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Remembering
Shri Ratan Tata

Community
Updates

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Throwback of
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CHEERS TO ANOTHER YEAR AROUND THE SUN!



Mrs. Ritika Kumar

President - Indian Association
China (2023-2024)

As we reflect on the past year, we've all experienced our share of highs and challenges. What keeps us moving forward is the incredible community around us. Especially for those of us living far from our families and support systems, our friends within this community become our pillars of strength. The true essence of togetherness is felt when we come together to share our experiences. Every shared laugh may add a few more lines to our faces, but the joy it brings to our hearts is immeasurable.

It is this community that motivates and uplifts us. Each person contributes their unique strengths, making a positive impact in whatever way possible. Whether it's through blood donations, the dedication of our youth in organizing Bal Divas, active participation in business events, or wholehearted support during celebrations like Diwali, we are deeply grateful for every contribution. These achievements are a testament to the power of our collective efforts. Our guiding principle has always been: for the community, of the community, and by the community—and we remain committed to serving in this spirit.

As we celebrate Diwali, let's also reflect on our mental well-being. "This Diwali, let the light within you shine as brightly as the lamps around you. Just as we clear out the old to welcome the new, let's release stress and negativity, embracing peace and self-care. May the festival remind us to prioritize our mental health and uplift those around us. Wishing everyone a Diwali filled with strength, joy, and serenity!"

The Indian Association board members extend warm wishes for a happy and prosperous Diwali. "May this Diwali bring not only light to our homes but also peace to our minds. As we celebrate the victory of light over darkness, let's take a moment to nurture our mental well-being, spread kindness, and support one

another. Wishing everyone a bright, joyful, and healthy Diwali!"

As we embark on our 27th year with the Indian Association in 2024, it's been an enriching journey. In October 2023, we proudly launched our Millet Recipe Book for the community, featuring recipes from our talented community members. Our blood donation drive was once again a huge success, led entirely by our inspiring young adults. Through these efforts, they not only made a real difference but also learned the true meaning of community work, paving the way for the future.

In recognition of our collective contributions, the Indian Association was honored with the Magnolia Award by the Shanghai Government in 2018. None of this would have been possible without the unwavering support of our community members. You give us the strength and determination to continue our efforts.

We would like to take this opportunity to express our heartfelt gratitude to Mr. Rahul Bagde (President 2022-2023) for his exceptional contribution to the Indian community in China. Rahul has been an integral part of the board since 2014, serving in various capacities, and we are forever grateful for his hard work and dedication.

To our sponsors, Indradhanush advertisers, raffle providers, and

volunteers, thank you for standing by the Indian Association throughout the year. A special thanks to our diverse and talented team, who work tirelessly to make every event and initiative a success. We are also deeply appreciative of the Shanghai People's Association for Friendship with Foreign Countries (SPAFFC) for their unwavering support.

A big thank you to all regional associations and community groups in and around Shanghai for always supporting one another. We are also grateful to the Shanghai Blood Donation Centre for giving us the opportunity to "Give the gift of life" year after year. And, of course, our sincere thanks to the entire team at the Indian Consulate for their continuous support and guidance.

As we look ahead to 2024, we are excited for what's to come and are always eager to hear your feedback, suggestions, and ideas. Please feel free to share them with us at iashanghai@live.com.

We wish everyone health, happiness, and success in the year ahead. Here's to a brighter and more prosperous 2024.

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REMEMBERING



MR. RATAN NAVAL TATA (1937 - 2024)



As the world mourns the loss of Mr. Ratan Naval Tata, we, the Indian community, come together to honor and celebrate the life of a remarkable leader, philanthropist, and visionary. Mr. Tata was not only a titan of industry but also a man of profound integrity and humility, who dedicated his life to the service of society.

Born into the illustrious Tata family, Mr. Tata upheld and expanded the legacy of the Tata Group with unmatched leadership. Under his guidance, the Tata Group became a global symbol of trust, innovation, and ethical business practices. He led by example, always ensuring that the growth of the company was aligned with the welfare of the community and the betterment of India.

While the world remembers his business accomplishments, we, as a community, hold dear his compassion, his generosity, and his relentless drive to uplift the underprivileged. Through the Tata Trusts, his legacy lives on, continuing to support causes that matter most—education, healthcare, rural development, and more.

Ratan Tata's passing marks the end of an era, but his influence will endure through the lives he touched and the values he instilled. He taught us that true success lies not just in wealth or power but in how we use our resources to make the world a better place.

As we remember him, let us strive to honor his legacy by embodying the principles he stood for: integrity, humility, and service to humanity.

May his soul rest in peace, and may we continue to be inspired by his extraordinary life

— Indian Association Board.

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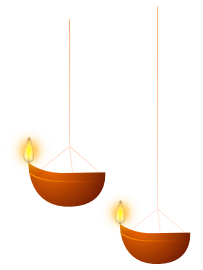
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CELEBRATION OF DIWALI IN SHANGHAI-

DIWALI MELA 2023



The Consulate General of India, Shanghai celebrated Diwali in a grand manner on Saturday, 11th November 2023.

Consul General Dr N Nandakumar inaugurated the Diwali Mela by lighting the lamp and extended his best wishes to the Indian community on the auspicious occasion of Diwali.

The Mela consisted of cultural performances by professional artists and diaspora members showcasing India's rich tradition in dance and music, specially curated pavilions showcasing Indian Handicrafts, Millets (Shree Anna), Ayurveda, traditional attires and Yoga and food stalls including a novel Street Food stall to enable those present to get a taste of authentic Indian cuisine including the famous street food.

To showcase India's heritage and achievements, cutouts of prominent monuments and achievements were erected which included the Konark Wheel, Mahabodhi Temple, Statue of Unity (the tallest statue in the world), Chandrayaan-3 launch vehicle and the Red Fort.

The handicrafts pavilion showcased Kashmiri carpets, scarves and other colourful items of use and home décor.

On the other hand, the AYUSH pavilion showcased different varieties of millets with informative posters on their nutritional value and benefits.

The Ayurveda corner which was part of the AYUSH pavilion showcased information on various healing techniques prescribed in Ayurveda along with display of many daily use ingredients that are important components of Ayurvedic formulations and medicines



The Mela also had a uniquely envisaged 'kids pavilion' to keep the children engaged in a variety of creative activities. The activities included face painting, henna, colouring small umbrellas, thumb impression paintings, tracing shapes and glitter paper painting along with magic activities.

Cultural programme:

Colourful cultural performances involving classical dances such as Kuchipudi, Odissi and Manipuri were presented in the cultural programme as part of the Diwali Mela. Ms Wang Lulu and her 5 disciples presented the Kuchipudi dance performance on the theme Jagmohana, a classical piece praising Lord Krishna for his divine qualities.

Ms Regina Wu, a trained Odissi exponent based in Hangzhou presented a performance on Vishnu Vandana (salutation to Lord Vishnu). Vishnu is a Hindu God, considered the master of the Universe. The performance was presented on the song Mangalcharan based on raaga Gurjari Todi and choreographed by Guru Ratikant Mohapatra.

A Manipuri dance performance was presented by Zerine Moirangthem, an Indian student studying in Shanghai Theatre Academy. The dance performance was based on the theme "Das Avatar" which portrays ten principal incarnations of Lord Vishnu

in different yugas or ages to restore balance and defeat evil.

