



INDIAN ASSOCIATION

# INDRADHANUSH<sup>2023</sup>

PEACE, HARMONY AND COLLABORATION

REMEMBERING  
NITIN



COMMUNITY  
UPDATES

HOT ! MILLET  
RECIPE BOOK

THROWBACK OF 2022-  
2023 YEAR'S IA EVENTS

ARTICLES, ART &  
EXPERIENCES

IABC LEADERSHIP  
TALK SERIES

FELICITATION OF ASIAN  
GAMES ATHLETES





**State Bank of India, Shanghai**  
**Wishes a Very Happy Diwali to All**

SBI Shanghai: Your link to India and other parts of the world is offering various services to Individual and Corporates in Main Land China.

Personal and Corporate Remittances and Conversions:		Corporate Accounts:	
<ul style="list-style-type: none"><li>• RMB to INR</li><li>• USD to INR/GBP/EURO/JPY</li><li>• RMB to USD/GBP/EURO/JPY</li><li>• USD to RMB</li><li>• USD to USD</li></ul>		<ul style="list-style-type: none"><li>※ <b>USD:</b><ul style="list-style-type: none"><li>• Settlement Account of Rep Offices</li><li>• Settlement Account of Domestic Companies</li><li>• Capital Account of Foreign Invested Enterprises</li><li>• Inter Bank Deposit Accounts</li><li>• Settlement Account of Offshore Companies</li><li>• Term Deposit</li></ul></li></ul>	
<b>Personal Accounts:</b> <ul style="list-style-type: none"><li>• Savings and Term Deposit Accounts (RMB &amp; USD)</li></ul>		<ul style="list-style-type: none"><li>※ <b>RMB:</b><ul style="list-style-type: none"><li>• Settlement Account of Onshore Companies</li><li>• Term Deposit</li></ul></li></ul>	
Other Corporate Services (RMB & FX):			
• <b>Trade Finance</b>	• <b>Bills Business</b>	• <b>Corporate Loans</b>	

**The salient features of our individual & corporate remittance services are:**

1. Only Indian Bank in Main Land China offering RMB/INR, USD/INR remittance to India
2. For individual customers, no need to maintain account, only one time registration is required
3. Best exchange rate with minimal charges
4. For INR remittances, no correspondent bank charge involved
5. INR amount gets credited to beneficiary's account on the same day
6. Can remit in other currencies viz USD/GBP/EURO/JPY
7. Individuals can remit for opening of FCNR account in India (through SWIFT: correspondent bank charges will be applicable)

**Branch Address:**

4206, K. WAH Center 1010 of Huai Hai Zhong Road Shanghai 200031

Tel:(021) 5403331-305/331/320 (for Account and Remittance service)

(021) 540331-213/400/324 (for Trade Finance and Bills business)

**Website:**<https://cn.statebank>







**Mrs Ritika Kumar**

President - Indian Association China (2023-2024)



## PRESIDENT'S MESSAGE

“

*The unwavering determination of our community members propels us forward. Each person in our community has made significant contributions, whether through blood donations, dedicated efforts in preparing our children for Bal Divas, or active participation in business and community events like Diwali. We deeply appreciate these invaluable contributions. Our commitment to working together in peace and harmony remains steadfast as we persist in our collective pursuit of enhancing our shared community. “May the gleam of diyas enlighten your spirit and vanquish darkness from your life. Hope your Diwali is LIT.”*

”



**शुभ दीपावली**

The Indian Association board members extend warm wishes for a happy and prosperous Diwali. May this Diwali bring you the utmost in peace and prosperity. May lights triumph over darkness, and may peace transcend the earth. May the spirit of light illuminate the world, showing us the path to Peace and Social Harmony.

As we embark on our 26th year with the Indian Association in 2023, we can confidently say it has been an eventful and enriching journey. We've faced and overcome challenges while seizing every opportunity that came our way. In recognition of our contributions to the community, the Indian Association received the Magnolia Award in 2018 from the Shanghai Government. None of this would be possible without the



naked  
CASTLE  
裸心堡

莫干之巔 传奇城堡  
Legend of Moganshan

浙江·莫干山  
Zhejiang Moganshan

naked  
STABLES  
裸心谷

莫干山 裸心谷  
Moganshan Stables

浙江·莫干山  
Zhejiang Moganshan

naked  
WATER  
裸心水

莫干山 裸心水  
Moganshan Water

苏州·太湖  
Suzhou Taihu

naked  
VALLEY  
裸心谷

莫干山 裸心谷  
Moganshan Valley

湖州·莫干山  
Huzhou Moganshan

naked  
HILL  
裸心岭

莫干山 裸心岭  
Moganshan Hill

莫干山 裸心岭  
Moganshan Hill

naked is focused on luxury eco-friendly and sustainable lifestyle while providing people with Fresh, Fun, Green , Great experience.

FIVE resorts to choose from naked Stables, naked Castle, naked Water, naked Valley & naked Hill.

**Scan and receive RMB 500 voucher\***  
**and a chance to win a FREE STAY at naked Castle.**

For more information: [Livenaked.com](http://Livenaked.com)

\*Terms & Conditions apply





unwavering support of our community members, who provide us with the strength and determination to carry on, A sincere thank you to each and every one of you.

In 2022-23, the Government of India celebrated the International Year of Millets, emphasizing the health and nutritional benefits of these grains. Our Association organized a millet food competition on the 10th of September, inviting people from diverse communities to create dishes using millet. This event witnessed remarkable success, with delectable millet-based dishes receiving widespread appreciation. It was truly inspiring to witness the abundant talent within our community

However, we've also experienced setbacks. In 2022, we lost a dear friend and fellow board member, Nitin Soni, to unfortunate circumstances. Nitin was not just a board member but a bright and shining light in our community. His positive attitude and unwavering spirit were contagious, and he was always the first to offer a helping hand in times of need. Nitin will forever remain in our hearts.

During the September 2023 Asian Games in Hangzhou, our community members attended. Our Indian Association hosted medalists Palak Gulia and Esha Singh, who brought immense pride through their exceptional performance.

Our children had the unique opportunity to meet and interact with these accomplished athletes, asking them intriguing questions.

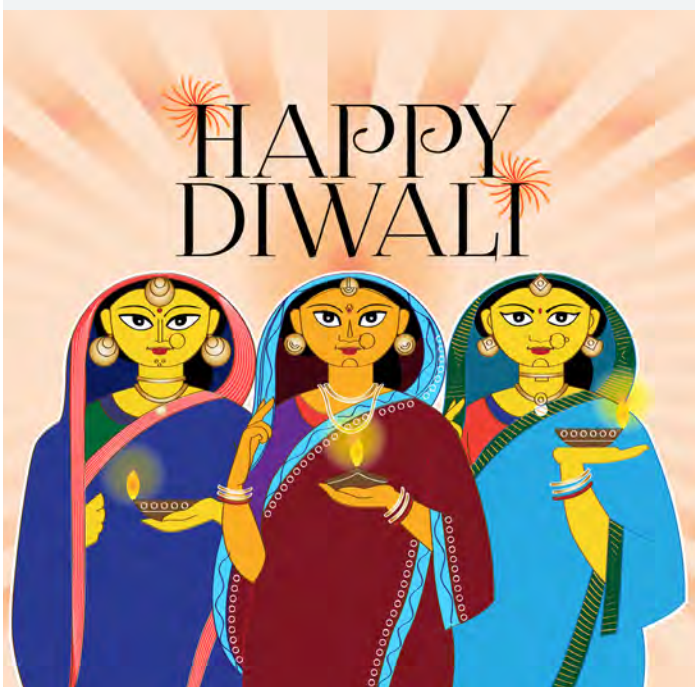
We'd like to take this opportunity to thank the outgoing president, Mr. Rahul Bagde (President 2022-2023), for his outstanding contribution to the Indian community in China. Rahul has been part of the board since 2014 and has served the community in various capacities. The Indian Association will always be grateful for his hard work and commitment to serving our community.

I would also like to thank past and outgoing president Mr Mukesh Sharma. He has been one the most hardworking and resilient people you'll ever meet and has taken our Indian Association to new heights. We thank you for your selfless service.

We extend our gratitude to all our sponsors, Indradhanush advertisers, raffle providers, and volunteers from our community who have supported the Indian Association throughout the year. A heartfelt thank you to our diverse and talented Indian Association team that works tirelessly to make things possible. We also express our thanks to the Shanghai People's Association for Friendship with Foreign Countries (SPAFFC) for their unwavering support. To all the regional associations and community groups in and around Shanghai, thank you for always supporting each other. We are also indebted to the Shanghai Blood Donation Centre for giving us the opportunity to "Give the gift of life" year on year. Last but not least, we would like to thank the Honorable Consul General Dr. N. Nandakumar and the entire team of the Indian consulate for their consistent support and guidance.

We appreciate all the support and guidance we receive and always look forward to your feedback, suggestions, and ideas. Please continue to share them by emailing us at [iashanghai@live.com](mailto:iashanghai@live.com).

We wish everyone Peace and Harmony in 2023, and we hope you have the best year ahead.





A sense of place  
when you're far from home  
– we know the feeling.

---

WELCOME TO WORLD CLASS

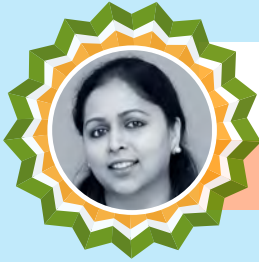






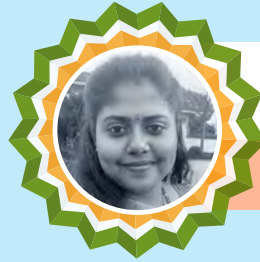
# INDIAN ASSOCIATION CHINA

## BOARD MEMBERS 2023 - 2024



**PRESIDENT**

RITIKA KUMAR



**GENERAL SECRETARY,  
MEDIA AND  
COMMUNICATIONS**

DIVYA RAJ

**GENERAL  
SECRETARY,  
CULTURE**  
TANVI  
KHARWADKAR



**FINANCE  
CONTROLLER**

MANOJ MEHTA



**GENERAL  
SECRETARY,  
MEMBERSHIPS**  
CHANDRAKALA  
RADHAKRISHNAN



**GENERAL  
SECRETARY,  
CHARITY**  
HIMANSHU  
CHATURVEDI



**GENERAL  
SECRETARY  
BUSINESS**  
NISHTHA MEHTA



**ADDITIONAL  
GENERAL SECRETARY  
CULTURE**  
SARIGA KRISHNAN



**ADDITIONAL GENERAL  
SECRETARY CHARITY**  
ANITHA DINESH



**ADDITIONAL  
GENERAL  
SECRETARY CULTURE**  
HARSHA NIRAJ KUMAR



**GENERAL SECRETARY  
SPONSORSHIP**  
MINESH PORE



**GENERAL SECRETARY  
SPORTS**  
NIDHI SHARMA



**PAST PRESIDENT**

RAHUL BAGDE



**PAST PRESIDENT AND  
CO-FOUNDER**

VIVEK ARORA





## **A One-stop solution for all your financial needs!**

Our exclusive Corporate  
Solutions in foreign currency:



**Loans**



**Trade Services**



**Remittances**



**Foreign Exchange Deposits**

Scan the QR Code to  
visit the webpage.



**For any queries: Call +86 21 8017 1556/1577/1579**

Fax: 0086 21 8017 1598 | Email: [queries.shanghai@icicibank.com](mailto:queries.shanghai@icicibank.com)

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

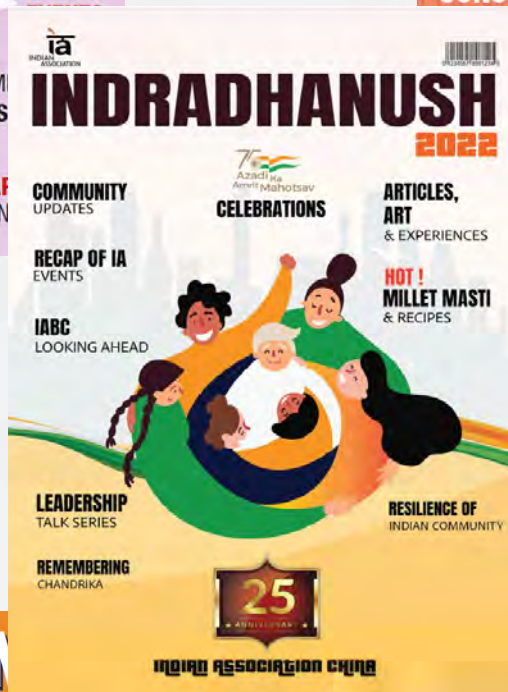
ICICI Bank Limited, Shanghai Branch is licensed and regulated by National Administration of Financial Regulation previously known as China Banking & Insurance Regulatory Commission.





# INDRADHANUSH

## EARLIER PUBLICATIONS







**WE WILL MISS YOU NITIN  
OM SHANTI**





# IN LOVING MEMORY OF CAPTAIN NITIN SONI

10 June 1981 - 25 Feb 2023

*With heavy hearts, we bid farewell to Nitin, a loving husband, father, son, brother, and friend, whose untimely departure has left an irreplaceable void. Nitin was a remarkable individual, known for his unwavering dedication and meticulous approach to life. His commitment to excellence and determination were truly exceptional, serving as an inspiration to all who knew him.*

*Nitin, an exceptional father, went to great lengths to ensure his son's happiness. His ability to balance professional aspirations with his role as an amazing dad showcased his deep love and commitment to his family. His presence was a source of strength for his loved ones, characterized by a warm heart always ready to lend a helping hand.*

*We remember the precious moments and cherished memories Nitin created, and his legacy of hard work, dedication, and unwavering love for his family will forever remain in our hearts. In our sorrow, we find solace in knowing that Nitin's memory will live on through the lives he touched, inspiring us all. May his soul rest in eternal peace.*

*With heavy hearts and fond memories,*

**Ritika Kumar**

*There are no words to describe the loss of Nitin. He was a gem of a person. Nitin was a dear friend and a valued colleague in Indian Association Board. There are many unforgettable memories with Nitin in Shanghai. Nitin brought excitement and energy to the team. His contribution to the Indian community is immense, and his spirit lives in our memories. My life was blessed through Nitin's friendship.*

*Dear Nitin, Thank you for everything.*

**Rahul Bagde**

*"Nitin Soni was not just the General Secretary, Sponsorships of the Indian Association; he was a 'lightning rod' of the community - a person you could depend on and rely upon.*

*His 'ever-positive' attitude was contagious and helped the Indian Association through tough times during the COVID days. He encouraged everyone in the team to push forward despite challenges.*

*Always smartly turned out, he was the life of every party, ensuring that everyone participated in the festivities.*

*A true 'Officer and a Gentleman,' Nitin's spirit is well and alive in the Indian Association, and I salute him for his contributions to the community in Shanghai."*

**Vivek Arora**

*This February, we lost our Dear friend and colleague Captain Nitin Soni. He was a true patriot in every respect and absolutely noble soul. People like him are scarce.*

*We may have lost our friend, but he will always be remembered as a true Fauji and his legacy will continue through his Heroic deeds.*

*My thoughts and prayers will always be there for dearest Priyanka, Navvy and Krishh*



**Tanvi Kharwadkar**

*In the quiet spaces of our hearts, Nitin ji remains a beacon of inspiration. His unwavering dedication, infectious positivity, and selfless spirit were the cornerstones of our community. Nitin ji, our dear friend and esteemed board member, touched our lives profoundly. His legacy lives on, reminding us to be resilient and compassionate. May his noble soul rest in eternal peace.*

*With heartfelt remembrance,*

**Divya Raj**





Consulate General of India  
Shanghai

75  
Azadi Ka  
Amrit Mahotsav

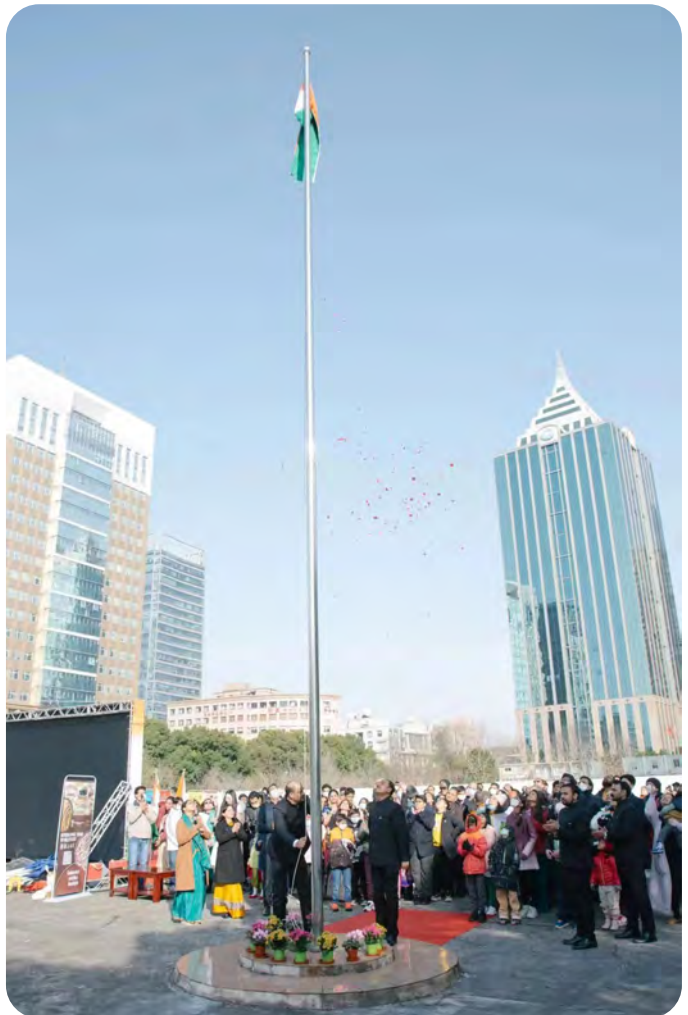
# 74<sup>th</sup> Republic Day Celebration

#AmritMahotsav

Thursday, 26<sup>th</sup> January 2023

**Celebration of the 74th Republic Day**  
**DATE- 26TH JANUARY 2023**

The Consulate General of India in Shanghai celebrated the 74th Republic Day of India with great zeal, enthusiasm and patriotic fervour on 26th January 2023. The celebrations began with Dr. N. Nandakumar, Consul General, unfurling the National Flag followed by the National Anthem. The Consul General then read out the address of the Hon'ble President of India to the nation.









## Celebration of National Unity Day

### Tribute to Sardar Vallabhbhai Patel

On the occasion, a talk on “Sardar Vallabhbhai Patel - A Supreme Leader with Exemplary Qualities” by Dr. Shobhana Radhakrishna, a renowned Gandhian scholar, was also screened. Led by Consul General, Indian community in Shanghai paid rich tribute to Sardar Vallabhbhai Patel on his jayanti by taking the National Unity Day pledge. The pledge was organised as part of Diwali celebrations.







## My Flag My Pride DATE- 4TH August 2023

### *CGI Shanghai launches My Flag, My Pride campaign*

The Consulate General of India in Shanghai inaugurated the celebrations to mark the 77th Independence Day with the launch of the “My Flag My Pride” campaign on 04.08.2023 by Ambassador Shri Pradeep Rawat and Madam Shruti Rawat along with Consul General Dr. N. Nandakumar and Madam Sridevi Nandakumar. A large model of the national flag has been kept in the Consulate premises for the Indian community to paint. The campaign will run up to 14th August 2023. By getting to colour the tricolour, the campaign seeks to create a feeling of pride about the national flag and seeks to reinforce and strengthen a sense of belonging with their Indian identity.

A painting competition was also organised for children on the theme “India” to evoke the facets of what the children identify themselves the most within their portrayal and creativity about India.







## Celebration of the 77th Independence Day of India

### DATE- 15TH AUGUST 2023

The Consulate General of India in Shanghai celebrated the 77th Independence Day of India with great zeal, enthusiasm and patriotic fervour on 15th August, 2023. The celebration witnessed an overwhelming participation of India Diaspora in Eastern China Region, Indian students studying in Chinese Universities and friends of India in China.

Celebrations started with paying homage to Mahatma Gandhi. Consul General Dr. N. Nandakumar and other officials of the Consulate paid floral tribute to the bust of Mahatma Gandhi located at the Chancery.

To mark the occasion, a flag hoisting ceremony was organised at the Chancery plot located at Wanshan Road. Dr. N. Nandakumar, Consul General of India unfurled the National Flag. The National Anthem was then sung in unison by the all the participants. After the National Anthem, the Consul General read out the address of Smt. Droupadi Murmu, Hon'ble President of India, delivered to the nation on the eve of the Independence Day. In her address, Hon'ble President had called for performing our fundamental duty to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement. She also extended her warm Independence Day wishes to members of Indian diaspora living in every part of the world.

On the occasion, members of Indian community presented colourful cultural performances. The performances included melodious Piano performances by Mst. Kavish Jain (Sujalam Sufalam) and Mst. N. Naghul Srinivas (National Anthem), dance performance by Ms. Suhana Jain (mashup), singing performance by Ms. Saanvika Thota (Janani, Priya Bharath Janani from the movie RRR), Kathak dance performance by Ms. Nandini Chaturvedi, Ms. Dimayra Patel & Ms. Durva Vadgama, recitation of the story of an unsung hero: Rani Gaidinliu by Mst. Ekansh Bahl and a narration of 'India of my dreams' by Ms. Suhana Jain.



As part of the “My Flag, My Pride” campaign a large model of the national flag was kept at the Consulate premises for Indian community members to colour it. The completed tricolour was displayed at the Chancery premises. Community members were encouraged to click pictures with the completed tricolour as part of “Har Ghar Tiranga” campaign. As mentioned above as part of “Meri Matti Mera Desh” campaign, a child from the Indian community narrated the story of Rani Gaidinliu to the gathered audiences.

A painting competition was also conducted as part of celebrations of the 77th Independence Day. Winners of the painting competition and the

participants were felicitated by the Consul General with prizes and certificates. These paintings were also displayed during the flag unfurling ceremony. An essay competition on “India of my dreams” was also conducted wherein children of the Indian community members participated enthusiastically. The author of the winning essay was given an opportunity to narrate her essay during the celebration.

The Independence Day Celebrations in Shanghai was a memorable occasion and will be cherished by all participants. Mr. Aditya D. Prabhudesai hosted the programme as the master of the ceremony.





# The Curtain Raiser: Yoga for Emotional Immunity

## DATE- 14TH JUNE 2023

The celebration of IDY 2023 kick started with a curtain raiser event on 14th June 2023. A yoga cum meditation session titled “Emotional Immunity through Yoga” in association with Brahma Kumaris, Shanghai was held at the Chancery premises. Conducted by Brahma Kumari Sister Sapna, the session focused on building emotional and intellectual balance and fostering greater harmony between body and the mind. The session offered valuable suggestions to the participants for overcoming emotional stress like anger, frustration and disappointment. The session received an enthusiastic response from the participants. Dr. N. Nandakumar, Consul General inaugurated the curtain raiser and the celebrations of IDY 2023 in Eastern China region.







## **IDY 2023 Celebration in the New Development Bank** **DATE- 15TH JUNE 2023**

On 15th June 2023, IDY 2023 was celebrated at the New Development Bank (NDB). It was jointly organized by the Consulate General of India in Shanghai and the NDB. This is the first time that IDY was celebrated at the NDB since it shifted to its new premises. Addressing the participants, Dr. N. Nandakumar, Consul General said that though Yoga was an ancient Indian tradition it had values of contemporary times. He stressed on 'sustainable living' as one of the key principles of holistic Yoga practice. He also expressed his thanks to H.E. Ms. Dilma Rousseff, President, NDB for supporting the programme. Shri Ashwani Muthoo, Director General, Independent Evaluation Office, NDB delivered the vote of thanks. Shri Sudhir, an ICCR empaneled Yoga teacher of the Consulate, conducted the Yoga session. He demonstrated asanas from the Common Yoga Protocol. More than 40 participants from the member countries of the NDB participated in the session.





# IDY 2023 Celebrations in Shanghai

DATE- 21ST JUNE 2023



The Consulate General of India in Shanghai organized the flagship event of the International Day of Yoga celebration in Shanghai on 21st June 2023 at the iconic Bund area on the terrace of the famous Pualaner restaurant overlooking the iconic Lujiazui skyline, especially, the Oriental Pearl Tower and the Shanghai Tower. The IDY programme included a mass Yoga session followed by a 'Raj Yoga' meditation session and an enchanting musical performance (Sitar and Tabla).

In his welcome address, Dr. N. Nandakumar, Consul General recalled that the proposal for celebrating the International Day of Yoga was made by the Hon'ble Prime Minister of India Shri Narendra Modi during his address to the United Nations General Assembly (UNGA) in September 2014. He also underlined that the 9th IDY celebrations held a special significance to India as the country celebrated the 75th anniversary of its independence and was holding the presidency of two important multilateral organizations viz., G20 and Shanghai Cooperation Organization (SCO). He also offered the support of the Consulate for anyone interested in learning more about Yoga.

The programme witnessed enthusiastic participation of about 200 participants including Foreign Diplomats based in Shanghai, Indian community, officials from the New Development Bank, Friends of India and people from all walks of the local society. Hon'ble Consul General of Russia in Shanghai, Mr. Dmitrii Lukiantsev and Hon'ble Consul General of Uruguay in Shanghai, Mr. Marcelo Magnou, diplomatic representatives from Hungary, Israel, Italy, Norway, Philippines, Sri Lanka, and USA were



# INTERNATIONAL YOGA DAY



among the guests. The ICCR empaneled Yoga teachers of the Consulate viz., (i) Dr. Avinash Mishra, (ii) Shri Sudhir, and (iii) Shri Naorem Arjun Singh conducted the Yoga session as per the Common Yoga Protocol. The Yoga session conducted in coincidence with the sun rise had a refreshing effect on the participants and was well appreciated.

Brahma Kumari Sister Sapna conducted the guided meditation session. She explained the principles behind practice of meditation to the participants. After a refreshing Yoga session, the guided meditation session had a calming effect on the participants. The session also helped to emphasize on the holistic practice of Yoga for both physical and mental well being.

After the session, Dr. N. Nandakumar, Consul General felicitated the sponsors, Yoga teachers, and volunteers who had supported the programme with Certificates of Appreciation. The IDY celebration was supported by generous sponsorship from M/s Tata Consultancy Services, Shanghai, M/s Aurbindo Pharma Ltd, Shanghai, M/s Dr Reddy's Laboratories Ltd., Beijing and M/s Shanghai Shujin Environment Tech Co.Ltd. Further, M/s BYMB, Shanghai supported the programme with all the venue related arrangements.

The event concluded with a mesmerizing Sitar performance by Master Shubhodeep Sinha, a young talent from the Indian Community in Shanghai. He played Raag Mala on Sitar and was ably supported by Shri Keshav Roopai with Tabla.







## Chithirai Thruvizha – 2023 Celebration

**DATE- 16TH APRIL 2023**



The Consulate General of India in Shanghai along with members of Indian community celebrated the Puthandu, Baishakhi, Bihu and Nabo Borsho with traditional fervour in Shanghai. The highlight of celebrations was organization of Chithirai Thruvizha – 2023 by ‘Shanghai Sangamam’ a Shanghai based regional association, under the auspices of Consulate General of India in Shanghai on April 16th, 2023, at Indian Kitchen, an Indian restaurant in Shanghai. On the occasion, the members of Indian community also observed the birth anniversary of Dr. B.R. Ambedkar, the architect of Indian Constitution. A film on Dr B.R. Ambedkar’s life and works was also screened at the event.

Speaking on the occasion, Dr.N.Nandakumar, Consul General noted that all over India, the start of harvesting season is celebrated as new year with different names including Puthandu, Baishakhi, Bihu and Nabo Borsho, depicting unity in diversity in India. Remembering Dr. B.R

Ambedkar on his birth anniversary, he stressed on upholding the values that Dr. B. R. Ambedkar stood for, and called upon the younger generation to inculcate his ideals in their hearts and minds.

The Chithirai Thruvizha – 2023 celebration started with worship of Lord Ganesha and placing of various fruits (Chithirai Kani) in front of a mirror. The sighting of ‘Chithirai Kani’ is believed to be auspicious inviting happiness and prosperity in the upcoming year. A special banana leaf feast was also served for the guests.

The event witnessed overwhelming participation from members of Indian community, foreigners and friends of India in China.





**Gurudev Rabindranath Tagore  
Jayanti Celebration  
DATE- 14TH MAY 2023**

The Consulate General of India in Shanghai celebrated the 162nd Birth Anniversary of Gurudev Rabindranath Tagore, the legendary poet, philosopher, and Nobel laureate, on 14th May, 2023. The Consul General of India in Shanghai, Dr. N. Nandakumar along with Consulate officials and members of Indian Community paid floral tributes at the bust and statue of Gurudev located at the intersection of Maoming road and Nanchang road, and Luxun park respectively in Shanghai.

To mark the occasion, cultural team of Shanghai Adda, a Shanghai based Indian regional organisation, presented cultural programmes themed on Gurudev's life and works.

Addressing the gathering at the cultural evening, the Consul General, recalled the visits made by Gurudev to Shanghai in 1924 & 1929. Quoting Gurudev on the need for harmony between all beings, he called on the participants to adopt







at least one practice that is environmental friendly in one's daily life. He underlined that this is also in line with Mission Life.

The cultural performances presented a kaleidoscope of soul-stirring renditions of immortal compositions of Gurudev, dances, dramas and instrumental music. The cultural programme started with singing of Rabindra Sangeet followed by recitation of Gurudev's poems 'Proshno', written during the time of the partition of Bengal, and 'Africa', depicting Gurudev's feelings for the African continent; dances on Rabindra Sangeet; renditions of various songs written by Gurudev; 'Bidushak' theatrical performance from Lipika; and recital of Raga Khamaj on Sitar, which is extensively used in Rabindra Sangeet. The programme ended with a sketch on the excerpts from Tagore's one of the most unique creations of dance drama 'Bhanusingher Padaboli'.

The celebration witnessed participation from members of Indian Community and friends of India in China.







IYM2023 was celebrated in Shanghai with a rich display & tasting of Indian & international millets based cuisine. An attractive exhibition on millets & the efforts made by India to promote millets was also organised during the celebrations.

IYM2023 celebrations in Shanghai was inaugurated by Consul General Dr. N. Nandakumar. Also, Acting Consul General of Mexico in Shanghai Mr. Leopoldo Diaz and Dr. Dong Le, FAO office, Beijing spoke about millets and the significance of IYM2023.

A short video on IYM2023 produced by AgriGoI was also played during the Consulate's celebrations conveying Honorable Prime Minister Shri Narendra Modi ji's message on the importance of Millets

IYM2023 celebration in Shanghai also included enthralling Bharatnatyam and Kucchipudi performances by Indian classical dance exponents Ms. Jin Shan Shan, Ms. Jessica Wu and Ms. Lulu Wang.











**Jashnn**  
Indian Cuisine

Quality Food For Quality People.

**&**  
*India Mart*

Your Trusted Source For Indian Groceries

HAPPY  
*Divali*  
FESTIVAL OF LIGHTS

BLDG.NO 12.SHOP NO.1128 YUMIN ROAD  
NEAR CENTRAL MANSION,KEQIAO,SHAOXING,CHINA

**15958555161    15381635317**







EVENTS



## DIWALI NITE 2022 WEAR YOUR CULTURAL PRIDE

DATE- 5TH NOVEMBER 2022

The Indian Association hosted its Annual Mega event, “DIWALI NITE 2022,” with an incredible celebration that showcased the essence of community, culture, and commitment on the evening of November 5th, 2022. The event took place at the ballroom of Shanghai Marriott Hotel Parkview and was attended by members of the Indian community, as well as international guests, who made the event a grand success.

The venue’s entrance was decorated similarly to other Indian events, with our divine Goddess Lakshmi placed on the pedestal. The evening began with the traditional lighting of lamps by our Guest of Honor, Smt. Hina Chaturvedi. The lighting of the lamp symbolizes the triumph of light over darkness.

The rest of the splendid evening’s events were hosted in the well-arranged ballroom by the charismatic duo Ms. Nishtha Mehta and Ms. Ritika Kumar. The event started with the

introduction of the Indian Association Board members and an overview of the year’s activities. This was not just an introduction; it was a recognition of the individuals who work tirelessly behind the scenes to strengthen the community’s bonds and create memorable moments.

The President of the Indian Association, Mr. Rahul Bagde, delivered a thought-provoking speech. He emphasized the importance of unity, especially during these testing times, and expressed gratitude to the community.

The spirit of appreciation filled the room as the community came together to recognize and felicitate its heroes. These individuals had selflessly served the Indian community during the challenging times of the COVID-19 pandemic. Jimmy Chow from Abundance, Pooja Ahuja, and Dr. Arif Hussain were bestowed with the IA Community Hero Awards, a testament to their unwavering dedication.



The winners of the Millet cooking competition held by IA aimed at raising awareness about the importance of including Millets in our diets were also felicitated during the event: Sariga Krishnan, Richa Sharma, and Vaibhav Gupta.

The younger generation played an essential role in making this event a success. Children volunteered at various levels, showcasing their commitment and energy.

The Nite ended with an amazing community performance choreographed by Yarose Dance and Art. Special thanks to Jenny for putting all this together and all wonderful performers: Niraj Kumar, Harsha Niraj Kumar, Suhana Jain, Kavish Jain, Diti Malhotra, Shlok Mahajan, Shravya Kumar, Anaisha Shangari, Sonam Gandhi, Shaista Noor, Veena Sharma, Abhishek Sharma, Vedant Sharma, and special thanks to Anitha and Dinesh

for being part of this troupe even though they couldn't make it due to a last-minute lockdown.

The event wouldn't have been possible without the dedicated efforts of numerous volunteers. Each volunteer played a crucial role in creating a memorable evening. Special mentions go to Kamala Lata, Suchita Mahajan, Richa Sharma, Dimpay Ranjan, Radhika, Harsha, and many others who worked tirelessly behind the scenes. DJ Shrikant Swamy took the stage over and rocked the party.

As we look back on this unforgettable evening, one thing is clear: Diwali Nite 2022 was not just a celebration of a festival; it was a celebration of community, love, and the unwavering spirit of togetherness. By the community, for the community—these words rang true throughout the night, reminding us all of the incredible strength that comes from standing together as one.















**9TH BLOOD DONATION  
DRIVE BY THE INDIAN  
COMMUNITY**



**BLOOD | JUNE 3RD  
DONATION | 2023**

**DONATE  
TODAY**





Indian students from various international schools in Shanghai joined hands with the Indian Association to organize a blood donation drive that concluded on the 3rd of June 2023.

This marked the 9th Blood Donation Drive organized by the Indian Association with support from the Shanghai People's Association for Friendship with Foreign Countries, the Shanghai Blood Center, the Shanghai Blood Administration Office, the Shanghai Foreign Agency Service Department, the Shanghai Hongkou Health Commission, and the Shanghai Hongkou Blood Administration Center, and it was a resounding success.

Mr. Fu Jihong, Vice President of the Shanghai People's Association for Friendship with Foreign Countries, met with the Indian Association board members and thanked them for arranging the 9th Blood Donation Drive. He inquired about the health of the donors and expressed gratitude for their noble cause of offering the "Gift of Life" to Shanghai.

The day's events began with performances of traditional Indian dance forms, including Kuchipudi and Kathak, followed by energetic musical and vocal performances from around the world. This combination of blood donation and festive performances was appreciated by all.

What made this event particularly special was that it was entirely organized by the children of the Indian community in China this year. They handled everything from coordinating with the blood center to planning the details, engaging with food sponsors, and collaborating with international schools. They truly exceeded expectations!

The plan was straightforward: they reached out to various schools and requested their students' participation to create a festive, carnival-like environment at the venue. To our surprise, not only did many international schools agree to support, but some also went a step further and offered to be partners and sponsors. Some provided musical instruments for performers, while others took responsibility for marketing and spreading the word. It was heartening to see that in some cases, teachers and even parents volunteered to sing solos and in groups!

This blood donation event on June 3rd served as the grand finale of a three-week blood donation campaign to support children suffering from blood-related disorders. It began with Bloodline on May 20th, followed by Xinhua Hospital on May 27th, and finally, the Indian Association's event on June 3rd. We are delighted to report that by the end of this campaign, we collected a total of 357 units of blood (nearly 71 liters!). This marked the highest-ever blood collection achieved by the Indian Association, and it reflects our deep gratitude to the wonderful city of Shanghai, which we proudly call home.

This event also highlighted the commitment to charity that has been a hallmark of the Indian Association's engagement with the community since its inception in 2004, and even earlier with its predecessor, the Shanghai Indian Ladies Association, established in the mid-90s. Since 2012, the Indian Association has been organizing blood donation campaigns, and each year it grows bigger.

The Indian Association extends its heartfelt thanks to all event sponsors and expresses gratitude to our community partners. We hope that this trend continues, and the vibrant Indian community continues to be a force for good in the city.

The event was also covered by local media:

<https://mp.weixin.qq.com/s/kj2aPysuNDrs4Yo6EM7bJA>

[https://mp.weixin.qq.com/s/QZxsT48MAaRvOI9\\_sQK\\_QQ](https://mp.weixin.qq.com/s/QZxsT48MAaRvOI9_sQK_QQ)

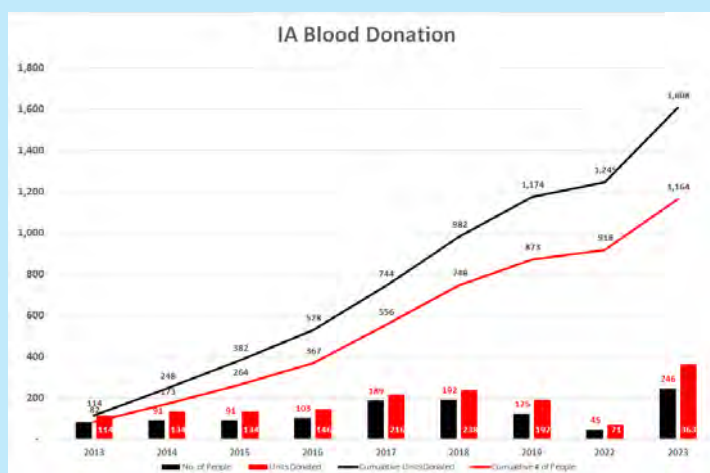
<https://mp.weixin.qq.com/s/oh1B1mD0AEIBM35hr4QyCw>







## IA BLOOD DONATION EVENT IMAGES







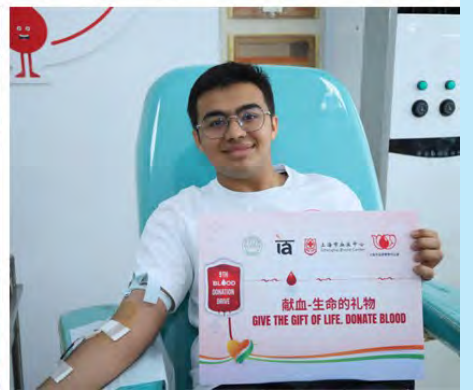
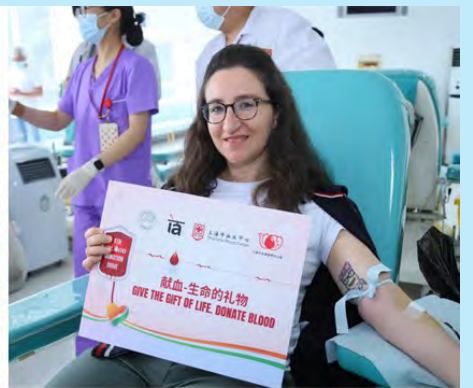
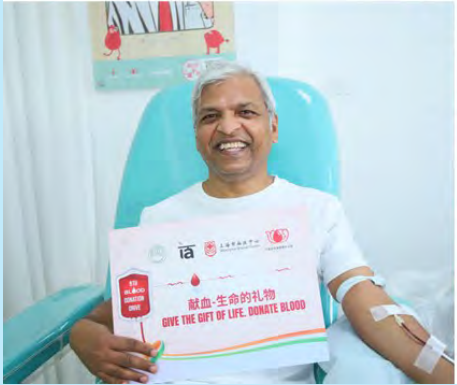
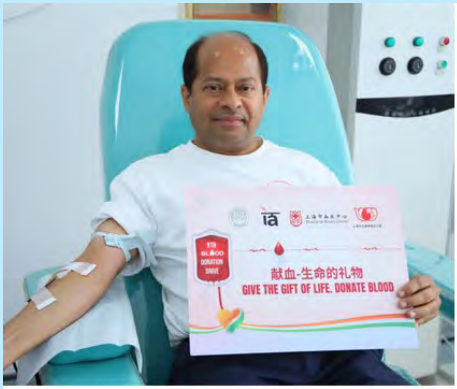




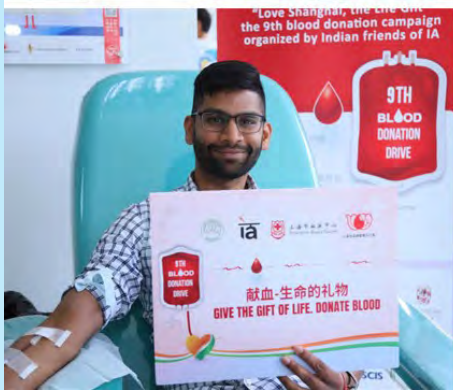




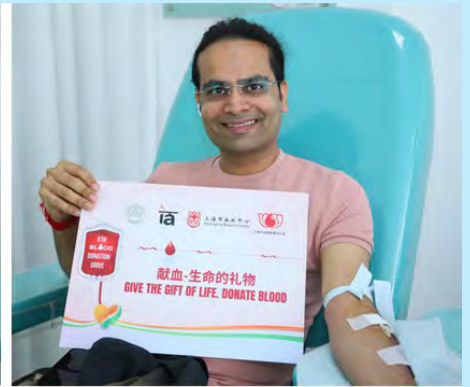










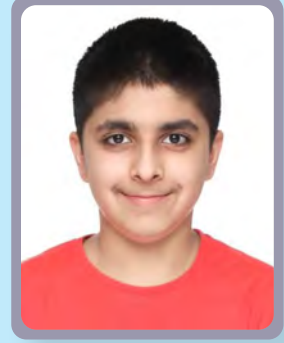




## KID VOLUNTEERS



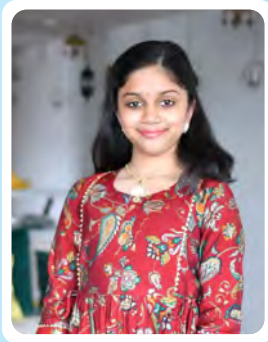
**YASHVI**



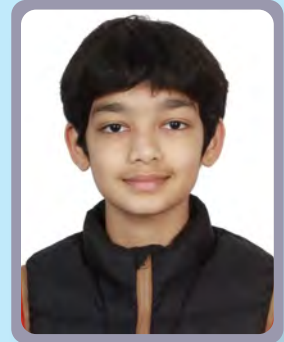
**ARJUN**



**ADITYA**



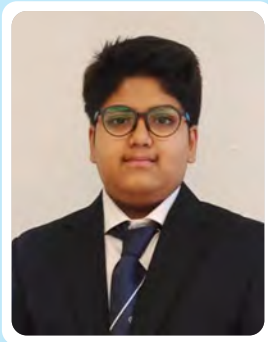
**MAHIKA**



**NANDAN**



**TOSHAN**



**EASHAN**



**SSHREY**



**ATHARV**



**TANVI**

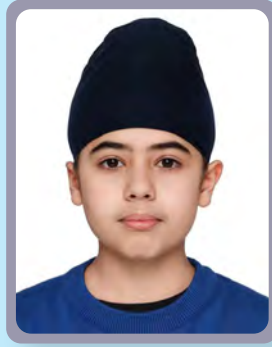


**AARUSH**





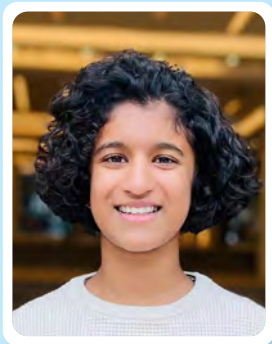
**SHLOK**



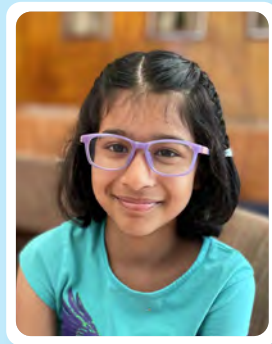
**HARJAS**



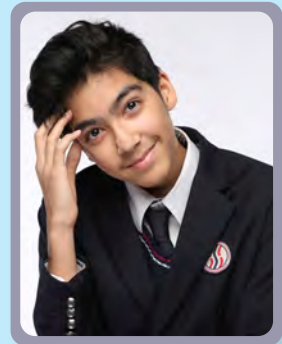
**ARYAN**



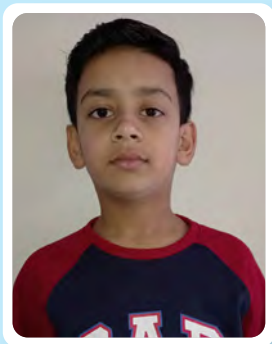
**AADYA**



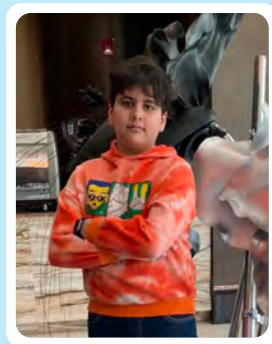
**MYRA**



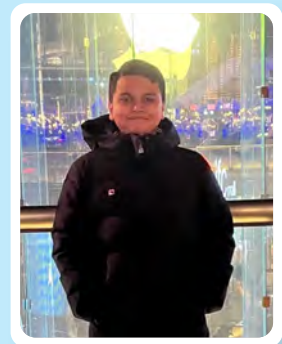
**NISHANT**



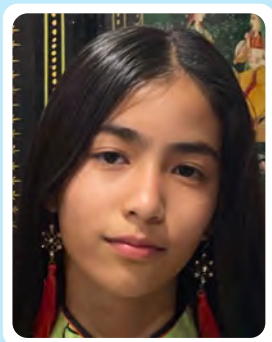
**VIHAAN**



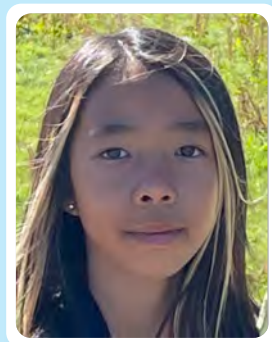
**HARSH**



**CHIRAAV**



**FIONA**



**AYSHA**



**ARYANA**





# AGM

DATE-4TH JUNE 2023



SHANGHAI



INDIAN ASSOCIATION CHINA

**IA -AGM**  
**4th June 2023**

The Indian Association (IA) held its Annual General Meeting (AGM) on June 4, 2023. GS Business, Nishtha Mehta, welcomed all the members connecting online and offline.

