walk led us to a colorful sunrise from behind the mountains, near the satellite-data-receiving ground station. It's a sight to behold, with numerous gigantic dish antennae flanking the lane.

We sauntered a few kilometers through verdant fields where farmworkers were already at work, while some others headed elsewhere in their three-wheeled electric vehicles. We breathed in lungfuls of refreshing, clean, scented air, made lovelier by big sunflowers everywhere.

The village plays community radio on loudspeakers hung on street poles. On the festival evening, we heard



Chinese and Indian guests at "Wonderful" farmhouse team up for a barbecue session during Mid-Autumn Festival. The farmhouse is near Bulaotun and Yunfeng scenic spot, on the northern edge of the Miyun Reservoir, around 100 km northeast of Beijing.[Photo by Siva Sankar/China Daily]

locals singing ballads, although the place itself didn't wear any obvious festive look. Sun and Fang started their farmstay business in August 2017 by investing 550,000 yuan (\$77,300)-a big chunk of their lifetime savings. Since their only son, a dentist, is settled in Chengdu, Sichuan province, they thought the rural hospitality business would inject some joy into their post-retirement life. They don't keep accounts or cashflow records, believing there should be more to life than just profit or loss. I found their ability to live in the moment spontaneously, and connect with people at a deeper level, remarkable.

In Beijing, my expatriate friends and I frequently hear *meiyou* (don't have) from local stores and food joints in response to our queries or requests. My pal's first observation after our trip was he never heard the ever-smiling Sun say *meiyou* even once!

Wonderful is listed on several vacation rental apps, ensuring steady income for the couple during peak seasons. "We are very satisfied, and have no business expansion plans as of now," Sun said. Technology, I figured, can be truly empowering, not just for urbanites but even rural folk.

Article originally posted in China Daily



A view of the Miyun Reservoir, around 100 km northeast of Beijing, from the terrace of the "Wonderful" farmhouse.[Photo by Siva Sankar/China Daily]



The mountaintop café at the Yunfeng scenic spot near Bulaotun, Miyun. Lavender-based products like fragrances, incense, soap, shampoo, decoratives, cakes, cookies and even ice-cream abound here.[Photo by Siva Sankar/China Daily]



DR SANJEEV CHOUBEY, MD
St Michael hospital

Lifestyle Changes for Heart Attack Prevention

Stop smoking

If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

Choose good nutrition

A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods — which have vitamins, minerals, fiber and other nutrients but are lower in calories — over nutrient-poor foods. Choose a diet that emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products,

poultry, fish, legumes, nontropical vegetable oils, and nuts; and limits intake of sweets, sugar-sweetened beverages, and red meats. And to maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated fat, trans fat and cholesterol and get moving. If diet and physical activity alone don't get those numbers down, then medication may be the key. Take it just like the doctor orders.

Here's the lowdown on where those numbers need to be:

Total Cholesterol

Your total cholesterol score is calculated using the following equation: HDL + LDL + 20 percent of your triglyceride level.

Low-density-lipoprotein (LDL) cholesterol = "bad" cholesterol

A low LDL cholesterol level is considered good for your heart health. However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke, according to the latest guidelines from the American Heart Association. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. Lifestyle factors such as a diet high in saturated and trans-fats can raise LDL cholesterol.



High-density-lipoprotein (HDL) cholesterol = "good" cholesterol

With HDL (good) cholesterol, higher levels are typically better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

Triglycerides

Triglyceride is the most common type of fat in the body. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis, the buildup of fatty deposits in artery walls that increases the risk for heart attack and stroke.

Lower high blood pressure

It's a major risk factor for stroke a leading cause of disability in the United States. Stroke recovery is difficult at best

and you could be disabled for life. Shake that salt habit, take your medications as recommended by your doctor and get moving. Those numbers need to get down and stay down. An optimal blood pressure reading is less than 120/80 mmHg.

Be physically active every day

Research has shown that at least 150 minutes per week of moderate-intensity physical activity can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. And something IS better than nothing. If you're inactive now, start out slow. Even a few minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

Aim for a healthy weight

Obesity is highly prevalent in America, not only for adults but also for children. Fad diets and supplements are not the answer. Good nutrition, controlling calorie intake and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very factors that heighten your risk of cardiovascular disease. Your Body Mass Index (BMI) can help tell you if your weight is healthy.

Manage diabetes

At least 68% of people >65 years of age with DM die of some form of HD; 16% die of stroke . Other risk factors, such as high blood pressure, high cholesterol, smoking, obesity, and lack of physical activity can greatly increase a person with diabetes' chance of developing cardiovascular disease.

Reduce stress

A few studies have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk

Limit alcohol

Drinking too much alcohol can raise blood pressure, increase cardiomyopathy, stroke, cancer, and other diseases It can contribute to high triglycerides and produce irregular heartbeats. Excessive alcohol consumption contributes to obesity, alcoholism, suicide and accidents.

However, there is a cardioprotective effect of moderate alcohol consumption. If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women. The National Institute on Alcohol Abuse and Alcoholism defines on drink as 1-1/2 fluid ounces (fl oz) of 80-proof spirits (such as bourbon, Scotch, vodka, gin, etc.), 5 fl oz of wine, or 12 fl oz of regular beer. It's not recommended that nondrinkers start using alcohol or that drinkers increase the amount they drink.





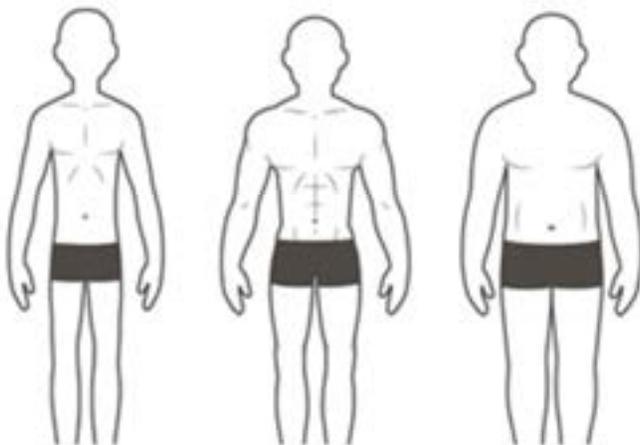
Plausible, Possible, Probable: Understanding YOUR Body

If you have been reading my blog about delayed gratification to health and wealth at www.TapanGadodia.com, I hope you have been inspired by my methods to correct yourselves, especially after realizing that weight loss truly is achievable if you do it right, and do it with determination.

Still, I've been noticing that over the last 10 days or so, my weight loss has slowed down. I have done an analysis of this, and have a better understanding of it. As such, I've developed a new strategy, and have shared it on my blog. For now let's talk about two things; (1) One has to understand one's body type, and (2) People you know of have done extreme weight losses and sustained them as I'll show you.

Last week, I met with someone who, after reading my blog, was interested in having a chat with me over coffee. We had a lively discussion, touching many different topics. One really insightful takeaway that I got from this is that there

exist 3 types of bodies which represent how our bodies will generally react and grow based on our diet and exercise.



Ectomorph | Mesomorph | Endomorph

- Endomorph
- Ectomorph
- Mesomorph

BUT BEFORE we get into what each of those mean, I should tell you that just because you fit into one of these categories DOES NOT mean that you have to narrow your options. These are tendencies, and they do affect your weight gain/loss, but they are not the only definers. In fact, studies have shown that these "soma-types" can only make as much as a 200-300 calorie difference in your metabolism.

ECTOMORPHS (THIN)

- Long, slim, and thin muscles / limbs
- Not predisposed to store fat nor build muscle
- "Hardgainers" that can't gain weight even if they eat all day long

MESOMORPHS (MUSCULAR)

- Medium bones, solid torso, low fat levels, wide shoulder, narrow waist
- Predisposed to build muscle but not store fat
- "Lucky ones"

ENDOMORPHS (CURVY)

- Wider waists, large bone structures
- Predisposed to store fat rather than building muscle
- Since you're reading this post, I'll assume you are an endomorph.



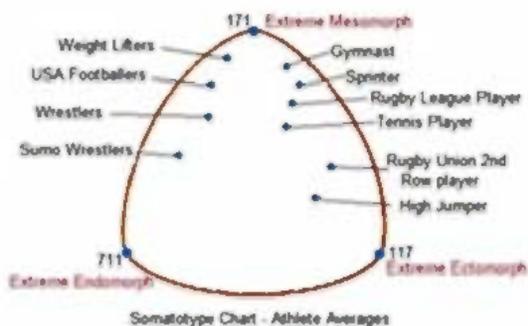
If you don't clearly fit into any of these categories, you can take a short survey

<https://www.bodybuilding.com/fun/becker3.htm>

At first, I thought that I was very clearly an Endomorph. However, after taking the survey, I found that i'm actually a 25/75 mix between Mesomorphs and Endomorphs.

Armed with this knowledge, you can now look into how your body reacts to different diets and exercise regimes.

"The proof is in tasting the pudding," but "seeing is believing" Often times, we feel that if we haven't lost weight in the beginning, or over several different attempts, it is just not possible to lose weight.



Here I find it helpful to look at other people's success stories. Possibly one of the most well known cases of weight loss is the stunning actor Christian Bale. There are few like him whom go to such long lengths to fall into the character he portrays. Although different websites do give different weights, the general trend is the Bale dropped an absolutely astounding 28kg, and fell to 54kg - essentially starved for his 6' frame. His formula?



- 1 Apple (presumably to keep the doctors at bay)
- 1 Can of tuna

Looking at these pictures, along with his beer belly in American Hustle (2012), one would think Bale is all 3 of the mesotypes...

Another, more recent, example is that of TV show actor Ram Kapoor. While he has not disclosed his exact weights (at least to my knowledge), suffice it to say that in this case, one fleeting glance will lead you to believe that they aren't even the same person. His secret? The Intermittent Fasting Diet Plan.



I am a strong proponent of Intermittent Fasting, and it has been a hugely contributing factor in my weight loss. Kapoor spent 16 hours a day fasting (not eating at all, and minimizing high-calorie beverages), and 8 hours a day eating as he normally would. I in fact follow a 20:4 Intermittent Diet. But I will discuss this at a later time.

Just remember, plan for your body type, and that if they can do it, so can you.

Stay Hungry



THE OTHER SIDE



“Standing still his eyes were gazing at his daughter as she left for her new life away from his protection and care”.

Hailing from a small town embedded in the nature, always wondering to have a city life; little did I knew it would end up coming true. With no experience of the outer world and the audacity running in my veins I landed in Shanghai in 2016. Enrolled as a PhD scholar in Shanghai JiaoTong University under partial scholarship was amusing as much as agonizing.

Boosted as an active socialite, I begin to withhold vast connections in short time. The opportunities were awestruck, and I rippled along the flow. With

immense energy and enthusiasm, I took part in several international gatherings. The best contribution involved here was the actual gain of culture and languages which enhanced my knowledge utmost.

While all the obstacles and blissfulness were dangling in my work life, I was overwhelmed to build my hobby in the Movie Industry of China.

Representing India in Miss Imperial International contest was an amazing experience. Starting in the Modeling Industry and representing breathtaking dusky toned Indian beauty soon left me with huge collections and good amount of attentions from the Industry. With all short commercial advertisements and shoots, I am very much glad to share a movie was done recently.

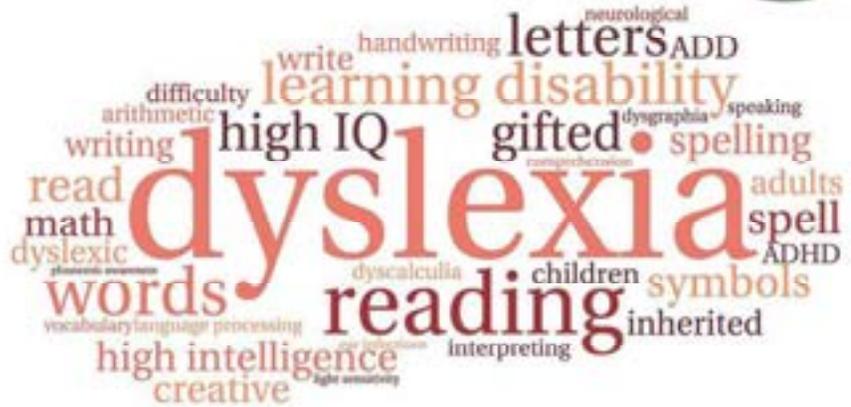
Thus, this international exposure was much awaited in my life with the nest of opportunities. Shanghai is the richest for any kind of career one can think for.

Words are too limited to express the experience of this rollercoaster. My principles goes along with a saying that my father always chants – “pursue and wear it as an armor, your weakness will become your biggest strength; resist & stand still, the highest power will only be yours”.





It's all in the mind!



Picture this Tom Cruise, Whoopi Goldberg, John F Kennedy. Now what if I told you they were all diagnosed with dyslexia in their childhood. Surprised? Why? Because dyslexia is a mental illness that denies you with a stable life?

No. Absolutely not true.

A few months back our Prime Minister made a lowly comment on dyslexia just to make a political statement against his counterpart. It not only was disheartening but also shows the lack of awareness people hold against learning disabilities. Before you read further please understand something through the following incident very close to my heart that I'm about to narrate- as an extremely proud sister of a brother with dyslexia I remember once discussing about him to a really good friend of mine to which his response was "I'm so sorry to hear that".

As humans we fail to understand the very crucial difference between empathy and sympathy. Learning disability or any disability for that matter is not something that calls for you clicking your tongues with pity, friends. I know most of us are mature and seldom do so. But for the rest, the least I request you to do is be aware of the tools, process and the handwork that goes behind such issues and not laugh the next time your friend or acquaintance cracks a joke at the expense of being cool on mental health be it dyslexia, autism or even something as common as depression.

Do read up, understand what goes behind diagnosing such issues, discuss with your peers and most of all please please respect them wholeheartedly.

For a quick ScoopWhoop session here are 3 things you'd be surprised to know about Dyslexia:

1. Dyslexia has no impact on I.Q.

o Dyslexia is in no way related to intelligence. In fact, many of the brightest minds to grace this planet were born with dyslexia.

2. Dyslexia is for life:

o Because dyslexia is caused by a difference in brain structure, it's not something a person can grow out of. A person born with dyslexia can expect to have it for their entire life, however, there are ways to lessen its downsides and even benefit from some of the more positive aspects.

3. As many as 1 in 5 people have dyslexia

o A lot of people don't know how surprisingly common dyslexia really is. As much as 20% of the general population has dyslexia, and that number is pretty uniform from region to region and across different backgrounds.