Another outstanding performance was the composite performance of Kathak dance and drama on the theme Shree Krishna Leela which depicted the story from the epic Mahabharata. The dance drama was enacted by members of 'Shanghai Adda', a regional association of India. The dance drama was conceptualised and choreographed by Aritra Basu.

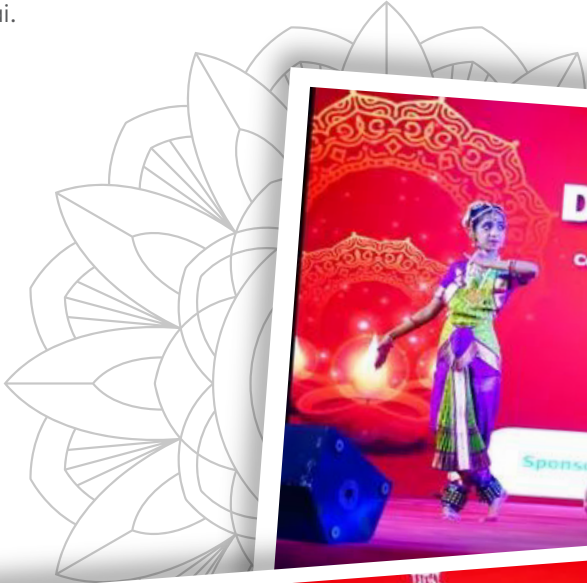
Other performances were based on popular soundtracks and made the audience groove to the beats. This included a dance performance by Indian students of Yangzhou and Soochow University.

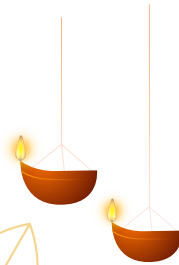
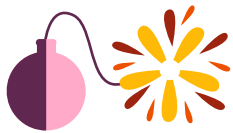
The cultural performance also witnessed a flash mob where the crowd broke out into a spontaneous "Garba" performance which left the spectators spellbound and enticed many to join in.

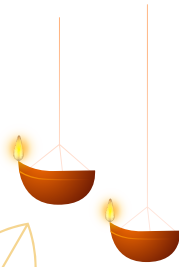
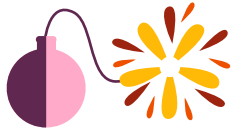
Cuisine:

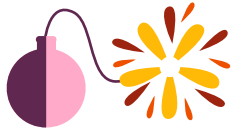
The Diwali Mela presented a wide array of choices of Indian cuisine. Popular Indian cuisine eateries such as Bollywood Indian Restaurant, Kebabs on the Grille, Rangoli, Curry Lounge, Indian Curry Hut and Jashnn participated in the mela. This year's Diwali mela also had a street food corner too, to offer those present an authentic feel of the popular street food items.

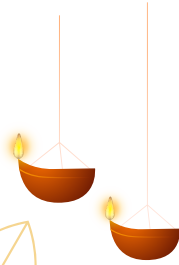
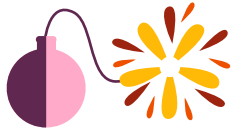
Diwali Mela 2023 which is also the marquee cultural event of the Consulate General of India in Shanghai provided an opportunity to present the rich cultural landscape of India. The programme had a large participation from Indian community in Eastern China region, friends of India and members of Consular corps based in Shanghai.

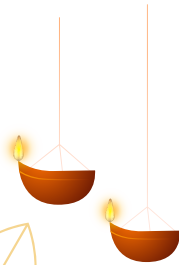
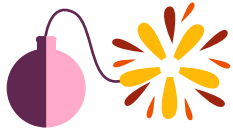


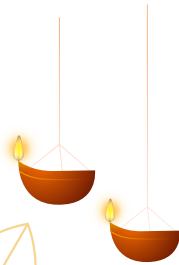
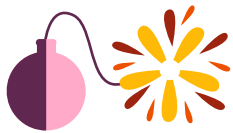


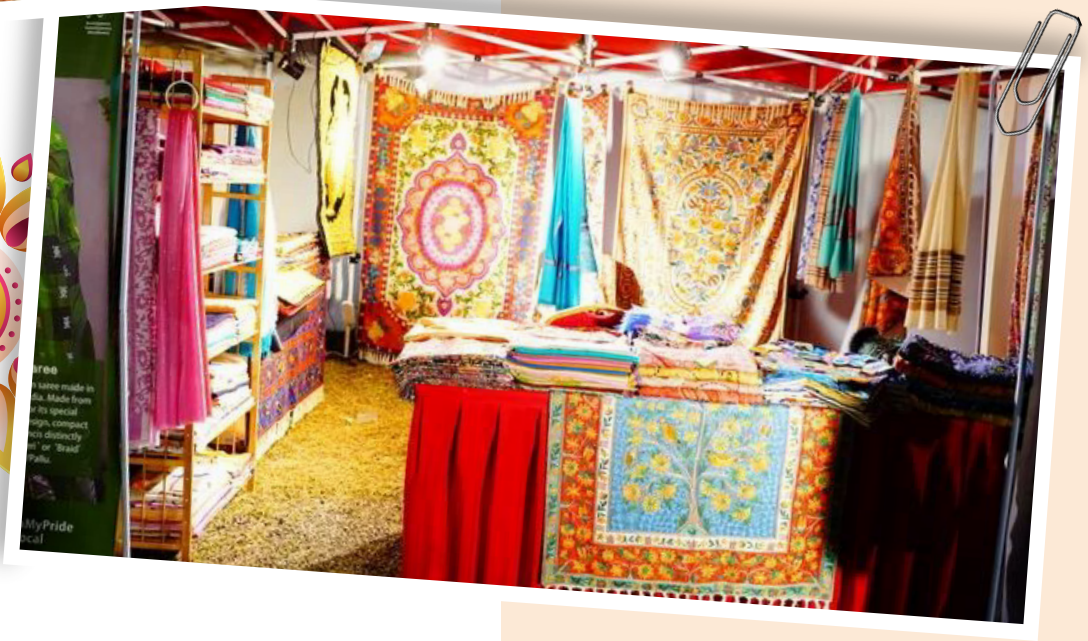
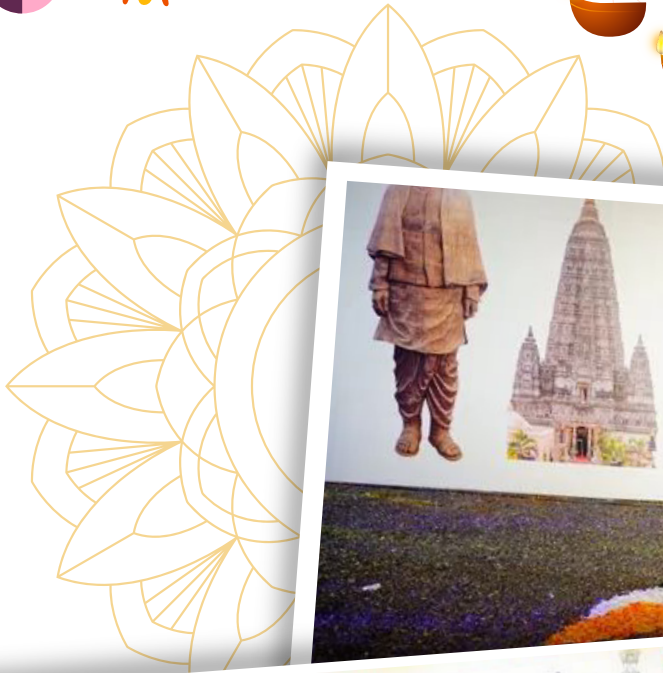
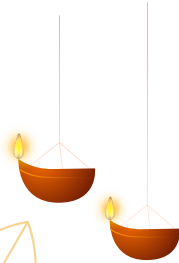
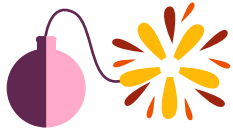