## AGENDA

- Opening
- Welcome of Chief Guest
- IA Summary and Financials
- IA Board 2022-23
- Vote of thanks
- Wrap Up



Deepak Hegde

Deepak Hegde

Tushar Bhanushali

Tushar Bhanushali

The Chief Guest was **Mr. Ramakrishna Velamuri**, Dean and Professor of the School of Management at Mahindra University. He has lived in Shanghai for nearly 14 years and witnessed the significant changes that IA has undergone over the last decade.



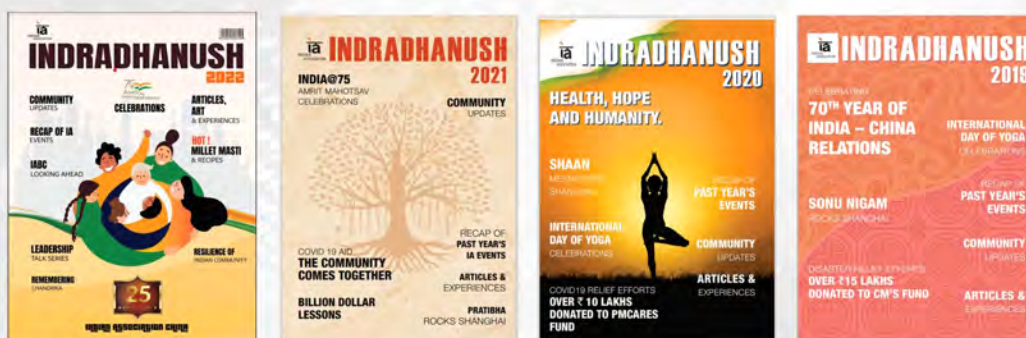
# KEY NOTE

- Welcome Dr. S. Ramakrishna Velamuri  
Professor of Entrepreneurship and Dean at the  
School of Management, Mahindra University.



Prof. Rama also shared the history and role of social/civic organizations like IA in community and business development. He stated that recent research in Human Resource shows that one of the most important drivers of an expat's performance in a new host country is the **ability of their family to adjust smoothly** to the new environment. Organizations such as the Indian Association play a crucial role in making this happen. Prof. Rama acknowledged IA's efforts and the significant role it played during last year's lockdown in Shanghai, as well as the contributions of Team IABC in enlightening the community with curated content.

# IA PUBLICATIONS



**Incoming President, Ritika Kumar**, addressed all the attendees. She thanked the IA Media Team for the phenomenal achievement of “**Indradhanush**”, the flagship magazine, which reflects the entire year's activities.



# IA – 25 YEARS AND GROWING



Conferred  
“Shanghai  
Magnolia  
Silver Award”

7th Largest ever  
Blood Donation  
Event

2020-2023

IA  
Business  
council  
launched  
2022 lockdown grocery delivery,  
Bal divas, Millet festival, Diwali  
community event, Blood donation

Launch of IA  
Wechat Channel

2018-19

2018

HM Rajnath Singh Visit  
DM Manohar Parrikar  
Visit Addressed IA

2015

PM Modi  
addresses ~  
6000 people  
in Shanghai

2008

IA Support for  
Sichuan  
Earthquake

2003

IA  
Established

1997

- 3000+ Members
- Charity events
- COVID Activities
- 1000+ Blood Unit
- Collection
- Diwali Ball
- Dance festivals
- Kids events
- Sports
- IA Mixers
- IABC mixers



She walked everyone through IA's long history, achievements, and growth over the years. She stressed how the 2022 lockdown was a learning experience for all. During the lockdown, IA's initiative to provide Indian groceries to the community and distribution of testing kits along with SPAFFC, was very much appreciated by the community. **100 units of blood** collected on the 9th Blood donation drive held on 3rd June, leaves her with gratitude.

As India celebrates the Year of the Millet, to emphasize the vital role of millet in promoting nutrition, sustainable agriculture, and supporting small farmers, IA organized millet events last year and a **special Millet recipe book** will be released soon.

She provided an overview of IA's long history, achievements, and growth over the years, emphasizing the valuable lessons learned during the 2022 lockdown. She highlighted IA's initiatives, such as providing Indian groceries to the community and distributing testing kits in collaboration with SPAFFC during the lockdown. She also expressed gratitude for the successful 9th Blood Donation Drive held on June 3rd, which collected 100 units of blood.

As India celebrates the Year of the Millet, to emphasize the vital role of millet in promoting nutrition, sustainable agriculture, and supporting small farmers, IA organized millet events last year and a special Millet recipe book will be released soon.







**IABC - INDIAN ASSOCIATION BUSINESS COUNCIL is a wing of Indian Association**

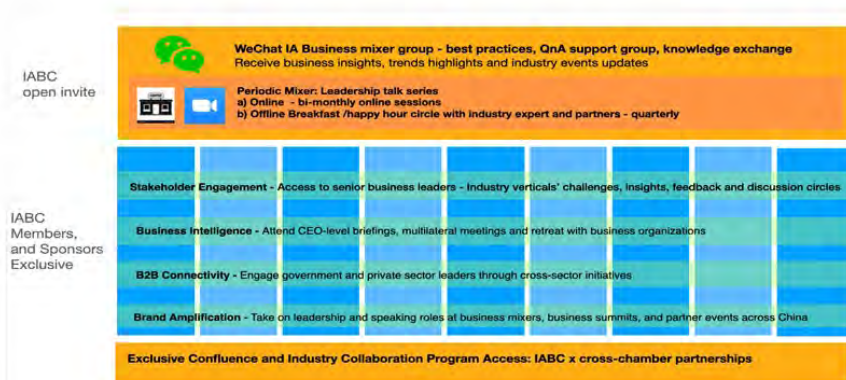
**IABC collective's volunteering ethos is to raise the awareness, inclusivity and influence of Indian professionals and business leaders' peer diaspora both within the Indian working community & with other national's business communities that will,**

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

GS Business, Ms. Nishtha Mehta, spoke about Indian Association's Business Council (IABC). The core principle of IABC is to listen to requests and bridge the gap between the community. Collaboration is the foundation, working with cross-chambers and cross-communities, and supporting each other. IABC has 12 cross-chamber supporters and has organized various events for stakeholder engagement and B2B Connectivity events. Leadership talk series are held regularly for the community.



**Our approach sees range of engagements with adaptive updates to meet local regulations and members' ongoing feedback and requests**



Highlights of IABC Events 2022-2023:



## Stakeholders engagement and B2B Connectivity Highlights of 2022-2023



## Stakeholders engagement and B2B Connectivity Highlights of 2022-2023



## Stakeholders engagement and B2B Connectivity Highlights of 2022-2023



GS Finance, Manoj Mehta, shared the financial updates for the year 2022-2023, mentioning that IA raised money through various forms of sponsorship last year.





INDIAN ASSOCIATION CHINA

## **Felicitation of outgoing past board members**



The outgoing IA board members were thanked and felicitated for their excellent contributions to IA and the community:



### **Shri. Phani Kiran (2005-2009 & 2016-2022) – Financial Controller**

**Shri Phani Kiran** thanked IA and appreciated how IA has grown into a great organization with strong roots in the past **26 years**. He has worked with 5 different Presidents and multiple General Secretary for 10 long years. He congratulated IA for its contribution to the community specially IABC, which has made a dent in the Indian community, being an active participant, it makes him really happy.

### **Shri. Bhargav Joshi (2019-2023) – GS Media and Communications**

Shri Bhargav Joshi's contribution in IA board is unparalleled. He has played a significant role for 5 years in enhancing the Indian Associations Media Presence, Website, WeChat channel and Email campaigns. He said he was very glad to serve the community for so many years. Staying with IA with the awesome team was a fantastic experience for him.







## **Shri. Soumen Biswas (2022 –2023) – GS Media**

Shri. Soumen Biswas's work and dedication during his tenure in IA Board has always been appreciated by everyone. By his excellent designs he took the **IA media creations to the next level**. He thanked IA for the opportunity and thoroughly enjoyed playing the role. He wished IA a very bright future.

## **Shri Rahul Bagde - Outgoing President**

Outgoing **President Shri Rahul Bagde** has served the Indian community for over a decade. He led the board in very difficult and challenging times and served the community with “Seva” bhav. He thanked the Indian Association, community, volunteers, and the board for their support. He mentioned how IA has taught him many things, including **patience, appreciation, humbleness and acquire new skills**, which helped him grow over the years. He remembered all the past presidents who added discipline to the institution.



Shri Rahul Bagde welcomed the incoming President Ms. Ritika Kumar and wished her the best for future. He called her the **true spirit of IA**. Ms. Ritika has served the community via multiple roles such as GS Communications and Memberships and GS Culture in the last nine years of her service to IA. She thanked and remembered Shri. Amit Waikar, who encouraged her to join IA and all the past presidents and board members who helped her grow and imbibed the true seva bhav in her. She expressed gratitude to the **Indian Consulate in Shanghai, Indian Embassy in Beijing & SPAFFC** for always standing for the Indian community in China and providing them the desired support. She presented the calendar of events planned for 2023.





## SPAFFC office has issued letter **Welcoming the incoming President Ms. Ritika Kumar.**



上海市人民对外友好协会  
SHANGHAI PEOPLE'S ASSOCIATION FOR  
FRIENDSHIP WITH FOREIGN COUNTRIES

9 June 2023

Mrs. Ritika Kumar,  
President, Indian Association China,  
Shanghai

Dear Mrs. Ritika Kumar,

I am kindly informed by Mr. Rahul Bagde that you have been recently elected as the new president of Indian Association. On behalf of SPAFFC, I would like to extend to you our sincere congratulations.

As one of our old friends, you have contributed a lot to promote our friendship and have been providing SPAFFC with great help and support in organizing activities and strengthening communication. We have wonderful memories together such as the Intangible Cultural Heritage Tour on Silk and Costume for ladies in the stormy day and the Blood Donation Drive organized by Indian kids. Your optimism and positive attitude always encouraged us in the tough time.

IA and SPAFFC have developed stable and friendly relations through long-term cooperation and exchanges. Mutual understanding has been greatly enhanced and mutual trust has

been established and strengthened between our two organization as well as between our communities as time goes by. SPAFFC will continuously promote the people-to-people friendship and build Shanghai into the integrated harmonious city as home for all its residents. We hope to have the support from IA and you as always.

Look forward to working with you and IA board for a shared better future for the city and for our peoples.

Best regards,

Vice President,  
Shanghai People's Association for Friendship with Foreign  
Countries



Ms. Ritika requested the community for their suggestions and inputs for IA within the framework of the IA constitution. The new IA Board 2022-2023 was introduced to the community. **She looks forward to active, engaging community-first year and plans to achieve a lot more together, for the community, with the community in 2023.**







IA would like to thank Shri. Rahul Bagde, for his selfless contribution. He will be relocating from Shanghai shortly. **Ms. Ritika Kumar** will be serving as the **President of Indian Association**. We are also happy to announce the addition of **Ms. Sariga Krishnan** to the board as AGS Culture. We wish her all the best.



### **Sariga Krishnan: A. G Sec Culture**

Sariga has been living in China since 2009. She is a BE, MBA graduate working as a part time teacher. She is so versatile who is very passionate and known for her Healthy Cooking nutrition rich foods and influencing others too. She is a Kuchipudi dancer, part time Model, Mom, Wife & Companion, Nature lover & Fitness and Lifestyle. She believes "Art" is the most beautiful thing which enables one's own self which brings out the creativity, distinctiveness and depiction of love. She is grateful for being part of the Indian community and looking forward to serve the community as a board member.





# BAL DIWAS 2023

U N I T Y   I N   D I V E R S I T Y

**DATE-16TH APRIL 2023**

On April 16, 2023, the Indian Association hosted “**BalDiwas 2023**” at Dulwich College International School, with a focus on the theme of “**Unity in Diversity**” and in celebration of **International Year of Millets (IYM 2023)**. The event aimed to celebrate the diverse cultural heritage of India and was open to children aged between 2 to 16 years old. **Sister Sapna** and **Sister Rose** graced the event as the Chief Guest.





The event commenced with a captivating performance of Shiva Parvathy Kuchipudi, followed by a skit on Millets 0.23 that was thought-provoking. The audience was then treated to a soulful rendition of Carnatic classical music on the keyboard, which was followed by a powerful dance performance on Teri Mitti and Ajj Singh Garjega, a tribute to the brave hearts. The audience then enjoyed a journey through vibrant Indian Bollywood dance with a mix of Ainvayi Ainvayi and Dilliwali Girlfriend followed by a mesmerizing Kuchipudi-style dance.

A rocking fusion dance on Jai Ho was performed next, followed by a performance called “Together in Rhythm-Sarvadharm”, which depicted the importance of unity in diversity. The audience was then treated to a violin performance of Allegro by Antonio Vivaldi, followed by a heartwarming keyboard performance of “Kal ho na ho” and Vande Mataram.

The Sudama Krishna bhajan touched the hearts of everyone in the audience, strengthening their friendship goals, which was followed by an Indian Dance Medley that featured music from different states of India. Shloka Chanting left the audience feeling peaceful and rejuvenated and helped everyone connect with their spiritual side.

After a short break, the event resumed with a peppy performance of Gud nal isha mila, with everyone singing and dancing along. Bum Bom bole was a lively and energetic performance that had everyone clapping. The audience was then treated to another soulful Carnatic classical performance, followed by mesmerizing keyboard music.

The crowd was amazed by an electrifying drum performance on I Ain't Worried by OneRepublic and Chak De India. A Solo Violin performance of Minuett by Henry Purcell mesmerized the audience, followed by the soulful and energetic song, Pasoori.

The event also had a thoughtful and inspiring performance titled “Save our Planet - Say no to Plastic,” which highlighted the importance of environmental conservation. Soulful singing called Desham Manade, a mix of Tamil and Telugu songs about India, and Rising Stars showcased young performers dancing to melodious Chinese rhymes. The event also featured a captivating performance of Kathak-Kuchipudi Jugalbandi, displaying Kathak's and Kuchipudi's beauty and grace. The performances concluded with the Harmony Hoppers who performed a fun, lively, and well-coordinated dance from the RRR movie on a multilingual jhanda song.

The event was skillfully managed by four young anchors who kept the audience engaged and provided interesting information throughout. The program concluded on a high note, leaving everyone feeling happy and content. Each participant was given a certificate and a souvenir.

Overall, BalDiwas 2023 was a tremendous success, with children from various parts of India coming together to celebrate the theme of unity in diversity.

The performances were spectacular and highlighted the cultural richness and diversity of the Indian community. Children covered all forms, variety of food through millet skit, music through various instruments and singing, different religious beliefs, dance forms not only from India but also across the continent to show that though there is diversity in the universe but love and belongingness unites us.

We sincerely thank Sister Sapna and Sister Rose for encouraging the kids, Dulwich College International School for the venue, KOG for the food, and all the performers, anchors, and parents who made it a memorable occasion.

A special thanks to Shrikant Swamy and Mahendra Dasri for their continuous support and parent volunteers Kamala Latha, Shweta Bansal, Richa Sharma, Darshana Hegde and Sariga Gowda for their selfless contributions.

Best regards,  
Team IA.





























# Felicitation Ceremony for Asian Games Medalists Palak Gulia and Esha Singh

**DATE-30TH SEPTEMBER 2023**





## SINGH Esha



 **India**



**Shooting**

Date of Birth: 1 Jan 2005

Age: 18

Gender: Female

Height (m/ft): 1.65/5'5"

[Events and Medals](#) [Bio](#)

## Events and Medals

Discipline	Event	Rank	Medal
 <b>Shooting</b>	10m Air Pistol Women		
	10m Air Pistol Team Women	2	
	 <b>India</b>		
	25m Pistol Women	2	
	25m Pistol Team Women	1	
	 <b>India</b>		

Indian Association held felicitation ceremony in honor of our Indian Asian Games medalists, Palak Gulia and Esha Singh, who brought immense pride and glory to our community and nation through their outstanding performances at the Asian Games.

The felicitation ceremony took place on 30th September 2023, Saturday at Masala Art, Dagu Lu, Shanghai, between 14:30 and 15:30. It was a momentous occasion, filled with an atmosphere of pride, joy, and camaraderie. The event was graced by the presence of esteemed Indian community members who came together to celebrate the remarkable achievements of Palak Gulia and Esha Singh.

During the ceremony, our community had the opportunity to express our heartfelt congratulations to Palak Gulia, who secured India's first big gold medal at the senior international stage with a record-breaking score of 242.1 in her debut at a major multi-sport competition. Additionally, we celebrated Esha Singh, whose exceptional prowess earned her a silver medal in the



# Palak



India



Shooting

Date of Birth: 9 Nov 2005

Age: 17

Gender: Female

Height (m/ft): 1.59/5'3"

Events and Medals Bio

## Events and Medals

Discipline	Event	Rank	Medal
Shooting	10m Air Pistol Women		
	10m Air Pistol Team Women	2	
	India		



The felicitation ceremony provided a unique platform for our Indian community members and youngsters to meet and greet these talented athletes in person. The event was attended by individuals who were keen to extend their best wishes and express their admiration for the dedication and hard work displayed by Palak and Esha and questions. It was truly inspiring to witness the unity and support within our community.

IA expressed sincere gratitude to all community heads who played a pivotal role in disseminating information about the event within their respective communities. Their

efforts ensured a high turnout, and their cooperation was instrumental in making this event a grand success.

IA expressed gratitude for the community's unwavering support and enthusiasm. As we move forward, we eagerly anticipate future opportunities to unite as a community and celebrate the achievements of our talented members. Here's to a future filled with even greater accomplishments and collective pride. Let's continue to support, inspire, and uplift one another, ensuring that our community's legacy of excellence shines even brighter in the years to come.











**ASIAN TIGERS**  
CHINA



Asian Tigers Mobility is an international moving & relocation company, and is recognised as a market leader. With offices in 14 countries across Asia and over 1,500 staff on the ground and with affiliations with more than 500 global partners, we can offer our clients both in-depth local knowledge and a world-wide service scope. In China, we have been operating since 1988 and employ over 300 professional staff in 11 offices around China.

---

### **OUR SERVICES:**

Household Goods Moving Services  
Relocation Services  
Destination Services  
Orientation  
Home Finding  
Settling - in  
Tenancy Management  
Move Management  
Training Programs  
Departure Services  
Records Storage  
Visa & Immigration  
Office Relocations



Website: [AsianTigers-China.com](http://AsianTigers-China.com) [AsianTigersGroup.com](http://AsianTigersGroup.com)

Email: [Sales@asiantigers-china.com](mailto:Sales@asiantigers-china.com)

Emergency/After-hours Telephone: 400-168-2882

Facebook: [facebook.com/asiantigerschina](https://facebook.com/asiantigerschina)

Linkedin: [linkedin.com/company/asiantigerschina](https://linkedin.com/company/asiantigerschina)

WeChat ID: AsianTigersChina







# MILLET RECIPES

2022-2023

India celebrates the Year of the Millet, emphasizing the vital role of millet in promoting nutrition, sustainable agriculture, and supporting small farmers.



# Index

Millet Chori With Chulbuli Papdi Chaat	Richa Sharma
Millet Chori	Richa Sharma
Mollu Chola Dhokalu	Aashini
Jowar Bhakri	Neera Shinde
Chakkali & Masala Vadapi	Nagaratna
Millet Pongal	Anusha
Millet Muruku	Anusha
Majjiga Pulusu / Majjige Huli	Anusha
Millet Platter	Anusha
Millet Chutney & Millet Salad	Anusha
Millet Zunka	Anusha
Millet Roti & Jeera Millet	Anusha
Milletchori	Bhuavneshwarii
Kambu Payaru Kanji (Bajra Gruel)	Bhuavneshwarii
Ragi Ladoo	Srilalitha
Corn Papdi	Srilalitha
Jowar Papdi	Srilalitha
Pesto Millet Roasted Veggie Wrap	Priyanka Chaturvedi
Millet Brownie	Priyanka Chaturvedi
Kheer - Pitha: Taste Of Eastern India	Rani Biswal
Millet Bisi Bele Bath	Valli
Millet Boondi	Valli
Ragi Pakoda, Sorghum / Jowar String Hoppers	Sariga Krishnan
/ Idiyappam & Barnyard Millet Aappam	
Mixed Vegetable Stew, Almond Coconut And	Sariga Krishnan
Kadala Curry	
Mysorepak & Pearl Millet Kheer	Sariga Krishnan
Dal Bati Churma	Vaibhav
Millet Lunch Platter - Karnataka Style	Bharathi Simha
Capsicum & Peas Millet Bhath, Veg Millet &	Reena Mayur
Sweet potato Kheer, Millet Yogurt Bhath	
Millet Tikka	Anir
Millet Chutney & Millet Salad	Anir
Millet Zunka & Millet Roti & Jeera Millet	Anir



# Millet Chori With Chulbuli Papdi Chaat

Richa Sharma



## Ingredients

For Dough -  
200 gm jowar aata : oats flour 1:1 . Add 1  
tbsp of wheat flour . Add carom seed ,  
salt to taste , oil/ ghee 2 tbsp  
Water as required

## Ingredients-filling

Boiled Fox millet - 1/2 cup  
Ghee/ oil - 1-1.5 tsp  
Cumin seed -1 tsp  
Fennel seed -1 tsp  
Coriander seed crushed -1 tsp  
Asafetida -1/4 tsp  
Gram flour -3 tsp  
Salt  
Black salt to taste  
Coriander powder -1 tsp  
Red chilli  
Mango powder - 1tsp  
Roasted cumin -1/2 tsp  
Garam masala - 1/4 tsp  
Dried fenugreek leaves

## Method

Mix the flour oil/ ghee  
and masalas and make a  
soft dough .  
As I baked I added 1/2  
tsp of baking powder  
Keep it for 10-15 min





## Millet Chori

Richa Sharma

### Method

Place the pan on low flame , add oil / ghee , all the dry spices . Add gram flour , salt pepper, roasted cumin all the spices , then add boiled fox millet . Stir for some time till nice aromatic. Keep it for cooling Make small flat bolls with dough. Stuff it with filling, seal it properly , Flatten it. Brush them with ghee. Bake them for 25 -30 min at 170\*. To give a rich colour u can give a quick fry after they are baked properly ,this helps less oil absorption. Serve them hot with chutney and green chilli .

### Papdi

Bajra flour , oats flour , buckwheat flour  
Jowar aata in equal quantity. Salt , red chilli ,  
baking pwd , chaat masala to taste  
Oil -1 tbsp

### Method

Make a dough and roll them into papdi shape and bake them for 30 -35 min at 170 \* c

Can be deep fried also dahi vada Soak whole buckwheat for 3-4 hrs and grind to paste with ginger and cumin seeds . Fry them into flattened vadas . Soak in hot water till soft and all extra oil is removed. Dip it in smoothed yogurt .

For Platting

Mix boiled potato, boiler fox millet , anar seeds , roasted cumin powder , green chilli , coriander leaves , yogurt , green chutney and tamarind chutney .



# Mollu Chola Dhokalu

Aaishini

## Ingredients

Red Chola- 150grams  
Bajra Flour-500 grams  
Wheat Flour-150 grams  
Ghee  
Oil  
Salt as per taste  
Dough -  
200 gm jowar aata :  
oats flour 1:1 . Add 1  
tbsp of wheat flour .  
Add carom seed , salt  
to taste , oil/ ghee 2  
tbsp Water as required

## Method

- 1) Take 4/5 glasses of water in a broad thick bottom pan and add 2tsp of oil and add salt as per taste and let it simmer for sometime.
- 2) Take bajra flour add salt as per taste add 1 tsp of oil and make a soft dough. Similarly take wheat flour add salt as per taste 1 tsp of oil and make a soft dough  
Now take some bajri flour and make small balls out of it once done press it with your 2 fingers in between your palm ,like wise make with entire dough. Now take wheat flour and roll it little thick and small with your rolling pin.
- 3) Simultaneously pressure cook red chola in the cooker until 2/3 whistle .
- 4) Once the water starts boiling 1st add pressed bajri in the water and let it boil. Once it is par boiled add wheat puri and let it cook for 5mins (or till all is well cooked).  
Once done remove everything from the water with the help of sieve and serve it with Kathi Kadhi along with some pickled chilli, papad, and methia.







## Jowar Bhakri

Neera Shinde

### Ingredients

Jowar flour and water

Take 2 cups of water in a vessel and bring it to boil. Reduce the heat to add 2 cups of Jowar flour and mix it well. Turn off the flame and start kneading slowly by dipping your fingers in water and oil simultaneously. Knead the dough till it gets smooth, may be for 5-10 minutes.

Once the dough is smooth start making small round balls. Place Griddle on medium flame. Meanwhile flatten round balls in between the palms and roll out the ball making use of rolling pin. Dust the round balls using jowar flour.

Place the bhakri on hot griddle, apply some water on the upside of bhakri. Allow the underside to cook for 1 min and then flip. Gently apply some pressure on the upside using a cloth which makes the bhakri puff evenly and Jowar Bhakri is ready to serve.



# Pithla Recipe

Neera Shinde

## Ingredients

2 tbsp Oil  
1/2 tsp Mustard seeds  
1/2 tsp Cumin seeds  
A pinch of Hing  
8~10 Curry leaves  
1 cup finely chopped Onion  
1 cup Besan  
Water  
Garlic-Green chili paste (8-10 Garlic cloves & 4-5 Green chilies)  
1/4 tsp Turmeric powder  
Salt to taste  
Finely chopped Coriander leaves

## Method

Heat up oil in a pan.  
Add mustard seeds and let them pop up.  
Add cumin seeds and let them splutter.  
Add hing, curry leaves and onion.  
Mix well and fry until onion gets light golden color.  
Take besan into a bowl and add water.  
Mix well to make paste. No lumps of besan should be formed.  
When onion begins to turn light golden add garlic , green chili paste, turmeric powder and mix well.  
Fry everything well for about a minute,  
You can use chopped garlic and green chili if you want.  
Add the besan mixture, salt and mix well.  
Cook on medium heat stirring continuously until it thickens up a little.  
Cover and cook on medium heat for about 7-8 minutes.  
Add lot of coriander leaves and mix well.  
Turn off the gas and pithale is ready .  
Pithale goes well with any bhakari or rice .





# Chakkali & Masala Vadapi

Nagaratna

## Chakkali

ingredients - 1 cup  
yellow millet powder  
(fox tail millets)

1/4 cup moong dal  
Butter small -2 cubes  
Cumin seeds -1 spoon  
White Til - 1 spoon  
Salt as per your taste

## Method

In a wok we have to boil 1 & 1/2 cup water. Add boiling water salt, butter, cumin seeds, white til & cooked moong dal while adding you have to mash it & then add & finally add yellow millets powder. mix it very well. & take it outside after little hot you have to need with your hands (this is very important how you need the Chakkali will come more soft & not breaks) put a ball sized kept in a Chakkali mould. take a wok put oil & fry the Chakkali. The chakkali is ready to serve.

## Masala Vadapi

ingredients- 2 potatoes, 1/2 cup corn, yellow millets 2 spoons, for binding 2 spoon sorghum powder, cumin powder 1 spoon, coriander leaves chopped 1/4 cup, onion 1 chopped, 1/2 cup grated carrot, 2 green chills, 1/2 spoon red chili flakes, salt as for your taste. Method- boil potatoes mash it & then mix sorghum, yellow millets & chopped veggies, cumin powder and mix with rest of all ingredients & then make a ball size & pat it in a tava add coconut oil fry both sides. The masala vadapi is ready to serve.







## Majjiga pulusu/ Majjige huli

Anusha

Millet - Foxtail millet  
Dish - Okra Majjiga pulusu/  
Okra Majjige huli

### Ingredients

Foxtail millet- 1 cup (cooked)

### For making Majjiga pulusu

2 cups of Hung curd, Fresh coconut- 1 cup, Okra - 150 gms, Green chillies- 2, Ginger – ½ inch, Channa dal – 2tbsp.  
For tempering: Cumin - 1tsp, Mustard seeds- 1tsp, red chillies- 1, Curry leaves - fistful

### Method

Step 1: Take a blender add Ginger, green chillies, Cumin, 1 cup of fresh Coconut and channa dal make a paste and set it aside. Meanwhile cut the Okra and fry it with a tsp of oil to remove the stickiness of the Okra.

Step 2: now take a pan add oil and add tempering then add the paste and sauté it for 1 min.

Step 3: Mean while take 2 cups of curd and add ½ cup of water to it and whisk it for while then add this curd to the pan & Okra and bring it to boil.

Step 4: The Majjiga pulusu is ready.

Step 5: Then add the cooked foxtail millet to the Majjiga pulusu and mix it well.





## Millet Pongal

Anusha

Millet – foxtail millet  
Dish – Pongal (south Indian cuisine)

### Ingredients

Foxtail millet -1 cup (4cups of water), Mung dal – ½ cup (1 cup of water)

### For tempering

Mustard seeds – 1tsp, Cumin – 1tsp, Peppercorns – ½ tbsp, Hing – ¼ tsp, Curry leaves – handful, Ginger – ½ inch, Onion – 1 small size, Salt to taste

### Method

Step 1: soak the foxtail millets for whole night.

Step 2: soak Mung dal for 20 mins.

Step 3: Add oil/Ghee to the pan; add the tempering followed by onions, ginger sauté it.

Step 4: Now add 5cups of water and get it for a boil.

Step 5: Add the Millets to the boiling water and cook it for 5-20 mins

Step 6: The Foxtail millet is ready to serve



# Millet Muruku

Anusha



Millet - finger Millet/Ragi  
Dish - Muruku

## Ingredients

Ragi flour- 2 cups, Rice flour-2 cups, Roasted chenna dal 1 cup, Hing - $\frac{1}{2}$  tsp, cumin- 1 Tbsp, Butter-10gms Sesame seed-1Tbsp, oil- fry and salt to taste.

## Method

Step 1: Add all dry ingredients to a bowl and take the butter at room temperature, mix it well.  
Step 2: Now add warm water to it make dough.  
Step 3: take a muruku mold and stuff it with the dough and fry it. Muruku is ready.



# Ragi java

Anusha



## Ingredients

Finger millet powder : 2 tbsp  
Milk- 1 cup  
Cardamom-3,  
Jaggery- to taste

## Method

Step1: Add 1 cup of milk, 1 cup of water to a pan boil it for a while.  
Step2: Mean while Take  $\frac{1}{4}$  cup of cold water add 2Tbsp of Ragi flour and make it a thick paste.  
Step3: now add this Thick paste to the boiling water and stir it continuously to avoid the lumps.  
Step4: Now off the Stove, rest it for 5 mins and you can add jaggery as per your taste.

\*you can take this in morning& evenings, you can replace your tea& coffee with this healthy drink\*

\* kids can have it daily\*



# Kezhvaragu payaru kanji (Ragi gruel)

Bhuvaneshwari



## Ingredients

1/2 cup Whole ragi  
1/4cup whole green moong  
1 garlic  
Salt to taste

## Seasoning

1/2 tsp pepper corn  
1/2 tsp cumin seeds  
1 tbsp sesame oil

## Method

In a bowl of water, clean and soak the ragi for an hour. Drain and dry under sunlight.  
Heat an iron wok on high. Lower the flame and toast the ragi millet on it until it pops.  
Remove and set aside to cool. Toast green moong until aromatic; remove and set aside to cool. In a mixer jar, grind ragi coarsely. Also grind the moong dal to coarse powder.  
In a pressure cooker add 1 cup water, mix ragi and moong bean powder, one garlic and pinch of salt.  
Allow 5 whistles. Rest the pressure cooker, and adjust to gruel consistency. In a skillet heat sesame oil, add crushed pepper and whole cumin seeds. Season the gruel and serve warm or cold.





## Kambu payaru kanji (Bajra gruel)

Bhuvaneshwari

### Ingredients

1/2 cup whole bajra  
1/4 cup whole green moong  
1 garlic  
Salt to taste

### Method

Use the same method as above to cook the gruel. For seasoning heat oil and add minced garlic and adjust salt and water to gruel consistency. Serve warm or cold.

Ellu Thuvaiyal (sesame pesto)

### Seasoning

2 garlic finely chopped  
1 tbsp sesame oil

### Ingredients

1/2 cup black sesame  
1/4 cup freshly grated coconut  
1 tsp tamarind  
Salt to taste  
Water

### Seasoning

1 tbsp Sesame oil  
1 tsp whole urad dal  
2 red chilis



## Method

Clean and soak sesame seeds in water for 10 mins. Drain and sun dry it. Heat an iron wok on high, lower the flame to medium and toast dry sesame seeds until all of them pop. Remove and set aside.

Lower the flame and add grated coconut. Keep sauteeing until it's golden brown and aromatic. Remove and set aside to cool. Meanwhile prepare the seasoning and allow to cool. In a mixer jar, grind sesame seeds, tamarind and half of the roasted urad dal with chili.

Now add the grated coconut and grind to coarse paste (add water spoonful at a time). Finally add the rest of urad dal and pulse it to gritty consistency.

Mix the salt and transfer the thuvaial to an air tight container.

Warm the gruel and enjoy with thuvaial for a hearty and healthy meal. This can be had as a breakfast drink or as a meal replacement.

Expectant mothers to stay away from **ellu thuvaial**.

For kids who love kanji, the same gruel can be made using jaggery / palm sugar / coconut sugar. Proceed above recipe but omit garlic, spices and seasoning



# Ragi Ladoo

Srilalitha



## Ingredients

Ragi flour - 2 cups  
peanuts - 1/4 cup  
sesame seeds - 1/4 cup  
dry/wet Coconut - 1/2 cup  
cardamum - 5 to 10  
nut meg - pinch  
Dates - 150gm (as per taste)  
palm jaggery - 100gm (as per taste)  
Ghee - 1/2 cup  
dry nuts - cashew nuts, pistachio, grapes, cran berries (anything our wish)

## Method

1. First take a big iron pan and add 5 spoons of Ghee and roast ragi flour for 10 to 15 minutes till get nice aroma in low flame and keep it cool in another vessel.
2. Next add again 3 spoons of Ghee and roast all nuts and keep it also aside.
3. Next dry roast peanuts, sesame, and grated coconut and keep aside.
4. Next blend roasted peanuts, sesame, nutmeg, cardamum and Dates coarsely.
5. Next add Ragi flour to above mixture and blend just one round to bind all nicely.
6. Next take palm jaggery in another bowl and make thin syrup.
7. Next Take all above grinded mixture into one big bowl and add grated coconut, jaggery syrup and ghee and mix nicely and immediately make balls before the warm comes down.





## Corn Papdi

Srilalitha

### Ingredients

Corn rava - 1 cup  
Corn flour - 1/2 cup  
salt - as per taste  
Red chill flakes - 2tbsp  
pepper flakes - 2 tbsp  
Jeera - 5 tbsp  
Hing - 2 sp  
ajwain - 2 sp

### Method

1. First mix corn rava and flour like thin watery dosa batter.
2. Take big vessel and add 5 cups of water and boil like bubbles and add salt, jeera, ajwain, hing, pepper and Red chilli flakes.
3. Next, keep in low flame and add batter slowly into it and make boil until to become thick malt.
4. Next, spread wet cotton Cloth in hot sunny place and keep round shape papad and make it dry till next day.
5. Next day morning sprinkle water on that dried papad and take out from Cloth.
6. Next, Spread dry cloth and spread all papad with out sticking and make it dry in sun one day.
7. Next Fry in oil and enjoy. You can store this till one year.



# Jowar papdi

Srilalitha



## Ingredients

Jowar - 1 cup  
sago - 1/2 cup  
jeera - 5 tbsp  
hing - 2sp  
ajwain - 2sp  
sesame seeds - 2 tbsp  
ginger, green chilli and coriander leaves - as per taste  
salt - as per taste

## Method

1. First soak jowar and sago overnight.
2. Next day morning grind it with ginger, green chilli like thin watery dosa batter and keep side.
3. Take big vessel and add 10cups of water and boil like bubbles and add salt, jeera, chopped coriander leaves, ajwain, hing and sesame seeds.
4. Next, keep in low flame and add batter slowly into it and make boil until to become thick malt.
5. Next, spread wet cotton Cloth in hot sunny place and keep round shape papad and make it dry till next day.
6. Next day morning sprinkle water on that dried papad and take out from Cloth.
7. Next, Spread dry cloth and spread all papad with out sticking and make it dry in sun one day.
8. Next Fry in oil and enjoy. You can store this till one year.





## Pesto Millet roasted Veggie Wrap

Priyanka Chaturvedi

### Ingredients

For the Millet:

- 1 Cup millet
- 2 Cups water

For the Roasted Veggie Wrap:

- 1) 8 — 10 whole wheat and gram flour tortilla wraps
- 2) Cooked & fluffed Millet
- 3) 1/2 cup Zucchini, cubed roughly 2cm by 2cm
- 4) 1/2 cup Bell Peppers, cut into small chunks
- 5) Salt & Pepper, to taste
- 6) 6 tbsp hummus
- 7) 2-3 tbsp basil pesto

### Method

For the Millet:

- 1) Add water to a medium-sized saucepan and bring to a boil.
- 2) Add millet and reduce to a simmer for about 15 minutes until most of the liquid has been absorbed.
- 3) Turn off the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.



### Continued....

For the Roasted Veggie Wrap:

- 1) Preheat the oven to 180 and grease a large baking tray.
- 2) Combine all the vegetables in a large bowl, ensure they are all cut to a roughly similar size. Add the spices, seasoning and oil and shake the bowl well.
- 3) Add the flavoured vegetables onto a tray and roast for 20 - 25 minutes until tender.
- 4) Combine the roasted vegetables, the prepared millet and the pesto and mix gently.
- 5) Make tortillas with the whole wheat and gram flour dough, cooking on both sides on low flame.
- 6) Lay a tortilla on a plate. Spread 1 tablespoon of hummus over the wrap, lay a lettuce leaf on it and spoon a few tablespoons of vegetable-millet mixture onto it and fold neatly. Repeat, folding the rest of the tortillas.
- 7) Serve with a simple pumpkin yogurt dip and enjoy.



# Millet Brownie

Priyanka Chaturvedi

## Ingredients

2 cups cooked millets  
1 cup rolled oats –  
made into flour  
1/2 cup Cranberries  
1/2 cup Pumpkin seeds  
1/2 cup watermelon  
seeds  
1 cup Brown sugar (can  
make it 1/2 cup brown  
sugar and 1/2 cup  
coconut sugar)  
90 grams unsalted butter  
1/2 tsp baking soda  
1/4 tsp baking powder  
4 tbsp Honey

## Method

For the Millet:

1. Add water to a medium-sized saucepan and bring to a boil.
2. Add millet and reduce to a simmer for about 15 minutes until most of the liquid has been absorbed.
3. Turn off the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.

For the Brownie:

1. Melt the butter and honey in a saucepan over low heat.
2. Mix the oats flour, baking powder and baking soda.
3. Add to the oats mixture, cranberries, pumpkin seeds, watermelon seeds and brown sugar.
4. Add the prepared millets to the above dry mixture.
5. Combine the butter and honey mixture to the oats and millets mixture and mix well.
6. Pour this mixture onto a baking tray lined with baking paper and bake for 40-45 minutes till the corners are a crisp.
7. Cool completely before cutting into square pieces.







## Kheer - Pitha: Taste of Eastern India

Rani Biswal

### Ragi Pitha

Typically pithas are sweet dumplings made of rice flour and filled with a delightful coconut and Chenna mixture and are popularly made in Odisha, Bengal and Bihar. Deep fried in oil or can be steamed. The crisp outer layer cracks in the mouth for the sweet filling to take on your senses.

### Ingredients

- \* Ragi / Fingermillet flour - 250gm
- \* Sooji - 150gm
- \* Fresh grated coconuts - 200gm
- \* Chenna or grated Paneer - 50gm
- \* Sugar / Jaggery - 150gm
- \* Green cardamom powder - 3gm
- \* Black pepper powder - 3gm
- \* Ghee - 50gm
- \* Salt as required
- \* Oil - for frying



## Method

- \* Take a pan and put the fresh grated coconut Chenna/grated paneer and jaggery/sugar.
- \* Heat it on a low flame and stir fry for 2 to 3 minutes till it becomes little dry.
- \* Add green cardamom powder and black pepper powder. continue heating on low flame for another 1 minutes.
- \* Put this mix aside in a bowl and let it cool.
- \* In a another bowl mix Sooji (for binding), Ragi flour, salt & sieve them to remove any husk or other impurities.
- \* Take a small pan and heat water till it boil. Pour light warm spoon of ghee into the mix flour.
- \* Knead for a minute and form a tight dough. Cover the dough with a moist cloth and leave it to rest for around 15 minutes.
- \* Now divide the dough into some equal portions balls and place all the balls in the bowl , cover with a moist cloth.
- \* Make the dough to small bowl shape with the help of your fingertip.
- \* Place about 1 tablespoon of the prepared coconut filling on one side of the circle, keeping the edges empty.
- \* Carefully, bring together both the edges and shape the Pitha to form a semi-circle.(the shape is like Gujiya)
- \* Press lightly and seal well.
- \* Prepare all the pitha this way and arrange them on a plate or tray.
- \* Fry 7-8 pitha at a time (depends upon size of pan), turning them while frying until they will puff up slightly and have a crisp coating.
- \* Deep fry till they have become golden turning over as needed.
- \* Fry all pithas this way and once they are cooled completely at room temperature.
- \* We can steam the pithas.
- \* Serve the pithas with kheer (kheer can be prepared with kodo millets)



# Millet Bisi Bele Bath

Valli

Bisi Bele Bath is a popular dish in Karnataka and traditionally made with rice and lentils. Millets are used here instead of rice.

It is a one pot dish and can be served for breakfast, lunch or dinner.

Prep Time: 15 mins

Cook time: 30 mins (less if using store bought masala powder)

## Ingredients

For the Bisi Bele bath:

Foxtail Millet millet – 1 cup\*

Tur dal ( split pigeonpeas) – ¼ cup Chopped mixed vegetables – ½ cup \*\* Turmeric powder – ½ teaspoon

Salt – 1 teaspoon or to taste

Ghee ( clarified butter) – 1 tablespoon

Cooking oil ( any vegetable oil is fine) – 1 teaspoon

Tamarind lemon sized ball ( can substitute with 1 tablespoon tamarind paste) Mustard seeds – ½ teaspoon

Curry leaves – a few

Cashewnuts – a few for garnish ; optional

To Roast and grind for the fresh Bisi Bele Bath masala\*\*\*

3 teaspoons coriander seeds

1 ½ teaspoons chanadal (split bengal gram)

½ teaspoon Urad dal (split black gram)

¾ teaspoon Jeera (cumin seed)

inch piece of Dalchini (cinnamon)

A pinch of methi seeds (fenugreek seeds) 1 teaspoon khus khus (poppy seeds)

cloves





1 tablespoon desiccated coconut  
6 byadagi red chillies - if not available, use Kashmiri red chillies 2  
guntur red chillies  
1 tsp oil  
Few curry leaves  
a big pinch of asafetida/hing

\* I used Foxtail millet, you can use any millet of your choice.

\*\* I used carrots, French beans and peas. You can use any vegetables that will withstand pressure cooking and hold their shape.

\*\*\* Can omit these ingredients if using store bought masala powder.

Equipment needed: Small pressure cooker or pressure pan. If you have no pressure cooker, you can cook on stove top in a covered pan, but it will take a little more time. In this case, cook the millets and dal separately from the vegetables, mix and proceed with the recipe.

## Method

1. Wash and soak the millets and dal with 2.5 cups of water in a pressure cooker for 15 minutes.
2. Meanwhile, chop the vegetables and soak the tamarind in 1 cup of warm water.
3. Add the chop the vegetables, a pinch each of turmeric and asafetida to the soaked millet- dal and pressure cook for 5 to 6 whistles. Alternately reduce the flame after the cooker comes to full pressure and wait for 8 to 10 minutes and switch off the flame.
4. While the millet dal mixture is cooking, extract tamarind paste from the tamarind into a small bowl and keep aside.
5. If you are using ready made masala, you can skip the next few steps and go to step 8.
6. Heat one teaspoon of oil in a pan and keep the flame on low. First roast the cinnamon and clove for few seconds till they give a good aroma and keep aside. In the same pan, add the cumin, coriander, dals, fenugreek seeds, and a pinch of asafetida and keep stirring for few seconds. Now add both types of dry chillies, and keep stirring. Add the curry leaves and stir till they turn dry. Now add the desiccated coconut and toast just a few more seconds.
7. Allow this to cool completely and grind into a fine powder.
8. When the pressure cooker has released pressure, open the lid and mix well.
9. Add the tamarind extract, salt and turmeric to this and let it cook till the raw smell of tamarind disappears – about 3 to 4 minutes. Add more water if necessary.



