



INDRADHANUSH 2020

**HEALTH, HOPE
AND HUMANITY.**

SHAAN

MESMERISES
SHANGHAI

**INTERNATIONAL
DAY OF YOGA**
CELEBRATIONS

COVID19 RELIEF EFFORTS
**OVER ₹ 10 LAKHS
DONATED TO PMCARES
FUND**



RECAP OF
**PAST YEAR'S
EVENTS**

COMMUNITY
UPDATES

**ARTICLES &
EXPERIENCES**

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Source: Corporate Executive Board

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INDIAN AMBASSADOR TO CHINA'S MESSAGE



Ambassador Mr. Vikram Misri

I am glad to see the publication of this year's edition of the annual magazine — Indradhanush — by the Indian Association, Shanghai.

I have had the opportunity over the last couple of years to engage on several occasions with members of the Indian community in Shanghai. It has been a privilege to discuss a number of issues related to their life, work, health and wellbeing, especially during these past months. IA Shanghai represents the best of India and has provided exceptional leadership to the Indian community in Shanghai. Its work in promoting artistic and cultural endeavours and in providing a platform for engaging in discussion and interaction is indeed commendable.

Even during this past year, which has been a difficult time for most, IA Shanghai has maintained its social and cultural outreach activities wherever feasible.

As we prepare for a new year in a few weeks' time, I take this opportunity to wish IA Shanghai and all its members and, through them, to the larger Indian community all the best for the coming year, which I hope will be full of success, health and prosperity for all of them.

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PRESIDENT'S MESSAGE



***“ I must mention that it is due to the rich contribution made by each one of you in your individual capacity, in capacity of social leadership you display through various cultural events, blood donation, charity initiatives, business engagements and other diverse set of regional celebrations which reflects a strong fabric of Indian community in Shanghai.*”**

**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 2021.

I would like to thank our Patron, Shri Anil Kumar Rai (erstwhile Hon Consul General of Shanghai) who completed his tenure in Shanghai on 23rd Sep 2020. He has been instrumental in last two and half years in guiding and mentoring ia shanghai to execute several events. On Behalf of community we extend our heartiest wishes to him his family for his next assignment.

Year 2020 is a challenging year for the whole world where COVID-19 disrupted economies, separated families, travels got restricted and many other associated challenges came our way. However it taught us importance of Health, Hope and Humanity. I am delighted to share that your ia has been at forefront of enabling health initiatives, leaving no opportunity to serve humanity and infusing hope for a better future amongst the community members.

While your ia was not able to execute our all calendar of events due to restrictions posed by local authorities, however your ia did significant things and carried out important actions under auspices of our patron, which I would like to highlight

1. In initial 2 weeks of pandemic, the availability of masks was key concern and with help of CG office, SPAFFC office we could distribute 1000 + masks to community.
2. We were able to collect data about safety of Indians staying in shanghai on almost weekly basis. Some people were flying in and out as due to personal needs, we were able to capture near accurate data so that if it was needed, we could have been ready for any action at community level needed for their safety.
3. We were able to import 6000+ masks and other protective equipment from the pharmaexcil corporations and a team of volunteers were created across the community to distribute it. Sponsors of ia came forward to donate alcohol wipes for the community at a large scale.
4. When the pandemic broke out in India we raised 10.4 lacs INR and sent it to PM CARES fund as well within one week of fund raising.
5. Under time of stress , mental wellbeing of individuals has been of key priority under lockdown and your ia started daily YOGA classes in May first week and conducted 150+ classes online for the benefit of community.
6. We also did online merged offline Kids event on COVID learnings, organized other business mixers and key events online.

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 with community.

I must acknowledge that we could achieve all this in tough times due to selfless efforts of several board members who have worked with complete commitment, transparency and inclusiveness and keeping interest of ia above all. I would also like to thank Pallavi Gore and Ravi Bose who completed their services with ia and made significant contributions. I would also like to welcome new board members, Vishnu, Divya, Shilpa and Nitin to the dream team and wish them all the best to serve Indian-community.

I would request you to continue giving your feedback on the activities of ia Shanghai at president@iashanghai.cn or iashanghai@live.com which will help us serve the society to best of our abilities.

Finally, I would like thank 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 2021!!

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CONSULATE EVENTS

PRAVASI BHARATIYA DIVAS

9TH JANUARY, 2020

The 'Pravasi Bhartiya Divas' was celebrated at the Consulate General of India, Shanghai on 9th January 2020. Speaking on the occasion, Consul General Shri Anil Kumar Rai, acknowledged and appreciated the accomplishments and contributions of the Indian diaspora to the society, and urged them to use their knowledge, skills and expertise for the growth of India.



CONSULATE EVENTS



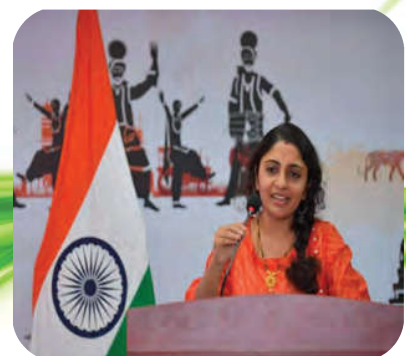
On the occasion, the CGI Shanghai, released the Commemorative Stamps issued by Government of India to mark the 550th Birth Anniversary of Guru Nanak Devji. The Consul General also gifted the stamps to the eminent members of the Indian diaspora.

An interaction was also organised with the Indian diaspora, including representatives/heads of Indian association, regional associations, cultural and business organisations, and Indian students.

They were apprised about the various initiatives taken by the Government of India for the development of the country and activities to be undertaken by the CGI Shanghai in the coming year. The Consul General also replied to the queries raised by the members of the diaspora, particularly on Citizenship Amendment Act and National Population Register, and sought feedback on further improving the functions of Consulate.

Members of Indian Community expressed their thoughts on behalf of the Indian Community. Indian Students through their poems expressed their emotions about our motherland, India.

The interaction of Dr. Subrahmanyam Jaishankar, External Affairs Minister with Indian diaspora across the globe was also screened.



CONSULATE EVENTS

71ST REPUBLIC DAY 26TH JANUARY, 2020

Indian nationals from the Eastern part of China assembled at Shanghai to celebrate the 71st Republic Day. The celebrations started with the hoisting of national flag followed by the National Anthem. The Consul General read excerpts from the Hon'ble President's address to the nation, highlighting the initiatives of the Government, contributions of its institutions, role of citizens in nation building particularly, by the Non-Resident Indians.



(Consul General reading out excerpts from President's Address to Nation)



To mark the occasion, members of Indian community presented melodious patriotic songs depicting supreme sacrifices and invaluable contributions made by the freedom fighters, revolutionaries and service personnel.

CONSULATE EVENTS

The 3rd edition of Hindi magazine – ‘Samanvaya Hinchī’ was launched on the occasion, which prominently features 70th anniversary of establishment of diplomatic relations between India and China; 150th birth anniversary of Mahatma Gandhi; translation of thoughts and expressions; 550th anniversary of Guru Nanak Dev ji, among others. The magazine received contributions from both Indian and Chinese scholars. ‘Samanvaya Hinchī’, is the first Hindi magazine published in the Eastern China Region, was an important step towards the promotion and mainstreaming of Hindi in China.



(Launch of 3rd edition of Hindi Magazine “Samanvaya Hinchī”)

The Indian community members expressed their strong support in organizing events marking the 70th anniversary of the establishment of diplomatic relations and for volunteering help to Indian nationals overcoming any challenges including from the ongoing health epidemic due to corona virus.



(India's biggest strength: it's capable and determined people)



Wish you a Happy
Diwali

*May this Diwali lights up the path of
happy times and celebrations.*

*May goddess Laxmi fills our life with
wealth and prosperity*

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CONSULATE EVENTS

74TH INDEPENDENCE DAY

15TH AUGUST, 2020

The 74th Independence Day was celebrated with great zeal, enthusiasm and patriotic fervour by Indian community in Shanghai. The celebrations started with the hoisting of national flag followed by the National Anthem. The celebrations were also telecasted live on social media. The Consul General read excerpts from the Hon'ble President's address to the nation, highlighting the initiatives of the Government, contributions of doctors, nurses and other health workers, and role of generous citizens in the fight against corona virus pandemic. The President underlined our efforts in reaching out to other countries for helping them in their fight against the pandemic, adding that India has been at the forefront in regional and global strategies for an effective response to the pandemic.

Saluting the martyrs of Galwan valley, the President stated that bravery of our soldiers has demonstrated that while we believe in peace, we are also capable of giving a befitting response to any attempt of aggression.

To mark the occasion, members of Indian community presented melodious patriotic songs and dances depicting supreme sacrifices and invaluable contributions made by the freedom fighters, revolutionaries and service personnel.'

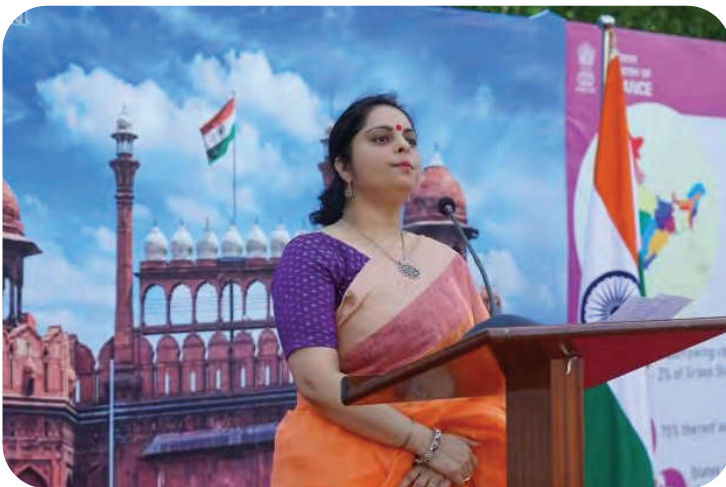
The Indian community also expressed their strong support for volunteering help to Indian nationals to overcome any challenges including from the ongoing health pandemic due to corona virus.

The Consul General also felicitated Amit Kumar for winning prize in Yoga Video blogging competition 'My Life My Yoga' from Eastern China region. The competition was jointly organised by the Consulate and Embassy of India on the occasion of International Yoga day.

The ceremony witnessed healthy participation from more than 300 members of Indian community. Many community members also took part in the celebrations online. The event was followed by light refreshment.



CONSULATE EVENTS



CONSULATE EVENTS

CONSTITUTION DAY CELEBRATIONS

26TH NOVEMBER, 2019

The 'Constitution Day of India' was celebrated with great zeal and enthusiasm at the Consulate General of India, Shanghai on 26th November 2019. The celebrations started with the reading of the 'Preamble' of the Constitution.



CONSULATE EVENTS

To mark the occasion the CGI, Shanghai, in association with the China- based Indian Professors and students organised a discussion on 'The Role of Directive Principles of State Policy and Fundamental Duties in Nation Building' in the Consulate from 17:30 to 20:30 hrs. Speaking on the occasion, the Consul General, Shri Anil Kumar Rai highlighted the values of Indian democracy, rule of law and significance of the Directive Principles of State Policy and Fundamental Duties.



The Indian students pursuing post-graduation in various Chinese universities including Tongji University, Shanghai Jiao Tong University, Shanghai University also expressed their views on the above topic. A panel of Professors consisting of both Indian and Chinese Professors reflected on the above discussion. They attributed unity and integrity of India, and progress achieved in last 70 years in social, political, economic and cultural milieu to the Constitution of India. The discussion was followed by screening of the movie "Mooknayak".



The event witnessed an enthusiastic participation from over thirty intellectuals both Indians and foreigners including citizens of China, the US, Italy, Spain and Bangladesh.

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IA receives a letter of appreciation from President of SPAFFC

The Indian Association receives a letter of appreciation from President of SPAFFC (Shanghai People Association for Friendship with Foreign Countries), Mr Sha Hailian shared the following message and letter of appreciation.

(Translation)

10 Feb 2020

Dear Mr. Mukesh Sharma,

First of all, I would like to thank you and IA Shanghai for your consolation video as China is now fighting against the pneumonia epidemic caused by the novel corona virus.

At present, the Chinese government and people are doing their utmost best to overcome the outbreak. We believe, under the strong leadership of the Communist Party of China, the people of all ethnic groups in China will defeat the epidemic with firm confidence, joint efforts and scientific control measures.

A friend in need is a friend indeed. On the special occasion, we greatly appreciate your standing with us, and we will go through the disease together.

Wish you all the best.

SHA Hailian
President



Shanghai People's Association for Friendship with Foreign Countries

Indian Association (ia) and Shanghai People Association for Friendship with Foreign Countries (SPAFFC) have a long association in China.

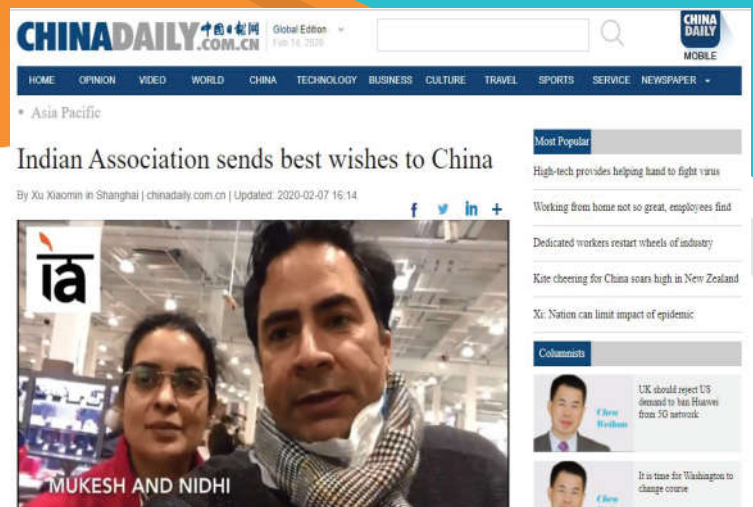
SPAFFC has always stood with Indian Association by supporting various initiatives of your association ranging from blood donation, relief funds, cultural festivals and other charity activities.

As we all know China is going through a crisis posed due to corona virus and in these testing times we at Indian association pray and hope for faster recovery to normalcy.

On behalf of the community , Indian association sent the best wishes to China through a video message and it got posted on China daily news.

(here is the news and video link.
<https://global.chinadaily.com.cn/a/202002/07/WS5e3d1c82a310128217275d80.html>

Members of Indian Association Shanghai made a video praying for all Chinese people in Shanghai, Hubei and around the country. "We hope that Shanghai, Hubei and all Chinese people can be safe in this epidemic. Be positive and stay safe! “ , said Mukesh Sharma , Indian Association president.



Reference : ChinaDaily



During the crisis , Indian community members had shortage of masks and other protective equipment and with help of friends of ia we could distribute masks to more than 500+ needy community members. We are working with Indian consulate and Hon Consul General , Shri Anil Rai and his team to work towards the community and make sure those who are staying here can have smooth life.





In a message of solidarity and gesture of friendship , Madam Jing , Vice President SPAFFC (Shanghai People Association for Friendship with Foreign Countries) paid a visit to house of Indian Association president and sending a message of utmost friendship to Indian community.



Madam Jing explained the current ongoing efforts to curb the challenge and thanked Indian community for cooperating with Shanghai government in this drive.

(Madam Jing , VP SPAFFC exchanging greetings with ia president and board members)





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

From,

Ita & Arun



Distribution of Masks and Hand Gloves

Indian Association in collaboration with Indian Consulate have arranged mask and daily use gloves for free distribution to community members and students from India.



6000 surgical masks, and 6000 gloves along with 75% alcohol wipes and kitchen wipes were distributed free of charge to 200 families



PM CARES
Prime Minister's Citizen Assistance and Relief
in Emergency Situations Fund

DONATE
COVID-19

Contribution for COVID-19 Donations to India.



Indian Association, under the guidance of Consulate General of India, Shanghai, made an appeal to donate funds for COVID-19 relief for India. Team ia along with CGI, Shanghai expressed sincerest appreciation and gratitude to everyone for support and contribution.

IA Shanghai, handed over cash to CGI worth INR 10,42,780 to contribute at PM CARES fund on 1st of May 2020.

IA thanked everyone including the regional associations such as Shanghai Marathi Mandal, Shanghai Adda, Telugu Association of China, Shanghai Kannadigaru, Shanghai Kairali Community, Shanghai Sangat, Shanghai Sangamam, Shanghai Gujarati Samaj, and IA Sponsors who contributed to this noble cause to fight

Testimonials from the Daily YOGA CLASSES



Indian Association, under the auspices of Consulate General of India, Shanghai has been organizing daily Yoga Classes since 9th May with the following schedule.

During weekdays: We practice Yoga and Agnisar Kriya for diabetes & pre diabetes , stress , burn stomach fat, along with breathing exercise, and meditation.

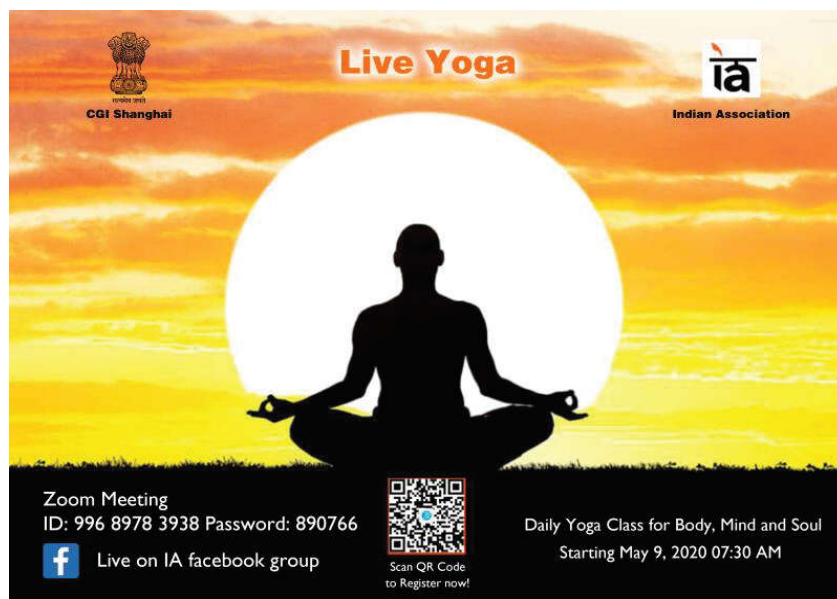
During weekends: Complete package of Yoga for overall health. Including meditation & yoga Nindra.

Regular attendees join zoom meeting, interact with Guruji and other attendees.

Yoga sessions are live streamed on IA Shanghai's Facebook group:
<https://www.facebook.com/groups/160113114009211>

Weekdays*
7:15am to 8:00am

Weekends*
8:00am to 9:15am



*China Standard Time (UTC +8:00hrs)

Here is the compilation of testimonials from regular attendees.

Yoga Guru Amit Chandra Deshmukh



Yoga Guru Amit Chandra Deshmukh is a Bachelor in Economics, Diploma in Yoga Teaching, Bachelor in Law, Post Graduate Diploma in Mass Communication, IIMC, Master in Mass Communication, Master in International Business Management

At present he is PHD scholar in Shanghai sports university, yoga for diabetes rehabilitation with Agnisar Kriya. Before he worked with Nehru Yuwa Kendra, Youth Hostel Association of India, Bar Association of India, PAM non government organization, Ex Reporter Navbharat Times Delhi, correspondent Zee News Delhi. Ex member various Govt advisory committee. worked with Vivekananda yoga China & Freely kick Shanghai Sports University. Teaching ancient way of Indian life style philosophy with yoga & Ayurveda in 50+ cities villages in China.



Lalit Dethaliya

Lalit is working in TATA Consultancy Services China, as Client Partner in Shanghai , China.

1.Tell us a brief about your daily routine, professional work etc.

Lalit: I usually get up 6:30

2.How you inspired to join daily yoga classes?

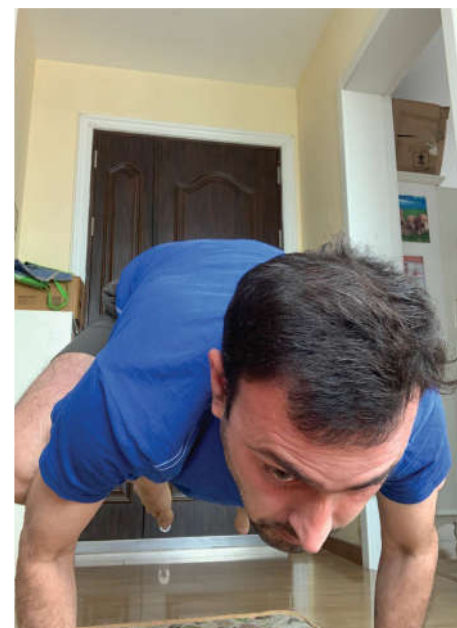
Lalit: one of my friend Mahesh told me to do yoga

3. How daily yoga benefit you?

Lalit: So far I heard of yoga, however I am beginner and realized that feel internal satisfaction. I would like to continue and request IA to continue provide support for yoga

4. What are you looking forward with and what message you-like to give to community for International Day of Yoga (IDY) on 21st June,2020.

Lalit: last year I read that huge crowd did yoga in Wuxi during International Yoga day, so I request all to inspire and friends and family to start yoga as beginner during this COVID-19 time were health and immunity is very key for everyone maintain and increase so give power to body and soul. Let's join and socialize yoga benefit to larger audiences to join yoga and event related to yoga.



Kiko (Naina) and Kumar

I am from Japan. I used to do some sports regularly before Covid situation. But past 5 months I could not do any sports. During this period I always felt tired and I feel that I do not have enough strength in my muscles.

IA gave this opportunity to participate in such activity. I have participated in many yoga lessons before but never with an Indian teacher. First time I really learnt breathing exercises which I think has been very good for me. It keeps my brain active the whole day and I can get good sleep.

Specially Kapalbhathi exercise has been really useful. In the beginning I couldn't do more than 20 times but now I can do 60 times and this has improved my breathing. I also had some back pain recently but it is gone now. I have also encouraged my Husband Rakesh Kumar to join the class. Though he is not so regular.

I hope that this class can continue. I would like to thank Guruji and IA for conducting this lesson so nicely..

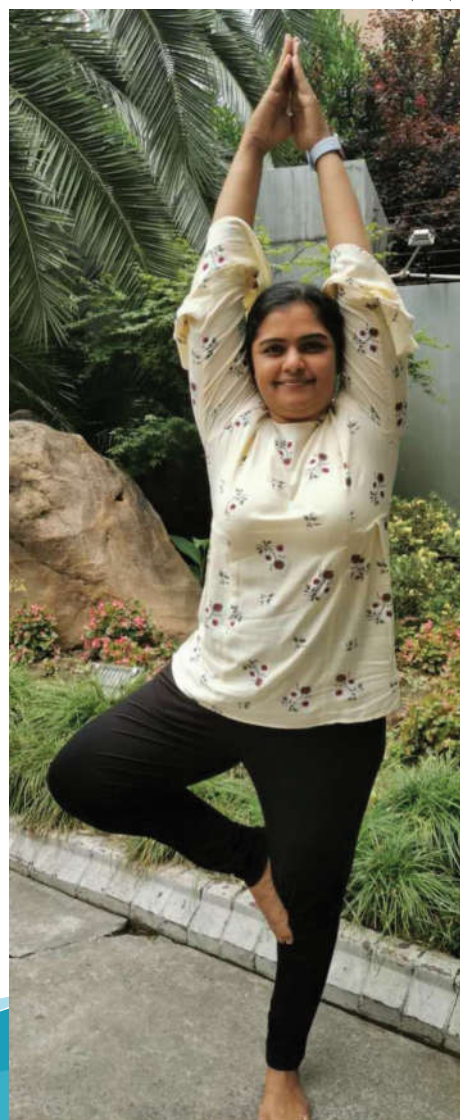


Gouri

My name is Gouri and I am a health insurance professional. My day starts around 5.30 am and I need immense energy to multi task and make sure the day goes smooth.

I had seen the IA flyer about Yoga class but was feeling a bit lazy to join. My husband is a fitness enthusiast and enjoys all kinds of workout. He joined the class and suggested that I should also join. I joined the class and within a few days I could feel the difference in my energy levels.

Now a days I wake up feeling energetic and am able to conserve the energy gained in the morning Yoga class till evening. I would like to continue the Yoga sessions in future and would like to thank Amit Guruji, IA and CGI for making this possible.





Rakesh Dattawadkar

My name is Rakesh, I'm working for Tata Elxsi. I'm quite interested in fitness and have regular routine for running and strength training. I've been running half and full marathons in recent years.

I came across this Yoga program and took keen interest primarily to exercise some asanas so which would help me in my stretching and relaxing muscle groups, as well as in breathing/pranayam to help me develop better lungs capacity.

Now I'm not a very regular to this class but try not to miss it. I'm experiencing quite good improvement in my recovery times after long runs. This session is also helping me manage anxiety and restlessness, as our session also includes exercises and practices for mind which were I was actively looking for along side physical work-out.

Mayuri Bagde



I have always included some kind of exercises in my daily routine. But post Jan 2020, it changed. First holidays in India and then extended stay there due to Covid situation made me ignore my health. I knew I needed to start some activities but was paying a blind eye to it. A yoga session was a welcome sign.

This session has brought back my exercise routine. The most important of all is, I have become more patient. Being a mom and a working woman, sometimes it was hard to manage the demands on both fronts. Various Pranayam exercises are helping me to stay calm. I am being more disciplined in managing my time. I eagerly look forward to the yoga session everyday.

K Swaminathan



Hi , I am Swaminathan and staying in Shanghai over 4.5 years, I started Yoga and meditation in 2000 but discontinued several times. But conviction and willingness is a must to continue Yoga and it has immense benefit in practicing Yoga. In a stressful world it gives both physical and mental fitness.



This online class organized by CGI Shanghai and Indian Association Shanghai is excellent and timing is more convenient. Our Guru started with simple postures and the class is more systematic. I am more enthusiastic in continuing this. Thanks.

Nidhi Sharma

I have been practicing yoga from last 7 years . It has incomprehensible benefits if practiced regularly . But yoga which we are doing with Yoga guru Shri Amit Deshmukh has a special significance. During the COVID times when everyone is going through emotional and physical challenges, it is helping.

These sessions are planned in a way that our physical stretches are balanced well with meditative yoga. My personal benefits reduction of migraine , good sleep and feeling energetic due to setting up of good routine in the beginning of the day . I am thoroughly enjoying it and look forward to do it every morning !! us to maintain equilibrium



Mukesh Sharma

Hi , I am Mukesh and staying in Shanghai over 9 years , I heard a story from my father that at different phases of life work , family and health take different priorities. COVID-19 has challenged the whole world where placing health of yourself and family is first priority. Yoga is combination of stretching, balance and meditation which helps us maintain the right perspective in life. I am personally delighted and beneficiary of this yoga class as it has brought me in to a regular discipline of doing yoga with other friends without a break.

In last 40 days of regular yoga helped me to reduce my anxiety , fear , sleeping disorder and digestive problems. Now I look forward for this collective yoga and use of technology has given me additional freedom to do it on face book and zoom as well. Thanks to CGI and team for helping ia start this. Thanks..



Bhargav Joshi

He is SEO, SEM and Digital Marketing Specialist at a video gaming e-commerce marketplace. He is serving as AGSec Media at Indian Association.

During the COVID-19 period, I used to do fitness exercises at home; although I wasn't regular. Because of the work load, new --challenges and stress, it was highly required to focus, concentrate and stay calm during daily activities. I am regularly attending daily Yoga classes begun from May 9th . The results are – I am about 30% more productive at work; able to handle stressful situations skillfully and the was able to identify myself, re-positioned life goals and then surrounding circumstances improved a lot. Another side advantage is I learnt ins and outs of Zoom and Facebook live streaming.

Phani Kiran

I am Phani Kiran, Chief Executive of ICICI Bank Shanghai Branch and also the Financial Controller of Indian Association, Shanghai. Spent over 10 years in China. My daily work involves 11 hours of seating work in office and handling stressful situations everyday. In order to keep fit and reduce stress, I have joined the Yoga.

Although I am a beginner to Yoga, it helps me in improving my respiration and also brought in fresh energy to the body. It is helping me to remain calm during stress and act positively. Thanks to the organisers for making this available at Shanghai.





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IA Speech Competition

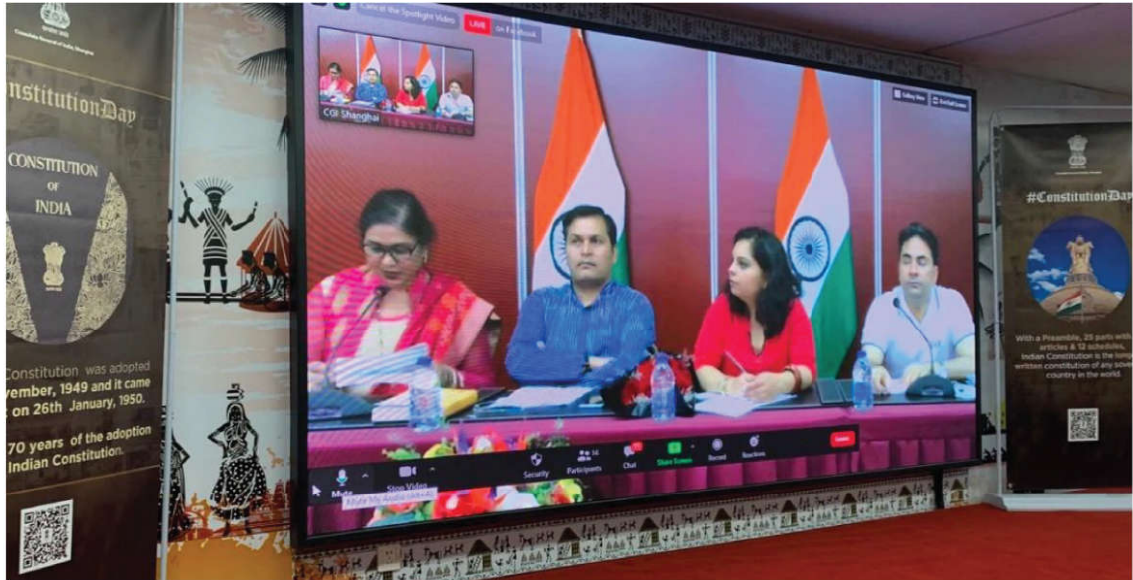
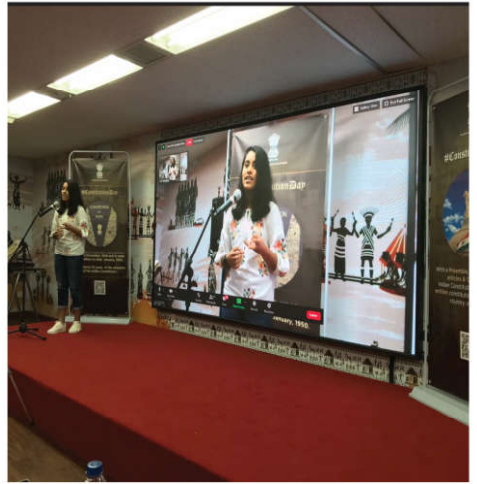
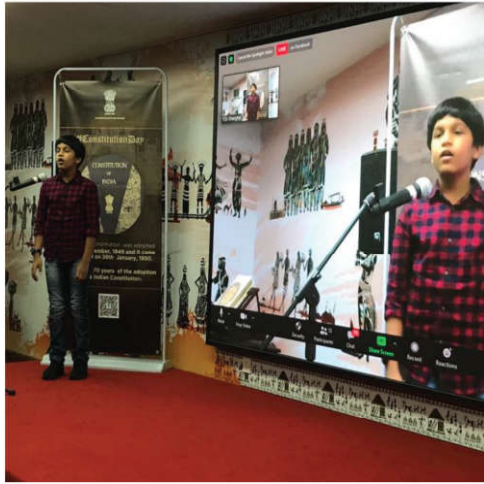
11TH JULY 2020

Indian Association, Shanghai under the patronage of Consulate General of India, Shanghai organized a speech competition on the topic 'Fundamental Duties in the Post COVID World' on 11th July 2020. The competition was organized both in offline and online mode and was live streamed on ia's Facebook Group.