CELEBRATION OF THE

VISHWA HINDI DIWAS 10TH JANUARY 2024

The Consulate General of India, Shanghai organized a programme to celebrate the Vishwa Hindi Diwas (World Hindi Day) on 10th January 2024. The students of the Hindi Department of Shanghai International Studies University (SISU) joined the celebrations along with Head of the Department Ms Zhang Yutong and faculty member Ms Gu Qingzi. The event commenced with Consul General Dr N Nandakumar reading out the message of Hon'ble Prime Minister. The Consul General concluded his address with greetings to the Indian community on the Vishwa Hindi Diwas.

Ms. Zhang Yutong then addressed the gathering on the topic "Hindi in China". Her talk traced the appeal of Hindi in China since the days of actor Raj Kapoor when the song

"Aawara Hun" was quite popular in China to the recent years when the Hindi movies Dangal and 3 Idiots were successful in creating a mass appeal. Thereafter the students of the Hindi Department presented a song "I'll Miss You" from the Hindi film "Secret Superstar" which was followed by the students presenting the 6th part (छठा दृश्य) of the famous play Shakuntala.

Smt Hina Chaturvedi, a community member holding a Master's degree in Hindi then traced the development of Hindi literature while elaborating on the style of famous Hindi writers. Her speech was followed by a fun interactive activity on name based riddles based on pictographic clues and videos.

Consul General also handed over the prospectus to Ms Zhang Yutong of the Certificate courses in Hindi for

international students which are conducted by Kendriya Hindi Sansthan, Agra under the scheme for Propagation of Hindi Abroad. This was followed by gifting of select set of Hindi books for the students of Hindi Department by Consulate which were handed over by the Consul General to Ms Zhang Yutong and the students.

The Consul General also felicitated all the students of the Hindi department for their participation and performances. Shri Aditya Prabhudesai, Consul (PIC) hosted the programme as the master of the ceremony.

S.N	Name of the book	Author
1	Knowledge on Environment	Bijeta Upadhyay
2	Anmol Kahaniya (Volume I & II)	Sarat Chandra
3	Dohas	Kabir & Rahim
4	Swad, Sehat and Shakaahar	Shruti Agarwal
5	Famous writings of famous authors	Garima Dubey
6	Yoga, the Great Science	Dr. Kamakhya Kumar
7	Autobiography of Swami Vivekananda	Swami Vivekananda
8	Buddhist Culture of Malwa	Dr. Ramkumar Ahirwar
9	World Famous Women	Soumya Jetla
10	Bhimrao Ambedkar	Yogendra Dutta





CELEBRATION OF PRAVASI BHARATIYA DIWAS

The Consulate General of India in Shanghai organised the celebration of the Pravasi Bharatiya Divas (PBD) for the Indian Diaspora in Eastern China Region at Consulate premises on 13th January 2024.

Speaking on the occasion, the Consul General Dr. N. Nandakumar extended new year greetings to the diaspora members and called on them to work towards realizing the Hon'ble PM's vision of Viksit Bharat by 2047.

As part of the celebrations, a panel discussion on the theme ViksitBharat@2047 was also organised. The panel members were Sh. Suneet Puri, Country Head, TCS China, Sh Shridhar Subramanian, Vice President and Regional head, Cipla China, Sh Shitanshu Mohanty, CEO, SBI Shanghai and Sh. Bivash Mukherjee, Copy Editor and Columnist with Shanghai Daily. The panel discussion was moderated by Ms Divya Hazra, a legal expert. The topics discussed in the panel discussion included ways of sustaining and boosting economic growth, role of innovation and technology in shaping India's future, improvements in infrastructure, strategies for skill development and for creating a globally competitive workforce and preserving India's rich cultural heritage while embracing growth and progress.

Sister Sapna from the Brahmakumaris also addressed the gathering and wished all community members a happy and peaceful new year. The event also comprised of two classical dance performances. Ms Mahika Dasri and Soniya Kartik, students of Kuchidpudi dance form

song "jaya-jaya" dedicated to Lord Ganesha, the remover of all impediments and Ms Wu Kan (Regina Wu), an ICCR alumnus and Odissi exponent presented two pieces titled Guru Vandana and Vakratunda Mahakaya.

On the occasion, Consul General released a publication of Shree Anna (Millet) recipes curated by members of Indian community in Shanghai. The dishes included in the publication were displayed for tasting during "Millet Food Festival cum Exhibition" which was organized by the Consulate on 23rd February 2023 as part of the celebrations of The International Year of Millets (IYM)-2023. All the members of the Indian community who contributed Shree Anna (Millet) recipes were felicitated by the Consul General.



The Consul General also felicitated various diaspora organisations and individuals for their support and excellent co-operation in organizing various community programmes during the year 2023. The organisations and individuals who were felicitated on the occasion were

1. China Indian Community
2. Shanghai Marathi Mandal
3. Shanghai Sangamam
4. Shanghai Adda
5. Shanghai Sikh Sangat
6. Shanghai Kannadigaru
7. Kairali
8. Passionate Indians
9. Nirose P.M (Yiwu)
10. Girdhar Jhanwar (Yiwu)
11. Sanjay Tyagi (Hangzhou)
12. Praveen Kumar (Tony) (Nanjing)

Further, in recognition of their cooperation in organizing various community events in 2023, certain Indian restaurants were felicitated by the Consul General which included 1. Rangoli Indian Cuisine 2. Bollywood Indian Restaurant 3. Indian Kitchen 4. Curry Lounge 5. Indian Curry Hut 6. Pita's & Tika's (Hangzhou) and 7. Jashnn Indian Cuisine

Prominent members of Indian diaspora including members of Indian community organizations in Shanghai, Jiangsu and Zhejiang Provinces participated in the celebrations.

CELEBRATION OF 75TH REPUBLIC DAY

The Consulate General of India in Shanghai celebrated the 75th Republic Day of India with great patriotic spirit and enthusiasm on 26th January 2024.

The celebrations began with Mr. Utpal Sannyashi, Acting Consul General, unfurling the National Flag followed by the National Anthem. The Acting Consul General then read out the address of the Hon'ble President of India to the nation.

On the occasion, members of Indian community presented melodious patriotic songs and dances depicting the spectacular unity and diversity of India. The performances also depicted the spirit of freedom and democracy on the special occasion of the 75th Republic Day celebrations. The celebration of the year 2024 as a historic milestone for being the 75th year of the Republic of India was also highlighted. Children of Indian Diaspora performed patriotic songs enunciating the spirit of the Indian freedom struggle.

The celebration of the Republic Day witnessed an overwhelming participation from members of Indian community in Shanghai, Jiangsu and Zhejiang Provinces, Indian diaspora and friends of India in China.