10. Now add 1 tablespoon of the masala powder, reserving 1 tablespoon of the powder aside for later use. Take care to keep stirring to avoid forming lumps.
11. In a smaller pan, heat one tablespoon of ghee and roast the cashew nuts and keep aside.
12. In the same pan, add one teaspoon of oil and one teaspoon of ghee.
13. Add the mustard seeds, curry leaves and a pinch of asaefotida. When the mustard seeds crackle, add the reserved bisi bele bath masala and sauté for few seconds.
14. Add this tadka immediately to the bisi bele bath in the cooker. Take care not to burn the spice powder. Mix well.
15. Transfer the BisiBeleBath to the serving dish and garnish with the roasted cashews.
16. Serve hot with boondi or papad or potato chips.

### Notes

1. To make the recipe vegan, you can omit ghee and substitute oil.
2. You can also increase the amount of chopped vegetables according to your preference.
3. The recipe for the masala makes a medium spicy powder. You can adjust the red chillies according to your taste to make it more or less spicy.





## Millet Boondi

Valli

Boondi is generally made with chickpea flour and rice flour and served as a snack or as a side to dishes like Bisibelebath, to add crunch to a meal.

Prep time: 5 minutes.  
Cook time: 35 minutes.

### Ingredients

Millet flour - 1 cup (you can use foxtail millet or kodo millet) Besan (Chickpea flour) - 3/4 cup  
Red chilli powder 1/2 teaspoon  
Salt - 1 teaspoon or to taste Asafoetida (hing) - a pinch  
Baking soda - a pinch. Oil for deep frying

Equipment needed for making boondi: Two perforated ladles, one for making the boondi and another for draining them from oil. One medium wok.



## Method

1. Take a mixing bowl. Add the millet flour, besan, hing, red chili powder and salt. First add little water to make a thick paste. Then add more water little by little to form a flowing batter, then add 2 teaspoons oil (to ensure that the batter is smooth and flows through easily). Do not add too much water. The batter should not be runny. It should coat the back of a spoon and drop down slowly.
2. Heat oil for deep frying in a wok or deep pan.
3. To check if batter is of correct consistency, dip the end of a spoon into the batter and hold it on top of the preheated oil. If it drops as perfect rounds then the batter is good to continue.
4. The oil needs to be at correct temperature. The drop of batter should rise up quickly when you drop it into the hot oil and not sink. Now take the batter in a big spoon, hold one perforated ladle over the pan, and pour the batter on the ladle and tap the ladle so the batter falls through the ladle into the oil in drops.
5. Take care while dropping into oil not to drop from a height. Hold the ladle about 3 inches from the oil. Do not drop all the batter in one place, keep moving the ladle.
6. Stir the boondi to cook on both sides evenly. Once it turns golden brown, take it out from oil and drain on paper towels.
7. Do this for the remaining batter as well. After doing one round of boondi, scrape the bottom of ladle with the spoon and make sure its clean before making the next batch.
8. You can add fried cashews or peanuts, and fried curry leaves to the boondi.
9. Store in an airtight container.



# Ragi Pakoda, Sorghum/ Jowar String Hoppers/ Idiyappam & Barnyard Millet Aappam

Sariga Krishnan



## Ragi Pakoda

### Ingredients

Ragi flour 1 cup  
Besan flour - 1/2 cup  
Onion (Big Size) - 1 sliced  
Crushed garlic few  
Green Chilli - 1  
Cashew Nuts - 10 to 15 No's  
Roasted peanuts few  
Asafoetida - 1/4 tsp  
Coriander Leaves - As  
Required  
Curry Leaves - As Required  
Salt - To Taste  
Oil - For Fry

### Health benefits of Ragi:

- \* Holistic Grain
- \* Ragi for Breastfeeding and Lactation
- \* Natural Sleep Inducer
- \* Battles Anemia
- \* Enhances Bone Strength
- \* Augments Heart Health

### Method

- Combine all the ingredients except oil and mix well.
- Sprinkle little water to make the mixture into moist dough.
- Add 2 tsp of hot oil to the mix and combine.
- Heat Kadai with oil for deep frying add the small dough mixture evenly, and fry till they turn into golden colour and crispy.
- Repeat the process until you complete the dough mixture.
- Serve the pakodas with chutney.

### Benefits of Rice Bran Oil:

- \* Contains beneficial nutrients. Rice bran oil provides healthy fats and a variety of other nutrients.
- \* Has antioxidant and anti-inflammatory effects.
- \* The high smoke point prevents fatty acid breakdown at high temperatures. Its light viscosity, allows less oil to be absorbed in cooking, reducing overall calories.



## Barnyard Millet Aappam

### Ingredients

Barnyard Millet 1 Cup  
Coconut grated 1/2 Cup  
Poha (soaked for 30 minutes) / Boiled rice 1 Cup  
Sugar 4 tsp  
Salt 1/2 tsp

#### Nutritional Value:

- \* Low in Calories
- \* Rich in Fiber
- \* Low Glycemic Index
- \* Gluten-Free Food
- \* Good Source of Iron

### Method

- In a mixing bowl add washed millet and soak for 4 hours.
- Drain off the water and add it to a mixer jar along with coconut and soaked Poha.
- Grind this to a very fine paste.
- Transfer this to a bowl and add 1/2 tsp of salt and ferment it.
- Pour a laddle full of millet aappam batter to hot and greased aappam pan.
- Spread it and cover with a lid and let this. cook for 15 seconds.
- Open the lid and the aappams are ready to be served.

## Sorghum / Jowar String Hoppers / Idiyappam

### Ingredients

Sorghum flour 1 cup  
Barley flour 1/4 cup  
Water 1 & 3/4 cups  
Salt 1/2 tsp  
Coconut oil 2 tsp

#### Health Benefits:

- \* Helps control diabetics
- \* Lowers cholesterol
- \* Lowers blood pressure
- \* Prevents anaemia
- \* Improves bone health
- \* Enhances metabolism
- \* Lessens the risk of cancer
- \* Helps in weight loss

### Method

- Boil water with salt, oil and keep it ready.
- Into the flour slowly add hot water and mix with spatula without lumps.
- Once cooled down knead well and make dough.
- Add half portion of dough into the idiyappam press and squeeze it on to the Idli moulds and steam cook for 15 minutes.
- Open the lid and idiyappams are ready to be served.





## Mixed vegetable stew, Almond coconut and Kadala curry

Sariga Krishnan

### Ingredients

Coconut (grated) - 1 Cup  
 Water -  $\frac{3}{4}$  Cup + 2 Cup  
 Coconut Oil - 1 tbsp  
 Ginger julienned - 1 inch  
 Onion - 1 no  
 Green Chilli - 4 nos  
 Curry Leaves few  
 Carrot - 1 no  
 Potato - 2 no  
 Beans - 4 nos  
 Salt - To Taste  
 Coriander leaves for garnishing

### Method

- Grind the grated coconut with  $\frac{3}{4}$  Cup of Water into a smooth paste. Pass the ground mixture through a sieve and extract thick coconut milk and keep aside.
  - Grind the coconut residue again with 2 cups of water to extract 2nd coconut milk and keep aside.
  - Heat 1 tbsp of coconut oil in a Kadai, add ginger julienned, slit green chillies, curry leaves and sauté.
  - Add the thinly sliced onions, Cook until the onions are translucent.
  - Add the cubed vegetables and sauté for 2 minutes.
  - Add the thin coconut milk and salt. Cover and simmer for 10 minutes.
  - Once the vegetables are cooked, add the thick coconut milk and simmer for 3 mins.
  - Remove from heat, garnish with coriander leaves and serve hot with Aappam or Idiyappam.
- Optional: You can add crushed garlic 2 cloves for added flavor while sautéing in the beginning.



## Almond Coconut Sweet Milk

### Ingredients

Almonds 15  
Coconut grated  
1/2 cup  
Cardamom pod 1  
Coconut sugar/  
jaggery 2 tbsp  
Water required

### Method

Soak the almonds in water for an hour.  
Add all the ingredients except coconut sugar into the blender and blend well adding required amount of water.  
Strain the milk and pour into a bowl.  
Grind the almond coconut residue again adding water.  
Squeeze the milk again and add to the bowl.  
Add in the coconut sugar/ jaggery and stir well.  
Sweetened almond coconut milk is ready.

## Kadala Curry

### Ingredients

1 cup Black Chickpeas / Chana / Kadala  
1/4 tsp Turmeric powder  
3 tbsp Sliced coconut pieces (thengakothu)  
1 large Onion (sliced and chopped)  
4 sliced Pearl onions  
3 slit Green chillies  
A sprig Curry leaves  
1 tsp Red chilly powder  
1/8 tsp Turmeric powder  
2 Dry red chillies  
Coconut oil  
Salt  
Coriander leaves

To roast and grind to a paste:

- \* 3/4 cup Grated coconut
- \* 2 sliced Shallots
- \* 1.5 tbsp Coriander seeds
- \* Whole spices (Fennel seeds - 1/4 tsp, cardamom - 2, cloves - 3, Cinnamon stick - 1, Whole pepper corns - 1/2 tsp)

### Method

Soak the kadala overnight and cook in a pressure cooker till soft adding 1/4 tsp turmeric powder and salt. After the first whistle, reduce the heat to medium and cook for 4 more whistles. Keep it closed for 20 mins. Drain the water and save it for making gravy.

\* Heat 1 tsp oil in a pan and add the coriander seeds & whole spices. Saute for a few seconds and add the shallots. Saute for a minute and add the grated coconut. Roast until it turns reddish brown. Switch off and leave aside. Grind it to a paste when it cools down.

\* In a deep pan heat some coconut oil brown the dry red chillies, add the sliced onion, shallots, green chillies and curry leaves. Saute until they turn light brown. Now add turmeric powder, chilli powder, coriander powder, saute for a few seconds and add the reserved water from the cooked kadala. Bring to a boil and add the ground coconut paste and cooked kadala. Mix well and cook until the gravy achieves desired consistency.

\* Switch off and serve hot with Idiyappam.



## Mysorepak & Pearl millet kheer

Sariga Krishnan



### Foxtail/Yellow Millet Mysorepak

#### Ingredients

Millet 1 cup  
Gram flour 1 tbsp  
Jaggery 1 1/4 cup  
Ghee 1 1/2 cup

#### Health benefits

- \* Foxtail Millet is rich in Vitamin B12 which is essential for maintaining a healthy heart, smooth functioning of the nervous system.
- \* Stronger bones
- \* Good for skin and hair growth.
- \* Helps in glycemic control and reduce insulin, cholesterol and fasting glucose in Type-2 diabetes patients.

#### Method

- Wash the millet, dry roast and make flour.
- To the flour add gram flour.
- Add ghee and mix without lumps.
- Melt jaggery with little water, bring it to boil.
- Add flour ghee mixture and mix well in low flame.
- Keep stirring and add ghee in intervals.
- Once the ghee start leaving on the sides of the pan and the mixture forms bubbles. It's ready.
- Pour the mixture into greased mould and leave aside.
- After 2 hours cut into squares.



## Pearl Millet / Bajra Kheer

### Ingredients

Pearl millet- 1/4 cup  
Moong dhal - 1 tbsp  
Jaggery 1/4 cup  
Coconut Milk 1 cup  
Ghee 3 tsp  
Cardamom powder little  
Dry fruits and saffron for garnishing

### Method

- Wash and soak the millet overnight.
- Discard the water and add moong dhal with the millet and pressure cook for 5 whistles.
- Once the pressure is released, add jaggery and cook until combined.
- Add cardamom powder, ghee toasted dry fruits, coconut milk and boil on low flame.
- Switch off the flame, kheer turns thick once it cools down.
- Garnish with dry fruits.

### Health benefits

- \* Enriched with Vital Nutrients
- \* Best Plant-Based Protein Source
- \* Rich in Antioxidants
- \* Perfect Food for Babies
- \* Treats Iron Deficiency, Anemia
- \* Reduces Blood Sugar Levels
- \* Aids in Weight Loss





## Dal bati churma

Vaibhav

### Pancharatan / Panchamel Dal

#### Ingredients

For Pressure Cooking:

¼ cup toor dal  
 ¼ cup urad dal  
 ¼ cup moong dal  
 ¼ cup masoor dal  
 ¼ cup chana dal  
 ½ tsp turmeric  
 ½ tsp salt  
 2 bay leaf  
 1 tsp ghee  
 3 cup water

For tempering:

1 tsp ghee  
 1 tsp cumin  
 ¼ tsp chilli powder  
 1 dried red chilli

For Dal Tadka:

2 tbsp ghee  
 1 bay leaf  
 4 cloves  
 1 black cardamom  
 1 tsp cumin  
 1 dried red chilli  
 1 onion (finely chopped)  
 1 tsp ginger garlic paste  
 ¼ tsp turmeric  
 1 tsp chilli powder  
 1 tsp coriander powder  
 ½ tsp cumin powder  
 ½ tsp salt  
 2 tomato (finely chopped)  
 ¼ tsp garam masala  
 1 tsp kasuri methi (crushed)  
 2 tbsp coriander (finely chopped)



## Method

1. Firstly, in a bowl take ¼ cup toor dal, ¼ cup urad dal, ¼ cup moong dal, ¼ cup masoor dal and ¼ cup chana dal.
2. Rinse well and soak for 30 minutes.
3. Transfer the soaked dal into the pressure cooker.
4. Add ½ tsp turmeric, ½ tsp salt, 2 bay leaf, 1 tsp ghee/oil and 3 cups water.
5. Pressure cook for 5 whistles or until the dal is cooked completely.
6. Once the pressure releases, open the cooker and check if the dal is cooked well. keep aside.
7. In a large kadai heat 2 tbsp ghee/oil, add 1 bay leaf, 4 cloves, 1 black cardamom, 1 tsp cumin and 1 dried red chilli.
8. Saute on low flame until the spices turn aromatic.
9. Now add 1 onion, 1 tsp ginger garlic paste and saute until onions turn golden brown.
10. Further add ¼ tsp turmeric, 1 tsp chilli powder, 1 tsp coriander powder, ½ tsp cumin powder and ½ tsp salt.
11. Saute until the spices turn aromatic.
12. Add 2 tomato and saute until the tomatoes turn soft and mushy.
13. Now add cooked dal and mix well adjusting consistency as required.
14. Cover and simmer for 10 minutes or until the flavours are well absorbed.
15. Further add ¼ tsp garam masala, 1 tsp kasuri methi and 2 tbsp coriander. mix well.
16. To prepare the tempering, heat 1 tsp ghee. add 1 tsp cumin, ¼ tsp chilli powder and 1 dried red chilli.
17. Immediately pour the tempering over dal. make sure the tadka does not get burnt.
18. Finally, enjoy panchmel dal or pancharatna dal with Masala Bati.

## Multi Grain Masala Bati

### Ingredients

Multigrain Atta:

400 gm Multigrain atta (Jowar, Bajra, Nachani, bhagar)

50 gm rava & wheat flour for binding

100 gm yogurt

50 gm oil/ghee

½ teaspoon salt or according to taste

½ teaspoon sauf

½ teaspoon cumin

½ teaspoon ajwain

¼ teaspoon haldi

½ teaspoon red chili powder

Water as required



## Method

1. Mix all the ingredients mentioned above.
2. Make a dough with required water. Rest for 30 min while you cover it with cloth.
3. Now roll out the dough into a circular shape and then you can make small battis with your hand.
4. Pre heat oven for 15 minutes to make sure that it is fully warm and hot on the inside to help the batti get cooked faster.
5. Put all the battis in the oven at 180 temperature for 30 minutes flip them and keep it for another 10-15 minutes.
6. Now when the battis are cooked fresh and warm you can put ghee/oil on them to make sure that they are also soft on the inside.
7. Battis are ready to serve with Panchratna dal.

## Churma

### Ingredients

Multigrain Atta:

200 gm Multigrain atta (Jowar, Bajra, Nachani, bhagar)

50 gm yogurt

50 gm ghee for dough

50 gm ghee for mixing in the end

½ teaspoon salt or according to taste

1 cup jaggery

½ cup sugar

Different nuts & raisins, pumpkin and melon seeds

## Method

1. Mix the flour with ghee, yogurt, and salt according to taste.
2. Make a dough with required water. Rest for 30 min while you cover it with cloth.
3. Now roll out the dough into a circular shape and then you can make small battis with your hand.
4. Pre heat oven for 15 minutes to make sure that it is fully warm and hot on the inside to help the batti get cooked faster.
5. Put all the battis in the oven at 180 temperature for 30 minutes flip them and keep it for another 10-15 minutes.
6. Now when the battis are cooked fresh and warm you can put ghee on them to make sure that they are also soft on the inside.
7. Battis are now ready, crush them into thick powder.
8. Mix the crush bati with Ghee, Jaggery and Sugar.
9. Now top it with nuts and seeds.
10. Churma is ready to serve.



## Millet Lunch Platter - Karnataka Style

Bharathi Simha

I preferred making a lunch platter using Millets, I wanted people know that millets is not a food of modern world, it's been used since ages. It is a staple food for millions of households in Karnataka.



I have used two types of millets here, Finger millet [Raagi] and Foxtail millet [is also called as navanne akki in Kannada].

### My Lunch platter includes

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

Raagi which is finger millet is rich in calcium, good for bones and Muscles.

Bassaaru, kaalu palya: Rich in proteins and iron.

Millet Bisibele baath [foxtail millet and Thoor dhal]: rich in minerals and proteins.

### Health benefits

1. Managing type 2 diabetes
2. Good for weight management
3. To control Cholestrol
4. Helps in building Stronger bones and muscles





## Yellow millet chakli

Bharathi

### Ingredients

Yellow millet flour-2 cups  
 Rice flour -1 cup  
 Besan/ Gram flour -1/2 tablespoon  
 Butter- 2 1/2 tablespoon  
 Vegetable oil /rice bran oil/  
 groundnut oil-1/2 liter  
 Hing-1/4 teaspoon  
 Salt  
 White sesame seeds-1 spoon  
 Cumin seeds -1/2 teaspoon  
 Caram seeds -1/2 teaspoon  
 Turmeric powder  
 Chilli powder

### Method

1. First, combine 2 yellow millets flour, 1 cup of rice flour and 1/2 tablespoon of gram flour (besan) in a large mixing bowl.
2. Add the 1/2 teaspoon carom seeds, 1/2 teaspoon cumin seeds, 1 tablespoon white sesame seeds, 1/4 teaspoon turmeric powder, 1 teaspoon red chili powder(optional), 1/4 teaspoon of hing and salt as per taste.
3. Thoroughly mix the flours and seasonings with a spoon.
4. Next, heat 2 1/2 tablespoons butter or oil in a bowl or small pan on medium low heat. You want the butter or oil to get to a slight simmer but not boil or burn.
5. Add the hot butter or oil to flour mixture
6. First mix with a spoon. Then use your fingertips to thoroughly combine the hot butter or oil with the flour mixture.



## Method

7. Make the dough by adding warm water carefully . Continue adding warm water until the dough becomes damp but not saturated. It should not be sticky

8. Once the dough is ready , it's time to make the chakli! Start by applying some water / grease it with oil in the chakli/murukku mold, and place a portion of the dough inside it. The chakli maker should be filled but not overflowing

9. Tighten the lid and press the chakli maker to prepare the chakli or use according to the manufacturer's instructions. Carefully move in rounds to get a spiral shape as the dough comes out.

10. After several inches have been extracted, gently roll the dough towards itself to form a spiral shape. Lightly press the end of the coil into the circle to hold.

11. Loosely cover with a paper towel to keep the chakli from drying out as you fry them in batches.

12. Next, heat oil for frying in a large, deep pan. Take a small piece of the dough and check the temperature of the oil.

13. Now that you've got the dough and oil just right, carefully add the chakli to the pan.

14. Fry 3 to 4 chakli at a time. Be sure that you don't overcrowd the pan while frying! Too many pieces in at once will lower the oil temperature and cause the chakli to get soggy.

15. Flip the sides using wooden stick/ chopstick . Use a spider spatula or a slotted spoon to remove the chakli as soon as they start to brown. Pay attention as they will fry quickly!

Serve chakli as a crunchy, savory snack with hot coffee / masala chai





## Raagi Mudde / finger millet balls:

Bharathi

### Ingredients

Raagi flour: 2 cups  
Water : 4 cups  
Salt - 1/4 teaspoon  
Ghee-1 teaspoon

### Method

1. Pour 4 cups water to a heavy bottom pot. Add half teaspoon salt (optional) and 1 teaspoon ghee (optional). Traditionally salt and ghee are not used. Bring this to a rolling boil.

2. Sprinkle 1/4 spoon raagi flour while the water is boiling and cook it 1/2 a minute

3. Reduce the flame to lowest and add the raagi flour.

4. Using a stick or a wooden spatula incorporate the flour into the water

5. At a high flame cook it for 5-7 minutes and reduce the flame and cook for another 3-4 minutes

6. Once done, take out the pot from the stove and mix it well for 5-7 minutes continuously and if required add hot water (you need to keep the boiled water ready before you start mixing)

7. Once done, make raagi balls of desired size

Note:-

While mixing you will see specks of flour and loose lumps. Keep mixing to incorporate all the flour.

You won't get any lumps here. Take a spoon and cleanup the spatula or stick.

Serve it with a lentil side like dal or sambar. Traditionally ragi mudde is served with some gravy/ soupy sides like bassaru, massoppu, saaru or any dal varieties.





## Yellow millets Bisibele Bhath

Bharathi

### Ingredients

Toor dal-1 cup  
 Yellow millet -2 cups  
 French beans -100 grams  
 Green peas -1 cup  
 Curry leaves -10  
 Carrot -100 grams  
 Green bell pepper-1 (small)  
 Bisibele Bhath Masala powder-3 spoons  
 Tamarind water- 1/2 a cup  
 Mustard seeds -1 spoon  
 Ghee -2 spoons  
 Salt  
 Vegetable Oil-2 spoons  
 Grated coconut  
 Jaggery -1/2 spoon

### Method

1. Pour 4 cups water to a heavy bottom pot. Bring it to boil , add 1 cup of toor dal ,1/2 teaspoon turmeric powder, 1/2 teaspoon oil. Cook it until, the dal is fully cooked.
2. Add pre-washed yellow millet and finely chopped veggies, green peas and salt
3. While veggies and millets are cooking , make a paste of Bisibele Bhath masala powder and grated coconut.



The background of the entire page is a solid orange color with a repeating paisley pattern in a slightly darker shade of orange. The pattern consists of various teardrop-shaped motifs, some containing smaller circular or floral designs.

## Method

4. Add this paste to the cooked dal, millets and veggies. And also add tamrind water along with 1/2 spoon jaggery
5. Let it cook for 10 minutes.
6. To this Add the tadka of mustard seeds and curry leaves (use ghee and vegetable oil for the tadka). Now the most awaited yummy Bisibele Bhath is ready to eat

Serve it with boondi or raita





## Capsicum & Peas Millet Bhath

Reena Mayur

### Ingredients

1 cup – Cooked Foxtail millet  
 1 Medium size – Green Bell -pepper/Capsicum  
 1 cup – Boiled Green Peas  
 4 tsp – Lemon Juice  
 1-2 – Fresh chillies  
 5-6 – Fresh curry leaves  
 3-4 tsp –Finely chopped cilantro  
 4 tsp Coconut oil  
 2 tsp – Mustard seeds  
 2 tsp – Bengal Gram  
 1 tsp – Turmeric powder  
 2 tsp – Urad Dal/Black gram  
 Pinch of Hing/Asafoetida

Prep Time: 20 mins

Cuisine: Indian

Cook Time : 15 mins

Course : Main

Course/Breakfast



## Method

Wash & drain the foxtail millet. Pressure cook for 2 whistle with 1 cup water.

In a pan add 4 tbsp Coconut oil and once it's hot, add mustard seeds, 2 tbsp Bengal gram, 2 tbsp Urad Dal, sliced fresh chillies, hing, turmeric powder (as required), curry leaves till they are mildly roasted.

Then add chopped Capsicum & saute well until soft. Then add 1 cup boiled green peas and 1-2 tbsp salt and lemon juice.

Finally add the cooked Foxtail Millet and mix well nicely. Garnish finely chopped cilantro.

Best served hot.

Recipe Notes:

Optional – Grated fresh coconut can be added to enhance the taste.



# Millet & Sweet Potato Kheer

Reena Mayur

## Ingredients

1 cup – Foxtail millet  
¼ cup – Boiled & Diced Sweet potatoes  
1-5 cup – Jaggery  
¼ cup – Almonds  
2-3 tsp – Khus Khus (Poppy seeds)  
1 tsp – Nutmeg powder  
¼ cup – Assorted nuts / dry fruits [Cashew, almonds, pistachios, raisins, Dates]  
1 cup – Coconut milk  
Rose petals for Garnishing

## Method

Wash & drain the foxtail millet. Pressure cook for 2 whistle with 1 cup water.

In a blender add ¼ cup freshly grated coconut + soaked almonds + soaked khus khus + 1 tsp cardamom + 1 pinch nutmeg powder.

In a pan add powdered jaggery + 1 tsp water and heat. Keep stirring & once bubbles appear, add the blended mixture and give it a stir until well combined under medium flame.

Now add the cooked foxtail millet and give a quick stir.

Turn the flame low, add boiled and diced sweet potatoes, dates & raisins. Add coconut milk as per consistency required and continuous stirring until bubbles appear.

Turn off the flame, garnish with cashews, almonds, pistachios and crushed dry rose petals.

Serve warm/cold.

Recipe Notes :

As an option desiccated coconut can be used if fresh coconut is not available.







## Millet Yogurt Bhath

Reena Mayur

### Ingredients

- 1 Cup – Foxtail millet
- ½ cup – Plain Yogurt/Curd
- 3 tsp – Finely chopped Cilantro

### To Temper:

- 2-3 tsp – Coconut oil
- ½ tsp – Mustard seeds
- 1 tsp – Urad Dal/Black gram
- Few fresh Curry leaves
- 2 pinch – Hing
- 2-3 – Dry Kashmiri Chili

### Optional ingredients:

- 3-4 – Grated chopped Carrots & chopped onion
- 4-5 tsp – Pomegranate seeds
- 3-4 – Cashews and raisins

*Prep Time: 10 mins*

*Cuisine: Indian*

*Cook Time : 10 mins*

*Course : Main*

*Course*



### Method

Wash & drain the foxtail millet. Pressure cook for 2 whistles with 1-2 cup water. Let it cool for a while.

Meanwhile do tempering – by adding oil in pan, where its hot on medium flame, add mustard seeds, urad dal, 2-3 dry Kashmiri chilies (cut into small pieces), few fresh curry leaves and finally 2 pinch hing (asafetida) and turn off the flame.

In a big bowl, add the cooked millet and 3/4 cup plain yogurt and some water.

Add the tempering and salt as required.

Mix well and add the grated carrots, chopped onions, few pomegranate seeds, 3-4 cashews & raisins.

Give a Good Mix and Garnish with finely chopped cilantro.

***Serve the yummy millet yogurt bhath.***

### Recipe Notes :

Adjust the water quantity according to consistency required.

Can be served with pickle.



## Millet Tikka

Anir



### Ingredients

FoxTail Millet – 60 grams  
Oats Powder – 30 grams  
Besan – 20 grams  
Green Cardimon – 1 piece  
Black Cardimon – ½ piece  
Jeera Powder – ½ tsp  
Turmeric Powder – ¼ tsp  
Garlic – 3 cloves  
Ginger – ½ inch  
Onion – ¼ finely chopped  
Green chilly – 1 finely chopped  
Corriander leaves – finely chopped  
Capsicum – 1  
Onion – 1  
Salt – as per taste

### Method

Boil Millets for 50% and then drain water and cool it down. Mix millets with Oats powder, Besan and other ingredients and keep it aside for 30 minutes. Prepare square cubes Tikka from the above made mixture. Take a Pan, add oil and shallow fry the square cubes. Cut Onion and capsicum into square cubes. Take a barbeque stick, insert one square piece of onion followed by capsicum and then square cube Tikka and repeat the same. Once its ready, bake the tikka stick into oven.





## Millet chutney & Millet Salad

Anir

### Millet Chutney

#### Ingredients

Foxtail Millet – 1 tsp  
Quinoa - 1 tsp  
Green chilly – 1  
Mint leaves  
Coriander leaves  
Lemon juice – 1 tsp  
Cumin – ½ tsp  
Salt as per taste

### Millet Salad

#### Ingredients

Quinoa - 4 tsp  
Foxtail Millet - 3 tsp  
Tomato - 1  
Cucumber - 1  
Mint leaf  
Coriander - finely chopped  
Lemon juice - 2 tsp  
Chat Masala - as per taste  
Green chilly - 1  
Salt as per taste

### Method

Boil Millets for 50% and then drain water and cool it down.  
Grind the boiled millets and above ingredients into fine paste.  
Millet Salad

### Method

Boil Millets upto 40% to 50% and cool it down, soak quinoa over night. Take tomato, cucumber, mint leaf, coriander & green chili into finely chopped.  
Mixed boiled millet, quinoa, finely chopped tomato, cucumber, mint leaf, coriander & green chili and then add lemon juice, chat masala & salt as per taste.



## Millet Zunka & Millet Roti & Jeera Millet

Anir



### Ingredients

Foxtail millet powder - ½ cup  
Mustard seeds - ½ tsp  
Cumin seeds - ½ tsp  
Onion - ¼ cup finely chopped  
Spring onion - ¼ cup  
Green chilly - 1  
Fresh Coriander - 2tsp  
Garlic - 1  
asafetida powder - ¼ tsp  
salt as per taste  
turmeric powder - ¼ tsp  
ghee

### Method

Add ghee into a pan, once hot add mustard seeds, Cumin seeds, green chilly & garlic and temper it for a while. later add finely chopped onion, spring onion, asafetida, Foxtail millet powder and mix it well. later add hot water and stir it well so as to avoid lumps. Let it cook for sometime until its ready.





## Millet Roti & Jeera Millet

Anir

### Ingredients

Ragi – 1 cup  
salt as per taste  
ghee

### Method

Make a soft dough with Ragi powder, salt, ghee and hot water. make round ball, with help of chapatti board tap the dough ball into round shape and try it on pan.

### Ingredients

Foxtail millet - 1 Cup  
Gheen - 2 tsp  
Jeera - 1 tsp  
Curry Leaf - 10 to 15 leafs  
Coriander - finely chopped  
Salt as per taste

### Method

Boil Foxtail millet around 50% and keep aside. Add ghee into a pan, once hot add mustard seeds, Cumin seeds, curry leafs & then add Boil Foxtail millet, Fry for 2 to 3min on high flame and then add coriander and mix well. Serve it hot.



# Shanghai Marathi Mandal celebrates Ganeshotsav 2023

Festivals have a special place in Indian culture and each festival has its significance. **Ganesh Chaturthi**, also called **Vinayaka Chaturthi** by Hindus is a 10-day festival marking the birth of the elephant-headed deity Ganesha, the god of prosperity and wisdom. It begins on the fourth day (Chaturthi) of the month of Bhadrapada (August-September), the sixth month of the Hindu calendar. The auspicious festival celebrates Lord Ganesha, who is revered as the 'God of New Beginnings' and the 'Remover of Obstacles' as well as the 'God of Wisdom'.

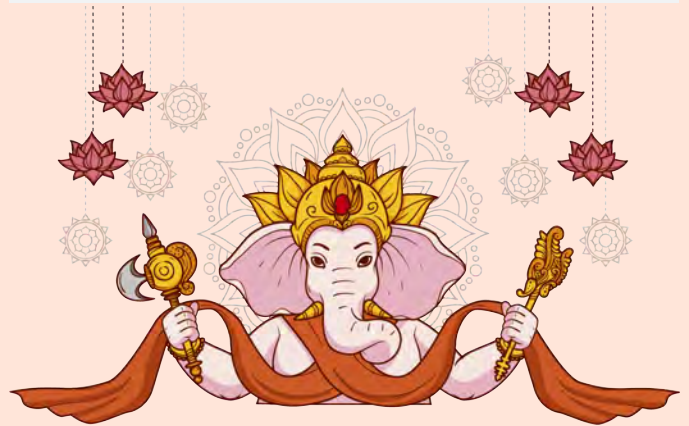
Ganesh Chaturthi assumed the nature of public celebrations when the Maratha ruler Shivaji used it to encourage nationalist sentiment among his subjects, who were fighting the Mughals. In 1893, when the British banned political assemblies, the festival was revived by the Indian nationalist leader Bal Gangadhar Tilak. Today the festival is celebrated in Hindu communities worldwide and is particularly popular in Maharashtra and parts of western India.

In today's times, the month of September is eagerly looked forward to in India for the arrival of Ganpati Bappa, when royal idols of Bappa arrive at our homes anywhere from 1.5 to 10 days. During this time, the festive atmosphere and the cultural celebrations are a hallmark of Maharashtra, and the passion in celebrations and the competitions be it for the idols at the different mandals organizing the festivities, to the aartis to prasad of modaks is for all to see. Ganesh Chaturthi and the celebrations associated with it is a highly emotional topic and people look forward to it every year.



Dr. Deepak Hegde is a senior pharmaceutical professional with over 27 years of work experience in the pharmaceutical industry in the US, Europe, Asia, and Africa. He has been actively engaged in the China pharmaceutical industry since 2007 and currently serves as the Senior Vice President of Technology and Manufacturing at Shenzhen Pharmacin Co. Ltd. Additionally, Dr. Hegde has a long-standing association with the Shanghai Marathi Mandal and has been its President since 2022.

**Author-Dr. Deepak Hegde**





In Shanghai, Ganesh Chaturthi marks the beginning of the festival season which is followed by Durga Puja in Oct and of course Diwali around November. Ganesh Chaturthi or Ganeshotsav although organized by Shanghai Marathi Mandal, energizes the whole Indian community together into one big group and the annual cultural event which celebrates the diversity of India and at the same time, the strength in unity of Bharat is an event to all to see and remember.

The Shanghai Marathi Community has been celebrating several festivals in pomp and splendor since 2007. With Covid 19 pandemic and the associated horrors gradually fading from public memory, the Indian community has not been able to hold back their enthusiasm as they started celebrating the festivals starting with Ganeshotsav with a lot of enthusiasm. Sensing the community mood, Shanghai Marathi Mandal organized Ganeshotsav 2023, at a bigger venue, the Dulwich International School at Pudong which provided the bigger canvas in the form of an auditorium needed for the enthusiastic performers in the cultural program.

The Ganeshotsav event organized on the 24th of Sep, the 17th year event in a row, had its theme as “Anandotsav”- Festival of happiness. It was kicked off with Naandi, or an invocation sung at the start of the program to the God of Art who bestows his grace for a glorious show. This was followed by the customary welcome extended to all attendees by Dr. Deepak Hegde, the President of Shanghai Marathi Mandal welcoming all the guests.

A large force behind the success of Ganeshotsav 2023 was the great support of the Indian Association (IA), Shanghai, and China Indian Community (CIC). IA President Ritika Kumar and CIC President Girish Baddur who graced the occasion were welcomed and felicitated by Shanghai Marathi Mandal who expressed their gratitude for their support and encouragement for Ganeshotsav 2023.



Following the felicitation of the dignitaries, the introduction of new families on behalf of the Shanghai Marathi Mandal was carried out by Suchita and Kiran Mahajan. This time, the introduction of new families was extended to beyond Maharashtrian families with Kiran inviting all families in the audience, who were new to Shanghai. While this welcome helps in introducing new families in Shanghai to the Indian community in general, it also helps break the ice for them to amalgamate the new families into the social fabric of Shanghai Marathis, helping them settle down faster.

The Masters of ceremony Tanvi Kharwadkar and Dr. Darshana Hegde, walked the attendees through the program introducing them to the various cultural events that were a part of the program. The cultural program kicked off with the high-voltage Lezim performance which is a hallmark of Maharashtra. Lezim or lazium is a folk dance form, from the state of Maharashtra in India. Sometimes also spelled as “Lezium”, Lezim dancers carry a small musical instrument



with jingling cymbals called the Lezim or lezium, after which the dance form is named. This was followed by Ganesh Pancharatna Stotra, which created a divine atmosphere in the auditorium, and Ganesh Vandana by the young rising stars. The string of divinity was continued with the next dance performance, Thandava Nrityakari Gajanana, a traditional invocation Kuchipudi dance performed by two sisters, followed by a Carnatic fusion musical featuring a keyboard performance and songs invoking Gajanana. As part of our “Anandotsav” theme, we had two vibrant performances by young girls expressing their happiness dancing to the tunes of folk dance; bringing more joy to the event.

Shanghai Adda has always been an integral part of Ganeshotsav celebrations every year and no Ganeshotsav could be complete without their amazing performances. This was true this year as well with a mesmerizing Kathak performance as well as a musical performance. The audience continued to be mesmerized by another mesmerizing Kuchipudi performance followed by a Garba performance. Garba which originates from Gujarat, is celebrated all over the world. Garba honors, worships, and celebrates the feminine form of divinity, the array of mother Goddesses. There was a sense of joy as the performers enjoyed and spread their happiness by dancing. The cultural program continued with a Gajanana song by young performers and a dance performance “Barso re Megha” celebrating the coming of rains. This was followed by a dance performance by two of the Shanghai Marathi community’s youngest girls welcoming Ganpati Bappa as well as the people to join the celebrations. The cultural program wound up with yet another amazing performance by the enthusiastic ladies of our community followed by a fitting high-voltage Mangalagaur performance by the ladies from Shanghai Marathi Mandal. Mangalagaur is a festival that revolves around the worship of Goddess Gouri, the divine embodiment of marital bliss and prosperity. Newlywed women, dressed in resplendent attire, participate in a series of

rituals followed by an array of games played by ladies.

After the cultural program, the dignitaries; IA President Ritika Kumar and CIC President Girish Baddur appreciated the hard work and efforts invested by the kid performers by presenting them with gifts.

Rahul Bagde proposed the vote of thanks on behalf of the Shanghai Marathi Mandal and the event was wound up in true Indian style with the chanting of Atharvashirsha followed by Aarti and slogans of “Ganpati Bappa Moraya, Pudhchya Varshi Lavkar Ya” marking the hopeful wait for the next Ganeshotsav in Shanghai. True to its theme “Anandotsav”, the Ganeshotsav 2023 event brought joy and happiness to the whole Indian community in Shanghai by bringing the Indian community together to foster a sense of unity.

Mrs. Suchita Mahajan & Dr. Deepak Hegde on behalf of Shanghai Marathi Mandal.







## Shanghai Kannadigaru memories

Cultural, Colorful, Kannada.

### ಶಾಂಘೈನಲ್ಲಿ ಕನ್ನಡಿಗರ ನೆನಪುಗಳು

ಸಾಂಸ್ಕೃತಿಕ, ವರ್ಣರಂಜಿತ, ಕನ್ನಡ.

"Shanghai ಕನ್ನಡಿಗರು (Kannadigaru) was established to promote Kannada and Indian culture and uphold the Kannada language among the community. By hosting cultural programs and providing a platform for our young and old members to explore and express, we instill Kannada tradition across time zones. Shanghai ಕನ್ನಡಿಗರು represents the rich Karnataka heritage of the great Indian diaspora in China. Shanghai ಕನ್ನಡಿಗರು hosts two main events each year, starting from 2019 (Yugadi and Kannada Rajyotsava)."

Here's a glimpse of Shanghai Kannadigaru events in Shanghai from October 2022 to October 2023:

#### Diwali Mela Event – The Shanghai Kannadigaru Account - October 2022:

The Shanghai Kannadigaru group set up the Karnataka Pavilion to promote Karnataka culture and heritage at the Diwali Mela event organized by the Indian Consulate, Shanghai, on October 31. Shanghai Kannadigaru volunteers curated the food, music, and arts sections in the Karnataka pavilion/stall. The theme for the event was "Millets and Yoga – for a healthy tomorrow."



The stall showcased different millets grown in Karnataka and highlighted the benefits of consuming millets in our day-to-day life. Yoga Guru "Ganesh" discussed the benefits of yoga and Ayurveda. The stall also

displayed famous Ilkal sarees and Mysore silk sarees.







Visitors from all over enthusiastically explored the Karnataka stall. We met several curious Chinese individuals interested in India and its culture. People from other parts of India also appreciated the variety displayed at the Karnataka stall and acknowledged the efforts of the Shanghai Kannadigaru team. The main attractions were chutney powders made from millets, “obbatu,” “Mysore pak” (a sweet delicacy from Karnataka), and filter coffee. The event was a great team effort, and all the volunteers had a wonderful time.

#### **67th Kannada Rajyotsava and Deepawali- Nov 2022:**

Continuing the tradition of celebrating Karnataka (Kannada) Rajyotsava in November each year, ‘Shanghai Kannadigaru’ celebrated the 67th Kannada Rajyotsava on November 12, 2022, at Bollywood Restaurant in Pudong. About 70 Kannadigas from Shanghai and nearby cities came together for the celebration.





Group members and children presented beautiful cultural programs during the event, incorporating various fun elements. This year's event added another memorable chapter to our lives in Shanghai.



#### **Kannada Sangha Milana event - May 2023:**

Due to a Covid wave in Shanghai, this year's Yugadi celebration could not be held as planned. Instead, a simple get-together event, "Kannada Sangha Milana," was organized on May 14, 2023, with the theme "Let's Meet, Greet, and Eat." Around 50 Kannadigas from Shanghai and nearby cities gathered for the celebration. The event also welcomed newcomers to Shanghai, who became part of the "Shanghai Kannadigaru" family.

The lighting of the lamp by Dr. Nandakumar (CGI SH) and several group members marked the start of the Kannada Rajyotsava 2021 celebration. Shanghai Kannadigaru group felicitated special invitees with a 14-year-old bonsai plant, as a symbol of eternity. Dr. Nandakumar addressed the audience and praised the efforts of the Shanghai Kannadigaru family for being together and spreading Indian culture in a foreign country.

The lighting of the lamp by Dr. Nandakumar (CGI SH) and several group members marked the start of the Kannada Rajyotsava 2021 celebration. Shanghai Kannadigaru group felicitated special invitees with a 14-year-old bonsai plant, symbolizing eternity. Dr. Nandakumar addressed the audience and praised the efforts of the Shanghai Kannadigaru family for staying together and spreading Indian culture in a foreign country.

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







# Vinayagar Chaturthi – A Significant Spiritual Festival of India

## Things to Know About Vinayagar Chaturthi:

Vinayagar Chaturthi (also known as Ganesh Chaturthi) is a widely celebrated Hindu festival in India that commemorates the birth of the elephant-headed deity, Lord Ganesha. It falls on the 4th day (Chaturthi) of the 6th month in the Hindu calendar, known as Avani month in the Tamil calendar or Bhadrapada month in the North Indian calendar. This festival holds immense cultural and spiritual significance, symbolizing new beginnings, wisdom, and, most importantly, unity among people.

According to mythology, Goddess Parvati created Ganesha from sandalwood and appointed him as the guardian of her home's entrance while she was taking a bath. When Lord Shiva returned home, unaware of Ganesha's presence, a heated confrontation ensued, leading Lord Shiva to use his trident to sever Lord Ganesha's head. Ganesha fell lifeless, which deeply upset Goddess Parvati, causing her to transform into Goddess Kali and threaten to bring about the end of the world. Unable to bear her pain and anger, Lord Shiva dispatched his Ganas to find a replacement head.

The Ganas ventured into the jungles and discovered an elephant, from which they took a head to present to Lord Shiva. This elephant head was then attached to the headless body of Lord Ganesha. Goddess Parvati and others present were overjoyed at this sight and blessed him with miraculous



Gopinath Thangavelu, hailing from Tamil Nadu, has been living and working in Shanghai since 2004. He shares his life in Shanghai with his wife and daughter. Gopinath has a deep passion for traveling,

particularly to destinations that showcase the beauty of nature and landscapes. In addition to his professional commitments, he dedicates his time to volunteering and spearheading community activities in Shanghai. His involvement with the Shanghai Sangamam team dates back to 2007. Gopinath and his team aspire to provide solutions to the challenges faced by their fellow Indian residents in their daily lives in Shanghai and China. They also have a vision of organizing more exciting and engaging celebrations in Shanghai.

**Author-Gopinath Thangavelu**





powers. It was at this moment that Lord Ganesha was acclaimed as the leader of the Ganas and the universe. This is why Lord Ganesha is also known as Vinayaka, signifying “He who is endowed with all the features of a Nayak,” or a leader.

During the celebrations held across India, typically in August or September depending on the Chaturthi thithi, devotees perform rituals and offer prayers to beautifully decorated Vinayagar idols. They also present offerings such as Kozhukattai/Modak (Steamed Dumplings), Aval/Poha (Flattened rice), Channa, Ladoos, a variety of fruits, fragrant flowers, and incense. Lord Ganesha is regarded as the God of luck, success, prosperity, wisdom, and the remover of obstacles. Therefore, people offer various sacred items to Lord Ganesha to seek His blessings.

### **Celebrations of Vinayagar Chaturthi in Shanghai:**

To celebrate this divine festival in Shanghai, Shanghai Sangamam organized a gathering for Vinayagar Chaturthi 2023 on September 17th at Indian Kitchen, Hongmei Road.



With strong support from our community members and the presence of our Honorable Consul General of India in Shanghai, Dr. N. Nandakumar, along with his family and consulate officers, as well as Brahma Kumari's Sapna Didi as our Chief Guests, Vinayagar Chaturthi 2023 was celebrated grandly.

The love and devotion of our Indian community towards the Almighty Vinayagar remain unwavering, regardless of our location or circumstances. Even though the weather on that Sunday was scorching hot at 35°C, in contrast to the previous year when it was raining, our beloved people's enthusiasm and excitement remained undiminished.