The event started with the recitation of national anthem followed by the address of Consul General. In his address, the Consul General Anil Kumar Rai spoke on the origin of the fundamental duties and their significance in the Indian Constitution. He also threw light on the relationship between the fundamental duties and Universal Declaration of Human Rights, while illustrating the significance of fundamental duties.





The competition was organised for the children of two age groups - 6-8 years and 9-15 years. Sixteen children, from both India and China, participated in the event through online mode.

The event witnessed thought provoking ideas and novel views from young and creative minded Indian children. It ended with a prize distribution ceremony. The event also witnessed an overwhelming participation from the members of Indian community.

6-8 years:

3rd prize: No 5 Advika Vasishtha

2nd prize: No 2 Ayushi Arya

1st Prize: No 4 Saanvika Thota

9-15 years:

3rd Prize: No 8 Anagha Srinivas

3rd Prize: No 11 Ananya Srinivas

3rd Prize: No 10 Suhana Jain

2nd Prize: No 5 Ananya Vasishtha

1st Prize: No 3 Aarush Dutta





Celebration of 6th International Day of Yoga at Shanghai

27TH JUNE 2020

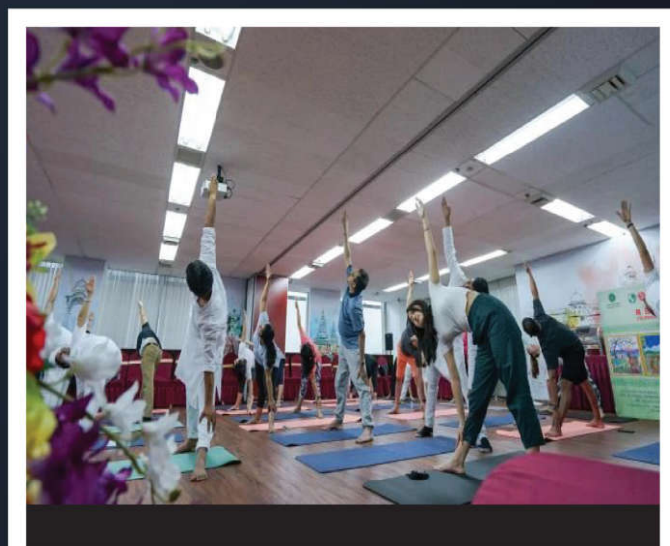
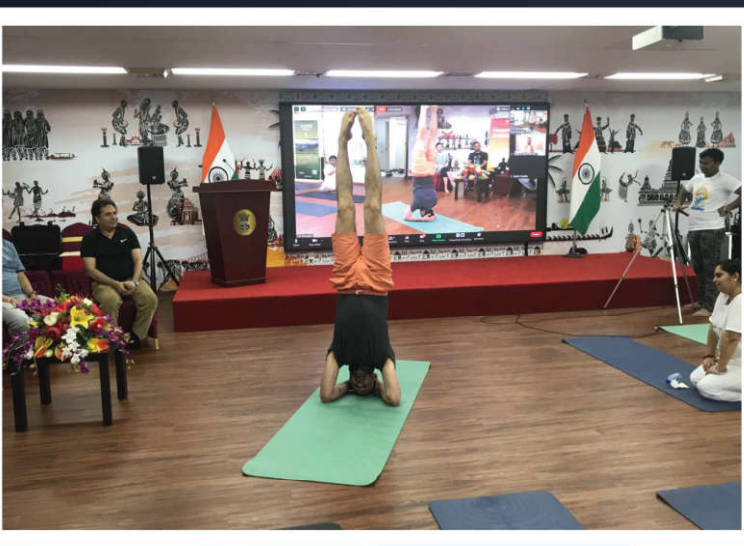
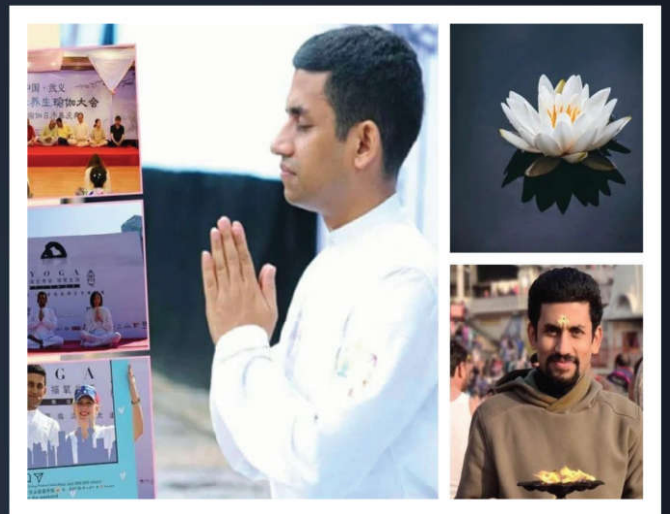
The Consulate General of India Shanghai in along with Indian Association celebrated the 6th International Day of Yoga in Shanghai on 27 June 2020. The event was organised both in offline and online mode and was telecasted live on the Facebook page of Indian Association. A number of Yoga experts and enthusiasts from all over the world including India and China also joined the event on the online platform.

The celebrations started with the address of the Consul General Anil Kumar Rai followed by the speech of the Prime Minister Shri Narendra Modi on the 6th International Day of Yoga. Speaking on the occasion, the Consul General threw light on the origin of Yoga and various aspects of Patanjali Yoga including the Ashtanga. He also emphasized the importance of





The address was followed by the Yoga Protocol, which was carried out in the guidance of Yogi Shri Amit Deshmukh. He delivered the protocol online from India. A Panel discussion was also organised on the occasion in which Yoga experts and enthusiasts expressed their views on the yogic philosophy, and shared their experiences on how yoga brought positive changes their life.





A Prize distribution ceremony was also organised at the end of the event. The Consul General felicitated a Young artist from Shanghai, who won a prize in the Digital and New Age Art category of ICCR Global Art Competition 'United Against Corona-Express Through Art'. Prizes to three best photographs were also given for the 'Yoga Photo Contest' organised by CGI Shanghai for celebrating the 6th IDY. The prize winners of the photo contest also joined the event through online mode



IA MIXER SERIES

WELCOMING MR. ANIL KISHORA, VP, NDB



Indian Association, Shanghai welcomed the newly appointed Vice President of New Development bank , Shri Anil Kishora (ex SBI Chief) in Shanghai on 7th August, 2020 through online and offline mode at CGI, Shanghai.

The mixer begun with the introductory notes by Shri Mukesh Sharma, President Indian Association; followed by the speech of Shri Anil Rai, CGI, Shanghai. Then IA founder member Shri. Vivek Arora briefed about Indian Association activities - covering IA History & core values, initiatives, support to regional communities etc. Event proceeded with regional communities heads briefed about events and activities carried out by them; finally, members of Indian Association Hangzhou briefed activities done by them.



Mr. Anil Kishora acknowledged efforts and vision of Indian Association, regional communities and highlighted NDB's efforts in growth and development of BRICS nations.

We wish him all the best for his 5 year tenure in China to grow NDB.



HINDI DIWAS

Indian Association, under the auspice of Consulate General of India, Shanghai organized Hindi Diwas on 13th September, 2020 online via Zoom meeting. A number of Indians living in Shanghai and in India participated to make it successful.

Mr. Mukesh Sharma, president of ia, anchored, and co-ordinated and Beenaji organized and orchestrated the entire program. The program begun with reciting some famous quotes and citing significance of Hindi Diwas by Hon'ble CGI Shanghai, Shri Anil Rai. A special note and message were added by Prof Shri Navinchandra Lohani.


The program held in following sequence:

1. Opening remarks by Hon CGI Shri Anil Rai
2. Reciting 2 poems of Maithlisharan Gupt by Smt. Harshita Rai ji.
3. हृदि का वैश्वकि रूप और चीन by Prof Shri Naveen Chandra Lohani
4. Two Dohe of Kabir with meaning in Hindi by Riddhiman Gupta
5. Short version of Ramayana in form of Poem by Medhansh Gupta
6. 2 poems 1 मटिटी की खुशबू 2 ध्यान by Anita ji
7. Reciting self-written poem अब ये भी दुनि है देखना, which is based on the current situation we are going through by Girish Baddur
8. Self written poem धरती ऐ मेरी धरती माँ by Sonia
9. Reading of Ramdhari Singh Dinkar's passage on कृष्ण की चेतावनी from रश्मिरी। by Pradhyumna Ingle
10. Reading self written piece from Mansarovar by Ashish Gore

हिंदी दिवस


रविवार - 13-09-2020 16:00 HRS



विषय
हिंदी साहित्य के गद्य और पद्य का पठन

Contact Beenaji for entries
Mobile: 137 8899 2671
WeChat: Beenaji (or scan QR Code)

Zoom meeting details
Meeting ID: 996 8978 3938
Password: 890766



हिंदी दिवस 2020






परिक्रमा के पराक्रमी सहयोगी

zoom

11. Reading from प्रेमचंद के फटे जूते- written by Harishankar Parsai by Pallavi Gore
12. Ashadh ka ek din Kalidas last Samvad – a poem by Gopa Das Neeraj by Mukesh Sharma.
13. Pradeep Chaubey' hasya vyang Kavita - Bhartiya rail and Girish Karnad's Yayati play - Sharmishtha samvad by Nidhi Sharma
14. Vote of thanks - Beena ji.

The program was live streamed on IA Shanghai's Facebook Group. You can watch the recording on this link:
<https://www.facebook.com/groups/160113114009211/permalink/3433615506658939/>

IA Shanghai conveys sincere thanks to all participants, CGI Shanghai, and all volunteers who made this program successful.



A grid of 16 video feeds from the Zoom meeting. The feeds show various participants including Girish Baddur, Dethaliya, Beena's iPad, iPad, Arun Panwar, Mukesh Sharma, sonia jain, Pallavi Gore, Ashish Gore, Riddhiman Gupta, Nidhi Sharma, Pradhyumna Ingle, and a large feed for 'हिंदी दिवस' with a Zoom logo at the bottom right.

IA WISHES FAREWELL TO CGI SHRI ANIL RAI AND SMT HARSHITA RAI

Hon'ble Consul General Shri Anil Rai completed his tenure in Shanghai on 23rd Sept '20 and departed for India on 24th Sept '20

Hon CG as the Patron of the Indian Association has guided and supported the association during his tenure from Nov 2017 to Sept 2020 and for this we are grateful.

There have been challenges over the last few years, especially during the on-going pandemic and the support given to the community by the Hon CG and his office has been crucial.

Shri Anil Rai dedicated his time and energies in all IA and community events, his guidance has been a key factor for the success of a lot of the events.

We would also like to express our thanks to Smt. Harshita Raiji for personally participating in our events including children's activities, Yoga programs, Independence Day and Hindi Diwas, to name a few.

On behalf of the entire Indian community, ia wishes Shri Anil Rai and Smt. Harshita Rai the very best for the future and safe travels back to India.



INDIAN CULTURE AND HINDI LANGUAGE LEARNING IN SHANGHAI

Staying in Shanghai exposes each one of us (irrespective of our age) to a foreign culture and language on a day-to-day basis. During this journey, we often end up speaking in English or try our luck in Chinese (Ni Hao, etc.). I've tried the latter part with locals and they love when a foreigner speaks Chinese. This feels encouraging.

In hindsight, as native speakers of Hindi, the elders can resort to speaking Hindi as and when there is a situation (Indian gatherings, cultural meetings, hometown visits, etc.). However, with international schooling and peer factors, the Indian kids in Shanghai have a little window of opportunity to speak and express their thoughts or ideas in Hindi. In addition to this, they also have limited awareness of various Indian festivals, topics of Indian relevance, and their importance. While Indian parents want their kids to learn their culture and I feel that it keeps us close to our roots and belief system which makes Indians unique across the globe; adaptive and culture-driven.



Echoing this belief, Indian Language and Culture classes have been organized by the Indian Association of Shanghai at the Consulate General of the Republic of India, Shanghai. The idea behind these classes is to offer enough exposure to Indian kids in Shanghai to the language, culture, traditions, current affairs related to India. This not only keeps the knowledge of the kids updated about their motherland but also provides a chance for the kids to relate to the country they belong to. After we took a break from the classes during the COVID-19 lockdown we had a resounding comeback with the online classes in compliance with the local regulatory authorities and continued with learning without having to gather physically.



The training sessions predominantly cover the 4 basic skills of language learning: Speaking, Reading, Writing, and Listening along with the Vocabulary Building. Information on Indian festivals, their significance, ways to celebrate are included as a cultural exhibit in the sessions. Short stories from Panchatantra which are an integral part of the sessions not only keep the kids interested but also teach subtle realities of life as the morals of stories.

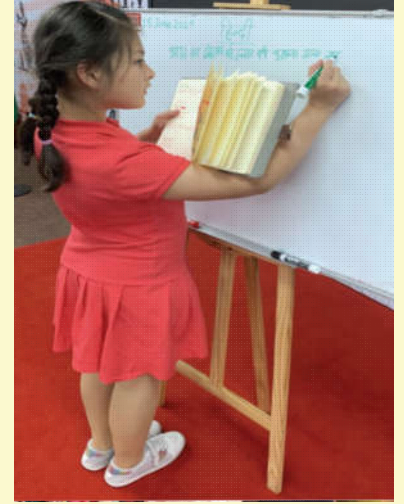
Current affairs about India, contemporary and modern Indian history make the kids aware of India as a country through historical timelines. The pedagogy adopted for the sessions is updated and scientific as it includes audios, videos, role-plays, role-reversals,

story-telling, creative games, etc. as learning tools and techniques.

I, as the trainer of these enthusiastic kids, am glad to find that during almost every session, they share their experiences in Hindi. A few Chinese adults who are interested to explore Indian culture and the Hindi language have also joined the classes and are picking up very fast. The joint efforts of the Indian Association of Shanghai, the Indian Consulate of Shanghai, the parents, kids, and Chinese locals interested in Hindi have made it possible to have an encouraging and learning platform in the city. These students greeting 'Namaste' and 'Aap Kaisa Hein' brings in a sense of satisfaction and a feeling of motivation to me.

Mrs. Prasoon Singh
(Facilitator – Language and Culture)

INDIAN CULTURE AND HINDI LANGUAGE LEARNING IN SHANGHAI



*Wishing you and your family a very
Happy and Prosperous
Diwali*



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Shaan, Lalit Pandit and Pratibha sets the stage on fire at IA's Diwali Nite in Shanghai!

Indian Association's Annual Mega event "DIWALI NITE - LIVE IN CONCERT WITH SHAAN-LALIT PANDIT-PRATIBHA BAGHEL was celebrated on 16th November 2019

It was a night that witnessed a unique melange of melody, frenzy, excitement and camaraderie, with the singing stars taking Shanghai to a new level.

Board of Indian Association would like to thank Honorable Consul General of India - Shri Anil Rai and his team at consulate, ia Sponsors, Advertisers, Nodal points, Volunteers and all the Indian community who made this event possible and a memorable one

Diwali Nite
WITH SHAAN
ia





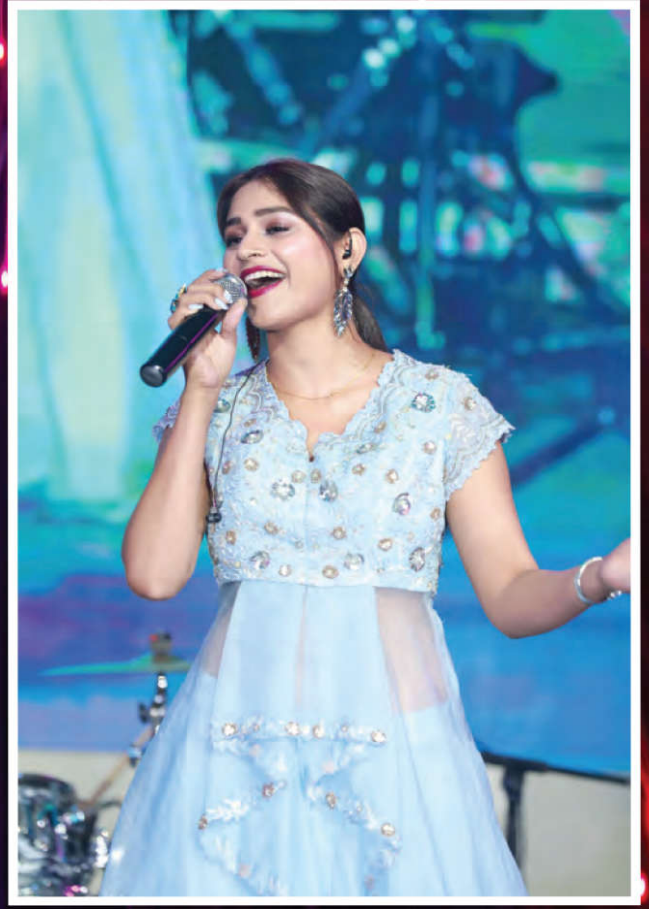




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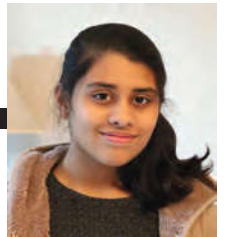


Raffles





**DIWALI RAFFLE WINNER
GRAND PRIZE**



LIFE WITH COVID-19

There were those days, where my mother and father had to push me to go out and take just a walk. There were days where I never actually paid a lot of attention to what amazing aspects of nature I was getting, senselessly thinking, "It's always going to be there." Why do I say that you ask? Because of what I am experiencing now

. 2020, the year of the Rat, China reports cases of COVID-19 also known as Coronavirus. Normally, at this time of the year, the Chinese New Year is celebrated. It is one of China's most important festivals when tens and millions of Chinese people from all over the world visit their hometown and celebrate with their families by eating their dinner together. Unfortunately, this year wasn't as joyous as it was expected.

But what exactly is coronavirus? Well, it's a virus first discovered in Wuhan which can cause a variety of different effects on our body. It can range from a common cold to severe respiratory problems. And unfortunately, because of this deadly complication, thousands have lost their lives and yet many more are suffering from it all over the globe.

Having a population of 24 million people, Shanghai, is one of the busiest cities in China. Each day, a large number of people set out for work. Children riding to school, businessmen rushing to their offices, buses, and metros going about carrying people every single day. Yet, it is hard to believe that the active streets of Shanghai, have now become deserted. The number of people taking public transport has decreased drastically from about 3 million to only 2 to 3 thousand every day.

Even if it seems to be depressing, positives can also be found at this time. I have seen a few improvements in myself such as improving my hygiene. I wash my hands regularly and thoroughly. I also take precautions like always wearing a mask before going out and avoid touching my face.

Because of the severity of the virus, schools and offices have all been shut down and e-learning is being used. This has allowed me to spend the majority of my time with my family. I have also developed a stronger bond with my sister as a result of family time. I don't remember getting to spend so much time at home since the start of the school year. I have a lot of time to pursue my hobbies, for example, I have started playing the Piano. Even the environment is improving because of the fewer number of vehicles on the road causing less pollution. Henceforth people will probably care more about wildlife as that is the main reason for this entire issue.

Despite such a stressful situation, many people around us are risking their lives to provide comfort to others. First, we should thank all the brave frontline medical staff who are working around the clock, risking their own lives to save the lives of others. They deserve a big call of appreciation. But they aren't the only ones, all the police and guards are still working day and night to fulfill their duties despite the situation. And even people such as many taxi drivers have volunteered to drive all these medical staffs home and to the hospital in Wuhan. All the delivery boys are still operating around the city providing people with their daily necessities without which our life wouldn't be as smooth at this point. And let's not the

forget-the government! The government has monitored every step of the whole problem and managed it all so well that no one can ever imagine. They are worthy of a debt of gratitude.

Although this has affected all of us in one way or another, we must have faith in God that soon, everything will be just as it was three months ago and also learn from our old mistakes. Each problem has a purposeful reason behind it. Of course, so far this has been an extremely painful and heartbreaking part of our lives that will not be forgotten by some more than others. But we all must stand strong together and be cautious about our health and our surroundings and believe that very soon, these colorless streets will become vivid again.

About Author:

Miss. Ananya Vasishtha, 13, from Rajasthan, India has been living in Shanghai for the past 7 years and studies in grade seven in Shanghai Singapore International School. Along with her family have, she has experienced the coronavirus journey right from the start and decided to stay in Shanghai during this period. When she heard about this platform about penning down her feelings about this special situation, she couldn't stop herself. And she hopes that sooner or later this situation will end and be forgotten and life will return to normal.




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THE FEARFUL JOY

*The day when it broke!!
How all it broke? What all it broke?
Cough! Sneeze! Feelings! Living! Freedom! Doctor! Patient!
Who all it shook?
Me, my family, friends in and out of my place. The whole world!
It was "The Corona"!!
I was watching Shia; He was watching Emma.
Though the country had a lot of drama!
It is my coffee cup,
Which keeps my confidence up!
As the milk empties drop by drop,
It increases my fear of climbing down, to fill my cup!
While people outside the country can only see negative phase,
The death, The economy drop, The threat, the Danger!
Without an option, I can see only the positive phase,
The beauty of a home, The precious life, The purest relationship,
`The helping hands!
The way I create my joyful arena,
I can rarely think of dangerous Corona.
Because when I become such an inspiring persona,
Others can destroy their kind of fearful arena.
Though I feel this kind of living is like the life of a toy...
Oh boy!! Common let's enjoy this rare kind of "Fearful joy*

About Author:

Mrs. Aparna Anand, has been living in Shanghai since 3 years with her husband Vinay Anand. They choose to stay back in Shanghai and face the consequences with a smile rather than fearing the dread. She wishes everyone the best!



NARUTO

Here is the drawing of my favourite anime character called Naruto wearing N-95 mask to protect himself from COVID-19. He is conveying a message to wear mask when outdoor with an expression "We will get through this!"



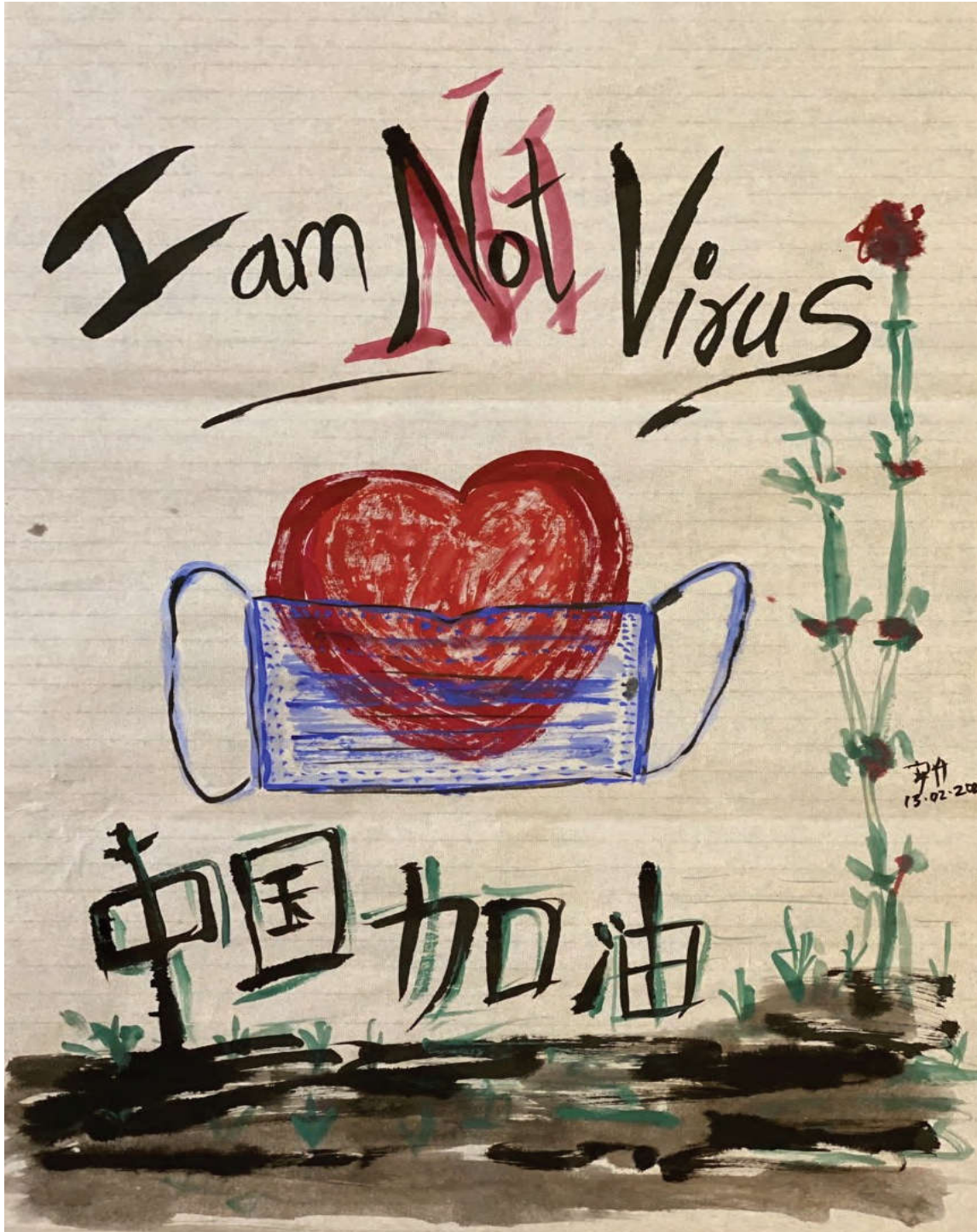
About Author:

Master Arul Meshram is 10 years old and studies in 4th grade at SCIS Pudong. His hobbies are drawing and playing soccer. He also loves swimming and is a part of the SCIS swim team. It's his third year in Shanghai and he loves the city.



我不是病毒：中国加油

I am not Virus



About Author:

Mr. Ashish D Kulkarni has been in China for the last 8 years. He works in an Indian IT company in Dalian, Liaoning Province.



WOUNDED DRAGON IS RISING!



On the 22nd of January, 2020; the entire world was in shock, nervous, and horrified by reading the news of COVID-19 Corona Virus spread in Wuhan. The virus quickly started spreading within China and overseas. All countries began cutting off access to China. One by one major Chinese cities started locking down; people who quarantined for 14 days, stayed at their houses, and could not go out. The death rate started rising exponentially and foreigners were rushing back to their native countries.

In an all, the Chinese economy was put on hold; millions of RMB were spent on health care. To this date 24th February 2020; a total of more than 77K confirmed cases, with nearly 2600 deaths and 25k recoveries.

Overseas scenario:

To cut it short – overseas newspapers started publishing stories leading to hatred and xenophobia. Videos and rumors went viral across various platforms, and people started staying away from Chinese nationals wherever they saw them. Overall, this had the worst effect on the Chinese economy.

Steps taken by the Government

The Chinese government was very serious and started taking prompt action. Within just 10 days, they built an incredible 1000 beds hospital. In another 15 days, they built another hospital with 1500 beds. The entire country united to fight against the coronavirus epidemic. The dragon was wounded, although a wounded dragon makes more damage!

Most of the companies provided facilities to work from home till the 3rd week of February; the schools were shut. This has resulted in an exponential increase in online meetings, Online classes, and e-learning modules. The world saw a different view. This was the biggest successful experiment of work from home and e-learning.

Current Scenario:

By 25th February 2020; everyone is confident enough that the situation is getting better and better. They have trust and faith in Government and each individual is contributing towards the development of the nation. By the time, I am writing this, there were only 9 new cases registered outside Hubei province within Mainland China. (Source: <https://enapp.chinadaily.com.cn/a/202002/25/AP5e2a95e1a3103a24b1104c18.html>)

Metros are 50% full, running at the same frequency as before. Road traffic is becoming normal and we are happy to see if there is a traffic jam! Overall people are coming out of their homes, keeping all sorts of protection – masks, gloves, eye protection glasses, overcoat – doing their regular work. Food delivery service, express delivery service is back on track. They deliver the parcel to the gate of your workplace or community; from where you can go and collect it.

Foreigners who are still overseas may consider coming back to Shanghai. They need to do 14 days of quarantine period where you are not allowed to move out of the community. The society residents are given a community's identity card. That they need to show to go in/out. Whenever one enters the community, the administration staff checks your body temperature. If it is beyond 37.5 then you will be advised to seek medical help immediately.

Hoping for a bright future soon.
(The reviews are of the authors)

About Author:

Mr. Bhargav Joshi is a Digital Marketing Specialist at a gaming marketplace in Shanghai since 2016. He loves to engage with people, talk about new initiatives, strategies, and emerging economies. He is voluntarily serving with Indian Association as AGSec in Media and Communications.





*Lurking along with the images
That my empty mind weaves in space
Watching out of the window,
All I see are the dusted green leaves
Spread around in solace,
Nobody to walk over them
Trample them
Or admire them.*

*I watch the empty clouds
Fly past my window
Filled with tears from a thousand cries.
They embody the pain
That this air plies.*

*I often think, how
Mankind never knew,
When too strong it grew.
An invisible force,
A microscopic entity (virus)
Will challenge its existence.
People stuck in between
Rationale and religion
Are now wanting someone
To answer their prayers,
Amidst sound or silence.*

*We have been challenged by nature,
Just as we challenge her every day.
We don't wish to fight anymore,
Just lay down our weapons, and co-exist.
For we want no fight,
For we are her daughters
And we are her sons.
Victorious will we emerge,
For stolid we stand, hands in hands,
Arms in arms,
For China is not alone in this fight,
It is about humanity, it is about us,
Nature and Us*



THE UNFINISHED FIGHT



CHINA'S FIGHTING SPIRIT

"During the COVID-19 epidemic outbreak, I have managed to see the fighting spirit of China, which consists of an excellent system, completely controlled, incredible planning, each minute detailed study and most importantly, it's amazing people. As of date, except for Hubei, the infection did not spread to other major cities. So how are they doing it?"