CELEBRATION OF THE 163RD BIRTH ANNIVERSARY OF GURUDEV RABINDRANATH TAGORE AND 100TH ANNIVERSARY OF HIS VISIT TO SHANGHAI (11TH MAY 2024)

The Consulate General of India in Shanghai organized the celebration of 163rd birth anniversary of Gurudev Rabindranath Tagore and his 100th anniversary of his visit to Shanghai on 11 May, 2024 at the Chancery. The celebrations involved talk on the rich legacy of Gurudev by Professor Tansen Sen, Professor of History, Center for Global Asia, New York University, Shanghai and Shri Bivash Mukharjee, Senior Journalist who had made a documentary on Gurudev's visit to Shanghai of 1924. On the occasion, Indian community in Shanghai under the aegis of Shanghai Adda performed Rabindra Sangeet and musical 'baithak'. Earlier on 08 May 2024, Dr. N. Nandakumar, Consul General and India based officers/officials of this Post paid floral tribute to the two busts of Gurudev located at

Maoming Road and Luxun park, Shanghai. The bust located at the Maoming Road was donated by the Indian Council for Cultural Relations (ICCR) and was installed during the visit of the then President of India Smt. Prathiba Patil in the year 2010. During the Birth Anniversary celebrations on 11th May, Consul General Dr.N.Nandakumar recalled the values and ideals of Gurudev and underlined the importance of the latter's contribution as the first Asian to be decorated with Noble Prize for literature. Prof. Tansen Sen made a presentation on the cultural contributions of Gurudev Tagore. He explained how Gurudev and his work created an important 'nexus' between China and India similar to the cultural connect created by Buddhism. He explained the deep

impact that Gurudev Tagore had in the literary sphere of China by listing numerous translations of Gurudev's literary work in Chinese. Shri Bivash Mukharjee, Senior Journalist, narrated his experiences about making the documentary on Gurudev's visit to Shanghai in the year 1924. He explained about various places that Gurudev had visited in Shanghai in 1924. He also narrated the deep impression left by Tagore's work on Chinese scholars and cultural personalities who had studied and interpreted them in Chinese language.

The Indian community in Shanghai under the aegis of Shanghai Adda paid tributes to Gurudev with soulful rendition and captivating performances of his compositions in the form of a 'baithak' i.e., interactive cultural session of songs, dances and information about Gurudev. The performances included 'Anandaloke', a brahmo sangeet of Gurudev inspired by a Bhajan from southern India; 'Aji Jharo Jharo mukharo', a composition on rain clouds; recitation of 'Banshi', a poem written by Gurudev at his tender age of 16; dance performance for the song 'Kato baro Bhebechinu', inspired by the Irish song 'drink to me only'; performance of 'Sakhi Bhabona', a song from Gurudev's novel 'Chitrangada' etc. The programme witnessed enthusiastic participation from members of Indian community, friends of India in China, scholars, cultural personalities and children.



CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA AT NEW DEVELOPMENT BANK ON 13.06.2024

On 13th June 2024, the Consulate organised a Yoga session in the headquarters of the New Development Bank (NDB) in Shanghai to celebrate the 10th International Day of Yoga (IDY).

The event witnessed participation of over 60 employees of NDB hailing from NDB member countries. Dr. N. Nandakumar, Consul General addressed the gathering and recalled the support of a record 177 countries to Prime Minister Shri Narendra Modi's proposal for celebrating an International Day of yoga at the United Nations General Assembly. In his speech he underlined the natural link between Yoga and sustainable lifestyle. He also thanked the President of NDB, H.E. Ms. Dilma Rouseff for her support to the programme. Sh Ashwani Muthoo, Director General (Independent Evaluation) and Ms Sharmila Govind, Director General (Human Resources) alongwith other senior officials of NDB participated in the celebration. Sh Sudhir Kumar, an ICCR empanelled Yoga teacher conducted the Yoga session based on the Common Yoga Protocol.





CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA AT THE FOOTSTEPS OF GREAT LINGSHAN BUDDHA, WUXI' ON 16.06.2024

On 16th June 2024, the Consulate General of India in Shanghai organised a morning Yoga session at the footsteps of the Great Lingshan Buddha in Wuxi in association with Tianhua Yoga, the oldest Yoga studio based in Wuxi and Sahaja Yoga, Shanghai. A group of 30 yoga enthusiasts performed Yoga asanas based on Common Yoga Protocol. Mr. Chang Fei from Tianhua Yoga conducted the session. Consul General Dr. N. Nandakumar participated in the session along with other officers and officials of the Consulate. After the event, Consul General met Master Pun Jun, Chief Abbot of the Xiang Fu temple in person and thanked him for his support to the organization of the IDY celebration at the iconic location of the Great Lingshan Buddha. The Master and the Consul General also had a discussion on relics of Gautam Buddha that have been preserved across various holy locations in China. Sh Aditya Prabhudesai, Consul (PIC), Sh Utpal Sannyashi, Consul (Visa) and Ms Rangashree T.K, Consul (Commerce) attended the Yoga session and also accompanied the Consul General in his meeting with the Chief Abbot.





CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA IN SHANGHAI

The Consulate General of India in Shanghai organized the flagship event of the 10th International Day of Yoga (IDY) celebration in Shanghai on 21 June 2024 in the historic Bund area at the Grand Halls overlooking the iconic Lujiazui skyline, especially, the Oriental Pearl Tower and the Shanghai Tower. The IDY programme included a Yoga session which was conducted as per the Common Yoga Protocol followed by a meditation session and a mesmerizing Odissi dance performance.

In his welcome address Dr. N. Nandakumar, Consul General recalled that the resolution envisioned by Hon'ble Prime Minister of India Shri Narendra Modi for celebrating the International Day of Yoga was co-sponsored by a record 177 countries reflecting the faith in Yoga as a universal practice that can help individuals chose a healthier lifestyle. He also emphasized that Yoga has the potential to create consciousness and help achieve a sustainable lifestyle which was why a special exhibition on the concept Lifestyle for Sustainable Environment or LiFE was curated by the Consulate on the sidelines of the celebration of the 10th IDY.

The programme witnessed enthusiastic participation of about 200 participants including Foreign Diplomats based in Shanghai, Indian community, Friends of India and people from all walks of the local society. Hon'ble Consul General of South Africa in Shanghai, Ms Phuti J. Tsipa and Hon'ble Consul General of Uruguay in Shanghai, Mr. Marcelo Magnou,

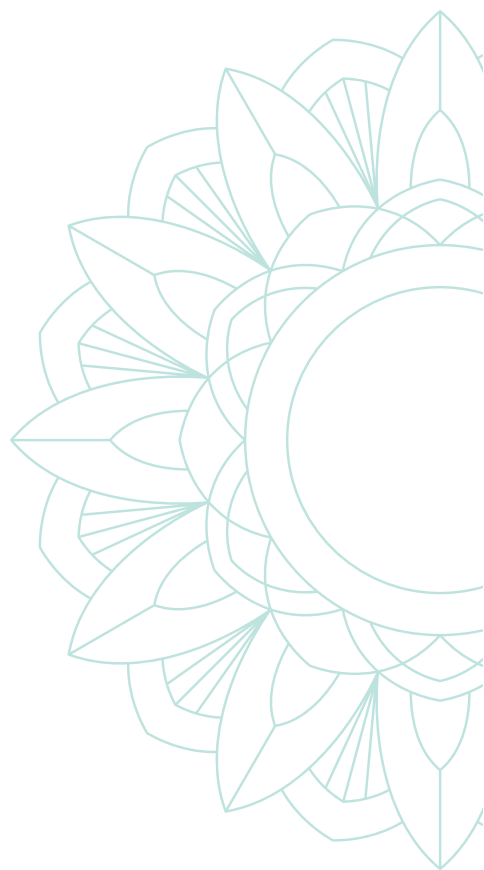
acting Consul General of Norway in Shanghai, Ms Solfrid Dahl Helgesen, diplomatic representatives from Hungary, Israel, Japan, Norway, Netherlands, Czech Republic, Italy, Sri Lanka and USA were among the guests. An ICCR empaneled Yoga teacher Shri Sudhir Kumar conducted the Yoga session as per the Common Yoga Protocol and he was ably supported by Shri Bharath Basavaraju and Shri Ashwarya Kadain, Indian Yoga teachers based in Shanghai. The Yoga session conducted in coincidence with the sun rise had a refreshing effect on the participants and was well appreciated.