We conducted traditional abhishegams and pooja with a pandit chanting holy mantras. Community members voluntarily prepared a variety of favorite delicacies for Lord Ganesha and offered them with pure love. Thanks to Mr. Siva and his team at Indian Kitchen, guests were treated to delicious South Indian vegetarian food.





Our dedicated volunteers worked tirelessly on event preparations and throughout the event. We express our heartfelt gratitude to our volunteers for their love and dedication to the event. We are delighted that we could serve our community and pass on the rich culture of Indian celebrations to the younger generation at the highest level possible.





### **Brief Introduction to Shanghai Sangamam:**

Shanghai Sangamam is an Indian association established in Shanghai on April 14, 2004. This date marks the arrival of the Spring season and the celebration of the South Indian New Year. The association was formed with a dual purpose: to provide a platform for like-minded individuals and families to come together and make positive contributions to the community, and to address the needs of newcomers and Indian citizens in Shanghai and nearby provinces, providing them with moral support and a sense of home.

Our team at Shanghai Sangamam comprises a diverse group of individuals, including expatriates from India, professionals, small business owners, local employees, and our lovely Indian women. While primarily a cultural organization that unites people on

occasions like Pongal, South Indian New Year, Vinayagar

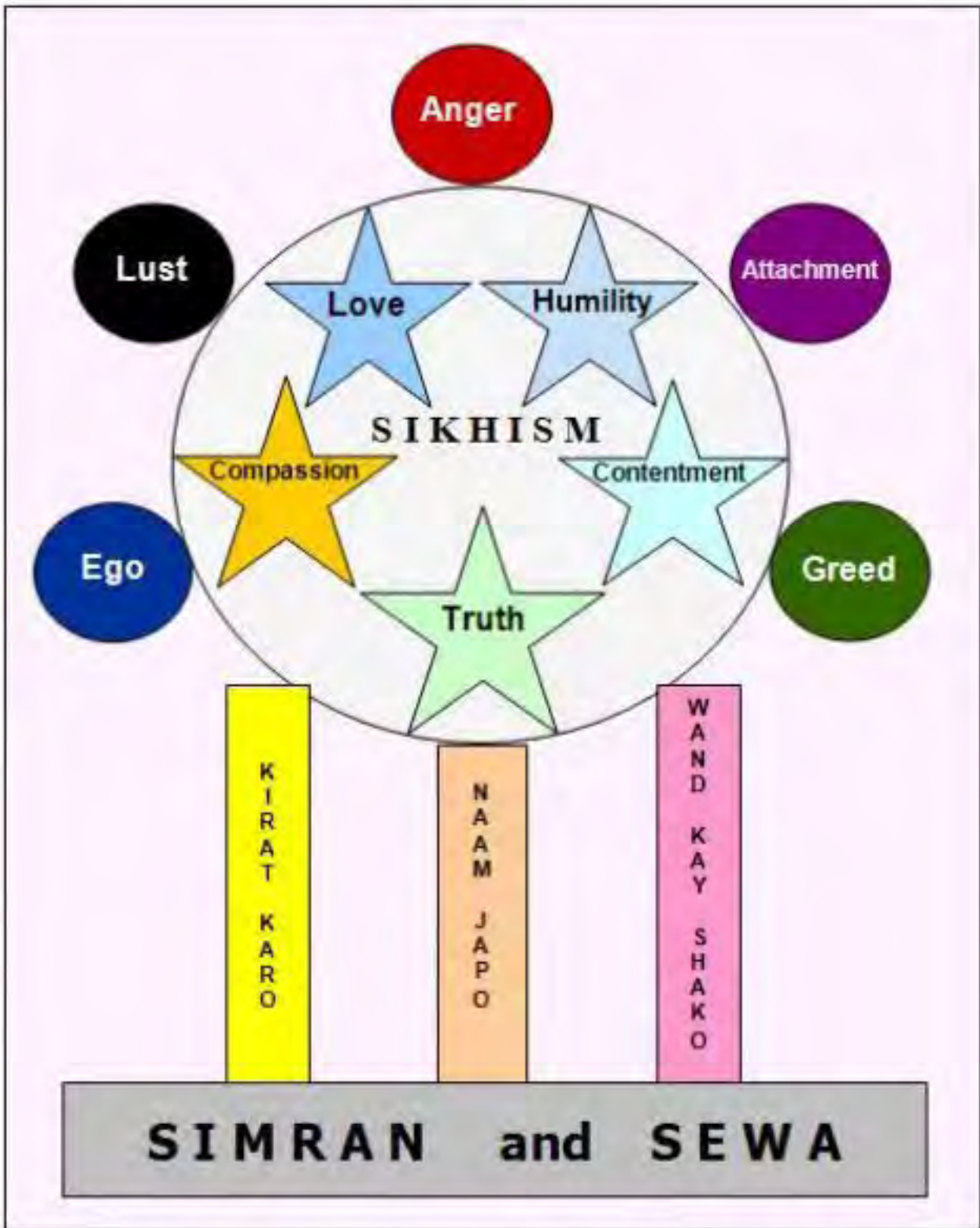
Chaturthi, Deepavali (a Hindu festival of lights), Shanghai Sangamam also extends its reach to fund relief efforts during emergencies and sponsor selected students' education in India through trusted charity organizations.

Through various programs, our association ensures that Indian children raised in Shanghai do not lose touch with their culture and traditions. Cultural events during South Indian New Year and Deepavali festivals provide these children with opportunities to showcase their talents through songs, performances, dances, and other activities, allowing them to embrace their "Indianness."





# Sikhism and Serving the Community: A Path of Selfless Service







### Introduction:

Sikhism was founded in the 15th century in the Punjab region of South Asia by Guru Nanak dev Ji , it's a vibrant and inclusive religion that emphasizes the importance of selfless service to humanity.

There are 3 Golden Rules/Pillars of Sikhism originated with Guru Nanak Dev Ji.

1. Naam Japna (focus of God),
2. Kirat Karni (honest living)
3. Vand Chakna (sharing with others).

With these 3 values, the Guru knew that the person would achieve spiritual elevation and material happiness in this world.

1. Naam Japna: The Gurus led the Sikhs directly to practice Simran and Naam Japna - meditation on God through reciting, chanting, singing and constant remembrance followed by deep study & comprehension of God's Name and virtues (Gurbani the Compendium of ETERNAL truth). The inner voice of the Sikh thus stays immersed in praises and appreciation of the Creator and the ONE ETERNAL GOD Waheguru and his WILL. The Sikh is to intuitively

practice Naam and stay focused on the True Path through every breath throughout his life.

2. Kirat Karni: Guru expected the Sikhs to live as honorable householders and practice Kirat Karni - To honestly earn by ones physical and mental effort while accepting both pains & pleasures as GOD's gifts and blessings. One is to always stay truthful and, fear none but the Eternal Super Soul. Live a life founded on decency immersed in Dharam - life controlled by spiritual, moral & social values.

3. Vand Chakna: The Sikhs were asked to share their wealth within the community by practicing Vand Chakna - "Share and Consume together". The community or





Sadh Sangat is an important part of Sikhism. One must be part of a community that is pursuing flawless objective values set out by the Sikh Gurus and every Sikh must contribute in whatever way possible to the common community pool. This spirit of Sharing and Giving is an important message from Guru Nanak.

At the core of Sikh teachings lies the concept of “seva” or “selfless service.” This principle serves as a guiding light for Sikhs, inspiring them to actively contribute to the welfare and well-being of all communities.

This article explores the significance of Sikhism’s emphasis on serving the community and the profound impact it has on individuals and society.

### **Understanding Sikhism**

Gurus preached the message of equality, love, and devotion to the Supreme Being. Sikhism rejects the notion of social hierarchy and discrimination based on caste, creed, gender, or social status. Sikhs believe in the oneness of God and the inherent worth and dignity of all human beings.

### **Seva: Selfless Service**

The principle of seva occupies a central position in Sikh philosophy. Seva is considered an essential part of a Sikh’s spiritual journey and a means to connect with the divine. It involves the selfless offering of one’s time, resources, and skills for the betterment of others. Seva is not limited to any religious or social group; it is a universal concept that extends to all of humanity.

### **Community Kitchen: Langar**

One of the most notable manifestations of seva in Sikhism is the institution of the langar, or community kitchen. Langar is an open kitchen where free vegetarian meals are served to anyone, regardless of their background, caste, or religion. It was initiated by Guru Nanak Dev Ji to break down societal barriers and promote equality. Langar serves as a powerful symbol of Sikhism’s commitment to eradicating hunger, promoting inclusivity, and fostering a sense of community.







### **Education and Healthcare Initiatives**

Sikhs have made significant contributions to education and healthcare, both historically and in contemporary times. Guru Nanak Dev Ji emphasized the importance of education and the pursuit of knowledge. Sikh gurus established educational institutions, known as “Gurmataas,” to provide free education to all, irrespective of their social or economic background. Today, Sikh educational institutions continue to flourish, providing quality education to students around the world.

In the realm of healthcare, Sikhs have been at the forefront of providing medical assistance and support to those in need. Sikh organizations run hospitals, clinics, and medical camps, offering free medical services and medicines to underprivileged communities. These initiatives reflect the Sikh commitment to uplifting society by addressing the fundamental needs of individuals.

### **Disaster Relief and Humanitarian Aid**

Sikhs have earned global recognition for their selfless service during times of natural disasters and humanitarian crises. The Sikh principle of seva often translates into swift action during emergencies. Sikh organizations mobilize resources, volunteers, and relief efforts to provide food, water, shelter, and medical aid to affected communities. In the face of adversity, Sikhs stand united, offering their support to not only fellow Sikhs but also to individuals of all backgrounds and faiths.

### **Conclusion:**

Sikhism’s emphasis on serving the community through seva is a testament to its inclusive and egalitarian principles. Sikhs worldwide continue to embody this spirit of selflessness, dedicating their time, resources, and skills to uplift those in need. Through their countless acts of kindness, Sikhs exemplify the core values of Sikhism and inspire others to follow the path of selfless service, fostering a more compassionate and harmonious society.



## Durga Puja in Shanghai: A Celebration of Bengali Culture in a Foreign Land, China



**D**urga Puja, the grand festival dedicated to the worship of Goddess Durga, holds a special place in the hearts of Bengalis around the world. Even when far from their homeland, Bengalis have a knack for keeping their traditions and culture alive. One such place where the spirit of Durga Puja shines bright, despite being far from Bengal, is Shanghai, China. Shanghai, a bustling metropolis with a thriving expatriate community, has become home to a growing number of Bengalis over the years,



and the community they have built is called Shanghai Adda.

### **The Start of Festive Preparations:**

Durga Puja is more than just a religious festival; it's a cultural extravaganza that begins weeks in advance. The preparations for the festival in Shanghai start with immense enthusiasm and zeal. Shanghai Adda comes together to organize various events and activities.

### **New Idol:**

One of the defining features of Durga Puja is the artistic craftsmanship that goes into creating idols of the goddess. This year, Shanghai Adda acquired a new Durga idol from the renowned Kumartuli. The Adda team embarked on a visit to Kumartuli to explore the prospects of obtaining a fresh idol. The main challenge was to get an idol that retained the traditional appearance and artistry of the Durga idol they have cherished since childhood, while being light-weight. Ultimately, the team settled on an idol crafted from fiberglass and Patachitra.



Soumen Biswas, a true Bengali soul, possesses a profound passion for adventure. Whether it's within the domain of work or during his travels, he finds himself irresistibly pulled towards challenges and thrilling experiences. He is the father to an adventurous daughter named Aleeka (Dustu) and the husband of a sweet and loving wife, Swati.

### **Author-Soumen Biswas**

Getting a new idol from a distant location posed its challenges, but the unwavering enthusiasm of the Adda members ensured its successful realization.

### **Food and Festivities:**

Bengali gastronomy plays a vital role in the festivities of Durga Puja. The delectable spread ranges from classic desserts like Misti Doi and Sandesh to delectable dishes such as Khichdi and labda, delighting the







taste buds of all who partake. In Shanghai, Bengali families unite to prepare these dishes and exchange recipes with the restaurants where they host the Pujo, extending a flavorful slice of home to all attendees.

#### **Cultural Performances:**

Cultural performances are a highlight of Durga Puja celebrations. In Shanghai, the festivities often include dance, music, and drama performances, showcasing the talent and creativity of the local



Bengali community. These performances not only entertain but also offer a glimpse into the rich cultural tapestry of Bengal.

#### **A Blend of Tradition and Modernity:**

One of the unique aspects of celebrating Durga Puja in Shanghai is the fusion of traditional rituals with the modern and international atmosphere of the city. While the core traditions are upheld, the celebrations also reflect the cosmopolitan nature of Shanghai.

#### **Inclusivity and Diversity:**

Durga Puja in Shanghai is not limited to the Bengali community alone. The festival has transcended boundaries and welcomes people from various backgrounds, offering them an opportunity to learn about Bengali culture and traditions. It's a testament to the diversity and inclusivity of the city.

Durga Puja is not just a religious or cultural event; it's a time for the community to come together, celebrate, and forge bonds. In Shanghai, the festival becomes a platform for Bengalis to connect with each other and with people from different parts of the world.

Durga Puja in Shanghai is a beautiful example of how traditions can thrive even in foreign lands. The festival not only serves as a reminder of home for the Bengali expatriate community but also introduces the local and international communities to the rich and vibrant culture of Bengal. It's a celebration of unity, diversity, and the enduring spirit of tradition, all against the backdrop of the global city of Shanghai.





## SHANGHAI TELUGU COMMUNITY



Ugadi is celebrated in the states of Andhra Pradesh and Telangana, as well as by Telugu-speaking communities around the world. One of the key aspects of Ugadi is the traditional six flavors associated with the festival, known as Shadruchulu, which are meant to represent the different experiences of life. These flavors include sweet, sour, salt, spicy, bitter, and astringent, and are often consumed together in a traditional dish called Ugadi Pachadi. This dish symbolizes the ups and downs of life, emphasizing the need to accept and appreciate all experiences.

Another significant aspect of Ugadi is the importance of family and community during the festival. People come together to clean their homes, decorate them with flowers and rangolis, and prepare traditional foods. The idea is to celebrate the start of a new year with loved ones and reinforce the bonds of family and friendship.

On March 25, 2023, Telugu families from Shanghai and neighboring provinces came together to celebrate at Indian Kitchen, Pudong. The festivities began with the lighting of the lamp, and children showcased their talents through traditional Kuchipudi dance, poems, and songs. Games were organized for both children and adults. Volunteers had beautified the venue with traditional rangolis and also prepared the traditional 'Ugadi Pachadi.' A sumptuous lunch, games, and camaraderie made the day memorable for everyone, marking a truly auspicious beginning for the new year.



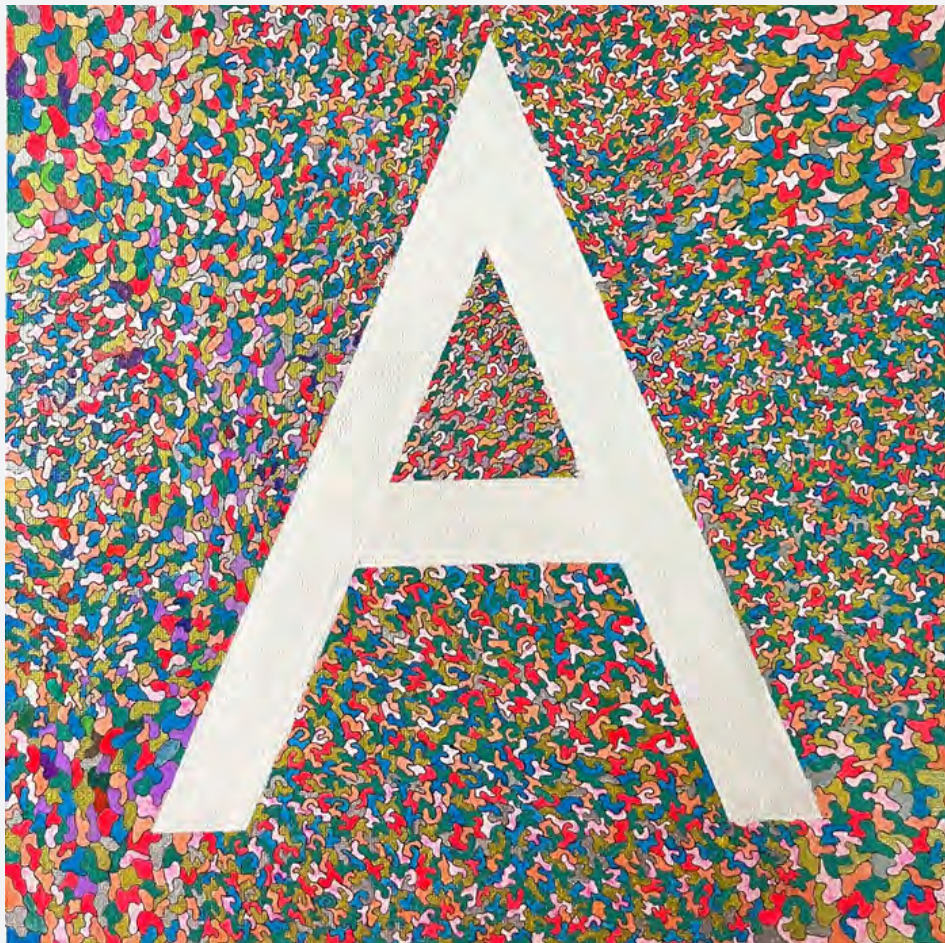


## PAINTING BY ARUSH GUPTA



### About Aarush Gupta

Aarush Gupta studies in Dulwich College Shanghai Pudong. He is 13 years old and in Year 9. His hobbies include playing cricket, chess, badminton, gaming, and doing arts & crafts.



### 'A' sea of a thousand blobs

This 30cm\*30cm canvas art piece was my project for our school exhibition. I was inspired to create this particular artwork because I enjoy making blob art, and 'A' is my favourite alphabet. I decided to combine the two. This artwork is entirely drawn with a pen and took me a very long time to finish (around 30 hours or 2 months). It was a lengthy effort, but I believe it was worth it as I am pleased with the result. It was displayed at the Dulwich Art Exhibition.





### Self-Portrait Extravaganza

This art piece (45x30cm, not including the frame) was created in school during our art classes for a term project. It consists of multiple layers of decoration surrounding the main self-portrait. The layers include a blue background with green Pac-Mans and a white leafy branch made using paint. Over the self-portrait, I included several ghosts cut out from red and golden paper to match the Pac-Mans. Overall, I believe it turned out to be a good self-portrait with a unique twist in decoration. This piece of art was also displayed at the Dulwich Art Exhibition.



## ADITYA NATH BOSE



### About Aditya Nath Bose

Aditya Nath Bose is a Grade 5 student at Shanghai Singapore International School. He enjoys playing Minecraft on the computer and football on the field. Additionally, Aditya is curious about all things related to aviation, showing a keen interest in the field.

## Demystifying Common Aviation Terms

Greetings, everyone! Today, I invite you on an exciting journey through the fascinating world of aviation. As an avid aviation enthusiast, I am thrilled to share this article, driven by my fascination with the world of aviation. I want to demystify some common aviation terms that every aviation enthusiast should understand. So, fasten your seatbelts, and let's take off into the world of aviation lingo.

**1. Taxiing:** Imagine you're in a car, driving to a highway entrance. In aviation, taxiing is quite similar. It's the phase when a plane moves from the terminal to the runway. Pilots follow specific speed limits during this process, ensuring a safe and smooth journey.



**2. Takeoff:** This is when the aircraft leaves the ground and starts its flight. Commercial planes usually achieve takeoff at speeds ranging from 140 to 156 knots. There are several important speed parameters during this critical phase, ensuring a safe departure into the skies.



**3. Cruising:** Once the plane is in the air, it enters the cruising phase. It's like finding that perfect balance while riding a bike. Pilots set the heading (direction), altitude (height), and airspeed, allowing the aircraft to smoothly navigate the sky. An invaluable tool during this phase is the autopilot.



**4. Landing:** Coming back to Earth gracefully is just as crucial as taking off. Landing typically happens at speeds between 112 and 156 knots, but factors like wind can influence this. Dealing with crosswinds during landing is an art. Pilots use techniques like "crabbing" during crosswind landings to ensure the plane lines up with the runway. There are lights next to the runway called PAPI lights, which indicate how high or low your approach is towards the runway. However, this doesn't need to be ensured during crosswind landings. Right before touchdown, the pilot flares, which means pulling up while still losing altitude. This makes the landing much smoother.



**5. V-Speeds:** You might hear terms like V1, V2, V3, V4, and V2min. These are vital speeds during takeoff. V1 is the takeoff decision speed, V2 is the safety speed, V3 is the flap retraction speed, and V4 is the climb speed after takeoff. These speeds help ensure a safe departure into the skies.



**6. Autopilot:** Think of it as a pilot's trusty co-pilot. **Autopilot** is a system that assists in controlling the aircraft's heading, altitude, and airspeed. It's like having an extra set of hands to help maintain a steady course. You set the altitude, speed, and heading; then the plane will remain steady.



These are just a few key terms in the aviation world. Understanding them not only enriches your aviation knowledge but also adds to the thrill of watching planes take flight. The next time you're at the airport or gazing up at the sky, these terms will help you appreciate aviation.

So, there you have it—a glimpse into the world of aviation terminology. Buckle up, stay curious, and keep exploring the skies from the ground.

## ANAISHA SHANGARI



### About Anaisha Shangari

Anaisha Shangari is a student at SMIC School Shanghai. She has a passion for drawing, playing badminton, and reading. Her favorite genres are Fiction and Realistic fiction. Recently, she read "Number the Stars," a compelling book about World War 2, which she thoroughly enjoyed



### Bird so sweet

Bird in a tree, so high,  
Sings up in the sky.  
Colors bright, feathers so neat,  
Makes our day with its happy tweet.

In a tree so high and free,  
A bird sings its joyful melody.  
With colorful feathers and a voice so sweet,  
It brightens our day and gives our ears a treat.

Birds birds, fly in the sky.  
They eat worms, oh what a Sigh.  
They flap their wings, Sit on the trees.  
And that is how birds live in ease





### About Anita Sharma

Anita Sharma has been living in Shanghai and working at Nagoya International (Shanghai) Co. Ltd in International Trade Administration since May 2007. She is an Ayurvedic Doctor by education and a passionate story writer and poetess. Her 'Hindi literary works' have been published in several global magazines in India, China, South Africa, Canada, the USA, the UK, and New Zealand.

### शिन नियोन (नव वर्ष)

पिंग पिंग जैसे ही अपने घर में घुसी, अचानक ही दरवाजे पर ही ठिठक गयी यह क्या ऐसा सूना सूना घर काटने को आ रहा था । जिस तीन बेडरूम वाले घर में सात लड़कियां रहती हैं । हर समय हो हल्ला छाया रहता है आज उसी घर में चुप्पी विराजमान थी । पिंग पिंग को लगा यह चुप्पी वह झेल नहीं पायेगी । उसने जल्दी से अपने कमरे में आ कर ऑफिस की तरफ से मिले स्प्रिंग फेस्टिवल के दोनों तोहफे बेड पर फेंक टी वी लगा लिया था और पता नहीं कब गहरी नींद आ गयी उसे ।

जैसे ही पिंग पिंग बस से उतरी उस वादी की महक उसकी नाक से होती हुई उसने तन मन में समा गयी । उसने चारों ओर दृष्टि डाली सामने हरे भरे पहाड़ जैसे हाथ फैलाकर उसका स्वागत कर रहे हों । वह अपना सामान सम्भाल गाँव की ओर चलने लगी । गाँव तक उसे चलके जाना था पूरे डेढ़ घंटा चलके गाँव पहुंचेगी पर खुशी के मारे चलना भी उड़ने की तरह लग रहा था उसे । हा अपने पर्वत पेड़ पत्ते , फूल क्या और धूल क्या सब अपना लगता है यहाँ ।

बरसों बाद वह पत्थरों , पेड़ पौधों , मिट्टी से सनी राह से गले मिल रही हो । उसके कदमों ने बेजान सड़कों पर चलके जो कठोरता पायी थी मिट्टी पे पड़ते ही फूलों की नरमायी में बदल गयी । उसने हाथों से उनी स्कर्ट ऊपर उठा उसे हवा में लहराया और स्कर्ट उठाये उठाये घर की ओर जाने वाली पगडंडी पे भागने लगी जैसे अब सब्र नहीं हो रहा उस प्यारी सी झोंपड़ी से दूर रहने का । आ .... मेरे पाले हुये प्यारे सूअर बिल्ली और मुर्गियां !

पतली संकरी पगडंडी की चढ़ाई आज उसे कतई नहीं खल रही थी । पहाड़ों की ठंडी हवा उसके मुख को छूकर लालिमा प्रदान कर रही थी । इतनी ठंड में भी पसीने की नन्हीं बूँदें माथे पे नाचने लगी तो उसने सर से टोपी उतार दी । उसके लम्बे काले केश हवा में लहराने लगे । भागते हुये वह स्वयं से ही बातें करने लगी  
आ आ वो क्यों भागी थी इस सुंदर निर्मल संसार को छोड़ कर ।

भागते भागते वह एकदम फिसली ओर गिर कर धरती पर जा पड़ी । वह उठी ओर कपड़े झाड़ने लगी । पर यह क्या वह गाँव की पगडंडी पर नहीं बेड पर से उठ रही थी ओर कपड़े भी साफ थे । एकदम जैसे जादू से यहाँ आ गिरी हो वह कुढ़ सी गयी । क्या सोचकर यहाँ रुक गयी इस बार त्यौहार तो परिवार के साथ ही लगता है

फिर अपने आप ही कह उठी कहाँ से लाऊँ इतने पैसे जो सभी के लिये ढेर सारे अच्छे अच्छे ल्ली व (गिफ्ट ) खरीद सकूँ , नया साल आता है तो शंघाई में नये फूल पत्तों की तरह पैसे भी उगने लगते हैं क्या ? गाँव न जाने का अफसोस छोड़ वो अपनी कुढ़न भाई बहनों ओर रिश्तेदारों पर निकालने लगी । कितना चाव रहता था हर साल नये साल पे स्प्रिंग फेस्टिवल पे घर जाने का सारी सहेलियां खूब खरीदारी करती मिलके अपने अपने घर ले जाने के लिये । तीन चार महीने पहले से थोड़े थोड़े पैसे जोड़ना शुरू कर देती । पहली बार जब वो घर गयी तो कैसे कैसे पेट काटकर तंगी से रह कर सौगातों के लिये पैसा पैसा करके जोड़ा था पर उसके कारण घर में सभी के खिले हुए चेहरे देख उसे जितनी संतुष्टि मिली थी उसने उसकी मेहनत करने की क्षमता दौगुणी हो गयी थी ।

अगले साल जाते हुये फिर सबके लिये ढेर सारी सौगातें ले चाव से गाँव पहुंच गयी । इस बार भी सभी खुश थे पर पहले जैसी चमक नहीं आयी उसकी दी सौगातों को बहने उलट पलट कर देखने के



बाद आपस में बात करने लगीं

“सू की बहन कितना कुछ लायी है न अपने माँ पपा ओर सू के लिये । फर वाला कितना बढ़िया कोट और वैसे ही मैच करते स्कार्फ एवं दस्ताने , हाँ ओर पर्स भी, आईआ सच में अत्यंत सुंदर ! “

पिंग पिंग का मुंह उतर गया उसने बैग में से जैकेट व शू पाओ(स्कूल बैग) निकाला भाई की तरफ बढ़ गयी देखकर भाई तो कढ़ के उठ ही वहाँ से

मुझे नहीं चाहिये जैकेट और शू पाओ इतने बड़े शहर से क्या यही मिला मेरे लिये ? मुझे तो कोई गेम चाहिये बस ।

पिंग पिंग का मुंह खुला का खुला रह गया चित खिन्न हो गया ।

इनके लिये मैं दिन भर पिसती हूँ अपनी सारी इच्छायें मारकर एक एक पैसा इक्कट्टा करती हूँ इनके लिए ताकि ये सब अच्छा खाना खा सकें मेरी तरह न तरसें । ये समझते हैं मैं वहाँ ऐश कर रही हूँ ।

तभी माँ पीछे से निकल के आयी ओर सबको डांटने लगी थी

“क्या हो गया तुम सबको ? वो शहर में नौकरी करती है किसी बड़े खजाने के मालिक की रखैल बन के नहीं रहती समझो ? “

“माँ ! यह क्या बोल रही हो ? “

“बेटी यह लोगों को देखकर बहक गये हैं , इन्हें समझ नहीं वहाँ कितनी मेहनत करनी पड़ती है तुम्हें । तुम छोड़ो यह सब चलो खाना खाओ ओर आराम कर लो , थोड़ी देर में हम सभी रिश्तेदारों को नये साल की बधाई देने निकल पड़ेंगे । “

“नहीं माँ , तुम जाओ मेरा जरा भी मन नहीं ।”

“तुम इन बच्चों की बातों से दुखी न हो । पूरा साल तुम्हारी प्रतीक्षा करती हूँ । तुम्हें यहाँ छोड़कर मेरा भी मन नहीं होगा जाने का पर जाना तो पड़ेगा नहीं तो उन सबको बुरा लगेगा । कहेंगे बेटी शहर में कमाती है तो मुझे अकड़ हो गयी है ।”

पिंग पिंग को लेकर ही घर से निकली थी उसकी प्यारी माँ । पपा भी होते तो कैसा आनंद होता त्यौहार का ? खेतों में सांप के इसने से काल का ग्रास बन गये थे वो जब वह सिर्फ दस साल की थी भाई माँ के पेट में था

दोनों बारी बारी तीनों बुआओं चाचा ओर दोनों मौसीओं के घर गयी । पिंग पिंग सबके लिये एक एक बढ़िया शराब की बोतल लायी थी माँ ने साथ में सबको आठ आठ फल भी दिये । शराब सभी को बहुत अच्छी लगी । सभी प्रसन्न हुये थे ।

पर पिंग पिंग नहीं , सभी माँ को पिंग पिंग की शादी के लिये जोर लगा रहे थे । बड़ी बुआ ने तो माँ को डांट भी दीया था,

“ अब लड़की अच्छा कमाती है शादी हो जानी चाहिये वरना लोग कहेंगे शहर में किसी के साथ शादी कर ली हो । क्या कहें आजकल के बच्चों को ? “

माँ ने कुछ नहीं कहा था बस हां हां करती रही ।

पिंग पिंग को माँ पर क्रोध आने लगा था ,

“माँ ! तुमने कैसे सुन लिया यह सब ? “

माँ फिर भी कुछ नहीं बोली दूसरी गली की तरफ मुड़ गयी वह डगर माँ की परम सखी चांग मौसी के घर को जाती है । पिंग पिंग को माँ की चुप्पी से बहुत भय लगता है । वह माँ के पीछे को होकर चलने लगी ।

माँ की सखी के घर पहुंच कर दोनों अचानक ठिठक गयीं । चांग मौसी के रोन की आवाजें बाहर तक आ रही थी साथ ही उसके पति के चिल्लाने या कहो कि गुराने की आवाज़ आ रही थी । घर के आसपास छोटी दीवार से अंदर का दृश्य दिखाई दे रहा था । चांग मौसी का पति उसे घसीट रहा था मार रहा था पर मौसी उससे छूटकर अदभुत गति से पीछे जाकर खड़ी हो जोर जोर से रोन लगी । पति उन्हें देख हाथ की छड़ी फेंक बुदबुदाता हुआ बाहर गली की ओर भाग गया ।

दोनों सखियों के मिलन का दृश्य भी स्वाभाविक नहीं था । कभी दोनों गले मिल रोती बीच बीच में चुप होकर आपस में कानाफूसी करतीं फिर अचानक से रोन लगती ।

पिंग पिंग ऐसे भयावह मिलन को देख सकपका गयी थी । पर कुछ भी पूछने का साहस उसमें नहीं था ।

वापस आते हुये माँ ने बताया चांग मौसी की बेटी शहर में किसी अमीर आदमी की रखैल बनके रहने लगी है पता तब चला जब उसने बेटे को जन्म दिया । आदमी ने उसे घर गाड़ी पैसा सबकुछ दिया है पर शादी नहीं करना चाहता । लड़की कहती है उसे उसके विवाहित होने का भेद पता नहीं था । सारे गाँव वाले ओर रिश्तेदार थू थू कर रहे हैं । सखी का पति उसे मार रहा था क्योंकि वह बेटी को बस में नहीं रख सकी । शहर भेजते हुये तो बाप ने कुछ नहीं कहा फिर इतना पैसा भर भर के लाती थी तो



## ANITA SHARMA

बहुत अकड़ता था अब यह हुआ तो माँ का कसूर कैसे ?

पिंग पिंग, तुम्हें मेरी सीख याद है न बेटा ?

हाँ माँ , तुम चिंता न करना कभी , मुझे तुम बहुत प्यारी हो ।  
माँ के मुख पे चिंता जगह शांती आ गयी थी ।

पिंग पिंग उठके बाहर आ गयी रसोई में जाकर कुछ खाने को ढूँढने लगी । वहाँ खाने को कुछ न था । फ्रिज में देखा थोड़ी सी मछली पड़ी थी । उसने चावल का डब्बा निकाला चलो चावल के साथ मछली खा लेगी फिर सुबह सुपरमार्केट जाकर पूरे हफ्ते का सामान ले आएगी । पर चावल भी खत्म । अब क्या खाये ? उसने ऑफिस से मिले हुये डब्बे खोले एक में शराब की बोतल दुसरे में बढ़िया राईस केक , अं अं यही खाती हूँ ।

केक और शराब पीकर गैलरी में आकर गुनगुनाने लगी । अगले ही क्षण चुप हो गयी । उसकी आवाज़ जैसे पूरी बिल्डिंग की सारी मंजिलों में गुँज गयी । क्या सारी मंजिलों के घर खाली हैं ? उसे याद आया इस बिल्डिंग में तो सभी वाये ति रेन( ) ही हैं , तो क्या सभी लोग चले गये हैं ? उसे भय लगने लगा एक पूरी बिल्डिंग में वो अकेली ? कैसे रहेगी ? उसने अंदर आकर पर्स उठाया ओर बाहर निकल गयी । सुपरमार्केट से आज ही सामान ले आएगी । नीचे उतरी तो उसे लगा पूरी बिल्डिंग भायं भायं कर रही है बाहर सड़क पे भी वही हाल था । कैसा अशांत सन्नाटा छाया हुआ था ऐसे जैसे किसी सुंदर बाग को छांट मूँड कर सफाचट कर दिया हो । क्या सारा शंघाई सो रहा है या खाली हो गया है किसी भूचाल की सूचना से । सारी दुकानें बंद कोई रेस्टोरेंट तक नहीं खुला , कोई रेहड़ी वाला भी दिखाई नहीं दे रहा । एक गाड़ी निकल के गयी सड़क से , गाड़ी में गानों की आवाज़ से सड़क का सन्नाटा टूटा । आ नहीं अभी कुछ लोग हैं शहर में ।

सुपरमार्केट लाल झाड़फानसों से सजी हुई थी । धीमी आवाज़ में गाने चल रहे थे । अंदर भी उसे अपने इलावा दो व्यक्ति ही दिखे । उसने थोड़ा सा सामान लिया पर घूम घूम कर सारी चीज़ें देखती रही । तभी पीछे से आकर सेलगर्ल ने बताया आज मार्केट आठ बजे ही बंद हो जाएगी सो जो ज़रा जल्दी करले । उसने घड़ी देखी पांच मिनट बाकी थे सो फटाफट काउन्टर की तरफ लपकी । वापसी में सन्नाटा फिर काटने लगा कैसे सदा उछलता कूदता शहर निष्प्राण सा होकर लेटा है ।

पिंग पिंग ने मन ही मन हाथ में पकड़ी चीज़े गिननी शुरू की । हाँ चार तरह की सब्जी दस अंडे चावल , नूडल एवं एक पैकेट ब्रेड का । उसे तसल्ली हुई चलो हफ्ते के लिये खाने की चिंता तो दूर हुई । वो याद करने लगी गाँव में कई बार पूरा हफ्ता आलू या शक्करकंदी खाकर ही निकल जाता था । बर्फ से सनी सड़कों पर टूटे हुये तले वाले जूते पहन बाल्टी में आलू व शक्करकंदी भर वह दिन भर छोटी बहनों के साथ घूमती किन्तु कभी कभी एक भी ग्राहक न मिलता । थकहार कर वो वापिस आती वही आलू शक्करकंदी भून कर खाती । कई बार तीसरी छोटी बहू न रोती चिल्लाती आलू शक्करकंदी फेंक कर जमीन पर लोटने लगती पर घर में कुछ और होता तो माँ देती । दोनों बड़ी बहनें चुपचाप खातीं गला घुटता पर वो किसी तरह पेट में उढ़ेल ही लेती , पता था नहीं तो रात में भूख के मारे नींद नहीं आएगी ।

वह पहले पहल शहर आई तो सुपरमार्केट में नौकरी मिली थी । वहाँ बच्चों को राजकुमारों सा सजा देख उसकी आँखे फटी रह गयी थी , "यह सारे क्या किसी शादी में जा रहे हैं ? " फिर सुपरमार्केट में बच्चों के सामान का अलग सेक्शन देखकर तो वह कैसे चकरा गयी थी , " आई आ बच्चों का अलग से भी सामान होता है मुझे पता नहीं था । " बच्चे अलग से क्या खाते हैं वो वहीं खड़ी रह गयी सारी चीज़ें गिनती हुई ।

"चल भी यहाँ क्या कर रही है ? उधर दूसरे सेक्शन में है तेरी ड्यूटी पता नहीं रोज नये नये लोगों को भर्ती कर लेते हैं कुछ अकल नहीं होती इनको ओर सीखते ही भागने की करते हैं । " उसने भी यही किया था पांच महीने काम किया डांट खायी गलियाँ खायी हंसी का पात्र बनी पर सीखा बहुत ओर जैसे ही उसने सीख लिया दूसरी नौकरी ढूँढ ली ।

नयी नौकरी इसलिये नहीं ढूँढी क्योंकि वहाँ सैलरी अधिक थी बल्कि वहाँ वो यहाँ की तरह फूहड़जन की तरह नहीं देखी गयी । यहाँ सब सीखने के बाद भी सभी लोगों के मन में पहले की छपी तस्वीर



मिट नहीं पाई । दूसरी नौकरी इम्पोर्टेड वस्तुओं के स्टोर पर की तो विदेशी सामान के बारे में बहुत कुछ जान लिया । सैलरी बढ़ने पर माँ को छोटा सा पक्का घर बनवाने के लिये भी लिख दिया ।

धीरे धीरे सब शहरी चोचले सीखे सुंदर तो वह पहले भी थी अब स्मार्ट भी हो गयी सो अब एक ऑफिस में रिसेप्शनिस्ट है ।

अरे ऑफिस की तरफ से बोनस भी मिला है उसे ,पूरी एक मास की सैलरी । माँ तो खुश हो जाएगी ! माँ की याद आते ही उसका मन फिर उदास हो गया ।

वह फिर धीरे धीरे चलने लगी चलो थोड़ी देरी से घर पहुंचेगी । सड़क से बिल्डिंग की ओर मुड़ते हुए उसे याद आया इधर बिल्डिंग नम्बर तीन में लाओ माँ ( बूढ़ी अम्मां) रहती है । वह तेज कदमों से अपनी दो नम्बर बिल्डिंग की ओर चलने लगी । जल्दी से सारा सामान किसी तरह घर में फैंक वापिस नीचे आकर फिर तीन नम्बर बिल्डिंग की तरफ बढ़ गयी लाओ माँ से मिलने के लिये ।

“ चलो कोई तो होगा नये साल की पूर्व रात्रि में साथ देने के लिये और फिर लाओ माँ के साथ उसकी अच्छी छनती है । उसके साथ रहने वाली लड़कियाँ उसकी हंसी उड़ाती हैं ।

“अरे तुम्हें कोई ओर नहीं मिला मन बहलाने को ? वो बूढ़ी जब देखो हिदायत देती रहती है । जरा उसके पास खड़े हो जाओ बस हो जाती है शुरू । “

पहले पिंग पिंग को भी यही लगता था कि यह बूढ़ी जब देखो कुछ न कुछ पूछती रहती है या

एक दिन उसने रजाई बिल्डिंग के पीछे बने अहाते में धूप में रखी लेकिन घर आई तो बारिश इतनी कि हर तरफ जल थल । “ ओह मेरी रजाई तो पानी पानी हो गयी हो होगी , अब क्या करूं ? इतनी ठंडी में रजाई के बिना कैसे सो पायेगी ? किसी दूसरी लड़की के साथ सोना पड़ेगा ।”

किसी तरह छाता सम्भाल पीछे रजाई लेने पहुंची पर रजाई गायब । वापिस आकर बिल्डिंग के ऑफिस में पूछा तो किसी को कुछ मालूम नहीं । काफी प्रयास के बाद रजाई नहीं मिली तो रूं रूं करती हुई अपार्टमेंट में आ गयी । सब लड़कियाँ उसे तसल्ली देने लगीं ,”सब थोड़े थोड़े पैसे इक्कट्टे करके रजाई ले लेंगे जब सैलरी मिले तो दे देना । “

तभी लगा लाओ माँ की जोर जोर से बोलने की आवाज़ आई । सब सखियाँ हंसने लगीं,”इतनी उम्र में भी इतना ऊँचा बोलती है कि पूरी बिल्डिंग सिर पे उठा लेती है ।” तभी आवाज़ निचली मंजिल से उनकी मंजिल पे आ गयी । पिंग पिंग ने अपना नाम सुना तो दरवाज़ा खोल दिया । सामने लाओ माँ उसकी रजाई पकड़े उपस्थित थीं ओर गुस्से में थीं ।,” यह तुम्हारी रजाई , अपना अपार्टमेंट नम्बर तो बताया होता कभी, सारी बिल्डिंग में नौ मंजिल घूम घूम कर पूछ पूछ कर पहुंची हूँ वो भी तुम्हें इस बिल्डिंग में आते देखती हूँ तो इतना ही जानती थी कि बिल्डिंग नम्बर दो में रहती हो । “ सब लड़कियाँ कनखियों से एक दूसरे को देख मुंह दबाकर हंसने लगीं थीं पर उसने लाओ माँ को आलिंगन में ले लिया ,”शिय शिय (धन्यवाद ) लाओ माँ !”

अगले दिन वह ऑफिस से आते हुये लाओ माँ के घर गयी थी ,दरवाज़ा एक नौजवान लड़के ने खोला ओर प्रश्नसूचक दृष्टि उस पर गढ़ी दी ।

“लाओ माँ है ? “

“नाए नाए (दादी) , कोई वाए ती रेन (बाहरी आदमी) है” कहता हुआ वह बाहर निकल गया । उसे क्रोध आ गया था, लड़की नहीं बोल सकता था , यह शंघाई वाले भी अपने आप को जाने क्या समझते हैं , हंह !

तभी लाओ माँ आ गयी उसने उन्हें मफलर दिया ,”यह मैं आपके लिये लायी हूँ “ लाओ माँ थोड़ी नाराज़ हुई ,” अब यह रिवाज़ सबके लिये नहीं होते , क्या जरूरत थी पैसे खर्च करने की ? तुम इतनी दूर परिवार का दायित्व निभाने आई हो। मैं जानती हूँ तुम्हारी लायी भेंट तो लौटा नहीं सकती पर तुम्हें मेरी बात माननी पड़ेगी ,आज रात का भोजन मेरे साथ करना होगा । “

ठीक है माँ पर यह लड़का कौन था?

आ ... यह मेरा पोता है कहते हुए लाओ माँ की आँखों में ढेर सारी ममता उमड़ आई ।

यह आपके साथ रहता है ?

हाँ । यह ही तो रहता है , यही परिवार है मेरा । नौकरी करता है ,मेरे पास तो महीने में एकाध बार ही आ पाता है कभी कभी वो भी नहीं ।

क्यों माँ ? इसके माता पिता अर्थात तुम्हारा बेटा व बहु ?

हा ...।..



चलो खाना खाते हैं यह फिर कभी सही , यह बता देती हूँ दोनों जीवित हैं ।  
लाओ माँ ने काफी कुछ बना रखा था, बड़े दिन बाद उसने छककर खाया था और लाओ माँ ने भी उसे बड़े लाड़ से खिलाया बीच बीच में शराब की चुस्की बहुत अच्छी लग रही थी ।  
आते हुये लाओ माँ ने दो जोड़ी ऊन की जुराबें उसके पकड़ा दी । “ देखो मैंने स्वयं बुनी हैं , भेड़ की बढ़ियाँ उन हैं ।

लाओ माँ , तुम इस शहर की नहीं हो तुम भावुक हो तुम्हारे मन में वाये ती रेन के लिये करुणा है ।  
आ .. ... हूँ तो मैं भी शंघाई की, कहते हुए वह हंस पड़ी ।

उसके बाद भी कई बार लाओ माँ के घर गयी, उनसे मिलके उसे बहुत अच्छा लगता । माँ का घर सदा ही साफ सुथरा और व्यवस्थित मिलता उसे । अकेली माँ इतना काम करती हैं उसे सोचकर आश्चर्य होता ।

वह लाओ माँ के घर पहुंची तो लाओ माँ अकेली थी घर पे ।

मेज पर दस बारह तरह के व्यंजन सजे हुए थे । दो तीन तरह की चिअउ(शराब) थी । माँ अभी भी रसोई में व्यस्त थी ।

“शिन नियेन खुआये ल (नये साल की बधाई ) लाओ माँ ! मैं कुछ करूं ?”