- Every single condominium and shops have people checking temperature of all the people entering.
- If any person with high temperature is found, medical action is taken immediately.
- Security guards are keeping records of all people staying or working in that area.
- Based on records almost every place has facial recognition for entry.
- Access cards are given wherever facial recognition systems are not installed, helping control spread and tracking movement of the virus.
- 2C cleanings staffs are working 24X7 for sorting wet and dry garbage, cleaning lifts and escalators.
- Government is spraying disinfectants as normal, moderate, and heavy doses to all the required areas based on periodic plans.
- People are working from home.
- No flu, fever, or cough medicines are allowed to be sold at the pharmacies, so no one can manipulate their symptoms.
- Once symptoms are detected, one needs to go to fever clinics, no one else is allowed to treat them.
- Helplines are available if someone observes symptoms and a medical team comes for help.
- Courier, delivery, pickup taxi, etc. not allowed to come inside community, which also stopped the infection spread.

-Major milestone was the construction of world-class hospital to treat COVID patients in just 10 days.
-.Price control: None was allowed to take advantage of the situation to sell masks, gloves, medicine, food at higher prices. Showing identity proofs one could get these items.

"We're not hearing about the 98 or so percent of people who are recovering from it and may have had



mild cases.”

Remember " Tough times never last, but tough people do.”

Let's spread positivity to keep our spirits high and ease the tensions!

Salute to all of you guys, keep it up!

About Author:

Dr. Satyajeet Narode is a Doctor of pharmacy from Krishna university, India with 13 years' experience in RND and 5 invention patents. He has worked at Royce pharmaceuticals in Malaysia, responsible for new product development, development and application of its global business. And is familiar with the registration laws of the EU, China, Southeast Asia, etc. He has rich experience in Solid, liquid preparation especially hot-melt extrusion technology.



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CORONA VIRUS (COVID 19) – Challenge Accepted by China

We all know the dangerous Corona Virus from Wuhan spread to the whole of China and the rest of the world.

It's very unfortunate for the world's most populated country being affected by this dangerous virus and made China standstill completely, claiming thousands of lives and also impacted the whole world in terms of transportation, health, economy, etc. But China has shown they are capable enough to take immediate actions and precautionary measures to contain the spread further. China has not only taken strong actions but are also being followed strictly by all Chinese and foreign nationals and are praying for the speedy recovery. We cannot imagine any other country could implement such things and control the epidemic in such a short period.

During this time, we stayed with the family here in Shanghai and personally observed what's happening in and around Shanghai and other parts of China. We have to appreciate their efforts as to how the precautionary measures were implemented, some of which, seen and collected through our Indian and Chinese friends are listed below:

- Completely locked down WUHAN by closing all means of transportation - air, rail, roads, highways, etc.
- A lot of incredible things also happened, like Building 1000 bed hospital in 10days, converting indoor stadiums, gyms, etc. to hospitals/ treatment areas in WUHAN. NO other country could do this.
- Entries into Shanghai were completely blocked and, all airports started checking the temperatures of all passengers. The same procedures were followed in rail-

way and metro stations by checking the temperatures of each person at the entry gates.

- Requested public to wear masks, stay at home, avoid travel as much as possible.
- Schools, Colleges, Universities were asked to extend holidays and also instructed to start teaching by e-learning methods.
- All Offices, Factories, Companies were asked to shut down, and tourist spots, museums, libraries, malls, markets, shops, etc. were also closed immediately.
- Digital Apps were launched to provide daily updates about corona virus data, on each area, county, district, province, etc.
- Warning information passed through all the Official Media and Official Social network sites, imposing strict actions/huge fines to people or the group admins, if any fake news was being spread.
- Baidu maps were updated to show the locations of the nearest hospitals and pharmacies, for any kind of emergencies.
- Domestic and International Airlines had reduced their frequencies; many flights were canceled.
- China Post and Courier services were requested to deliver necessary safety and medical products on priority.
- Barred outsiders' entry to any apartments and instructed courier delivery persons to drop the goods at the gates. Every apartment, small markets, shops, and malls, were equipped with temperature checking instruments. Arranging all the equipment on such a short notice itself is a commendable job.
- By this time, there was a shortage of

MASK supply, immediately the government requested the public to collect from the nearest Pharmacy - 5 Masks per family, but again to avoid the crowd they were asked to register at their community office and within 3-4 days distributed to their house/nearest Medical shops.

- They asked many factories, some garment factories to restart the production of masks, gloves, medical suits, etc. and arranged the delivery to all areas, within 10 days, and tried to make them available to the public.

- Parallely, the Indian Consulate also organized to distribute masks to the Indian community.

- From Feb 10th, Shanghai Municipal Bureau asked companies to start working but requested the staff to work from Home and avoid traveling. But Companies were made to mandatorily update their staff records through an app before 10 am, the same was sent to the Local Bureau.



- Whoever was coming from outside of Shanghai, had to quarantine for 14 days and was monitored by the Local Authorities.

- All Metros, Trains, Buses, Roads, Apartments, Lifts, Wet markets, etc. were DISINFECTED Daily.

- If any suspected cases were found, their locations/apartments were notified through an app, social media, and restricted people from going to that area.

- In this awful situation, China made sure the supply of all daily necessities like Vegetables, Milk, Bread, Medicines, etc. to the public was uninterrupted.

- Indian Government also helped China by sending medical supplies.

In this difficult situation, the Chinese government has taken decisive actions, and all citizens patiently followed without complaining about any losses/difficulties. Chinese economy suffered massive losses and also the interruptions in China's production

impacted the supply chain of the entire World.

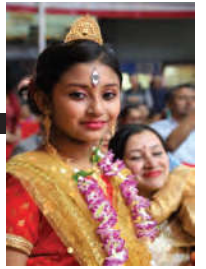
We all have to stand with China at this crucial time and support them wholeheartedly to fight against this deadly virus. Nevertheless, HATS OFF TO their efforts and action plans.

We pray that CHINA will soon get back to normal at the earliest.

CHINA STAY STRONGER / WUHAN STAY STRONGER!!!

About Author:

Mr. Suresh Rao works as Team Leader - Quality and Development for ERIKS FLOW CONTROL, a European Company. Hailing from Mangalore, India, he has been living in Shanghai since 2006 with his family and has a daughter studying in SSIS. He has traveled to many parts of China for business purposes and also participates in various social and community activities in Shanghai. Having many Chinese friends, they get good support and cooperation from them. He and his family live happily and feel very safe here in Shanghai.



FRIENDSHIP



About Author:

Sumedha is 10yrs old, she goes to 4th grade in SMIC school, Shanghai. She is very creative and has an artistic nature, loves to sing and dance. She enjoys reading as well.



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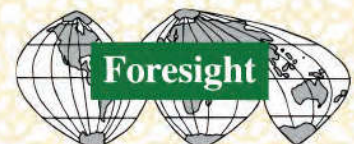


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TELUGU ASSOCIATION OF CHINA

Telugu is the official language of the southern Indian states of Telangana and Andhra Pradesh. The etymology of the word 'Telugu' gets its derivation from the word 'Trilinga' which means 'belonging to the land of the three Shiva Ling temples of Srisailem, Draksharamam, and Kaleshwaram.

Telugu is one of the twenty-two official languages of the Indian Republic and is the second largest spoken language in India after Hindi. Besides being the mother tongue for many residents in Telangana and Andhra Pradesh, Telugu is also spoken by a large group of people in the neighboring states like Karnataka, Tamil Nadu, Orissa, Maharashtra, and Chhattisgarh. Almost eighty million people speak Telugu all over the world. Recognizing the growing importance of the language, the ballot papers for the US Presidential Polls this year are also printed in Telugu as one of the languages.

Formed in 2014, the Telugu Association of China (TAC) is a group of enthusiastic, culturally conscious Telugites working and living in China. TAC aspires to evolve into a common platform for all city-specific Telugu groups in China and to promote Telugu cultural identity and a sense of belonging among Telugites in a foreign land. TAC is already active in Shanghai, Beijing, and a growing presence in Changsha, Guangzhou, Hangzhou, Kunshan, Shenzhen, Shaoxing, and Suzhou. Members of TAC coordinate with other Indian regional groups and official organizations (such as the Indian embassy and its consulates in China, business, and industry chambers) on an ongoing basis. Members of TAC participate in community activities like charity drives, food festivals, and donation campaigns for noble causes.

Usually every year, the TAC members in Shanghai celebrate three popular festivals a) Makara Sankranti, b) Ugadi, and c) Bathukamma.



Makar Sankranti

'Makar' means Capricorn (Zodiac sign) and 'Sankranti' is transition. There is a 'Sankranti' every month when the sun passes from one sign of the zodiac to the next. 'Makar Sankranti' is celebrated to signify the termination of the winter season and the beginning of a new harvest season in an indigenous manner. What makes the festival stand apart from the other Indian Hindu festivals is the fact that the date of 'Makar Sankranti' is fixed (usually January 14th of every year). The festival is celebrated for four days (Day 1: Bhogi, Day 2: Makara Sankranti, Day 3: Kanuma, and Day 4: Mukkanuma). The special features of the festival as celebrated in Andhra Pradesh and Telangana include:

Bhogi Mantalu - bonfire with logs of wood and other discarded things of the previous season.

Bhogi Pandlu - blessings to kids from adults with new rice, flowers, and regu pandlu (Jubebi's).

Muggulu - beautiful and ornate drawings and patterns on the floor with chalk or flour in front of houses.

Gobbemmalu - decorations on drawn patterns with flowers, colors, and small, hand-pressed piles of cow dung.

Ugadi



'Ugadi' is a variation of the traditional term 'Yugadi' ('Yug' meaning age and 'Adi' meaning 'a new beginning'). It is a major festival that is celebrated as the beginning of a lunar-calendar Telugu New Year. On this day, people wear their best clothes, offer prayers, share greetings, and taste the traditional flavors / delectable delicacies. Houses are decorated to usher in novelty and prosperity. Families get creative on this day and draw traditional floor decorations with flower petals and colored rice. Other special features of the festival as celebrated in Andhra Pradesh and Telangana include:

Ugadi pachadi - a special delicacy offering to God prepared with the combination of six flavors, sweet, sour, salty, bitter, spice, and astringent. It symbolizes that one must expect all flavors of experiences in the coming New Year and make the most of them.

Panchanga sravanam - recitation at temples and gatherings of almanac/predictions for the New Year.

Kavi sammelanam - congregations of poets and literary enthusiasts.



Bathukamma:

In Telugu, 'Bathuku' means life and 'Amma' means mother. Together, 'Bathukamma' is the festival usually celebrated by the womenfolk of Telangana, heralding the beauty of nature/life and offering to the Mother Goddess in a traditional and local cultural style. The festival is celebrated during the latter half of the monsoon before the onset of winter. The womenfolk normally get back to their parent's home from their in-laws to celebrate the colors of flowers. For one complete week, they make small 'Bathukammas', play around them every evening, and immerse them in a nearby water pond. The festival thus celebrates the inherent relationship between earth, water, and human beings. The festival is celebrated for nine days usually in September/October during 'Durga Navratri' and culminates in 'Saddula Bathukamma' festival on 'Durgashtami' (which is two days before 'Dussehra').

The festival is vibrant with vast decorations using multitudinous flowers (most abundant of these are the 'gunuka poolu' and 'tangedu poolu'). On the last day, the menfolk of the house go into the wild plains and gather the flowers and bring them home to decorate the big 'Bathukamma'. The flowers are carefully arranged row after row in a brass plate (called 'taambalam') in circular rows and alternate colors. As evening approaches, the womenfolk dress colorfully with the best of their attire and adorn a lot of ornaments and place the 'Bathukamma' in their courtyard. The women of the neighborhood also gather in a large circle around it. They start singing songs by circling it repeatedly, building a beautiful human circle of unity, love, sisterhood.



Makara Sankranti Event 2020 :

At the beginning of the year, in January, TAC was able to organize 'Makara Sankranti' celebrations in Shanghai at Ambassy club, Pudong area. The event witnessed the august presence of the Consulate General of India Shri & Smt. Anil Rai.



This year, the festival was further inclusive with the participation of a Chinese Guest of Honor Mr. Ted Wong, Microsoft APAC Director for Support Engineering Management for modern workspace SBU and Site Head for Microsoft Zizhu campus in Minhang. The celebrations further included Rangoli competitions, offering bhogi pandlu to small kids, kite flying, playing traditional games kabaddi, tokkudubilla (hopscotch), and Tyre aata (Hoop rolling), and mouth-watering lunch.





TANA Live Stream

Do You Know?

Telugu is also known as 'Ajanta Bhasha' because most of the words ended in vowels. Both the short and the long vowels are used as in other Dravidian languages. Telugu maintains vowel harmony and uses the vowels as suffixes that are harmonized in the preceding syllables. This is similar to some of the European Languages (such as Italian). As a result of this, Telugu has been labeled as the 'Italian of the East' by a famous Venetian traveler by the name of Niccolo de Conti who came to India and visited the Vijayanagar Kingdom in the late fifteenth century.

Top chat

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However, the subsequent months of 2020 witnessed disruptions with the COVID-19 pandemic. As the situation resulted in lock-downs and work-from-home options, during July, TAC partnered with the Telugu Association of North America and other global Telugu Associations and contributed to the World Telugu Cultural Fest 2020.

The Festival was unveiled online by the Honourable Vice-President of India Shri. M Venkaiah Naidu. As part of the Fest, 23 different competitions were organized online on a global scale in eight distinct categories (beauty contest, language & literature, singing, instrumental music, dancing, artwork, and acting).

TAC contributed to the organization of some of the activities through participation as panel judges for certain competitions and as Karthik, Saanvika Thota, and Akul Thota in other competitions.





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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 newcomers to Shanghai.

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

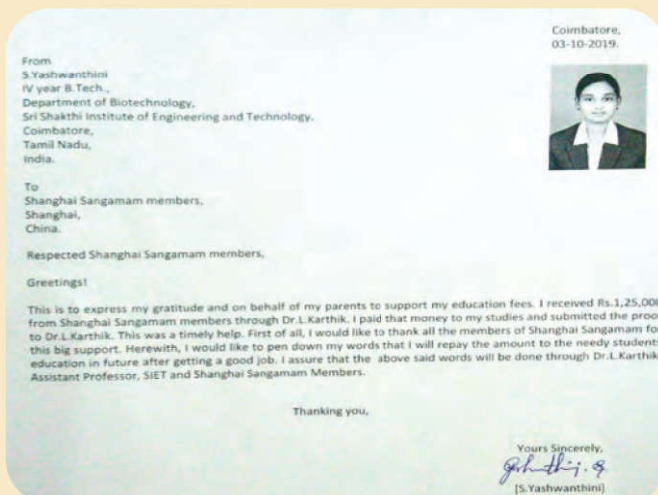
Though basically a cultural organization that has brought people together on many occasions, especially Diwali (a Hindu festival of lights), Sankranti, Pongal, Vishu, South Indian New Year, etc, Shanghai Sangamam is not limited in its approach.

It has set up community groups that help the Indian community in Shanghai in various aspects, including education, guidance to adapt to local lifestyles, and moral support to newcomers. It also funds natural relief funds at emergencies in India through a few reliable charity organizations, for instance supplying rice to the needy during these trying coronavirus pandemic times amid lockdowns.

The impact of the Covid-19 pandemic has been felt across the world, more so in India now and at the beginning in China. Shanghai Sangamam is hopeful of doing more to mitigate the circumstances of those affected by the outbreak, both in India and



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 is the South Indian New Year, followed by Diwali. Both of these festivals are very auspicious and joyful occasions that are marked with a spectacular gathering of people, replete with cultural programs, Indian food served traditionally, 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 Hongmei 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 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.



It is worth noting that despite Covid-19, the association held the Vinayagar Chaturthi Pooja celebration at Indian Kitchen on 22nd August 2020, paying obeisance to Lord Ganesha, with all safety precautions like health QR code and body temperature checking. This brought moments of joy, relief, and piety amid the somber pandemic-hit environment. Shanghai Sangamam has already begun plans for the upcoming Diwali festival, with a gala celebration planned for 15th November 2020.

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, including Indian Association Shanghai, with which it has close links and has worked together on many occasions. However, it is different in that it not only brings people together, but it also spreads wings to the outside world via culture, tradition, good deeds, and an open mind. It's an attitude that is both honest and uplifting.





SEWA

It is the Battle of Anandpur Sahib in 1704. A disciple of the Tenth Sikh Guru, Guru Gobind Singh Ji has been tasked with offering water to wounded Sikh soldiers. When fellow Sikhs saw him quenching the thirst of the fallen enemy soldiers as well, they complained about him to the Guru.

Upon being questioned, the Sikh replied *“Graceful lord, you taught me the lesson of humanity, universal brotherhood, impartiality, equality, love, peace and serving the suffering humanity without discrimination on the grounds of caste, creed, race or color. I see none other than your face when I put water into the mouth of a dying soldier. O Guru, it is definitely you.”* Pleased with the reply, Guruji, whilst commending his actions, asked him to also apply bandage and medicine to their wounds. This is the story of Bhai Kanhaiya Ji and is a befitting example of Sewa or Selfless Service.

Sewa: means selfless, voluntary service that is not motivated by any personal gain or expectation of self-aggrandizement in return. It is the bedrock of Sikhism and service to humanity is regarded as Sewa of the highest order. Each Sikh is encouraged to *make this a way of life*. This is also a way by which a Sikh can cleanse and strengthen his consciousness and come closer to the Supreme Lord. Guru Granth Sahib Ji says:

Vich dunia sev kamaiye, ta dargah baisan paiyell (Ang 25-26)

Only Sewa done in this world shall get us a place in heaven.

Performing Sewa helps in eradicating egotism and inculcating the virtues of humility, Sat (truth), Santokh (satisfaction with what one has), Sehaj (peace), Daya (compassion), and Dharam (faith in God), hence elevating the soul closer to the Lord.

Sevak ko seva ban ai, hukum bujh param pad payill (Ang 292-293)

The servant's purpose is to serve, obeying the Lord's command, the supreme status is obtained.

Seva karat hoye nihkami, tis kau hot parapet swamill (Ang 125)

One who performs selfless service, without thought of rewards, shall attain his lord and master.

Sat santokh daya dharam eh sigar banawoun, Safal suhangan Nanaka apne prabh bhavounll (Ang 812)

Let me be bedecked with truth, contentment, and justice so that I can become a successful Suhagan (dear beloved) of the Lord and be loved by Him

An act can be called Sewa only when it is done willingly and voluntarily:

Badha jhati jo bhare na gun na udhkar, seti khusi sawariye nanak karaj sarll (Ang 787)

Paying a fine under pressure does not bring either merit or goodness. That alone is a good deed, O Nanak, which is done by one's own free will.

The lives of all ten Sikh Gurus and their devotees are exemplary examples of how one's life could be devoted to the service of others. Sewa can be performed in the following 3 ways:

a.Tan (Body):

Using the body to do manual tasks like cooking langar (food), cleaning utensils and dusting the Sangat's shoes, etc. Mata Khivi Ji, wife of the Second Sikh Guru, Guru Angad Dev Ji dedicated her entire life to running the communal kitchen and serving langar.

b.Man (Mind):

Employing mental skills and talents to serve society. This could involve teaching Gurbani (verses from the Guru Granth Sahib), meditating on the Naam (Name of the One Creator God), singing Kirtan (reciting Gurbani). Disciples Bhai Mani Singh and Baba Deep Singh were the scribes who created the manuscripts of the final version of Sri Guru Granth Sahib and Guru Gobind Singh's composition Dasam Patshah Ka Granth amongst others.

c.Dhan (Money):

Sikhs are directed to channel one-tenth of their honestly earned income (Daswandh) to the welfare of the needy. The constitution of using a communal kitchen to serve langar was born when the first Sikh Guru, Guru Nanak Dev used 20 rupees in the late 1480s to strike a profitable bargain by feeding hungry saints. This value has been upheld time and again by Sikhs around the world. The most recent example being how Gurudwaras across continents are ramping up to provide food and shelter to people during COVID related lockdowns.

"Shanghai Sangat" is a big family in Shanghai of which people from various communities are an integral part. It is vital that children, the face of the future, are educated about how to take care of Mother Earth and build good character. Recently, the kids of Shanghai Sangat engaged in Langar Sewa; the adults sat down in a pangat (queue), and children carrying bowls of food started serving them.



(Kids of Shanghai Sangat serving Langar)

We conversed with them later to gauge their interpretation of Sewa and learned some very intriguing thoughts. Not only were the kids aware that the poor and needy are to be helped, but they also understood that plants, animals, and nature too come under the scope of Sewa and need equal attention. Guru Har Rai Ji, the Seventh Sikh Guru was one of the first environmentalists in the Indian Subcontinent. His life is a testimony of his deep love and sensitivity towards preserving nature:

Pawan Guru, Pani Pita, Mata Dharat Mahat (Japji Sahib)

Air is the Guru, Water the Father, and the Earth is the Great Mother

In the 17th Century, Gururji was instrumental in developing a place called Kiratpur Sahib on the banks of a tributary of the river Sutlej as a town of parks and gardens. He also created a medicinal garden called Naulakha Bagh. History quotes an episode when herbs from this very garden were offered by Gururji to heal "Dara Shiko" when he was poisoned by his brother Aurangzeb.



Plantation drive by Shanghai Sangat children

Sewa is not just about integrating an additional action in daily chores; one needs to understand its purpose and the appropriate manner of executing or incorporating it into one's lifestyle. The essence of performing Servitude is exalting for both the Sewak and the Sangat. The challenging circumstances the world faces today call for a compassionate practice like this. Let us help each other and Mother Nature stands up once again.

Shanghai Sangat looks forward to celebrating and praying for "Sarbat da Bhalla" on Guru Nanak dev Ji's Birth Anniversary. AkhandPaath sahib would commence from November 28, 2020 with bhog on November 30, 2020. Sangat is requested to grace the occasion with their presence.

Please contact Satbir Thakral @ 18616517313/Gurmeet Singh @ 18616268290

Shanghai Sangat

Shanghai Marathi Mandal 2020

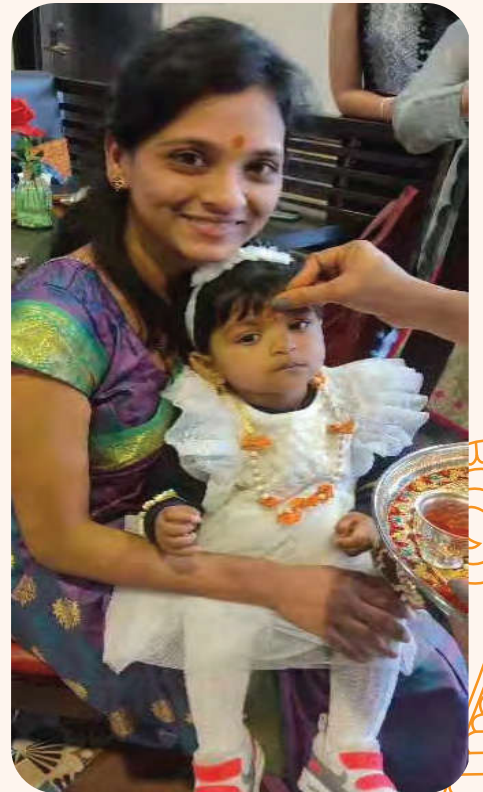
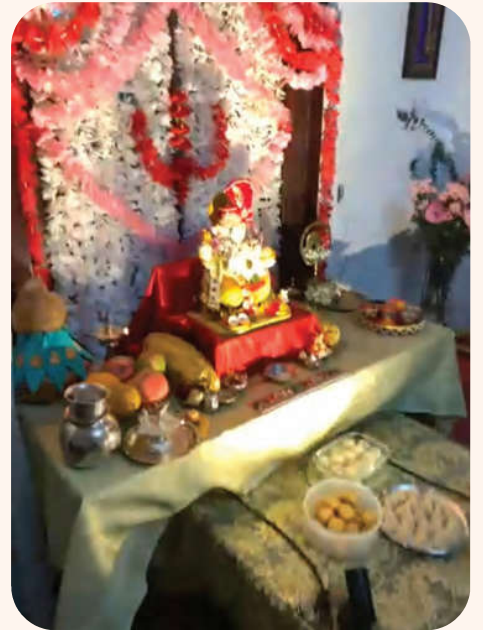
2020 is a unique year in many ways. It was no different for Shanghai Marathi Mandal. We never thought of virtual social events even in our dreams. We were fortunate to have the Makar Sankranti event in person before we were all locked into our homes due to COVID-19.

Makar Sankranti is celebrated every year in the month of January. It is believed that from this day the Sun starts its journey towards the North. It is the end of the Winter season and the start of the Harvest season. The days start getting longer and warmer. When we live away from India it becomes even more important to keep our traditions alive. We at Shanghai Marathi Mandal try our best to do that.

Sankranti is one of the popular festivals celebrated by Shanghai Marathi Mandal's ladies' wing. This way all the ladies can meet and have some fun together along with Haldi Kumkum. We try to have different ideas every year to celebrate. This year we had an open talent contest for all the participants. There were songs, dances and skits performed by our enthusiastic friends. Some fun games were organized and enjoyed by all the ladies. Following the tradition from Maharashtra, we always celebrate the newly wedded girl's first Sankranti and a newborn baby's first Sankranti. This year also we did it for a baby. Then the Haldi Kumkum with Til Gul was offered and 'Saubhagya Vaan' (gifts) were distributed to everyone. It was followed by a feast of delicious lunch. Everyone went home happy. This year's Sankranti was the last gettogether we celebrated without any fear of Corona in our minds and hence it made it even more special.

SMM kept the resolves not to break our traditions in these difficult times. It was also quite long since we met different members of the SMM family. SMM core group decided and planned a Virtual Gudipadwa with Spruha Joshi. It was mesmerizing two hours with Spruha, Gappa goshti, and her poems. We could feel a sense of excitement and energy for the event. Our own Aparna Waikar and Sneha Pujare did a wonderful job as the hosts in conducting the gappa goshti with Spruha.

We were hoping that by Gudipadwa things will come to normal and we will celebrate the new year with the SMM family. It was not to be...



Ganesha our most beloved God, as we say it in marathi...apla bappa..aplyala parat ekda bhetayala alay...

This was a unique Ganeshostav in every sense. The spirit of the community must be appreciated. Such was our resolve that we did not let the Pandemic hinder our Bappa's celebration.

SMM journey started in 2007 and we were not going to give a miss to 2020. It was wonderfully supported by our long-time partners, Passionate Indian Group, and Shanghai Adda.

SMM families did a virtual recording of the brilliant performances and came together to celebrate it with our Bappa. Virtual Ganeshostav allowed parents back in India to watch the performances of their children and grandchildren live on Zoom.

aarti and prasad. As is the case in all journeys, the people who laid the foundation and kept the flag of SMM moving, SMM thanked our past core committee

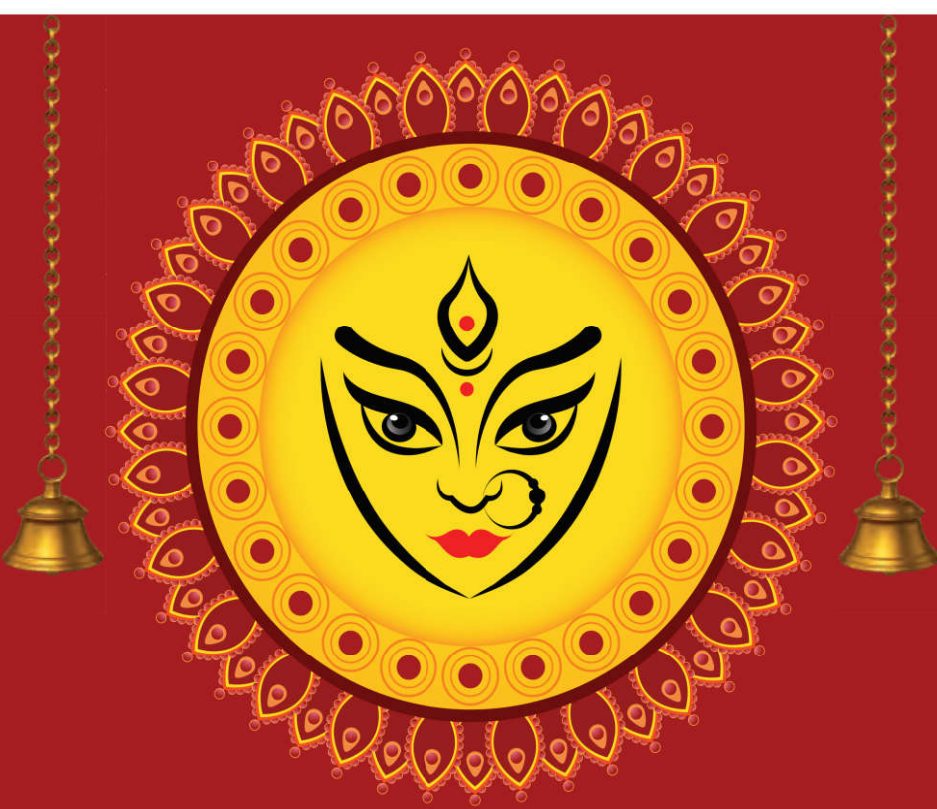
Our popular hosts, Amit Waikar and Darshana Hegde made sure that the virtual Ganeshostav stayed in our memory for a long time. Many ex Shanghaiars also joined to share their love for SMM.

The event which looked impossible just a few months ago was happening with so many smiling faces. Special thanks to the Waikar family for allowing us to use their residence for Bappa's aarti and prasad. As is the case in all journeys, the people who laid the foundation and kept the flag of SMM moving, SMM thanked our past core committee members and presidents for inspiring us to carry the journey forward. As they say every brick matters in building the house.

We hope and pray that the upcoming New Year will bring back all the life to its normal self and we can again live without any fear.



SHANGHAI ADDA Durgotsav



We are so grateful that everyone was able to attend and enjoy durga puja this year in such unprecedented times! We had relentless joy for each process; starting from the Durgapuja planning to execution. I am thankful for such a wonderful team work and contributions from all members. We were lucky to have such excellent food service, super performance by everyone including the kids, MC team, natto dol, Drawing competition, BHOG Management team, Cultural team.

Even with the virtual durga pujo this year, we missed our members who are still stuck in India! We appreciate their efforts and participation! Moreover, the most interesting part of puja this year was that it fell on the actual pujo date and tithi.

Due to this pandemic situation, the purohit was not able to come from kolkata so for the first time throughout these years, the entire Pujo was done by a lady Purohit; Beenadi and assisted by Manisha. Everyone's dedication and execution was amazing.

Enthusiastic Bengalis have taken durgapuja to the different part of the world, but arranging such events in china comes with certain challenges and restrictions. It is difficult to manage materials, but somehow in this situation few families came from kolkata and they were so kind and generous to bring puja materials even though they have their own items they had to bring. I am genuinely very grateful for them and blessed to have such support!

We were also grateful that the Indian Association were able to come and were able to attend the Aarati.

This time Durgapuja was held in Bollywood Restaurant. As usual KK supported very gracefully, from his venue to Food. Food was prepared in authentic Bengali style with the guidance of our Mahabhog team members.