Shri Bharath Basavaraju conducted the guided meditation session. 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, Consul General Dr. N. Nandakumar felicitated the winners of the My Yoga, My Life photography and videography contest which was conducted by the Consulate as part of IDY celebrations. The Consul General also 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, State Bank of India, Shanghai, Rotam Reddy, Kunshan, ICICI Bank, Shanghai, Reliance Ltd, Shanghai, BLS International, Nanjing Tata Autocomp Systems

Limited, Nanjing, Larsen & Toubro, Shanghai and Shanghai Shujin Environment Tech Co.Ltd and Lulu Group, Yiwu.

The event concluded with a mesmerizing Odissi dance performance by Ms Regina Wu (Wu Kan), an odissi exponent & an alumnus of Indian Council for Cultural Relations (ICCR). She performed a piece on Ardhanarishwara depicting the harmony between male & female energy of the cosmos.











CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA IN YIWU' (21.06.2024)

The Consulate General of India in Shanghai along with the Indian community in Yiwu, celebrated the 10th International Day of Yoga (IDY) on 21 June 2024. A mass Yoga session was organized at the Zhejiang Baixing Sports Hall located in Yiwu International Expo Centre. Shri Yash Mudgal conducted the yoga session based on the Common Yoga Protocol. Approximately 100 participants including members of the Indian Community in Yiwu participated in the programme.



CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA IN HANGZHOU' ON 23.06.2024

The Consulate General of India in Shanghai organized two mega Yoga events in the provincial capitals of Zhejiang and Jiangsu provinces to mark the IDY 2024. The Yoga event in Hangzhou, capital of Zhejiang province was organized on 23rd June 2024 at the Le Meridian, Binjiang, Hangzhou which witnessed enthusiastic participation of around 150 individuals. It was organized with the support of the Indian Community in Hangzhou and in partnership with Bloom Yoga, a Yoga studio based in Hangzhou. Shri Arun Singh, a local yoga teacher, conducted the yoga session based on the Common Yoga Protocol.



CELEBRATION OF 10TH INTERNATIONAL DAY OF YOGA IN NANJING ON 23.06.2024.

IDY 2024 was celebrated in a grand manner in Nanjing, capital of Jiangsu province on 23 June 2024. Near the picturesque Xuanwu lake, at the Jin Ling Style park, large number of Yoga enthusiasts of Nanjing gathered to participate in the mass Yoga session that was organized to mark the IDY 2024. The mass Yoga session was jointly organized by the Consulate and the 'Kumar Yoga', a well known Yoga institute in Nanjing. Shri Praveen Kumar, a local Yoga teacher and practitioner, conducted the Yoga session based on Common Yoga Protocol. About 280 people from all walks of life in Nanjing participated in the Yoga session. Consul General Dr N. Nandakumar participated in the event and addressed the participants.





PLANTING ACTIVITIES CONDUCTED UNDER PLANT4MOTHER CAMPAIGN

CONSULATE GENERAL OF INDIA SHANGHAI



PRESS RELEASE

On World Environment Day, 5th June, Hon'ble Prime Minister of India, Shri Narendra Modi launched a campaign #एक_पेड़_माँ_के_नाम (#Plant4Mother) by planting a sapling of Peepal tree in New Delhi. In his message on the occasion, Prime Minister called on everyone in India and across the world to join this movement. In India, the campaign envisages plantation of 800 million trees by September 2024 and 1.4 billion trees by March 2025 following a 'whole of Government' and 'whole of society' approach.

The Campaign is running in full stream in India and across the world. Since its launch on 5 June, over 10 million saplings have been planted.

As part of the campaign, the Consulate General of India in Shanghai has undertaken tree plantation in partnership with local community organisations and Indian companies:

Jing'an Temple :

On 5th August 2024, a tree planting ceremony was held at the iconic Jing'an temple, Shanghai. Consul General Dr. N. Nandakumar and Master Ya Yun planted a sapling of Osmanthus inside the temple. They were also joined by other officers of the Consulate.



Tree plantation at the premises of Rotam Reddy Pharmaceutical Co. Ltd in Kunshan:

On an appeal by CGI Shanghai, the officials & employees of Rotam Reddy Pharmaceutical Co. Ltd, Kunshan enthusiastically undertook tree plantation in their premises in Kunshan under the #Plant4Mother campaign. M/s Rotam Reddy is a JV of Indian multinational pharmaceutical manufacturing company Dr. Reddy's Laboratories.





Tree plantation at the premises of Sundaram Fasteners (Zhejiang) Ltd in Jiaxing, Zhejaing :

On an appeal by CGI Shanghai, the officials & employees of M/s Sundaram Fasteners (Zhejiang) Ltd, also undertook tree plantation in their premises in Jiaxing. M/s Sundaram Fasteners(Zhejiang) is the Chinese subsidiary of the well known 'fasteners' manufacturing company of India M/s Sundaram Fasteners Ltd.





Tree plantation at the premises of Nanjing TATA Autocomp in Changshu, Jiangsu:

As part of the #Plant4Mother campaign, a tree plantation ceremony was also held in Nanjing TATA Autocomp's factory in Changshu. Consul General Dr. N. Nandakumar and Mr. Narendra Chavan, Director and Board member of the company planted saplings of Osmanthus on 10th August 2024.





Tree plantation at the premises of Infosys (China) in Shanghai:

As part of #Plant4Mother campaign, a tree plantation ceremony was also held at Infosys (China) company premises in Shanghai. Consul General Dr. N. Nandakumar, country head of Infosys (China) Sh. Rajneesh Sharma and Consul (PIC) Sh. Aditya Prabhudesai along with other employees planted a sapling of Magnolia on 13th August 2024.







Planting of sapling at India House, Shanghai :

Planting of sapling at India House, Shanghai : As part of #EkPedMaaKeNaam and #SwachhataHiSeva2024 campaigns, Consul General along with officials of the Consulate planted a Magnolia sapling at India House.

The campaign received enthusiastic response resulting in not only a number of saplings being planted but also evoked the necessary sensitization in protecting and harnessing our ecology and environment by planting and protecting trees.



CELEBRATION OF 78TH INDEPENDENCE DAY

The Consulate General of India in Shanghai celebrated the 78th Independence Day of India with great zeal, enthusiasm and patriotic fervour on 15th August, 2024.