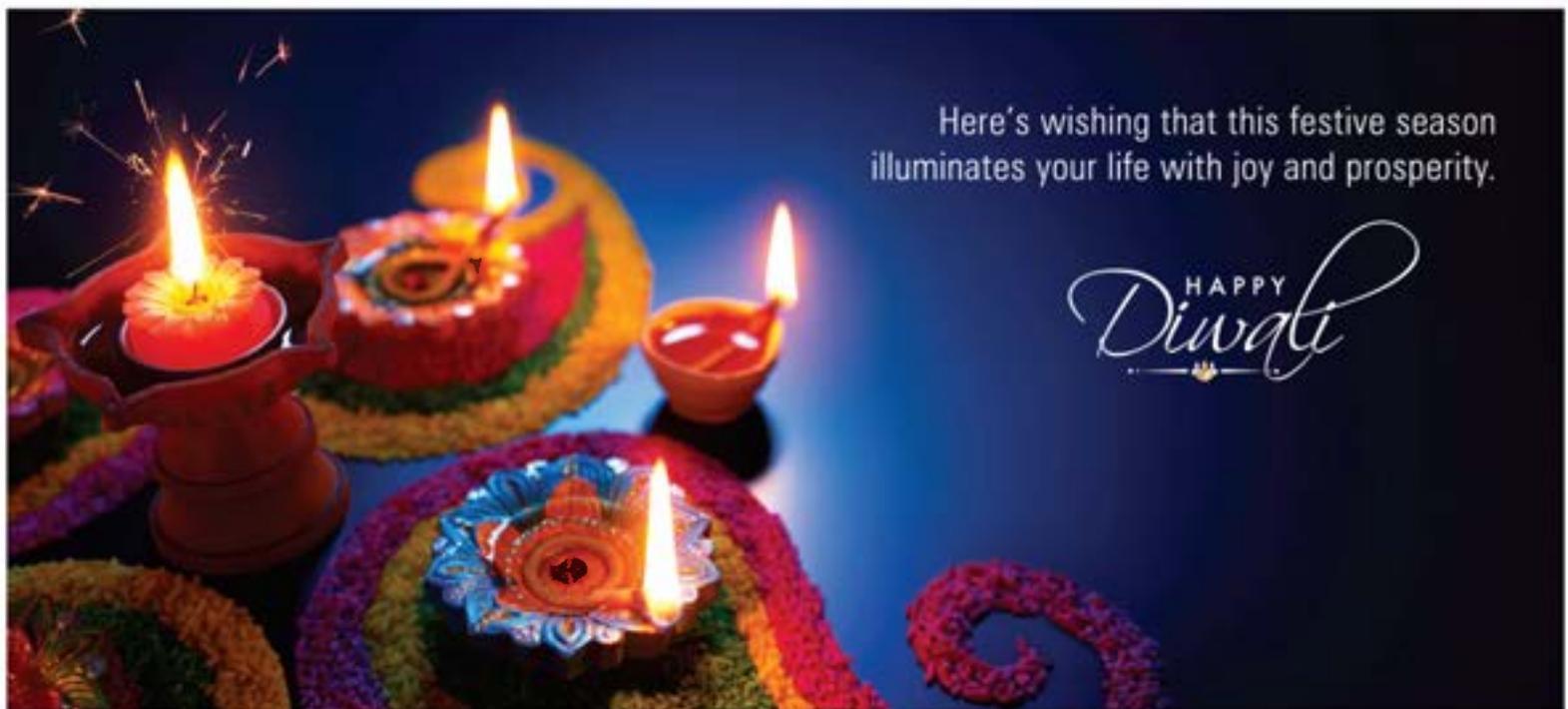


Mental health is not something to be taken lightly especially in today's world where lifestyle issues, work pressure have taken a toll. The cornerstone is having a conversation and the easiest step for that begins with just a simple sentence - "How are you?"



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Here's wishing that this festive season illuminates your life with joy and prosperity.

HAPPY
Diwali

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Life in China...

China Through My Eyes...

November 1, 2007, one chilly night, an Indian lady landed in Beijing, China wearing a thin Indian salwar kameez and holding a 4 months old baby boy and 3 years old girl. This was my first experience of being an expat out of India and also in a place that I had never heard of before, Tianjin. I was filled with anxiety, fear and a lot of excitement as I entered China and started a new life.



Going down memory lane, my first experience here was a road travel from Beijing to Tianjin – The place where I stayed for almost 9 years. It was at midnight around 2 am when I passed a tollgate and I was surprised to see a lady was working there. This led me to a very good first impression on the safety and gender equality at a work place for women in China.

My first morning in Tianjin, our family was overwhelmed by a grand welcome from my hubby's office staff and many stylish and well dressed women. Later, I came to know that these women were actually Ayis, "Kamvali Bai." Having an Ayi at home is the first type of luxury of every expat woman in China. They took care of my family so well and treated my kids like they were a prince and princess!



During my stay in China, I found out that Chinese people are loving, caring and trustworthy. China's laws and orders gave me confidence about safety of my family and personal belongings. Even if you are out alone in the night or forgot to lock your house while going out, you don't need to worry, you're safe and when you will be

back and your home will be awaiting you as you left.

Safety even today remains my first attraction towards this land. One would never like to leave this place.

But life does not only have good news!! My struggle started now.. The first challenge any expat faces in China is the language, particularly

the northern part where hardly a few Chinese people can speak English. The first word I learnt after lot of struggle was "Ting Bu Dong" which means I don't understand. Ha ha, it was actually my story. I did not understand anything then in China. After few days of struggle of communication with people, I realized that if you want an easy life in China, you should learn their language. Although it's one of the world's toughest languages, but

believe me, the encouragement and praise you will get from Chinese people when you start talking in their language is awesome. In my 12 years here, I have never had the experience of someone laughing at me when I made mistakes while speaking in Chinese. In fact, my Ayi and driver were my first Chinese teachers. Above all, they encouraged me to learn this language with more enthusiasm and now I am so confident after passing HSK

level 5 and feel proud when talking Mandarin fluently. It is a great feeling. I feel like I am a part of China.

The other most important thing is, to understand and adopt the Chinese culture. Based on my personal observations and experiences, people here are not distinguished by their status, position, religion and cast. Everyone here almost gets an equal importance, rights and facilities. E.g. I have seen drivers and ayis that are

invited to sit with you on the same table for food. Isn't it amazing!! Who would not like to be a part of a culture, which treats everyone with love, care and equality...

Chinese culture, festivals, traditions, beliefs remind me of my own country, India. In one way, it is same, maybe because both the countries have a very old civilization and culture in the world. Family structure is in some way modernized here. One of the most interesting things is their wedding style. The girl takes the "Barat" and goes to boy's house for marriage. The boy's parents need to give some amount to girl's family as they are giving their daughter. OMG!! Totally opposite of what we see in most parts of India. Parents have to arrange a separate house for their son before he gets married. Parents also stay near by their children's house and they both take care of each other and grandchildren too. It's different but I feel it's good for long term family relationship.

After language, the second biggest challenge in China is the food, particularly when you are a vegetarian. The first time when I went to a restaurant and said I am vegetarian.. Ha ha...they served me chicken and fish, as these are vegetarian foods for them. I feel it's not even easy to get food for few non-vegetarians since you are from a country like India. Being a vegetarian, knowing a few of their traditions of eating food is beyond my imaginations, but that's their food culture. I have realized that you can get vegetarian food in a Chinese restaurant.. not joking.. all you have to do is know the Chinese language or go with a Chinese friend.

Now I feel like life has become easy in China. But a new thing came up, which was the introduction to an international community as my kids started school. It had different cultures and a different education system. The education system was totally different from where



most of us have studied in India. If described in one line, in India we take knowledge from outside and into exam papers. But here you take out whatever you have inside and use that knowledge to learn new things. For example when we were young we used to draw picture of nature as described by our teacher like drawing mountains, a river, trees, the sun and some birds. Here, the teacher says draw whatever comes to your mind, use your imagination and enjoy. Initially it was difficult to digest this system but once you understand it thoroughly, you will love it. Of course nowadays things have changed a lot in India as well.

After 9 years of staying in Tianjin, life took us to the big world – SHANGHAI, the heartthrob of China. When I came to Shanghai I was comparing it with the Mumbai life at every step. In Shanghai things are very different from my last city. Life is fast, busy and professional in every aspect, but of course there are lots of opportunities for you and your kids. The things that we are enjoying most in Shanghai are the food and the celebration of Indian festivals. These 3 years of stay in Shanghai gave us many things but we're still missing my "lao jia", it means your hometown and for us it's Tianjin in China.

We have explored many places and I feel like most of the places are the same with pagodas, gardens, rivers and so many museums and I also found that local people are so loving and caring everywhere.

I can't finish this article without saying thanks to my host country China, which gave us a lot of love, care, warmth and respect. Life is easy and safe in China.

I hope this article helps newbies to know a bit about China, Chinese people and their culture. You may find your stay a bit difficult initially, but once you're settled, this will become your world. Cheers!!!





ASHOK SETHI

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HIMALAYAN SUNDER DIVIDING THE INDIAN AND THE CHINESE CONSUMERS



The neighboring nations of India and China, bear striking similarities in terms of their huge population, history of exploitation by colonial forces and mismanagement of the post-liberation leaderships. Abysmal poverty and illiteracy led to productivity only in one area - of biological reproduction, saddling the two nations with huge and rivaling populations, and not enough resources to give them a decent life. But both countries have made impressive strides since they abandoned their ostrich-like behavior and allowed their citizens a modicum of economic freedom and license.

Despite near equal populations, China's GDP today exceeds five times the GDP of India and its consumers buy as many cars in a month that their trans- Himalayan brethren purchase in the whole year. Some reasons for this disparity are easy to spot - despite comparable total populations, China' much higher level of urbanization means that it has nearly twice as many urban residents than India. And thanks to the brake on reproduction and resultant smaller household size, China has nearly four times the number of urban households as compared to India. At the same time, a ten year lead over

India in economic liberalization, the efficiency and single-minded focus on economic development, and the undisputed authority of the government led to a much rapid development and creation of the consuming class.

However, it is not just the numerical superiority of consuming households and their higher incomes that make China a very different (and mostly more attractive) market than India. The historical, social and cultural divide across the Himalayan fissure also bear responsibility for the differences.

To start with let's look at history. In the late 1970's neither the Chinese, nor the Indian consumers were exactly overwhelmed with choice in terms of what they could buy. However Indian consumers who experienced a continuity of a small sprinkling of brands, still asked for Lifebuoy and Horlicks at the retail stores with a jingle induced numbness. The Chinese were totally free of these fetters and reached out randomly for whatever caught their fancy or whatever was on sale. The fact that Chinese retail environment rapidly moved to modern trade further gave them this freedom, while the

Indian consumers remained captive to the margin driven retailer's choices. Secondly, China moved almost instantly from almost no brands to an overwhelming abundance of brands, and in the resultant clutter, very few marketers had an opportunity to really establish a bond with the consumer. As a result, the Chinese consumer shows much more promiscuity and susceptibility to one-night stands than the Indian consumer.

The discontinuity in Chinese consumption due to the socialist and the subsequent cultural revolution ensured that all "anchors" (as explained by behavioral economists) of what is good or bad value were destroyed. Indian consumers can't help but compare the four dollar Starbucks latte to the twenty cents that they paid at the Indian Coffee House. But the Chinese are free of any such comparison. If the Louis Vuitton bag costs \$1000 dollars, it serves as its own anchor as there have been few other bags of acceptable quality in the Chinese consumer memory. Understandably the Chinese luxury market is the largest in the world, whereas in India few luxury brands have established themselves substantially outside the sprinkling of a five-star hotels.

If one was to argue that it is the Chinese love for "face" that drives the luxury market in the Middle Kingdom, one would be arguing in ignorance of the fact that the Indian face is as, if not more fragile than the Chinese one. In fact, it is more aggressive and status-conscious face and often attempts to loudly proclaim the affluence of the body to which it is attached. To the Chinese, purchase of luxury is merely a logical rite of passage, and they would often buy luxury to save themselves the embarrassment of not conforming to the behavior of their equally well-endowed peers, rather than a desire to stand out. Whereas to the Indians, luxury (and conspicuous consumption in general) is an ambition-driven announcement that they have arrived. Hence, while the Indians buy luxury to stand out, the Chinese do so to conform and blend in.

The Indians have a tradition of respect for elders, refuse to leave the home of their parents unless expelled, and even invite their bride to share the parental blessings. Chinese too are strongly governed by the value of filial piety. The key difference is that the Chinese practice their filial piety at a safe distance from their parents (the situation temporarily changes when the couple produces an offspring and the two sets of parents compete for the babysitting job). The Indians practice this value in a melee of shared roofs, common kitchens, and brawling children. The Chinese preference of the children setting up their own house as soon as financial situation permits (or often before it permits) fuels the market for apartments, home decor, televisions, washing machines, and other sundry household durables.

Traditionally, joint families, poor status of women, traditional beliefs and practices have been a common thread in the two countries. However, the communist revolution eliminated the feudal practices and uplifted the status of women (Mao famously proclaimed that women hold half the sky). Today nearly all urban working-age women are working, and have independent incomes. This has not only raised the economic status of the families, but also fueled the market for products of female consumption such as skin-care, make-up and, of course, garments. What it has not changed completely is a preference for the male child, leading to a shortage of brides and intense competition among men to don expensive plumes of fine clothes, luxury automobiles, and expensive apartments to secure a bride. As a result, the undesirable social problem in

China is more the bride-price (which often includes an apartment that the groom has to show) rather than dowry, which still plagues the Indian marriages.

While love of food, which the Chinese eat with a pair of chopsticks and the Indians stuff it down with much more effective five flexible chopsticks (leading to a much higher consumption and the resultant body mass), is a common passion on both sides of Himalayas, the two nations differ remarkably in terms of not only what they eat, but also how and where the food is prepared. The urban lifestyle of both the partners working, and high-pressure jobs with extensive overtime, often leads to the well-decorated kitchen to be the most neglected part of the house, and a common practice of eating all the meals outside home or being delivered by the thriving meal-delivery services prevails.

Education and hard work are often referred to as Asian values, and the validity of this reference is born out by the sharing of these sentiments by the two countries. The middle-class parents of both nations assiduously and mercilessly chaperon their children from English classes, to dance and music lessons and additional math and science drills. The Chinese "tiger moms" behavior seems more intense as it is entirely focused on her one child, whereas the India mother loses her ferocity, as her attention typically gets divided over several children, and also attenuated by a demanding husband and resident in-laws.

The mobile digital revolution has caught up with the Indian consumers also and their usage has the same social profile as the Chinese consumers. The Indian consumers are consumed by the WhatsApp groups, and the Chinese consumers are continuously navigating their friends' moments on WeChat. However this transformation has so far resulted in much lower economic bonanza in India, and its e-Commerce market remains a fraction of the Chinese online sales. One could, however, surmise that this is also an economic catch-up phenomenon, and the relatively limited and poor brick and mortar retail environment in India could eventually lead to a much higher prevalence of online shopping in India.

But what is it that is the sine qua non of the Indian consumer that the Chinese can't hold a candle to. It is the spontaneous boisterousness and the disposition to relish every moment with humor and cheer, with or without any rational hope for a better future. It is the desire to make the best of the moment as if convinced that there is not going to be anything better. The Chinese on the other hand, have their gaze firmly fixed on the future, which they want to be better than now, which they will pursue with assiduously and relentlessly. While the face of a Chinese relishing a bowl of noodles is not exactly expressionless, it does not match the glow of divine satisfaction on the face of an Indian relishing a well-made samosa or a perfect idli-sambar.

The biggest unfortunate difference between the two countries, that has lingered for much longer than it should have, is the fact that India still has a large population who are not yet consumers of clean water, electricity, basic hygiene products, and nutrition. While China has lifted almost its entire population from poverty, India still has work to do in this area and transform more of its indigent into real consumers.



THE STORY OF HELPING INDIANS BY INDIANS: A Dream, A Journey

What new is left there to talk about a social media group in this age? Sometimes it seems that it's not these groups that we use to communicate only, but we live in them. In short, we eat in them, we drink in them, we sleep in them, we breathe in them! But as they say everything in this world comes with both their cons as well as pros. Shanghai has been my home for past 8 years now. However, when I first stepped down in here, I used to miss my people and struggled a lot due to language & cultural differences. With this in mind, I with support of few of my Indians friends decided to create a community that will help Indians in China providing them solutions for their genuine problems on both personal and professional levels. What is the better platform for this than a social communication tool? As WhatsApp is to India, WeChat is to China. Rather, WeChat groups are an integral part of China's features. But, all that started with different purposes in recent years. So, I launched the WeChat group called 'Helping Indians by Indians' in 2016. It faced little difficulties to grow in the beginning due to various reasons but I left no stone unturned to keep it going and to achieve my goal of helping my people in China.

Time passed by and within a year 'Helping Indians by Indians' thrived with huge number of members seeking and getting help. Currently, I have over four WeChat groups running actively and helping more than 2000+ individuals over their queries in the same platform as well as through personal recommendations. Inspired by these groups, few other Indian communities have started taking similar initiatives which is an honor for me to know. Now, I am finally feeling relieved that Indians in China can easily be united in times of need.

Over the years of experience, Helping Indians by Indians has gained a lot of popularity for its free troubleshooting advices to people seeking help, for example, relocating to China, visas, laws, rental, tax, etc. in different situations. We all know that living in China without being able



to understand & read Chinese is very difficult and that too with no support around is a nightmare. That's how and why Helping Indians by Indians has become the best platform for any help needed in China.