Durgotsav is incomplete without a Bisrjan of Ma Durga and Sindoor Khela. The most important rituals when all ladies are doing Varan to Ma Durga protima. i.e. before bisarjan taking aarati, offer sindoor, navaidhya etc.. After the Varan of Ma Durga, all married ladies put sindoor to each other and protect their family from the evil.

Beenadi
President
Shanghai Adda







Anji Hello Kitty Park

The hello kitty park opened its first theme park outside Japan, in the quintessential hillcock town of Anji in 2016. I had read more negative reviews than positive ones, so although this park was on my radar for a long time, given the transportation hassle I had always postponed the visit.

It was already 4:40 pm and the kids were by now getting more impatient to meet the kitty soon. The entrance was not well marked, probably not the main one. The ticket counter had closed, we had to scan QR code from Wechat. Manish took help from the service staff; by this time, I



After months of being “stuck” in Shanghai during covid19, we decided to lift the self-imposed travel ban with a short trip outside Shanghai. Two other single-girl-child families teamed up and we set off to explore this hugely popular kitten in the world. The theme park looked small and there was an option of buying an evening ticket for a cheaper price. Given the summer heat, we all unanimously decided for the evening ticket, entry by 5 pm. It turned out to be a great choice. The theme park was like a 100 meters walk from our hotel lobby. It had just drizzled, and the temperature had dropped slightly, to around 35 degrees now, comfortable for early August. We clicked some great pictures against the backdrop of the beautiful castle hotel.

realized how important it was to have basic conversational mandarin; great motivation for my ongoing mandarin class. There was no discount and we had to purchase tickets at 180 per person. The entrance from here on looked much more inviting and somehow, we adults also got excited to experience the magic of Hello Kitty.

service staff had mentioned about the Ferris Wheel getting closed by 6 pm. It was already 5 minutes past 5 pm, so we directly went to this. There were two lanes, one for the “Steady” cabin, the regular cabin we find at any park. The other cabin was “movable”, it would move laterally along with the regular peripheral movement. Now that looked exciting, so we stepped into this lane, with the kids



joining us too. The good thing about this park, as it turned out, was that my daughter who is just 110cms in height could take all the rides. This was her park to be. Now the “movable” cabin ride itself was quite interesting. It was a different experience & with the cool breeze and some mesmerizing views of the green mountains, it truly went past my expectations.

The next ride was the Flying flower ride. Although a very kiddish ride found in every other theme park, it was nice nonetheless. We took quick bio breaks after this and headed towards the spirit forest area. The apple tree swinger, a regular ride found in most theme parks looked interesting and here there was a two-seater option for younger kids to sit along with adults. It was a nice ride with the cool breeze hitting our face & body, and our eyes were treated with the delightful landscape around the park.

After this ride, we immediately moved to the next one, called ‘Kontiki’, a slightly improvised version of the legendary Columbus ride. Along with the to & from movement, it would also move sideways. It was quite thrilling and again kid-friendly. Although the rides were for younger kids, these minor variations ensured we adults also enjoyed a unique experience. By now, the sun was slowly going down.

We walked across the steam kingdom area. The magic bike looked interesting, but due to extra waiting, we went to the empty Balloon fiesta ride. Nothing special here just

goes up for short elevation, the cabins could be rotated manually. We then skipped the other rides and entered Hello Kitty’s home area. By now, the entire park had been illuminated with a fascinating mix of colorful lights. The park had truly transformed into a magical kiddy land & we adults were stunned too, probably more than the kids. We took a break at a friendly-looking restaurant shop to buy some ice creams and juice to cool us down.

The Hello kitty’s villa is a well-designed house, showcasing the unique style of rooms, it was truly beautiful, and a lot of pictures were taken. It was around 7.35 pm, almost time for the night parade. As we had little time, I took the kids to another ride, the Hello Kitty tea party. Just the regular tea set ride, it was more of a tick mark.

We had to rush to the parade area as it had already started. The parade troupe itself was quite small, around 6-7 tableaux, but given the colorful lighted atmosphere, we enjoyed it.

We had promised the kids to take them to the water park area, so we hurriedly walked towards the Happy Harbor. This section looked even better as we entered. Luckily the rides were open until 9 pm. We went to the River splash, a boat elevated to a slightly higher place and released on a water slide, an artificial drift of sorts. It was interesting & somehow only I got completely drenched. There were some other rides, but by this time we were tired. Kids wanted to enjoy the final showdown at the Misty cove,

a pool area, with water just around the foot height, and big buckets splashing water and Swings. A kids' play area filled with water. The kids probably enjoyed this the most, for a solid 25-30 minutes. It was around 9 pm by the time we finally exited the park.

Overall, I would say it was a great experience for all of us. The weather was very good, and the waiting times very less due to fewer crowds. Although much smaller in size compared to other huge parks in China, the amazing landscape and interesting variations in rides made it all worthwhile.

When we took the taxi from Anji train station, I kept complaining about why they built this park so far away from the city. I finally got the answer: We wouldn't find such a beautiful hillock landscape in and around Shanghai, delivering such a unique visual treat. In my mind, this park is ideal for 5-10-year old kids, even if they are not big Hello Kitty fans. In the summer, I strongly recommend buying the evening ticket, costs less and the weather is so much convenient. Enjoy! How to get here?

Take the fast train to Anji (there is a direct train once every day from Shanghai taking 2 hours). However, while going we took 2 trains, Shanghai to Hangzhou, and Hangzhou to Anji. From the Anji train station, take a taxi. We hailed a taxi from the taxi stand, but normally didi should take around 100 RMB. Coming back, we took the 6pm train reaching Shanghai at a very convenient 8 pm.

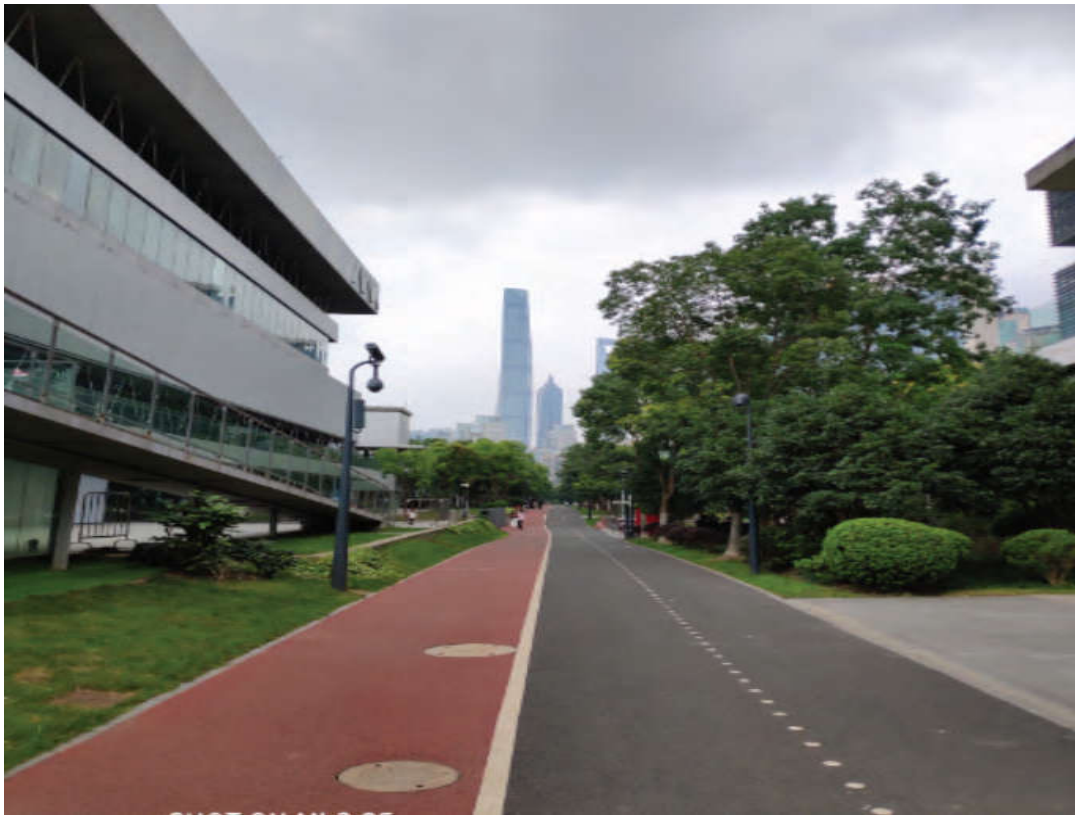
Overnight options?

We stayed at the Yinrun Town Hotel, around 100 meters from this park entrance (around 500 RMB per night including good breakfast with a great spread, mostly Chinese but lot of options). Had a great stay!

About Author:

Mr. Achuth Kamath, has been working in Shanghai for more than 4 years. He lives in Pudong with his wife and their lovely 7-year-old daughter. He enjoys writing travelogues and poetry. Also he likes to travel around, make new friends and experience life.





Bailianjing Park Bike trail at East Bund

Having lived three amazing years in the more central Puxi area of Shanghai and enjoyed the wonderful experiences for as many years, I didn't believe the city would surprise me any further. And then, we moved to Pudong. It was a move from hustling bustling Xuhui district in Central Shanghai to a more laid-back area near the prominent Century park. Although it seemed like an awesome place to raise a family, we kept asking ourselves whether it was a wise decision, after all, to move to this part of the city. We were used to bus stops right in front of our house, metro stations right around the corner, the convenience and accessibility of supermarkets, downtown shanghai, and

day to day matters. Well, our daughter had to move to Grade 1, and having selected an International school in Pudong, we didn't have much choice anyway. Pudong was our new home.

My family went to India for holiday and the first weekend I was around this new place, I decided to take the super convenient Hello bike and cycle around the nearby areas. I had heard about this bicycle track along the east bund, and after a few detours around the apartment, I decided to cycle to the east bund. I used the Chinese Amap app on my phone and followed the direction towards the waterfront. Though the temperature was hovering around 30c, it was quite a pleasant ride. I recently found

cycling to be an amazing experience here in Shanghai. The city is majorly flat-surfaced and there is a designated lane for the 2-wheelers. Riding a bike is quite fun and safe, sans the e-bikes and delivery men who go around their business simply ignoring the basic rules. I reached the Tangqiao ferry terminal and I was super excited to have finally reached the East bund area.

I stopped at the ferry terminal & wondered what to do next, and then I saw a few cycles pass from one side to another side. As it turned out, there was a cycling & jogging track here. I turned left and took the cycling track, it took me to one of the most amazing places I had ever visited in Shanghai. There was an amazing open viewing area for people to hang around to watch the glorious Huangpu river. There were benches and ample space, but today being hot and humid there was not a single soul around.

The amazing Lujiazui skyscrapers could be seen on the right, and the ever magnificent Nanpu bridge to the left. The gardens around this area were super clean and well-curated.

At this moment, there was just one thought running around my mind: I am falling in love with this city over and over again. This is a biker's paradise, with well-paved cycling tracks, perfectly landscaped gardens around, and the beautiful view of the Huangpu flowing between the two majestic parts of the city. The cycling track has its fair share of ups and downs making it exercise-friendly, if that's your game. I don't know what else can equal this sense of joy, content and

fulfillment than cycling along this beautiful path. I kept cycling until I reached the Nanpu Bridge Pier, with few more viewing/seating decks along the way.

Here I decided to return and then come to Tangqiao pier and then took to the other direction of the cycling track. This was as majestic as the other side, and slowly but surely though, it started to become more touristic. More bars, restaurants & parking lots kept slowly popping up when biking towards the Lujiazui side and then finally a lot of Chinese tourists just when I was about to get out of the cycling track near Fucheng road. Overall, I well and truly enjoyed my outing today, and I have promised to come back for more. This place has surely gone into

my "places to show around" when hosting friends and families. All said and done about the majestic bund on the Puxi side, I believe the East Bund on the Pudong deserves much more credit & visibility. But then, that means more crowd, so let's hope this place remains low profile for a long time to come. I look

forward to exploring more places around this fantastic city that I now call home. Shanghai, it is simply unbelievable how I keep falling in love with you over and over again... Cheers!

How to get here:

You can take didi to Tangqiao pier, and then decide to walk or bike around. By metro, you can arrive at Tangqiao station on Line 4, take exit 3 and walk or rent a bike towards the Tangqiao pier. If you decide to walk, you need to climb up a bridge and get down the other side moving in the same direction.





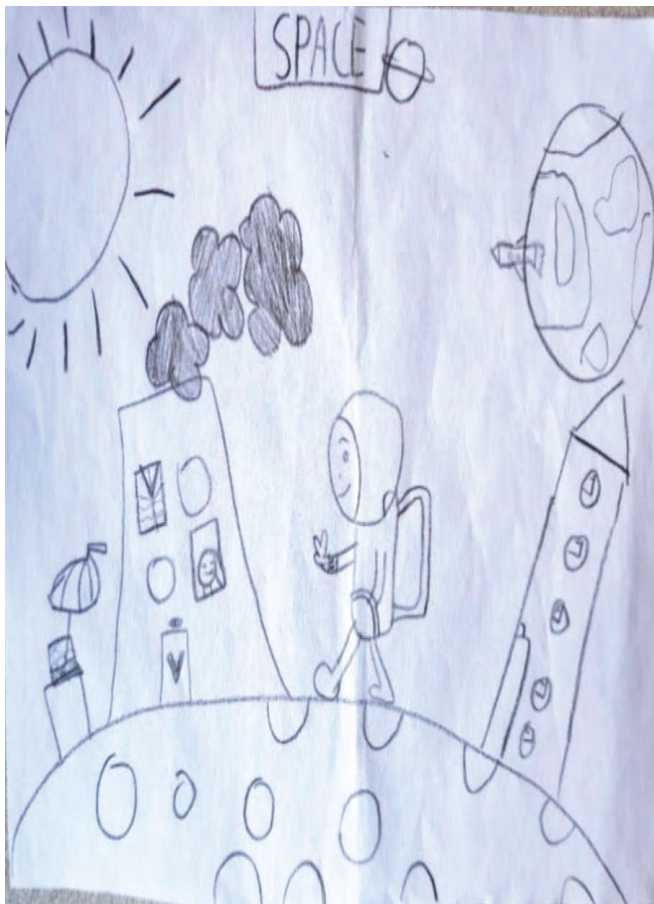
GIRL AT A MOVIE MULTIPLEX

This image picturizes a curious girl in a fictional VRP multiplex. In the background, you can see girls excited about the movie. Below you see the food stall selling candy and other savories.



ASTRONAUT LANDS ON ANOTHER PLANET

This Image picturizes an astronaut landing on a different planet, seemingly with life. On the top right, we see our planet Earth from where the astronaut set sail & the ever-bright sun on the top left.



About Artist:

Aishani Kamath is in Grade 2 at Jincai High School, International Division in Pudong. She loves to sing, dance, draw, and do artwork. She is a friendly girl aspiring to be an artist when she grows up.



DR. DWARKANATH KOTNIS, AN ETERNAL BOND BETWEEN INDIA & CHINA : KHO NA JAYE YE !!

Dr. Dwarkanath Kotnis was one of five Indian physicians sent to China to provide medical assistance during World War II. Here in China, he received a local name 'Ke Dihua'

The generation that I belong to and a generation before that, surely know about Dr. Kotnis and his inspiring work. However, I doubt that the generation of today, the millennials' s or Generation X don't know much about this legendary man. As it is a 'trending topic' to question everything and challenge it, a young man or woman is surely going to ask me..' what is there to know about Dr. Kotnis and what is his relevance in today's era'?

My only humble submission will be to kindly take a few minutes and read this article and yes, if you find this interesting then please do 'goggle' about this great man. If you can help me, please make Dr. Kotnis, a 'trending topic' on social media. Not because he, his family, or I want this, but because Dr. Kotnis is the right kind of role



model that our nation needs in this time of

challenges.

I believe that 'A nation is known by the role models it follows'. The role models, the mentors, the hero's that rule the Indian social media, and that our youth are following these days are, in my humble opinion, simply sub-standard, non-value imparting, and frankly Fake! I don't want to generalize this statement. There are surely handfuls that are truly inspiring but for most others, I am sure you will agree that my above statements are not too in-correct.

Enough of this 'old man's free wisdom' talk and let us continue on Dr. Kotnis's journey ahead...

The Second World happened 80 years ago. What is astonishing is that people in China have not forgotten this foreign friend who helped them in their liberation struggle. These are not my words but those spoken by Mrigendranath Gantait, president of the Dr. Kotnis Memorial Committee. (DKMC) in West Bengal.

Dr. Kotnis continues to live, not only in the hearts and minds of Chinese people but his legacy has been handed down in China in the form of a medical school named after him, from where more than 45,000 medical professionals have graduated.

In the city of SHIJIAZHANG in North China, a bronze statue of an Indian man has been erected outside the same medical school and formally unveiled this month. When passers-by look up, they might not recognize the face but most of them have heard the name: 'Ke Dihua'. Ke Dihua is a household name in China. Apart from the school named after him as the 'Shijiazhuang Ke Dihua Medical Science Secondary Specialized School', there are memorials of Kotnis in both Shijiazhuang, the capital of China's Hebei province, and Tangxian County where he once worked.

In North China Martyrs' Memorial Cemetery, his white grave headstone has witnessed numerous visitors coming to mourn

and leave bouquets throughout the decades. Kotnis was born in 1910 in Sholapur, Maharashtra to a middle-class family, and studied medicine at G. S. Medical College, Bombay, before coming to China in 1938, one year after China began a full-scale resistance against the aggression of Japanese invaders. "At that time, China was in tremendous difficulty," said Lou Yue, a research fellow with the North China Martyrs' Memorial Cemetery who spent years studying the life of Kotnis. "We had an acute shortage of practitioners and medicines," she said. "Many injured soldiers died or were crippled because they couldn't receive timely treatment. "At the request of Chinese leader Zhu De, the Indian National Congress, under the leadership of Jawaharlal Nehru and Subhas Chandra Bose, sent a five-member team of doctors on behalf of the Indian people to China to show solidarity with the Chinese in their fight against Japanese fascist aggression,"

Like Kotnis or Ke Dihua, each of the other four doctors had a Chinese name ending with "Hua," the character meaning China. For me, it was very natural to idolize Dr. Kotnis. To me, Dr. Kotnis repre-

sents the best of values both that my home state Maharashtra has to offer and also those of the pious medical fraternity of which my parents and my elder sisters are also a part. There are many stories about Kotnis that are part of the common folklore here. "He helped his patients with food. He was careful and quick while changing dressings so that the wounded wouldn't feel too much pain. He gave his horse and hat to patients on the march,"

Kotnis was so hard-working that during one battle in 1940, he performed operations for up to 72 hours, and treated more than 800 patients in 13 days.

"Despite hearing news of his father's death, he

did not return to India. Instead, he reaffirmed his commitment to continue his work in China. Such mental strength for a peoples' cause is exemplary and the people in China did not forget this.

The efforts of Kotnis won him the nicknames "Dr. Thoughtful" and "Old Ke," a way the Chinese used to refer affectionately to their friends. In 1941, he was appointed as director of the Dr. Bethune International Peace Hospital, named after the famous Canadian surgeon Norman Bethune. After his appointment, he performed about 2,000 operations.

Kotnis, who learned to speak fluent Mandarin, also taught medicine to Chinese students.

When a student graduated, Dr. kotnis would write something to encourage him: "Study hard for the sake of the liberation of the oppressed mankind" in English, and "Victory

in the war of resistance against Japan" in Chinese. He Jiangyong, whose mother Xue Ying was one of Kotnis's students, donated a graduation album to the North China Martyrs' Memorial Cemetery.

On the evening of Dec. 8, 1942, when he was writing on page 173 of his second surgery textbook, he collapsed, with the

pen leaving a long line on the paper. He later died of Epileptic Seizures at the age of 32. He died at Gegong village in the Tangxian county of Hebei province.

Late Chinese leader Mao Zedong was deeply affected by his death. He wrote in his eulogy "the army has lost a helping hand; the nation has lost a friend. Let us always bear in mind his internationalist spirit."

"Dr. Kotnis swore by the tomb of Dr. Bethune 'I will live a life as yours' and I can clearly say. "He lived up to his oath."

Kotnis's wife, a Chinese woman called Guo Qinglan, gave birth to their son less than four months before his death. The boy was named Yinhua, two Chinese characters,



meaning "India" and "China." Unfortunately, Yinhua died in 1967 at the age of 24 as a result of medical malpractice, shortly before graduating from medical college.

However, the memory of Dr. Kotnis that connects China and India is everlasting.

Many who are reading this lekh will remember a movie in India in the 1940s about the life of Kotnis, "Dr. Kotnis ki Amar Kahani"

The All India Dr. Kotnis Memorial Committee (AIKMC) was founded in the same year, led by

Bejoy Kumar Basu, another doctor in the five-man team from India, known as Ba Suhua to the Chinese.

After functioning for more than 25 years, the activities of the AIKMC gradually stopped. But DKMC in West Bengal has been continuing its functions for the last 47 years since its inception in 1973

The story of the establishment of Dr. Kotnis medical school at Shijiazhuang is as interesting as Dr. Kotnis's own life.

Hu Bangzhong, a researcher who has helped prepare the founding of the Kotnis memorial in Shijiazhuang since 1975, retired in

1990. Bored with solitary life at home, he got a job at a local school.

One day a friend asked him why he never founded his own medical school.

Years of research had planted the stories of Kotnis deep into Hu's mind. It suddenly occurred to him that perhaps he could start a medical school, and name it after the revered Indian doctor. He then wrote a letter to the wife of Kotnis, Guo Qinglan. Ten days later he received a reply. Guo was happy to be the honorary president of the school.

According to Liu Wenzhu, an official of the Shijiazhuang Ke Dihua Medical Science Secondary Specialized School, since the founding of the school in 1992, more than 45,000 medical professionals have graduated from it.

Each of the new students and staff must swear in front of a stone statue of Kotnis that they would work like him.

Liu hopes that Kotnis will be remembered not only as a symbol inspiring medical students to work hard, but also as an eternal bond

between the peoples in China and India.

"We are the world's two most populous countries ... We should always be friends, coexisting peacefully," he said.

I share the same wish for these two great nations, one being my "Matr-Bhoomi" and the other my 'Karma-Bhoomi. The wish is that we should strengthen exchanges and cooperation in various fields, which is "the right tribute" to the celebration of the 75th anniversary of the victory of the Chinese People's War of Resistance against Japanese Aggression this year, and the 70th anniversary of the establishment of diplomatic relations between India and

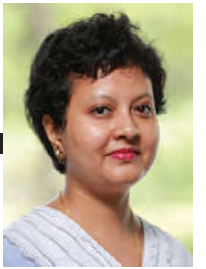
China.

Yes, we have our differences and they will continue to co-exist between us. However, it would be a pity if we are unable to find even a few areas where the world's 2 most populous nations are unable to work together.

Like my father, late Dr. Vinay Waikar would have said:

'Dushmani lakh sahi, Kathm na kijye rishta !
Dil mile ya na mile, haath milate chaliye !!





HOBBIES UNLIMITED!

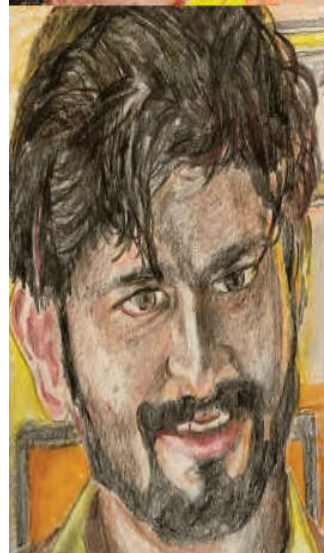
“What is this life if, full of care, we have no time to stand and stare...”! These precious lines by the famous Welsh poet W. H. Davies, which I had learned in my school, are so apt also in today’s ever busy world. I believe that hobbies are a way by which we can get to relax, reflect and become enriched with a feel-good positive vibe at the end of a busy week or a very hectic day. There could be a wide range of hobbies like gardening, jogging, sports, knitting, meditating, reading, sketching, star-gazing, singing, dancing, cooking, trekking, quizzing, writing and even day-dreaming, to just name a few! Whatever be one’s hobby, the one thing which is constant in each hobby, is the passion and love one has for one’s hobby. Quoting another famous author Phyllis McGinley, it can be rightly said that “a hobby a day keeps the doldrums away”. Indeed, so! A hobby is like the food for our souls and can help us unwind after a very busy day.

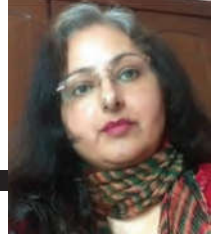
After coming to Shanghai, I developed a strange hobby of sketching faces! I won’t call it portrait sketching as I have never learned art and to sketch something, I need to see a picture in the first place. It’s even very amateurish to say the least. But after sketching a face, if I happen to see even a fleeting resemblance to the original picture that I had tried to sketch, it simply makes me feel happy. This is a very easy-going hobby I should say as I spend minimum time on a sketch but even then this activity is something which fills my heart with contentment!

A rainbow or an ‘Indradhanush’ is adorned with not just the seven hues which we can see, but an array of wavelengths, each corresponding to a shade of a color! Similarly, sketches of faces can portray a spectrum of emotions such as happiness, anger, love, sadness or enthusiasm! It is a soothing hobby indeed cause when I leaf through the sketchbook pages sometimes, these faces even talk to me! I will conclude my little article here with a collage of some of my sketches.

About Author:

Dr. Amrita De. has been living in Shanghai with my family, since 2016. Currently working as an Assistant Professor in New York University Shanghai, she teaches a subject on “Energy and the Environment”. Earlier, she has pursued her PhD in Chemical Engineering from the National University of Singapore, and Engineering degree from Jadavpur University in India. Her hobbies are sketching and singing.





करोना- एक याद एक सोच

नया साल मनाने के लिए कामवाली आयी अपने गाँव बीस जनवरी को ही पंद्रह दिन की छुट्टी लेकर चली गई। उसको नए साल की भेंट देकर खुशी-खुशी विदा कर हम भी नए साल की छुट्टियाँ मनाने तैयारी में मगन थे। दो-चार दिन के लिए घूमने का विचार कर रहे थे। सब चीनी वासी नए साल को मनाने की धुन में थे। करोड़ों लोग अपने-अपने घरों की ओर निकल चुके थे या घर पहुँच चुके थे, करोड़ों निकलने की तैयारी कर रहे थे। लाखों की संख्या में विदेश में छुट्टी मनाने के लिए लोग हवाई सफ़र के टिकट खरीद चुके थे, उनमें से बहुतेरे विदेश जा भी चुके थे बाकी अपने बैग पैक करके जाने को उत्सुक थे किंतु ऐन मौके पर लॉक डाउन का आदेश आया तो सारे देशवासी हक्के-बक्के रह गए। जनवरी की तेईस तारीख, चीनी नए साल का पहला दिन और सारे देश में जैसे किसी दानव की छाया पड़ गई हो और शंघाई जैसा शहर भी रातों-रात सन्नाटे की आगोश में चला गया।

हमें आयी का उसके गाँव से फ़ोन आया कि हमें थोड़ा सा खाने-पीने का सामान खरीद लेना चाहिए। आयी की माँ ने खासतौर से कहा कि चावल, तेल और नमक एक महीने का ज़रूर लेकर रखें। चौदह साल से घर में काम करने वाली आयी घर के सदस्य की तरह है और चीन में हमारी गाइड भी है। और बहुत से निर्देशों के साथ-साथ उसने यह भी कहा कि देखो उसका डर सही निकला, चूहे के साल ने शुरू होते ही अपना असर दिखाना शुरू कर दिया।

आयी ने गाँव जाने से पहले इस बार नए साल के बारे में अपना डर ज़रूर व्यक्त किया था कि यह साल चूहे का साल है। चूहे का साल साधारणतया कुछ अच्छा नहीं होता। पिछली बार २००८ में चूहे के साल में स्सछुआन में भूकम्प ने भारी तबाही मचाई थी, भूकम्प ने हज़ारों जिंदगियों को खाक किया था। आयी का गाँव भी स्सछुआन में ही है, उसने कई अपनों को खोया था इस भूकम्प के कारण, शायद इसीलिए वह डरी हुई थी। लेकिन हमने उसे यही समझाया कि यह सब भगवान के ऊपर छोड़ कर वह खुशी से अपने गाँव जाए। चीन में बारह वर्षों का चक्र बारह जानवरों पर आधारित है, हरेक जानवर के हिसाब से किसी वर्ष को भाग्यशाली

माना जाता है तो किसी को अशुभ। यह सब तो नहीं जानते क्या सही है क्या ग़लत पर यह साल जो मुसीबत चीन के लिए लेकर आया बाद में उस मुसीबत ने पूरे विश्व में अपने पैर पसार लिए। जब करोना चीन में फैला तो सपने में भी नहीं सोचा था कि यह आततायी पूरी धरती पर क़हर बरपा देगा। विश्व भर में लाखों लोगों की जिंदगी लील ली इसने और करोड़ों को संक्रमित चुका है। यह गिनती कहाँ पहुँच कर रुकेगी अभी यह कोई नहीं बता सकता। लॉकडाउन का निर्णय तनिक समय पर लिया होता तो शायद यह बर्बादी कुछ कम हो सकती थी।

बात सात साल पहले की है, मैं और मेरे पति हम मेडिकल डिवाइसेज़ की प्रदर्शनी (exhibition) में भाग लेने गए थे। वहाँ पर चीनी लोगों के साथ-साथ काफ़ी विदेशी भी आए हुए थे। किसी बूथ पर खड़े हम दोनों आपस में हिंदी में बात कर रहे थे कि पीछे से आकर किसी ने धीरे से कहा "कहाँ की हैं आप, बहुत शुद्ध हिंदी बोल रही हैं?" पीछे मुड़ कर देखा तो एक महाशय खड़े मुस्कुरा रहे थे, उन्होंने बताया कि वह अमेरिका के टेक्सस शहर की एक कम्पनी में क्वालिटी इंस्पेक्टर हैं। हमें जानकर कुछ अजीब लगा था कि वह उन डिवाइसेज़ को चीन से खरीदने की बात कह रहे हैं जो अमेरिका भी में बनते हैं, अमेरिका में बनने वाली चीज़ को इतनी दूर चीन से खरीदने की क्या ज़रूरत? रुक नहीं सकी, उनसे पूछ ही लिया तो उन्होंने बताया कि उनकी कम्पनी जो सामान काफ़ी सालों से अमेरिका से खरीद रही थी वह सामान बिल्कुल वही गुणवत्ता वाला चीन से खरीदना सस्ता पड़ता है और ऑर्डर देने के बाद चीन से सामान की डिलिवरी अमेरिका के दूसरे शहर से भी पहले हो जाती है। कुछ वर्षों में ही चीनी व्यापारियों ने उनका भरोसा जीत लिया है। और उनका कहना ग़लत भी नहीं था।