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 referred to the celebration the 75th year of the Constitution and called on the citizens to remain firm on the Constitutional ideals of justice, equality, liberty and fraternity to enable India to reclaim its rightful position on the global stage. She also mentioned that the recently held General Elections was the largest electoral exercise humankind has ever witnessed. She stated that the smooth and flawless conduct of such a gigantic event was a resounding vote for the idea of democracy. She also highlighted the adoption of the Bharatiya Nyaya Sanhita from July this year which

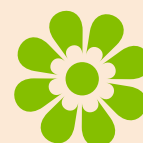
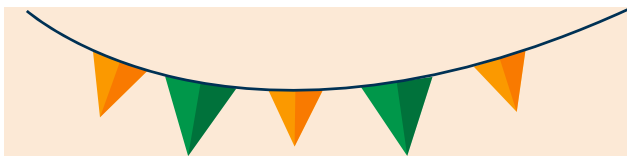
was a new code oriented towards ensuring justice for the victims of Indians to make small but effective changes in their lifestyles and contribute to the cause of dealing with the challenge of climate change to save the planet from the worst effects of global warming. She also extended her warm Independence Day wishes to members of Indian diaspora living in every part of the world.

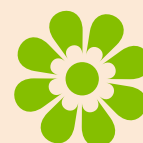
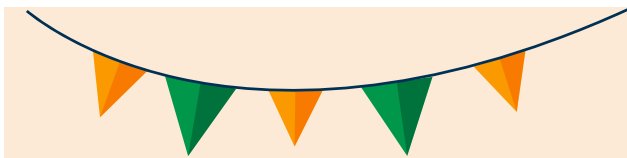
On the occasion, members of Indian community presented colourful cultural performances. The performances included melodious Piano performances by Ms. Shruti Shreyansi Sahoo (National Anthem & I love my India) and Mst. N. Naghul Srinivas (Vande Mataram), group

dance performance by students of Zhejiang University (Desh Mere) and Xuzhou University (mashup of Hum India wale & Jai Ho) and group song performance by students of Yangzhou University (Ae Watan mere Aabad). There was also solo Manipuri dance (Guruvandana) performance by Zerin Moirangtham, an Indian student studying in Shanghai. Ms. Lulu Wang, a trained Kuchipudi dancer and Ms. Yuhong Wang, a trained Bharatnatyam dancer performed a Kuchipudi and Bharatnatyam piece together.

The 78th Independence Day Celebrations in Shanghai was a memorable occasion and will be cherished by all participants.









PAINTING WORKSHOP CONDUCTED AS PART OF #PLANT4MOTHER CAMPAIGN

Taking forward the spirit of the #EkPedMaKeNaam or #Plant4Mother campaign, on 31st August 2024, the Consulate General of India in Shanghai conducted a painting workshop for children to evoke their ideas of enhancing and harnessing our ecology and instilling a spirit of conservation. The workshop was conducted by Smt Nabanita Saha, a distinguished artist from India based in Shanghai.

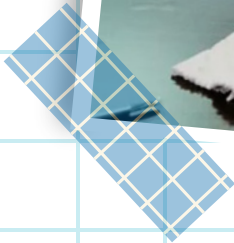
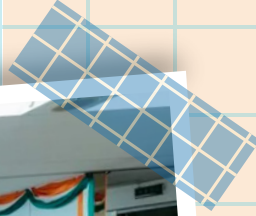
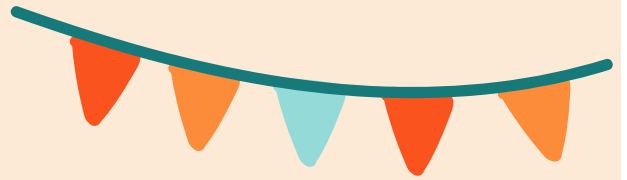
The theme of the workshop was 'One World, One Family', reflecting the ethos of Indian civilization. The workshop attracted enthusiastic participants from school-going children of all ages. This included children from local society, foreign expats and Indian community in Shanghai.

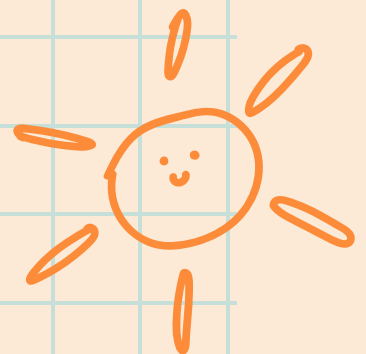
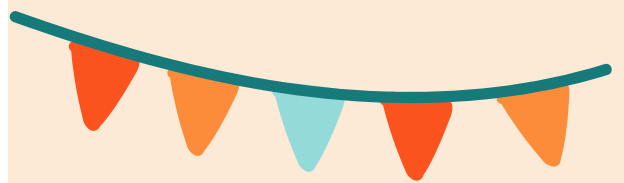
During the workshop, participating children attempted paintings based on the theme, with Smt. Nabanita Saha helping them on picturization, coloring and creating finer patterns. The paintings made by the participating children were very creative, mainly dwelling on the perils of environmental damage due to climate change, the need for planting more trees and the world being common to all living beings. On the sidelines of the painting workshop, exquisite paintings made by Smt Nabanita Saha on the theme of ecology were also displayed. After the workshop, Consul General Dr. N. Nandakumar and Smt Nabanita Saha felicitated participants with certificates.

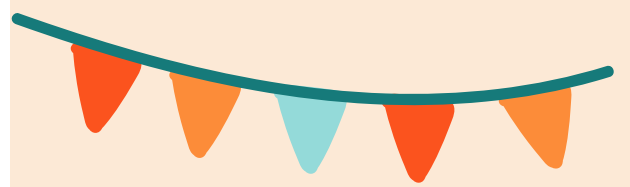
The workshop provided an opportunity to the children to express their creative talent while encouraging them to understand the need for a sustainable lifestyle that

respects the world around us. The workshop also helped to spread awareness about #EkPedMaKeNaam or #Plant4Mother campaign initiated by the Hon'ble Prime Minister of India.

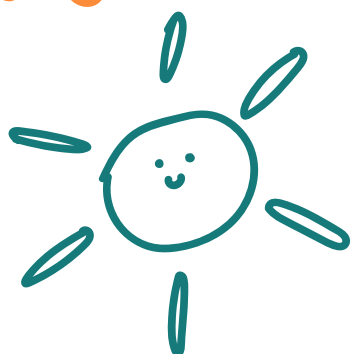
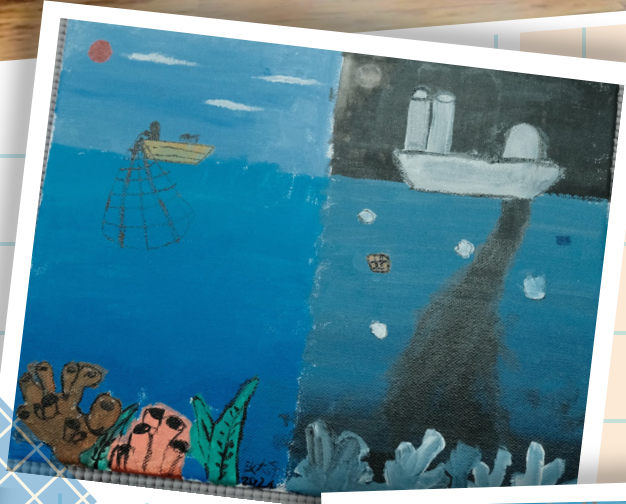
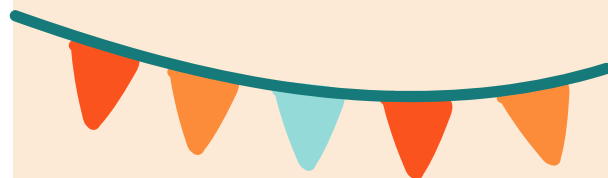






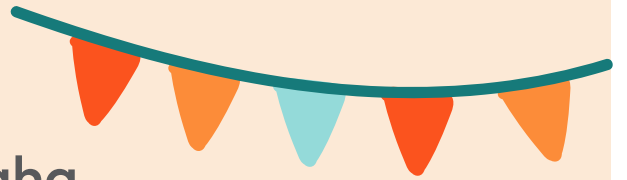


Have a look at some of the paintings made by the participants during the workshop:





Painting by Smt. Nabanita Saha




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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.