I, the group admin, Jatin (known as "Prince_Jatin") have gained a lot of appraisal from Indians in China and as well as many other expat groups such as JobTube, AnyHelpder, ExpatRights, etc. They approached me to become their active VIP community member to help expats around China. Collected from multiple channels and Chinese officials, he has shared useful information with Expats and among other groups.

Recently, I have started writing WeChat articles to spread updated information to Indians as well as Expats in China with queries being asked repeatedly on specific processes, laws, issues and information that people are looking for. This information help a lot to Indians avoiding the risks or problems that an India might face whether it's their first time in China or even if they are living in here since long.

Generally due to my tight personal as well as professional schedule, I mostly could support communities either through WeChat or via phone call for emergency issues. However, I just recalled an instance where a fellow Indian who was not fluent in English and was in trouble. At first, he asked in the group for help but when no one was available to help, I went to PSB (Exit-Entry Bureau) in Shanghai with him for his stay-over issue and dispute with employer. After a peaceful meeting between both

parties, he was fully recovered from the tension and, in few days, he could fly back to India. Also, upon reaching India with his family, he appreciated me and the whole Helping Indians by Indians group for the help he had received.

I believe we should always keep extending helping hands to others however and with whatever we can, especially, when we are living abroad. Who knows we might find ourselves standing at their place one day.

So, Helping Indians by Indians 24x7 at your Service, Sir!





THE DILEMMA OF GANGA

It was Bhagirath who in his prime of youth brought Ganga from the hair locks of Lord Shiva so that the scorched Earth may get enough water and humans and all creations survive.

Despite being a powerful hub for culture and history and a haven for devotees, the Ganga is highly polluted. The causes of pollution are many — influx of domestic sewage, agricultural and industrial wastes and wastes from religious and cultural rites.

The local communities here thrive on a water economy, largely dependent on the river's resources. The region is also among the most fertile belts due to alluvial soil deposits, hence, agriculture accounts for a large portion of the local economy.

The resulting agricultural practices and excessive use of fertilizers have put the river and its aquatic life under stress.

Ages have passed but Ganga has never failed her children. Now when the human knowledge seems to be crossing all boundaries we suddenly see Ganga weeping and slowly falling into oblivion. Can we allow that? It is the youth that preserves the energy & the will to be taken on the unknown and risk everything to protect the noble heritage for the good of all. A young man brought Ganga, another set of young men and women would have to see Ganga survive the assaults and monstrous exploitation in the name of development.



In the Mahabharata, Shri Krishna said to Arjuna, I of all the purifiers I am the wind, of the wielders or weapon I am Ram, of fishes as am the shark and of all the flowing rivers I am the river Ganga."

The youth of today is the driving force of tomorrow hence they realise their responsibilities towards mother Ganga. Their active participation in many projects to save the Ganga shows the amount of their concern. The youth has raised their voices to stop the assaults against Ganga, they

have joined hands with many of our great religious leaders and have already started making a difference.

Young leaders when provided a platform such as when Greta Thunberg.

In August 2018, Greta Thunberg started a school strike for the climate outside the Swedish Parliament that has since spread all over the world and now involves over 100,000 schoolchildren. The movement is now called Fridays For Future.

Thunberg has spoken at climate rallies in Stockholm, Helsinki, Brussels and London. In December she attended the United Nations COP24 in Katowice, Poland, where she addressed the Secretary-General and made a plenary speech that went viral and was shared many million times around the globe.

We all need to become Greta in our own way. Yes climate change is the biggest issue and so we need to be at it one chunk at a time. To see Ganga in distress is a severe issue.

Campaigns such as Swachh Ganga Mission and the establishment of trained cadre for the river's restoration called Ganga Praharis, have had a huge impact on the mission towards a clean Ganga.

Nonetheless, these efforts require improved understanding of the river dynamics and systematic considerations of the river as a biophysical entity for informed decision-making. For instance, the government introduced the e-flow notification vide the Environment Protection Act (1986) to protect the "wholesomeness" of the river.

We need to take the reins in our hands as soon as possible, not using non degradable materials in all the banks should be a must, while doing any rites/rituals refrain from using plastics. No project is a success unless public is involved, volunteer for an hour, half day, one day or a week you are in India. Most importantly instill the sense of value amongst everyone around for our national rivers.

Let Ganga be saved by all those who collectively treat her as a living mother and not by those who use her as merely H₂O.





हे खुशी, तू है क्या चीज़
कोई कैसे तुझे पहचाने।
कैसा है तेरा यह अन्दाज़
कि हर कोई तुझे चाहे।

क्या मुस्कुराना होता है खुशी
या यूँही खिलखिलाना होता है खुशी
है कैसी यह विडम्बना देखो
खुशी से कोई हस्ता है, तो कोई रोता है।

प्यार की व्याख्यान दर्द से जूडा है
फिर प्यार में क्यूँ खुशी दिखती है।
क्यूँ बच्चे की सफलता देख
खुशी के मारे निकलते आसूँ है।

क्या हवा का झोंका है खुशी
या किसी के चेहरे पे लिखी है खुशी।
है कौनसे बाज़ार में बिकती तू
क्यों इतनी बेशकीमती है लगती तू।

हर इंसान चाहता है पाना तुझे
दर दर भटकता है ढूँढने तुझे।
कोई छोटी चीज़ों में पाता है खुशी
तो कोई चाहकर भी नहीं पा सकता है खुशी।

कहने को हर पल में मिलती है खुशी
और हर कोने पर भी दिखती है खुशी।
ममता में भी छुपी होती है खुशी
और दर्द में भी डूबी रहती है खुशी।

कोई अपनों की खुशी में देखता है खुशी
तो कोई औरों के दुःख में ढूँढता है खुशी।
चाहते है सब अपने पास रहे खुशी
किसी भी पल अपने से नहीं दूर हो खुशी।

खुशी



“ILISH UTSAV” ON HOLY GANGA

Food is a part of all humans; it is in our culture and spirit. Bold, Exotic, Diverse, Pungent, Sweet, Sour, Salty, Hot, sometimes Bitter, Crunchy Bright, Fragrant, and Unique. All these words and more come to the mind when I think of Indian Food. Same goes for Bengali food, contributing to the palate, it is good -simple, wonderful to smell, exciting to see and delicious to taste. The flavors of Bengal cooking range from mild to almost num hot, from the coastal catch to mountain shoots.

Bongs are foodies and when it comes to fish, it is their Life-Line. Not only is it the staple diet, but the fish is also of customary significance with ceremonies related to marriage, birth, and death often having a ‘fishy’ touch to it. Amongst all, Ilish (English name is Hilsa) is the most favorite. It is not just a food but an emotion and pride for the Bengalis. On Durga puja, Poila Boisakh (Bengali New -year) and Jamai Shashti (a day, committed to the son-in-law) importance of Hilsha reaches to the threshold point. Its value can be estimated with the fact that in Kolkata, people celebrate a Festival of its name-“ ILSH UTSAV”.

Hilsa swims from the Bay of Bengal to the rivers to spawn. The majestic downpour of monsoons that take place in the middle of the year is a much welcome relief from the humid summers of Bengal. But for Bengali the monsoons are also a time to look forward to a large range of the best ilish maach (Hilsa fish) that come with the season.

This year, our family participated in “ILISH UTSAV” (Hilsha Festival). It was a whole day-trip on the Holy Ganga River with a ticket priced for Rs. 850 per head which includes breakfast, lunch and evening snacks. At sharp 9 am our double decker Boat with the occupancy of 150 people started its journey. As the boat proceeds we explored the city, which is rich in character and History. Temples, Ghats and bungalows were passing by also giving a glimpse of so many shut down Industries in a row which on its time has its own glory. A hub of employments and livelihood for hundreds of people. Kolkata has lost its prestigious status as India’s industrial engine. Now only the ruins left over and the roots of big Banyan Tree on the boundary walls trying to uphold there existence. Archaeological Treasures like – Dakshineswar Kali Temple, where Sri Ramakrishna Paramahansa devoted his life as a Priest. Belur Math, headquarter of Ramakrishna charity Mission founded by Swami Vivekananda. Its architecture is a symbol of unity of all religions. We visited all these Temples many times but seeing them from Ganga side is a different experience. We



Mouthwatering Sorse ILSH

drove through Howrah Bridge (Rabindra Setu) many times which is very common but this time while passing under the huge cantilever structure (with no nuts & bolts) one of the amazing human engineering, is a breathtaking view. Few miles away from it was India's first ever hanging bridge - 'Vidyasagar Setu'. It too seems to be so magnificent.

The river was calm and peaceful. By now we were settled in groups and Sailing slowly without realizing that we already passed one hour of the journey. Suddenly, a loud music hits us. With the hot tea cups in our hands, we all rushed towards the lower deck of the boat. Well-arranged chairs were waiting for its audience. Organizers had arranged a surprise program for us. The show started with the recitation, a poem written by Sukanta Bhattacharya. It was so motivational; inspiring that boosted the energy within audience. Talents among them started pouring in front and moved to Bollywood



Queen Fish ILSH in our lunch



Vidyasagar Setu

songs and many more. Subro (my husband) and Aarush (my elder son) also participated in the show. It was so fun to watch and hear all of them. Full entertainment, paisa wasool. ;-)

We saw kids with no lifebelts playing in the river and swimming hard to catch the boat. They were enjoying their summer vacation. Their ability is above par and needs no praise or acknowledgments. We were watching great swimmers, who can achieve much success if been trained and receive proper opportunities. I was within my thoughts, that suddenly I heard the whistle for lunch call.

Our most awaited moment arrived. Though we already visited the kitchen many times following the mesmerizing smell of Ilish. Now the dishes were ready to be served. The Hilsa delicacies that one must try are sorse ilish, bhapa ilish, ilish paturi and doi ilish just to name a few. But in this trip we have only three pieces of Ilish- one fry, one in curry & one as sorse ilish. The lip smacking Hilsa delicacies are now on our plate and our full concentration was on it to engulf it properly. As the beauty of rose is always with thorns same way this queen fish has more or less very sharp and tough bones, throughout its body. Due to this reason, most of the people find it difficult to enjoy this delicacy. Picking out the bones is a talent because ilish attracts you to have it. Both the flavor and taste of food gave us immense pleasure and enjoyment. Prioritizing the food in trip we lately noticed that the entire boarded tourists were throwing their waste in the bins only. I was happy to see the awareness and sensitivity of common people about cleanliness of our Holy Ganga.

With no comfortable seats, no air conditioner and with no proper private cabin we feel to be within nature. With no wifi, i-pad we were so happy to be with people within mid of water. Time passes so quickly, our boat made a turn and we were returning back in the same route.

I was overjoyed to see the beauty of sunset while sailing on river. Lights on the Howrah Bridge and Howrah Railway station glowed, giving it a gorgeous look like a palace and delight to photographers to capture them in its original beauty. Huge carrier ships plying through the river acting as a Eco mode of transportation. Witness the Aarti at the temples on different Ghats. Lamps are lit, the bells are ringing and heard the blowing of conch shell loudly.

Trips Begins and End. The most beautiful moments always seemed to slip beyond one's grasp just when you want to hold onto them for as long as possible. Everyone is wishing in their heart to stop the time and float few more hours. With the last group photo along the river, the cruel time came to say goodbye to all.

I always hate to be in summer in Kolkata, but this trip has changed my mind. Joyful city still has so much to explore and surprises to make anyone speechless. Moment like memories come in waves and fade away in the currents of the life stream. Like the river, life doesn't move linearly but rather cyclically. More years will go by and I will find myself cycling back in the albums remembering this trip again and again. A must recommended trip for all.



View of Dakshineswar kali Temple from Boat



AYURVEDA FOR DAILY LIFE

Ayurveda, known as the “Sister Science” to yoga, is an ancient science that is holistic in nature. Having been around for over 5,000 years, the main focus of Ayurveda is to focus on your life in-between the emotional and physical self. One of the main beliefs is that the food we eat effects our overall wellbeing, and can make us elated or miserable. Essentially, we can be full of energy and vitality, or lethargic and run-down based on what we put into our bodies and how do we spend our day.

Balancing the Three Principle Energies of the Body

Ayurveda identifies three basic types of energy or functional principles that are present in everyone and everything. Since there are no single words in English

that convey these concepts, we use the original Sanskrit words vata, pitta and kapha. These principles can be related to the basic biology of the body.

Energy is required to create movement so that fluids and nutrients get to the cells, enabling the body to function. Energy is also required to metabolize the nutrients in the cells, and is called for to lubricate and maintain the structure of the cell. Vata is the energy of movement; pitta is the energy of digestion or metabolism and kapha, the energy of lubrication and structure. All people have the qualities of vata, pitta and kapha, but one is usually primary, one secondary and the third is usually least prominent. The cause of disease in Ayurveda is viewed as a lack of proper cellular function due to an excess or deficiency of vata, pitta or kapha. Disease can also be caused by the presence of toxins.

In Ayurveda, body, mind and consciousness work

together in maintaining balance. They are simply viewed as different facets of one's being. To learn how to balance the body, mind and consciousness requires an understanding of how vata, pitta and kapha work together. According to Ayurvedic philosophy the entire cosmos is an interplay of the energies of the five great elements—Space, Air, Fire, Water and Earth. Vata, pitta and kapha are combinations and permutations of these five elements that manifest as patterns present in all creation. In the physical body, vata is the subtle energy of movement, pitta the energy of digestion and metabolism, and kapha the energy that forms the body's structure.

Vata is the subtle energy associated with movement — composed of Space and Air. It governs breathing,

blinking, muscle and tissue movement, pulsation of the heart, and all movements in the cytoplasm and cell membranes. In balance, vata promotes creativity and flexibility. Out of balance, vata produces



fear and anxiety.

Pitta expresses as the body's metabolic system — made up of Fire and Water. It governs digestion, absorption, assimilation, nutrition, metabolism and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hatred and jealousy.

Kapha is the energy that forms the body's structure — bones, muscles, tendons — and provides the “glue” that holds the cells together, formed from Earth and Water. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity. In balance, kapha is expressed as

love, calmness and forgiveness. Out of balance, it leads to attachment, greed and envy.

Life presents us with many challenges and opportunities. Although there is much over which we have little control, we do have the power to decide about some things, such as diet and lifestyle. To maintain balance and health, it is important to pay attention to these decisions. Diet and lifestyle appropriate to one's individual constitution strengthen the body, mind and consciousness.

A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

The following morning routine can help you kick start a healthy and productive day.

1. Wake Up Early in the Morning

It is good to wake up before the sun rises, when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Sunrise varies according to the seasons, but on average vata people should get up about 6 a.m., pitta people by 5:30 a.m., and kapha by 4:30 a.m. Right after waking, look at your hands for a few moments, then gently move them over your face and chest down to the waist. This cleans the aura.

2. Say a Prayer before Leaving the Bed

"Dear God, you are inside of me, within my very breath, within each bird, each mighty mountain.

Your sweet touch reaches everything and I am well protected.

Thank you God for this beautiful day before me.

May joy, love, peace and compassion be part of my life and all those around me on this day.

I am healing and I am healed."

After this prayer touch the ground with your right hand, then the same hand to the forehead, with great love and respect to Mother Earth.

3. Clean the Face, Mouth, and Eyes

Splash your face with cold water and rinse out your mouth. Wash your eyes with cool water (or one of the

eye washes mentioned below) and massage the eyelids by gently rubbing them. Blink your eyes 7 times and rotate your eyes in all directions. Dry your face with a clean towel.

Tridoshic eyewash: try triphala eyewash -1/4 tsp. in 1 cup water, boil for 10 minutes, cool and strain.

Pitta eyewash: use cool water or rose water from organic rose petals - most commercial rose water has chemicals in it that will sting the eyes.

Kapha eyewash: try diluted cranberry juice, 3-5 drops in a teaspoon of distilled water.

4. Drink Water in the Morning

Then drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the GI track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

5. Evacuation

Sit, or better squat, on the toilet and have a bowel movement. Improper digestion of the previous night's meal or lack of sound sleep can prevent this. However the water, followed by sitting on the toilet at a set time each day, helps to regulate bowel movements. Alternate nostril breathing may also help. After evacuation wash the anal orifice with warm water, then the hands with soap.