आप सोच रहे होंगे कि यह सब मैं यहाँ क्यों लिख रही हूँ, क्योंकि इतने वर्षों से चीन में रहते हुए हमारा अनुभव भी इससे इतर नहीं है। यह भरोसा ना सिर्फ़ चीनी लोगों के लिए हमारे दिल में है। बल्कि यही भरोसा शंघाई शहर के प्रबंधन और अनुशासन पर भी है। इसी भरोसे के कारण करोना फैलने के बाद जबकि बहुत से विदेशी और भारतीय परिवार यहाँ से चले गए,

लॉकडाउन होने के बाद भी हम शंघाई में रहे और सहजता से रहे।

जब यहाँ दिनों-दिन कोरोना के मरीजों की संख्या में वृद्धि होने लगी तो भारत से माँ, भाई-बहनों के, सासु माँ व ससुर जी के बार-बार संदेश आते रहे कि भारत आ जाओ वैसे भी शंघाई में भी तो घर में ही रहना है। रोज़ की बढ़ती मौतों के कारण एक बार तो हमारे दिल भी सहम गए और हमने सोचा भी कि भारत चले जाने में क्या बुराई है लेकिन इसमें एक समस्या थी वो यह कि भारत में हमारा अलग से कोई घर नहीं है कि जाकर ताला खोलो और बैठ जाओ। अगर हम भारत जाते भी तो या माँ के घर भाई व उसके परिवार के साथ रहते या फिर ससुराल में परिवार के साथ, इसका मतलब कि यदि सफ़र के दौरान हमें कोरोना का इन्फ़ेक्शन हो जाए तो यह पूरे परिवार में प्रसाद की तरह बंटेगा। यह हम दोनों पति-पत्नी को मंज़ूर नहीं था। सो यह पक्का हो गया कि हमें शंघाई में ही रहना है।

लाकडाउन में हमें किसी भी तरह की दिक्कत नहीं आई। चाहे सुपर मार्केट और दवाई की दुकानों के अलावा सबकुछ बंद था लेकिन ज़रूरत की सभी चीज़ें आसानी से मिल रही थी। अख़बारों के द्वारा और मीडिया के द्वारा सरकार लोगों को आगाह कर रही थी इसके अतिरिक्त शंघाई की म्यूनिसिपल कमिटी की तरफ़ से भी फ़ोन पर हर रोज़ मैसेज के द्वारा बताया जाता था कि हमें लॉकडाउन के दौरान कैसे रहना है, हफ़्ते में सिर्फ़ एक बार ही घर का एक सदस्य ही ज़रूरी सामान ख़रीदने जा सकता है। अपनी सेहत का ध्यान कैसे रखना है यह भी मैसेज के द्वारा बार-बार कई दिन तक बताया गया। यहाँ की सरकार के प्रयासों व प्रबंधन का की दाद देनी होगी, हम खुद साक्षी रहे हैं। सारा इंतज़ाम जो हमने अपनी आँखों से देखा वह एक छलावा नहीं था। हाँ शायद जिस ढंग से और जितनी तेज़ी से काम हुआ वह अकल्पनीय और अविश्वसनीय ही लगता है जब तक आपने अपनी आँखों से ना देखा हो। हमारी तरह और भी विदेशी जो चीन में रहते हैं, जिन्हें यहाँ रहते हुए कई साल हो गए हैं वे ही जान सकते हैं इस देश में काम कितने व्यवस्थित ढंग से व किस गति से होता है। वूहान में संक्रमण के बाद सरकार ने बिना समय गँवाए पूरे देश से मेडिकल सप्लाई वूहान तक पहुँचाई, सारे चीन में से डॉक्टर व नर्सों की टीमें वूहान की ओर रवाना कर दी गईं। वूहान शहर को सब तरफ़ से सील कर बाकी देश से अलग कर दिया गया। लाखों की संख्या में थर्मल तापमान स्कैनर पूरे चीन के हर चेक पोईंट तक जिस गति से पहुँचाए गए बिना देखे उस पर विश्वास कर पाना असम्भव है। यह सब करने में सरकार की अति उत्तम प्रबंधन शैली के साथ-साथ चीन की मज़बूत आर्थिक स्थिति का भी योगदान है।

कोरोना संक्रमण की अवधि में यहाँ रहते हुए हमने देखा कि किस तरह से सरकार ने पूरा ज़ोर लगा दिया कि देशवासियों को किसी भी तरह की तंगी ना आए। आयी की माँ ने चाहे हमें आगाह किया था कि हम चावल वगैरह एक महीने के हिसाब से ख़रीद लें पर यहाँ शंघाई में किसी भी चीज़ की कमी नहीं हुई। हर चीज़ सुपरमार्केट में बराबर मिलती रही और भाव भी नहीं बढ़े। सिर्फ़ सब्ज़ी एकाध बार महँगी मिली। मास्क उपलब्ध नहीं थे। लेकिन सरकार का आदेश था बिना मास्क के बाहर न जाएँ तो लोग कपड़े के मास्क पहन बाहर निकले। थोड़े दिन बाद ही सरकार ने राशन के द्वारा मास्क सारे शहर में बाँटने शुरू कर दिए। हर एक कम्यूनिटी के बाहर अलग से गार्ड खड़े किए गए जो कम्यूनिटी के निवासियों का तापमान चेक करके ही उन्हें अंदर आने देता, कम्यूनिटी निवासी के अलावा किसी को भी अंदर आने की इजाज़त नहीं थी।

सभी कर्मचारियों को मास्क व निर्वर्त्य दस्ताने (डिस्पोजेबल ग्लव) उपलब्ध कराए गए थे। चाहे कोई सुपरमार्केट में काम कर रहा था, कोई डिलिवरी बॉय या किसी बिल्डिंग का गार्ड। अभी कनाडा से किसी मित्र से बात हुई तो उन्होंने बताया कि उनकी बेटी सुपरमार्केट में काम करती है लेकिन बिना मास्क पहने जाती है क्योंकि मास्क कहीं भी उपलब्ध ही नहीं हैं। यही हाल अमेरिका का भी है। अभी भारत की तस्वीरों में कई पुलिस कर्मियों को भी बिना मास्क पहने देख अत्यंत दुःख हुआ। क्या भारत की जनता उनके इस त्याग के लिए इतना भी नहीं कर सकती कि लॉक डाउन का कड़ाई से पालन करे ताकि वे लोग पुलिस के साथ-साथ खुद को भी बचा सकें। चीन के लोगों ने जिस कर्मठता के साथ सरकार का साथ दिया उनसे यह एक सीख अगर विश्व के वासी ले लें तो कोरोना पर आसानी से विजय पा सकते हैं।

मैं यह ज़रूर बताना चाहूँगी कि शंघाई में भारतीय दूतावास व इंडियन एसोसिएशन की तरफ़ से भी बार-बार मास्क, निर्वर्त्य दस्ताने (डिस्पोजेबल ग्लव) और सेनिटाइज़र यहाँ रह रहे भारतीयों में बाँटे गए और समय-समय पर परिस्थितियों के बारे में अवगत करवाने की ज़िम्मेवारी भी बखूबी निभाई गई। चीन में रह रहे भारतीयों के लिए भारत सरकार के निर्देशों को भी भारतीय दूतावास द्वारा भारतीय लोगों तक बराबर पहुँचाया गया।

लॉकडाउन में घर रहना भी अपने-आप में बेजोड़ तजुर्बा है। घर में रहना मुझे कुछ ज़्यादा नहीं खलता फिर भी एकमुश्त पैतालीस दिन दरवाज़े के बाहर नहीं निकलने का यह पहला अवसर था। सामान ख़रीदने के लिए मेरे पति ही बाहर जाते थे वह भी हफ़्ते में बस एक बार। घर का काम तो मुझे ही करना था क्योंकि काम वाली आयी तो आ नहीं सकती थी सो समय का सदुपयोग होने लगा। बच्चे दोनों कनाडा में हैं वो दोनों वहाँ बैठे हमारे लिए ज़रूर परेशान हो रहे थे, उनको

समझाना पड़ता, भारत में भी सबको समझाना पड़ता कि हम यहाँ पर पूर्णतः सुरक्षित हैं, स्वस्थ हैं और मज़े से हैं। सही में हम दोनों मज़े से थे। शायद मन में किसी तरह का ख़ौफ़ नहीं पाला था हमने। लेकिन सजग थे और पूरी सावधानी बरत रहे थे। पहले कुछ दिनों तक उठते ही फ़ोन उठा कर कोरोना के बारे में खबरें पढ़ने से ही दिन की शुरुआत होने लगी, नज़र सीधे संक्रमण के आँकड़ों पर ही जाती। रोज़ वूहान के, शंघाई और पूरे चीन के आँकड़े पढ़कर मन में खलबली सी होने लगी तो मैंने सुबह खबरें पढ़ना बंद कर दिया और अपनी पुरानी दिनचर्या पर लौट आई। वही योगाभ्यास, साधना और सबके लिए प्रार्थना से दिन शुरू होता, उसके बाद काम ख़त्म कर पढ़ने का आनंद आने लगा। पढ़ने के लिए पहले पर्याप्त समय नहीं मिल पाता था लेकिन इतनी सुंदर कविताओं को पढ़ने की लालसा मन में बनी रहती थी, वह अब पूरी हो रही थी। इसके अलावा अपनी पसंद की सोलह किताबें पढ़ डाली।

हम दोनों पति-पत्नी ऑफ़िस में भी मिलकर काम करते हैं इसलिए एक साथ समय बिताने में कोई समस्या नहीं हुई जो शिकायत इन दिनों सभी तरफ़ से काफ़ी सारे लोगों से सुनने में आ रही थी कि घर में एक साथ रहने के कारण मियाँ-बीवी में झगड़े बढ़ते जा रहे हैं। सुनने में आया कि लॉकडाउन की अवधि के बाद में चीन में तलाक़ की अर्ज़ियाँ पहले के मुक़ाबले बढ़ गई। हम दोनों एक-दूसरे का ख़्याल शायद पहले से भी ज़्यादा रख रहे थे। मुझे मेरे साथी का सहयोग ज़रूरत से भी ज़्यादा मिला और अभी भी मिल रहा है। यही वजह है घर का काम बढ़ने के बावजूद भी मेरा पढ़ने का शौक़ यथापूर्वक जारी रहा। स्वचिंतन व ध्यान की अवधि भी थोड़ी और बढ़ गई। इस दौरान पति के बाल काटने का अनुभव भी मज़ेदार रहा, पहले तो यही कि आपका साथी खुद अपना सिर आपके सामने कर हाथ में कैची भी पकड़ा रहा है और कह रहा कि लो जो करना है कर लो, ऊपर से परिणाम जैसा भी हो वह चूँ तक नहीं करेगा। कहना ग़लत न होगा कि छोटी-मोटी समस्याओं को दरकिनार करके यह समय हमने सकारात्मकता के साथ बिताया। फिर भी कोरोना से होने वाली मृत्यु की खबरें मन को उदास कर जाती थी। मन में यही विचार आता कि विज्ञान में इतनी तरक्की करके भी मानव के लिए छोटा सा वाइरस असाध्य हो गया है, चाहे हम कुछ भी समझें मानव के लिए समस्त सृष्टि को जान पाना हज़ारों वर्ष बाद भी असम्भव ही रहेगा।

लॉकडाउन में कुछ ऐसे काम करके संतोष मिल रहा था जो सोच रखे थे किंतु समय की क़िल्लत के कारण कर नहीं पा रही थी। जो करना बाक़ी था वह तो किया ही बल्कि जो कुछ नहीं भी सोचा था वह भी किया जो अपने-आप में एक नया अनुभव था। हुआ यह कि

लॉक डाउन के बारह-चौदह दिन बाद ही अख़बार में और कई मीडिया ग्रुप में यह पढ़ने को मिला कि घर में बंद रहने के कारण बहुत से लोग डिप्रेशन का शिकार हो रहे हैं, कई लोग घर में नितांत अकेले हैं, वे अकेलेपन का शिकार हो रहे हैं। ऐसे में सायकॉलिजस्ट ऑनलाइन उपलब्ध थे। यह पढ़कर मुझे महसूस हुआ, अगर हम इस स्थिति में मानसिक रूप से सशक्त हैं स्वस्थ हैं तो किसी और की मदद भी कर सकते हैं। सो मैंने यह संदेश लिखकर सारे ग्रुप में पोस्ट कर दिया कि "यदि आप में से कोई घर में रहकर मानसिक तनाव में है, उदास है या अकेलापन झेल रहा है तो सबसे पहले किसी से भी अपने मन की बात करने का प्रयास करे, मैंने अपना फ़ोन नम्बर दिया और लिखा कि किसी के लिए भी मैं सातों दिन चौबीस घंटे के लिए बात करने के लिए उपलब्ध हूँ। कोई समस्या हो तो मिलकर सुलझा लेंगे।" इस संदेश के बाद काइयों के फ़ोन आने लगे, सभी की ज़्यादातर एक ही समस्या थी घर में बंद हैं, अपने देश से दूर, परिवार से दूर अकेलेपन से जूझ रहे हैं। कुछ तो नितांत अकेले ही रह गए थे। लेकिन कुछ लोग सपरिवार चीन में रह रहे थे पर फिर भी डरे हुए थे। बात करके समझाने पर सभी ने यही कहा कि उन्हें अब महसूस होने लगा है कि वे अकेले नहीं, उनके साथ कोई है जो बस एक फ़ोन उठाने पर उनके लिए उपलब्ध है। कई लोगों के बार-बार फ़ोन आए, वे खुश थे, मन की व्यथा साँझा कर उनको लग रहा था कि मन हल्का हो गया। मुझे लगा समय का सदुपयोग इससे बढ़िया क्या हो सकता है। इसी वजह से कुछ नए मित्र भी बन गए। परिस्थितियाँ अनेकों खट्टे-मीठे अनुभवों के साथ-साथ भले मित्र भी बिना प्रयास ही झोली में डाल गई।

कोरोना जैसी महामारी में इंसान सहानुभूति, संवेदना, दया, दुःख-दर्द, भावना, उम्मीद और विश्वास जैसे शब्दों को पढ़ने की बजाए अनुभव करने और जीने लगता है। कई मित्रों का हाथ हमने थामा तो कई चीनी मित्रों के साथ ने मुश्किलों को जीतने में और हमारा मनोबल ऊँचा रखने में जो भूमिका निभाई वह भी हम कभी भुला नहीं पाएँगे। जिनको भी यह पता लगा कि महामारी के इस दौर में हम शंघाई में ही हैं उनके संदेश आने लगे कि अगर हमें किसी भी तरह की ज़रूरत हो तो बस एक बार उन्हें याद कर लें। कुछ इस संक्रमण से लड़ने के उपाय बता रहे थे तो कुछ यह संदेश भेज रहे थे कि इस लड़ाई में हम शंघाई में खुद को अकेले ना समझें वे सब हमारे साथ हैं। दूर रहते हुए भी उन्होंने यह एहसास करवाया कि कोई हमारे साथ खड़ा है जो गिरने पर हाथ थाम लेगा, सच कहते हैं विपत्ति में ही अपने-पराए की पहचान हो पाती है। इतने सालों से चीन में रहते पहली बार यह भावुक क्षण चीनी मित्रों से नाता और गहरा बना

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चीन में ज्यादातर लोगों ने सरकार का साथ पूरी ईमानदारी के साथ दिया लेकिन फिर भी कुछ अजीब खबरें भी पढ़ने को मिली। यहाँ हर शहर को चारों तरफ़ से सील कर दिया गया था। शहर के अंदर आने के लिए चेक पोईंट पर सबकी चेकिंग होती थी, जहाँ सबका तापमान, आइ कार्ड, हेल्थ सर्टिफिकेट चेक किया जाता था, सब सही हो फिर ही शहर के अंदर दाखिल होने की अनुमति थी। शंघाई के चेक पोईंट पर एक औरत डर के मारे कार की डिक्की में छुप गई जिसे उसकी बहन चला रही थी। उसे पकड़ लिया गया। वह बिल्कुल ठीक थी। उसने बताया वह डर के कारण ही डिक्की में छुप गई थी। लेकिन उसके छुपने के अपराध के कारण उसे पुलिस थाने तो जाना ही पड़ा।

एक आदमी ने लॉकडाउन से पहले से ही अपने जन्मदिन की पार्टी के आयोजन के लिए बुकिंग करवा रखी थी लेकिन लॉकडाउन के कारण उसे इस आयोजन की अनुमति नहीं मिली। इसी से वह इतना परेशान हो गया, उसकी कुंठा इतनी बढ़ गई कि वह अपने ऊपर पेट्रोल छिड़क कर, सारे शरीर पर पटाखे बाँध घर से बाहर आकर खड़ा हो गया। थाने तो जाना ही था सो गया। लेकिन ऐसी घटनायें यहाँ बहुत ही कम, इक्का-दुक्का ही थीं। आमतौर पर सभी शांति के साथ अपना कर्तव्य समझ सरकार के निर्देशों का पालन कर रहे थे।

महामारी की इस स्थिति में चीन में यदि कोई एक राज्य से दूसरे राज्य में जाता तो अलगाव और संगरोध अनिवार्य है और हर व्यक्ति को इसका पालन करना पड़ता। इसके अलावा सारे देश में मास्क पहने बिना बाहर न निकलना, आत्म-तापमान जाँच, सार्वजनिक स्थलों पर थर्मल तापमान स्कैनर से जाँच और आवासीय परिसर में प्रवेश से पहले तापमान जाँच चीन में इस समय नए दैनिक मानदंड हैं। महामारी की इस स्थिति से केवल निरंतर प्रयासों और अनुशासन से ही निबटा जा सकता है। इसके साथ ही हर नागरिक की भागीदारी भी बहुत महत्वपूर्ण है। हमने यहाँ रह कर सीखा है कि धैर्य, आत्म-संगरोध, और अलगाव ये कदम हैं जो महामारी पर काबू पाने में महत्वपूर्ण भूमिका निभाते हैं।

शंघाई में स्थिति में तेज़ी से सुधार आ रहा था। हमारे सकुशल व स्वस्थ होने के कारण हमारे बच्चों के मन में चिंता समाप्त हो गई थी। हम सब सोच रहे थे अब सब ठीक हो रहा है लेकिन कुछ समय के बाद स्थितियाँ बदल गई, कोरोना का संक्रमण शंघाई में घट कर ना के बराबर रह गया लेकिन पूरे विश्व में इसके फैलने की खबरें आने लगी, अब हमें बच्चों की चिंता हो रही थी।

फिर यह भारत तक पहुँचा तो चिंता और बढ़ गई

क्योंकि भारत तो सारा ही अपना है फिर यह भी लग रहा था कि जब विश्व के प्रतिनिधि देशों में स्थितियाँ इतनी खराब हैं तो भारत जैसे देश से कैसे संभल पाएगा कोरोना जैसा आततायी। लगा कि अगर इटली, अमेरिका जैसे देशों में मरीज़ों के आँकड़े लाखों में हैं तो इतनी घनी आबादी वाले देश भारत में तो ये आँकड़े करोड़ों में पहुँच जाएँगे। फिर वही हुआ जिसका डर था। भारत में कोरोना ने देश के कोने-कोने में पाँव पसार लिए, इस महामारी के कारण देश की जनता के साथ-साथ देश अर्थव्यवस्था पर भी काफ़ी बुरा असर पड़ा। यही आशा है भारत में के साथ बाकी सारे संसार में से भी जल्दी ही इसका सफ़ाया हो जाए।

बस एक प्रश्न मन में उठ रहा है कि कोरोना की इस विकट परिस्थिति के कारण वर्षों बाद जो स्वच्छ हवा, पानी और आकाश लोगों को सौगात में मिला, क्या हम उसे वैसा ही बनाए रखने के लिए प्रयास करेंगे ? कोरोना के संकट के बाद शंघाई में घर के बाहर लगे पेड़ों पर जहाँ सिर्फ़ चिड़ियों की चहचहाने की आवाज़ ही सुनाई देती थी वहीं आज घर में बैठे ही कई तरह के पक्षियों के कलरव की मीठी तानें कानों लुभाती हैं। पता नहीं कितने दिन में यह आवाज़ें फिर खो जाएँगी ? क्या इंसान अपनी ज़रूरतों को कम करके सृष्टि की इन नियामतों को सम्भाल लेगा या फिर से ऐसे ही सृष्टि को स्वयं की रक्षा के लिए बार-बार मानव मर्दन करना पड़ेगा ! आज इंसान कुछ दिन घर में बंद रहकर हाय-तौबा मचा रहा है। फिर उनका क्या जिन जीवों को इंसान ने कैद में रखा हुआ है। उससे भी ज्यादा जुल्म उन बेचारों पर जिनके घर ही हमने तबाह कर डाले जंगलों को ख़त्म करके और प्रदूषण के कारण नदियों और समंदर में रहने वाले जीवों का जीवन नर्क बना डाला है। एक तरह से घर ही तो उजाड़ रहा है इंसान सब जीवों के। सृष्टि शायद हमें चेता कर सुधरने को कह रही है। सारे विश्व में सब कुछ ठप्प पड़ा है। सबके पास ख़ाली समय है। सोच सकते हैं हमें कौन सी राह पर चलना है।



THE DAY WAS ABLAZE & DARKENED

*The day was ablaze with the scorching sun;
Sitting by the window,
Suddenly felt a chilled breeze on my derm!
It crazed my heart and made me blush.
In no time, it flush into my mind and soul.
The soft drizzle wrapped me up intimately.
It was very reassuring,
Until the drizzle turned into a violent shower.
It was too late to discern, it was a storm.
The heart was not warned by the storm,
It left me destroyed and devastated by every inch.
The heart, which was thrilled by its chill,
Is now shattered into pieces.
Now my heart is finding its broken pieces,
To bring it back in form.
But the crackle will remain eternal...*

About Author:

Aparna has been living in Shanghai with her husband Vinay Anand for the past 4 years. The unpredictable weather and mixed cultures have made her fall in love with the city.



A BRIGHT LAMP OF HOPE TO THE UNDERPRIVILEGED YET DESERVING

– Deepstambh Foundation

Wings are not only for birds; they are essential even for infinitely capable human minds to take flight. Minds ready for immense possibilities, that await a spirit of hope and encouragement to come their way. This possibility is what inspired Yajurvendra Mahajan to establish the Deepstambh Foundation and embark on a journey that changed not only his life but thousands of other underprivileged lives in India.

He is one of the most simple, down-to-earth persons you will come across. Immensely inspired by the thoughts and life of Swami Vivekananda, he strives continuously to contribute to an India of his dreams. At an age, when most of us dream and work towards securing a well-paid job, he decided to dedicate his abilities and life to a cause that no one had even thought of as a possibility. Overcoming challenges was a passion for this young man, right from the beginning. So, when he started Deepstambh in 2005, to bring quality training for competitive examinations to the economically backward sections of the society, the decision came naturally to him. There is a spark in his eyes when he proudly states that no student is ever turned away from Deepstambh because they cannot afford the fees. That

spark is what keeps him going, despite the difficulties and struggles.

While giving lectures at various schools and colleges across Maharashtra, he noticed that physically disabled and blind students were only encouraged to do small odd jobs, like sell incense, run telephone booths or weave mats, for a living. To him, it was unbearable to imagine how we had built a society incapable of even giving the right to dream big, to these intellectually capable children.

He started taking this mission of inspiring students with disabilities and economically backward youth to pursue competitive examinations, to every small and big village of Maharashtra. The idea of training deprived and disabled students for competitive examinations was considered an impossible task. It met with a lot of skepticism and resistance. Also,

there was little knowledge on how to go about with this unique task. But impossible was not a word he accepted in his life. Yajurvendra Mahajan went to the edge of that difficult cliff and jumped with confidence, building his strong wings on the way down.

He has come a long way, since he began his journey, starting various projects like Inspirational Reading in rural areas,



Reading Rooms and Rural libraries in 18 rural districts, Gurukul (a free qualitative education, residential project), Sanjeevan (a project specially designed for orphans above the age of 18), and various other projects, including his flagship project Manobal.

Project Manobal has become India's first free residential Competitive Examination Guidance Centre for students with disabilities (visually impaired, orthopedically impaired and hearing and speech impaired), orphan, tribal and rural youth who are academically brilliant and deserving of this opportunity. Here the students are given qualitative guidance for prelims, mains, and interviews of UPSC, MPSC, Staff Selection Commission, Railway, and Banking examinations, at the Jalgaon and Pune centers. Currently, there is also an online facility available where students from mainly Maharashtra and 17 other states are training.

There is also a computer training center, Braille library, audio library, and readers club for students who are visual, hearing, or speech impaired. The students are further trained in developing vocational skills like doormat making, singing and playing musical instruments, personality development, and other soft skills.

It is a pride for the nation, to note that to date, 212 students have secured a

place in government jobs and more than 500 students have got jobs in the private sector, after getting trained at Manobal.

True to its name, Manobal, with the help of a team of experts, plays an instrumental role in giving a life-transforming experience, sharpening the self-confidence, self-esteem, and inner strength of these students.

It is hard to miss, the power of the ideals on which the Deepstambh family has been founded. The alumni, who have reached good positions in their careers, contribute to the betterment of other deprived students. Inspiring and lifting each other, each student, coming from this family, creates a ripple of support, acceptance, and love that passes on the light of hope to the deprived students coming after them.

The home that Yajurvendra Mahajan has built, not only offers quality education, development of skills and hobbies, and a fair opportunity to prove themselves but also provides

them with shelter, nutritious food, and most importantly a family, to call their own. To date, Manobal was run at various rented buildings, located at different locations, in Jalgaon. This was quite inconvenient for the physically-challenged students as well as the trainers and other staff. Keeping this in mind, Manobal project took a big leap and started construction of a one-of-a-kind residential campus and training center at Kusumba, Jalgaon District, where deprived students from all over India will be coming





for quality education and training. This project would accommodate about 300 students.

The project needs a lot of special equipment and infrastructure to facilitate the needs of the students with various disabilities and is estimated at a total cost of Rs. 14 crores. 50% of the construction of this esteemed center is already completed, however, the Deepstambh Foundation still requires about Rs. 7 crores for completing the construction and fulfilling other annual expenditures of running the institution.

Of course, one cannot underestimate the involvement of innumerable volunteering hands and staff that strive hard for the success of this project. But the generous benefactors who donate and support this unique cause, form the most important pillars of this organization, boosting it to aim for greater heights. It is the continuous support and love of the people, who invest their faith in the organization's work to make the life of these students better that keeps the torch burning for this project.

Deepstambh's Manobal is the first project in India, which is a lighthouse giving young students even with chronic disabilities, above the age of 18, to make a space for themselves and tap their potentials.

To capture the true essence of these young inspiring lives being trained, one has to visit the facility in Jalgaon and experience their inner strength, first hand. But you can get a glimpse into their spirit when you hear stories of these young minds that believe that their disability is a blessing in their lives that enabled them to work harder and to achieve so much more in life, without the regular distractions.

Adversities and challenges are part of everyone's life. There is no other way to get past them, other than by facing them boldly. Only when the challenges are big one can know that they are on the right path, says Yajurvendra Mahajan as he continues the motivating journey with his students.

As privileged individuals of this society, there is something that we need to

understand. These deprived young minds have an equal right to dream big and make it bigger in their life. All they need is the will to work hard, the right opportunities, and a push of encouragement. When there is an intention to do the right thing, then it is not difficult to become the beacon of light and confidence, believe in their capability, and boost their confidence to build a better tomorrow, for them and our entire nation.

The wonderful Indian community in Shanghai has a sweet connection with Deepstambh Foundation. Many families from the Indian community are closely connected with them. Notable contributions have been made by Ingle's, Dorle's, Shinde's, Joshi's, Dhekne's, Bagade's, Aradhey's, Wale's, Kadam's, Mahtre's, Kale's and others. It is a proud moment that with the help of these wonderful individuals Deepstambh International Foundation has now been established with center's in 6 countries already in place!

If Deepstambh Foundation's effort has touched a chord in your heart and you would like to contribute or know more about Deepstambh and its work please follow:

Website: www.deepstambhfoundation.org
YouTube Channel: Deepstambh Foundation
Facebook: <https://m.facebook.com/DeepManobal/?ref=bookmarks>
Instagram: <https://www.instagram.com/deepstambhmanobal2015?r=nametag>
Email: deepstambhngo@gmail.com
Donation Details:
Deepstambh Bahuudeshiya Sanstha
Account No: 50200027554220.
IFSC Code HDFC0001785
HDFC Bank Jalgaon
Account Type: Current
Pan Number: AABTD7731N
You can contribute specifically to Manobal by sponsoring:
One student's yearly expense - Rs 80,000
Cost of one room in the Residential Training Centre – Rs 5 lakhs



YOGA DURING PREGNENCY

Pregnancy brings a new meaning to the concept of beauty. The feeling of carrying a little soul within you is magnificent! If you are expecting a little angel soon, here is a very - important concept of yoga in pregnancy that will keep you and your little soul Healthy & Happy!!! Those who are becoming first-time moms have both great Excitement and Fear. It's not too easy to adopt these changes quickly. It takes time for a first-time mom. Nine months carrying a baby in your womb is not a short period. It needs so much care, safety, love, and strength.

Women who are expecting a baby are advised with lots of things like food- To eat and to avoid, walking - not too fast, sitting carefully, dressing, sleeping pattern, etc.

Sometimes they get irritated or short-tempered; they suffer from mood swings and also feel exhausted with a big belly, etc. As I am also a Mother!

I do understand these problems. In fact, these are not problems. They are only symptoms of hormonal changes that happen inside the body.

The first trimester was also like a disaster for me. Every morning I suffered from morning sickness- nausea with vomiting and I was craving for specific food (curry and rice) lol!!!



But after passing the first trimester, I never had any problems. I scheduled my routine for yoga and especially for pranayama and meditation.

It helped me a lot to become calm and



more connected to my little one, who was growing inside me.

As the pregnancy is categorized into three steps -
1) First trimester. 2) Second Trimester 3) Third Trimester

The symptoms of these three trimesters.

First Trimester:

- Tiredness
- Upset stomach
- Mood swings
- Heartburn
- Weight gain
- Headache
- Craving for certain food
- Constipation

Second Trimester:

- Leg pain (leg cramps)
- Puffiness
- Aching back, pelvis, hips
- Heartburn
- Urinary tract infection

Third Trimester:

- Insomnia (sleep discomfort)
- Back, stomach pain.

Prenatal Yoga

As we have talked about the changes during

pregnancy, which creates stress on you mentally and physically, a way to maintain a healthy mind and body is PRENATAL YOGA.

Prenatal yoga focuses on the poses for pregnant women, to increase strength and flexibility.

It also helps pregnant women to develop proper breathing and relaxation techniques for easier and more comfortable LABOR.

Benefits of Prenatal Yoga

Prenatal yoga is good for overall wellness.

There are many benefits of prenatal yoga:

- Improved Sleep
- Reduced Stress
- Increased strength, flexibility, and endurance
- Decreased lower back pain
- Decreased nausea
- Decreased headache
- Decreased risk of preterm labor
- Lowered the risk of intrauterine growth restriction (a condition that slows the baby's growth)

In addition to the benefits listed, studies have found there is a relationship between prenatal yoga and the reduction of hypertension-related complications, as well as, improvement of fetus outcome.