“आ .....तुम इधर बैठो” खिली हुई माँ ने उसे हाथ पकड़ कुर्सी पर बिठा दिया स्वयं भी हाथ पोंछती हुई उसके पास बैठ गयी।

“घर में कोई अतिथि आने वाले हैं ?”

आ आ ..... अतिथि है ना नया साल ! साल में एक बार ही तो आता है यह दिन ।”

अच्छा हुआ लाओ माँ तुम घर पर मिल गयी मुझे , मेरा तो मन ही नहीं लग रहा था ।”

लो नये साल में मन क्या लगाना , बस खुशी से उसका स्वागत करो ।”

अकेले ?

नया साल है फिर अकेले हो या नहीं क्या फर्क पड़ता है । अं.... शायद पड़ता ही हो । देखो तुम्हारे आने से मेरी खुशी भी तो बढ़ गयी है । हाँ पर , मैं खुश पहले भी थी ।

तुम्हारा पोता नहीं आया आज ?

वह है तो शंघाई में पर आज सारे मित्र मिलके आनंद लेंगे किसी होटल में ।

आज के दिन घर छोड़ कर होटल ?

अरे यह आजकल के शहरी बच्चों का नया ढंग है और फिर नया साल कैसे मनाया जाये यह तो स्वयं की इच्छा पर निर्भर करता है ।

अं अं ..... यह तो है ।

किन्तु लाओ माँ का स्वर कुछ गंभीर हो गया ,”तुम समझती नहीं , उसका परिवार है कहाँ जो उसको खींच सके ।”फिर अकस्मात पलट कर कहने लगी ,” चलो भोजन करते हैं नहीं तो अतिथि अकेला भोजन कर चला जायेगा , बारह बजे नया साल । “

दोनों खाने लगीं पीने भी लगीं पिंग पिंग ने शायद पहली बार इतनी तरह का भोजन एक साथ खाया , लाओ माँ के अनुरोध करने पर पी भी कुछ ज्यादा ही ।धीरे धीरे नशा चढ़ रहा था उसे लगा वह अंदर बाहर एकाकार होने लगा था । अंदर की बातें अंदर न रहीं ।

इतने सारे विचार जैसे उसे लफंगों की तरह घेर कर उसके चारों ओर नाच नाच कर उधम मचाने लगे उसे ऐसा प्रतीत हुआ ये विचार उसे आज कुचल मसल देंगे।

अच्छा लाओ माँ यह शंघाई रेन हम वाए ती रेन को नीची निगाह से क्यों देखते हैं ? पर तुम ऐसी नहीं हो ।

कितना बदल लिया स्वयं को यहाँ की तरह ढाल लिया फिर भी जाने कैसे इनको दिखाई दे जाता है हम बाहर के हैं ।

देखो अब मैं रोती हूँ तो बेआवाज़ , हंसती हूँ तो मुंह बंद कर , किसी को दूर से पुकारती भी नहीं । बातें भी धीमी आवाज़ में करती हूँ ।

“ हं हं किन्तु अभी तक आँखों में ओर चाल में वो आत्मविश्वास नहीं छलकता । “

“हूँ ..... यह बात है । पर यहाँ की तरह भावरहित रबड़ के गुड्डों के जैसे तो मैं हो ही नहीं सकती ।”

“हूँ ? यहाँ कौन है ऐसे ? “लाओ माँ के स्वर में रोष उमड़ आया ।

“ देखा नहीं मेट्रो में सब एक तरह के लगते हैं , अपने अपने मोबाइल में सर दिए हुए या या शून्य में



ताकते हुए एकदम स्थिर , अपना स्टेशन आने पे उतरते हैं तो जान पड़ता है इनमें प्राण भी हैं । “  
हूँ ..... तो तुम भी शहर-पीड़िता हो ।

“नहीं नहीं ऐसा नहीं अपना घर खेती माँ छोड़ कर आई हूँ अपने परिवार के लिये अपने भाई बहनों के लिये ताकि सब पेट भर रोटी खा सकें यह सच है । पर मैं गाँव के बाहर की दुनियां भी देखना चाहती थी विशेषतः यह शहर , रोशनियों का एवं जवानों के सपनों का शहर । वो समन्दर जिसकी एक बूँद पीने को तरसते हैं सभी पर किस्मत अपनी अपनी कोई उसमें मोती पाता है ओर कोई खारा पानी ।” वह हंसने लगी , उसकी हंसी अब खन खनाने लगी है उसमें मीठी लहर है ।

“ ओर कई इसमें डूब भी जाते हैं । “

“ आ सही है

तो तुम समन्दर के कोलाहल से भागती क्यों हो ?

“भागती नहीं मैं , न ही भागूंगी , यह शहर सबको आश्रय देने वाला है भगाने वाला नहीं । यों ही कभी कभी कुछ खलने लगता है।”

“यहाँ का कोलाहल , आकाश को छूती स्वर्णिम इमारतें , सड़कों पर रंगबिरंगी कारों की लहरियां , हर बात निराली है यहाँ की । “

अब लाओ माँ भी अपनी रौ में आ चुकी थी ,” यहाँ के लोग भी तेरे मेरे गाँव से अलग हैं , यहाँ लड़की कितनी भी सुंदर क्यों न हो , चाहे जैसे भी कपड़े पहन कर निकल जाये कोई उचक उचक या घूर घूर कर नहीं देखता ।”

आ ..... लाओ माँ यहाँ की लड़कियाँ ओर औरतें , क्या बात है उनकी ! सिग्रेट व शराब तो गाँव में भी सभी पीते हैं पर इनके पीने का तो अंदाज़ ही अलग है ।

यहाँ आकर मैंने देखा , उन्मुक्त अंदाज़ में हाथ में सिग्रेट के कश लेते हुये बड़ी गाड़ियों से निकलती हैं ऐसे लगता है स्वर्ग की अप्सराएं यहीं उतर आयी हों । इनके वैभव को देखकर ही अहसास होता है कि सचमुच हमारा देश बहुत अमीर हो गया है वरना गाँव कि भुखमरी में कौन मानेगा कि हमारा देश कितना आगे बढ़ गया है ।

यहाँ के लोग लड़कियाँ लड़के बच्चे सब सुंदर हैं लाओ माँ । गाँव की सुन्दरता तो गरीबी के पीछे छुप जाती है ।”

पिंग पिंग कुर्सी से उठी सोफे में धंस गयी ।

पर माँ तो कहती है सुंदर तन के साथ सुंदर मन भी जरूरी है वरन जीवन चलाने के लिये सुंदर तन नहीं सुंदर विचार होना जरूरी है । सब गलत है यहाँ आकर समझी बस व्यवहार कुशल होना ही आवश्यक है ।”

लो मैं तो बहुत बोल गयी पता नहीं कैसे यह सब विचार जबरदस्ती रेशमी स्कार्फ की तरह आसपास लहरा रहे हैं ।”

पिंग पिंग के कजरारे नयन मदिरा से गुलाबी हो रहे थे बातों में थिरकन आने लगी । मदिरा है ही ऐसी चीज भीतर छिपे कोने कोने में घुसे या कब मर चुके एहसास भी जागकर सिर पे नाचने लगते हैं ।

“लाओ माँ ..... यह शहरी लोग गाँव के लोग अमीर गरीब अतिसुंदर सुंदर असुन्दर क्या यह वर्गीकरण समाप्त नहीं हो सकता ? “

जन्म से सब इन्सान ही तो हैं , एक हैं फिर यह वर्गीकरण क्यों ?

लाओ माँ भी दार्शनिक बन चुकी थी अब तक।

“ तुम विचार छोड़ो , जीवन जीने के लिये ऊँचे नीचे विचार कोई काम नहीं आते बस परिस्थितियों के साथ निभाने की कला आनी चाहिए हा ..... हा.....।” कहते हुए माँ ने हवा में हाथ लहराया ।

“ ओर तुम वर्गीकरण की बात करती हो , यह संसार वर्गहीन हो ही नहीं सकता । जन्मते ही वर्ग बन जाते हैं । शिशु गोरा है या गहरे रंग का , स्वस्थ है या कमजोर , मोटा पतला । उम्र के वर्ग हैं बच्चा जवान बूढ़ा , हैं ? क्या नहीं हैं ?

“पर आज के आधुनिक समाज में ज्यादा ही हो गया है ।”

“ समाज आधुनिक कब न था ? देखो मेरी उम्र अस्सी साल की हो गयी है जब से होश सम्भाला समाज आधुनिक हो गया है यही सुनते आये हैं । मैं तीस की थी समाज तब भी पहले से आधुनिक था साल दर साल होता ही रहा है । समय सदा ही करवट लेता है । “ कहते हुये लाओ माँ की आँखें बड़ी ओर



गहरी हो गयी ।

“पर आजकल हम जवानों की पीड़ा तो देखो , हम गरीब वाये ती रेन को कितना झेलना पड़ता है ।”  
“पीड़ा एवं व्यथा का भी अपना स्थान है जीवन में “ लाओ माँ खिसक कर पिंग पिंग के करीब आ गयी  
“ यही बात समझ आ जाये तो संघर्ष करने की प्रेरणा देती है पीड़ा ।” फिर सिर पीछे करके सोफे पे टिका लिया “ आजकल के बच्चे इच्छाओं के मारे भाग रहे हैं ओर इस भागमभाग को पीड़ा कहते हैं । “  
फिर सीधी होकर बैठ जाती है ।

“तुम गाँव नहीं गयी इसलिये नहीं कि अब खाने को रोटी नहीं बल्कि इसलिये क्योंकि तेरे घर में सबको नई नई चीजें चाहिए तुमसे । आ ..... उनकी इच्छायें और उन्हें पूरा करने की तुम्हारी स्वयं की इच्छा । नहीं पूरा करने का डर ओर पीड़ा । “

“तुम लोग क्या जानों पीड़ा तब होती है जब खाना न मिलने के कारण हफ्तों भूखे रहो ओर भूख के कारण जब आदमी घास चबाने लगे । अपनों को मरते देखो भूख से बिलखते हुए । मैंने झेला है सब , मेरे अंदर एक नया जीवन जन्म लेने वाला था ओर मैं स्वयं भूख से मर रही थी । मेरे अपने सारे मर चुके थे । पता नहीं गाँव से शंघाई कैसे पहुंची थी , कुछ पता नहीं । उन्माद ने घेर लिया था मुझे , मैं अकेली नहीं थी मेरे जैसे बहुत थे । सहनशीलता खो दी है तुम सबने , धरती से उठके चाँद पकड़ना है , बहुत पीड़ित हो ।” लाओ माँ ने उठके गिलास में थोड़ी शराब उड़ेली फिर सोफे पे आके बैठ गयी ।  
पिंग पिंग बड़े ध्यान से लाओ माँ को ताकने लगी उसे लाओ माँ एक महान विचारक दार्शनिक न जाने क्या क्या दिखने लगी । एक बूढ़ी जिसे सदा अनपढ़ ही समझती थी वो परिस्थितियों से उलझ उलझ कर उन्हें सुलझाना जानती है।

“सच ही तो कह रही है हम जीवन जीने के लिये हर साधन को पाना चाहते हैं फिर उसे पाने के लिए भागदौड़ , रेलमपेल धक्कामुक्की चूहा दौड़ । कई तो छोटी छोटी चीजों को पाने के लिये स्वयं को ही छोटा कर लेते हैं । “

उसे याद आया उसके साथ रहने वाली एक लड़की विवाहित आदमी के साथ इटली घूमने गयी है , सब जानते हुए दूसरी लड़की ने पूछा तो उसने कहा था इसमें क्या है ? यहाँ कौन है उसे जानने वाला ? ओर फिर वह अपनी कमाई से तो इटली देखने से रही ।

सोच में डूबी पिंग पिंग को देख कर लाओ माँ मुस्कुरा दी , सोचने लगी बिल्कुल सही समय पर हथौड़ा मारा है । मदिरा से पिंग पिंग के दिमाग के पलड़े खुल चुके थे ओर विचार आसानी से पलड़ों के भीतर होते गये ।

पिंग पिंग थोड़ा ऊँघने लगी तो लाओ माँ ने उसका हाथ अपने हाथ में ले लिया । “तुम मेरे गाँव की हो , तुम्हें समन्दर में खोने न दूँगी । मैंने मोती चुने हैं यह कला तुम्हें भी सिखा दूँगी ।

तभी चारों ओर पटाखों का शोर होने लगा ,फट फट की आवाज़ से पिंग पिंग जग गयी “आ.... शिन नियोन खुआये ल (नव वर्ष की बधाई हो ) कहते कहते फिर से वहीं लुड़क गयी ।सुबह उठी तो नये साल की रंगत नई थी उसका पोर पोर स्फूर्ती से सरोबार था , यह बढ़िया भोजन का असर था मदिरा का लाओ माँ का या नये साल का ? वह मुस्कुराने लगी ।





## DHARMENDRA MALIK

Dharmendra Malik  
18616902749  
d\_malik2001@yahoo.com



### Why You Should Do Yoga Barefoot



Practicing yoga is one of the simplest ways to relax your mind and body without the need for many accessories. If you've seen many yogis, or perhaps you practice yoga yourself, you may have noticed that it is usually done barefoot, and there's a good reason for this.

While very few yogis practice with socks or shoes on, yoga is best done barefoot to get the most out of the experience. Even your yoga teacher will instruct you to enter the studio barefoot. If you're not participating in hiking yoga or have no foot injury or ailment, practicing barefoot is a beneficial yoga experience for you.

It helps you connect to the ground and facilitates the flow of energy from your roots through your body while maintaining stable balance in your yoga poses. Many yogis will tell you that practicing yoga barefoot can help treat and relieve muscle tension, headaches, and even insomnia.

When you perform yoga barefoot, you allow the free flow of electrons in your body to react with the free radicals, boosting your immunity and preventing inflammation. That's why they say yoga is for the mind, body, and soul.



## Advantages of Barefoot Yoga

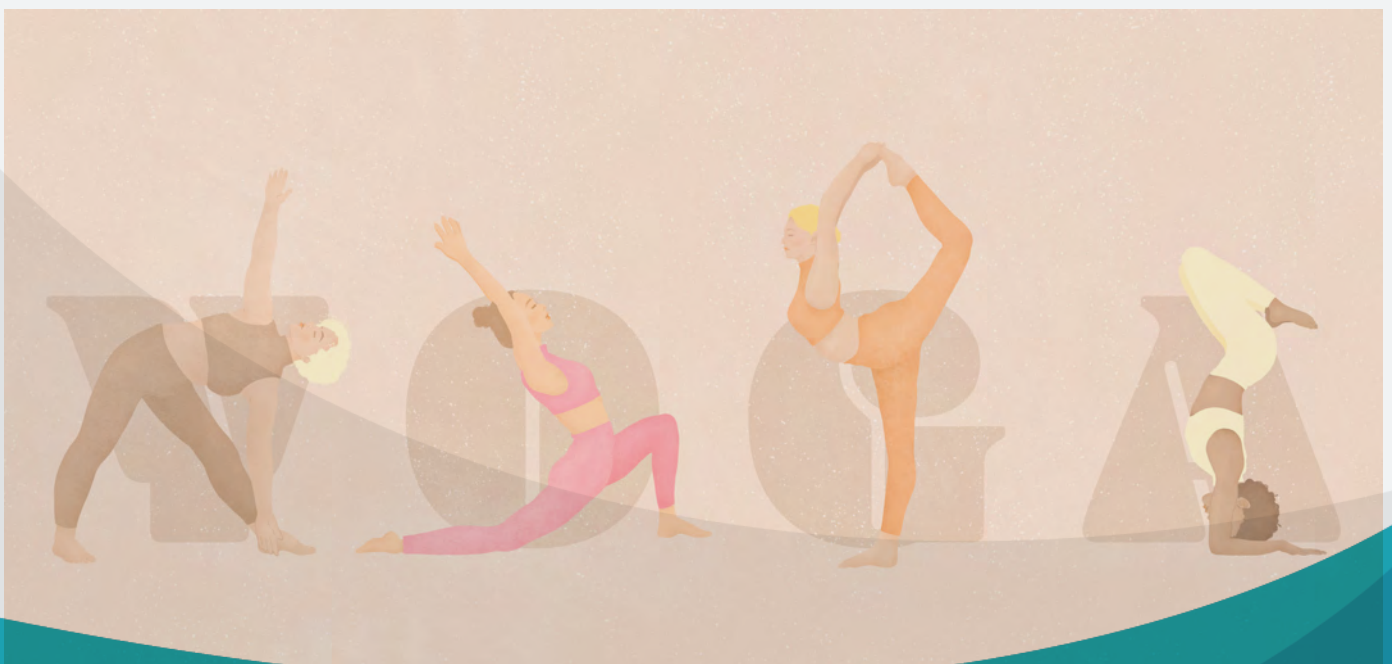
1. **Earthly Connection:** The primary reason why most people, probably including you, practice yoga is to calm your mind and reconnect with the earth and the universe. The best way to achieve this is with the soles of your feet firmly planted on the ground. Most yogis say that practicing yoga barefoot helps you absorb the energy from the ground, allowing your body to detoxify. The direct earthly connection relaxes your muscles and helps you energize and calm down.

2. **Helps with Stability and Balance:** If you have performed even one yoga pose, you know how important balance and stability are for every yogi. Most yoga poses require you to plant your feet firmly on the ground to make it easier for you to find your core center and balance yourself. Yoga practice ideally requires you to distribute your weight properly and equally, and this requires the grip of your toes, which you can't achieve when wearing slippery socks or thick shoes.

3. **Stretch and Strengthen Your Feet:** During yoga practice, you're on your hands and feet most of the time, providing an opportunity to stretch and strengthen your foot muscles. Practicing yoga barefoot engages the small muscles in your feet, working them extra hard to maintain your balance, thereby exercising and strengthening even the smallest muscles in your feet.

4. **Respect and Cleanliness:** In some yoga studios, wearing shoes inside is considered disrespectful to the cleanliness of the place. Wearing shoes can invite mud and dirt into the yoga space.

About the author: Guru Dharmendra Malik is an internationally renowned Yoga teacher and practitioner. He holds a postgraduate Diploma in Yoga from MDNIY Delhi, India. He was the first Indian Yoga master to begin teaching Yoga in China in the year 2000. During his time in China, he organized numerous Yoga workshops in major Chinese cities such as Beijing, Guangzhou, Shanghai, Shenyang, Wuhan, Dalian, and Shenzhen. He also taught Yoga on the fitness program of Shenzhen TV for a year, which received high viewer ratings. Upon the invitation of the Shanghai audio-video publishing company, Guru Malik published "Power Yoga VCD" Volume 1 in 2004. In 2005, he opened two yoga centers in Shanghai. Currently, he teaches yoga in Jinqiao neighborhoods from Monday to Sunday and actively collaborates with major Yoga schools across China to help everyone experience and explore the true essence of Indian Yoga.





## BK SISTER SAPNA



### About Bk Sister Sapna

Bk Sister Sapna is a Life coach and a senior Rajyoga teacher at Brahma Kumaris World Spiritual University. A qualified chartered accountant by profession, she decided to dedicate her life to the spiritual service of humanity 26 years ago. For the past 10 years, she has been serving in China and has become an instrument in opening various Rajyoga and meditation study centers in China, including Inner Space Shanghai.

### Reflections on Karma

**W**hat comes around goes around.....  
“Life is made of action and reaction – nothing less”

Our actions always set in motion an equal and opposite flow.

When we spread good vibes during the day, we feel great at day's close. If you smile at someone, what are the chances that they will smile back at you, even if they don't know you? If you take a moment out of your routine to ring a friend in hospital or help an elderly person load their car with groceries, positive vibes of their gratitude will reach you.

When we feel grumpy, the same principle applies. How we feel about ourselves, our looks, our opportunities will reverberate again and again and again. Until we change the tune!



#### The boomerang of anger

If we hurt someone, we will have to face the consequence at some point; rarely right now. However, tempting it might be to strike someone for their misdeed or punish a mischievous child with force, repercussions will emerge later in life. To lash out in anger or retribution sets in motion an energetic boomerang that will return. Seeing ahead in the moment, foreseeing consequence, and acting on it, signals the beginning of wisdom

and healthy self-regard.

#### Move on

Do you carry sad memories, holding them like a security blanket? When life had the good sense to ‘move on’, why didn't you?

Stepping forward and leaving the past behind does not mean that you diminish the significance of past challenges and losses - things did happen. But now move on. A change of melody will change how you feel.

#### Behind the scenes

The world is an echo chamber. Everything we hear is an echo of our own voice bouncing back onto our eardrums. Each movement and event is a rebound from the past. Everything.

Our universe is a hall of mirrors; each moment a reflection of an earlier scene or interaction; each love, a reflection of self-respect. Which means, of course, that each moment is a unique opportunity to avoid doing anything that will bring us future pain and, instead, sow a seed that will bring us the sweetest of fruits.

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.”

Thomas Edison, inventor

#### Implications for life

Always remember that the Law of Karma acts like an echo. If you speak about anyone's defects or anyone's mistakes, even if you consider yourself to be sensible and responsible, this wasteful speaking will echo back to you. The powerful law of action and reaction says that if today you defame anyone, tomorrow someone else will defame you twice as much.





### About Deepa George

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

### “2023 – Together Again!”

I am sure the year 2023 is super special for many of us who have been living in China as the borders were finally open.

When we travelled to India in December 2019, we never thought about the years of uncertainty that was lying ahead of us because of the pandemic.

Throughout the pandemic, we stayed connected with our loved ones virtually, but I was yearning to hold, hug and just be with them physically. Just like me, my family and friends were overjoyed to know the borders were finally open.

Though we were tempted to travel home during the Chinese New Year holidays, we chose to wait patiently for the summer vacation in order to spend longer time in India. It was very consoling to know from my friends who travelled in February that there were no restrictions or special requirements to either enter India or return to China.

I wanted to spend quality time with all the people who truly valued me in their lives. I had missed out on so much, there were many additions to the family and some of my loved ones had also left this world. It was not easy to make peace with the hard reality that I won't be able to meet them ever again.

In the midst of the coronavirus pandemic, my feelings of grief and sadness had been amplified by the stress and uncertainty. It was definitely a difficult period of learning how to live hopefully.

While my husband and I were counting the days to go back home, our son Daniel was not so excited. Having spent his entire life in China, he liked to be identified as Chinese since most of his school mates were Chinese. Though we tried to explain to him about our home land, he always justified, “I am Chinese because I'm born in China”.



The pandemic with the enforced lockdown measures and isolation had affected his well-being in a greater degree than it had affected us. The last time when we travelled to India, he was just three and we barely stayed there for fifteen days.

At that time, though he had so much of fun with his grandparents and extended family, he could barely remember or connect with any of those memories even though we showed him videos and pictures of the great time he had.

With travel being a distant dream, Daniel did not get an opportunity to experience the physical presence of being around with grandparents and experiencing their love and warmth in person.

Slowly the days and months went by and it was finally June. Our bags were packed and we were ready to fly. Everyone back home was eagerly waiting to know the date of our arrival in June but we wanted to give them a surprise.

On the day of travel, Daniel was a little upset since my husband was not traveling with us, he planned to join us towards the end of the month.





Right from the time Daniel was born, we have always travelled as one unit. His life revolved around us. He had made a few good friends in Shanghai whom he considered as family. Due to the pandemic, they moved out of China. The only consolation that Daniel had during the pandemic was Nia and Mathew and their parents. With every year that passed by, Daniel got rooted in Shanghai. Therefore, it really didn't make any sense to Daniel when we were excited to go to India.

I could easily distract Daniel after reaching the airport, since he was curious and excited to read the flight information on the display screen, locate our gate and find our seats in the aircraft. Our journey to Hong Kong was very smooth and comfortable. We had a four-hour layover in Hong Kong and Daniel spent quality time in the amazing airport play area and this helped him to sleep throughout in the connecting flight.

The moment the flight landed in Bangalore; I had mixed emotions. Our whole journey from Shanghai to Bangalore was so perfect, I felt as though the universe was able to empathize with me to make this reunion a reality. My brother was waiting for us at the airport. I was happy to see that Daniel was very excited to meet my brother. He felt shy, but allowed my brother to carry and hug him. We all knew that Daniel had a soft corner for my brother, even though they never got a chance to interact with each other after 2019. Like a little girl, I patiently waited for

my turn to hug my brother. It was a very special moment for us.

I had made plans with my brother to surprise my parents and in laws and Daniel was super excited to be a part of it. After reaching home and ringing the door bell, we both hid by the side of the door. My dad turned on the light and opened the door. He didn't find anyone outside. Daniel couldn't contain his excitement and started giggling. The moment my dad took a step forward and peeped outside the door we both said surprise and hugged him tightly. My dad could not believe his eyes. We exchanged tears of happiness and love. By then my mom headed towards us. She was very shocked to see us and hugged us fondly. We cried and laughed holding each other as tightly as possible.

My happiness knew no bounds when I could live that precious moment that I was longing for years together. I thanked my God with a grateful heart. Daniel silently observed our emotional interaction with each other.

After breakfast, we proceeded to surprise my husband's family members. Daniel was excited once again to say surprise. We were happy to meet all of them, especially my co sister and my 6-month-old niece, the new additions in our family tree.

When the surprise part was over, Daniel started missing his appa. He wanted to go back to Shanghai immediately. The next few days were a bit challenging for him to settle down. My parents and brother worked very hard to make him feel comfortable. To keep him distracted, we tried different kinds of delicious food, travelled in the metro, went to play areas, visited malls, watched movies, met family and friends and had a few play dates.

His brother and sister from Shanghai, Mathew and Nia and his Annie aunty would patiently talk to him every day to make him feel better. They consoled him that they would be coming down to India soon. Daniel counted the days for them and my husband to arrive.

To cheer up Daniel, my husband arrived a week earlier. Daniel was very excited to reunite with his appa. While we explored Bangalore together, we looked back on our childhood with fond memories of family gatherings and holiday





traditions. Storytelling was a great way to share our experiences and it paved a beautiful path for us to pass those cultural traditions down to Daniel.

It was my mother in law's 60th birthday on the 28th of June and we were very happy to be a part of her milestone birthday celebration. We had a great time meeting everybody after so long.

On the 4th of July, my brother took all of us for the SAFF Championship 2023, the final match between India and Kuwait. Daniel and I were super excited to get our faces painted with the national flag before entering the stadium. My brother insisted we must experience watching the match from the West Block of the Sree Kanteerva Stadium. Arriving at the West Block, we were immediately swept up in a wave of energy. The stands were vibrating with passionate fans in team colors, chanting and singing their hearts out. As we settled into our seats, the electric atmosphere was contagious. We found ourselves effortlessly joining in the chants, swaying our Indian flag and becoming a part of something much larger than ourselves. The most surprising aspect of our time at the Stadium was witnessing the profound impact it had on Daniel. As the chants reverberated through the stadium, a sense of belonging and pride for India ignited within our little man. The deafening chorus of "India! India!" and the chants became a catalyst for Daniel to embrace a newfound love for his country's football team. Every goal and every save by team India was exciting. Our visit to Kanteerva Stadium's West

Block became an unexpected turning point during our vacation. The contagious chants and vibrant atmosphere of the West Block awakened a sense of belonging and patriotism, leaving a memorable mark in our lives. We could see that Daniel was experiencing intense emotions during the match as it was filled with unexpected twists and turns. He had a huge sense of relief when India finally defeated Kuwait and won the SAFF Championship 2023. There was an incredible display of national pride, when more than 26,000 passionate fans fervently sang the iconic anthem, "Vande Mataram", with our voices echoing through the air.

During the rest of the vacation, Daniel invested a lot of his time to understand football better and watched more Indian matches. He made his own football stadium with the toys he had and also formed two different teams by listing down his classmate's name. The goal keeper in his team was Gurpreet Daniel. While playing with all of us, he practiced taking up several roles. At times he was the commentator, sometimes the referee, at times the players and also the hardcore football fan who had by-heartened all the chants he had heard in the stadium. The Indian captain Sunil Chhetri, the goal keeper Gurpreet Singh Sandhu and the other players like Sandesh Jhingan, Anirudh Thapa and Udanta Singh were soon part of Daniel's and our life.

Though we had introduced our national anthem to Daniel on multiple occasions previously he didn't really connect with it until he heard all of us sing it very religiously before the final match could start between India and Kuwait. Daniel loves music and the Indian national anthem soon became one of his favorites. He immediately learnt the lyrics and tuned his ear to the notes of the song. We were very touched to see how the football match had awakened the sense of belonging and patriotism in Daniel's life. On 15th August, Independence Day, Daniel gave us a huge surprise when he played our national anthem on the keyboard and asked all of us to stand tall and straight while singing the anthem. We were very proud of him.



On 19th August, Daniel celebrated his 7th birthday in Bangalore. It was the first time he was celebrating his birthday in India. Daniel realized he has a large family with grandparents, uncles, aunties and cousins. This birthday was truly very special for him and I got a chance to interact with many of my extended family members who I was meeting for the very first time.

Our vacation in India was soon coming to an end and I had spent quality time with everyone. We were happy and satisfied that we were finally able to stay for a longer time in our sweet home which we had bought eight years ago. Our vacation in India was soon coming to an end and I had spent quality time with everyone. We were happy

and satisfied that we were finally able to stay for a longer time in our sweet home which we had bought eight years ago.

Before we could return to Shanghai, Daniel had understood his own home is in Bangalore and India is his country – a place where he truly belonged.

As I was slowly checking out the things in my to do list, my heart was beginning to get heavy as all these precious moments were soon going to become fond memories. Though we didn't have the same enthusiasm or excitement while packing our things, Daniel was very happy and excited to get back to Shanghai and start the new academic year as a grade 2 student. As the flight took off from Bangalore airport, I thanked God for the best vacation ever in 2023.

## AYANAA BALABASKAR



### About Ayanaa Balabaskar

Ayanaa Balabaskar is 10 years old and currently in the 5th grade. She enjoys reading and playing music.





## Diwali

You have been here for 2,500 years.  
ever since prince Rama came.  
back from his 14year exile.  
If it's your day,  
it means no school or work.  
You are an amazing celebration.  
when we make desert and snacks,  
they also shoot up fire- crackers, pray, and  
race the sun to see who gets up first.  
You are so much fun to celebrate.  
with friends and family.  
Diwali, Diwali  
I wonder what would happen.  
Without YOU...!



## Happy Diwali!

**ARE YOU READY TO TAKE YOUR TEAM, FAMILY OR  
PERSONAL GROWTH TO NEW HEIGHTS?**

**Full Potential Partners is here to help you unleash  
your true capabilities.**

- 1. Specializing in leadership, mental fitness, and soft skill  
trainings, facilitation, and team building**
- 2. Intercultural integration support for expats including  
executive, life, career, business, relationship coaching**
- 3. Come join every Monday our free inspiring webinars  
by Monday Morning Motivation**



**Founder Janine Jakob & her multicultural  
team are ready to support you!**



Full Potential  
Partners  
Life & Career Coaching



**FULLPOTENTIALPARTNERS@OUTLOOK.COM**

**WWW.FULLPOTENTIALPARTNERS.NET**



# DEVESH HARDASANI



## About Devesh Hardasani

Devesh Hardasani is a very obedient, confident, and slightly naughty boy. He loves to bring a smile to others with his sweet thoughts. His favorite subject is science, his favorite book is "Akbar Birbal," and his favorite author is Rungeen Singh. His favorite color is orange, favorite place is America, and favorite sport is swimming

## All About Games

These days we are getting busier and busier day by day only in the modern technology world. So, we have forgotten to live in the real world. We don't play with our friends outside the house, but we play with the mobile. Different types of games help us to grow physically and mentally. When you are stuck in a difficult situation or homework go and do physical exercise and play physical games the mind will activate then the difficult situation or homework will get easier. Physical activity is always necessary and good for children and adults. It helps to boost our minds and memory. It enhances our brain muscles. It stimulates our brain. It helps to circulate blood and oxygen in the brain. It helps to stimulate the brain and increase our focus and concentration levels. When you play different games in different ways you feel less stressed and more happy. There are some indoor mind-teasing games like Ludo, Lego, Puzzle, Chess, and Carom. Some of the indoor games are very interesting because we have to use our imagination. Now I will share the benefits of some indoor and outdoor games.

### Indoor games

#### 1) Chess

When playing chess your brain will be challenged to exercise logically. Researchers found evidence that the game which challenges memory calculation, visual skills, and critical thinking may help reduce cognitive decline and postpone the effect of dementia as you age. Chess can be enjoyed at any age. These brain exercises can be part of your health and your brain for your entire life.

#### 2) Lego

Lego is a block game. It boosts our imagination and creativity skills. We can make houses, planes, robots, cars, bikes, etc. Lego is all about creativity. It also helps cognitive skills. There are so many educational benefits of Lego, it's no wonder many consider it the best toy ever. It's a wonderful tool for brain development in the early years. It helps in creative thinking, hand-eye coordination, and hand-muscle movement. It has a problem-solving tendency a skill which is often stated as being one of the most important to stand out in the workplace - is built early on in life, through play.

#### 3) Business

Again a mind-teasing game. Business is a very interesting and informative game. Because it is full of maths which includes calculations like addition and subtraction. It's a money-value game. It allows experimental learning the cycle of experience, observation, conceptualization, and experimentation. These games open up a debate in which the individuals can discuss the ramifications of business acumen, reflect on their level of understanding, and consider where additional skills would be beneficial.

#### 4) UNO

UNO is a card game that comes in different types of cards like Colours, shapes, etc. We can have lots of fun when playing UNO. It is a mind-teasing game. It develops fine motor skills. If you are playing Uno with kids, you are helping to develop their fine motor skills. kids





Lego is a block game. It boosts our imagination. These movements need all the in-between muscles to be working and for you to be coordinated. It facilitates bonding with lots of fun, laughter, and light-heartedness are ideal for bonding. Whether you are making new friends, spending time with old ones, or whiling away a few hours with family members. Teaches visual discrimination to kids. Young kids often struggle to match.

## Outdoor games

### 1) Basketball

Basketball is very famous in the world. It is a good physical exercise.

Basketball is a lot more than just an exciting game to play. The sport offers a lot of physical, mental, and emotional health benefits for anyone who wants to become more active or develop a healthier lifestyle. In this sense, it is a great mind and full-body workout. In 2019, The International Basketball Federation (FIBA) said that basketball had 450 million players and fans globally. It's good for overall health, it improves balance and coordination, and it also helps to build muscles. The most important thing is it can be played by any age group. It also helps in losing weight. This is one of my favourite sports so far.

### 2) Football

Football is the world-famous game. It is loved by the majority of people. Football. It



is also known as soccer in many countries. It increases our stamina also increases our lung capacity. It requires a lot of running during the course of an average soccer match, a player will go at least 5 kilometres in distance. It increases heart strength and also boosts aerobic capacity. It enhances both bones and muscle strength. If it is played by kids it is very beneficial as it increases concentration and mental performance.

### 3) Cricket

Cricket is India's most popular game. There are famous players like Sachin Tendulkar, Virat Kohli, and M.S. Dhoni who are from India. They are very well-known cricket players and because of their hard work and perfect play, they are also known personalities throughout the world. It helps in team building, physical fitness and muscle toning. It is also a good cardio exercise because Cricket includes a lot of throwing and sprinting across the field, which is a great cardiovascular activity. It enhances Motor Skills as Bowling, batting, and catching the ball require gross motor skills. These are activities that make the large body muscles work.

So, keep yourself active and have fun playing indoor and outdoor games. Keep yourself active.







## खूब परूंगा खूब परूंगा

करे अब पढ़ूंगा पढ़ूंगा छोटे छोटे हादसों से मैं हर एक एक्शन लखूंगा खूब पढ़ूंगा खूब पढ़ूंगा पढ़ते पढ़ते दुनिया की हर एक को समझूंगा खूब बढ़ूंगा खूब पढ़ूंगा छोटे छोटे आँखों में बड़े सपने बुंगा खूब पढ़ूंगा खूब करूंगा पर आई के इन तहान में कार को पीछे डर को पीछे छोड़ दूंगा खूब करूंगा खूब करूंगा छोटे छोटे गानों से मैं कान की बातें सुनूंगा खूब करूंगा खूब करूंगा छोटे छोटे पैरों से मैं लक्ष्मी और बरूंगा खूब करूंगा खूब करूंगा आपने ज्ञान की बातों से मैं दुनिया की दुनिया की दलि को जीतूंगा खूब करूंगा खूब करूंगा ही.



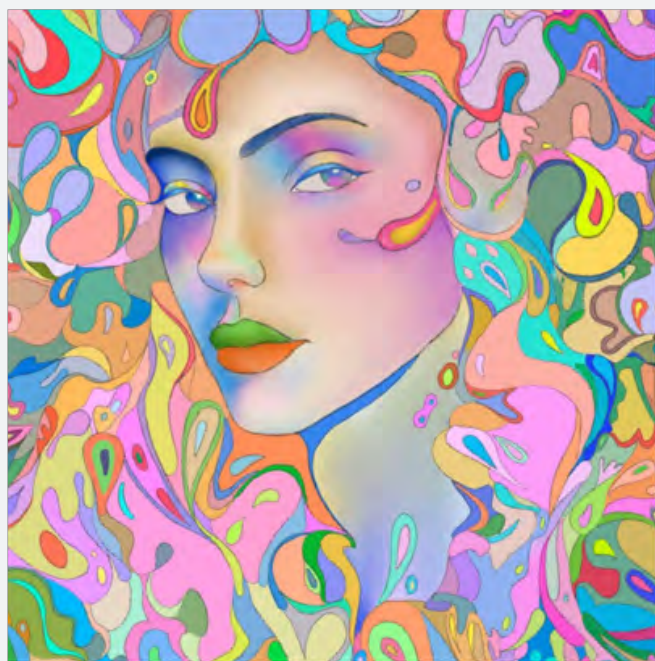


## DITI MALHOTRA



### About Diti Malhotra

Diti Malhotra, currently in 11th grade at JinCai High School International Division, is passionate about all things creative. Whether it's painting, photography, editing, or writing, Diti loves exploring various artistic avenues. Over the past few years, Diti has experimented with different art media, including acrylics, oil paints, charcoal, and digital art. Among these, working with acrylics has been the most enjoyable experience, as the sensation of holding a paintbrush differs significantly from holding an apple pencil. Diti is still on a journey to discover a personal artistic style, but the entire experience thus far has been nothing short of magical.







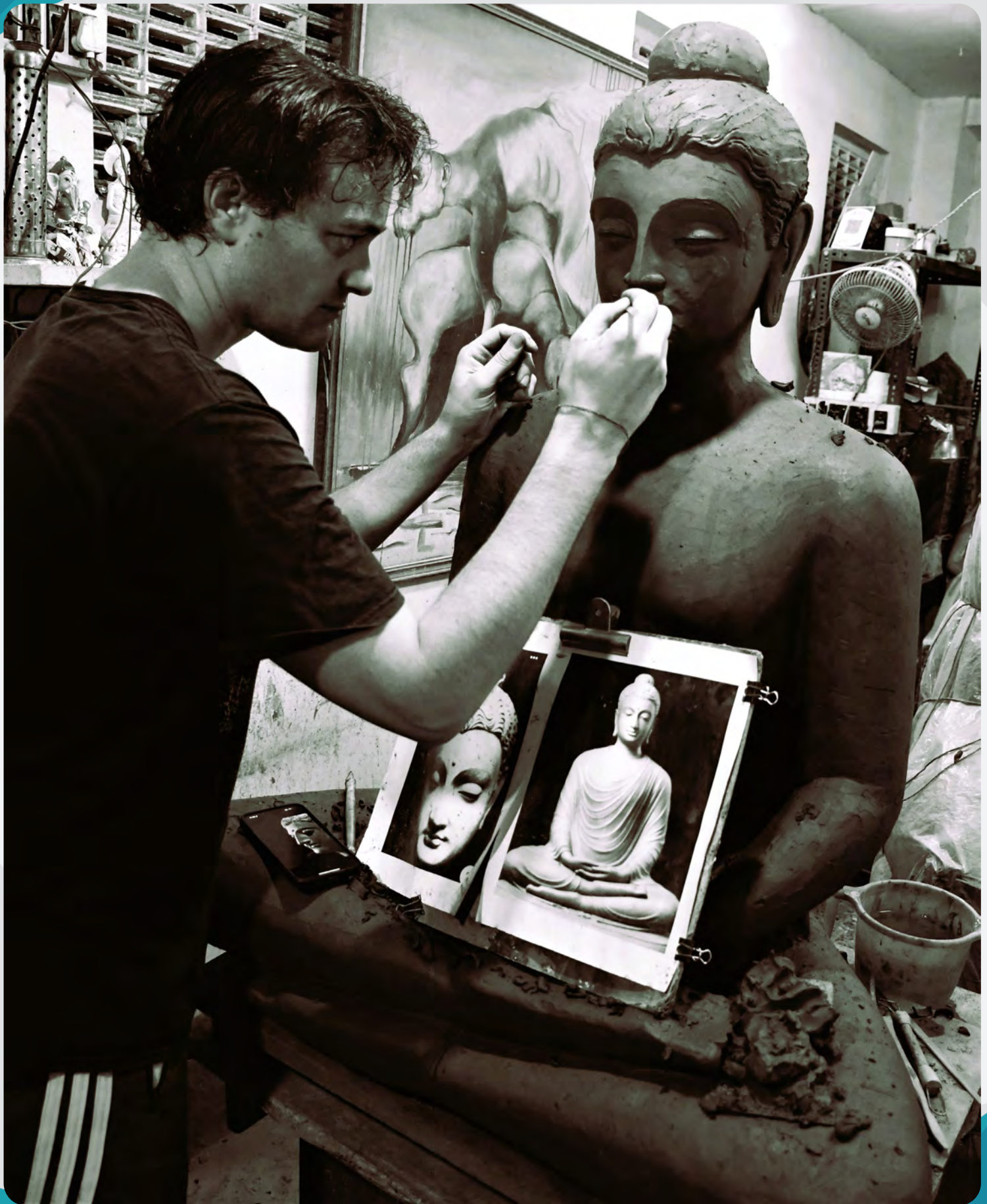
### About Goutam Sen

Goutam is a teacher and examiner in higher secondary divisions of international schools and has been offering visual arts under the International Baccalaureate Diploma Programme for 27 years in different parts of the world. Apart from painting professionally, Goutam is a photographer and performs on stage as a singer too, and writing poetry is his passion.

Being a consistent practitioner of Tagore's and other songs, Goutam often brings music to his canvas by blending ancient mythological art and individualizing his innovative style. His works allow the viewer to re-examine the threshold between surrealism and reality, between waking and dreaming. Lyrical, religious yet romantic, Goutam's canvases usually portray a calm ambiance based on Gandhara art and Bengal school art forms and feelings. Though the works are mainly portraits and figurative, an element of fantasy also emerges. Goutam's oil, acrylic, or mixed media works on canvas and fabrics are exhibited in different major cities in India, Africa, Indonesia, and China and are proudly collected for personal and private sector display in Kolkata, Mumbai, Bangalore, Goa, USA, Indonesia, Singapore, South Africa, Botswana, UK, Portugal, Canada to name a few.













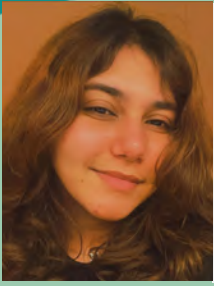
## HAPPY BIRTHDAY

They all are making fun of me,  
You always are a frozen soul, and you remain  
silent.  
They're all elites, show-off is their last word,  
They're asserting themselves with shallow  
talks-n-gossip.  
You always are a frozen soul, and you remain  
silent.  
It did not seem wrong for me to join in their  
merriment,  
though I was panting a little,  
time and again it forms a tiny gap between two  
or three,  
Just like a ventilator,  
a sudden southern breeze touching me  
through it,  
I see you seated quiet in a remote corner,  
looking straight towards me,  
with a strange frozen paleness in your sight.  
I get completely lost.  
Their exuberance, clamor, and loud noise  
passing through me at a stormy speed.  
You always are a frozen soul, and you remain  
silent.  
They all showered me with many gifts,  
you didn't give anything at all,  
I thanked each of them one by one.  
But you!  
though draping the very milk-white salwar  
kameez in the morning  
that I gifted you before  
You were the first one to wish me a Happy  
birthday.

Repented me asked the YOU in me  
have I really made a mistake?  
The YOU in me is a frozen soul, and you  
remained silent.



## HANSINI MOTANI



### About Hansini

Hansini is a 19-year-old artist who enjoys painting and drawing. This painting depicts Radha Krishna and aims to capture the love and happiness between them through vibrant colours and expressions.







### About Insha Ayat

Insha Ayat is studying in grade 5 at Jincai International School. She is passionate about writing articles and is exploring different styles of writing.

## INDIAN FOOD

I grew up eating Indian food made by my mom. Indian cuisine is wholesome and offers a wide variety of dishes to try. If I were to eat one Indian dish a day, I might spend my entire life trying each one. I love Indian food more than any other cuisine because of its diverse flavors, including spicy, sweet, sour, and sometimes a hint of bitterness. I have a long list of favorites, but here I will mention only a few.

Number one on the list is Pani Puri. It is a thin, hollow, crispy ball filled with mashed potatoes, chickpeas, onions, coriander, and chilies. You need to pour a spicy green liquid called paani into these balls just before popping them into your mouth. The moment it reaches your mouth, it bursts and splashes spicy, tangy pani all over. The crunchy poori adds texture, making it more enjoyable.

Next on the list is Samosa, which has a pyramid shape. It can be purely vegetarian or non-vegetarian. It is a deep-fried spicy snack stuffed with meat/potato and onion filling. It is always eaten with a green chutney made up of coriander, ginger, mint, and tamarind chutney. Chutney is an Indian sauce. Samosa is flaky on the outside and soft on the inside. We can also add some curd, onion, tomato, and chat masala to it and make Samosa chat out of it.