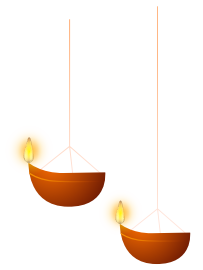
In the heart of innovation, let us remember the traditional values that light up our lives. Just as the city's skyline gleams with dazzling displays, may our lives be filled with the brilliance of love, happiness, and success.

Happy Diwali



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

A NIGHT TO REMEMBER: IA DIWALI NITE 2023 ON CRUISE



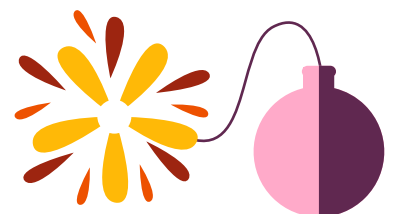
The IA Diwali Nite 2023 held on the stunning Huangpu River

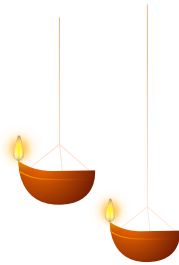
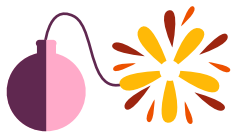
marked a remarkable milestone in our community's history. On October 27th, 2023, families and friends gathered for a celebration unlike any other—one that had not occurred in the past 20 years. The evening was filled with laughter, joy, and cherished memories that will remain etched in the hearts of all who attended.

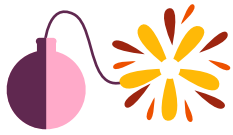
As the sun set behind the iconic Shanghai skyline, the cruise transformed into a vibrant spectacle that beautifully echoed the spirit of Diwali. The event began with the lighting of lamps and heartfelt prayers, infusing the atmosphere with positivity and goodwill. The Vice President of SPAFFC, Mr. Fu Jihong, graced the occasion with his warm wishes, setting an uplifting tone for the festivities ahead.

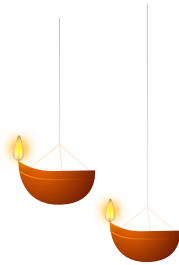
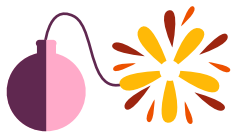
Hosted by the dynamic duo of Mrs. Sariga Krishnan and Mrs. Harsha Niraj Kumar, the evening unfolded with excitement. The IA Board was introduced, followed by an inspiring speech from our esteemed President, Mrs. Ritika Kumar. Her words served as a reminder of the strength in unity, the core value that defines our Indian Association.

Guests were treated to a spectacular array of experiences, including delectable cuisine from Masala Art, a sensational live singing performance by Mr. Shayok, and lively Bollywood beats spun by our talented DJ Shri. The atmosphere was electric, leaving attendees spellbound and eager for more. The thrill of the evening was amplified by the opportunity for many lucky guests to win exciting prizes in the raffle, adding to the sense of celebration.











In addition to the Diwali festivities, we took a moment to celebrate the success of Indradhanush 2023, our annual magazine, which reached a record-breaking 236 pages. We extend our heartfelt gratitude to all contributors for their valuable articles and insights, with special thanks to our Art Director, Mr. Pallab Das, for his creative direction. The theme of this year's Indradhanush—Peace, Harmony, and Collaboration—resonated deeply with our community spirit.

The success of the IA Diwali Nite would not have been possible without the unwavering support of the Consulate General of India, Shanghai, our generous sponsors, event partners, advertisers, the cruise company, nodal points, article contributors, charity supporters, and dedicated volunteers. Each of you played a vital role in creating a memorable and seamless event, highlighting the strength of our community.



IA SPEECH COMPETITION 2024

On **February 24th, 2024**, the Indian Association hosted the IA Speech Competition at **Bollywood Indian Restaurant**, where young members of our community took the stage to share their thoughts and ideas on topics that matter. The event, hosted by **Anitha Dinesh**, was a wonderful celebration of youthful enthusiasm and public speaking talent.

A total of 17 children participated – 3 from Group A and 14 from Group B. The speeches were judged by **Mrs. Darshana Hegde** and **Ms. Anjali Jadhav**, who assessed the participants on content, clarity, engagement, confidence, and other key aspects of public speaking.

Participants presented speeches on the following topics:

- Indian traditions and today’s youth
- India as a tourist destination
- Mission Chandrayaan

The competition was divided into two age groups:

- Group A: Ages 6 to 8
- Group B: Ages 9 to 15



After thoughtful deliberation,
the winners were announced

Group A

- 1. Kavish Jain
- 2. Riyaan Kartik Raj
- 3. Ishika Rupesh

Group B

- 1. Suhana Jain
- 2. Eashan Bodhale
- 3. Jerome Tony



Every participant delivered their speech with passion and confidence, making it a truly memorable event. Each child received a certificate of participation, and the winners were awarded prizes for their exceptional performances. The Indian Association would like to extend a warm thank you to Bollywood Indian Restaurant for hosting the event and providing refreshments that were enjoyed by all. We are also grateful to the parents for their ongoing support and encouragement, which was essential in making this competition a success.

The IA Speech Competition 2024 was not only a showcase of talent but also a wonderful opportunity for young minds to express themselves. We look forward to seeing more young leaders shine in our future events.



















BALDIWAS 2024



BalDiwas 2024, was a celebration of youthful talent and cultural diversity under the theme "जीवन एक उत्सव - Life: A Celebration."

The event took place on **27th April 2024** at Dulwich College International School, drawing nearly **200 attendees** and showcasing the talents of **84 participants** aged 2 to 16 years. **Ms. Lulu Wang** graced the event as the Chief Guest.



President Ritika Kumar with Lulu Wang

The event was anchored by our esteemed 4 kid anchors and Ms. Anitha, setting the tone for an evening of creativity and joyous performances, skillfully managing the audience and providing interesting information throughout.