Evidence

Yoga can help keep expectant mothers stress free: First evidence found, April 30, 2014, Manchester University

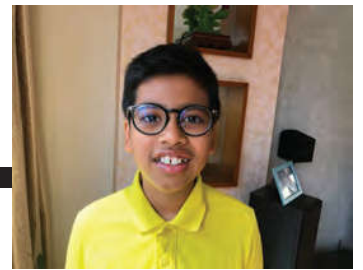
Researchers in the UK have studied the effects of yoga on pregnant women and found that it can reduce the risk of them developing anxiety and depression. Stress during pregnancy has been linked to premature birth, low birth weight, and increased developmental and behavioral problems in the child as a toddler and adolescent, as well as later mental health problems in the mother. A high level of anxiety during pregnancy is associated with an increased risk of developing depression later in life.

While you are pregnant, it is important to build a strong support system. Oftentimes, this support system will include family and friends. It can be beneficial to expand your support system to include other pregnant mothers. While participating in a prenatal yoga class, you are allowed to meet other expecting mothers whom you can share your concerns with.

About Author:

Arti Sharma is a Yoga Teacher, Vlogger and Blogger. She has B.Sc. & M.Sc. in Yogic Science and Holistic Health

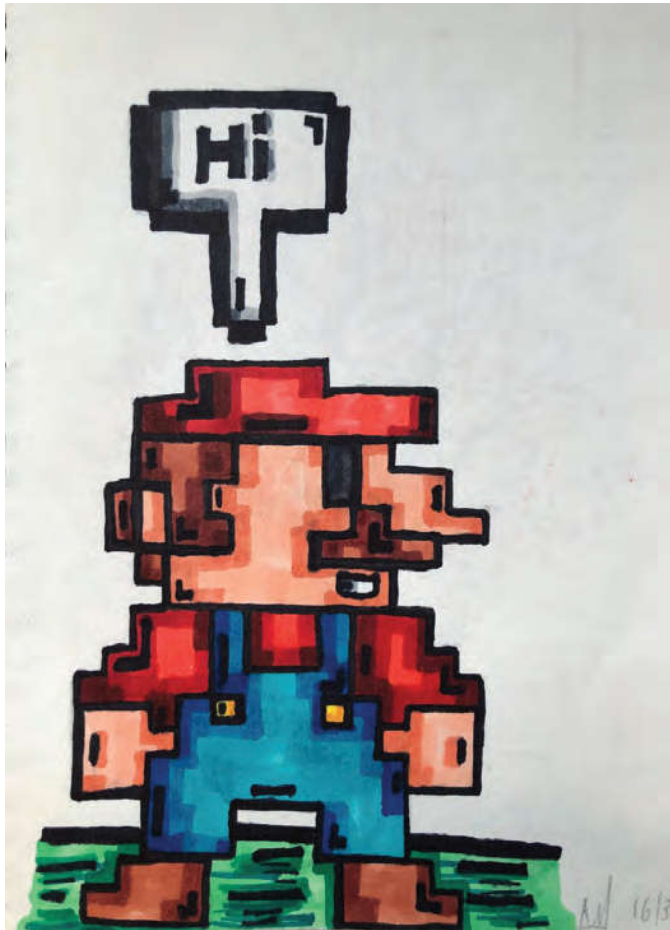




Here is the drawing of my favourite anime character called Naruto wearing N-95 mask to protect himself from COVID-19. He is conveying a message to wear mask when outdoor with an expression "We will get through this!"









CYCLOHOLICS QIANDAOSHU CYCLING TRIP SEPT 2020 – An Insightful Experience

almost 85 kilometers. The sight of 8 of us, all drenched in the downpour with a smile on our face and a lovely Bollywood song on our lips was a sight that will stay in our hearts forever.

The weather got much pleasant the next day, but the climb became arduous. We set off again to finish our ride with grit and resolve. Everyone realized their true potential when the seemingly very challenging ride eventually was completed safely and uneventfully by all. It was truly a new experience discovering the new potential for all of us having stretched our mental and physical limits.

Photo 9 and 10

Celebrations ensued the ride and we rejoiced on our well-earned achievement. It was a moment of pride! We did it! Special mention of Prashant Kharwadkar, who at the age of 60 kept the resolve to finish such as challenging ride.

Such trips help one to not only meet and connect with other dear friends but also to explore one's own self! at the end of this wonderful trip what each one of us realized that what we had gained was true friendship. When the time came to say goodbye, this is what we said to each other

This year, Cycling has become a newfound passion for many of us here in Shanghai, and back home in India as well. It's heartening to see more and more people turning towards this nice hobby which not only helps to maintain physical fitness and good health but also encourages and develops social connections.

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." — Sir Arthur Conan Doyle,

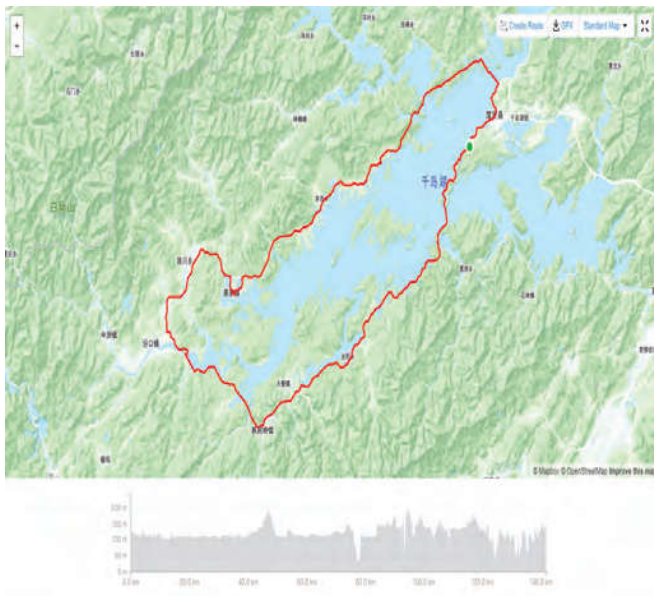
This seemingly innocuous quote from the British author Sir Arthur Conan Doyle written in the 19th century is still relevant in current times. Riding a bike was the most spirit-lifting activity our riding group 'Cycloholics' found amid the gloom of COVID-19.

It started spontaneously when some of our fellow Indian friends living in Pudong came together to ride their bikes along the newly constructed beautiful waterfront on river Huangpu in Shanghai. Our rides became regular on weekends and more people joined. We eventually named our group 'Cycloholics'. We were a diversified group both in terms of age and fitness but we had a shared objective to complete the adventure.

Cycloholics set off for an adventure to ride around the picturesque Qiandaohu Lake in the Zhejiang province of China in September 2020. Qiandaohu bike riding circuit is approximately 150 Kilometers traversing through jaw-dropping views of the pristine lake, flourishing valleys, and idyllic villages en-route. Every single view on that route is a postcard moment.

It was a ride of a lifetime for all having minimum experience in doing long-distance cycling and the challenges associated with it. We met our first obstacle rather quickly – rains drenched us on the very first hour of our ride. We remained riding undeterred, only to finish safely at our destination for the day after riding

कौन कहता है दोस्त, तुमसे हमारी जुदाई होगी !
ये खबर किसी और ने उड़ाई होगी !!
शान से रहेंगे हम आपके दिल में !
दोस्ती के इस खेल में हमने,
कुछ तो जगह बनाई होगी !!



Cycloholics 150Km Qiandao Lake Circuit



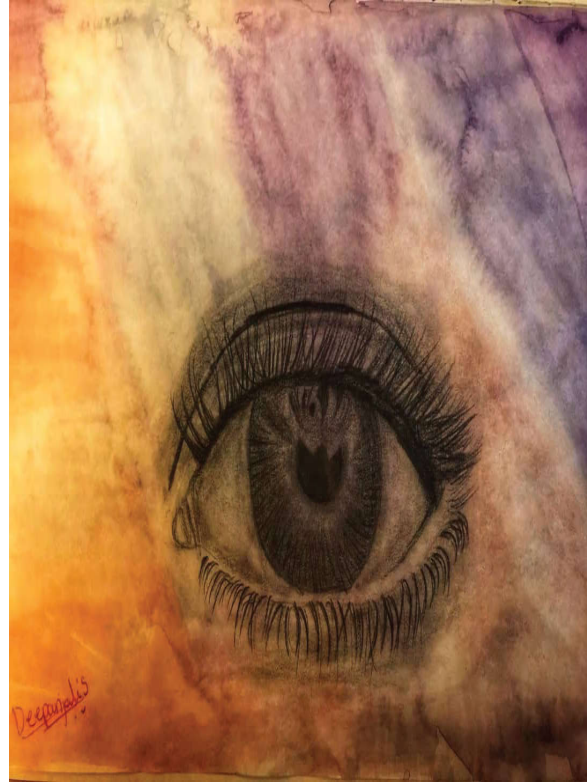
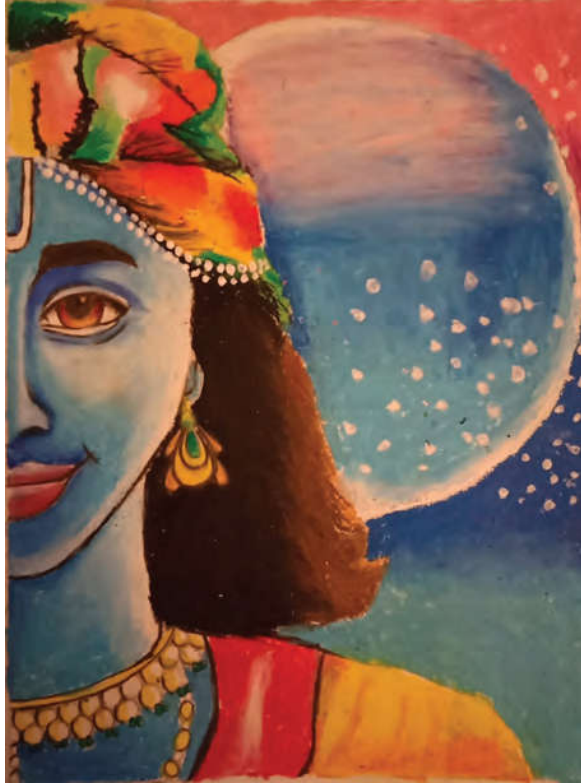
Ashish Kabra, Tushar Bhanushali, Prashant Kharwadkar, Amit Waikar, Rahul Deshmukh, Rahul Bagde, Nitin Soni and Rakesh Dattawadkar



We at Cycloholics invite more and more participation from fellow Indian members in Shanghai. Please do join us for our regular rides on Sunday morning in person or virtually wherever you are!
Please Contact:
Nitin Soni +8613611731787 for the Pudong Group /
Amit Waikar +8613918228393 for the Puxi Group.



“Art is not what you see, but what you make others see.”
 - Edgar Degas

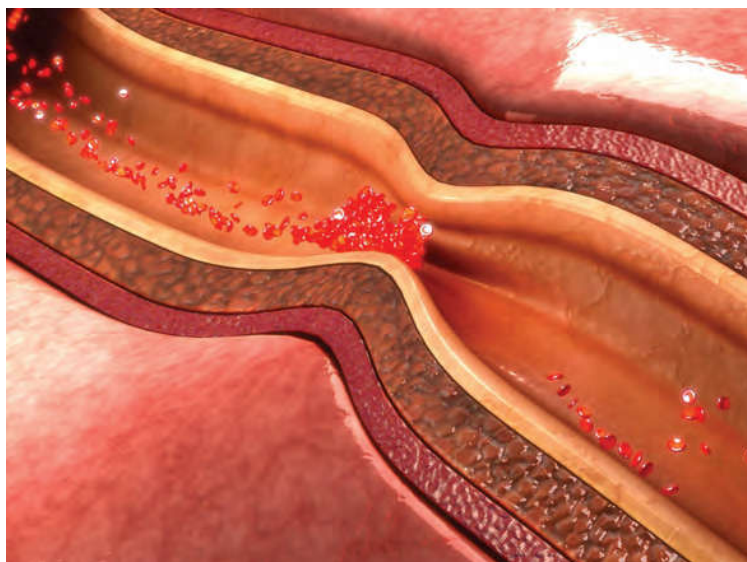


About Artist:

Ms. Deepanjali Shirgurkar studies at SMIC Private school Pudong, in 8th grade. She says, Art has always been a part of her life until it became her passion, which enhanced her skills and made her more competitive and loves experimenting with different forms of art. She has also won the 3rd prize in the Eco- Future Art Competition organized by the Shanghai Family and HuMaNiuWa. Her artworks have also been published in the Shanghai Kids Magazine.



CORONARY VASOSPASM (PRINZMETAL ANGINA)



In comes patient at our ER, in the middle of the day, she was complaining about chest pain/tightness (It felt like an elephant sitting on her chest) woke her up in the middle of the night. Chest pain lasted for 5-10 minutes and then subsided. But she was concerned more about heart attack brought her to our ER the next day. The patient had a history of reflux disease, which could mimic similar symptoms. Interestingly, EKG, Blood workup, 2D ECHO, and physical examination have normal findings. Repeating all the tests yielded no significant findings. The most interesting part was her symptoms usually appear when the patient was at rest. Normally, angina pectoris (Chest pain) generally triggered by exertion or intense exercise but in this case, chest pain was apparent at rest seems like a classical presentation of Coronary Vasospasm. Later, cardiologists called for further assessment. After careful examination, the cardiologist was also thinking down that line. He suggested 24 hours Holter test monitoring (which was normal) and Coronary angiography. Post-coronary angiography revealed coronary microcirculation spasm, which can also be triggered by stress even at rest. The patient, ever since, has been on maintenance management for her symptoms, she was responding very well. Early and correct diagnosis makes life better.

****Coronary arteries (Coronary blood vessels) **** supplies blood to our heart. Any kind of obstruction inside these blood vessels will starve heart muscles for oxygen and nutrition resulting in ****Chest Pain**** due to oxygen hungry heart.

What is Prinzmetal's angina?

Prinzmetal's angina often referred to as "variant" angina, is a temporary increase in coronary vascular tone (vasospasm) causing a marked, but transient/temporary reduction in

luminal diameter. This coronary vasospastic state is usually focal at a single site and can occur in either a normal or diseased vessel. By no means it results from the blockade in the blood vessel but a spasm of coronary blood vessels obstructing heart muscles.

Risk factors

The intake of certain agents has been reported to trigger an attack of variant angina. These agents include:

- recreational agents (e.g. nicotine in tobacco and other forms, alcoholic beverages, marijuana, cocaine);
- catecholamine-like stimulants (e.g. epinephrine, dopamine, various amphetamines);
- the uterus-contracting drug, ergonovine;
- parasympathomimetic drugs (e.g. acetylcholine, methacholine);
- anti-migraine drugs (e.g. various triptans), and;
- chemotherapeutic drugs (e.g. 5-fluorouracil, capecitabine).

Besides, hyperventilation and virtually any stressful emotional (our patient has been suffering from excessive stress) or physical (e.g. cold exposure) event that is suspected of causing significant rises in the blood levels of catecholamines may trigger variant angina.

Diagnostic tests

EKG when the patient is symptomatic

Treadmill tests

Coronary Angiography

The gold standard for diagnosing variant angina is to visualize coronary arteries by angiography before and after injection of a provocative agent such as ergonovine, methylexgonovine, or acetylcholine to precipitate an attack of vasospasm. A positive test to these inducing agents is defined as a $\geq 90\%$ (some experts require lesser, e.g. $\geq 70\%$) constriction of involved arteries. Typically, these constrictions are fully reversed by rapidly acting nitroglycerin.

Post CAG complications

- Heart attack.
- Stroke.
- Injury to the catheterized artery.
- Irregular heart rhythms (arrhythmias)
- Allergic reactions to the dye or medications used during the procedure.
- Kidney damage
- Excessive bleeding.
- Infection.

Dr. Achal Mobile : 18896786344

WeChat: docachal



WHICH EMERGENCY NEEDS IMMEDIATE ATTENTION?

Because Coronavirus went berserk in China, residents had been suggested to stay at home and reduce activities in the public areas including hospitals.

However, during the last few weeks several cases have been reported which, initially, required immediate medical attention but due to the ongoing situation, treatment was delayed later turned into life-threatening conditions.

Last Sunday, a patient came to the hospital with excruciating lower abdominal and low back pain. Radio imaging investigation revealed massive right adnexal mass most likely of cyst-adenoma causing lower abdominal and lower back pain. The patient mentioned she has been experiencing this debilitating pain for more than a week. "Just the fear to go to hospital caused so much suffering". When she spoke to our customer service, they explained to her about our very effective triage system to manage fever patients to prevent transmission of Covid 19 within the hospital and assured her safety. When she arrived at the hospital, we followed all necessary guidelines given by the Government to control the transmission of COVID-19. With the on-going discussion amongst surgeon and gynecologist to determine the right sort of approach to deal with this situation suggested patient care even under such a precarious situation (COVID-19) at St. Michael's Hospital is of utmost priority. We offer nonstop 24*7 care to our patients.

Medical conditions mentioned below need immediate attention and any further delay could lead to a life-threatening scenario.

Acute appendicitis

Typical symptoms are mid-upper abdominal pain or peri-umbilical pain, nausea, and vomiting; later, inflammation becomes infiltrative and spreads. Pain shifts to the right lower abdomen. This may lead to chills and high fever. If not treated in time, the appendix perforates and results in severe peritonitis which is life-threatening.

Abdominal Blunt trauma

If the abdominal cavity is strongly stimulated or bumped, it will cause an ovarian rupture, splenic injury, hepatic injury, and major blood vessel rupture/damage that can result in massive internal bleeding and acute pain. The pain will slowly spread to the entire abdomen. Increased bleeding can lead to decreased blood pressure, dizziness, and even shock. Immediate medical attention is mandatory.

Acute Cholecystitis

Typical manifestations are paroxysmal colic in the right upper abdomen, nausea, and vomiting. Severe Inflammation can cause fever and chills. Obstruction of the common bile duct due to biliary stones can cause jaundice. The exacerbation of acute cholecystitis can cause complications such as gallbladder empyema, gallbladder perforation, bile leakage, and biliary peritonitis. Its further development can induce septic shock, sepsis, and can be life-threatening. Alarming signs and pain are unbearable.

Kidney stones

Excruciating and unbearable pain initiated from back radiating to the groin region. Mostly self-resolving once stones passed via normal route but middle/Distal ureteric obstruction due to bigger stone/s can inflict unbearable pain. If left untreated, many complications can occur. May need instant ureteroscopy.

The conditions mentioned above present a common symptom called Acute abdomen. Please be careful about them.

Fractures

Swelling or bruising above the bone; pain or deformity at the injured area, moving the area, or applying pressure to the area will increase the pain.

Bone breaks through/from skin surface due to open/complicated fractures.

The dislocation at the fracture site is difficult to recover, resulting in malunion or nonunion of the fracture.

Failure to take timely measures may result in permanent/serious damage to the internal organs.

Chest pains

No matter what may be the cause, chest pain needs immediate attention to rule out coronary artery diseases like myocardial infarction, pulmonary embolism, dissection of the aorta, pneumothorax, stabbing wound, etc. All of these conditions are life-threatening.

Stroke

1. Sudden numbness or weakness in the face, arms, or legs, especially one side of the body
2. Difficulty in understanding
3. Trouble speaking
4. Sudden confusion
5. Severe headaches w/o known cause
6. Troubled vision
7. Troubled walking with dizziness and loss of balance

Strokes are life-threatening and may lead to permanent paralysis to one side of the body. Needless to say, that this requires medical attention.

Finally, please do not hesitate to contact our customer services if you need immediate medical attention. We are always at your service.

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HEALTHY AGING

When we get older, an increase in the number of significant life changes is experienced by us, which comprise of the physical changes of aging, retirement, as well as the loss of loved ones. The key to aging well is how we manage these changes, along with regular day-to-day stresses.

Healthy aging is not only about staying physically healthy; it is about how to maintain one's sense of purpose as well as enthusiasm for life. For every person, the specific components of healthy aging are variable. The common factors consist of the ability to cope with stress as well as good mental health. Learning the basic formula of healthy aging will enable you in your advanced years to live with a sense and joy.

FINDING AND FOLLOWING YOUR FORMULA FOR HEALTHY AGING

It is hard to cope with change, regardless of how old you are. In older adults, the particular challenge is the overwhelming number of changes and transitions, which consist of the loss of health, employment, friends and family, and even independence. It is common to mind those losses. However, if you can balance that sense of loss with optimistic components, you have a recipe for aging well.

Healthy aging implies discovering novel things to enjoy, remaining physically as well as socially active, reinventing yourself continuously, feeling connected to your community and loved ones, and discovering to acclimatize to change. It is really unfortunate that in several people aging is associated with anxiety and fear. Many questions arise in mind? Will I be able to take care of myself? What if my spouse will die? What will happen to my mind in the future? Most of such types of fears originate from myths related to aging, which are overstated or simply not true. The fact is, you are more resilient and powerful than you might think.

ABOUT HEALTHY AGING

Old Age Means Poor Health and Disability

Fact: Some of the diseases more commonly occurs in older adults. Yet, aging does not necessarily stand for poor health or you are going to be restrained to a wheelchair or walker. Many older adults enjoy a dynamic healthy life. Preventive measures, such as exercising, healthy eating, as well as managing stress can be useful in decreasing the risk of chronic diseases and ultimately deferring the risk later in life.

Memory Loss is an Inevitable Part of Aging

Fact: Eventually, you may find that you do not recall things as quickly at the same pace as you did in the past, and memories can take longer to get back. Significant loss of memory, however, does not result automatically from age. Training of the brain and acquiring new learning can take place at any age. And, you can do a lot

of things to keep your memory sharp.

You Cannot Teach an Old Dog New Tricks

Fact: One of the more harmful misconceptions related to aging is that you will no longer be able to try anything new or do anything after a certain age. The opposite is true. Older adults are equally able to learn new things, adapt to new environments, and share their knowledge and experience with many generations. When you believe in yourself and have faith in yourself, you will create a positive framework for change regardless of your age.

COPING WITH CHANGE

When you grow old, both happiness and distress can occur. Creating your endurance and creating healthy ways to deal with challenges is critical. This skill will allow you to create most of the good moments and keep your composure when times are tough.

- Your concentration should be on the things for which you are grateful. The longer you are alive, the more you will be losing. Life becomes even more valued when you lose people and things. You will be grateful and enjoy what you have even more when you stop taking things for granted.

- Recognize your emotions and express them. You can find it difficult to show strong emotions, maybe thinking that such a showing is inappropriate and weak. Yet suppressing your emotions can result in frustration, disappointment, and depression. Do not ignore what is going on. Find healthy ways to express your thoughts, maybe by speaking or writing to a close friend or in a magazine.

- Consider things that you cannot change. Many things in life are beyond our control. Concentrate on things you can control, such as how you choose to respond to problems, rather than worrying about them. With grace and a healthy dose of hilarity, face your weaknesses.

- Always search for good things in life. As the saying goes, "What doesn't destroy us makes us stronger." Try to see them as tools for personal growth while facing massive challenges. Reflect on them and learn from your mistakes if your own poor choices led to a stressful situation.

- Take regular measures to address the challenges of life. If obstacles seem too large to tackle, it often seems easier to sweep them under the carpet. Yet avoiding the issue does not make it go away; it causes the problem and the anxiety to build up. In its place, one small step at a time, make things happen. Maybe a small step can go a long way to boost your confidence and reassure you that you are not incapable.

DEPRESSION IS NOT A NORMAL PART OF AGING

The traumatic changes that older people frequently face

(e.g. a spouse's death, retirement, or medical issues) can cause depression, particularly if there is no strong support system. Yet depression is not a natural or necessary part of the aging process, and you can enjoy your golden years with treatment and support.

FINDING MEANING AND JOY

The continued ability to find value and joy in life is a key ingredient in the safe aging recipe. When you age, your life is going to change and you are going to lose things that used to fill your time and have given your life a purpose. You may retire from your career, e.g. or your kids may be moving far away. But, this is not the moment to stop moving onward. If you let it go, later life may be a time of exciting new adventures.

Everyone has unique ways to experience meaning and happiness and, with time, the things you enjoy will change. Consider some of the below-mentioned suggestions if you are not sure how to get started:

- Take up a hobby that is neglected long back
- Engage in your community (volunteering or attending a local event)
- Enjoy the arts (visit a museum, go to a play or a concert)
- Play with children or a beloved pet
- Join a class or club
- Learn new things (a foreign language, an instrument, a new game)
- Go to a place you never visited on a weekend trip
- Spend time and enjoy in nature (walk, enjoy scenic view, go fishing).

There are endless opportunities. The point is to for search activities, which are meaningful as well as enjoyable. Whatever is your preference in life, the time you take for nurturing your spirit is never considered to be wasted.

HEALTHY AGING THROUGH HUMOR, LAUGHTER, AND PLAY

One of the great medicines for both the body and the mind is laughter. It assists one to remain healthy, happy, balanced, full of energy, and joyful. A sense of humor enables one to get through hard times, look outside of yourself, smile at life's absurdities, and resolve difficulties.

STAYING CONNECTED

How your support network changes is one of the greatest challenges of aging. It is difficult to remain connected with increasing age; this is true even for people who have had an active social life for all time.

One may be away from close friends and family members because of illness, movement, retirement, and death. With aging, more people will be away. What is more, it is really hard to get around.

Yet finding ways to reach out and communicate with others is crucial. Solitude and alienation are serious threats to healthy aging. It is a shield against anxiety, illness, suffering, and failure to have people you can turn to for company and support.

The great news is that there exist many ways to be with other people. Whatever you do, it does not matter as long as you get out of the house and socialize (if possible):

- Connect with friends and family regularly. Always spend time with those people with whom you enjoy and who make you feel happy. You may like to have a walk with your

neighbor, go shopping with your children, or a lunch date with an old friend. Even when you are not close to each other, always make a call or email to maintain relationships fresh.

- Try to make new friends. It is essential to make new relations as you lose people in your circle so that your circle does not diminish. Make it a point of making friends with people who are younger than you. Younger friends can reinvigorate you from a fresh perspective and help you see life.

- Spend time everyday with at least one individual. Day after day, you should not feel lonely. Connection by phone or email is not a substitute for spending quality time with others. A daily face-to-face connection makes you feel optimistic and stay away from depression.

- Volunteer for society. It is a great way to give back to the community for strengthening social bonds as well as meet others. Enrich and expand your life with the meaning and purpose you find in helping others. Volunteering is the natural way of meeting others who share similar values or who are interested in similar activities. You can get engaged by volunteering on the phone, even if you are at home. Seek groups of support in times of transition. If you or a loved one has a chronic disease or recent loss, engaging in a support group with others facing the same struggles can be very helpful.

BOOSTING VITALITY

Do not believe in the myth that aging, without doubt, stands for you will not feel good anymore. It is true that aging involves physical changes, but not discomfort as well as disability. Although not all pain or illness is inevitable, most of the physical challenges related to aging can be reversed or significantly lessened by eating healthy, doing exercise, and self-care.

Starting is never too late! Irrespective of how unhealthy you have been in the past or how old you are, there are enormous advantages of caring for your body that will help you stay involved, sharpen memory, improve the immune system, handle health issues, and boost your energy. Yes, most of the older adults report feeling better than ever as they make more attempts to be healthy than they have ever done during younger age.

EATING WELL AS YOU AGE

The relationship to food changes with the body with aging. Changes in taste and smell, reduced metabolism, and slower digestion may have an impact on your appetite, the foods you can eat, and how food is processed in your body. Finding how to respond to your changing needs is the secret. Today, healthy eating is more essential than ever to conserve your strength and well-being.

- Eat more fruits, vegetables, and whole grains with high fiber content. Fiber is very important because the whole digestive system is slower. Eat foods high in fiber, such as whole grains, fruits, and vegetables. These will help you feel better and active and provide you with fuel to keep going.

- Make sure the food looks great and tastes good. On aging, taste buds are not as strong and appetite may not be the same as previously. However, nutritional needs are as significant as ever. Put a little more effort into your meals, if you do not like eating the way you used to, including how

you cook, add flavor, and display your food.

- Pay attention to dehydration. Older adults are more vulnerable to dehydration due to physical changes. Just make sure you have plenty of water to drink, even if you do not feel thirsty. You would not be as alert and your energy will decrease if you do not get enough water.

- Enjoy taking meals as a social event. Dining with others is more fun than dining alone. Invite people to have meals with you. Share cooking and cleanup duties with others.

EXERCISING AS YOU AGE

Most of the old people do not exercise. Exercising, however, is the key to healthy aging. This allows you to preserve your strength and agility, helps boost your mental health, and even helps to reduce chronic pain. Whether you are healthy or facing a chronic impairment or health problem, daily exercise will help you remain physically and mentally healthy and enhance your confidence.

- Before starting any exercise, you should consult your doctor. Figure out if any health conditions or medications you take have an effect on what exercise you need to choose.

- Choose an activity that you like and that encourages you to keep going. You may like to exercise in a team, such as in a sport or class, or choose a more individual activity such as swimming.

- Start exercising slow. If you are new to exercise, only a few minutes every day brings you toward making a healthy habit. Time, as well as intensity, should be increased slowly for avoiding injury.

- A great way of starting exercise is walking. Strenuous activity or time at the gym does not mean exercise. Walking is one of the best ways to stay fit, and the best thing is that no equipment or experience is required in it and you can do it anywhere.

GETTING QUALITY SLEEP

Many of the old people complain about problems related to sleep, comprising daytime sleepiness, insomnia, as well as frequent waking during the night. However, aging does not automatically cause problems related to sleep. Once again, learning and maintaining healthy sleep patterns can be all you need to have a good rest at night.

KEEPING YOUR MIND SHARP

There exist several good reasons for maintaining the brain as active as the body. Maintaining your brain active as well as retaining creativity help in preventing cognitive decline and memory problems. The more you use your mind and sharpen it, the more benefits you get.

- Do some variations in the things you know. It could be games for some persons. Others may be enjoying puzzles. Others may enjoy trying new recipes for cooking. Find something you would love and keep trying new variations and challenges. Go to a more challenging crossword series or try your hand in a new word game if you like crosswords. If you like to cook, try a different kind of food, or try to bake if you have cooked mostly over the stove.

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YOGA CAPSULE: A NEW STRESS BUSTER

INTRODUCTION

The lifestyle of many physicians is connected with hypokinesia or insufficient physical activity. It has well-known adverse effects. It has been proved that adequate physical activity decreases mild and moderate depression and anxiety. A reasonable amount of physical activity may also produce a healthy euphoria because of the release of endorphins in the body. Yogic practices like Pawanmuktasana, Surya Namaskara, and other Asanas can compensate for insufficient or unbalanced physical activity.

Considering the lack of time for yogic practice and the speed of life in modern times, a specific sequence of sadhana, a set of practices that are easy to do, that take only 10–15 minutes to complete, which will benefit all dimension of health. This Sadhana has been termed as “Yoga Capsule” and has been designed by Padma Bhushan Swami Niranjanananda Saraswati of Bihar Yoga Bharti.