Another finger-licking good dish I like is Biryani. It is rice cooked with egg/meat/vegetables. Vegetable biryani is also called pulao. In biryani, there are a lot of spices that make the rice turn brown when cooked. It always goes with raita, which is a curd onion-based salad. You cannot stop at a single serving of this.

A sweet dish that I like is sheer Khurma. It is made up of milk and vermicelli. You can either drink it or eat it like a soup. It's often made on Eid days at my home. My mom adds dry fruit, cardamom, and ghee tadka to it, which makes it shiny, fragrant, and more desirable to eat.

I also like a drink called Chanch. It's a curd-based drink, usually served in the summer. We can keep it simple or spice it up using cumin, black pepper, and mint. Sometimes my mom also blends cucumbers and adds them to make it extra cool. It's the best drink on a hot summer day.

My love for Indian food will never cease; I would never miss a chance to try any Indian dish. The colors, the fragrance, and the tastes of Indian food are as vibrant as the country itself.





## EASHAN BODHALE



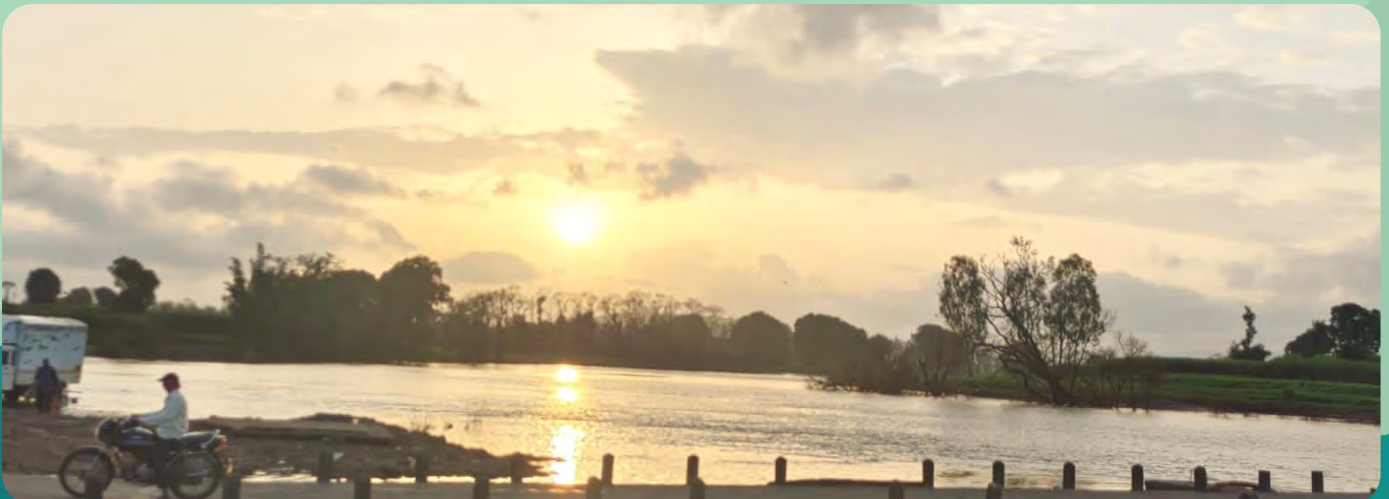
### About Eashan Bodhale

Eashan Bodhale is in Year 8 (Grade 7) at Nord Anglia International School (NAIS). He is passionate about photography, sports, traveling, and astronomy.

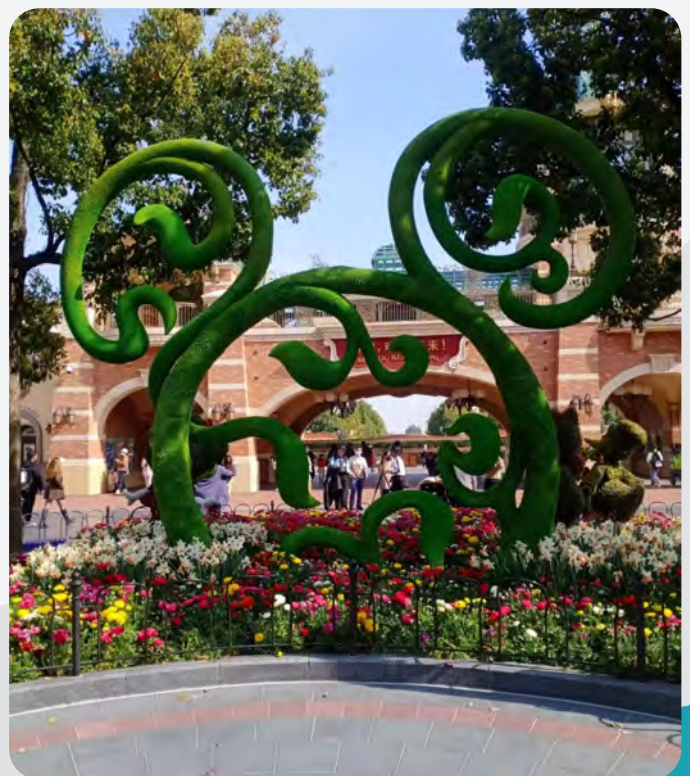
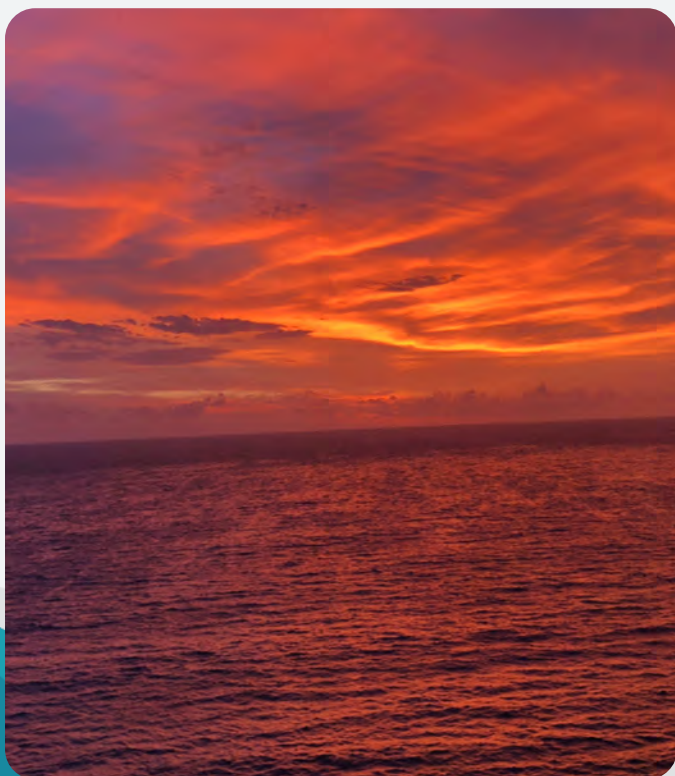
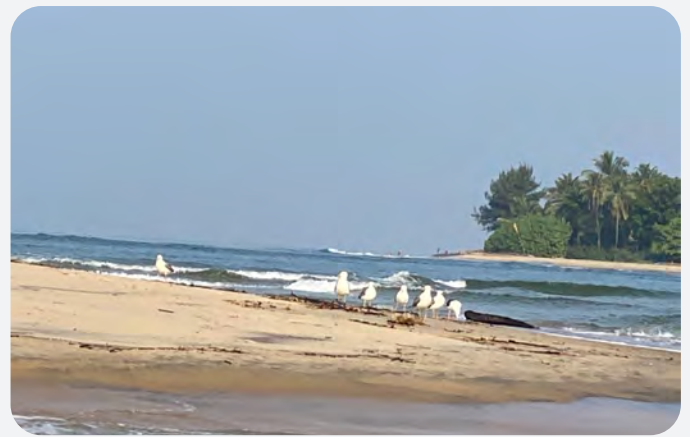
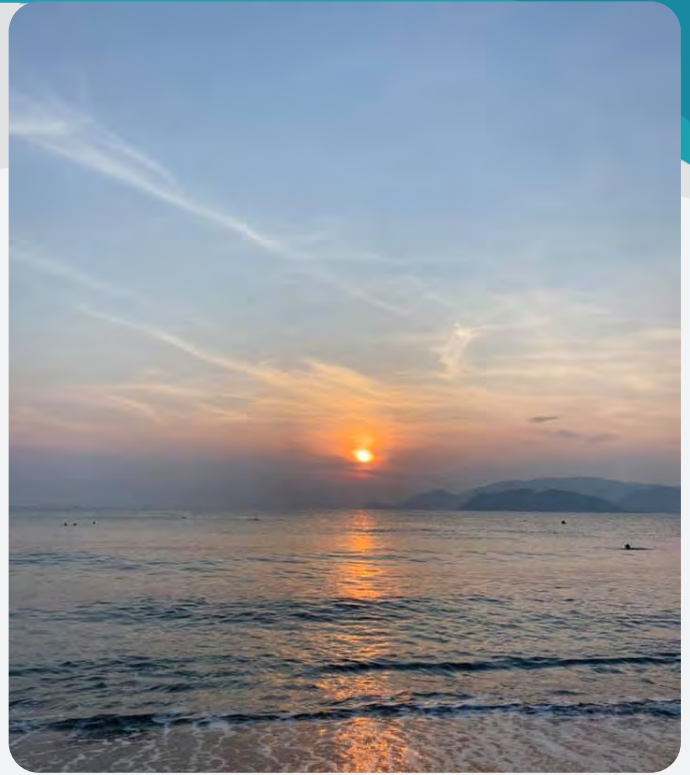
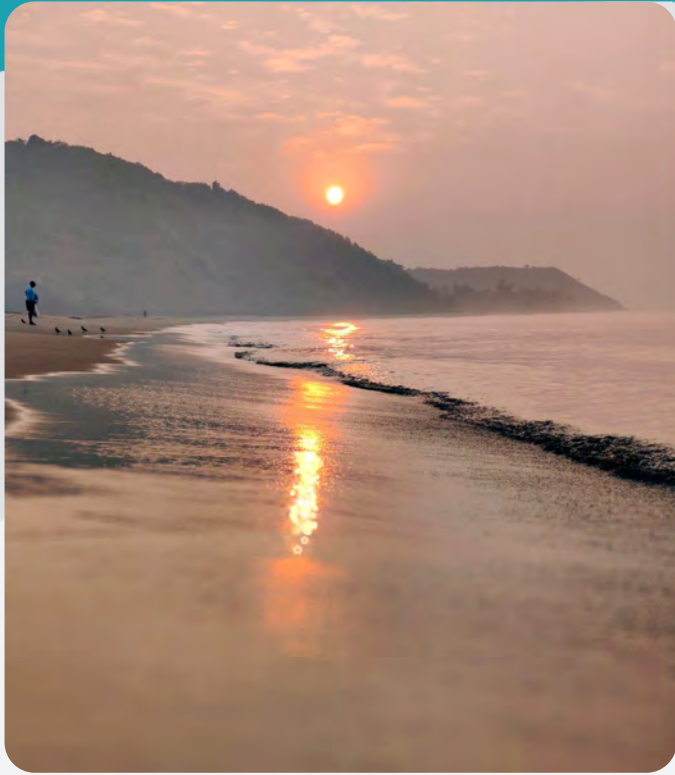
### WHY I LIKE PHOTOGRAPHY?

The people who make up today's thriving photographic community are our eyes to the world. Whether established artists and journalists or passionate emerging voices, they inform us, they inspire us, they amaze us, they put our world in the broader context of history.

Why is photography important? Photography speaks. When I discovered and later understood photographic visual language, I saw that this language could inform, educate, and move audiences worldwide without the need for a shared spoken language. A successful photo story, when well-authored and edited, is universally understood once presented a photo story in China in silence to a professional photography group where the audience smiled, laughed, and fell quiet in all the right places, without a word in Mandarin or English. After the last frame, we all just beamed at each other. It was so thrilling believe in light. Photography is light. That light is often shined into the darkest of places by the world's bravest and most talented photojournalists.









## About Mahika Dasri



Mahika Dasri is an 11-year-old who resides in Pudong, Shanghai. She is a student at SUIS (Shanghai United International School) Kangqiao Campus. Mahika is the proud owner of two pet dogs named Muffin and Cookie. She has been dedicatedly learning an Indian classical dance called Kuchipudi for 6-7 years now, showcasing her passion for the art form. In her leisure time, Mahika enjoys both listening to music and dancing herself.

## DIFFERENT TYPES OF MUSIC & SONGS

Greetings to you, dear readers! Today, we're going to explore a significant topic: Music & Songs. But first of all, what is music? Also, what is the difference between music and songs?

Music is not merely something you can hear but something you can feel. It is something your soul is capable of reaching out and touching. Music also possesses the power to unite us as humans. It is a universal language spoken by all cultures, genders, races, ages, and religions. Music is composed of sounds arranged in a way that produces an aesthetic experience. A song, on the other hand, has lyrics meant to be sung with our voices. A piece of music is not a song until it has words attached. Many people use these two terms interchangeably, but they are not necessarily the same thing. Now that you know the basics, let's dive into this vast world. Let's start with India!

### Carnatic Music

Carnatic Music is a form of Indian classical music with its origins in Southern India. Lyrics in Carnatic music is primarily devotional, with most songs dedicated to Hindu deities. Many songs also emphasize themes of love and other social issues or revolve around the concept of sublimating human emotions for union with the divine.

Carnatic music is typically performed by a small ensemble of musicians, including a principal performer (usually a vocalist), melodic accompaniment (usually a violin), rhythm accompaniment (usually a mridangam), and a tambura, which serves as a drone throughout the performance.

Carnatic classical music is presented through Kritis, which primarily form the raga composition. The essence of Carnatic ragas is primarily devotional. In Carnatic music, the recital proceeds phrase by phrase, in contrast to Hindustani music, where it develops note by note.

Prominent figures in Carnatic Music include the Trinity of Carnatic Music, also known as the Three Jewels of Carnatic Music: Tyagaraja, Muthuswami Dikshitar, and Syama Sastri.

### Hindustani Music

Hindustani classical music is the classical music of the northern regions of the Indian subcontinent. It may also be referred to as North Indian classical music or, in Hindustani, Shastriya Sangeet. The term "shastriya sangeet" literally means classical music and can also encompass Indian classical music in general.

It is played on instruments such as the veena, sitar, and sarod. Its origins date back to the 12th century CE, when it diverged from Carnatic music, the classical tradition in South India. While Carnatic music largely employs compositions in Sanskrit, Kannada, Telugu, Tamil, and occasionally Malayalam, Hindustani music primarily features compositions written in Hindi, Punjabi, Rajasthani, Urdu, and Braj Bhasha.

Hindustani classical music has roots in the subcontinent, particularly in the northern parts. It combines the Indian classical music tradition, resulting in a unique system of gharana for music education. Hindustani classical music is an integral part of Indian culture and is performed not only across the country but also internationally.

Exponents of Hindustani classical music, such as Ustad Bismillah Khan, Pandit Bhimsen Joshi, and Ravi Shankar, have been honored with the Bharat Ratna, India's highest civilian award, for their contributions to the arts.



Next, let's explore **OTHER** types of music!

### **K-pop (Korean Pop)**

K-pop or Korean Pop is an internationally popular, aesthetically diverse, trendsetting music genre of the 21st century. Originating in South Korea, K-pop draws influences from a range of genres such as pop, experimental, rock, hip-hop, R&B, electronic, and dance.

K-pop idol groups have a global fan base, with millions of dedicated fans worldwide. Korean popular music, or K-pop, features a wide variety of musical influences, performed by groups ranging from four to 21 members. Aspiring K-pop stars undergo rigorous training, learning dance choreography and other skills before their debut performances. Over the past two decades, the K-pop industry has become a cultural sensation, continuing to gain popularity as groups like BTS and Blackpink break barriers and achieve global success.

K-pop is a versatile musical genre that incorporates various sounds and influences, including catchy beats, hooks, rapping, and instrumentals for dance breaks. Lyrics are often in Korean, although groups like Blackpink and BTS have songs featuring both English and Korean lyrics. Different groups release various types of music, some known for upbeat, bubblegum melodies, while others focus on jazzy ballads or heavy hip-hop influences. Some groups experiment with multiple music styles within a single album, while others evolve their sound with each release.

Prominent K-pop groups include BTS, Blackpink, Seventeen, TWICE, Stray Kids, and New Jeans.

**Jazz Music**  
Jazz music is a broad style of music characterized by complex harmony, syncopated rhythms, and a strong emphasis on improvisation. Black musicians in New Orleans, Louisiana, pioneered jazz in the early twentieth century. Jazz incorporates elements such as blues, syncopation, swing, and creative freedom. While improvisation in music is not new, jazz improvisation stands out due to its use of the blues scale. Although jazz enthusiasts may have varying opinions on what qualifies as jazz, some distinguishing traits include swing, syncopation, improvisation, bent notes and modes, and distinctive voices.

Notable figures in jazz music include Duke Ellington, Cecil Taylor, and Wynton Marsalis.

### **Pop Music**

Pop music is a highly diverse term that encompasses music popular in the mainstream. The term "pop" spans various genres, including rock, country, rap, and more, but it generally features catchy melodies and lyrics. Pop music emerged in the West during the 1950s and 1960s. It draws from urban, dance, rock, Latin, country, and other styles. Pop songs are typically of short to medium length, with repeated choruses, melodic tunes, and hooks. Overall, pop music can have positive effects on mental health by regulating mood, reducing stress, providing an outlet for emotional expression, and fostering social connections.

Prominent figures in pop music include Rihanna, Ariana Grande, Doja Cat, and arguably Taylor Swift.

Now that you've gained substantial knowledge about music and songs, let's guide you to **WHERE** you can listen to them:

### **Carnatic Music:**

You can listen to it on Spotify, YT Music, or Apple Music. If you want to experience it live, you can visit India and check for live performances on Bookmyshow.com.

### **Hindustani Music:**

You can listen to it on Spotify, YT Music, Apple Music, or QQ Music (although options may be limited). If you wish to attend a live performance, you can plan a trip to India or catch the Chaiti performance next year in Shanghai.

### **K-pop:**

Where can you start with K-pop? You can listen to K-pop anywhere! However, be prepared for



possible additional costs, especially for concerts. SEVENTEEN is currently on their “follow” tour, with stops in Bangkok, the Philippines, and Macau in December 2023 and January 2024.

#### **Jazz Music:**

Similarly, you can listen to jazz music almost anywhere, though finding jazz concerts may be more challenging due to its vintage and old-fashioned nature.

#### **Pop Music:**

Literally everywhere! You might even hear Taylor Swift’s “Blank Space” playing at Starbucks. Taylor Swift is currently on her “Eras tour” and performing worldwide, so keep an eye out for her potential performance in Shanghai.

## **SUDHIR YADAV**



### **About Sudhir Yadav**

Sudhir Yadav, a photographer, and painter was born and raised in Mumbai, India. He currently resides in Wuxi, China. His expertise lies in wildlife, travel, street, and portrait photography. Sudhir has harbored a deep passion for photography since his junior college days when he initially pursued it as a hobby. Beyond his photographic pursuits, he finds enjoyment in the realm of watercolor painting. For a more extensive view of his portfolio, you can explore his Social media profiles with the following handles: [sudhir.wildlife](#), [sudhir.shutterbug](#), and [sudhir.watercolour](#).





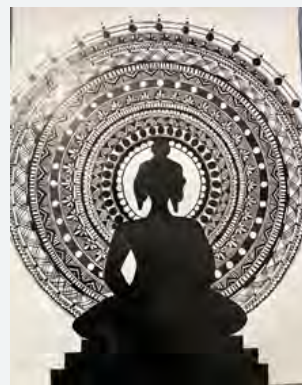


A daughter, a sister, a wife, and a mother of two, I am Nisha Malhotra. In 2017, my family and I relocated to Shanghai. Holding my 6-month-old baby in my arms, I decided to take a break from my 14-year-long teaching career. My primary focus was to support my family in this new country, adapting to a different culture and environment.

Since a young age, I had always been fascinated by art and baking. Thus, during this break, I had the opportunity to explore my passions. I firmly believe in experimenting, exploring, and creating new things. I transitioned from experimenting in the lab to experimenting in the kitchen. As time passed, my interest in these areas deepened.

I didn't limit myself to baking simple cakes; instead, I ventured into creating a variety of new Indian fusion flavors. My family has consistently been my driving force, motivating me to pursue this passion.

My journey to this point has been one of the most adventurous and enjoyable experiences of my life. I will always cherish these memories and hope to nurture my baking and art passion to its fullest potential.





## NAOMI N. MADRE DE DEUS

### About Naomi



Naomi N. Madre de Deus was born and raised in Goa. She graduated from Goa University's G.R. Kare College of Law. After relocating to Pune to prepare for the Indian Civil Service Examinations and working as a teacher, she met a Swedish man who turned out to be her parents' choice for her. They settled down together, living in Sweden for a while before moving to Shanghai due to his work. In her new home, Naomi has found joy in being a seasoned homemaker.

Goa, the narrow stretch of land on the western coast of India, holds a special place in Naomi's heart. Every time she introduces herself as hailing from Goa to the Indian community in China, they seem to have a psychic attachment to the place. To them, Goa is a land of golden beaches, placid nature, solitude, and a pilgrimage site to visit the relics of St. Francis Xavier in Basilica de Bom Jesus, who died in Shangchuan, China, 500 years ago; this place is also home to his shrine. But for Naomi, one major reason to visit her homeland is to indulge in gastronomical delights and immerse herself in the unique culture.

## EXPLORING CHINA, THE INDO-PORTUGUESE WAY

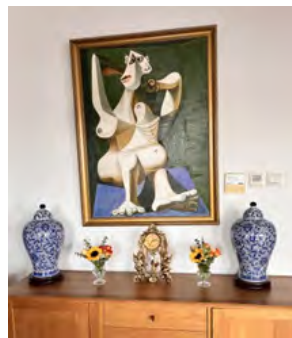
It's an interesting fact that Macau and Goa share a history of over 400 years, both having been established as Portuguese colonies. When I moved to China, I found many things familiar to Goan culture, a sentiment shared by the Chinese guests who visited my apartment. I've preserved Goan elements, from blue and white porcelain decorations to souvenirs depicting Chinese culture.

Portuguese Goa and Macau were known for its brisk trade and commerce. Trade ships regularly sailed from Goa to Macau. In this way valuable commodities criss-crossed such as Silk fabrics, Ming porcelain, pearls, musk, gold tea and various roots and herbs which were considered useful medicine.

Every time I host guests, I proudly serve Goan food on exquisite Macao crockery, adding a Goan or perhaps a Chinese touch to my dining area. Surprisingly, the seemingly Chinese paintings were created by the legendary Goan artist, Mario Joao Carlos do Rosario de Brito Miranda, who received India's second-highest civilian award for his art legacy.



Goan food spread on  
Macao crockery



Blue and white pot-  
tery in living room



Print on canvas by  
Mario Miranda

## Creating Goan Flavours in China

The saying goes, "to discover Goa, one must discover its stomach," a principle that has guided me in blending into any culture I explore. One of the reasons my move to China felt pleasant was my curiosity about different Chinese cuisines, providing excellent conversation topics with the locals. You nail this and it won't be long until you get invited into a Chinese home for a home cooked meal or fine tea.



Living in China I would get the urge to go back to my roots and look for flavours I grew up with. It will always be a special phase because it led me to find out who I truly am and what I will become.

Even though I live in a fancy neighbourhood at the border of French Concession Shanghai and in the sky line of Qingdao. I say **“I will always have that Goan villager in me”**. After I have had my breakfast I walk to local grocery stores. I have watched them go through the effects of pandemic. I was afraid they may cease to exist. I am often made to feel I am the only expat shopping here instead of fancy places. As a lawyer I could enlighten them on sustainability, economics and local business. But why? This is just me! For now understand me! I will always have that Goan villager in me! I SEE PEOPLE! And then when I'm back to my kitchen that's where I bring my passion to life. Working on Goan flavours. I feel like a magician because I know I will never find it in any Indian restaurant and only I know what goes into the pot but I am happy to share because that's our Goan nature. Till today when I call my friends and family home, the Goan cuisine is the favourite topic of gossip.



Goan food is unique and humble in character. Living in an expat community we usually face questions like “Where are you from?” And I take the pleasure of being eloquent about my Indo-Portuguese culture by talking about Goan food and how our food choices are different from the rest of the country and how every state in India has distinctive characteristics, but the soul is same.

Goan food is pungent however it's not accustomed as hot food, We make use of Kashmiri and Goan chillies. Toddy vinegar, coconut, tamarind, kokum along with dry spices are some of the essentials in a Goan store cupboard.

Goan fish curry along with rice is a staple comfort food most of you all must have tried. Xacuti, Cafreal, vidaloo, Sorpotel, caldin, stufado, baffad, bebinka, Sanna, balchao, feijoada are some Goan delicacies with Portuguese influence among the catholics like me. Religion is not a big deal for me, I however end up mentioning it because before the Portuguese left their mark Goan cuisines roots lie in pescatarian-vegetarian Hindu Saraswat cuisine which hindus follow. Dishes like Khatkate, rajma tondak, moongacho ghati, green pea xacuti etc are a few examples you would find in a Hindu household which I love and I would be the happiest if I ever turned vegetarian in Goa.



Chicken Cafreal



Stufado



Feijoada

To my Indian Community in China, if you've dreamed of Goan dishes and the lighthearted Goan atmosphere, It's my pleasure to make it happen because after all which Goan is not up for a decent party!





### About Preeti Hardasani

Preeti Hardasani is a highly enthusiastic, efficient, and confident individual with a cheerful and outgoing personality. Her education background includes a postgraduate degree. Among her favorite things, she holds a particular fondness for G-tech computers and enjoys delving into the book “The Power of the Subconscious Mind” by Ruth Krauss. Blue is her preferred choice, and her ideal place is London. In terms of sports, she takes pleasure in swimming.

## ए- जदिगी

कभी हसाती कभी रुलाती  
कभी तो खुशी से गले लगा ए-जदिगी  
कभी गम की शाम, कभी मायूसियों का अंधेरा  
कभी तू रौशनी बनके आ ए- जदिगी  
कभी तेज धूप कभी तपन  
कभी छाया बनके आ ए- जदिगी  
बचपन से बुढ़ापे की दौड़ में  
अभी तो सुकून दे जा ए- जदिगी  
सबको खुश रखते-रखते खुद को भूल गई हूं  
मेरा बचपन तू लौटा दे ए- जदिगी  
कभी जो गलत राह पर चले जाऊं  
मुझे सही राह दिखा दे तू ए- जदिगी





## RUCHIKA KHANNA



### About Ruchika Khanna

Ruchika Khanna, the director of Era Diamanté, aims to promote the essence of India in China through her business. Era Diamanté features Indian artisan clothing and handicrafts, with a focus on engaging the community and fostering meaningful connections. In this short article, Ruchika reflects on her entrepreneurship journey in China, sharing the lessons learned, the challenges faced, and the lovely experiences she has had with the community. Through her business venture, Ruchika has achieved numerous small successes, thanks to the support of the engaging community and their collective endeavors.

## EMPOWERING INDIA IN CHINA: MY ENTREPRENEURSHIP STORY

It's never too late to pursue one's entrepreneurial dreams. The journey to entrepreneurship can begin at any stage of life. In fact, many successful entrepreneurs started their businesses later in life, drawing from a lifetime of experiences, skills, and insights that uniquely position them for success. With determination, resilience, and a willingness to learn, individuals can not only fulfill their entrepreneurial aspirations but also make a significant impact in their chosen industries. The key is to embrace the opportunities and challenges that come with entrepreneurship, maintain an open mind, continually seek knowledge and mentorship, adapt to changing circumstances, and cultivate a strong support network of like-minded individuals who can provide guidance, encouragement, and inspiration throughout the entrepreneurial journey.

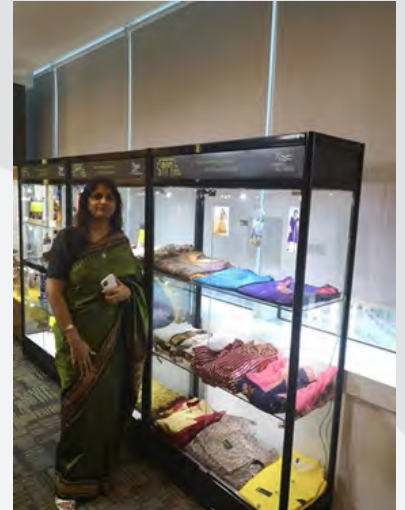
My journey to entrepreneurship began a long time ago. The trials and tribulations I have faced to reach this stage have been thrilling, to say the least. I hail from the vibrant city of New Delhi, India. I initially found my passion in the world of fashion design. After attaining my degree, I started my small business venture, dedicating over two years of hard work to establish it. Then, my life took an intriguing turn when my family embarked on a life-altering move to China, a country renowned for its breathtaking beauty and culture. This transition brought a series of challenges, including unfamiliarity with Chinese cuisine and language, given my limited understanding of English at the time.

I overcame these challenges through dedicated perseverance and a strong commitment to language learning. Gradually, I gained fluency in both English and Mandarin while immersing myself in the rich culinary traditions of China. It was not an easy journey; there were many ups and downs, as I'm sure most people would agree. Relocating to a foreign country with no prior knowledge of its language is bound to restrict our ability to establish meaningful connections initially. Yet, over time, we realize that people, regardless of the different cultural backgrounds they represent and the languages they speak, all share common human experiences and emotions that unite us on a fundamental level.





Building a life here, away from home, has been an intriguing journey. Today, we proudly consider China our home as well. During this settling-in process, I rediscovered my deep-seated passion for clothing, particularly Indian attire and traditional home décor, which remind us of home in our new homes. For the past five years, I have been on a mission to promote the rich heritage of Indian handicrafts and clothing in China, bridging two cultures together. My journey began with a simple idea - to introduce the impeccable craftsmanship of India to the Chinese market. Along the way, I found a renewed interest in entrepreneurship.



Women entrepreneurship is on the rise globally, as more and more women are breaking free from traditional roles and venturing into the world of business. I believe we bring a unique perspective, creativity, and determination to our entrepreneurial endeavors, eventually contributing to economic growth and innovation. The journey of women entrepreneurship is not just about business success; it's also about personal growth and empowerment – within ourselves and one another. This personal growth extends beyond the individual entrepreneur, as it often inspires and uplifts others, encouraging them to pursue their aspirations as well.

Women entrepreneurs serve as beacons of courage, showing that with determination and resilience, anyone can transform their dreams into tangible achievements. They are shattering glass ceilings and proving that gender is not a barrier to success in the business world. Our stories are important to tell and share with the world – tales of resilience, leadership, and innovation paving the way for a more inclusive and diverse future of entrepreneurship.

The way I began my entrepreneurial journey was by collaborating with local artisans in India. I curated collections of handcrafted products that reflect India's rich cultural diversity. From intricately embroidered clothing to hand-painted pottery, I sought anything that had a story within the weaves of the fabric or with each brush stroke. In China, I successfully introduced these products through various exhibitions, trade shows, and online platforms. My journey began on social media, empowering me to connect with people I would've never met otherwise. I'm deeply grateful for these connections and conversations, all stemming from my decision.



My dedication to quality and authenticity earned my business a loyal customer base in China, appreciating the unique charm of Indian handicrafts.

Indian clothing, with its vibrant colors and timeless designs, has always held a special place in the hearts of people worldwide. I recognized the popularization of Indian attire in China at the right time and chose to make it more accessible to those who wished to own traditional Indian clothing in a country far from India. When starting a business, it's crucial to be clear about your interests and decide which products you want to bring to the market. I followed my passion for design, establishing my business focusing on Indian attire and handicrafts. Understanding the demand for your products, considering factors like pricing, and gathering feedback from customers are essential. Customer opinions are valuable as they help



expand your product range according to market preferences. Conversations with customers and building genuine connections are equally vital. Positive energy resonates through these interactions, cultivating loyalty, trust, and a sense of community. Continuous innovation is key, adding different and unique varieties based on customer preferences. Client feedback plays a significant role in shaping your business and maintaining a strong market presence.

Throughout my journey, I've gained invaluable experience and insights. I've noticed it is possible some of the younger generations have limited knowledge of their cultural traditions – mostly due to the pandemic in recent years and the inability to go home to see the culture we have cultivated in India. While everyone was recovering from the hardships faced by Covid-19, I found that the Indian community in China truly joined forces and while no one could travel back home to India – we found ways to celebrate the festivals and build a deeper sense of home within the diaspora. Through my business journey and facing the pandemic whilst in the middle of it, I introduced Indian handicrafts to my collections in attempts to not only reconnect ourselves with our heritage but simultaneously showcasing India's remarkable talent.

**I believe that clothing and home décor are not just about style, but also about preserving cultural heritage. It's a blessing that with technology and trading, we get to keep our heritage alive while living abroad.**

I find great satisfaction in promoting Indian products in China through my business, and the positive response from everyone reinforces my belief in the importance of pursuing work that makes you happy. Every product should tell its own story and connect with people through touch or sight. For instance, Phulkari dupattas from Punjab are easily recognizable due to their intricate embroidery, Banarasi silk stands out for its unique patterns, and Jaipur cushion covers feature stunning beadwork and patchwork. Similarly, Lucknowi kurtis are known for their intricate, handcrafted patterns. These are just a few examples of items that help us connect with India's rich culture and heritage.

I firmly believe that success should be shared, and my small business is a testament to this belief. I have dedicated my entrepreneurship to uplifting my homeland, and I am proud to be a part of the spirit of women entrepreneurs who aim to build successful business ventures while making a positive impact. I am also delighted to announce that our company is working to expand its operations in the European market with the brand name, Abeera.

**Ruchika Khanna**  
**Director, Era Diamanté & Abeera**  
**WeChat ID: ruchikak02**



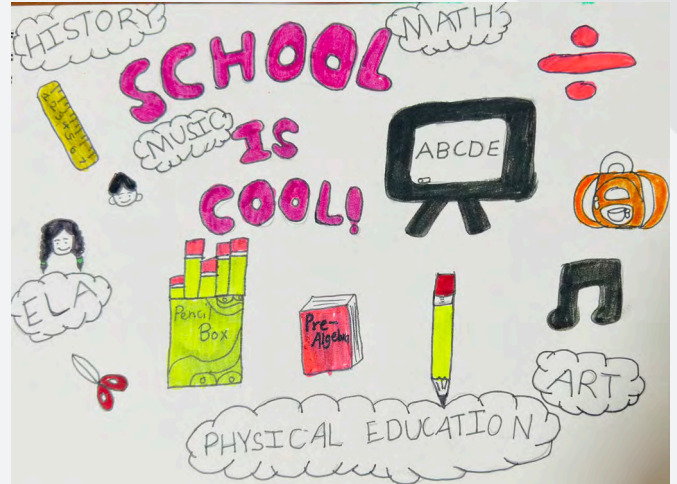


## SAANVIKA THOTA



### About Saanvika Thota

Saanvika Thota is a 9-year-old grade 4 student at SMIC International School in Pudong, Shanghai. She has a deep passion for reading books and drawing. Saanvika thoroughly enjoys going to school and eagerly embraces the opportunity to learn new things. Additionally, she has a love for taking care of animals, showing a nurturing and compassionate side.



### MY TRIP TO INDIA

We relocated to Shanghai, China, in 2018 when I was 4 years old. Due to COVID-related travel restrictions, our family couldn't travel to India until I was nine years old.

In April 2023, when my parents told us that we would be going to India in June, my brother and I were super excited. We counted the months, weeks, and days. We bought gifts for our relatives, cousins, and friends whom we would be meeting in India.

Ahhh! After a long wait, finally, the day arrived...

We were thrilled when we landed in India, our motherland. My Mama (Uncle) came to pick us up at Rajiv Gandhi International Airport, Hyderabad. I ran to him and gave him a big hug. We went to his home, and my grandfather, atha (Aunt), and cousins were waiting for us. I met my baby cousin for the first time; he was just 5 months old. He was very cute, and it was fun playing with him. My atha served us lunch with our favorite delicacies and sweets... yummy motichoor laddu, jalebi, and kaju katli!!

I also met friends and other relatives after 4.5 years. My Mama took us to an authentic Andhra cuisine restaurant where the food was served on a banana leaf, and we got to taste multiple varieties of traditional food and sweets. I learned that eating on a banana leaf is good for health and eco-friendly too.





We visited Shilparamam, where there was a miniature setup of an Indian Village. It had thatched huts and statues of villagers doing day-to-day activities such as farmers, potters, and weavers. I bought some Vali Art flowerpots for my friends back in Shanghai. I also got Mehndi on my hand.



I also visited the Statue of Equality, the statue of Sri Ramanuja, an icon of Equality. Whoa! It was stupendous! This is the 2nd tallest sitting statue in the world. The architecture was amazing. Sri Ramanuja promoted the idea of equality in all aspects of living, be it caste, faith, or gender. He bridged the gap between the literate and illiterate, rulers and the ruled. He gave impetus to the concept of Vasudhaiva Kutumbakam, the Universe as One Family.



Next, we went to Kerala, The Green Paradise! Lush greenery greeted us everywhere. Kerala is very beautiful, also known as God's Own Country. I trekked up the hill of Sabarimala, which was quite challenging. However, it gave me a sense of satisfaction and relaxation at the end. I also watched the dance form of Kerala, Kathakali.

After returning from Kerala, we went to my grandparents' place in Andhra Pradesh. We met many relatives and my great grandma. We went to my grandpa's paddy field and got to eat palm fruit (Ice Apple) which is available during the sizzling summer. It was very tasty, juicy, and cooling. I also played with goats, and one of them licked my pants!!!!

I felt that my trip ended very quickly, but the memories will stay forever in my heart. Moreover, I am much happier that my grandma came to Shanghai with us.







### About Sachin Niranjana Joshi

नमस्ते, मैं सचिन निरंजन जोशी मुंबई (महाराष्ट्र) से हाल Soochow University में द्वितीय वर्षीय MBBS का छात्र, गत ६ वर्षों से लेखन कार्य में रुचि रखता हूँ। आशा करता हूँ, मेरी यह कविता आपको अच्छी लगे एवं अन्य कविताओं को पढ़ने हेतु आप [www.sachinjoshi2012.blogspot.com](http://www.sachinjoshi2012.blogspot.com) पर जाकर मेरी कविताओं को अपना अमूल्य आशीर्वाद प्रदान करें। धन्यवाद।

### आज जिंदगी आई है मिलने....

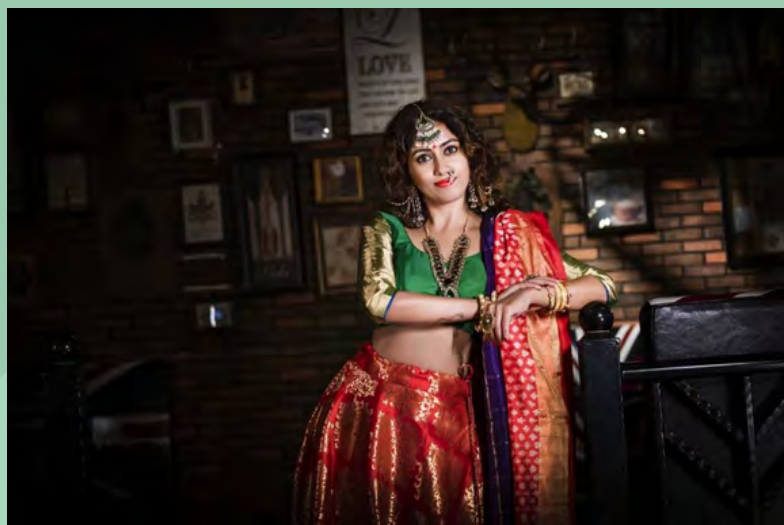
संध्या समय आज घर की उस खिड़की पर एक स्त्री खड़ी थी,  
पहले देख घबरा गया मैं,  
फिर एक आवाज आई - "डरो मत मैं छोटी सी तुम्हारी जिंदगी हूँ।"  
कुछ देर बाद हिम्मत कर पास गया मैं,  
पास देख जिंदगी ने मुझे गले लगाया मानो माहौल 'कृष्ण सुदामा' मिलन सा था।

बैठा फिर जिंदगी के पास बात शुरू हुई,  
जिंदगी मुस्कुरा कर कहने लगी - "बड़े अडिग हो दोस्त, इतने ठोकरों पर भी सीधे खड़े कैसे रह जाते हो, मान गई तुझे दोस्ता।"  
उड़ती पतंग सा हाल तेरा,  
जहां वायु वेग वहां को तेरा रास्ता,  
फिकर करते हो की नहीं अपनी?  
मुस्कुराते बोल पड़ा मैं - "जिंदगी तुम एक सफर हो मैं बस एक राही हूँ, चल देता हूँ चोला पहन त्यागी साधु का, फिकर करू किस बात की जिसे यह ना पता कब उसका जनाज़ उठ जाएगा।"  
बात सुन मेरी जिंदगी इतरा गई, जोश में फिर कह पड़ी-  
"अगर आज १०० मील के रास्ते का १० मील भाग लेगा अंतिम समय में जब ये दौड़ पूरी करनी होगी तो एक संतुष्टि का वेग मुस्कान दे जाएगा।",

सूर्योदय रोज होगा बस तू भागना मत छोड़ना बीच जीवन में किसे पता कल तुम हो की नहीं,  
वो वक्त संध्या का रात में ढल गया और ढलते सूर्य के संग जिंदगी मिसाल की मशाल जगाकर चली गई।



**This article is about me, a Healthy Home Cook, a Kuchipudi Dancer, a Model, a Mom, a Wife, and a Companion - Am Sariga!**



A very passionate healthy, versatile home cook who likes to source organically grown pure ingredients and loves cooking well-balanced nutrition-rich foods.

“Cooking is an art!” Cooking with love is food for the soul. For me, the secret ingredient is always Love! Bringing out the aroma, consistency, texture, and flavor is not just a formula; it’s about creating a wholeheartedly satisfying combination that gives an exceptional taste touching the soul. I have learned and expanded my knowledge through passion and novelty, which has driven me to serve every person

with a healthy appetite. My interest in food began several years ago when I moved to China. I started experimenting with my cooking skills using healthy, natural foods, which led me to explore more and better. Whether it’s spice powders, sauces, dips, or pickles, I prefer preparing everything from scratch to make it healthier, replacing white flour or white sugar with healthier alternatives. Experimental cooking allows us to expand and develop new innovations, helping to improve and broaden our culinary palates and tastes, bringing new dishes to the table to cook and enjoy. Experimental cooking with creativity helped me create my own unique and signature recipes, which I share to influence others in healthy cooking.

This experimental cooking and learning helped me understand more about millets and their benefits - “The Miracle Millets”! Yes, that’s how I would like to quote it. Millets are wonder foods known for their nutrition and health benefits, and I have always been fascinated by them. These ancient grains work wonders on your body and mind. Millets have been a mandatory part of my everyday cooking for the past 12 years. As you all know, they are gluten-free and have a low glycemic index with less carbs and sugar; they are the most sustainable approach in agriculture too. Millets are also part of our regular dietary and traditional food, dating back to their origin thousands of years ago. The United Nations has declared 2023 the International Year of Millets (IYM) to help unleash the potential of this powerful crop that promises to help in battling world hunger and climate change.

I love to cook delicious authentic Indian and international dishes. I use traditional utensils like brassware, cast iron cookware, earthenware, and silverware for my cooking and serving, which have therapeutic benefits. I prepare at least one elaborate meal every day and create elaborate preparations for festivals for family and friends.

One of my most joyful and proud moments was winning the Millets cooking contest organized by IA Shanghai. It’s both exciting and humbling to be recognized for my work. I prepared an elaborate South Indian breakfast menu, including Ragi Pakoda, Barnyard Millet Dosa, Sorghum String Hoppers, Mixed Vegetable Stew, Almond Coconut Jaggery Milk, Kadala Curry, Foxtail Millet Mysorepak, and Pearl Millet Kheer.





Some of my signature dishes include Foxtail/Bajra Mysorepak, Avocado Spinach Roti, Cashew Hemp Katli, Pistachio Katli, Coconut Walnut Barfi, Millet Coconut Cookies, Ragi (Finger Millet) Peanut Butter Cookies, Almond Banana Super-seed Loaf, Sorghum Idli, Beet Pavbhaji, Ragi Ela Ada, Foxtail Millet Appam, Ragi Dhokla, and many more...

I strongly believe and encourage that good food choices are always associated with greater happiness and well-being in our mind, body, and soul.

Art and love are eternal and divine, making my world a better place!





## SHAUNADEEP DAS



### About Shaunadeep Das

Shaunadeep is an 11-year-old student in year 6 at Dulwich College Pudong. He aspires to become a cartographer and spends a significant amount of time creating maps. Shaunadeep is passionate about subjects like History, Geography, and the diverse cultures of various countries. Additionally, he is fascinated by new technology and innovation. Apart from his interest in cartography, Shaunadeep enjoys writing stories and reading books, with the “Diary of a Wimpy Kid” series being his favorite.”

## THE 5 GUARDIANS OF AKSHARA APARTMENT

Inside Howrah’s Kole Market on Guru Nanak Road, just outside Akshara Apartment, lived two dogs called Kaluwa and Haluwa. Kaluwa was the big brother, and he had three jobs:

### THE KALUWA CODE

- Protect Akshara Apartment,
- Defend my territory from other dogs,
- Protect Haluwa.

Everything was going fine. Their daily routine was to wake up at 7:00 AM, get food, teach Haluwa, guard the territory, catch food, teach Haluwa again, and then sleep. Eventually, Kaluwa turned 11 years old, and Haluwa turned 8. Kaluwa taught Haluwa many things after endless hours of practice, and Haluwa became the territory’s first line of defense.