6. Scrape your Tongue

Gently scrape the tongue from the back forward, until you have scraped the whole surface for 7-14 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria. Ideally, vata can use a gold scraper, pitta a silver one, and kapha copper. Stainless steel can be used by all people.

7. Clean your Teeth

Always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder. The traditional Indian toothbrush is a neem stick, which dislodges fine food particles from between teeth and makes strong, healthy gums. Licorice root sticks are also used. Roasted almond shell powder can be used for vata and kapha, and ground neem for pitta.

8. Gargling



To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle twice a day with warm sesame oil. Hold the oil in your mouth, swish it around vigorously, then spit it out and gently massage the gums with a finger.

9. Chewing

Chewing a handful of sesame seeds helps receding gums and strengthens teeth. Alternatively, chew 3-5 dried dates and an inch of dried coconut meat. Chewing in the morning stimulates the liver and the stomach and improves digestive fire. After chewing, brush the teeth again without using toothpaste or powder.

10. Nasal Drops (Nasya)

Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Our nose is the door to the brain, so nose drops nourish prana and bring intelligence.

For vata: sesame oil, ghee, or vacha (calamus) oil.

For pitta: brahmi ghee, sunflower or coconut oil.

For kapha: vacha (calamus root) oil.

11. Oil Drops in the Ears (Karana purana)

Conditions such as ringing in the ears, excess ear wax, poor hearing, lockjaw, and TMJ, are all due to vata in the ears. Putting 5 drops of warm sesame oil in each ear can help these disorders.

12. Apply Oil to the Head & Body (Abhyanga)

Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline. Oiling your body before bedtime will help induce sound sleep and keep the skin soft.

For vata use warm sesame oil.

For pitta use warm sunflower or coconut oil.

For kapha use warm sunflower or mustard oil.

13. Bathing

Bathing is cleansing and refreshing. It removes sweat, dirt, and fatigue, brings energy to the body, clarity to the mind, and holiness to your life.



14. Dressing

Wearing clean clothes brings beauty and virtue.

15. Use of Perfumes

Using natural scents, essential oils, or perfumes brings freshness, charm, and joy. It

gives vitality to the body and improves self-esteem.

For vata the best scent to use is hina or amber.

For pitta try using khus, sandalwood, or jasmine.

For kapha use either amber or musk.

16. Exercise

Regular exercise, especially yoga, improves circulation, strength, and endurance. It helps one relax and have sound sleep, and improves digestion and elimination. Exercise daily to half of your capacity, which is until sweat forms on the forehead, armpits, and spine.

Vata: Sun salutation x 12, done slowly; Leg lifting; Camel; Cobra; Cat; Cow. Slow, gentle exercise.

Pitta: Moon salutation x 16, moderately fast; Fish; Boat; Bow. Calming exercise.

Kapha: Sun salutation x 12, done rapidly; Bridge; Peacock; Palm tree; Lion. Vigorous exercise.



17. Pranayama

After exercise, sit quietly and do some deep breathing exercises as follows:

12 alternate nostril breaths for vata;

16 cooling shitali breaths (curling up your tongue lengthwise and breathing through it) for pitta;

100 bhastrika (short, fast breaths) for kapha.

18. Meditation

It is important to meditate morning and evening for at least 15 minutes. Meditate in the way you are accustomed, or try the "Empty Bowl Meditation". Meditation brings balance and peace into your life.

19. Now it is time for your breakfast!

Your meal should be light in the hot months or if your agni is low, and more substantial in the cold. Enjoy your day!

In today's modern time it is difficult to follow all the above routine every day, if you can even include some of the activities can help you drastically to improve your health.

20. Work

From 10 a.m. to 2 p.m., when pitta predominates, are the most productive hours for work. Choose this time of day for problem solving or completing any task that requires full attention and focus.

21. Lunch

Midday is also when agni is strongest. Eat your largest meal of the day at this time. Take a gentle walk after eating to aid digestion.

22. Dinner

It is important to allow enough time for your previous meal to digest (generally 4 hours). Dinner, a lighter meal

than lunch, should be taken preferably before sundown and at least three hours before bed.

23. Relaxation

After dinner, it is relaxation time. Spend time with family, read, listen to music, engage in pleasant conversation from now until bedtime. It is a time to unwind from the stimulation and activity of the day. About 1/2 hour before bed is the perfect time to take triphala.

24. Sleep

It is a good practice to apply oil to the scalp and the soles of the feet before bed to calm the nervous system and promote sound sleep. Go to sleep around 10 p.m. before the next active pitta period begins (otherwise, a second wind may have you up until 1 a.m.!) This will also ensure 6-8 hours of sleep before awakening to begin anew the next morning.

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IMPACT INVESTING

- the way ahead for China & India

In this era of creating social and environmental impact, the traditional model of Philanthropy is undergoing a paradigm shift. Imprimis, it does not end with just giving money and goods; rather it is an endeavour to make an impact in lives of families and communities that receive, so that they gain more than just money: a way of life.

So what exactly is Impact Investing? The genesis of Impact Investing arises from the growing recognition that given the scale and complexity of societal problems, the traditional method of grants and aid may not be the best way and thus in the spirit of inventiveness there is a need to achieve greater scale and impact with the same resource base. It is in this vein that Impact Investing is changing the landscape of Philanthropy in modern times.

'Impact Investing' with focus on unlocking the entrepreneurial dynamism targeted at specific social need by providing the much needed capital; help generate specific societal or environmental impact in addition to financial return. It can and should be seen as a tool to direct large scale private capital for social benefit by mainstreaming Impact Investment as an alternate asset class.

To get a Brobdingnagian picture with regards to scale, as per study undertaken by JP Morgan, the sector is estimated to see an investment opportunity between \$400 billion and \$1 trillion (about Rs 24,00,000 crore to Rs 60,00,000 crore) over the next decade. The profit potential estimated for the same period is about \$183 billion to \$667 billion. To understand these numbers better, a close comparison; though of different investment style, is Socially Responsible Investing (SRI). As per US SIF 2014 report Assets in socially screened portfolios climbed to \$6.57 trillion at the start of 2014, a 76% increase since 2012; suggesting that avenues for social good along with financial return as an investment strategy is a large market waiting to be unleashed, especially in emerging country like India where the corresponding societal benefit can be achieved by channelizing Impact Investments. In India also Impact investing has been gaining steady momentum and as per report by Intelicap, there has been investments of over \$1.6 Billion in +220 enterprise, with more than half of the investments in microfinance and financial inclusion sector.

The question now arises is with regards to financial return expectation. To clearly elucidate the investment styles; in a recent report by Monitor Institute, the authors have categorized investors into two categories; "Financial First" and "Impact First". Financial First investors being the one whose investment strategy revolves around risk adjusted return comparable to market returns by selecting investments having positive impact. In comparison Impact First are focused on social good and are willing to accept a lower financial return, or higher risk, for a higher impact return. With principle behind both being same, they would act as a complementary force for bringing together capital, talent and societal benefit together.

Globally regulations which have typically differentiated between public versus private benefit as the clear indicator of social impact are starting to adjust to these new approaches, but need to go further. To give another perspective, Impact

funds enables traditional nonprofit organization to reconfigure there model to fit along with impact-investment market and manifold the desired outcome with greater efficacy. In fact the recent BNP Paribas Individual Philanthropy Index 2015 revealed that 52 per cent of global philanthropists nominated impact investment as the top way to contribute to society in the future.

In India, the ecosystem for Impact investing existed even during Gandhian times which were enshrined in his principles of economic self sufficiency and later with success stories like AMUL, which is the best example of public private partnership (PPP) leading to financial security and livelihood provision to millions. This developed ecosystem along with spirit of entrepreneurship and huge demonstrable demand can act as a catalytic factor in garnering development funds. The current

regulation mandating companies to spend of 2% of profit as CSR could also give the necessary boost to the sector in coming years, for as and when the regulations allow them to invest in for-profit social enterprise.

Chinese investors are showing increasing interest in companies with innovations that deal with energy consumption, social and climate change issues, but the energy behind such so called

impact investing remains foreign firms. Regulations in China that prevent foundations established for non-profit reasons from using their funds to invest into profit making businesses are one hurdle, while family offices in China are only just starting to take note of impact investing.

An example that'll hold ground would be of China Impact Ventures that works with foundations including the Shell Foundation, the World Bank Group, the Asian Development Bank and the DBS Foundation to grow Chinese energy technology companies it has invested in. These include firms that use technology such as artificial intelligence, the internet of things, big data and software to improve energy efficiency. Given the nascent stage of the Impact Investing industry the challenges are similar to once struggling venture capital industry before gaining widespread acceptance among institutional investors. It is therefore essential that some form of initial infusions from state can be used to create a platform to leverage for bringing in further private capital, in the case for India.

Impact investing alone is not an elixir to various societal needs and world's social problem; however it is a great innovation as a financial instrument offering enormous potential and a mechanism to channelize private funds for collaborating and developing innovative platform to yield positive outcome for people, communities and society at large, while at the same time providing financial return to investors. It is a step in developing for-profit investment capital to complement philanthropy in addressing the pressing social challenges.





PRASOON SINGH

Kathak Prabhakar & Kathak Trainer

KATHAK - one of the eight most popular Indian Classical Dance forms, originated in the northern India, evolved through four distinct phases and now embraced globally. During its evolution it reached the temples and had an spiritual element imbibed in it; when it entered the Mughal courtrooms, it splended its technicalities, grace and beauty; during the British Raj, it explored the Guru-Shishya Parampara of learning and the Gharana system of classification; today we know Kathak as a dance-form which through its grace touches the contemporary lifestyle, the current issues to be addressed and also the modern facets of entertainment – popular one is of course Bollywood dance.

Kathak is now becoming a global phenomenon and to keep Shanghai away from its splendour will be injustice to the vibrant city and to the dance itself. What a brilliant way did Kathak find to reach out to the budding generation in the city! Yes, the Shanghai kids are all set to practice, perform and propagate Kathak to add colours to Indian culture in foreign lands of Shanghai thus enriching not only our own cultural heritage but also the cultural diversity of the city of Shanghai. Vini, Asha, Dimayra and Pranali are the four lovely girls who came together to form the first batch of kids to learn Kathak in Shanghai last year. With ages ranging from 5 years to 7 years, these curious kids developed a disciplined way of practicing Kathak religiously; learning to recite Guruvandana shloka, perform Kathak

Learning Classical dance, especially Kathak constructively influences the kids in multiple ways:

1. Encourages a disciplined lifestyle as kids need a planned regime with a daily practice
2. Inculcates a habit of being active as physical-exercise
3. Help the kids to negate any negative thought as Kathak practice needs the dancer to completely sync into the character who is being played thereby focussing on the performance instead of having any other thought
4. Enhances the emotional quotient of the kids as Kathak performance demands emotional involvement of the dancer to perform and audience to appreciate the repertoire which is categorically termed as Rasa in the parlance of Kathak
5. Gain confidence to perform while practice, in-front of the audience and on-stage, warding off the stage-fear/public-performance
6. Introduces to Yoga postures and movements building upon focus and concentration of mind and body flexibility
7. Learn to hold their body in a graceful way not only while dancing but also while standing, sitting or doing physical activities



Classical dance is the best way to connect to one's culture in a musical fashion and kids are the best medium to carry the culture to next level. Their fresh minds and enthusiasm to learn makes the perfect recipe of preservation and evolution our traditional values.



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MY JOURNEY WITH YOGA IN CHINA

YOGA EVERYWHERE FOR EVERYONE



With Guru ji DR. P.N. GANESH KUMAR and colleagues in Mysore

My name is Kiran, born and grew up in Mysore India, the capital city of modern yoga of the world. I was lucky to be immersed in the great culture of Yoga. Seeing new faces from all over the world flushing into my city, I was amazed by the power of Yoga in its way of connecting people. "Unity", hidden in the ancient philosophy of yoga makes me wonder how we can interpret yoga in the 21st century. With curiosity and motivation, I set out myself to China to look for answers.

- Misconceptions about Yoga

When I first came to Shanghai 3 years ago, only a few Indian teachers were teaching yoga in China. Now the number of Indian teachers grows over 1000.

Shanghai is the financial center of China and also is one of the most active and busiest cities. I am encountered with students with different expectations towards yoga. But there are also some other funny reasons:

1. After a Weekend party, go do yoga for detoxing
2. Fight with family and at work, go do yoga
3. Breakup with boyfriend, go do yoga
4. Bought a new pair of Lululemon yoga pants, go do yoga
5. Put on 1 pound weight, go do yoga

Whatever the underlying motives behind certain actions can not be justified by yoga. I could imagine why yoga gets so "popular" in all sorts of ways. It makes me realize that the emotional unbalance is quite common due to their busy lifestyles and bad diet habits. As a yoga teacher I need to guide students with proper practices including yoga asanas, pranayama, meditation and pratyahara.





- Challenges in Teaching

Another big challenge is to identify the difference and teach suitable yoga practices to Chinese students. As I often notice, Indian students tend to focus more on pranayama while Chinese students prefer to “perform”, which means they see yoga as a trend or even sometimes a competitive sport as they show great eager to master advanced postures. Yoga injuries are quite often here because many of them misinterpret yoga and train in a wrong way.

Apart from people’s different attitudes towards yoga, other aspects like body structure, diets, and even weather conditions affect how people practice yoga in China. My responsibility is to help them find out what suits them most. I start to add more lecturing and background knowledge in my teaching.

By explaining all the knowledge to my students gradually, I start to see more and more people changing their perspectives towards yoga. Now many of them even start to do researches on other areas like Ayurveda, chanting, and meditation.

I am very thrilled to see all the changes I have brought to their lives. They have learned to stay comfortable with themselves seeking inner peace. They are on their paths to look for enlightenment and inspiration. In return I feel my life is filled with joys and achievements. It becomes more meaningful.

- Interesting Stories about Students

My students range from 5 years old boy to 70 years Young women.

Most of my Chinese students are very friendly. Even though they don’t speak English or they are too shy to speak, they still have their way to express themselves.

One unforgettable moment happened when I was leading the inversion class. While helping a student balance a handstand, she mistakenly hit my shoulder badly. After the class she brought 10 Starbucks coffees to the studio. If that’s her unique way to say sorry to me for 10 times, I wonder what will happen if I finish 10 coffees at one time.

Yoga Activities in China

I have some great memories with yoga and I never stop learning and appreciating what yoga can change people’s life.

- Temple Retreat

Temple and yoga, what a great combination! It allows people to experience two great cultures of Buddhism and Yoga philosophy. It’s a wonderful way to escape from their city life and restore the energy they have long forgotten.

In one temple retreat there were some male students, I was told that they were forced by their girlfriend to attend. It’s not hard to imagine how much they suffered on their first yoga class, but after 3 days, they were all very cheerful. They thanked me and they were happy to announce that yoga was not just for girls. (It’s often portrayed that yoga is a female activity in China.)



- Asia Yoga Conference in Hong Kong

Asia Yoga Conference is one of the largest yoga conferences in Asia running for 12 years, with more than 45 world famous yoga masters, 3000 participants in the event every year. I was very lucky to be there at the 2019 event, where I learned from yoga masters like David Swenson, Steven Weiss, Nikki Costello, Brian Champbell and Mark Whitwell.



- Yoga Everywhere

Now Yoga is showing its modern charm and influence people with innovative ways. BYMB is an yoga organization, it brings people new experience with principle of “Yoga Everywhere”. Now you can practice yoga on the terrace of 5-star hotels, museums, exhibition centers and restaurants. It’s great to see that people embrace yoga and make it inspiring.

- International Yoga Day 2019 at Shaolin Temple

International Yoga Day becomes an important day to celebrate worldwide. Yoga Master Hemanth from India (he teaches in Beijing for more than 10 years) cooperated with the Indian Embassy of China, Shaolin Temple Kungfu School, Zhengzhou Tourist Bureau for the 2019 International Yoga Day at Shaolin where “Kung Fu meets Taiji”

- Yoga charity event

H2H charity Yoga is organised by my friends- Kadian and Bharath. They are well-known Indian yoga teachers in Shanghai. The donation from each class is made to H2H Heart to Heart which is a special foundation to help Chinese children with congenital heart defects.