CONCEPT OF YOGA CAPSULE

The physicians themselves are often the most important treatment tool. The ancient Indian surgeons knew that they had to keep their instruments sharp and clean. Medical professionals should maintain sufficient physical and mental fitness for themselves, as well as for their patients. Escaping from stress, overwork unattended personal problems, and doubts, into more work and consumer lifestyle does not solve anything. More positive ways have to be discovered and what could be a better positive way than to practice Yoga.

As one takes a capsule of vitamins a day for good health, one should practice “Yoga Capsule” everyday to balance the energies in the body, improve mental efficiency, harmonize the emotions, and bring excellence in undertakings. With this Sadhana, anyone can incorporate Yoga in their lifestyle, without the need for major adjustments, for their betterment and upliftment.

The yogic capsules contain three Mantras

(short prayer), three to five Asanas, two Pranayama, and a short relaxation. This capsule is to be “taken” every day. Everyone can spare 10–15 minutes out of 24 hours of the day. Yoga has always emphasized that one can use 23 hours and 15 minutes for ambitions, social and family life, but 30–45 minutes of every day should be reserved for the self. By adopting this capsule, Yoga will become part of life and spiritualize the daily lifestyle.

BECOME A GARDENER

Often it is said that one has to be a warrior to win in life, but a warrior wins by shedding blood and suppressing others, Yoga teaches that one has to be a gardener in life. We have been given a barren piece of land and through our effort, we have to convert it into a beautiful garden. It requires hard work and diligent effort to remove the rocks and weeds, mix the earth, and prepare proper beds. It is only then that we plant the seed. Once planted, we protect it.

This is the process that we go through when we practice Yoga, not to satisfy the whims of our mind, but to follow and experience the aim set by yoga, Yogic goals are very clearly defined.

When one focuses on these goals and strives to achieve them, this is Yoga Sadhana. When one follows the dictates of one’s mind, it is Yoga practice. When one integrates different Yoga practices to aid the development of potentials in life, one begins to live a yoga lifestyle.

Goals of Yoga.

- Cultivation of awareness
- Disciplining and restructuring the personality
- Managing the mental and emotional distractions and disturbances
- Becoming the observer of one’s life and actions

Yoga capsule.

- It is a specific sequence of sadhana to incorporate Yoga in one’s lifestyle
- It will help to create a positive and uplifting environment at home
- It improves mental efficiency

- It will bring creativity in performance

MANTRA (A SHORT PRAYER)

The first step, upon waking up in the morning, is to practice three Mantras: Mahamrityunjaya and Gayatri Mantras 11 times each and the 32 names of Durga three times. Mahamrityunjaya Mantra is the Mantra of healing, Gayatri Mantra is the Mantra to acquire wisdom, and the 32 names of Durga to eradicate all disturbances, distractions, and distresses from life. The Mantras must be practiced every morning immediately upon waking up, before beginning to think, before even getting out of bed. People who have followed this guideline have felt a qualitative change in their life, thinking process, performance, understanding, associations, and relationships.

The three Mantras are three Sankalpas, seeds that are planted in the subconscious when the mind is peaceful, semi-dormant, and not active in the waking state, not connected with the senses or sense object. Just as one wakes up, one is in the borderline between unconscious and conscious, and that is the time when the seed of a Sankalp must be planted.

ASANA

Next, before breakfast and after finishing the morning routine, asanas and pranayama must be practiced. Asanas are classified into two groups: dynamic and meditative. Although the practice of postures is begun dynamically, the aim and effort should be to find a meditative state in this dynamic movement, in which there is a focusing of awareness and energies by combining mental awareness and breath with the movement, and experiencing comfort in the movement. That is when the posture becomes as Asana.

Only a few asanas are necessary for a normal, healthy person. The first is Tadasana, the palm tree pose. Tadasana is a practice in which the pressure and compression of the bones and the spine are released. It is a practice of traction which releases compressions from different joints.

The second asana is Tiryak Tadasana or the swaying palm tree pose. This is another very important posture which is very simple yet very effective because here on one side a lateral stretch is taking place and on the other, compression, so that tension from the sides of

the bodies is released. This practice is very effective in aligning the defects of the spine.

The third is Kati Chakrasana, waist rotating pose, in which the body is twisted and the various organs of the body are squeezed. This practice ensures proper circulation of blood to every organ, muscle, and joint.

The fourth practice is Surya Namaskara, salute to the sun, in which the major movements are forward and backward bends.

Asanas cover five different movements.

- Traction
- Lateral stretch
- Twist
- Forward bends
- Backward bends

PRANAYAMA

After the five Asanas, two Pranayamas are important for daily practice. The first is Nadi Shodhana, alternate nostril breathing. It is a very effective practice to balance the nervous activities, as it brings about a balance in the functions of the sympathetic and parasympathetic nervous systems and clears the pranic channels.

The second practice is Bhramari Pranayama, humming bee breath. Bhramari creates a particular frequency of vibration inside the brain which releases the cerebral, nervous and hormonal agitations, and one moves into a space of tranquility, peace, and contentment. The morning practice thus comprises of three Mantras, five Asanas, and two Pranayamas.

HOW TO RELAX?

During the afternoon when one feels tired or stressed out, a short Yoga Nidra should be practiced. At night, when one returns home, another investment of 5 minutes is necessary. The practice is an analysis of the events that had happened during the day (Sakshi Sadhna). One can go through the events of the day in the mind sequentially, from the morning right up to the present movement. One has to look at the events and identify those where one encountered conflict, stress, aggression, and fear.

One needs to be an objective witness to all that has happened, and gradually, without reacting, bring a simple thought in the mind— "Is there a better way to deal with this situation if it happens again?". Within a week of this practice, one will be able to direct efforts to manage stressful situations in a better way. Besides, by observing and recognizing the

stressors of the day, one eliminates them so they do not become unconscious seeds.

MEDITATE

Just before going to sleep, 10 minutes of a short meditation must be practiced.

During those 10 minutes, there should be no thoughts of family or profession, no problems, and no tension. One should identify neither with the body with its experiences of stiffness and tiredness nor with the mind or mental experiences. No thought of rejection or pain, pleasure or happiness, promotion, or demotion. For 10 minutes, there should be an awareness of only oneself, away from everyone else in the world. One must say to oneself, "I am not so and so. I am pure spirit, flawless, undisturbed, at peace with myself, discovering myself". Isolating oneself from fears, stresses, and anxieties, from all physical, emotional, and mental connections, the focus must be on the silence and space within. If there is time, a Mantra may be repeated for one Mala.

Benefits of meditation.

- To connect with the inner values
- Strengthens and peace, put aside all problems
- Be at peace with oneself

OTHER ROUTINES

In this way, gradually, small routines and disciplines of Yoga can be incorporated within normal daily activities. The capsules may be practiced from Monday to Friday, and on Saturday a different activity may be undertaken, such as Neti, Ajapa Japa, Antar Mouna, or Trataka. On Saturday evening, the Mahamrityunjaya Mantra may be chanted 108 times. On Sunday, nothing. This is the Yoga capsule in daily life.

Another capsule: Once a year a visit to an Ashram should be made, living there in a

simple manner, it means changing the environment from home to Ashram, changing one's attitudes, work, routine, and associations. This will recharge one's batteries. Just one week of Ashram living will bring a qualitative change in life. That is the second capsule that needs to be taken at least once a year. If this discipline is maintained in life for some years while following other interests also, one will begin to experience the benefits of Yoga in life. Yoga will become a part of life and not remain a practice.

Hence it is evident that the concept of Yoga capsule has been so designed to suit all the busy professionals including doctors to offer them all the benefits of Yoga on every aspect of health (physical mental and spiritual to well-being).

CONCLUSION

- Short session of 15 minutes each, after bath in the morning, in the afternoon, and at bedtime can be devoted to Yoga practice (the concept of Yoga capsule).
- The effect of Yoga is never evident immediately rather experienced slowly (power of concentration and relaxation).
- Mental and emotional tension generated day-to-day will slowly settle down. It is here Yoga begins.
- Yoga does not begin by standing upside down or wearing Ghera clothes. Rather Yoga begins by developing awareness (Sajagata).

Dr Sanjeev Choubey MD



Early morning	2. Stress buster	3. High blood pressure buster
	3 mantras	3 mantras
Morning	<ul style="list-style-type: none"> • Pawanmuktasana • Part 1 • Yoga nap • Nadi shodhana pranayama • Bhramari pranayama 	<ul style="list-style-type: none"> • Makarasana • Matsyikridasana • Nadi shodhana pranayama • Bhramari pranayama • Ujjayi with SoHam
Noon/evening	Yoga nap	Yoga nap
Night	Ajapa japa	Antar muona

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बाग़!

बात हैं उस सुंदर सी एक बाग़ की
जिसमें रंग बिरंगी फूल हैं खिलते
कहीं हैं पौधे छोटे छोटे से
तो कहीं हैं पेड़ बड़े बड़े से

दूष इसकी हैं कुछ अनोखी सी
देता कितना सुख हैं इसकी हरियाली
मन मोहक हैं यहाँ फूलों का रंग
मिलता खूब आनंद सबको इसके संग

जीवन का कितना बाड़ा सीख हैं ये
सब मिलजुल कर एक समान हैं दिखते
ना तो यहाँ रंगों पर हैं विवाद
ना ही हैं यहाँ ऊँच नीच का दीवार

बड़े पेड़ देते हैं छोटों को छाया
छोटे अपने में ही मस्त रह लेते
घास भी भले ही कितनी बार कट जाये
फिर भी मुलायम ही हमेशा रह जाते

हैं बाग़ ही एक ऐसी जगह
जो सब के मन को भाता हैं
फिर तो हो बच्चे, या हो बूढ़े
हर कोई यहाँ इसका आनंद लेते हैं

दो दिलों के मिलने में होता हैं ये सहायक
थके मुसाफिर को तो देता हैं आराम
सुखदायक
पंछियों का भी घोंसला बनता हैं यहाँ
खुशहाली का केंद्र रहता हैं ये सारा जहाँ





TALKING TO MYSELF

I have been thinking about these talks that I have with myself regularly whenever I find myself free or doing nothing. I realize that when I presume to think that I'm doing nothing, I'm actually doing something. My mind gets to work and there starts a conversation between me and myself. These conversations go on and on, some for a very short time and some for a very long time. There seems to be a subconscious attempt to have a conversation happening just about every moment. Any question that comes to my mind, I try to talk to myself and the conversation just gets started. The topic can be just about anything, there is no barrier or any limitations to it and I can talk about anything to myself. The talk can be about waking up in the mornings to the way I get out of my bed, it can be about how I react to a particular situation or how not to get involved in a particular situation. It can be on something comic, something serious or something tragic, just about anything. It's like an ongoing process which can never end maybe till my last breath.

Just the other day I was talking to myself about how the situation in our lives has changed so dramatically in just a few months. There is so much of insecurity that has come in, but at the same time, there has also been some thought-provoking and self-introspecting moments or event. We all know that birth and death are never in our control. Our lives are never permanent, but it was never so profoundly being registered as in recent times. I was just going through some messages on my mobile and I just happened to read this news, the news of somebody I knew had passed away that too at a very young age, I was completely shocked and just couldn't believe the news, so I tried to check with others if the news was true, which unfortunately was true. This leads to a talk with myself. I started discussing with myself by posing various questions and trying to find an answer to them, the person who is dead was just so young, did she live her life completely or was her life cut short abruptly, was she destined to live such a short life and so on.

I knew this family since my childhood. She and her elder brother didn't have a proper childhood at all. Both the parents were working, the father was a taxi driver and the mother was working abroad. The father every morning would take the kids to home care, where they would spend more than half of their day till the father came

to pick them up in the night, the only time they would be out was when they would go to school. The home care where they would stay was a place where their lives would be pathetic. The family who was being paid to take care of these two kids used to only ill-treat them, one just could not understand the reason behind it, but it was never a pleasant sight to watch. That family was full of highly educated people, but the way they behaved was completely not representing their education levels. Everybody in the family took these two kids to be their slaves and used to kick them, hit them, shout at them, and make them toil like animals. This girl being the youngest of the two at times used to rebel, but the brother used to calm her down and tolerate all the atrocities done to them by the caretaking family. I'm sure they would have complained to their father about it, but they never received

any help from him. Only on Sundays, they could get a chance to stay home with their father, even then they were not allowed to go out of their home and as children, this was a mystery for us always. We could see them happiest only when their mother would come back from abroad on vacation, those few days could be said to be the best moments in their lives. The two of them took these things in their stride and kept growing up.

Few years passed and I with my traveling used to be away for long and not much was known about this family by me. Then suddenly, I get the news that the brother was mentally sick and one fine day he passed away. Since then there was very little we could hear about this family. Again, after some years, I get the news that this girl has got married and she too has moved abroad along with her husband. This was the first good news of sort I heard about this family and I was happy about it. Thanks to online social media, I came in contact with this girl, we exchanged pleasantries and I found her to be very happy, which was so much relieving seeing the hardship she and her brother has undergone in their childhood. I used to get updates about her wellbeing and it always made me feel so good.

She was happily married and was a mother of three kids. Life was going on well and then all of a sudden, this news comes of her death and I'm left completely shattered and wondering that did she have to go away so soon, she had just started to enjoy her life, she had just started tasting happiness and everything is gone. I starting nudging myself, pondering to find an answer to this phenomenon called the life cycle. One lives a life of hope,



anticipating things to improve and when things just start to improve, there is a full stop and that chapter closes.

Life is so unpredictable. Then, the myself in me starts telling me that maybe the way I look at the situation needs to be changed. Yes, the two siblings in their childhood had undergone a lot of hardship, but they took it on themselves and faced everything that came their way strongly. The brother could not succumb to it and had to go early, but this girl fought it out and lived her life, a little more than him though. It might seem that her lifespan was short but it would have been so that she had all her hardship compensated by a happy life in the second part of her lifespan. She lived that life and just went away. As they say, it is quality that matters not quantity.

There is this one discussion I always have with myself; I ask myself a question, who am I? This discussion seems to be never-ending but it only stops when some sort of a scare comes in and it is carried forward for some other time. This has been happening ever since I have started to understand or think about life. I tell myself, that I am born in this world and I live here, I breathe, I eat, and have a life like just anybody else. I am on this earth, the earth is in the universe, and then where is this universe there? How did this universe come into existence? It becomes so much difficult to talk about it any further without any end. The difficulty arises because as long as I can see myself, I am ok, but what about the universe, what is there beyond that, and various other questions related to it.

We have so many stories and scientific explanations about our existence, but to come to think about it, I always get stuck on one point and that is where I live, what is this place, and what is beyond. They, at times, do get scary, but that's the time all my thoughts and the discussion with myself stops with many questions left unanswered for some other time. Come to think about it, we come into this world, we grow up, live our lives, whatever would be our life duration. Most live a life of unknown, some get recognition and then we leave this world and go away. While we are alive, we come across relatives, we make friends, we work for a living, we have our entertainments, we have our own family, this continues and then all of a sudden, we leave this world and go away. A life circle is completed and then there is a full stop to it. This is the so-called fact of life we all have to go through. We live our days as it comes, nobody knows what's in store for us. The very next moment is also not known. Myself in me tells me that life is all about how we live it.

We should live our life to the fullest without getting bothered about what would happen next. Our actions will only decide the course of our future, the future which is not known to anybody, all we have is our present and that needs to be lived completely. Life should not be seen as a business, where profit and loss play a big role in defining the success of one's business. In a business one invests time and energy to create a product, this product is then marketed to the prospective customers resulting in sales. In sales, the factor that

defines a good sale is when you have made profits as per your expectation. At times the investment in creating the product goes over budget and the price that one tends to demand is not received which leads to a loss. In this loss, there are lessons to be learned to avoid no repetition of the same in the future or how to make some changes to the product so that it can generate profits. Life is different from this, though there can be many similarities relating to business, still, it cannot be related to business. We shape up our lives depending upon our capabilities and move ahead; the result may not be the same which is very strange too.

Two individuals would live their lives in a completely similar fashion, with everything being the same. They go to the same school, they pass out with the same percentages, and pursue the same career path, but both would find them in different fields with a different lifestyle, different incomes, etc. As they had done everything similar, they should have reaped the fruits also similarly, but that doesn't seem to be the case. This has very much got to do with the fact that no two individuals are the same. This further increases my discussion with myself, two individuals do everything similar, they are brought up in the same environment, but both are in different spheres of their life, why does this happen?

I talk to myself about just anything, it can be complicated issues at times or it can be just about something very normal and casual. I remember this one talk I had with myself on the zebra crossings on a traffic junction. It would sound silly though, but yes, it's true. I was walking near our housing complex going to a supermarket to purchase some vegetables. The supermarket was across the road, so I needed to cross the road. I reached the junction where I have to cross to reach the supermarket. I waited for my turn to cross as the traffic signal was red. My attention goes on the zebra lines painted on the road for the pedestrians to walk on and I start a conversation with myself on it. I talk to myself that these zebra lines teach us such a good lesson about discipline in our life. We only cross the road on a zebra crossing which is so much assuring that we can safely cross the road walking over it. The vehicles need to stop while one is crossing through the zebra lines at the same, we walk on them only when the signal light has turned green. A simple routine thing we go through multiple times in our life every single day. To think about it, there is much more to the simple parallel white lines on the road at every junction. Those zebra lines show us a way through which we can cross the road filled with vehicles coming and going past us at different speeds, but all these vehicles need to stop when there is a zebra line painted on the roads, especially when somebody is crossing the road or the signal is red. When we relate this incidence to our lives, we can consider our lives similar to vehicles. Every vehicle on the road moves at a particular speed and on a particular lane. No matter how much faster one vehicle is than the other, at the traffic junction near the zebra lines, they all need to stop or give a pause. Similar is our life, we all live our life different from each other, we have different goals and different expectations too, we take a different path and have a different circumstance to live with.



BOOST YOUR IMMUNITY NATURALLY

A nutritious diet and an optimally functioning immune system can never go wrong. If you have a healthy immune system, your body can safeguard you from any disease, even the novel coronavirus or COVID-19. While as of now, there is neither any vaccine available nor proven home remedy to protect you from the COVID-19, there are some vitamins and foods which you can inculcate in your diet to have a strong immune system and in turn, fight the infectious disease.

A list of immunity-boosting foods:

Yogurt: To ensure hand hygiene, experts and doctors recommend washing hands with soap or using an alcohol-based rub, regularly. While hand sanitizers do kick away germs, they take good

bacteria essential in building immunity, as well. Yogurt is a natural probiotic and aids in the formation of good bacteria in our body. Remember, it has to be freshly made. If you have sore throat regardless of the cause, yogurt might worsen it but for better immunity, you need probiotics so you can resort to supplements.

Turmeric: The golden spice turmeric is known for its anti-oxidant and anti-inflammatory properties. Curcumin, the compound present in turmeric is a very potent agent and aids in the healing of wounds and infections. This is the reason, it is often suggested to have turmeric milk.

'Most people have it (turmeric) in the wrong way. If you are having Haldi (turmeric), don't have it in

water, instead, boil it in the milk and have the popular turmeric milk. You can also take it with coconut oil and black pepper'

Natural Anti-virus Foods: Tulsi leaves, star anise (a spice), garlic, and ginger are some of the natural anti-virus food items which give protection from seasonal flu as well. For boosting

immunity and flushing out toxins, I suggest a Tulsi drink which can simply be made by boiling three to four leaves in water.

'You can also take three to four pieces of star anise, give it two to three boils and have it warm. You can have ginger and amla juice. You can also have garlic; take one garlic clove, mash it, and expose it to air for five minutes so that its compound called allicin which has potent medicinal

properties gets activated and then have it',

Vitamins: Among all kinds of Vitamins, Vitamin C and Vitamin D play a major role in strengthening one's immunity. For the same, one should have more citrus fruits and vegetables like Amla, Lemon, Orange, and others. Also, egg yolks and mushrooms are a good source of Vitamin D.

Zinc: It is another nutrient that helps your immune system and metabolism function. An individual can either take Zinc supplements or inculcate in their diet through cashews, pumpkin seeds, chickpeas, among others.

STAY SAFE, AWARE & STAY HEALTHY
NATURALLY.





जीतेंगे हम

रखोगे अगर ध्यान में तुम ये बातें चार
जीतेंगे हम कोरोना जाएगा हार

हाथों को धोएंगे घिस घिस कर
जीत होगी हमारी वायरस पर

अभिवादन के लिए हाथ न मिलाएँ
आओ पूरी दुनिया को नमस्ते सिखायें

बाहार ना निकले भीड़ में न जाएं
आओं इन लमहों को family में बिताएँ

कहते हैं सभी मास्क पहनना ज़रूर
इसी से ही रहेगा वायरस हम से दूर

छोटा हूँ मैं मुझसे नाराज़ मत होना
एक छोटी सी request है
कोरोना से अपना ज़्यादा ध्यान रखो ना

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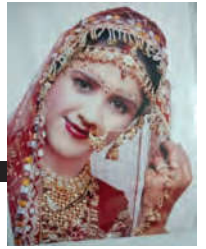
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Life Insurance

General Insurance



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SAAT PHERAS / 7 VOWS OF MARRIAGE

- M. Make every moment count**
- A. Always support each other**
- R. Respond with Love**
- R. Respond with care**
- I. Inspire each other in all the work**
- A. Always love gracefully**
- G. Give each other space**
- E. Enduring a vow to love without end**



It is truly said, When you feel alone, just look at the spaces between your fingers and remember where my fingers fit perfectly.

Hindu wedding solemnizes seven vows of marriage. Till now you must have attended many weddings but do you know about these vows and their meaning and why are they taken. Hindu weddings culturally unite two souls spiritually, mentally, and physically. Marriage is not only a celebration of two people coming to be unified but rather the merging of two families. Even in modern times these rituals and traditions value more. It's a beautiful day to see the couple's expectations while blending their family traditions. With many rituals & mini ceremonies leading to the main ceremony day, it binds the couple & both families for eternity.

There are many important customs in Hindu marriage. Among the customs and rituals, the important ones are Jaimala, Sindoor Daan, putting Mangalsutra, and the seven vows taken by the bride and groom while taking Saat Pheras around the sacred fire. The couple seeks the blessings of God and fire to be together for the next seven births by taking the Saat Phera. The one thing that makes Hindu marriage special in the whole world is its 7 vows or Saat Phera. The 7 Pheras also known as Shaptapadi is one of the traditional ceremonies during a wedding which is performed along with the chants of a Pandit based on the Hindu scriptures where the bride and groom have to

take seven rounds around the fire. It is believed that the God Agni resides in the holy fire that solidified the union and bond of the bride and groom who take seven vows in his presence. Saptapadi, 7 Pheras, 7 promises or 7 vows they are called by different names but its importance is the same because they are not just simple words but they are sacred vows of Blissful and responsible happy married life.

Give our Hindu marriage piece a read and understand why these Hindu vows are an essential part of any Hindu wedding and read about the significance each of these Hindu marriage vows holds in a married person's life. Only after these vows that the bride and the groom are pronounced as husband and wife for the next many lives to come. But have you ever wondered what is the significance and meaning of these vows in reality? Let me share them with you.

In simple words, 7 Phera also called as saath Phera (togetherness).

The bride and groom are also called as jeevansathi (couples forever)

The bride is seated towards the left of the groom before the Pheras, while towards the right after they are complete. It is a promise for the bride and groom for their companionship and love for the rest of their life. While written in Sanskrit, four of the seven vows are recited by the groom while the remaining three by the bride. All the couples have to perform this ritual

for a blissful journey ahead.

1) The First vow is to Lord for provision and nourishment.

The groom takes the pledge to provide for the welfare and happiness of his wife and children, and the bride promises to happily and equally shoulder all the responsibilities for the welfare of the groom and his family whereas the bride seeks divine blessings in the form of pure, nourishing, and healthy food along with a respectful and noble life.

2) To grow together in strength

The groom while requesting the bride to stand by him at all times, make a commitment to each other to protect and provide security to their families. The bride agrees to be his strength while demanding undivided attention and eternal love. Here the bride and groom plead together to God to bless them with mental, physical, and spiritual well-being.

3) To preserve wealth or prosperity
Here they both promise each other prosperity. Initially, the groom says may we grow wealthy and prosperous and strive for the education of our children and may our children live long.' In return, the Bride promises I will love you solely for the rest of my life, as you are my husband. Every other man in my life will be secondary.

4) To share joy and sorrow for families together

This is an important vow where promises are done to take care of each other's families. Marriage is believed to be about two families and not two people. Here the groom thanks the bride for bringing happiness and sacredness in his life. While in return, The Bride vows to the groom that she will stand by his side in all rituals, family, and religious commitments and will walk by his side giving her consent for his decisions. She will respect and regard his decisions and include his say in all her decisions. In case any danger intercepts his way, she will stand before him to save him and will be ready to sacrifice her life for him. In these, the bride is also said to walk before the boy and promises to serve and please the groom to the best of her abilities. Together, the

couple takes a vow to take care of and respect the elders in their family.

5) Vow for progeny (care for children)

They promise in front of God that as mother and father they will be solely responsible for the upbringing of their children. The couple also prays for the welfare of all the living beings in this Universe. They together pray to God to bless them with a healthy child and they both will strive to nurture their children with enriching values and a generous lifestyle.

6) Together forever in each other's heart

In this Phera, the couple vows to love and respect each other and stand together in times of joy and grief. They together pray to seek the blessings of God to bestow them with a healthy and long life filled with joy, peace, and prosperity so that they can carry their duties and responsibilities towards each other.

7) The seventh vow is for love and friendship
While taking the last vow, the couple pleads for a long-lasting relationship, enriched with love, understanding, and loyalty. They take an oath to remain friends forever and stand by each other not only in this life but in the many lives to come. The couple vows together that through this ritual of Sacred Seven Vows, they have become husband and wife uniting their soul. They are united with a divine thread of togetherness and they will love each other and be there for each other

MARRIAGE IS BEGINNING OF NEW JOURNEY

These vows stand for equality among the couple and together they form a pure and infinite bond of love, care, respect, and understanding.

All the would-be couples should read these sacred 7 vows or 7 vachans to understand their deep meaning and adopt in their life to have a life full of peace, harmony, and love.

Love is not about how many days, months, or years you have been together

Love is about how much you love each other every single moment.



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LIFE IS AN EQUILIBRIUM, KEEP YOUR HOPES ALIVE!

Hope is a common word and I don't want to give any theoretical Gyan about it. But it is really important to understand that Hope is a powerful ingredient of life, without hope you will be nowhere.

There are times when you feel stuck and see no way out of it. It could be due to your job, relationship, family, health, life, etc.

People who are optimistic and hopeful tend to be more successful, confident, and live life healthier. Hope gives you the perseverance to overcome hurdles in life by showing the alternate route to success.



Did

Einstein stop studying after his teachers said he was mentally unfit as he could not speak until the age of 4 and could not read until he was 7?

Did Mahatma Gandhi stop his freedom movement after getting detained, imprisoned, and insulted by the Britishers?

Being able to persevere through difficult situations and rise above, is the key to progress in life. While life experiences teach the most valuable

lessons, I would like to share some of my own stories on this platform.

During my final year of engineering, very few companies visited our campus for placements as we were the first batch in that new college. Many companies didn't even consider my candidature because they wanted a high percentile throughout all your educational background. Once I got an opportunity to sit for an off-campus recruitment process of IBM, I and some of my friends were there for the placement since 8:00 AM. After the written test, 80 candidates were shortlisted for the GD round, and I was one of them. Then, I got further selected in the last 10 candidates for the final face to face interview and discussion. I was happy that I could definitely make it from there, but unfortunately, I didn't get selected and they gave the offer to only 3 candidates. That was my first big rejection, it was so difficult for me to handle after a full tiring day. I really wanted to get a job, start earning, and support my parents. I was under extreme pressure sitting at home for 3 months after completing my engineering.

After a while, I landed up a job in Market Research & Advisory company which is nothing related to an engineering background but I took it because I wanted to learn and work. Life was not easier yet, there were times when my boss used to scold me for not delivering up to his expectations. I knew this industry is different and new for me, and most of

my colleagues were MBA's & management graduates. He even told me that he cannot give me a confirmation even after 3 months when my probation period was about to finish. I was feeling so depressed then and started feeling that maybe I am not good enough or not capable. But he gave me another chance by extending my probation for another 3 months. I was relieved, but I took it as a challenge and started learning through my colleagues and even working extra hours in the evening so that I can perform up to my boss's expectations. 3 months passed; my boss called me up. I was speechless for a while with my fingers crossed, he congratulated me and told me that I am a confirmed employee now and he gave me a 20% increment as well. I was really happy and could not believe it. I was so happy, not just because of the salary hike or confirmation. It was happiness from inside, I started feeling more confident about myself and started believing firmly that I am no less. After a year, during 2008-2009 global economic slowdown happened and many people lost jobs & faced salary cuts in India as well. I have seen many of my colleagues were asked to leave who were among the best performers in the previous year and I got a promotion in March 2009. Similarly, there were many times I faced such kind of situation in the last 13 years of my career but every time I came out of it in a better and stronger way. Now when I look back, I am glad that I faced so many ups & downs in life. These worst times have been my turning points in life. That's why I believe that "Life is an Equilibrium", just believe in yourself and keep moving until you find a way out. Life will balance itself to compensate.



We all know that the world is in a most difficult situation due to COVID-19 nowadays, fastest-growing economies are under extreme pressure, many people are losing jobs, constant fear about health of your near & dear ones. Trust me, this phase will be over soon and a new beginning will be much better & brighter. Have patience! Believe in yourself, keep fighting and moving!

All these rejections, difficult situation makes one a person stronger. So, never be ashamed about your failures; because these are your initial steps to achieve something big and better!

I remember one beautiful quote by Bob Riley – "Hard times don't create heroes. It is during the hard times when the 'hero' within us is revealed!"

About Author:

Mohit Khanna has been working in Shanghai as Consulting Director with a Research and Consulting company, which provides growth strategy and advisory services to various domestic businesses as well as MNCs. He is from New Delhi and moved to Shanghai in 2019 with his family.



OUR JOURNEY BACK TO CHINA... LIFETIME EXPERIENCE!

CORONA...COVID-19...EPIDEMIC-PANDEMIC, QUARANTINE, MASK, SOCIAL DISTANCING, IMMUNITY....are the most popular words of 2020.

Hasn't the CORONA virus changed our life in many ways?

I am sharing my journey back home, which was a lifetime experience for our family.

January 2020...Life was normal for all of us. Everyone was preparing for Chinese New Year here and many of us were planning to enjoy our holidays in India. Some news was coming by that time that some virus-pneumonia is spreading in China. I am sure all of us didn't give attention to this news, but by mid-January, it had spread everywhere. Before we could think anything more, things were changing so quickly. Chinese New Year holidays started but everything was closed, we were in the house for almost a week. Schools and offices had declared extended holidays. I am sure many of us were in a dilemma on whether to stay here or go back to our home country.