### THE MAP OF KALUWA & HALUWA TERRITORY

North Guard

Akshara Apartment

The Base

Guru Nanak Road

West Guard

Kaluwa's Room

Haluwa's Room

East Guard

South Guard

One day the time had come for Kaluwa to go and fetch lunch. They were super hungry. “I’m going to Kole Market to look for some Mutton Biryani,” said Kaluwa. “I trust you.”

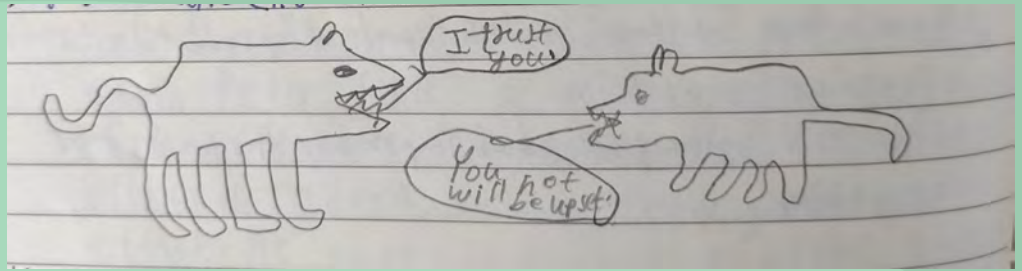
“You won’t be disappointed, brother!” exclaimed Haluwa. Kaluwa ran off to catch one of the most delicious Mutton Biryani next to the Botanical Garden. He also got some from Nasthaghar. A few dogs showed up, but they were no match for Kaluwa the Great’s brother. “Aha!” exclaimed a satisfied Haluwa.

About 10 minutes later, a humongous looking dog called Raja, who was 12 by the way, arrived. He was Kaluwa’s best friend and taught him everything he knew. Raja had two younger brothers, Caramel, who was 10 years old, and Biscuit, who was 9 years old. “Where is Kaluwa!” demanded Raja, standing on a roof as proud as a peacock. Haluwa didn’t know him, so he denied him access. Raja got angry and attacked Haluwa with brute force. “Take this!” yelled Raja. “Aargh, Kaluwa, help me!” The scream from Haluwa was so loud that Kaluwa heard it, even while he was enjoying amazing Pani Puri. “Seriously, can’t that dog understand how delicious these things are!” complained Kaluwa.

Kaluwa dashed to help Haluwa. He stopped and saw Raja. Raja stopped just before he was about to snap open Haluwa’s spine. “Raja, my idol!” Exclaimed Kaluwa, while he helped Haluwa stand on his feet. He introduced Haluwa to Raja. He said, “What brings you here?” Raja’s smile turned into a frown and started to look a little bent. He then replied, “Boxer the Destroyer has taken over our territory in DumDum Cantonment/Subash Nagar. We are refugees, please kindly give us refuge.”



Kaluwa wasn't thrilled about the idea that he now had to get food for four people, and he tried his best not to look uninterested. He said, "Um... there's a chance that we won't have enough food." Suddenly, Boxer arrived. "ROAR, you are dead, Kaluwa, I will capture your territory as well!" The people of Akshara Apartment called Animal Control to pick up Boxer, but they were all the way in Sealdah. Boxer lunged at Kaluwa. Kaluwa and Raja attacked Boxer, but they were overpowered and got thrown aside, along with Caramel and Biscuit. "MOAN...", yawned Kaluwa.



Boxer then turned his attention to Haluwa, "Your time is up, Haluwa!" Haluwa panicked, and suddenly he saw a cage over Boxer. He climbed up and dropped it on him. "NOOOO!" yelled Boxer. Soon, Animal Control came and picked up Boxer. The other dogs praised Haluwa's bravery and wit. They officially became the 5 guardians of Akshara Apartment and got their own base, even bigger than the apartment itself! They will protect Akshara Apartment from any danger as long as they live.



# शुभ दिवाली



地址：上海市，长宁区，红宝石路 396 号

Address: 396 HongBaoShi Road, Changning District, Shanghai -201103, P.R. China

Tel: +86, 021 6222 2021 / 4000 999 692





## SHLOK MAHAJAN



### About Shlok Mahajan

Shlok Mahajan is an 8-year-old student at SMIC School. He enjoys spending time with his family and playing various sports like ping pong and soccer. In addition to sports, he likes playing LEGOs with his friends. Shlok finds joy in visiting places surrounded by nature, with lush greenery and water bodies. One of his favorite activities is stargazing, which he finds both fascinating and enjoyable.







### About Shimona Gosain

Shimona Gosain is currently in 11th grade, enrolled in the IB program. Having grown up in Shanghai, she was exposed to a diverse world of fashion and design from an early age. Throughout her childhood, she was captivated by the realm of fashion. Last year, as part of a school project, she had the opportunity to design and create two garments, an experience that ignited her passion for fashion and design. Since then, Shimona has become particularly drawn to the concept of sustainable fashion, eager to explore its potential for a more environmentally conscious future.

## FAST FASHION AND ITS INFLUENCE ON SOCIAL-MEDIA: THE DOUBLE-EDGED SWORD

Trends are crazy. One day it's high fashion, next day it's cringey. Fast fashion, is even crazier, characterized by its inexpensive and rapidly changing clothing trends. It has revolutionized the fashion industry in recent years. However, its rise has been closely intertwined with the influence of social media platforms, creating a complex relationship with both positive and negative consequences. The impact of fast fashion on social media has been significant, highlighting its influence on consumer behavior, environmental sustainability, and self-image.

Fast fashion's integration with social media has accelerated consumerism, transforming shopping into a constant pursuit of the latest trends. Social media platforms provide instant access to fashion inspiration, celebrity endorsements, and influencer collaborations, enticing users to make impulsive purchases. Consequently, consumers are caught in a cycle of buying cheaply made garments that quickly fall out of style, contributing to a throwaway culture.

The fast fashion industry's rapid production and consumption have significant environmental implications. Social media platforms promote the idea of "outfit of the day" and "newness," fostering a mindset that encourages the disposal of perfectly wearable clothing. This leads to increased textile waste, pollution, and the exploitation of natural resources. Additionally, the pressure to constantly showcase new outfits on social media exacerbates the overconsumption of clothing.

Social media platforms have become a breeding ground for comparison and self-esteem issues. Fast fashion's influence on social media promotes an idealized image of constantly trendy and flawlessly dressed individuals. Users, particularly impressionable young people, may feel the pressure to conform to these unrealistic standards, leading to a negative impact on self-image and mental well-being. The constant comparison with others' seemingly perfect outfits can fuel feelings of inadequacy and perpetuate an endless cycle of consumption.

Fast fashion's association with social media also raises ethical concerns. The industry's drive for low-cost production often leads to poor working conditions, low wages, and exploitation of labor in developing countries. Social media platforms have amplified these concerns, exposed the dark side of the fashion industry and prompted consumers to demand transparency and accountability from brands.

The impact of fast fashion's integration with social media is undeniable, bringing both positive and negative consequences. While it has democratized fashion and made it more accessible, the constant pressure for newness and the culture of disposability have significant environmental and social implications. It is crucial for consumers, influencers, and brands to be aware of these consequences and work towards more sustainable and ethical practices. By promoting conscious consumerism, embracing slow fashion alternatives, and encouraging body positivity, we can reshape the fashion industry's narrative and create a more responsible and inclusive future.



## SHREYANSH MENON



### About Shreyansh Menon

Shreyansh Menon is a Grade 7 student from SSIS in Shanghai. He enjoys reading books, listening to music, and playing football, which is his passion. He takes great pride in India's remarkable achievement of Chandrayaan-3 successfully landing on the moon. He hopes for more achievements and milestones to celebrate in our beloved country, INDIA. Jai Hind!

### INDIA ON THE MOON...

We were all praying at noon  
Hoping we will land at the moon  
Many loons were hoping we would fail  
The rocket lifted off with a big maroon  
With a koone sound  
The rocket landed at the moon  
The world was shocked  
India rocked  
ISRO pocked their symbol on the moon  
The team flocked  
The world was deadlocked  
INDIA ISRO rocked!



*Believe. Learn. Create. Grow*

Are you ready to believe in yourself, learn powerful techniques, and create a life of growth and fulfillment? As an entrepreneur, best-selling author and ICF accredited NLP master practitioner, RA founder Rajni Aggarwal encourages and guides towards self-awareness, mindfulness and infusing life with daily positive habits and mindsets.

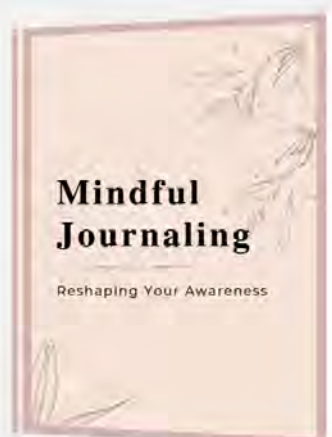
Through personal coaching sessions, transformative group workshops and innovative creations like the Mindful Journal or Guided Journal to Self-Awareness, you can reshape your awareness with clarity, direction and positive support to add value to every aspect of your life, business, goals and dreams.



reshapeawareness



www.reshape-awareness.com





## SONIYA KARTHIK

Hello everyone!

Ni Hao. My name is Soniya Karthik, and I am currently in Grade 6 at QiYi Secondary School in Shanghai. I would like to share my journey in Indian Classical dance with all of you. I began learning Kuchipudi under the guidance of Guru Lulu when I was 5 years old. While I had started learning Ballet at the age of 4, I later made the switch to Kuchipudi. Initially, it was quite challenging. My Guru, Lulu, was patient but also firm in her teachings. Before every class, we would begin with a prayer, and after completing our lessons, we would conclude with Namaskaram. This practice not only helped me improve my dance but also allowed me to connect with the rich Indian culture embedded in Kuchipudi. My mother played a significant role in motivating me to practice the dance steps at home.

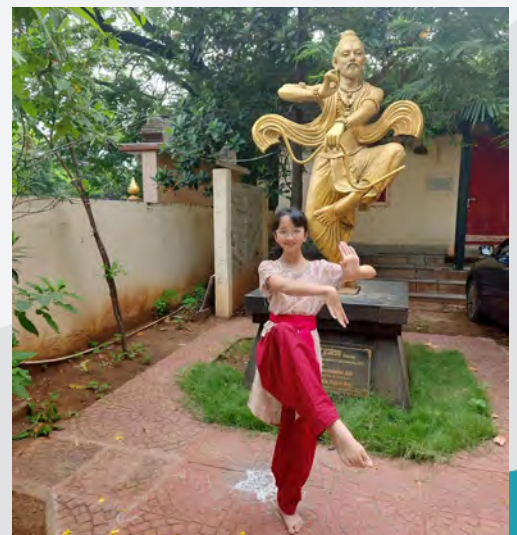
I took my first steps onto the stage when I was just 7 years old. I began performing during the 2019 festive season, participating in events organized by Marathi Mandal, Durga Pooja, and Shanghai Sangamam. The audience's encouragement was a great motivator. In October 2020, I also had the privilege to perform at the World Music Asia Festival. Most of my performances are done in collaboration with my friend Mahika Mahen, who has been learning Kuchipudi for a similar duration. We share a wonderful chemistry and love performing together. Additionally, I had the opportunity to perform at the 75th Indian Independence Day celebrations in Shanghai and at the Shaolin Temple Shanghai.

During the summer of 2023, I had the chance to visit my dad's hometown, Chennai, to receive training at the Kuchipudi Art Academy under the guidance of Mrs. Srimayi Vempati. This renowned institution boasts over 60 years of history, and I had the privilege of taking group classes with Indian students, immersing myself in the true essence of Kuchipudi. Although my trip was brief, I hope to visit Chennai and India more frequently to deepen my knowledge of classical Indian dance.

Wishing you all season's greetings and Happy Deepavalli.

Soniya Karthik

Grade 6: QiYi Secondary School.





## SUCHITA MAHAJAN



I am Suchita Mahajan from Pune. I have been living in Shanghai with my family for the past 13 years – my husband and two handsome sons. The elder one is currently pursuing his university studies in the US, while the younger one is studying in Shanghai.

I am a mosaic artist and teacher, practicing mosaic art for more than 5 years. My passion for art motivated me to learn mosaic art from one of my Indian friends, Vandana Dhekne. When my kids were small, I wanted to spend more time taking care of them and my family. However, I enjoyed creating various mosaic art pieces to decorate my home. These artworks were well-appreciated by my friends and guests, bringing me happiness and keeping my mind engaged and relaxed.

Once my kids grew up and became independent, I decided to pursue my passion professionally. Many ladies expressed interest in learning this art form from me, so I explored it as a profession. I started teaching mosaic art through workshops for both adults and kids at home. I also conducted mosaic art workshops at CCS- Community Center Shanghai. Teaching mosaic art in community centers and creating personalized art pieces has been a rewarding experience. It is fulfilling to receive recognition and appreciation as a mosaic artist.

Apart from this, I am a member of the ukuangel group, which organizes events for good causes. I have performed with the group in community activities held in Pudong and Jinqiao community centers. I am grateful that my passion for mosaic art has not only brought me personal happiness but has also become my profession. None of this would have been possible without the support of my husband and children.





## SUMRIDHI BANSAL



### About Sumridhi Bansal

Sumridhi Bansal hails from Chandigarh, India, and resides in Shanghai. After spending three wonderful months in this beautiful city, she continues to be amazed by its beauty and peaceful nature. Sumridhi is especially grateful for the warm and welcoming Indian community in Shanghai, which has been a great source of support. Her son is currently attending grade 1 at Britannica International School. Sumridhi is a creative and ambitious individual who holds two Bachelor's Degrees and a Master's Degree from Panjab University in Chandigarh. At present, she is a full-time mother and homemaker. In her free time, Sumridhi pursues her passion for art and craft, keeping herself engaged in these creative endeavors.



### A GIRL FROM THE CITY BEAUTIFUL

My world was limited to my house,  
Little did I know, soon I'd move to China with  
my spouse.

Place and culture were all very different,  
Life would change; to me, it was apparent.

Trying to get settled at a slow pace,  
Soon, I'll be a part of Shanghai's space.

Gladly, here we have an Indian community,  
Here, we all live with peace and unity.

My hometown is called the City Beautiful,  
And my new town is Colorful and Cheerful.



## SURBHI GUPTA



### About Surbhi Gupta

Surbhi Gupta has been residing in Shanghai for the past five years. She is a teacher of Chemistry, Science, and Maths, as well as a certified Career Counselor from UCLA and Univariety, Singapore. Surbhi is a sustainable crafts enthusiast and teaches ribbon embroidery. Her hobbies include reading, writing, creating sustainable art and crafts, henna, and learning new things. Surbhi is proficient in languages such as English, Hindi, Punjabi, Gujarati, Mandarin (cleared HSK2), and Thai.

## IF NOTHING EVER CHANGES, THERE WILL BE NO BUTTERFLIES!

The whole world experienced change at an unprecedented frequency in the past few years, especially after COVID. From the constant hum and globe-trotting world, we were all stuck wherever everyone was at that particular time. In Shanghai, the period lasted a little longer. With everyone sticking to one place, interaction with the ones living around increased. Sharing our sweet and sour moments with our friends here, we became a close-knit Shanghai family. Our best memories of the last three years are the simple moments spent with friends here. With everyone living in the 'Shanghai bubble' and spending holidays at home, there was so much time at everyone's disposal.

Shanghai, a large, vibrant city, provides exposure to any field of interest. With ample opportunities for exploring various hobbies and skills, many utilized their time to enhance educational skills, while others explored alternative careers. Among us, suddenly, we had so many talented cooks and bakers serving the community with innumerable varieties that we were spoiled for choice.

Change is the only constant. I transformed from a homemaker expat mom to a sustainable crafts enthusiast and much more. Each day brought a new opportunity for me to improve myself. Delving into and learning the art of ribbon embroidery, sharing it further in the community as a creative meditation technique. Later, I framed my completed embroidery projects. Meanwhile, I also learned to make videos to upload on my newly created YouTube channel. Apart from these, with the scarcity of rakhis during the festive season, I started making Rakhis for the Indian community across China. Side by side, I continued with my teaching, though I started conducting classes online. I had an opportunity to join a school parents' group for sustainable living, which I am currently leading. This group provided many opportunities for me to conduct eco-friendly crafts workshops with moms and kids. Meanwhile, I chanced upon the concept of washable makeup remover wipes, sewing them, and sharing them with the community.

**"Change is not an event; it's a process" – Cheryl James.**

Again, in the last three years, I took my childhood passion for sketching and making handmade cards to a higher level. I made my friends feel extra special by gifting them handmade cards for special occasions. By the end of the last year, I had exhibited my sustainable crafts at a few events in various avenues. Change isn't always comfortable, but it is a fact of life.

The big change in my life was my daughter leaving for the University. We couldn't

travel along with her. Today, I feel so proud of her for handling everything on her own. My passions and hobbies kept me going, easing my emotional pangs. I volunteered for more events and kept myself occupied all the time.





**“The only impossible journey is the one you never begin” - Anthony Robbins.**

Later in December, with holidays at the University for our daughter and things easing a little, we planned a trip back home. The uncertainties made it an adventure of a kind. We met our daughter midway and went along with her to India. Landing on our soil after **THREE** long years was like a dream come true. A dream in which we cherished each step. Meeting the whole family again and eating ghar ka khana was bliss that can't be described in words. Oh! How much we had missed the local food, the warmth and love, being in our city, the familiar cacophony, visiting friends; each moment was a cherishable treasure. The mundane things suddenly were the most treasured ones. It felt like three years away were a decade long.

Wanting to make the most of this trip, we visited the Taj Mahal in Agra with kids. Spent some time in Punjab. Then came a week-long trip with family to Goa. The beautiful, serene beaches were a welcome delight from the severe cold of the north. Attending some family functions was the best way to meet the extended family. Time just flew. Meanwhile, back here, everything opened with a bang. By the time we landed back, there were no more masks, quarantines, and no more tests! A change much anticipated and most welcomed. More new families started pouring into the city. With this being my fifth year in this city, I shared my experience and knowledge with the newcomers to settle them in an entirely new part of the world. A change which is easy to comprehend if guided. With normalcy back, the most welcome change has been that parents can now be back on campus, allowing all the usual events and celebrations and making the calendars busy again.



**“We are the first generation to feel the impact of climate change and the last generation that can do something about it” - Barack Obama.**

Eco-Panthers, a parents' sustainability group which I am leading, held a hands-on composting workshop, a great learning experience on composting our household waste to plant a beautiful garden. We also started a Garden club. The biggest event I had the opportunity to organize with my team was the most well-attended Dulwich Flea Market. Around thirty Dulwich families exchanged second-hand stuff for a sustainable lifestyle focused on sustainable consumption. A wide range of articles exchanged homes. Thus, we contributed a little towards a greener Earth.

Another welcome change in my life came with the wedding of my younger brother. A wedding we have been eagerly waiting for. Also, a wedding which, if it had happened in the past three years, I might have completely missed. At least, that was a constant anxiety back then. It turned out to be a blessing in disguise as the last few years brought a paradigm shift in our focus and priorities. And by God's grace and the perfect timings, not only I attended the wedding but most of our extended family could come together for this super special event. May God shower His choicest blessings on the newlywed couple!

As I sit today and think about the past, it's a vivid collection of a myriad of experiences. One has to experience life to understand it; you're being pushed to evolve and get out of your comfort zone so you can live and experience your true greatness. Welcome change.





### About Surbhi Gupta

Surbhi Gupta has been residing in Shanghai for the past five years. She is a teacher of Chemistry, Science, and Maths, as well as a certified Career Counselor from UCLA and Univariety, Singapore. Surbhi is a sustainable crafts enthusiast and teaches ribbon embroidery. Her hobbies include reading, writing, creating sustainable art and crafts, henna, and learning new things. Surbhi is proficient in languages such as English, Hindi, Punjabi, Gujarati, Mandarin (cleared HSK2), and Thai.

### पत्तल

जब धाम होती थी पत्तल पर  
हज़ारों खाते थे उस पर।  
जो पत्तल पीछे बच जाते थे  
वह गाय, बकरी खाते थे।  
जो फिर भी कुछ बच जाता था,  
बन खाद, धरा में समाता था।  
ज़ीरो वेस्ट ही वो थी,  
'सस्टेनेबल लिविंग' की परम सीमा थी।

और फिर प्लास्टिक आ गया।  
सारी धरती पर छा गया।  
जल में, थल में, संपूर्ण सृष्टि के मंज़र में  
वो ऐसे कुछ समा गया, 66  
पर्यावरण ही डगमगा गया!

आओ फिर पत्तल का दौर करें।  
कपड़े की थैली को पकड़ें।  
प्लास्टिक मुक्त जहाँ फिर बन जाये  
धरती पर फिर हरियाली लाएँ।

हम सब मिलकर पेड़ लगाएँ  
धरती पर फिर हरियाली छाये।

-सुरभि गुप्ता



पत्तल- पत्तों को सीकों से जोड़कर बनाया हुआ एक पात्र जिससे थाली का काम लिया जाता है।

विशेष—पत्तल प्रायः बरगद, महुए या पलास आदि के पत्तों की बनाई जाती है।

धाम- Dhaam is a traditional feast celebrated in the Indian state of Himachal Pradesh and the Jammu region. It is prepared and served at every joyful event or family celebration. Temples also serve dhaam during most religious festivals or on auspicious dates.



## SUSHIL LAMBA

Sushil Lamba teaches Computer Science at Shanghai United International. He represented India as a judge for the international robot challenge in Beijing this year, in August 2023.

### EXPERIENCING THE FUTURE: AN INDIAN PERSPECTIVE AT THE INTERNATIONAL ROBOT CHALLENGE IN BEIJING

In August 2023, I had the honor of representing India at the International Robot Challenge competition held in Beijing. It was an exhilarating journey filled with technological brilliance, innovation, and global camaraderie. As a Computer Science teacher at Shanghai United International, I was beyond thrilled for the opportunity to interact with bright minds from across the globe and serve as a judge for their remarkable creations.

The International Robot Challenge brought together countries from diverse corners of the world, each showcasing their technical prowess and innovative spirit. As a judge for five events, I had the privilege of witnessing the remarkable creations that stood as a testament to the burgeoning talent of the next generation of inventors and engineers.

What struck me the most was the level of creativity and innovation embedded in each project. These robots, conceived by young minds, demonstrated the power of technology in solving real-world problems. Behind the scenes, complex algorithms, intricate programming, and pioneering design played their part, showcasing the limitless potential of technology in our lives.



However, what truly left a lasting impression on me was the power of collaboration. Despite the competitive nature of the event, there was a vibrant sense of camaraderie and mutual respect among the participants. Young inventors from different countries and cultures came together, driven by a shared passion for robotics. This event served as a powerful reminder of how technology can serve as a unifier, transcending borders and cultural differences.

Moreover, the competition underscored the crucial role of STEM education in today's world. It reiterated the significance of educators, like myself, in fostering curiosity, encouraging innovation, and empowering students to push the boundaries of what is possible.



The International Robot Challenge exemplified the impact that a strong foundation in science, technology, engineering, and mathematics can have on the next generation of innovators.

As a representative of India, my role went beyond that of a judge; I became an ambassador of Indian talent on an international platform. It was a proud moment to bring the Indian perspective on technology and education to such a renowned event. The experience reinforced the belief that India has a wealth of creative and innovative minds, ready to make their mark on the global stage.

Overall, the International Robot Challenge was an awe-inspiring convergence of technology, education, and global collaboration. It provided invaluable insights and inspiration for equipping our students for the future. It is through experiences like these that we nurture the next generation of innovators, creators, and problem-solvers who will continue to push the frontiers of technology.

As we reflect on this remarkable event, let us celebrate the power of collaboration, the importance of STEM education, and the incredible potential of young minds to shape the future. Here's to a future where technology serves as a catalyst for positive change and to the indomitable spirit of innovation that drives us forward.



## VAIBHAV GUPTA



### About Vaibhav Gupta

Vaibhav, a team lead in a gaming company's R&D department, is known for his warm, jolly, and down-to-earth demeanor. Guided by an ethos of kindness, he isn't afraid to venture out of his comfort zone. His adventurous spirit led him to climb a 6000m mountain, with thrilling activities like bungee jumping and paragliding on his list.

Profession: Team Lead at Ubisoft

Hobbies: Music, working out, social dancing, networking

Dream: To be a happiness coach and to fulfill his teenage dream of being a model

Motto: "If you can be anything in this world, my friend, just be kind and humble."

## "OVER THE TOP"

This year, on February 14th, my friend proposed an idea to me, and it's probably not what you're thinking. My friend Sameer proposed the idea of climbing Yu Zhu Feng Mountain. But before you read further, let me tell you, I hate running, I've hiked only twice or thrice in my life, and my knowledge of mountain climbing is limited to what I've read in newspapers and online articles. So, when Sameer proposed this idea of mountain climbing, my immediate response was, "Are you crazy?"





He assured me that it's one of the easiest mountains for beginners. With his convincing words - he had done it before for a Spartan race - I was skeptical but decided to join him. He shared various articles and webpages, all suggesting it's an easy climb. We had three months to prepare, and according to Sameer, all I needed was to increase my daily walking steps. So, for the next three months, I walked to the office and around, and also practiced different pranayama exercises daily.

Now, let's get back to Yu Zhu Feng Mountain. This mountain is located in Geermu (Golmud) city near Lhasa and stands at an altitude of 6178m. Climbing this mountain was relatively easier for Sameer, as he had already climbed two mountains above 5000+. Now, you might understand why I initially thought it was a crazy idea.

All necessary shopping was done, bags were packed, and I was ready to go. My train was scheduled for 6:41 am on April 28th from Hongqiao railway station, which was around 30 minutes away from my home by taxi. I decided to call a Didi (a ride-hailing service in China) around 5:30 am, one hour before the train's scheduled departure. I waited for half an hour, till 6:00 am, but couldn't find a single taxi from my home. Frustrated and disappointed, I called Sameer around 6:15 am and informed him that I couldn't find a taxi to catch the train. He replied, "What can I do? If you can't make it to the station on time, I'll go alone." I was crestfallen. All the training of the past three months seemed to go in vain. After about ten minutes, he called me back, saying he might also miss the train due to his taxi being stuck in a traffic jam. Around 6:40 am, he called again, confirming he couldn't make it. We ended up laughing at our situation.







Sameer's friend, Wendy, suggested alternative solutions, one of which was to drive to Xian and then take a train from Xian to Xining and then to Golmud. The problem was, we didn't know anything about driving to Xian. So, she helped us arrange a pool taxi from Shanghai to Xian. The taxi arrived around 11 am and required 16 hours to reach Xian. We booked the train tickets from Xian to Xining and the same train from Xining to Golmud, which we had canceled before. The 16-hour journey turned into 20 hours, and we barely slept, reaching Xian around 4 am. We booked a hotel room for 3 hours since our train from Xian to Xining was scheduled for 8 am. Due to the May holiday rush, we couldn't secure seats on the train, which was why I couldn't find a taxi earlier in Shanghai, and Sameer got stuck in a traffic jam. We spent about 5-6 hours sitting in front of the cafeteria coach, making new friends. Later, we switched to the Xining train, pleading with the guards to allow us on board, as we couldn't afford to miss this train. Finally, we boarded the Xining to Golmud train, but couldn't find seats in the sleeper coach. Surprisingly, we became the center of attention in the train, with everyone wanting to take photos with us, a unique experience indeed. We reached Golmud around 5 am, two hours before our hotel booking time. We requested the hotel management to let us check in two hours early, and they kindly accommodated our request. That's how we spent our sleepless nights before embarking on our mountain climbing adventure.

The hotel we stayed in Golmud was located at an altitude of 2550m. To acclimate ourselves to the high altitude, we walked around 2-3 km to adjust our breathing pattern. However, it was challenging, as we were getting out of breath and tired very quickly, partly because we hadn't slept well for the past two days. On May 1st, we left Golmud and stayed in another hotel, 4 hours away, at an altitude of 4110m. Upon reaching, we had to do a trial walk of 10-12 km to adjust to the high altitude. We stayed one night in that hotel, and to our surprise, our guide told us not to wear heavy winter clothes. To adjust to the cold, he suggested we sleep without heavy layers, in hot electric blankets. The temperature at that time was -4 degrees Celsius. It was a freezing experience, but it helped acclimate us to the altitude. We then left for the base camp of Yu Zhu Feng Mountain, also known as Snow Mountain, at an altitude of 5050m. After a 3 km walk, we rested a bit to adjust our breathing before continuing. Initially, we were a group of 21 people, but upon reaching the base camp, only 6 of us were left. Sixteen people had to turn back due to altitude sickness. Luckily, I didn't experience any issues, possibly because of the pranayama practice. I called my parents, shared my experience, and took their blessings before going to sleep.





When we went to sleep at the base camp, the area was full of pebbles. However, when we woke up, it was covered in heavy snow. The next day, after our usual routine and breakfast, we started our climb. The weather was getting worse, and there was a blizzard. Climbing from the base camp to Camp 1, a journey of 5-6 hours, became incredibly challenging. After walking for 3 km and 3 hours, Sameer nearly gave up. I was exhausted, hadn't eaten anything solid, and had no energy left to move forward. I could barely walk and was struggling to breathe. I lay down on the snow, contemplating why I had agreed to this climb. At the same time, our guide informed us that we could either spend an additional 3 hours climbing up or use the same time to descend. I didn't want to move from where I lay. Overwhelmed, I burst into tears, thinking this might be the end. It was then that I remembered my parents' smiling faces. Their love and encouragement filled me with newfound strength. I stood up, wiped my tears, and told myself that today was not the day I would die, not the day I would be defeated. I cried and moved forward. Seeing me, Sameer also gathered his strength and walked alongside me. My lack of food and the heavy 7-8kg backpack made the situation even more challenging. After another 3 hours of climbing, we finally reached Camp 1 at an altitude of 5600m.

. It was a moment of immense relief and happiness.

Camp 1 was covered in snow, with temperatures around -15 degrees Celsius and dropping due to worsening weather conditions. Our tent, meant for four people, was freezing even inside the sleeping bag. We woke up at 2 am, and the guides provided some food. I couldn't eat due to my fear of going to the bathroom in -15/-20 degrees on the snow. The climb from C1 to the Peak was the toughest, not because of walking, but due to heavy snowfall the previous day. We climbed slowly, and the weather got worse. A blizzard hit us as we were climbing. We couldn't see anything beyond 20 meters. We were hallucinating and couldn't hear anything - everything was silent. Climbing with the help of a rope, we moved forward cautiously. If we missed attaching the rope, we didn't know where we would end up. After another 5 hours of climbing, we reached 6100m. Just 80 more meters and we would have reached the peak. However, we were exhausted and out of energy. We pushed ourselves hard to finish the last stretch, but our guide informed us that we couldn't climb further due to the worsening weather. Unfortunately, we had to descend from 6100m, missing the peak by 80 meters. Out of the 21 people who started this climb, only 6 of us made it. We were drained of energy and now had to climb down, which took another 3 hours. We somehow reached C1 and rested for about 2 hours. The weather was still terrible for climbing down. We saw other groups struggling even more than us. They reached C1 but had to return directly from there. The weather during the descent was chaotic - rain, snowfall, thunderstorms, and lightning all at once. Despite being bundled up in every available gear, when the snow hit my body, I felt static shock throughout. Climbing down from C1 became even more difficult due to this.





One of our team members broke his toenail and was severely hallucinating. Two guides had to accompany him, as he could barely walk. While descending one of the slopes, I was slightly ahead of him. He slipped on the narrow slope and accidentally hit my leg. I fell, but fortunately, I managed to stop myself from falling further down the mountain. I paused for a moment and thanked God for saving me three times during the entire journey. Slowly and steadily, we reached our base camp. I knelt down and thanked everyone who supported me on this journey.

After completing our climb, we had to wait for another 5 hours to reach our hotel. Due to the bad weather and snowfall everywhere, the bus was moving very slowly. Our initial plan was to finish the climb on May 7th, and our train was booked for May 8th. However, we completed our climb on May 5th and had 2 spare days. We had prepared for a Natu Natu dance to perform on the peak, but due to the bad weather, we couldn't. So, we decided to spend the extra days in the same hotel. Initially, we planned to explore nearby places, but we were so drained of energy that we ended up sleeping for 2 days and watching movies in our hotel room. We didn't have the energy left to roam around and appreciate the beautiful scenery. Overall, the journey was incredible. On the last day, before catching our train, we checked out early, watched movies, and enjoyed local spicy food. I still can't believe what I was able to achieve. I felt like I was on top of the world, considering this death-defying achievement. All the guides praised us, especially me, for reaching that height on my first attempt, especially on a mountain meant for beginners starting their Everest journey. I looked at Sameer and joked that he tricked me again, but deep down, I was grateful to him for pushing me and encouraging me to try new things in life. We returned home safe and sound, filled with extraordinary experiences and amazing memories.









# YASHVI KABRA



## About Yashvi Kabra

Yashvi Kabra is a year 10 student at Dulwich College Shanghai. She is passionate about global citizenship and actively engages in activities related to this cause. In her free time, Yashvi enjoys playing the guitar.

## “A CHANCE TO DREAM BIG: STARTING A SUSTAINABLE BUSINESS AT 14”

In a world where environmental challenges loom large and the call for sustainable living grows ever louder, the opportunity to make a difference has never been more enticing. For me, Yashvi Kabra, a year 10 student at Dulwich College Shanghai, that chance came at the tender age of 14, when I founded ‘Wheat Straw Planet,’ a non-profit sustainable business centered around biodegradable pens. This is the story of how I nurtured this idea from a mere digital document on my laptop into a thriving enterprise.

### Seizing the Opportunity

It all began when Dulwich unveiled an exciting initiative, offering to fund sustainable projects within our school through a grant program. My friend and I were positively buzzing with excitement. Sustainability was something we were both incredibly passionate about, and this grant provided us not only with the means to dream big but also with the opportunity to bring those dreams into fruition.

### From Brainstorming to Biodegradable Pens

We embarked on a brainstorming journey, exploring various sustainability projects - from vertical gardens to greywater systems. However, after careful consideration, we struck gold with the idea of biodegradable pens.

The revelation was simple yet profound. Over 1.6 million pens end up in American landfills annually, transforming these everyday writing tools into a hidden environmental hazard. Our solution was straightforward: provide a sustainable alternative.

### Turning Dreams into Action

With a solid idea in hand, our next step was to refine and promote it. We quickly made the decision to operate as a 100% non-profit venture, with all proceeds directed towards a charity of our customers’ choice. We also chose to sell our biodegradable pens in reusable pouches, reinforcing our commitment to sustainability.

The pivotal moment arrived when we began preparing our pitch. It was an undoubtedly daunting task to present a project we had been meticulously crafting for months to a panel of professionals and be open to their constructive feedback. However, our unwavering belief in our business model paid off!

### Turning Vision into Reality

Four months later, after navigating numerous bumps in the road, we stand on the cusp of success. We’ve recently started selling our pens and have sold nearly 200 in the month of September alone. The journey has just begun, and we eagerly anticipate our continued growth and evolution over the next few years. With hope, I look forward to seeing where this venture will lead us.





## JANAVIKA GOPINATH



### About Janavika Gopinath

Janavika Gopinath will turn six years old by the end of November. She attends K3 at Ladder Jimei Kindergarten in Minhang, Shanghai. Janavika enjoys activities such as painting, drawing, playing, watching cartoons, and cooking. She is also a fan of horror movies.





## PHANI KIRAN IMMANENI



### About Phani Kiran Immaneni

Phani Kiran is a seasoned banker with more than 3 decades of banking experience. He has been in China since 2005 and has been instrumental in setting up 2 Indian Banks in Shanghai. He is currently the Chief Executive of ICICI Bank Ltd, Shanghai Branch since 2014.

## CONVERSION OF BANK ACCOUNTS FOR INDIAN PASSPORT HOLDERS WHEN THEIR STATUS CHANGES FROM RESIDENT INDIANS TO NRIS

**R**esident Indians who are moving abroad or have already moved abroad need to either close their existing savings bank account or have it converted to an NRO account in India.

### Introduction

When an individual residing in India leaves for a country (other than Nepal or Bhutan) for business, employment opportunities, to pursue a vocation outside India, or for any other purpose that requires them to stay outside the country for an uncertain period, their existing savings account is designated as a Non-Resident (Ordinary) Account.

When such an individual experiences a change in status from a resident Indian to a non-resident Indian (NRI), they are required to either close the existing savings account or have it converted to an NRO account. This type of bank account option is meant to cater to the needs of NRIs who continue to have sources of income in India, such as rent, pension, dividends, and interest payouts.

### Mandatory Conversion to NRO Account

If the residency status changes to NRI, converting the savings account to an NRO account is mandated by law.

### Types of Accounts for NRIs

There are three main types of NRI accounts to choose from: Non-Resident External (NRE), Foreign Currency Non-Resident (FCNR), and NRO. One can only convert an existing savings account to an NRO account once they become an NRI. Alternatively, they can close their existing resident savings account and opt for a new NRE account that suits their banking needs. Amounts in FCNR and NRE accounts are tax-free and repatriable.

### Consequences for NRIs for Non-Conversion of Resident Account to NRO

Continuing to hold a resident savings account after gaining NRI status is considered illegal under the Foreign Exchange Management Act (FEMA) guidelines. Doing so may attract hefty penalties. Under the Act, any individual who fails to adhere to the guidelines is liable to pay a penalty of up to three times the amount involved in the existing resident savings account or Rs. 2 lakhs when the sum is not quantifiable. Additionally, a penalty of Rs. 5,000 is charged every day from the first day of intervention until the penalty is paid.



## S. SURYANARAYANAN



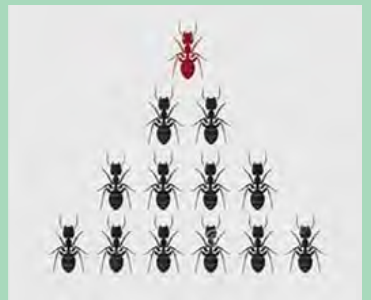
### About S. Suryanarayanan

S Suryanarayanan has been working in Shanghai as the “Head of Treasury - China, India, and Asia Pacific” for Stellantis since 2019. Stellantis, the world’s fourth-largest automaker, boasts revenues of over €180B and a presence in more than 130 countries, with manufacturing facilities in 30 countries. The company designs, manufactures, and sells automobiles under its 16 brands: Abarth, Alfa Romeo, Chrysler, Citroen, Dodge, DS, Fiat, Fiat Professional, Jeep, Lancia, Maserati, Mopar, Opel, Peugeot, Ram, and Vauxhall.

## LEADERSHIP VALUES AND LEADERSHIP STYLE – INDIA VS. CHINA

Leadership is an important term, simply defined as directing human resources to accomplish a specific goal. Throughout our lives, we seek others’ views and opinions, and such a person becomes a leader to us. But how do we define a leader? A quick internet search provides several results, such as someone who inspires us, someone knowledgeable, strong, etc. However, are these qualities enough to define a leader? These are mere attributes of a leader, not necessarily the sole requirements. So, the question is: “Who is a Leader?”

To put it simply, a leader is someone who has followers. By this definition, all of us are leaders in one way or another. A mother is a leader to her children, a teacher to their students, a manager to their team, and so on.



### But what makes a leader different?

Most of us would agree that Adolf Hitler was a great leader. Thousands of followers were willing to die at his call. He possessed all the qualities of a great leader – inspiring, strong, knowledgeable. He also had economic resources at his disposal. But, was he a good leader? Let’s look at another example: Mahatma Gandhi. He too was inspiring and had thousands of followers waiting for his call to rise against the British. But he had limited resources. What made Gandhi a good leader?

Hitler’s leadership led to a destructive World War II, while Gandhi’s leadership led to a nation’s freedom. This undoubtedly made Gandhi not just great but a good leader too. So, it’s not important to be a leader, but what kind of leader one aspires to be.



## LEADERSHIP IN CORPORATE WORLD

Let’s examine this in the corporate world. We are familiar with figures like Ramalinga Raju and Narayana Murthy, founders of world-renowned IT service companies. They established thousands of employees in various countries and created enormous wealth for several investors through the stock market. However, the business practices of the former led to the downfall of not just Satyam Computers but also tarnished the country’s reputation. People lost



wealth upon discovering the scam. In contrast, Infosys has been steadily growing and is still ranked as one of the most respected MNCs. The result of both companies is due to remarkably different leadership practices. So, what matters most is the kind of leadership we follow and incorporate – what in corporate terms we call “Value-based Leadership.” What do we need to become good leaders? While online data may provide several ways to achieve this, what inspired me most is a quote from Author Devdutt Pattnaik: “An employee walking out of his manager’s cabin should feel empowered and have learned something new, and this should happen in every discussion between a manager and his subordinate.” This proves that it’s not important who is great as a leader but a person with distinct leadership qualities adding value and creating opportunities for his followers.

### Leadership in China vs. India

In my experience of leading a team in China since 2019, working closely with several nationalities including Chinese, it has been an interesting yet different experience. I observed practical dissimilarities in leadership traits while managing locals compared to other nationals, different from what we read in theory. So, what makes Chinese leadership qualities so different?

Unlike India, which is diverse in ethnicity, religion, language, and culture, China’s social structure believes in one culture - one language. Let’s focus on some key leadership traits followed in China:

#### The boss is always right:

Chinese trust completely in their manager’s abilities. For them, the “boss is always right.” I believe this trait emanates from Confucius’s theory that teaches to respect elders, at all times. It denotes that if the leader is perfect, his followers will be peaceful and benevolent. This is why you see employees seldom differing from their manager’s views. In contrast, in India, employees often outsmart their team leads with innovative ideas, impressive solutions, and interesting shortcuts, et al. In China, decisions are made by key people in the organization following a hierarchy, whereas in India, most decisions are collective team consensus.



#### Means to achieve Goals

Chinese celebrate following rules. They are process-oriented and enjoy working as per the defined SOP. To them, arriving at a destination means strictly following traffic rules and taking the defined route. I’m sure all of us have noticed vehicles stopping at signals even at midnight in the absence of traffic, and buses prying open their doors despite the entry or exit of passengers. In contrast, India feels the way to the destination is to take meaningful detours.



#### Individualism

To most Indian corporations, Individualism is a gateway to becoming better and achieving desired results both for the organization and oneself. This is of course pushed forward positively. However, Chinese culture looks beyond one’s self-interest; to see how their act may affect others too. They are more willing to give up and sacrifice for the greater good. Also, neither are aggressive in pushing forward their individual views.





## Business Practice

Strongly rooted in their respective culture, the business practices followed by both these nations have a different approach. As India believes in a steady respectable growth rate, China runs its business a bit more aggressively hence wanting to taste success at a faster pace. Women here, tend to be more open to participating in extensive leadership roles; while Indian naaris are recently evolving to be active in longer tenures in the corporate world.

## Conclusion

Both India and China are major investment destinations, distinctively embedded with deep-rooted cultures in their leadership style and business practices, making it impossible to generalize whose approach is better. However, we all can agree that both nations are in a time, globally, marking their presence, with respective influentially well-adapted leadership attributes which add value both at organizational and national levels. In the end, a leader who exhibits leadership qualities differently wins over a leader with different qualities.

## SHEKHAR KHANNA



### About Shekhar Khanna

Shekhar Khanna has been residing in China since 2017. After working in Beijing and Shanghai and dedicating a significant amount of time to media & advertising, he realized the importance of being China Ready. Shekhar finds Indradhanush 2023 to be a great magazine & platform to share his reflections and thoughts about succeeding in China with the fellow Indian diaspora.

## THERE IS NOTHING LIKE BEING A CHINA EXPERT

Dear Fellow Indians,

China is open again and recovering from Covid-19, and the global business meltdown impact. Many of you may want to enter/re-enter China for professional, or personal reasons. Whether you are a newbie or a veteran for many years, I am hoping some of these reflections could act as a bookmark to navigate and thrive your China journey with buoyancy, and optimism.

THERE IS  
NOTHING LIKE  
BEING A CHINA  
EXPERT

Yes, it may sound impolite, but it's true. I am a media and advertising professional working in China for the last 6 + years, and no year has been the same since 2017. Quite literally!





- 2017/ 2018

Nobody had heard about Douyin/ TikTok. Back then, people didn't even know about short videos. Suddenly, in 2018 Douyin became so popular, and it became everyone's favorite. Soon the craze spread both within and outside China. Its unique algorithm makes it irresistible to put down the mobile phone as it allows you to binge on your favorite content.

- 2019/ 2020

Live streaming was largely unheard of. Barring a few gamers, it was a new concept for most commoners like us. And yet, out of the blue, live streaming started growing in China. The Pandemic hit China, and when most of us couldn't go out due to restrictions, it was live streaming that started mushrooming. Brands started appointing KOLs (key opinion leaders), celebrities alike, who would use live stream to sell and entertain their customers. Then, and now live-streaming has become a big practice.



- 2020/21

Social commerce was already a hot buzzword in 2020 and it continues. These 2 years were the toughest in China, but that didn't deter innovations, new platforms, and new media to emerge. Group buying behavior/ app Pindoudou became such a rage that the company even started its sister app Temu in US markets, and it is doing well.



- 2022/ 2023

AI/ ML (Artificial Intelligence/ Machine Learning) disrupted our lives, and while we speak it is listening, writing, translating, creating, drafting, and editing our work. It is so pervasive in our daily lives, that we can't possibly imagine.

The above is only an illustration of my experience in advertising. You might have experienced similar changes in other industries as well. Thus, every year is a new year in China, and one can remain an expert only for a short period. To continue to be an expert, we need to be continuously agile, and adaptive, and learn new ways of doing business in China.



### Reflection 1#

Don't be an expert, instead become a life-long **LEARNER**.