- Lululemon Event

Lululemon is one of the biggest industrial players who organizes many events around China and worldwide. I was at their Shanghai International Yoga Day Guinness record event. With more than 600 yoga lovers, set the Guinness record for the most people doing chair pose.

My yoga journey continues

Now I can teach yoga class in Chinese, and I am still learning Chinese every day. I have a great interest in Chinese culture and arts. Both China and India are countries with a splendid history and culture, apart from teaching yoga, I also like to do cultural exchange programs between the two great countries.

Have I found all the answers? Of course not! With new situations appeared in the process of how yoga is incorporated to people’s lives, there are new conflicts to be resolved. But I believe, by following your heart and keeping practicing yoga will, in the end, lead to self-achievement and ultimate joys!





HOW I FELL IN LOVE WITH INDIA

Hello everyone, following I would like to share my experience and my impression about such a contradictory country as India. I am from Russia, live and work in Shanghai. My craze for India started quite a few years ago when my ex colleagues introduced me his culture. I loved spending funny evenings with lots of food and dance. I can say for sure if you are a friend to an Indian person or a friend of a friend u can totally expect their complete care for you.

I have been to India not less then 6 times and would like to come back again and again as each time I am able to get totally different experience each time, even when visiting same places, just need to look at them from the different prospective, for example u will get unforgettable experience if you come to any place during any festival or marriage, that would be totally unique experience. While travelling from east to west, north to south you will see all the variety of people looks, cuisines, traditions, even



human personalities, people in some regions are peculiar with their softness, other with their briskness. 22 different officially recognized languages, hundreds of dialects, 2000 ethnic groups...wow! How it couldn't be fascinating and worth exploring?!

Apart from all the said above, Indian dances really lit me up, they are so energetic and elegant. No movie can be imagined without a fascinating moves of the actors, it

makes movie even more interesting to watch. There is general term for Indian dance: Bollywood dance, the ones we can see in movies from where they took its name, but apart from it there can be distinguished other dance forms, folk dance like garba and bhangra, classical dances with the religious hint: Kuchipudi, Bharatnatyam, Odissi, Kathak, Kathakali, Sattriya, Manipuri and Mohiniyattam. To be honest I know first five, others just copied from Wikipedia

So I tried to go deep in terms of dance exploration, I visited many places in Shanghai and workshops where I met many interesting and like minded people. This year me and my friend visited United way of Baroda during Navratri where we had chance to experience the original garba spirit, it was unforgettable! Now we are learning from internet from various artists various dance forms, trying to copy them, also performing in some social events and cultural activities under the name "Befikre", which means careless, carefree, we are not professionals, we are just passionate! We dont like to be judged either!





HOW TO STAY COZY IN WINTERS



If you are in China now, you know it's pretty dang cold. Temperatures will fall down in the teens and twenties soon, and with the icy blasts of wind, the air feels even colder and it will be extreme during December and January. Luckily, we've got some great hacks to help you stay warm this chilly winter. And for more ways to make the most of this frigid time of year...

As we all know that our body needs heat to stay warm. But this is little difficult in winters. The weather is changing constantly and it gets colder day by day. Places like Harbin and Beijing are coldest places in China.

Eating additional wholesome fats throughout winter might help rev up metabolism, which then heats the entire body. You know that eating at the winter is crucial to fending off the flu and colds, but did you know that it may help you to stay warm?

Do not worry if your New Year's resolution was to shed a couple pounds — you could skip the fat and attempt consuming beverages and foods. Attempt hot coffee, hot foods, soups and teas to fend off the frost! Stews and soups are an excellent substitute if your taste buds want something salty.

Winter is Coming'... Literally!

If you ask me what's so nice and comforting about winter, I'll say it would be the long nights (since I enjoy sleeping) cuddled under plush fleece blankets, slippery walks on snow and watching the pristine flakes fall stealthily on the window pane. Winter also reminds me of Christmas and New Year celebration with family, the puddings and gifts and of course New Year's countdown with friends. Yes, winter is definitely in me. If you're going outside wear a warm jacket of course and don't forget a scarf and some gloves and wearing a hat to keep your head warm will often make your whole body feel warmer. However, what I love the most is the part where I get to relish sumptuous, spicy and curried vegetarian dishes such as winter vegetable soups. Although I am a foodie and I have an incessant knack of trying different cuisines, the relief a bowl of hot soup gives you when it is 15 degrees to below 0.



If you are a vegetarian you can go for vegetable soup, lentils soup, pumpkin soup, white fungus soup (in photo on right).

For non vegetarians there are lots of options like egg tomato soup, egg spinach soup, chicken soup, mushroom chicken.

So I am here to share some of my favorite Winter Vegetarian & Non-vegetarian Soups to Keep You Warm and Healthy.

Eat complete breakfast meal

If it's cold in the morning try starting your day with a nice warm breakfast, something like dumplings, porridge, French toast, pancakes, if you are meat lover than you can also opt ham, sausages, omelets this will fill you up really well and help to keep your body warm throughout the morning and the rest of the day.



Use thermal wear

Thermal wear will help you stay warm from head to toe this winter. So instead of wearing lots of clothes and layers you can go for thermal wear instead this winter.

Try to stay active during the day

Try to keep active and do some exercises like jogging running, cycling or yoga this will produce body heat and keep you warm even after your exercise session has finished. It also means having the energy and strength to feel as good as possible.

Make draft excluders for doors and windows

If you go for draft for doors and windows this will help you to keep your room warm. What if you don't have drafts?? No problem, use blankets. you can roll up a blanket and use it as a draft excluder and for internal doors you can make another draft excluder out of a pair of old tights chop one leg off with a pair of scissors and take a couple of wrapping paper rolls push them both into the type's and next we need to thread it under the door so that one roll sits on each side.

Warm your room and bed before you go to sleep

When the sun's gone down make sure you draw your curtains to insulate the windows and when you're going to bed you can of course use a hot water bottle to help warm the bed up first before you get in it or you could treat yourself to a nice electric blanket. You can also use scented candles.

Keep hydrated

We get dehydrated in summers very fast. But did you know that it is just as easy to become dehydrated during the winter months? Failing to stay hydrated can actually be hazardous to your health, potentially leading to much more serious consequences. So drink fluids like green tea, juices, hot soups & lots of water.



There is no need to stay at home all day and be home sick. There are many ways you can keep your self warm while strolling out. There are few places to share with you where you can roam around and enjoy winter season.

Malls: There are many amazing malls in shanghai where you can spend your day comfortably and the best part is they have hot air conditioner kept on. So just stroll, go shopping, or eat different cuisines.

Supermarkets: Supermarkets are another good place to keep your self warm while buying your daily stuff.

Coffee shops: Starbucks, who will say no to Starbucks coffee when it's chilling outside. You can spend lot of time with your friends or just sit with a laptop, tab or mobile in a cozy corner with a cup of hot cappuccino coffee in your hands.

Movie halls: When it comes to movie, I will never say no. There are many amazing 3D movie theatres in the city.

Gym: If you like to be fit then gym is also a best place to sweat inside when it's snowing outside.

Sauna: In winters sauna is a great place for warming up frozen fingers and toes. It is a place for relaxation, tranquility and deep thought.

Play areas: If you have kid you can take your kid to the play area where you can enjoy a lot and have fun time inside the warm place.

I hope you've enjoyed reading this post on how to keep your self warm in this winter

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NITIN DANI

Founder & Director, Green Initiatives
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GREEN INITIATIVES GUIDE TO TOP ENVIRONMENTAL BOOKS ONE MUST READ

In this perspective, let's use the power of books to address one of our most urgent issues: the environment. Global warming, environmental pollution, resource depletion, wildlife extinction... You might ask yourself why you should care about these matters. They seem so far away. They don't seem to impact you. Why would you care for one rhino more or less?

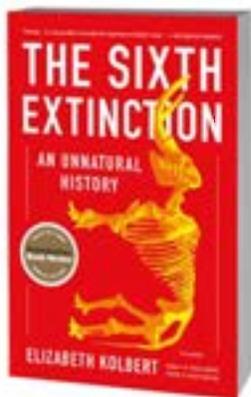
Our planet's ecological conditions have a universal impact, animals are sentient beings just like us - with feelings and intelligence, what is the role of charities in our modern societies, diet and nutrition. By changing our habits, we can find a solution to a better future.

Together with community group, Books in Shanghai, we have listed out books that talk about various aspects of the social and environmental dilemmas that we find ourselves amidst.

Do pick one and give it a try. It will change you, and in turn you might change the world.

Small Is Beautiful: Economics as if People Mattered by Ernst F. Schumacher

While the current economic model celebrates mass production, profitability, cheap labor and goods, Schumacher advocates that this model is far from sustainable. For one, it does not consider the fact that environmental resources are limited. Furthermore, the dehumanizing working conditions where man is merely an anonymous extension of the machine, leads to depression, anxiety and stress. The value of goods do not reflect their actual cost in terms of environmental degradation, social inequality or working conditions. Despite being written in the 70s, this book is more relevant than ever now that we face a rise in work-related depression and environmental scarcity. This book is important because it reminds us that as long as we don't change our economic model, we won't be able to deal with our environmental challenges.



The Sixth Extinction: An Unnatural History by Elizabeth Kolbert

The book shows us why and how human beings have altered life on the planet in a way no species has done before. Kolbert gives the history of species that have already been extinct, and shows us in a raw way the impacts of today's human actions. In one case, she describes the extinction of a bat-type, caused by a fungus accidentally imported to the US. In another case, she describes the fertilization of one of the last female rhinos in the world with a male rhino that lives

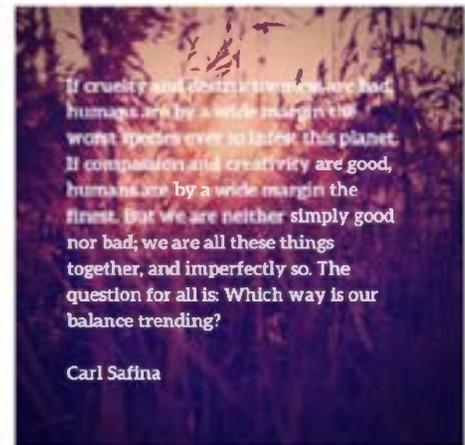
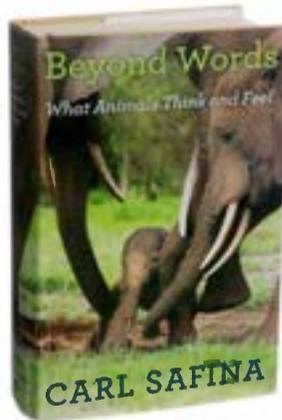
ten thousand miles away. It has become more important than ever to rethink the fundamental question of what it means to be human, and on what kind of planet we'd like to live. This book is the spark to those questions.

Sapiens: A Brief History of Humankind by Yuval Noah Harari

We tend to think of mankind as the unique and inevitable masters of this Universe. In reality, we were not the only human species that existed on Earth, and most of our progress happened only in the recent past. In "Sapiens", Yuval Noah Harari gives a detailed account of human history, presenting the facts and myths of how mankind has dominated the planet, the driving forces shaping our lives and how we can think about our impact on Earth and our collective future.

The One-Straw Revolution: An Introduction to Natural Farming by Masanobu Fukuoka

Trained as a scientist, Fukuoka rejected both modern agribusiness and centuries of agricultural practice, deciding instead that the best forms of cultivation mirror nature's own laws. Over the next three decades, he perfected his so-called "do-nothing" technique: commonsense, sustainable practices that all but eliminate the use of pesticides, fertilizer, tillage, and, perhaps, most significantly, wasteful effort. Masanobu Fukuoka's manifesto about farming, eating, and the limits of human knowledge presents a radical challenge to the global systems we rely on for our food. At the same time, it is a spiritual memoir of a man whose innovative system of cultivating the earth reflects a deep faith in the wholeness and balance of the natural world.



Beyond words: What Animals Think and Feel by Carl Safina

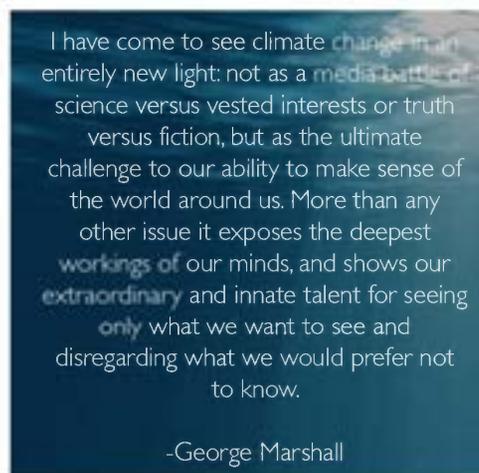
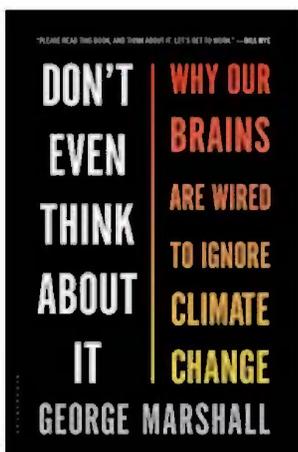
The author gives a balance of personal accounts and scientific interpretations of the lives of 3 wildlife species: elephants, wolves and whales. By following the daily lives of these animals, the reader gets confronted with their unique personalities. We read anecdotes of how they play with their children, how they show care and compassion not just for their own species but also for humans. Being confronted with the similarity in human and nonhuman consciousness, self-awareness, and empathy calls us to re-evaluate how we interact with animals. This is a book that will move you in an emotional way, all the while respecting the animals' Umwelt.

Silent Spring by Rachel Carson

Written in the 60s, this book is credited as being the trigger to ecological awareness in the US and Europe. With large scale pesticides used by US corporations for their agriculture, Carson denounced how communities and wildlife surrounding these farms were suffering in terms of health. More than 50 years later, Carson's warnings around chemicals are still relevant, either through policies that have not yet changed or through the constant build-up of chemicals in the soils. It is an important reminder of the destructive power of humanity on nature, and a reminder of the beauty of nature.

Six Degrees by Mark Lynas

In 2001, the Intergovernmental Panel on Climate Change (IPCC) released a landmark report projecting average global surface temperatures to rise between 1.4 degrees and 5.8 degrees Celsius (roughly 2 to 10 degrees Fahrenheit) by the end of this century. Author, Mark Lynas outlines degree by degree what to expect from a warming world. At 1 degree Celsius, most coral reefs and many mountain glaciers will be lost. A 3-degree rise would spell the collapse of the Amazon rainforest, disappearance of Greenland's ice sheet, and the creation of deserts across the Midwestern United States and southern Africa. A 6-degree increase would eliminate most life on Earth, including much of humanity. Based on authoritative scientific articles, the latest computer models, and information about past warm events in Earth history, Six Degrees promises to be an eye-opening warning that humanity will ignore at its peril.



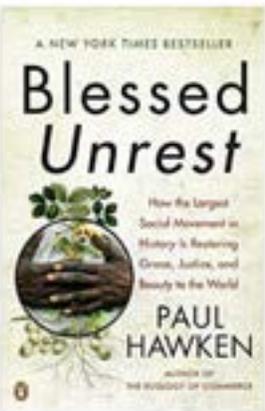
The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World by Peter Wohlleben

Drawing on new ground breaking discoveries, Wohlleben presents the science behind the secret and previously unknown life of trees and their communication abilities. Similar to humans they operate in groups supporting their children as they grow, sharing nutrients with the sick or struggling, and creating an ecosystem that mitigates the impact of extremes of heat and cold for the whole group. As a result of such interactions, trees in a family or community are protected

and can live to be very old. In contrast, solitary trees, like street kids, have a tough time and in most cases die much earlier than those in a group. He describes how these discoveries have informed his own practices in the forest around him.