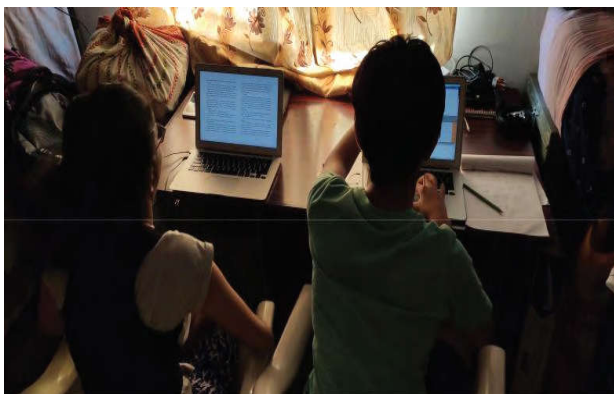
The journey started when we finally decided to go back to India even when Shanghai was quite safe at that time. Our plan was for 15 days but never thought that it would be for 7 months!!! Many rumors and messages made it worse so with anxiety, fear, and confusion we reached the Shanghai airport along with other Indian friends. We reached Delhi airport where for us, all procedures were different from other passengers as we came from China. We finished thermal scanning and were on another flight to our hometown where our family was wait-

ing and happy that we made it back on time.



From the news and social media, we came to know that situation in China was getting worse day by day, particularly in WUHAN. We were feeling so bad for our host or second home country, which gave us happy and secure life for the past 13 years. We were heartily praying that things would settle down soon, but life had different plans. Our country was still safe...Almost one month passed and the first case came in India in March while we were enjoying a hill station with friends. When it was less than 100 cases, all schools and offices started to close. On 20th March our PM declared Janta curfew on 22nd March in entire India. We decided to go back to our home in Ahmedabad from my sister's place in Mumbai by road. The next day was the curfew, same day evening the whole country was RINGING BELLS...THALI...many different sounds with faith that this will help to unite us and fight against corona together. Our PM announced 21 days lockdown in the country when the number of cases was less even than 500. The day lockdown was declared, people were running into shops to buy necessities, we were also part of that. Cases

were increasing in India slowly; the majority of people were understood the seriousness of this virus and were following the rules but still few were not. Life turned into a different way from normal, we were not stepping out of the house, kids were shifted to online learning, my husband started work from home and we were getting all necessities online. We planned to return to China, but it was too late. China had temporarily suspended the entry of foreigners. That was the saddest day for all of us. During that time almost entire the world was in the lockdown stage. We were chatting and playing games with friends and family in different parts of the world. Another advantage was after 13 years we got a chance to stay for such a long time in India with our family.



More than 3 months passed we wanted to go back to our home in China to start our routine life. We heard from our friends that things getting normal in China but the rest of the world was in the worst situation. We couldn't find any way that we can go back to China. Kid's school also started in China. We tried to convince them that this situation would go away even when we weren't convinced ourselves. Practically it was the first flight from India to China for ordinary passport holders. There were new guidelines and documentation implemented for our journey to China.

Our family's situation was worse

than others as we can only proceed further for my husband's visa, not for us. We had hope that if he can return to China then there will be more chances for us to go back on a humanitarian visa. The kids were very upset but they showed a high level of maturity and supported us. On the 31st of July, my husband sent all papers to Delhi for the visa process. Surprisingly on the same afternoon we got our PU letter. Beijing embassy has already prepared a list of travelers so it was less chance for us to travel. Now a miracle happened with us as my husband received that list from the embassy and our names were on the list. We prepared our Visa documents to send to Delhi but it was too late for the courier. The next three days were holidays in the country. The Visa office was working on holidays too but there was no way for us to send documents to Delhi. We all were upset, after reaching this stage we felt we lost the battle. We tried hard to find a way to send documents to Delhi. Finally, we went to BLUE DART cargo at the airport but they refused to take documents because of passports. We had convinced them to take documents after two hours of struggle. We had to arrange a personal collection of passports from the airport as due to the holidays they can't deliver in the city. We had just crossed one small step towards our journey but we did not know that a big storm was coming our way.



A person who helped us at the crucial time, collected documents from the airport and the next day after many hurdles he had submitted documents to the VFS office. We had passed one day in anxiety as no positive vibes that we would get our visas on time. We were doing all processes but with more stress and less hope. On 4th August my husband got a visa but our visa was expected to come on the 5th or 6th. A big thing I forgot to mention is my husband had a good chance of getting a visa and he had to get tested before 120 hours.

So, we had taken the first risk that we all did the COVID test, even though there was very little chance for us to get a visa. Now again back to 4th August, the Beijing embassy was continuously in contact with us to get different kinds of documents. My kids and husband were tirelessly doing all work with very few resources. We have not prepared anything for our return journey, as we didn't have much hope. A huge problem started then, by evening we got a link for ticket booking for four of us but they have mentioned don't book the tickets if you don't have a visa and another big clause of that link that it will expire in 4 hours. We were never this stressed in our life. We had two choices either book tickets for all of us and if will not get a visa, all wasted, or don't book tickets now and wait until tomorrow. We chose the second option. My husband contacted the Beijing embassy, Air-India to get an extension of that link. Finally, by night 10.30 pm we got an email message from AIR INDIA customer service that we got a ticket extension till the next day 5th August 1 pm.

Now we had taken a call that we will go to Delhi by first flight on 5th August and will take chance, if we get a

family visa then will travel, else will come back. It was a big decision, by night 11 pm we booked tickets for Delhi, by 11.30 pm we started packing, fortunately, with all stress I went out in the evening and bought some necessary items like food, medicines considering that we might travel the next day. We had to finish our packing and make the necessary arrangements as my father in law who is 83years old was going to stay alone in the house. 5th August 4 am we finished our packing and by 5 am we left home to take flight at 7 am. My brother-in-law came to drop us at the airport even when he was in more stress than us. His whole family was coronavirus positive and was taking treatment in the hospital. He also arranged a car and driver for us in Delhi to make our struggle a little smoother. Morning by 10 am we had reached Delhi. We knew that today was going to be a long day. By 10.30 am we had reached the VFS office where no one was allowed inside. We called some known person in office he said everyone would get their passports by 11 am. Our ticket link was open up to 1 pm only, embassy staff was contacting us and reminding us to book the tickets at the earliest, and if time passed, we wouldn't be able to fly. Almost 12 noon, but no news of our visas, then finally they said our passports are arrived but they have to follow some procedures then only they can give passports. My patience level went off. I have told my husband to sit in the car and keep open the laptop, I have somehow managed to go inside the office and use all my efforts and energy to explain our situation. I was like in do or die mode. Finally, by 12.50 pm they informed us that our names were on the visa list but they can't give passport now. I called my husband and asked him to book the tickets. When he finished booking tickets for the four of us it was 12.59 pm. just one minute before the link closed. I was there in the VFS office till 2.30 pm, helping



to take pictures of all passports that got the visa on that day. I was happily doing that and my kids were waiting for me and by that time they were super hungry.

Our car driver was such a nice person; after I came out with our passports, he took us for lunch at a very nice place. After lunch, we bought some stuff and went for some sightseeing in Delhi, as that was my kids' first trip to Delhi.

Another big tension after that was to get a health declaration with a chop from the Chinese embassy, without this document we are not allowed to board flight. We were less bothered about that as all the travelers were having the same problem. Evening around 6 pm we decided to head towards the airport, but got a call from the Beijing embassy that our documents for the health declaration form are not visible. They have asked us to resend all the documents. We were again in big trauma. Our driver helped us a lot, he took us to a place where we can take print outs and can do the scanning. We were there for almost 2 hours as they kept asking for different documents. Also, they informed after getting the health declaration form, we need to take a printout. After submitting documents, we were still waiting there with the threat that again some inquiry will come, by the time it was almost 8 pm. Now we decided to leave that place and head towards

the airport. When we reached most of our flight passengers had already arrived and everyone was waiting for the health declaration form, as airport authorities were not allowing anyone to go inside the airport without the form. There was some issue with the Beijing sever, unable to send declaration form, finally they managed to send but again my husband got his form but not for me and my kids.

My husband contacted the Beijing embassy and managed to get our forms by 9.30 pm. We requested Air India to take printouts of the forms. It was 10pm when we were finally entered the airport. We were now following all procedures inside the airport. It was big chaos and mismanagement in each process, after passing all hurdles we were in flight by 12.50 pm.

Our flight was scheduled for 1 pm, we were so happy, we welcomed and thanked those ladies when they entered in the flight as because of them this impossible journey became possible. We still could not believe that had boarded the flight. AIR INDIA has arranged nice packed food for us. Morning 8 am we landed in Guangzhou - China with a big smile.

Now the second phase of our journey started. After a few formalities on the phone and forms, we were waiting for our covid test to be done. The test procedure was more painful than India.

After finishing all procedures we were on a bus arranged by them to our hotels. We had no choice about which hotel we have to stay in. By 4.30 pm our family was separated into two rooms. We were happy that we can meet our kids and can pass some relaxing time but then the police who are sitting on



each floor came to us and told us that we are not allowed to meet our kids and even can't open the doors at the same time. That was so shocking for us.

The best part of quarantine was food, as we were allowed to get Indian food from outside. During our 14 days, only two things were priority was which food should we order today and how to get the health code on our phone. Every day some new news or rumors was coming and we got stressed at first and then made fun of it.

On day 12, we were tested again for covid and we all tested negative. We felt that we were finally going to be let out of the 14 days of isolation, as during our quarantine we were not allowed to step out of our rooms.

Finally, on 20th August, we traveled back to Shanghai towards our home. After 7 months of not seeing our home we were so happy but at the same time sad as well that we had left our family in India, where coronavirus cases were increasing rapidly.

We were trying to settle down as the house was not in good condition after 7 months of closure. Kids had to wait 14 more days before they could go to school. Everything was getting normal as people here were almost free from wearing a mask, holding parties. Our journey was very painful and stressful, but when hearing the story of the other batches that arrived, this jour-



ney wasn't that bad.

To conclude, what we have gained and lost a lot due to this pandemic: I became calmer and cared for the people whom I didn't even know. I learned that we can survive with fewer resources, without traveling, no shopping, no outside entertainments, and domestic help.

We have realized the true value of food, money, and most importantly family. Now we all are following a healthy lifestyle washing our hands, eating healthy foods, exercising, and stay hygienic.

What we lost is many lives, many families got separated, many lost their jobs, trust in the system, fear of getting affected by these diseases. Things that were a beautiful part of life like hugs, meeting family, and friends now threatened everyone.

Last but not least...I hope this COVID goes away quickly and all people can get back to their home and the whole world will be normal again...

About Author:

Preeti Shah has been living in China for the past 13 years and it's her 5th year in Shanghai. She enjoys her life in Shanghai by taking part in singing, dancing, writing, and teaching activities.



WHAT DOES IT MEAN WHEN A BROWN GIRL LIKE ME, SAYS SHE'S FROM SHANGHAI?

"You...don't look like you're from Shanghai..." Seeing the confused expression on my new floormate's face, I debated whether it was worth telling Akhil the complete account. Deciding that making it to my first freshman seminar was more important than explaining my identity, I parted ways on third avenue with an "It's complicated, I'll tell you later!". I never did tell Akhil the full story. But if you're curious, here's the gist of my answer to the tired inquiry:

What does it mean when a brown girl like me says she's from Shanghai?

Spoiler alert: It means more than just eating a bag of nimki with chopsticks (please tell me I'm not the only one who does that?)

As an international school kid, it meant having to ace the Indian history module and tell classmates that I was not, in fact, already "arranged married". It meant getting street-side 饼(Bǐng) for lunch, waimai-ing 鲜芋仙 (Xiān yù xiān) for dessert, and going home to roti sabzi for dinner. It meant treating my non-Indian friends to an annual "curry party" every trip around the sun, for which the curry spice level would be specially toned down a notch (or 3).

As a college student halfway across the world, it meant critiquing Ae Dil Hai Mushkil with brown friends on its release date and dancing to Balam Pichkari in the Bollywood club one night, while singing 简单爱 (Jiǎndān ài) in KTV the next. It meant rushing to Bindu Ji's Hindi class right after Culture & Contexts: China. It meant being able to share a part of my narrative with every group, but not quite the entirety.

As a working adult, moving back to Shanghai meant realizing that wherever life

takes me, half of my roots would always be grounded here. When I say I'm from here, what it really means is that this city accepted me and gave me somewhere to call home. Amid COVID-19, human instinct drove many towards the direction of hate and division; but what struck me, was gratitude. I am thankful for this city that introduced my grandparents to hotpot and the comfort of Uniqlo pajamas, this community that has given my family 24 years' worth of warm memories and kept my parents safe in the midst of a pandemic. I am grateful for the privilege of being an international school kid, for friendships that have crossed time zones and cultures yet still share the common link of being confused Third Culture Kids from Shanghai.

Growing up, I used to dread the question of where I'm from because I thought it demanded a singular answer, a pick between two parts of me. Now, I know that my worlds are not mutually exclusive—I'm Indian, and I'm from Shanghai.

About Author:

Shradha Sahu was born in India but brought up in China since the age of 1. She attended Shanghai American School for 14 years, studied Economics at New York University and went to Duke University for Masters in Management Studies. Now she's back home and works as an Education Consultant in Shanghai.



LIFE IN SHANGHAI

I would like to share my experience about the life of Indians in Shanghai in terms of food, culture, communication, etc. Many people have so many stories about Chinese people especially about their food and the difficulty of vegetarians, but let me tell you this is not true at all. I being a total vegetarian, have been living happily in shanghai for the last 5 years.

LANGUAGE: Everyone knows that China is a mandarin speaking country . Only young educated people speak English. So, it is difficult to communicate here without knowing even a little Chinese, but one thing I must say that people here are very helpful and they are always ready to help.

One incident I can tell, I showed an address to someone and that person came along with me quite far just to drop me at a specific address, I was very surprised and felt very nice of them. One more incident I want to share, I got pregnant just after few months after coming to Shanghai, at that time I did not know much about Shanghai, and was not able to speak Chinese so I was very worried that how would I get treatment here, as doctors do not speak English, I would not be able to tell them how I was feeling also they were not able to express themselves well. One very important weapon to survive here is **BAIDU TRANSLATOR**. YES, this is extremely helpful for newcomers and I use it a lot even now. So, you must have that on your phone. Then I found one international hospital (**FUDAN**) there I found doctors who could speak a little English but not everyone. Somehow, I managed all the nine months and then the time of my delivery came, they took me to the labor room I was very anxious that how everything will go but by the grace of

God and with the help of nurses and doctors all went well and I delivered a baby boy that too was a normal delivery. I remember when I was admitted there after delivery I was having a few problems and could not ask because of language but nurses helped me at their best. They did not get irritated and put all their efforts to solve my issues. Though I can speak an intermediate level of Chinese now and manage easily here, I'll never forget their help and always be very thankful to them.

FOOD: This is also the most important part here as most people think that vegetarians cannot survive here but that ain't true. In the beginning, you may face problems in finding vegetarian food but gradually you will come to know that they eat more vegetables than us. Shocked !? **BELIEVE ME**. They do. I saw so many different vegetables here which I have not seen in India and nowadays so many people have turned vegan. There are so many new vegan dishes being introduced in their menus which is a **GREAT CHANGE!!!**

It's not wrong that they eat almost everything in meat but they include an equal proportion of vegetables too in their meals. In vegetarian food they have so many different types of dishes, it's just their way of cooking is very different from us but that doesn't mean you can't get vegetarian food. You can also ask for custom made dishes according to your taste. You just need to know few vegetable names in Chinese it will make things easy for you, for example, you should first say " Wo bu chi rou. Wo shi sushi zhu yi zhe" means I don't eat meat. I'm vegetarian. Then you can tell them the vegetables you want to eat.

One more thing I want to include that you shouldn't be rigid about not eating even egg.

I am pure vegetarian do not eat even egg but the egg in bakery items like bread, cakes, muffins is ok for me as you won't get anything without egg in it. Concluding this so I can say vegetarians need not worry about food, it's just how smart you are to find it. :-D Also, you can find a lot of Indian restaurants though a little expensive but I think it is ok once in a while.

CULTURE: Their culture is a mixture of western and Asians. They are also family-oriented like Indians. Few things are very interesting here like their traditional dresses and jewelry. I found them very beautiful. :-))

They are modern as well as traditional. They have a gift culture very similar to us as we give SHAGUN (Money envelope) they give RED PACKETS (Hong bao). So, in many ways they are similar. They celebrate so many festivals, few of them are quite similar to us like, on Diwali, we clean and decorate our houses with lights and buntings, etc. they also do the same on Chinese New Year. There is one week off all over China. It's compulsory to have New Year's Eve dinner together with family members. Also, give red packets to near and dear ones.

Then they have a tomb-sweeping festival which is dedicated to all the departed soul of the families. They clean their tombs and do some rituals like in India we have a sharaadh. There are a lot of interesting festivals like the Dragon boat festival, Moon cake festival.

Then again, a one-week holiday for National Day. These national holidays were first started by the government for the PRC's National Day in 1999 and are primarily intended to help expand the domestic tourism market and improve the national standard of living, as well as allowing people to make long-distance family visits.

CONVENIENCE: Life is very convenient here. If you have lived in Shanghai for a few years it would be a little difficult to adjust to any other cities in the world. It gets difficult for me in India too having lived here.

Shanghai's transportation system is SUPERB!! It's

the largest in the world. Once I went to Shenzhen and Hong Kong, I didn't find it as convenient as Shanghai. Wet markets (Vegetables & Meat) are very clean and hygienic here. They have so many apps for grocery items, vegetables, fruits, and for almost everything which is very easy to use. I use these apps especially (Taobao, Pinduoduo, JD, etc.) almost for everything. So, you need not go out to find shops, wait for your turn but I suggest the more you go out faster you will learn the language, their culture and more you will get to know Chinese people and their culture.

I have met so many western people, who have learned the language and speak fluent Mandarin just in six months. Wow!! Unbelievable, yes because they make Chinese friends or maybe share an apartment with locals and they spend more time with them, hang out with them.

We being shy, feel uncomfortable when we are unable to communicate and that's where we lag.

Concluding, I can say that life in Shanghai is Awesome!! Sometimes you miss your family, festivals, food in India but if we look at our daily work life you will find it very comfortable here. So, I must say if you get this opportunity to live in Shanghai then do not miss it and experience this beautiful country... :-))) I Love Shanghai.<3

About Author:

Shweta Bansal Raj has been living in China for the past 5 years with her family and is blessed with a 4-year-old son, Riyaan Kartik Raj. She has a Masters degree in Bioinformatics and MBA.



फिरसे मुस्कुराएगी दुनिया...

होठों पे मुस्कान थी
पर आखें नम थी
एक ही पल में क्या से क्या होगया

कल तक तो सब ठीक था
ये एक रात में क्या होगया

सबकी ज़िन्दगी अच्छे से गुज़र रही थी
अचानक ये क्या होगया

कुछ पता चले की हुआ क्या है
इससे पहले ही बहुत कुछ होगया

शुरुवात में सबने सोचा बस अफवाह है
यही सोचते सोचते ये पुरे विश्व में पहुँच गया

कोई समझ ही पाता के ये क्या है
इससे पहले ही बहुत कुछ होगया

सबको ठीक करने चले ये डॉक्टर्स
खुद ही इसके शिकार हो रहे

महीनों अपने परिवार से दूर होके
लड़ने चले सब इस युद्ध को

ये भी पता ना था, लौट के आएंगे के नहीं
फिर भी गर्व से हम घरसे चल पड़े

देख ज़रा उस परिवार को
जिसमें एक ही मुखिया था

अब वो भी चल बसा
पीछे छोड़ अपनी नन्ही जान को
कैसे गुज़ारा होगा उस चंद महीने के बच्चे का

कुछ पता चलता
इससे पहले ही बहुत कुछ होगया

वो लिखी गयी चिट्ठी अपनी बीमार माँ को
के माँ, जल्द तुम ठीक होके वापस आना

जब पता चलेगा उस बच्ची को
के माँ के साथ अब पापा भी चल बसे
पूरी तरह टूट जाएगी वो नन्ही जान

कुछ पता चलता
इससे पहले ही बहुत कुछ होगया

कुछ ही दिनों में बहुतो की दुनियां
इधर से उधर होगयी
हर एक इंसान की जीवन पलट गयी

क्या अमीर क्या गरीब
हर कोई आज इससे जूझ रहा

बस दिन रात सबकी यही प्रार्थना है
कब हम खुल के सांस ले पाएंगे

कब हम घरों से निकल पाएंगे
कब हम पहले जैसे अपनी ज़िन्दगी बीता पाएंगे

कुछ पता चलता
इससे पहले ही बहुत कुछ होगया

अब सबकी एक ही बोली है
फिरसे मुस्कुराएगा इंडिया
फिरसे मुस्कुराएगी दुनियां...



MOUTHWATERING STREET FOODS OF INDIA

India, mostly famous for its ancient history, culture, but very few are familiar with its authentic food and delicacies. Although nowadays, Indian foods are known & recognized globally, the tickling taste of its street foods that gives a punch to the tastebuds from your very first bite is heavenly. Starting from snacks, sweets, main course, drinks. Every region has its food & unique way of preparation and presentation.

Street foods are very famous in India. The craze for this food starts in the morning & continues till late at night. People used to put stalls known as "Thela" and if you have a local food market (Chowpati) nearby your home, you can see many stalls lined up in the morning & evening. It's a place for foodies, where you will get unlimited choices according to your tastebuds. Various reasons for its popularity are first it's very quick & secondly, it's very affordable.

The key ingredient that completes every Indian dish is love, how it's made & the selection of its fresh ingredients. Apart from the authentic dishes, when you visit India, the first and very famous thing you should not miss is to taste its street foods. A number of varieties & endless lists will put you in a dilemma which one to choose amongst all.

Each part of India has its own authentic dish. East to west, north to south, names, and taste also vary a little although you taste the same dish. Few popular street foods are samosa, vada,

Mirchi bhajji, vada paw, idli, dosa, uttapam, chole bhature, golgappa, chat, bhel puri, paw bhaji, kind of parathas, poha, kachodi, upma, puri sabji, chowmein, manchurian, frankie, momos, fresh juice, fruit chat, gulab jamun, rasgulla, jalebi, lassi, rabdi, etc. Whenever we plan our holiday to India, there is always a list of street foods on my list to dig on the same day I land home.

The unique taste & mouthwatering flavors make it even more tempting. People like to have for breakfast idli, poha, upma, dosa, dhokla, parathas, puri etc. Idli, dosa, vada, uttapam mostly prepared with the fermented batter of rice & urad dal (black gram/black lentil) and served with sambar (kind of soup prepared with lentils, veggies, and aromatic spices) & coconut or tomato chutney(dip). In few places, it's served with spicy onion & garlic chutney also.



Parathas are also now in trend as it's made with whole wheat flour & the stuffing are either veggies, paneer, potato. It's served with a bowl of curd, curry & pickle. Some love upma (made with semolina & veggies) and poha (pressed rice flakes) cooked with potato, onion, peanuts & some spices. Poha, upma, idli are very



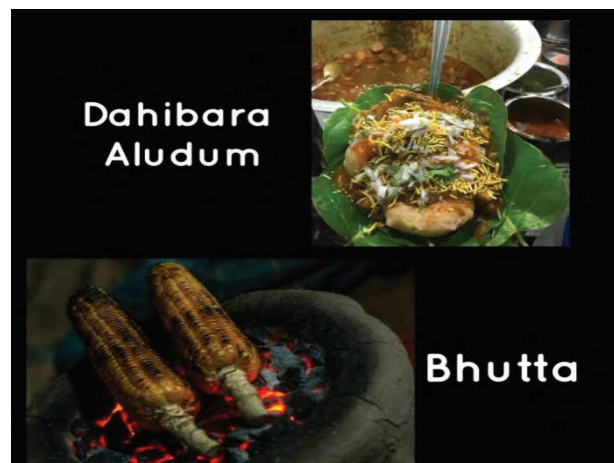
light and are filling breakfast. Puri sabji, chole bhature, uttapam, dosa, you can have either in the morning or evening.

The all-time famous snacks, loved by all age groups are golgappa, bhelpuri & all chat items. The sweet & sour tangy water and spicy potato filling make it even tastier. In India, street foods are so popular that if some guest visits your house, they surely demand a famous snack from some famous vendor, for example, Jalaram ki chat, Rathor chowk ki kachodiyan.

As diverse is the country, it experiences a manifold of cuisines, each having at least one specialty of street food. Below is a list of street food in India that will make you want to leave everything and dive into the rich flavors of these delicacies. It's time for adding some spice to your life and if you are ready, keep scrolling down.

Here is a list of the top Street foods of India

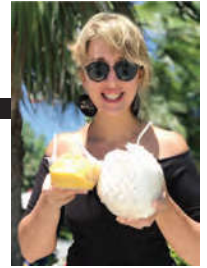
- Aloo Tikki, the delectable street food in India
- Puchkas/Golgappa/Gupchup, the tiny bombs from Bengal
- The famous Vada Pav of Aamchi Mumbai
- Dahibara Ghuguni Aludum from Odisha
- Daabeli of Gujarat
- Momos, the king of street food in Delhi
- Akki roti from Karnataka
- Mirchi bajji from the land of Charminar
- Chole bhature & Lassi from loving Punjab
- The simplicity of Bihar, Litti Chokha
- Kathi rolls from Calcutta
- Maharashtra's Pav Bhaji
- Poha Jalebi from Madhya Pradesh
- Bhelpuri, yet again from Mumbai
- Bikaneri Kachori from Rajasthan
- Jhalmudi again from the Odisha
- Bhalla Papdi from Dahi walon ki Dilli
- Misal Pav from the streets of Bombay
- Aloo Chaat from Delhi and Uttar Pradesh
- Idli sambhar, Chennai love
- The royal Daulat Ki Chaat
- Healthy and tasty Kanji vada of Rajasthan



- Bhutta, Aamchi Mumbai's monsoon savior
- Delhi's famous Ram Laddu
- Scrumptious Matar Kulcha, yet again from Delhi

Street foods have been defined as ready to eat food and beverages prepared and sold by vendors and hawkers especially in streets and other similar places. The traditional Indian food culture should not be forgotten by all generations as it shows the identity. Each of the elements has its tales and sentimental values along with it. As per the changes in the lifestyle of the people, especially among urban dwellers, the demand for street food has also increased. To save time, especially among the working people and students, the majority depend on street food, which is convenient and affordable. The other reason is taste.

Now, that here is a little glimpse I tried to share with you all, bring them on your bucket list, and get on a mission to savor each one of them at least once in life when you visit India. Bring out the foodie in you & get going. Happy eating.



A WOMAN WHO WALKS WITH GOD WILL ALWAYS REACH HER DESTINATION

In this article I would further like to share my vision, understanding of Indian religion and mythology, and would like to mention that it is my own opinion only, please don't judge me, you can disagree also but it's all personal and there is no universal truth. It is actually how I see it and how I learned through my own experience from different sources.

Though I am not too religious a person, I am more about personal qualities and ways of life, self-control, and morals, anyways... Since most of my life I



spent in Asia I was always interested to know about various religions like Hinduism, here I am talking not only about Hinduism but also other religions of India which are many, like Sikhism, etc., also Buddhism looked most attractive to me since it was something new and unexplored. I started my exploration from visiting various temples which looked to be super attractive in terms of architecture first and also had a really peaceful and devotional feeling there always soon as I enter it, also from reading and watching some channels. My journey started from Chinese temples and ended up exploring various architecture masterpieces in

Thailand, Laos, Cambodia, and India. Each of them poses its own spirit, atmosphere, and history. I was always stunned how people created such masterpieces and, in many cases, temples looked even more luxurious than houses and other buildings around, how much effort should people put into it.

Let me concentrate on Hindu temples more. I still remember those stunning Brahma gate in Angkor Wat, 3 headed mysterious temple built by that time person,

then I did not know anything about it, was just mesmerized by its beauty and majesty, I even got a small wooden replica from there and still have it on the wall. Only later I learned that it is Brahma- the creator, who was born from Vishnu's navel, and then I learned about Vishnu avatars, like Rama in Ramayan, Krishna in Mahabharata. Later my knowledge extended to Shiva, Lakshmi, Kali, Ganesha, who always looked like a happy Buddha to me, and more many. I still remember how I and my friends Julia and Danny (who are also fans of everything Indian) went to one of the Madurai temples, if not mistaken it was Meenakshi



temple when passing by Ganesha in front of whom was a little statue of a mouse, one old lady was holding her earlobes and continuously bowing to it, I got totally involved in the process and came closer to her, she noticed my curiously and started teaching me the gestures: hold your earlobes with few fingers of your both hands and start bowing, eventually I repeated it without knowing the meaning, later I came to know this was the way to say sorry to the God, symbol of your obedience.

So, since when I started to know Indian mythology and religion more, there was one question that was ever bothered: do all the gods exist or ever existed in real and why there are so many having their own qualities and peculiarities, coming from a "Single God" concept background, anyone will ask for the same...then I asked Prem who perhaps voluntarily teaches kids some religion lessons at school. He replied: each God is for personal concentration to achieve a goal, like for example if you want to be wise you put idol or picture of Ganesha, so every time you see it you will remember about it and complete your daily routine accordingly, if you want to be rich you see or think of Laxmi, etc., this answer totally enlightened me.

Another version that I was explored myself by reading and watching my country epics, as Russia at a certain period had many gods and religion called pagan. I started comparing my country epics with Indian and understood that some normal people could also be portrayed as a God or Demon when narrating a story but only who had extra knowledge of power and

slowly it came to stories of Ramayana, Mahabharata, Immortals of Meluha and all other small stories and narrations. Anyways, it is just my opinion based on my experience, personally what impressed me the most and would like to follow the same.

I once met a teenager-tour guide in Sri-Lanka he had a necklace with buddha and some Hindu God, which I don't remember clearly and I asked what it was, the kid answered, that one of his parents is Buddhist and the other Hindu, so he is following both. I was really amazed since I thought 1 man follows only 1 religion people, and I would love to follow his concept. Diversity, and humanity is the purpose of living. There are Siva lingam, Nandi, Ganesha, Natraj, Kali, Brahma, Jesus, and Buddha living together happily on my shelf. We all are different and the same at the same time, we should accept each other and live in peace regardless of whom you choose, the concept always stays the same.

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Guest Welcome

Phani Kiran Immaneni
Ritika Kumar

Overall Facilitations

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Chandrika Chunilal
Tapan Gadodia

Decoration Team

Beenaji Waghela
Shilpa Deshmukh

Food Facilitation

Beenaji Waghela
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Vivek Arora

Sound & Technical Parts

Rahul Badge
Nitin Soni
Bhargav Joshi

Indradhanush Team

Fugumobile
Bhargav Joshi
Vishnu Shnker
Divya Raj
Rahul Badge
Beenaji Waghela

Indradhanush Layout & Design

Fugumobile
Vishnu Shnker
Divya Raj

Indradhanush Over all Publicity (Emailers, Wechat, Social Media)

Bhargav Joshi
Vishnu Shnker
Divya Raj
Ritika Kumar

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ADITYA BIRLA GROUP

Wish You Happy Diwali Shanghai



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**Wishing you a Happy Diwali
and a
Happy New Year!**



**The
Parmar Family**