The next time you meet any client or if your future employer asks you, why should I hire you or give you a job in China, just tell them China is one the most dynamic markets in the world, and there is no such thing as being an expert. Only the ones who have an open mind and is willing to continuously adapt is an expert. Because what worked last year, may not work next year.

### Reflection 2#

Everything is **POSSIBLE**, but nothing is easy.

This is because the systems, the processes in China are quite organised and structured vs many other developing countries. This self-realization has been helpful for me both in personal development and professional transformation. China teaches us to be more structured, and more organized in everything we do, and to focus on the execution details with the same passion and vigor, as much as we focus on the big strategy.

### Reflection 3#

Instead of competing, pursue your own competitive **ADVANTAGE**.

The Chinese market is a deep, wide blue ocean. So, when it comes to growing your business in China or finding more marketing opportunities, don't think in traditional ways. Traditional marketing approaches taught us to have a competitive advantage, but in China, the market is so big and so dynamic that you don't need to always think of just having a competitive advantage. Instead, think of what your unique strengths are. There is room for everyone to grow, provided you can be focused.

### Reflection 4#

You can never be adequately **PREPARED** for China.

What works in the West, may not necessarily work here. What works in the East also may not work here. China is different from the rest in the sense that the government policies, media, business platforms, and urban market planning constantly get adapted, or upgraded here. Due to the sheer size, dynamism, and speed at which this change happens, the boundaries of business keep shifting. Thus, it is recommended not to over-prepare, keep an eye on the change, and charter your course accordingly.

### Reflection 5#

Language is a barrier, but not an **OBSTACLE**.

Honestly, there is no excuse to not learn the language. And it is said that once you speak Chinese, you experience China differently. But I do know many (I am guilty too ☹️) who didn't learn the language but still thrived. If you still decide to not learn the language, then compensate for this gap by adding tons of local nuances, and get yourself fully immersed in the local cultural scene beyond your work scope. On the outside, China is seen as a tough market to crack, but on the inside, if you genuinely adapt to the local scene, the Chinese universe conspires to embrace and succeed you in more ways than you can ever imagine.

Hope some of the above thoughts help you galvanize your ideas in day-to-day work and make you China-ready. One secret mantra I hear from my clients and colleagues in and off meetings is – 'Surviving in China is a success already'. So be more kind to yourself and enjoy the ride ahead.



## MANISH HARDASANI



### GREAT LEADER MODI

Narendra Damodardas Modi was born on 17 September 1950 into a Gujarati Hindu family of grocers in Vadnagar, Mehsana district, Gujarat. He was the third of six children born to Damodardas Mulchand Modi (c. 1915–1989) and Hiraben Modi (born c. 1920). Modi's family belonged to the Modh-Ghanchi-Teli (oil-presser) community, categorized as an Other Backward Class by the Indian government.



He served as the Chief Minister of Gujarat from 2001 to 2014 and is currently the Prime Minister of India. Modi is the first prime minister to be born after India's independence in 1947 and the longest-serving prime minister from outside the Indian National Congress.

#### Education:

Modi was raised in Vadnagar, completing his secondary education there. He was introduced to the RSS at the age of eight and worked in his father's tea stall at Vadnagar railway station as a child. At 18, he married Jashodaben Chimanlal Modi, although he publicly acknowledged her as his wife many years later, as required by Indian law. Modi traveled in northern India for two years, visiting religious centers, after leaving his parental home. Upon his return to Gujarat in 1971, he became a full-time worker for the RSS. During the state of emergency declared by Prime Minister Indira Gandhi in 1975, Modi went into hiding. He joined the BJP in 1985, holding various positions within the party hierarchy until 2001, eventually becoming a general secretary.

#### As Chief Minister:

Modi was appointed Chief Minister of Gujarat in 2001 due to Keshubhai Patel's failing health. While his policies encouraging economic growth were praised, his administration faced criticism for not significantly improving health, poverty, and education indices in the state.

#### Positive impact on foreign investment:

Modi's administration aimed to increase foreign direct investment in the Indian economy, reducing spending on healthcare and social welfare programs. He worked on bureaucratic efficiency, centralizing power by abolishing the Planning Commission. Modi initiated sanitation campaigns, demonetization of high-denomination banknotes, tax regime transformation, and changes in environmental and labour laws.

#### Other projects:

Modi supported NGOs and communities in the creation of groundwater conservation projects. By December 2008, 500,000 structures had been built, including 113,738 check dams that played a vital role in recharging the aquifers beneath them. Sixty of the 112 tehsils that had experienced depleted water tables in 2004 had successfully restored their groundwater levels to normal by 2010. Consequently, the state's production of genetically modified cotton surged, making Gujarat the largest producer in India. Additionally, the Modi government completed the task of providing electricity to



every village in Gujarat, a project initiated by its predecessor. Modi's administration also brought about significant changes in the state's power distribution system, which had a profound impact on local farmers, further enhancing agricultural practices and productivity.

#### **Dominant role of Modi:**

In September 2013, Modi was named the BJP's candidate for prime minister ahead of the 2014 Lok Sabha election. Several BJP leaders, including BJP founding member L. K. Advani, expressed opposition to Modi's candidature, citing concerns about leaders focused solely on their personal agendas. Despite the internal dissent, Modi played a dominant role in the BJP's election campaign. Many voters who supported the BJP stated that if Modi had not been the prime ministerial candidate, they would have voted for another party. The emphasis on Modi as an individual was unusual for a BJP election campaign, and the election was often described as a referendum on Narendra Modi's ability to overcome criticism and lead the country.

After projecting himself as a leader capable of bringing "development" without a focus on specific policies, Modi's message found strong support among young Indians and middle-class citizens.

The BJP's campaign was greatly assisted by its extensive influence in the media. Modi's campaign blitz cost around US\$630 million, and the BJP received substantial financial support from corporate donors. In addition to traditional campaign methods, Modi made extensive use of social media and addressed more than 1,000 rallies via hologram appearances. The BJP won 31% of the vote and more than doubled its tally in the Lok Sabha, securing 282 seats. This victory marked the first time a party had won a majority of seats on its own since 1984. Voter dissatisfaction with the INC, along with regional parties in North India, contributed to the BJP's success, as did support from the RSS.

After the Bharatiya Janata Party-led National Democratic Alliance won a landslide victory in the 2014 Lok Sabha election, Modi was sworn in as the Prime Minister of India on 26 May 2014. He became the first Prime Minister born after India's independence from the British Empire in 1947. Modi started his second term after the National Democratic Alliance won again in the 2019 Lok Sabha election. On 6 December 2020, Modi became the fourth longest-serving Prime Minister of India and the longest-serving Non-Congress Prime Minister.

Upon becoming the Prime Minister, Modi played a significant role in supporting and balancing the Indian economy by implementing the right economic policies. He also focused on healthcare and sanitation initiatives. The Modi government launched the New Health Policy (NHP) in January 2015, emphasizing sanitation efforts to ensure good health. On 2 October 2014, Modi inaugurated the Swachh Bharat Mission ("Clean India") campaign. In 2018, the World Health Organization reported that at least 180,000 diarrheal deaths were averted in rural India after the launch of sanitation efforts.

#### **COVID control:**

In response to the COVID-19 pandemic in March 2020, all commercial domestic and international flights were suspended. Modi announced a 14-hour curfew on 22 March, followed by a three-week "total lockdown" two days later. Restrictions were gradually lifted beginning in April and were completely revoked in November 2020.

A devastating second wave of the pandemic hit in March 2021, causing severe shortages of vaccines, hospital beds, oxygen cylinders, and other medical supplies in various parts of the country. In late April, India reported over 400,000 cases in a 24-hour period, becoming the first country to do so.



India began its vaccination program in January 2021; by January 2022, the country had administered about 1.7 billion doses of vaccines, with more than 720 million people fully vaccinated.

By May 2022, it was estimated that 4.7 million Indians had died of COVID-19, mostly during the second wave in mid-2021. This figure was almost ten times higher than the Indian government's estimate. However, the Modi administration rejected this higher estimate.

### **Lifestyle:**

A vegetarian and teetotaler, Modi maintains a frugal lifestyle and is known for his workaholic tendencies and introverted nature. His personal cook, Badri Meena, has been with him since 2002. Modi shares a close bond with his centenarian mother, Hiraben.

On 31 August 2012, Modi made history by conducting a live chat with citizens on Google Hangouts, becoming the first Indian politician to do so. He has also been recognized as a fashion icon for his signature crisply ironed, half-sleeved kurta. Notably, he wore a suit with his name embroidered repeatedly in the pinstripes during a state visit by US President Barack Obama, garnering public, and media attention as well as criticism. Scholars and biographers have described Modi's personality as energetic, confident, and charismatic.

### **World recognition to Modi:**

In a weekly analysis conducted by Morning Consult called the Global Leader Approval Rating Tracker, Modi had the highest net approval rating as of 22 December 2020 among all government leaders in the 13 countries being tracked.

Modi appeared in an episode of Discovery Channel's show *Man vs Wild* with the host Bear Grylls, becoming the second world leader after Barack Obama to feature in the reality show. In the episode, he trekked through the jungles and discussed nature and wildlife conservation with Grylls. The episode was filmed in Jim Corbett National Park, Uttarakhand, and was broadcast in 180 countries, including India. Modi also hosts *Mann Ki Baat*, a monthly radio program, on All India Radio, and has conducted *Pariksha Pe Charcha* – a competition and discussion for students addressing the challenges they face during examinations.

### **Awards and recognition to Modi ji:**

In March 2012 and June 2014, Modi appeared on the cover of the Asian edition of *Time Magazine*, a distinction achieved by few Indian politicians. He was awarded Indian of the Year by CNN-News18 (formerly CNN-IBN) news network in 2014. Modi was featured on the cover of *Time Magazine* in June 2015, and he was named one of *Time magazine's* 100 Most Influential People in the World in 2014, 2015, 2017, 2020, and 2021. *Forbes Magazine* ranked him as the 15th Most Powerful Person in the World in 2014 and the 9th Most Powerful Person in the World in 2015, 2016, and 2018. *Bloomberg Markets Magazine* ranked Modi as the 13th Most Influential Person in the World in 2015. In 2021, *Time* called him the third "pivotal leader" of independent India after Jawaharlal Nehru and Indira Gandhi, stating that he "dominated the country's politics like no one since them." Modi was also ranked fifth on *Fortune Magazine's* first annual list of the "World's Greatest Leaders" in 2015.

Following his second swearing-in ceremony as Prime Minister of India, a picture of Modi was displayed on the facade of the ADNOC building in Abu Dhabi, United Arab Emirates. The Texas India Forum hosted a community event in honor of Modi on 22 September 2019 at the NRG Stadium



in Houston, Texas. The event was attended by over 50,000 people and several American politicians, including President Donald Trump, making it the largest gathering for an invited foreign leader visiting the United States, other than the Pope. At the same event, Modi was presented with the Key to the City of Houston by Mayor Sylvester Turner. He was awarded the Global Goalkeeper Award on 24 September 2019 in New York City by the Bill & Melinda Gates Foundation in recognition of the Swachh Bharat Mission and “the progress India has made in providing safe sanitation under his leadership.”

In 2020, Modi was among eight world leaders awarded the parodic Ig Nobel Prize in Medical Education “for using the COVID-19 viral pandemic to teach the world that politicians can have a more immediate effect on life and death than scientists and doctors can.” On 21 December 2020, President Donald Trump awarded Modi with the Legion of Merit for elevating India–United States relations. The Legion of Merit was awarded to Modi along with Prime Minister of Australia Scott Morrison and former Prime Minister of Japan Shinzo Abe, the “original architects” of the QUAD. On 24 February 2021, the largest cricket stadium in the world, located in Ahmedabad, was renamed Narendra Modi Stadium by the Gujarat Cricket Association.

### **My meeting with Modi:**

I vividly recall Modi’s visit to Shanghai in 2015. I was filled with excitement at the prospect of meeting him in person and witnessing his presence firsthand. As an Indian citizen, I take immense pride in our Prime Minister, Modi. Being in a foreign country, it was challenging to arrange a meeting with him, but like many other Indians, I persevered and finally managed to reach the venue.

The security measures were stringent, yet the security guards and policemen were remarkably cooperative. Upon entering the hall, I noticed a diverse crowd anxiously awaiting Modi’s arrival. Among them were locals (Chinese), Koreans, Japanese, and fellow Indians. The attendees comprised entrepreneurs, professionals employed by Indian and global multinational corporations, service personnel, senior business executives, and traders.

Our anticipation reached its peak when Modi entered the hall. I was genuinely surprised by his bold personality. He walked in calmly and quietly, with a dignified demeanor, a spark in his eyes, and a simple smile on his face. The Shanghai officials warmly welcomed him, and after a series of speeches by relevant individuals, Modi addressed the audience, filling every Indian present with pride.

The atmosphere was charged with respect and admiration as everyone in the hall stood up to give him a standing ovation and salute. The event proceeded seamlessly. Eventually, the moment arrived when we all had the opportunity to interact with him individually. He graciously posed for group pictures and selfies, fulfilling the requests of the attendees. I, too, had the privilege of taking a selfie with him. It was an extraordinary experience, and I felt truly elated to have met him in person.

### **Inauguration of Ujjain temple to Mahakal Lok corridor:**

Recently, our Prime Minister Narendra Modi performed a puja at the Lord Mahakal temple in Ujjain and dedicated the first phase of the ‘Shri Mahakal Lok’ corridor to the nation. He personally inaugurated Phase I of the Mahakal project, aiming to provide pilgrims visiting the temple with world-class amenities. This ambitious project is estimated to cost around Rs. 850 crores.

It is anticipated that the temple area will be expanded nearly sevenfold. After chanting amidst mantras, Modi unveiled a large shiva ling covered in strands of sacred red threads.



The corridor, spanning over 900 meters in length, is adorned with 108 ornate sandstone columns in a row, each bearing a decorative 'Trishul' design on top and 'mudras' of Lord Shiva. Additionally, it features gushing fountains surrounded by artistic sculptures of the deity and 53 illuminated murals depicting stories from the Shiv Puran. This grand project stands as a testament to India's rich cultural heritage and spiritual significance.



## NAMRATA MOTIANI



### About Namrata Motiani

Namrata Motiani is currently residing in Guangzhou, China, where she has been living for the past 17 years. She is a home-maker, a baker with her own small business, and above all, a teacher who delights in spreading positivity and love to everyone she meets. Namrata's motto is to share love, happiness, joy, and peace wherever she goes and with whomever she encounters.

## A JOURNEY OF GRATITUDE: EMBRACING LIFE'S BLESSINGS

Namaste, everyone. My name is Namrata, and I am abundantly blessed, grateful, thankful, and fortunate for everything in my beautiful life. I have lovely surroundings, wonderful people, friends, and the most precious thing in my life: my sweet family who loves and supports me.

I am from Rajasthan, India, and before marriage, I was teaching at a school. After marrying the most wonderful man in the world, I lived in Jakarta, Indonesia, for 8 years. Currently, I reside in the beautiful city of Guangzhou, China, for the past 17 years. Here, I have made friends from all around the world.

Guangzhou is a city brimming with creativity. It boasts well-organized structures, beautiful buildings, hotels, temples, malls, parks, gardens, bookstores, libraries, and amusement parks, to name a few.



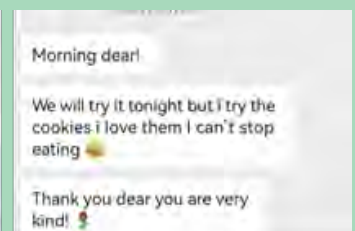
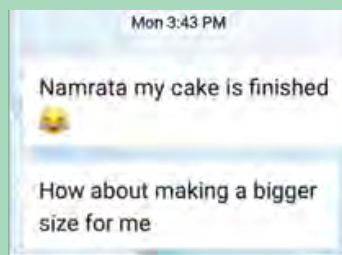
This city attracts numerous foreigners and intrigues the locals as well. In China, several cities have welcomed foreigners with various jobs and businesses. I've observed that foreigners here love working in offices and schools. And of course, the locals are incredibly cheerful, joyous, charming, courteous, kind, friendly, and generous. I admire their active lifestyle and creativity. They play a variety of sports, engage in various outdoor activities, and play musical instruments beautifully. Most of them love dancing too, and I find their group dances fascinating. I enjoy watching them!

I started nurturing my creativity in my early 20s. I was actively involved in various activities such as painting, henna art, drawing, baking, cooking, singing, and dancing. I firmly believe that age is never a limitation; we can start learning and doing whatever we want at any age.

Before COVID hit in 2019, I was involved with children who brought me immense love, joy, and happiness. Together, we created precious memories. In 2015, I initiated a "Creative Summer Camp," where I showed kids their creative potential. I taught them baking, fire-free cooking, arts and crafts, painting, henna arts, cursive writing, and Hindi. The efforts of every student were exemplary and inspiring to me. All the children I taught always looked forward to the holidays. Their smiles and excitement gave me pure energy and motivated me to create new things for them every year.



Furthermore, I began baking cakes, cookies, cupcakes, and other sweets for everyone, starting my beautiful business journey. I noticed that these treats brought joy and happiness to everyone. Their feedback and gratitude motivated me to explore more in this field. It was a perfect opportunity for me to spread my gratitude and happiness at everyone's events.





For the last 8 years, I have applied small henna tattoos at various school events. Most people I encountered loved getting henna applied. Every year, students and teachers eagerly anticipated getting henna. After I applied henna on them, a beautiful smile worth a million dollars lit up their faces.



The year 2020 presented significant challenges for all of us. However, I believe that every situation in our life teaches us a lesson. It gives us a choice in how we deal with our circumstances. I am convinced that our surroundings and situations can make us stronger if we handle them patiently and lovingly.

In 2020, on August 15th, I had the wonderful opportunity to sing at the Indian Consulate in Guangzhou. It was an exciting opportunity that led to my participation in various events. I took part in singing and dancing events, the Indian Divas event, and even in the cooking event called the “Millet Master Chef Competition.” I won the 1st Prize, making my family and friends immensely proud. I was proud too; it was a whole new experience for me.

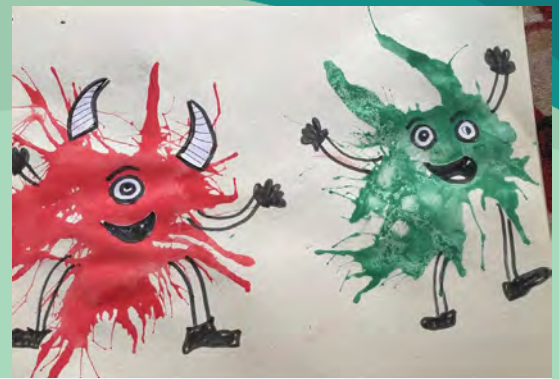
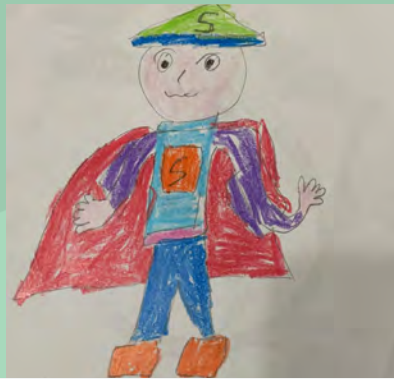


All these small things created a beautiful turning point in my life, filling me with happiness, gratitude, and joy.

Before I conclude, I would like to say that we are all unique, with different preferences and views on how to enjoy life. Despite our differences, we share this beautiful planet. It's time to make our small world even more beautiful with the love and kindness within us. Let us be kinder and happier by spreading joy, peace, and happiness wherever we go. Let us engage in activities that excite us and bring us joy. Happiness will always be a timeless trend. We should never take small things or the people around us for granted because every little thing has the potential to teach us valuable lessons. Enjoy every moment of your life and celebrate every day with your loved ones.



## RIYAAN KARTIK RAJ



### About Riyaan Kartik Raj

Riyaan Kartik Raj, a lively 7-year-old, loves attending Shanghai Jincai International School. He enjoys drawing and spends hours sketching imaginative wonders. Riyaan is also a chess enthusiast, showing great enthusiasm and skill in the game. He shares a special bond with his grandmother, baking cakes together and creating cherished memories. Riyaan's diverse hobbies showcase his love for learning and make him a delightful and talented young individual.

## puresmile©

普诗美尔口腔

### Before and After

From a smile in need to a smile that shines! ✨ Check out the incredible transformation in these before and after dental procedure photos. Our team is dedicated to giving you the confidence you deserve.



### Direct Billing Insurance Partners

Simplify your experience with seamless Direct Billing Insurance Partners! We partner with trusted insurers to make your visit hassle-free. Share your insurance details when scheduling for a smooth visit. Your comfort is our priority!



### Contact Us Today!

PureSmile Jingan



(021) 6363 6388

PureSmile Jinqiao



(021) 6105 9400

PureSmile Minhang



(021) 3490 9068

[www.puresmile.com](http://www.puresmile.com)





SinoUnited Health  
曜影医疗

SinoUnited Health  
曜影医疗



Comprehensive Digestive  
Disease Center



Heart & Vascular  
Center



Endocrinology,  
Metabolism & Thyroid  
Center



Orthopedics,  
Sports Medicine  
& Rehabilitation Center



Women's Health Center



Children's Health Center



Men's Health Center



Dermatology  
& Cosmetology Center



Ophthalmology  
& Optometry Center



Psychiatric  
& Psychology Mental Health  
Center



Day Surgery Center



Health & Wellness  
Center

24x7

Medical Service

is available at  
SinoUnited Hospital

No.350

Middle Jiangxi Road,  
Huangpu district,  
Shanghai

## Global Standard, China Care

SinoUnited Health is a leading medical service provider based in Shanghai. Until now, SUH has established itself with hospital and clinics in Shanghai, Hangzhou, Suzhou and so on. Our team of medical specialists are selected from both China and abroad, who are renowned for their excellence and rich experience in their respective fields of medical expertise. And it is also this distinctive feature, "Physician-Driven", that makes SUH different. With world-class international resources, we aim to provide all patients with high quality medical service.

### Suzhou

· Suzhou  
Industrial Park

### Shanghai

· The Bund  
· Shanghai Centre  
· Huangpu Riverside  
· New Bund  
· Zhangjiang  
· Century Park  
· Tianshan Plaza

### Hangzhou

· Kerry Center



Follow our Wechat

APPOINTMENTS HOTLINE

400-186-2116

www.sinounitedhealth.com.cn



## TANISHA CHAUDHURY



### About Tanisha Chaudhury

Tanisha Chaudhury, currently in the 8th grade at Shanghai Singapore International School, has been residing in

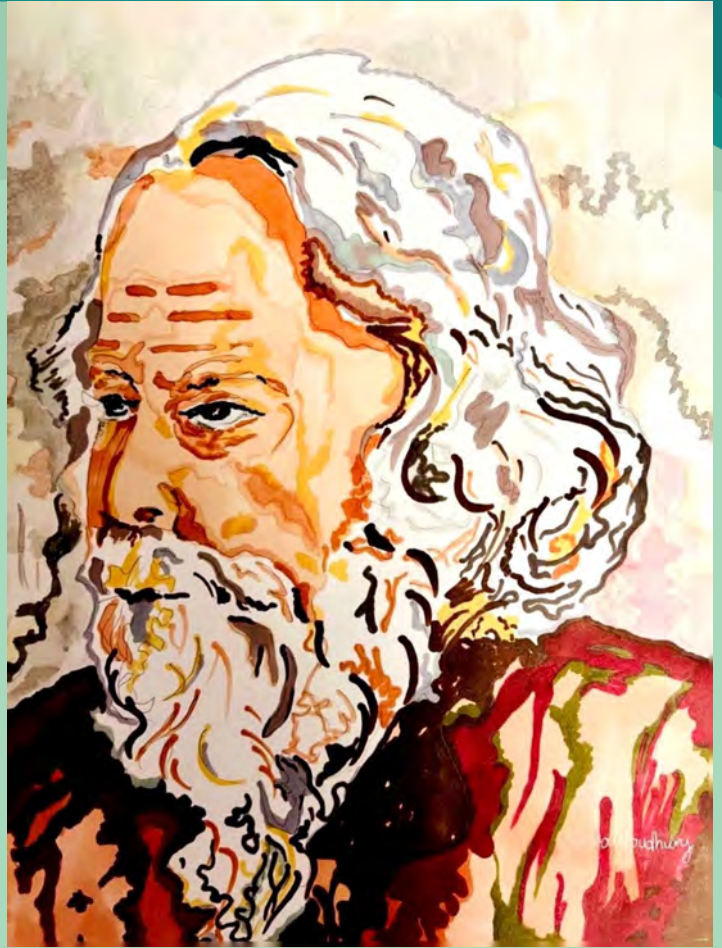
Shanghai with her parents and younger sister since she was born. Her hobbies include painting, singing, and reading.

#### Brief about the Painting/Portrait:

Paint used: Acrylic

Paper: Canvas

Rabindranath Tagore was an Indian poet, novelist, and painter who was awarded the Nobel Prize for Literature in 1913 for his book Gitanjali. Rabindranath Tagore visited China twice, in 1924 and 1928.



**CAPITAL WORLD GROUP**

# MAKING FASHION BETTER

#### SHANGHAI

658 Jinzhong Rd,  
Donghua Science & Technology  
Park, Building 18, Rm 109,  
Changning District, Shanghai, China

+86 21 3100 1711

#### TAIPEI

575 Linsen N. Rd. Suite 402,  
4th floor, Zhongshan District  
Taipei, Taiwan, R.O.C

+886 2 2587 3525



#### KIARA GARMENTS VIETNAM (FACTORY)

Phu An Hamlet, Cat Thanh Town,  
Truc Ninh District, Nam Dinh  
Province, Vietnam

+84 228 3944999

#### HANOI

9th Floor, IDMC My Dinh Building,  
15 Pham Hung Street,  
My Dinh 2 Ward,  
Nam Tu Liem District,  
Hanoi, Vietnam

+84 24 3787 8766

GET IN TOUCH



[inquiry@capitalworld.com.tw](mailto:inquiry@capitalworld.com.tw)



[@capitalworldgroup](https://www.instagram.com/capitalworldgroup)



[www.capitalworldgroup.com](http://www.capitalworldgroup.com)



## IABC - INDIAN ASSOCIATION BUSINESS COUNCIL



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



The past year continued to expand IABC as a great support network. Thank you, to each one of you. And continued to strengthen in it's theme - Unity in Diversity, for business too- where multiple ecosystem partners continued to come together to share insights, resources, ideas, connections for the Indian business community in China.

**IABC leadership talks series and offline B2B business connect mixers has received lot of good feedback and Few snippets in pictures below --->**





# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL

## “2023 Economic Outlook Discussion”



**CHINA'S ECONOMIC OUTLOOK 2023 AND KEY BUSINESS GROWTH THEMES**  
What's on the brighter side, watchouts and strategies to exchange.

**Roundtable with IABC, Indian Association Business Council's Cross Industry Leadership and Dan Wang, Chief Economist at Hang Seng Bank, China**

**VENUE:**  
TCS - TATA CONSULTANCY SERVICES, UNIT 2501-2506, BUILDING 2, LEVEL 5, SHANGHAI BEACON INN- PARK LOTUS, NO. 60 NAXIAN ROAD, SHANGHAI PUDONG

**DATE:** FEB 07  
**TIME:** 5.00-6.30 PM

**DR. DAN WANG**  
Chief Economist  
恒生銀行  
HANG SENG BANK

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

5:00-5:20 pm – Introductions and Growth themes exchange  
5:20-5:50 pm – Executive snapshot sharing by Dan Wang  
5:50-6:20 pm – QnA with continued Growth themes & implications  
6:20-6:30 pm – Closing and what's next

SCAN TO REGISTER





# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL

## “IABC in dialogue with UN in China to advance SDGs and PPPs”



### INVITATION

**IABC along with UN in China invites you to join**

## How can we use Public Private Partnerships to Accelerate the Sustainable Development Goals in this Decade of Action?

**5:00-5:15:** Welcome and registration  
**5:15-5:30:** Opening by Mr. Siddharth Chatterjee, The UN Resident Coordinator in China  
**5:30-5:40:** Industry Insight by senior representative from the CIEE  
**5:40-6:00:** Fireside Chat with Corporate Sustainability Leaders  
**6:00-6:35:** Executive Case study power talks by Corporate C-suite leaders  
**6:35-6:50:** Closing remarks with UNGC and UNIDO  
**6:50-8:30:** Networking with light buffet dinner and drinks

**This event is invite only**  
Please RSVP with your chamber leader.

**Venue:**  
The House of Roosevelt, The Club Lounge  
3F NO.27 Zhong Shan Dong Yi Road Huangpu District, Shanghai

**Dress code:**  
Smart Casual

**Served:**  
Canapés, Drinks, Buffet dinner

**Sponsors**

**Cross Chamber closed door leadership insights and networking evening**

**15th March-Wednesday 17.00 - 20.30 hrs**

**Chamber Partners:**     

**Community Partner:** 

**Special Partner:** 



### SPEAKERS

**Blueprint of UN's SDG goals and private-public partnerships 2.0**  
  
Mr. Siddharth Chatterjee  
The UN Resident Coordinator, China

**How to help China leadership to de-risk its decarbonization ambitions through local government engagement?**  
  
Mr. Thomas Lindt  
Senior Partner  
Zoo & Company

**How does CIE support businesses on driving Sustainable Development Goals?**  
  
Mr. Wenbin Zhang  
Board Member and Assistant President of National Science and Technology Center (Shanghai)

**Road To Zero, towards sustainable future**  
  
Vishal Sharma  
CEO, W Schooner  
Greater China Chapter

**Accelerate SDGs: Serve Consumers**  
  
Richard Chen  
CEO, Master Kong

**How digital farming technology can reshape the future of food towards zero hunger?**  
  
Dr. Feng Wei  
Head of Branding and Digital Affairs  
KAG CO., LTD

**Driving SDG Achievements: UNIDO's Role in Facilitating PPPs**  
  
Sushu Fu  
Head of UNIDO (TPA) Rolling Eastern China Regional Coordination Center

**UN Global Compact: Accelerating and Scaling Global Impact**  
  
Bridget Short  
Senior Advisor  
UN Resident Coordinator's Office

**Factors enabling organizations to navigate PPP to land SDG projects and missions**  
  
Daniel Mond  
Senior Brand Manager  
Novartis China

  
Susan Zhu  
Director  
Sustainability and ERS  
Becht Asia Pacific

  
Arvidas Chumchal  
China Head Sourcing & Projects  
DPL Ltd

  
Eric C. Robert  
CEO  
JUPITER Technologies

**Sponsors**

**15th March-Wednesday 17:00 - 20:30 hrs**  
The House of Roosevelt  
The Club Lounge

**Chamber Partners:**     

**Community Partner:** 

**Special Partner:** 

Sustainable Business practices is on every leader's agenda. On March 15th 2023, Indian Association Business Council (IABC) kick started the dialogue with UN in China and Cross Chamber Business Leaders.

The evening brought together government and private sector stakeholders to share information and best practices related to Public Private Partnerships (PPP) and explore opportunities for innovative, catalytic collaboration to accelerate progress toward achieving the Sustainable Development Goals (SDGs). The insightful evening helped foster resource sharing and partnerships to help organization leadership integrate Sustainable Business and UN SDGs into policies and practice.



# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL



Ms. Nishtha Mehta - General Secretary of Business, volunteer, opened the evening by setting the stage of the evening's content, speakers and guests. Mr. Rahul Bagde - President of Indian Association, volunteer, introduced IABC and the Chief Guests Mr. Siddharth Chatterjee - The UN resident coordinator of China & Mr. Weimin Zhang - Assistant President of CIIE.





Mr. Chatterjee's Kenya PPP success stories are great examples of what is possible as countries accelerate progress on UN SDGs. "Flip the orthodoxy" a simple transformational message from @AminaMohammed The UN Deputy Secretary General has the required gravitas for corporates to steer their sustainability journey.

Mr. Weimin Zhang shared how CIIE as an organization is promoting sustainability and encouraging organizations participating in CIIE to integrate SDGs.

Great insightful panel followed by Susan Zhu from Bosch and EU Chamber, David Vanni from Novartis and SwissCham, Ravikiran Chaudhari from UPL, Eric Rupert from altPlus Technologies on the 'Factors enabling organizations to navigate PPP to land SDG driven projects' – a very practical case study based discussion.

Thanks to Mr. Thomas Luedi from Bain & Company who zoomed into 'How to help China leadership to de-risk it's decarbonization ambition through local government engagement

'Road to Zero' for a Sustainable Future – DB Schenker Greater China's initiatives shared by Mr. Vishal Sharma helped shed light on how engaging the public bodies right helps in garnering advocacy for implementation.

Mr. Richard Chen from Master Kong caught the audience with his vivid demo of their products, live in the event, on how SDGs are being accelerated in reducing carbon footprint and renewal plastics to serve consumers better.

Sustainable businesses and innovation is being lead by startups alike. Mr. Tong Wei from XAG discussed how digital farming technology is reshaping the future of food towards zero hunger with their offering. An innovation in agri business.

Closing of the event was lead by two power women representing UN in China. Ms. Shen Yu from UNIDO, who's charismatic and insightful sharing on UNIDO's role in facilitating SDGs with PPP support in helping organizations, with opportunities to partner up and tap into their resources. Followed by sharp and engaging points made by Ms. Brianne Stuart from the UN Resident Coordinator's Office, also a co-MC of the event on how UN Global Impact (UNGC) in China is facilitating resources and partnerships for organizations to come together for SDG collaboration.

Sincere thanks UN in China, UNGC, UNIDO ITPO, CanCham, Singcham, AusCham, European Union Chambers, SwissCham, BritCham, Irish Chambers, TEC and our event sponsors Master Kong and Olam Agri. And thanks to our special event sponsors to bring the evening alive with live demo's and F&B support (below picture in action).







# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL

















# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL





## “Session with Mr. Rupert Hoogewerf, Hurun Inc. On India: A Global Hub of Unicorns”



Did you know that the number of unicorns in India has more than tripled from before the pandemic to 68 today, the fastest growth of unicorns in the world, and that there are another 70 unicorns across the world co-founded by Indians? What’s behind this start-up boom? Can we expect them to challenge the established industrial conglomerates and help India’s GDP double by 2031?

Mr. Rupert Hoogewerf talked from the perspective of Hurun's lists and research, putting India’s story into the context of Hurun’s global lists and China. Rupert shared the stories behind putting together the India 500, the benchmark of the Indian economy; the India Rich List, the story of today's economy, and the India Philanthropy List, the story of giving in India.





## “Celebrating Indian Women Professionals & Entrepreneurs in China”



### Celebrating Indian Women Professionals & Entrepreneurs in China:

#### Adapting to career shifts and professional upskilling

Inviting our own diaspora's women professionals, including the amazing ones who are exploring transitions to join in for this inspiring networking evening.

### Meet our POWER TALK speakers:

					
<b>JUNITA FERNANDEZ</b> Finance professional SAIC – Volkswagen	<b>MEHA VERGHESE</b> Media professional EssenceMediacom China	<b>SANJANA MENON</b> Freight & logistics professional OLA Logistics	<b>PRIYANKA CHAKRABORTY</b> Baker & Pastry Chef Entrepreneur	<b>MANSI NAGPAL</b> Consumer insights professional Kantar Insights	<b>PRIYA WILLIAMS</b> Educator YCIS
“Setbacks and successes”	“Hands Up on the Rollercoaster”	“This will make you thank yourself tomorrow”	“Engineer turned baker”	“Cultural Intelligence and Adaptability”	“My story from Consulting to Teaching”

#### Flow (PM):

- 6:00 - 6:15 : Welcome drink
- 6:15 - 6:30: Icebreaker
- 6:30 - 7:00: Guest keynote
- 7:00 - 7:15: F&B time
- 7:15 - 8:15: Power talks
- 8:15 - 9:00: Networking

#### INDUSTRY GUEST KEYNOTE

**Karin RAGUIN**  
SVP Human Resources, LVMH China  
Co-Author of “Reveal the negotiator inside you” (2021)  
“Negotiate your Career”



**AVA CLUB and MAGPIE**  
上海市静安区海防路555号15号楼  
555, Hai Fang Lu (Near XiKang Lu), Jing'an District, Shanghai

**6 - 9 PM | June 7, 2023 | Wednesday**

**RSVP:**  
Via QR code  
Includes one welcome drink and finger food bites.  
Additionally, special happy hour menu available for IABC till later



**SPONSORS:**







**“This will make you thank yourself tomorrow”**

Sanjana Menon

Director - Overseas Agency Networking & Business Development  
OLA LOGISTICS CO., LTD - SHANGHAI



**Cultural Intelligence and Adaptability**

Mansi Nagpal



# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL

Setbacks and Successes

Junita Fernandez

Nobody's journey is seamless or smooth. We all stumble. We all have setbacks. It's just life's way of saying, 'Time to change course.'

*Orish Winfrey*

© Junita Fernandez

"Step out of the history that is holding you back. Step into the new story you are willing to create."

*Orish Winfrey*



MY STORY FROM CONSULTING TO TEACHING

PRIYA WILLIAMS

[Priya\\_del@yahoo.com](mailto:Priya_del@yahoo.com) | WeChat: priya-williams



Engineer turned baker and pastry chef

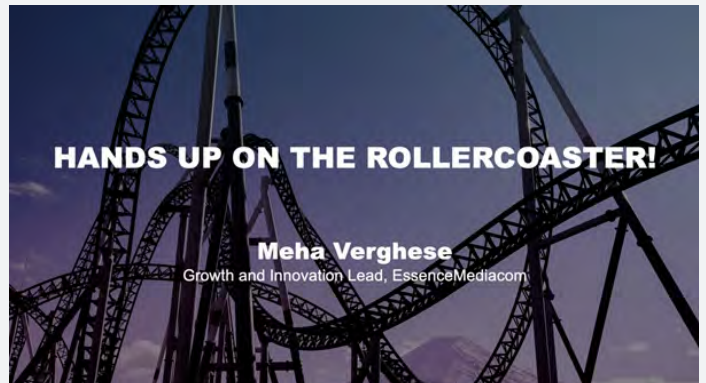
Priyanka Chakraborty



HANDS UP ON THE ROLLERCOASTER!

Meha Verghese

Growth and Innovation Lead, EssenceMediacom



## NEGOTIATE YOUR CAREER

Karin RAGUIN

SVP Human Resources, LVMH China  
Co-Author of "Reveal the Negotiator Inside You" (ESF - 2021)  
Co-Chair of Les Negociatrices, an non profit organization to empower Women through Negotiation



## You are the best Negotiator of Your Career

Negotiation is NOT confrontation

Negotiators generate mutually **beneficial solutions**.

This involves **multiple stakeholders** in your personal life and at work,



Open your career.

Source: Karin RAGUIN





# IABC - INDIAN ASSOCIATION BUSINESS COUNCIL





## “How are businesses and brands innovating to create value”



**2023 Leadership Talk Series**  
**A Business Mixer Evening – October Chapter**

**VALUE CREATION IN POST COVID RECOVERY:**  
**HOW ARE BUSINESSES AND BRANDS INNOVATING TO CREATE VALUE FOR CHINESE CONSUMERS & CUSTOMERS?**

**CROSS INDUSTRY SPEAKERS**

AKHILESH NEGI	JOYCE TEE	BIN XU	RAJNISH SHARMA
<b>REGIONAL HEAD</b> P&G HEALTH GREATER CHINA	<b>MANAGING DIRECTOR &amp; HEAD OF INSTITUTIONAL BANKING</b> DBS BANK CHINA	<b>HEAD OF DIGITAL INNOVATION &amp; ALLIANCES</b> PFIZER ASIA PACIFIC	<b>VICE PRESIDENT HEAD – SALES, DELIVERY &amp; OPERATIONS</b> INFOSYS CHINA

**Oct 18, 2023 | Wednesday | 6-8 PM**

**Flow (PM):**

- 5:45: Registration begins
- 6:00: Meet & Greet
- 6:10: Start
- 6:15: Power talk
- 6:35: Panelists exchange insights
- 7:10: Audience QnA
- 7:20: Cross chambers' networking
- 8:00: Wrap up

**Colca Terrace**  
2/F, 199 Hengshan Lu,  
near Yongjia Lu, Xuhui District, Shanghai  
上海市徐汇区衡山路199号2楼, 近永嘉路



**Event sign up:**  
RMB 150 Includes  
tapas bites & drinks

**Community Partners:**





## “IABC x NIIT Skill Building Initiative”



### EXPLORE IABC'S IT SKILL BUILDING COMMUNITY INITIATIVE WITH NIIT

**NIIT DIGITAL** **ENHANCE SKILLS**  
**CREATE IMPACT**

#### UPGRADE & ACCELERATE

**COLLEGE STUDENTS**  
Give your career a boost.

**GRADUATES**  
Become the preferred choice of employers, right after college.

**WORKING PROFESSIONALS**  
Add new skills to your portfolio to accelerate your growth.

**STAY AT HOME SPOUSES**  
Level up your IT skills from the comfort of home.

**HIGH SCHOOL STUDENTS**  
(16 YEARS OLD AND ABOVE)  
Ignite your future: Enroll and unlock endless possibilities during this summer vacation!

**SPECIAL 25% OFF ON COURSE FEE AS SCHOLARSHIP FOR INDIAN ASSOCIATION MEMBERS**

#### FEATURES

 **MASTERY LEARNING**

 **FLEXIBLE STUDY HOURS**

 **PRACTITIONER DESIGNED**

 **INTEGRATED PROBLEM SOLVING**

#### COURSES AVAILABLE

- **JAVA PROGRAMME**
- **DATA ANALYST PROGRAMME**

Multiple batches launching in **July, August and September, 2023**  
\* All courses can be delivered both in English & Chinese.

Join our webinar and discover how to unleash the full potential of your digital skills with our outcome-driven IT training programs.

**Manit Ahlawat**  
Digital Products - Business Manager,  
NIIT China



 **JUNE 8, 2023**  
 **FROM 12 PM - 12:30 PM**



Scan the QR code to register for this Webinar



Get in touch with NIIT advisor

We welcome business leaders community to connect with IABC's volunteering team for any suggestions, ideas, collaborations, any form of support to continue giving back value to the community. More to come....



As we illuminate the darkness with the radiant light of knowledge and hope, our thoughts turn to a future filled with prosperity, unity, and technological advancement. In this futuristic cityscape, we celebrate the Festival of Lights with a vision of a better tomorrow.

In the heart of innovation, let us remember the traditional values that light up our lives. Just as the city's skyline gleams with dazzling displays, may our lives be filled with the brilliance of love, happiness, and success.

# Happy Diwali



fugumobile

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





# ACKNOWLEDGEMENTS

Indian Association acknowledges contribution of all annual Sponsors, event sponsors, Advertisers, Article contributors, Charity contributors and below volunteers for making year 2023 a great year of celebration.

## **Indradhanush 2023 Editorial Team:**

### **Core Team:**

Pallab Das, Kala Iyer, Divya Raj, Ritika Kumar, and Nishtha Mehta

### **Art Director:**

Pallab Das

### **Proof Reading:**

Kala Iyer and Divya Raj

### **Diwali Nodal Points:**

Chhaya Chaudhari, Deergha Chaudhary, Dimpy Ranjan, Francisca Kapoor, Harsha Niraj Kumar, Sariga Krishnan and Shweta Bansal

### **DJ for Diwali:**

Shrikant Swamy

### **Decoration Team:**

Dimpy Ranjan, Harsha Niraj Kumar, Ranu Golecha, Richa Sharma, Sariga Krishnan and Tanvi Kharwadkar

## **Volunteers for IA Blood Donation Event:**

Aadya Kumar, Aarush Gupta, Aditya Bose, Arjun Chaturvedi, Aryan Balivada, Aryana Mehta, Atharv Golecha, Aysha Mehta, Chiraav Prasad, Eashan Bodhale, Fiona Mehta, Harjas Singh, Harsh Thukral, Mahika Dasri, Myra Kumar, Nandan Deepak Shinde, Nishant Kapoor, Shlok Mahajan, Sshrey Golecha, Tanvi Bhanushali, Toshaan Ullaas Sharma, Vihaan Jain and Yashvi Kabra

### **IA BalDiwas Event:**

Darshana Hegde, Kamala Latha, Mahendra Dasri, Richa Sharma, Sariga Krishnan, Shrikant Swamy and Shweta Bansal



**AceMicromatic®**  
Group

Wishing you and your family a very

**HAPPY**  
*Diwali*  
**FESTIVAL OF LIGHTS**



迈克罗迈帝克数控机械贸易（上海）有限公司

**MICROMATIC MACHINE TOOLS (SHANGHAI) CO. LTD.**

No. 526, Fute East Third Road, Building 5, Room no 104,  
China (Shanghai) Pilot Free Trade Zone, SHANGHAI CHINA.

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



# IT Talent Pipeline as a Service (TPAAS)

In the face of an imminent talent crunch, a robust talent pipeline can give you tremendous competitive advantage. NIIT's IT TPaaS solution helps build a pool of ready to deploy talent that you can bank on.

The biggest challenges are not just finding the right talent but reducing time to competency for new talent so that people are ready to hit the ground running when they join the workforce. Additional challenges include reducing the cost of hiring and countering attrition.

NIIT's IT Talent Pipeline as a Service creates reliable talent pipelines that provide the capability to deliver specifically skilled, ready to deploy talent that can productively deliver business outcomes as soon as they join the workforce.



Write to us at [roy.zhou@niit.com.cn](mailto:roy.zhou@niit.com.cn)  
or visit [www.niit.com.cn](http://www.niit.com.cn) for more information.



WeChat



LinkedIn

IT TALENT PIPELINE  
AS A SERVICE  
(TPAAS)

LEARNING  
DELIVERY

LEARNING  
ADMINISTRATION

LEARNING  
TECHNOLOGY

CURRICULUM  
AND CONTENT