Don't Even Think About It: Why Our Brains Are Wired to Ignore Climate Change by George Marshall

“Most of us recognize that climate change is real yet we do nothing to stop it. What is the psychological mechanism that allows us to know something is true but act as if it is not?”



Marshall tries to answer this question in his book by talking to Nobel Prize-winning psychologists, Texas Tea party activists, and scientists who are both strong activists as well as denouncers of global warming. Besides showing blind spots in our behaviors, he explains why environmentalists have been unable to reach the other side of the spectrum, and explains how we can repack the message in a more effective way. By understanding both parties, Marshall gives us the tools to find common ground, which in turn will help us to solve our global issues together.

Man's Search for Meaning by Viktor E. Frankl

This book describes Frankl's life in Nazi's concentration camps and the lessons he learned out of this experience. He developed his theory of logotherapy, arguing that striving for meaning, not pleasure or power, is what keeps us alive. This book is about overcoming despair and keeping our belief in humanity, two lessons that we urgently need in order to work together to overcome our environmental issues.

Blessed Unrest: How the Largest Movement in the World Came Into Being and Why No One Saw It Coming by Paul Hawken

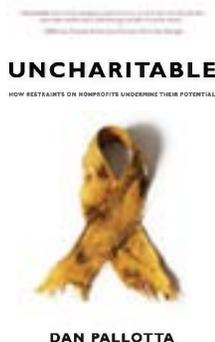
This book documents the different environmental movements all over the world. Coming in different formats and sizes, from grassroots organizations to NGOs with thousands of people in them, this is one of the largest invisible movements on the planet. The book explores the creative ideas and innovative strategies generated by this movement. If you have a negative outlook on the future of our planet, then this one is a must read. It will restore your hope in humanity's creative force and its power to work together as a unit.

The Abundance of Less: Lessons in Simple Living from Rural Japan by Andy Couturier

The book documents the life and learnings of 10 individuals in Japan who chose to leave the cities to live in the countryside. They choose a life more in sync with nature and self-sustainability, growing their own food, engaging in manual work without machines, writing their own books, attempting to disconnect from the economic system. An underlying theme of the book is time: how we as modern societies are fighting for time. Our economic systems are so driven by consumption and economic growth that we forget about the internal and spiritual growth of humanity. This book reminds us that when you're connected with yourself and nature, you realize you don't need too much to live a good life.

“The China Study” by T. Colin Campbell & Thomas M. Campbell II

Based on a study done in China in the 80s and 90s, the authors show that a plant-based diet is much healthier than animal-based diet. Besides the environmental benefits, it also has many personal benefits: you digest your food faster, you live longer, you are less prone to diseases, etc. The topics discussed in the book are basic and important to know, especially because we do not receive such knowledge in our schooling systems on how to eat and live healthy.





SHANGHAI SHENANIGANS: A CHAPTER OF MY LIFE



I recently completed a journey of 450 days revolving round the Sun from a part of the Earth other than my geographic homeland and still finding this journey as exciting as it was on my first day in Shanghai. I had left my job in Retail Banking in Mumbai to join my husband in Shanghai. I was fortunate to have connected to a few very warm and amicable members of Indian Community in Shanghai and Chinese Community in my locality soon after my arrival in the city.

Having received formal training in Indian Classical Dance, Kathak and teaching Kathak for more than 16 years I wanted to pursue my passion in the city as well. With the blessings and noble intent of Dance Enthusiasts in the city, I got opportunities to promote, propagate and practice this beautiful dance form in a couple of occasions including 'Kathak Workshops for Beginners', 'Joy of Sharing Fusion Dance-Yoga workshop' on the occasion of International Dance Day 2019 and a two-days' Workshop on Nritya Yoga for Certification Course. I feel honoured to have presented Kathak for the first time in the history of World Music Asia, Shanghai in its





three-days' event with live music by renowned and award-winning Indian musicians. I was pleasantly surprised to receive immense love and encouragement from the local music enthusiasts.

This unfathomed love from the locals encouraged me to continue with my intent to contribute to the society where I stay. Hence, I associated myself with the Volunteer Association of my locality. Being an active member of the Volunteer Association, I was soon nominated and appointed as Foreign Supervisor of

the Natural Water Resources and the Chuag Xin River in Pudong is now assigned to me for supervision.

Apart from this role, I am offered to facilitate teaching by the Volunteer Association as I have been engaged in teaching voluntarily the young learners back in Mumbai. Teaching, mentoring and facilitating is something which I enjoy a lot and I am grateful to the schemes of nature which lead me to deploy my ability and skills to contribute in shaping up the language skills and dance skills of students in Shanghai. It is heartening to see that Indian Association has made concerted efforts to arrange for Hindi language classes with the support from our Consulate in Shanghai. It's a matter of pride for me to facilitate Hindi language and introduce the students to the comprehensive history and rich culture of India through this collaboration of IA and IC; also, training Chinese Adults and Indian Kids in Kathak. This bolsters my belief in the fact that the Indian diaspora is much aware and conscious of the importance of our culture and its survival within ourselves.



Moving to Shanghai has also given wings to the travel and culture enthusiast inside me and here I am, exploring the culture of cities within China and nearby countries of South East Asia. The experiences gained out of these visits come handy in discussions with my students. I am now picking up Mandarin and am also glad to have participated in Chinese Singing Competition at the coveted Zhangjiang Voice

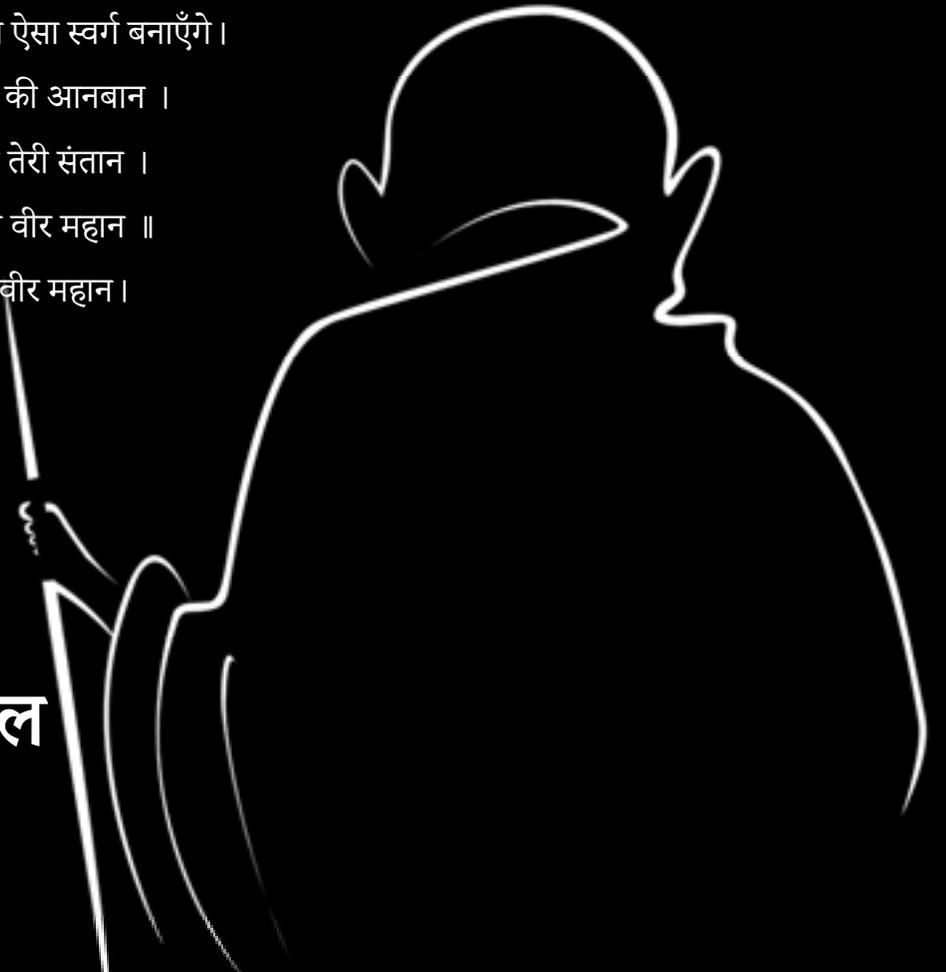
Competition where I was the only foreigner singing a classic Chinese song. I could not make it to the finals but certainly won many hearts as I could hear the loudest cheer for myself within the audience and even the jury.

I see Life as a colourful rainbow - Indradhanush and try to appreciate it before it fades away. Important, as it is to take out a minute to observe and notice some hidden colours in the transit. It's a privilege to don these colours and reflect the true spirit of an Indian in Shanghai.



बापू जैसा बरसों में नहीं, सदियों में एक होता है।
 भारत ही नहीं सारी दुनियाँ को, गांधी पर गर्व होता है।
 गांधी ! सबके प्यारे बापू, ओ रे अनोखे वकील,
 तेरी सत्य अहिंसा की वकालत ने, दुनिया को दिया था कील।
 डेढ़ सौ साल पहले तुझे, पुतली बाई ने जन्मा था।
 तेरे संग्राम से भारत में, आज़ादी का सूरज चमका था।
 तेरी कोमल काया के भीतर, महा बलशाली मन था।
 तेरे मुँह से निकला हर वचन, सब के लिए इक आवाहन था।
 खादी हर जन को पहनादी, अंगरेजों की नींद उड़ा दी।
 “अंग्रेज़ों भारत छोड़ो” की आँधी ने, ब्रिटिश राज्य की नींव हिला दी।
 तेरे अहिंसा के अस्त्र के आगे, सारे शस्त्र काँप गए।
 यह देश छोड़ अब जाना होगा, अंग्रेज़ भी इसको भाँप गए।
 बापू तूने जन-जन के अंदर, स्वाभिमान की अलख जगा दी।
 अंग्रेज़ों की जड़े हिला कर, आज़ादी हमें दिला दी।
 भारत के लिए देखे तेरे सपने, हम हरगिज नहीं भुलाएँगे।
 जहाँ हर जन समान व समानित हो, इसे ऐसा स्वर्ग बनाएँगे।
 हे राष्ट्रपिता हे महात्मा ! देखो इस तिरंगे की आनबान।
 स्वतंत्रता दिवस पर तेरी सीख, याद करे तेरी संतान।
 गांधी तुम भारत की शान, तुझे नमन हो वीर महान ॥
 तुझे नमन हो वीर महान, तुझे नमन हो वीर महान।

बापू
ओ अनोखे वकील





How Yoga Help Neck Pain

Looking to release tension or tightness in the neck and shoulders? These sequences will help support your yoga practice with poses to release neck pain and strengthen the upper body muscle.

We often hang our heads -- staring at our mobile phones, studying a textbook, using computer, watching TV -- all of these things cause our heads to fall forward in front of our shoulders. The ligaments and muscles in the back of the neck are constantly strained holding the weight of the head. Simple yoga asanas can help your neck problem to overcome neck pain and stiffness.



Props you need for the exercise:
2 Yoga blocks and 1 Yoga strap.



Pose 1

Pose 1: For this pose you'll need some yoga block. Place one on the ground so the back of your head can rest on it. Place the second one under the middle of the thoracic spine let yourself totally relax here for 3-5 minutes.



Pose 2

Pose 2: Here we've got a gentle, restorative twist that's good for the upper body, especially the shoulders and arms. Place one yoga block horizontally on the mat under your face and rest your cheek. Slide the right arm under your body and out to the left. Extend the left arm forward, resting it on a block placed vertically. Breathe 8 to 10 breaths and then do it on the other side.



Pose 3

Pose 3: Keep your spine very long and intend not to round the upper back as you gently pull your chin toward your chest. Breathe slowly 5 - 7 breaths.



Pose 4

Pose 4: You can place the blocks under your hip for added support as shown. Then, tilt your pelvis forward for a long spine and draw the shoulder blades toward each other. Keeping the spine long, take your left hand and gently pull your head down to the left shoulder. It shouldn't hurt at all - be very gentle! Breathe 5-7 breaths and then go to the other side.



Pose 5

Pose 5: This pose helps to open up the shoulders and chest, and stretches the triceps. It can be difficult to do if you're very tight in any of those areas, so use a yoga straps for help. Hold the pose for 2 minutes, do it twice.



Pose 6

Pose 6: Interlace your fingers under your chin and sit tall, elbows together in front of the chest. As you inhale, lift the elbows as high as you can while keeping the chin parallel to the ground. Reach really high and you'll feel this stretch in your shoulders and side body. Breathe 5-7 breaths, 3 times.



Pose 7

Pose 7: This is part two of pose six. As you exhale, bring the elbows out in front, head gently goes back and look up as you squeeze the elbows together. Breathe 5-7 breaths, 3 times

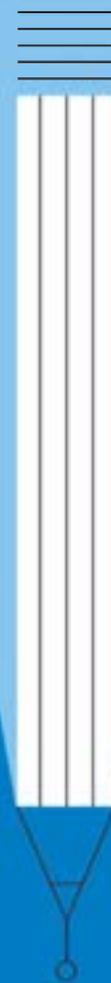
**WE NAVIGATE OUR CLIENTS FROM WHERE THEY ARE
TO WHERE THEY ASPIRE TO BE**



AI-POWERED CORE



AGILE DIGITAL AT SCALE



ALWAYS-ON LEARNING

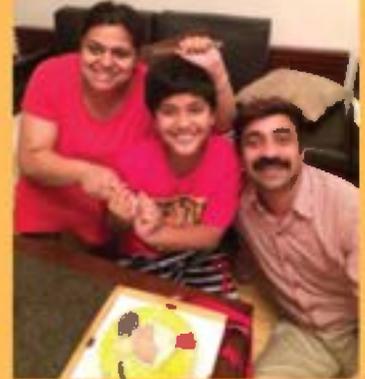


आज एक संदेश मिला जाना हैं दूसरे देश छोड़कर अपना देश,
आंख भर आई जा नकर यह संदेश.
क्या होगा वहां कैसे होंगे लोग,
अपना बनेगे या पराये होंगे लोग.
मेरे रिश्ते मेरे दोस्त मेरे अपनो को छोड़कर,
क्या मुझे मिलेंगे अपने इन गमो को मोड़कर.
अजनबी लोग थे पर मुस्कराहट दी प्यारी सी,
दिल को सुकुन सा मीला हमने भी दी मुस्कराहट दी प्यारी सी.
ना भाषा की पहचान ना रीति रिवाजों की,
फिर भी यहां कदर हूई इंसान के जज्बातों की.
चल पड़े हम भी नई गलियां नई चौबारों में,
घूलने लगे इन नई हवाओं में.
अजनबी मिलते गए और अपने बनते गए,
हर नई जगह को अपनी यादें बनते गए.
कैसे शुक्रीया करू इन जगह इन लोगों का,
क्या कहूं अब लगने लगा हैं कुछ अपना सा.
इसी लिए किसी ने कहा है बहोत खूब,
अपने मिले अपनो से दूर.

अपने मिले अपनो से दूर



Memories



I seems just yesterday that I was trying to check under my feet if there was a black mole(til) as Sriram had announced that we were shifting to Shanghai and I was confused if I could come along as every astrologer who had ever seen my hands said 'NO VIDESH BHRAMAN'. It's more than six years that we are living in Shanghai. Shanghai and it's people have been very friendly and welcoming. Our very first friend here was Big Jane as we call her now, she was our house agent. She had been extremely helpful in settling us down here. She was the one who taught me the first Chinese words 'Ni hao', 'xie xie', 'Chu zhu che'. Next in line was my Chinese daughter small Jane (now you know why we added big and small to their names). Small Jane was Sriram's Mandarin teacher and now a part of our family. She introduced us to the real China. As

we did not know the language she came with us to all our outings. We started with Beijing followed by the Huang Shan, The Shaolin Temple, The Terracotta Warriors of Xian, Wuxi, Suzhou ,Hangzhou, Qian Dao Hu, Chong Ming Islands to name a few. It was Small Jane who introduced us to Chinese food and to Chinese culture.

To tell you about myself and my family, we are three of us. Sriram and I try to live our lives every day to the fullest. I am the extrovert outgoing types, our son Ankit is a total opposite an introvert silent types and Sriram is the balance in between us. It was pretty easy for me to live here in Shanghai as I could accept everything except beef and pork and I would speak whatever Mandarin I learnt and rest my actions would get my work done. Sriram too got along well except the food. Ankit suffered in the beginning because of lack of friends to play with after coming back from school. However we

TIME FLIES SO FAST

made some very good friends in Shanghai I should say life time friends our extended family.

Sonal, Vishal and Yashi , without mentioning them our memories in Shanghai is incomplete. Although they left Shanghai within a year of our friendship we are still in touch and do try to catch up when we are in India. Sonal showed me Shanghai from an Indian's eye. She introduced me to H&M, with her I went to S&T fake market, The Tiangtong road market, The Cao an Lu market and many such places. Places most importantly of ladies interest 'SHOPPING", were introduced to me by Sonal.

It was in Ankit's school that I met Andrea, my first foreigner friend ever. She is a soul mate now. She introduced me to the western world. She taught me to make tortillas and learnt to make roti's from me. She has visited India and loves Indian food and culture. She has attended many Indian festivals with me here in Shanghai.

In 2015 we went with small Jane to her home town Ruicheng County, Yuncheng City, Shan Xi Province to celebrate the Chinese New Year. It's a beautiful small town on the banks of the Huang -Ho river (China's sorrow as we read about it in

our geography books at school).Her mother taught me to prepare special designed steam buns. She taught me to cook a variety of Chinese food. We had evening Gala dinner with their relatives where they did not eat pork on their special day only because we did not eat it. We burst crackers on the terrace at mid night. Next morning

Jane's father took us to the mountains to give money (fake money) to the ancestors. Then we all went to their village to meet their grandparents and relatives.

Everyone was so loving and welcoming. Ankit collected a lot of hong baos (Red Envelopes).I will never forget the hospitality and apnapan that we received here from them. While returning from there was like coming back to Shanghai from India. Her parents packed boxes of apples, Walnuts, pepper grown in their fields, variety of dry potato sticks,

dry bean sticks, pea nuts, a noodle maker and what not. Her father even got made fresh salted puffed rice (murmure) for us. We can never forget our stay at Small Jane's house.

Although now I have huge groups of friends and activities to do, and we participate and attend almost all functions organized by the Indian Association, The

Shanghai Adda, Kairali, Tamil Sangamam, The Marathi Mandali, Bhartiya Community and many more but my life revolves around my extended family of five family friends. We have seen ups and downs together and all have come out victorious. When we met we were twelve of us with Ankit and Duggu the only kids. Now

in 2019 we are a complete family of fifteen blessed with three beautiful princesses who have filled our lives with more love, happiness and well being. Aaradhya calls me bua and Aahana calls me Misha , Inaya is two months old still waiting to hear her voice. Just cannot express in words what I feel for these kids. First saw their parents

Some of the many performances



PI events



grow in these six years from individuals to parents and now seeing these children grow, it's just amazing. We celebrate Holi, Diwali, Raksha Bandhan, Lohri, Pongal, Karwachauth, Janmashtami every festival together. Our Birthdays and anniversaries are incomplete without each other.

WE met Anant and Tanya in the Walmart. I was the one to start. I have a habit of smiling at every Indian I pass by , sometimes reciprocated with a smile and sometimes blank looks, but I cannot change my habit, the smile just comes on my face. In this case got positive response and we started talking and realized they had just shifted to our society the same day. Thus began our relationship. Then one day I met Munmun in an exhibition of cosmetics and we introduced Sriram and Harit to each other. We all met Anupam and Priya in a Bowling event organized by the Passionate Indians. Although Pritam and Sarika stayed in our same society we met very late when Pritam's parents came on a visit to Shanghai and Tanya met them in the society park with Duggu. Thus we all five families came together.

Away from India life without good friends is tough but we feel truly blessed to have very good friends. My father passed away in a heart attack when he came to visit us here in 2015. It was our friends who were

always by our side and everything went smoothly. We cremated him here in Shanghai. The Shanghai government officials were also very helpful in making things easy for us at that moment of emotional crisis. One fine morning Anant came up with the idea of creating a group with some like minded people who can meet up and spend some time together and thus the Passionate Indians got life. In our initial days we all went together to Bowling, Archery, Pistol Shooting, Go Carting, Bubble football, Indoor Cricket and everything was so much fun.

Initially we were 26 and then 35 and then 50 and it went on increasing. We started organizing badminton championships, and then Cricket tournaments. This year was our fifth Dandiya event in Shanghai. The overwhelming response that we receive every year in our events has given us the encouragement to conduct it again the next year. While in India I knew only the basic 1,2,3,4 step of Dandia that goes around in two circles. It's here in Shanghai that I learnt Garba and Dandia from very good friends Preeti and Kinjal. We passionate Indian ladies have a group of performers who with the

help of Indian Consulate have performed even in cities outside Shanghai. We perform not only in Indian functions but also in Chinese festivals. We feel so proud to present our culture in front of them and their response makes it worthy.

We love travelling and visiting new places so we made the best use of our holidays by visiting Guilin, Jilin, Harbin, Fuzhou, Nanjing, Nantong, Kunming, Daming Shan, Tiamu Shan, Zhangjiajie Avatar Mountains and many more weekend getaways. Because of Anant being in Shipping, we had great opportunity in visiting Pingtan, Zhoushan, Daishan, Liuheng and many more small islands and have witnessed rural Chinese life style.

Here in Shanghai I did many such things which I never thought I could do when I stayed in India. As Harit works with Wipro he took us to Wipro run . I have been running in the event for the last 3 years now. When asked about my winning capabilities I always say, "I am competing

with myself, my challenge is just not to compete but to complete". That is what I do every year complete the 5 kilometer challenge and it gives me immense happiness and self satisfaction. Shanghai has enhanced the hidden sportsman in me.

I am blessed to have Ankit and Sriram in my

life. When I was with my father I had led a very carefree life. My father never stopped me from doing anything I wanted to do. If I succeeded he was very happy , If I failed he encouraged me to try something else. Same is Sriram. He never stops me from attempting something new and if ever Sriram says no to something then I know that it is not good for me. Sriram has given me the same carefree life that I lived with my parents.



My life in India and Shanghai are not the same but yes I was happy in India and I am happy here in Shanghai. Most importantly that is because I believe that our happiness is in our own hands, no one can make us happy unless we ourselves want to be happy. And so if we want to be happy we can be happy anywhere in the world. It is said happiness gets multiplied when shared (khushiya baatne se badhti hai), I have really lived that in Shanghai.



UNsung TRADITION OF TULU NADU (MANGALORE & UDUPI COASTAL CITY IN KARNATAKA)

Who doesn't get excited when they speak about their native place ? Yes, I am talking about few of our unique tradition of "Namma Kudla" as they call Mangalore in its own tulu language. Mangalore is called as Kudla in tulu, Kodial in Konkani, Maikala in Beary, Mangaluru in Kannada and Mangalapuram in Malayalam. Don't be surprised by too many names for a small city. These names are a result of those many languages spoken in the city apart from English & Hindi. Yes, an average Mangalorean can speak 4-5 languages. And not to miss out famous fish curry, beaches, temples and lot more traditions unknown to the rest of the world. Let's take a tour of few of these traditions which gives Goosebumps to all natives. As children we always use to wait for these festivals or moments and cherish each and every minute engrossed in the character itself.

Aati Kalenja:

One of the disappearing tradition which is performed during Aati , one of the month as per tulu calendar which falls in July-August, people belonging to Nalike community visit houses of people in a colorful attire masked as Kalinja. In return, people would offer rice, vegetables or money. It is believed that during the month of Aati, nature's spirit Kalenja descends on Earth to bless the land and its people. It is believed that Aati Kalenja brings the positive energy which would ward off evil spirits and diseases. Accompanist beats the drum and recites the song, "Aateek Baththe Aati Kalenja" narrating the story of the spirit. Aati Kalenja is also considered as a traditional healer who at times dispenses medicinal herbs to overcome illness.



Bhoota Kola

Bhoota means deity or spirit in tulu. Kola also called nema is an annual ritual performance where local deities are being channelized by ritual specialists from the Nalike, Pambada, or Parawa communities. The



word kola is conventionally reserved for the worship of a single spirit whereas a nema involves the channelizing of several spirits in hierarchical order. In Kolas and nemas family and village disputes are referred to the spirit for mediation and adjudication which included matters of

political justice, such as the legitimating of political authority, as well as aspects of distributive justice. The performance includes dance, music, recital and elaborate costumes. The worship of bhoota is restricted to annual ritual festivals though there may be daily pujas offered.

Tiger Dance:

Dasara is the most famous festival celebrated in Mangalore. Dasara or Navaratri without the beats of tiger dance is something rare to find in Mangalore. The rhythmic music and the dance to the tunes will mesmerize anyone witnessing the performance. Tiger dance also called as pili vasha in tulu is performed to honour the goddess durga whose favored animal is tiger. The troop performance includes skills such as fire breathing, hand walking, gymnastic moves, picking money from mouth by bending backwards and lifting akkimudi i.e rice tied in weighing 42 kgs by teeth



Kambala:

Kambala is an annual buffalo race traditionally sponsored by local Tuluva landlords and households in the coastal districts of Dakshina Kannada and Udupi, a region collectively known as Tulu Nadu.

The kambala season generally starts in November and lasts until March. The kambalas are organized through Kambala Associations. Over 45 races are held annually in coastal Karnataka, including smaller remote villages such as Vandaru and Gulvadi. Traditional kambala was non-competitive, and the pair was run one by one. In modern kambala, the contest generally takes place between two pair of buffaloes.

Yakshagana:

Yakshagana is a traditional Indian theatre form, developed in Dakshina Kannada , Udupi and Uttara Kannada districts, in the state of Karnataka and in Kasaragod district in Kerala that combines dance, music, dialogue, costume, make-up, and stage techniques with a unique style and form. Yakshagana literally means the people(gana) who are the yaksha (nature spirits). Yakshagana is strongly influenced by the Vaishnava Bhakti movement. This theatre style is mainly found in most parts of Karnataka in various forms. Yakshagana is traditionally presented from dusk to dawn. Its stories are drawn from Ramayana, Mahabharata, Bhagavata and other epics from both Hindu and Jain and other ancient Indic



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POEM

देवेश हरदासानी
नन्हा कवि



आई दिवाली...सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!
कर के घर की साफ़ सफ़ाई,
मम्मी ने दरवाज़े पें रंगोली डाली!
आई दिवाली... सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!
खुशी के इस त्योहार पे,
झूम उठी हर डाली डाली!
आई दिवाली...सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!
करता हूँ माँ लक्ष्मी की पूजा,
ले हाथों में आरती की थाली!
आई दिवाली...सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!
खाके ख़ूब मिठाइयां.....
हम सबने अपनी वेट बढ़ा ली!
आई दिवाली...सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!
सज दजके सबके साथ,
iPhone ११ में अपनी सेल्फ़ी निकाली!
आई दिवाली...सबपे छाई दिवाली,
आई दिवाली खुशियाँ लाई दिवाली!

आई दिवाली ... सबपे छाई दिवाली



ART

PAYAL PARMAR





YOUR MOUTH REFLECTS THE HEALTH OF YOUR WHOLE BODY

Researchers have shown that infections inside your mouth can cause health problems in other parts of the body! More than 90 percent of all systemic diseases have oral manifestations to mention few of them; swollen gums, mouth ulcers, dry mouth and excessive gum problems. Some of these diseases includes diabetes, tuberculosis, leukaemia, anaemia, vitamin D deficiency, oral cancer, pancreatic cancer, breast cancer, prostate cancer, heart disease, kidney disease, HIV and HSV.

This article discusses in general oral care from toddlers to elders

Common Children Oral Health Conditions & Prevention

Teeth development in children happens in 3 phases.

First phase: Milk Teeth or deciduous teeth (6m -2.5yrs-6yrs). Second phase: Mixed Dentition (6yrs – 13 yrs) and third phase: Permanent Teeth (after 13 yrs). Phase 1- problems are milk bottle tooth decay (rampant carries), thumb sucking, excessive use of pacifier, sleeping with open mouth and sleeping with thumb in mouth.

Most common problem is milk bottle tooth decay or rampant carries (figure 1). This happens when the child sleeps every day with milk bottle in the mouth. That is, child is habitual of keeping bottle in the mouth every time to fall asleep. The child with nursing caries has an increased risk of developing caries even in the permanent dentition. The child with caries is also



Figure 1



Figure 2

susceptible to other health hazards.

This can be treated by arrest and control of the carious process. Institution of preventive procedures. Restoration and rehabilitation. From the first baby tooth eruption, the mother should start cleaning baby teeth with small toothbrush (figure 2) or Gauze sponge. Excessive use of pacifier should be limited, as this can lead to crooked teeth. Parents should try weaning the child from using bottle as pacifier while in bed.

Phase 2- Problems are Lip biting or biting of other objects (pen/pencils), eating unhealthy (sweets, chocolates, junk food) and not keeping good oral hygiene.

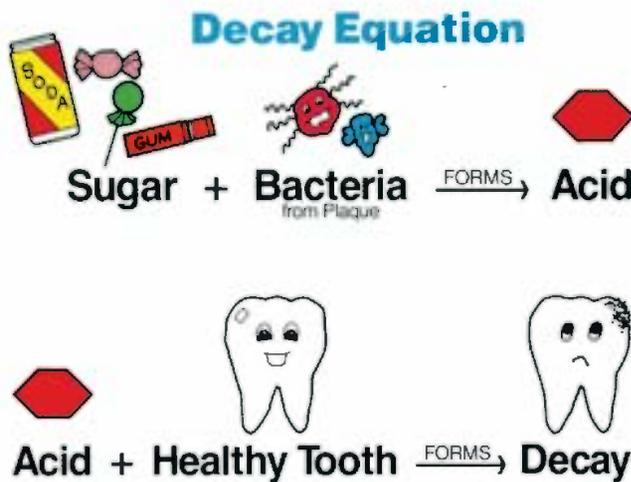


Figure 3

This can be treated by Fluoride Treatment and by using Fissure Sealants (usually applied to back teeth, where chewing surfaces are uneven and difficult to clean). Parents should strictly monitor child diet, avoid giving unhealthy junk food and control sugar exposure (figure 3).

Phase 3- Problems arises when proper care of teeth is



Figure 4

not taken in phase 1 & phase 2. It leads to malocclusion that is crooked teeth or crowded teeth (figure 4). This further leads to increase chances of tooth decay or cavities, bad breath and bleeding gums.



Figure 5

This can be treated by using braces (figure 5), various kinds are available in dental clinic. These are the devices used for correcting irregularities in the arrangement of the teeth. Braces not only help to

RISK FACTORS

- SMOKING
- ALCOHOL
- POOR DIET
- CHEWING

90% CHANCE OF SURVIVAL (Early diagnosis)

1,800 PEOPLE DIE OF MOUTH CANCER IN THE UK EACH YEAR

STAYING HEALTHY

- Visit dentist regularly
- Examine your mouth
- Use SPF on your lips
- Maintain a good diet
- Reduce smoking & drinking

SELF-EXAMINATION IS EASY AND COULD SAVE YOUR LIFE

COMMON SYMPTOMS:

- 4 IN 5** heal within three weeks
- 6,000 CASES** each year in the UK

ULCERS (01) - Red and white patches in your mouth

PATCHES (02) - Unusual lumps or swellings in your mouth

LUMPS (03)

DID YOU KNOW? MOUTH CANCER KILLS MORE PEOPLE THAN CERVICAL CANCER AND TESTICULAR CANCER COMBINED

44% OVER 65s

25% UNDER 55s

CASES DIAGNOSED each of 4 years diagnosed with oropharyngeal cancer in people aged 65+ - 25% of cases diagnosed in under 55s - although the age is rising with more young and middle aged people suffering with oropharyngeal cancer

Figure 5

improves persons smile and appearance but also helps in developing self-confidence. Other treatment modalities includes restoration of grossly decayed

teeth by endodontic treatment. If teeth is unrestorable then extractions has to be done followed by space maintenance.

Elders Oral Health Conditions & Prevention

Now a days it is seen that adults have usually started neglecting there oral health because of their busy schedule and ignorance towards its importance on their general health!

Researchers have published various articles showing how untreated gum diseases could lead to oral cancer. And even worse, it has been linked to the risk of cancer related death. Other conditions like ignoring a broken tooth or fractured tooth having sharp edges, can lead to trauma at particular site where this edge continuously hits in oral cavity. This chronic trauma can further lead to irritation, formation of white patches and if not taken precaution at right timings can lead to oral cancer. Chart below (figure 6) shows various risk factor causing oral cancer and precautions to be taken.

Below are few flow charts showing the possible linkage between gum diseases and whole body health (figure 7). Link between gum disease, heart disease and stroke (figure 8), link between heart disease and breast cancer (figure 9).

Statistically gum disease is higher in men (56.4%) then in women (38.4%). Men with severe gum disease are 3x more likely to suffer from erectile dysfuctions. Prolonged chronic inflammation associated with gum diseases can lead to impotence. Men also have higher chances of prostate cancer, kidney cancer, pancreatic cancer and blood cancer. In women if gum disease is ignored it gets escalated during puberty, mensuration, menopause and post menopause. In pregnant women untreated gum diseases may lead to preterm births.

So few important things that has to be taken care to maintain good oral hygiene and to be proactive about your dental care

- ★Brush your teeth at least twice a day
- ★Use tooth paste having fluoride in it
- ★Change your tooth brush once in 3 months
- ★Do flossing
- ★See your dentist once in 6 months
- ★See your dentist as soon as you feel pain or any kind of discomfort
- ★Eat healthy food
- ★Avoid consuming paan masala, gutka, tobacco, bidi and cigarettes

Keep Smiling!!

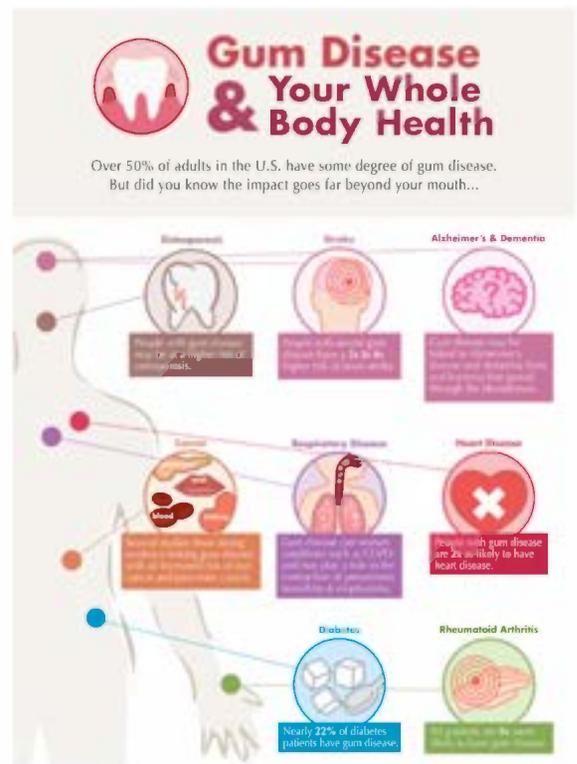


Figure 7

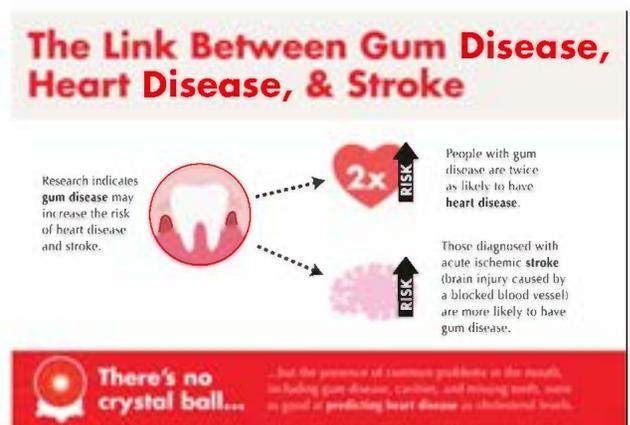


Figure 8



Figure 9



LOVE & TRUST RELATION (PET BIRDS IN CHINA)

A short story about my budgies.... Ocean and Kiwi

Whenever it comes to have pet for our home, everyone things for dogs and cats.

When I decided to have a pet in my life, I took too much time to decide. Then my wife suggested me why not pet birds. I gave a strange look to her, because birds were never on my mind. But then after a few days I decided to go for it.

Finally, the day came when I bought my first pair of budgies pet birds.

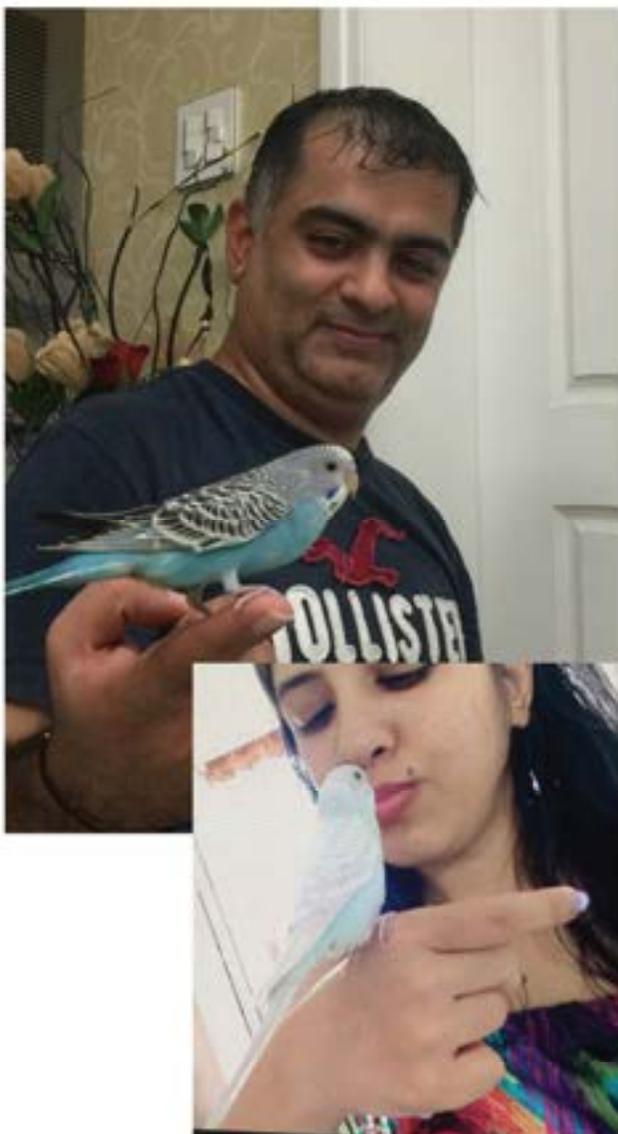
(Budgie: The term parakeet/budgie is a generic label used to describe any small, parrot-like bird that has a long tail.) I was ready for it and my kid (Devesh)

4 years was super excited for them. He was completely ready to welcome them.

When I bought them from pet store, I enquired everything from the owner like what they eat, drink, their age and health. Any treats to offer or fruits to give. I also asked how to take care of them in summers and winters. He informed us everything about them. And yes I bought 2 budgies to form a pair. It is said that "one is alone and 2 makes crowd". So it follows for birds too. I bought their food and required stuff.

Look at them aren't they cute and adorable budgies.

First couple of days they were little quite and shy. Whenever we pass by their cage they use to watch us. It seemed like they were observing us. I also did not disturb them and scared them by any mean. Devesh use to wish them "good morning". He was having a hope that they will come and hop on his hand or shoulders. But by the next week they started having trust feeling for us. Whenever I talk to them they responded by chirping or by opening their wings. It was a good sign for me to move further. In this picture the person who was losing his patience was no other then my little son, who already shared the news of our two sweet-tweet birds to each and everyone he met in last few days. I asked him to be more patient and in no time they will come to us. To make him happy I asked him to suggest names for pet birds. "Ocean" he replied spontaneously, he said the blue budgie name will be ocean because he has blue fur all over. For other budgie



it took few days to give her new name. We call other budgie Kiwi, as she got too cute look.

Now the time was to tame them and be friendlier with them. The taming method includes frequently talking to your budgie, using a soft voice to sooth them.

I started offering food on my hands and they started eating it. This was a first success for me. I did this because I wanted them to believe that my hand is a best perch for them in the world.

I tried this again and again because I wanted them to be more relaxed and friendly. My friend suggested me they also need to have their wings clipped by a professional, because if they can fly away from you, you will not be able to work with them. But I was always against it. I bought budgie as a pet birds because I knew they are friendly and social birds. The most important part is they are not caged birds, if get friendly. I never wanted birds to be caged for my entertainment or for some other reason.

Finally the day came; in the morning after changing their water and food I tried to put my index finger in their cage and Bingo! One of them jumped on my finger with a small tweet sound....

I can't describe that moment but it was not just she was holding my finger; it was like she was holding a trust on me. She looked at me, I also had a sparkle in my eyes because I never thought I will have this win win trust situation very soon. It was like a small victory for me.

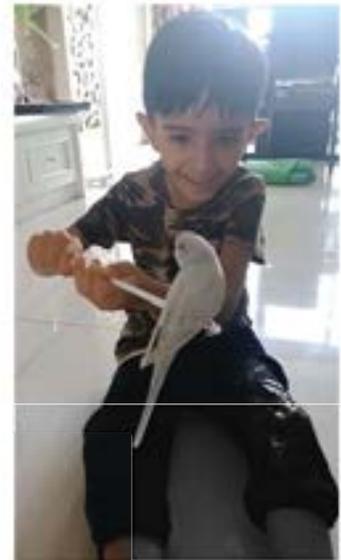
Looking at this my son got excited & said "Wowwwwwww papa well done"! With this success his waiting also came to an end, he also started taming them gently.

Slowly both birds became friendly to me and my family and started perching on finger. They both are use to all of us. Now we keep their cage open in the morning and they have marked their spots like window and around their cage area. They are on their own for whole day. We have scheduled their time in the morning and by evening they go back to their cages on their own. Really surprising for me without looking at the clock they just go in the cage like an obedient kid. I'm also happy that they are not cage birds. They easily come flying to us when we offer treats. No doubt they are birds but they are like part of our family now.

The day starts with their singing. Whole day we hear their chirping and sweet voices. They eat, they sleep, they sit, they fly, they play and they are very happy. We also bought small swing, some budgie toys to keep them busy. But the best play for them is to play with mirrors. Hours of hours they are busy in playing with.

I also realized without understanding each other's language they have bond, a lovely relation with us. It's a relation of trust and friendship. Seriously the language that bonds me with my pet is Love language. Love and care has given me a beautiful relation with my pet birds.

Thank you all for reading my story.....My friends my pet budgies.



"Dad...She likes me too."



Kiwi playing with mirror



Ocean having fun on swing



BHARGAV JOSHI

Digital Marketing Specialist and Content Marketer

GAMING

- AN INDIAN PERSPECTIVE

Back in 1997 my neighbor bought a SEGA Gaming Console and invited me to play games at his place. We played Mario, Contra, Duck Hunt, Ninja Turtle and Bomber Man. We took gaming cassettes on a rent and exchanged with our friends. Infact, if there is a new player – we used to teach them how to play Mario, how to level up and how to use gaming gear (a gun) in Duck Hunt. When we played Mario, we had internal competitions that who crosses which level and who defeats which boss? We made teams, and organized



small team level contest to play Mario in our community.

Source:

<https://www.dhgate.com/product/sega-md-video-game-console-16-bit-handheld/409775785.html>

We also played cricket on the common ground – where more than 10 matches were played simultaneously. When playing we learnt how to deal with conflict (that was small fights actually), how to get your ground before others taking over it, and how to enjoy every moment of life. Infact, the balance between video games and outdoor sports played a major part in learning other than academics. Keep in mind that I was a topper in academics as well.



<https://www.businessinsider.com/speedrunner-sets-new-world-record-super-mario-bros-2018-9>

How life changes for Indians

As it is rightly said by Aamir Khan in 3 idiots that one is studied in engineering and works in a bank. This is exactly how most of the millennials of my age are facing. We were forced to study engineering (or medical) then pursue MBA and then expected to manage a company! As parents believe that medical, engineering and MBA are the only career options – or otherwise, go to the Western countries.

But wait, there is something indifferent out there!

Careers in the gaming industry

Well, I am not writing this article to give a career advice, but for many university students gaming could be a side activity to make some money and that will also make you famous across digital channels such as – Twitch, Discord, and YouTube. Once you become famous celebrity, then sky is the opportunity. This is very similar with Virat Kohli is getting paid for brand endorsement.

Imagine someone has thousands of followers on YouTube and on his discord server, then they can easily provide reviews, on gaming gears – such as controllers, chairs, headphones, and can sign a commercial deal with manufacturers; or can make money just by showing Google Ads!



Source: <https://www.facebook.com/virat.kohli/>

Its estimated that by 2025 gaming industry will touch \$300 billion industry. As I mentioned, back in 1997 we helped others in gaming and we also had small level of tournaments; but we never realized that it can be a career option as well.

eSports is an upcoming trend. It is expected it can grow at 14% yoy and by 2021 there will be 250 million e-sports enthusiast and 307 viewers! Estimated revenues are \$1.6 billion with brand's investment is \$1.3 billion. Whoohoo. So unlike there are experienced coaches in cricket, soccer, hockey, swimming etc.. there can be coaches in gaming! Experienced gamers can leverage their knowledge and train other gamers for next e-Sports tournament!

Since the new concepts - Artificial Intelligence, Machine Learning and neural networks has bigger threat on lay-off, gaming is the rising sun for opportunities. The growth of mobile gaming, and especially the innovative technologies such as VR, AR, Cloud Gaming are the future of gaming. E-Commerce industry are focusing on in-game microtransactions which can be the next big change. In short - IT, brands, and e-commerce companies are investing heavily in digital gaming and it could be an option for those suffering from lay-offs. These companies include Google, Microsoft, Sony, e-commerce players like Amazon, Alibaba group, Tencent, FlipKart, Myntra, Sports brands, Cosmetic brands, Game Publishers, Content Marketers to name a few.

Here is an example on Adidas signs with Tyler 'Ninja' Blevins for a sponsorship deal.



Adidas

Tyler 'Ninja' Blevins has penned a sponsorship deal with Adidas, becoming the first professional esports gamer to sign with the German sportswear

Source:

<http://www.sportspromedia.com/news/adidas-ninja-first-individual-gamer-endorsement-sponsorship-deal>

What kind of games out there?

There are various game genres – such as MMO, RPG, FPS, Strategy games to name of a few. Recently Fortnite Chapter 1 ended with everything absorbed in a “black hole” and then Chapter 2 started with an effect that new universe is born.

Everyday, new games are coming up with various concepts. In multiplayer mode, an individual plays with group of unknown people, so it helps in learning group skills as well. You can choose which types of games and move on!

Real life balance and parental controls

These days game publishers come up with parental controls so children can stay safe. One can easily setup parental controls on PS4, Xbox, Nintendo, PCs and Mobiles to restrict type of content accessed online. Infact games are coming up with advanced information security mechanism which prevents an abuse from hackers.

Gaming industry and the virtual world is attractive, and addictive that can lead to nervousness, anxiety and depression as well. Casino types of games can lead to heavy financial loss. It is individual's responsibility to stay safe and keep balance between a regular life and a virtual world.

End notes:

Gaming industry is very attractive, addictive and dynamic. Jump in with caution!

ACKNOWLEDGEMENT

We would like to thank all the people who have made this a memorable event. Indian Association events are made possible only by the tremendous drive, selfless work, dedication and talent of all our Volunteers. IA Board extends its deepest gratitude and appreciation to all our volunteers.

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DIMPY RANJAN
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NIDHI SHARMA

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**Wishing you a Happy Diwali
and a
Happy New Year!**



**The
Parmar Family**