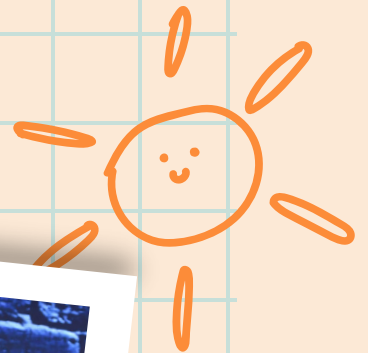
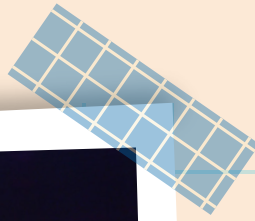
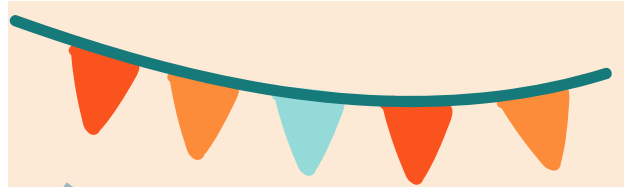


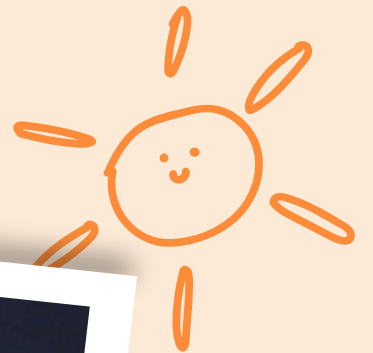
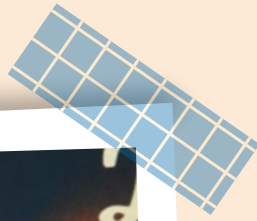
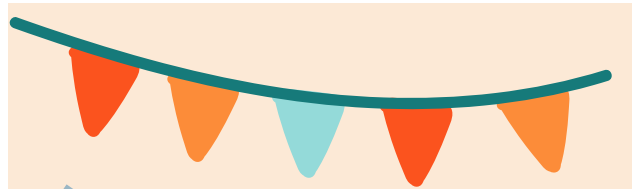
Here's a glimpse of the captivating performances that graced the stage:

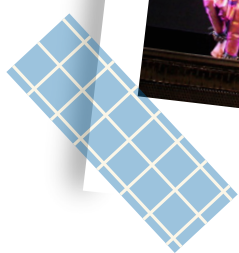
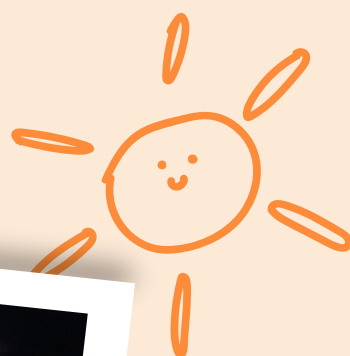
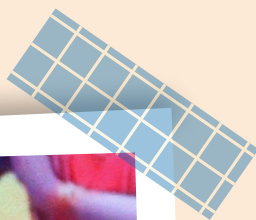
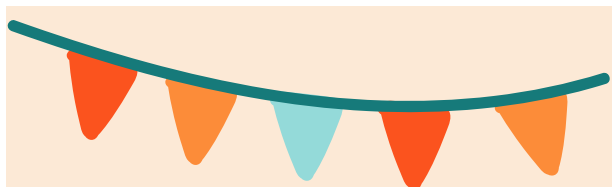


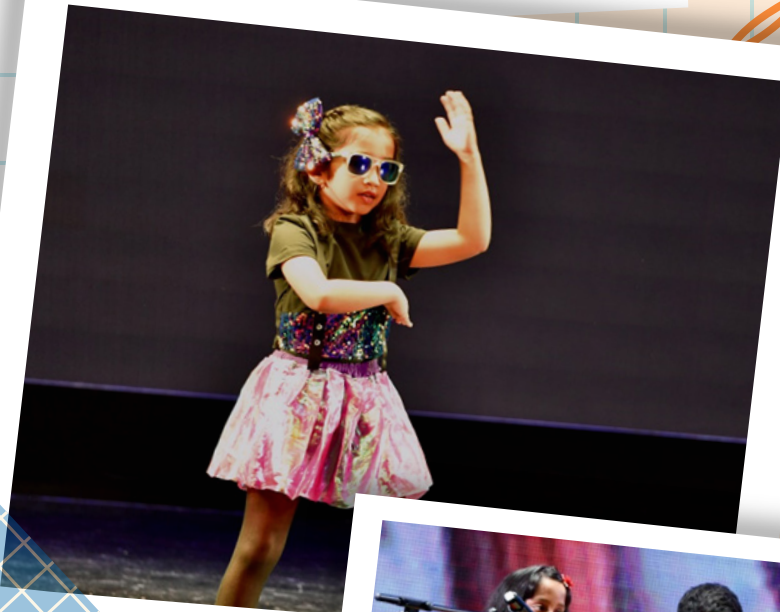
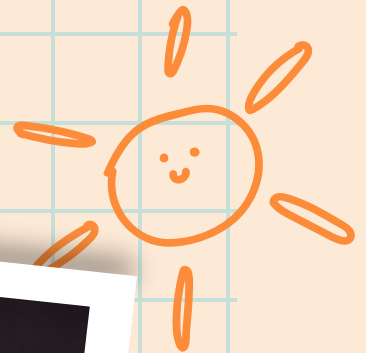
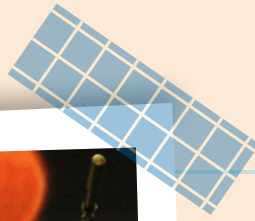
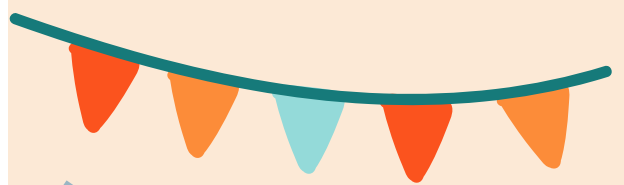


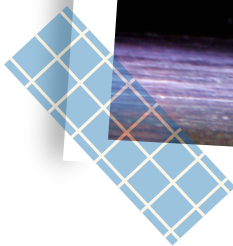
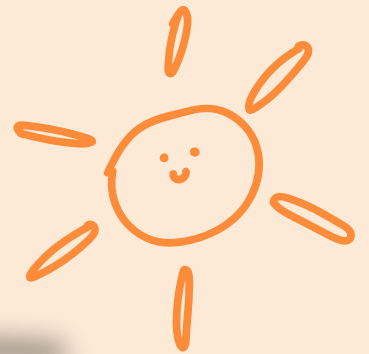
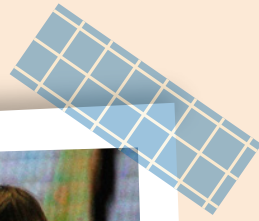
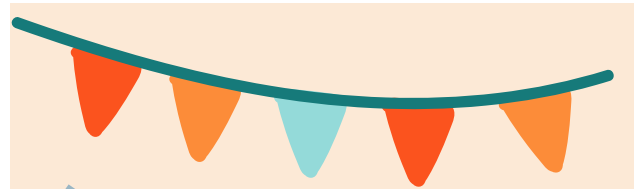
Ms. Anitha Dinesh

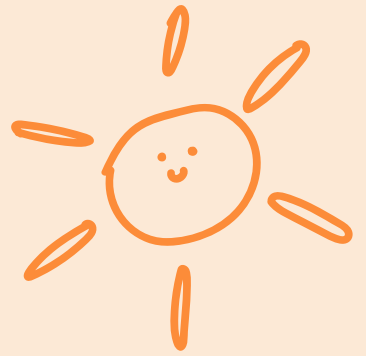
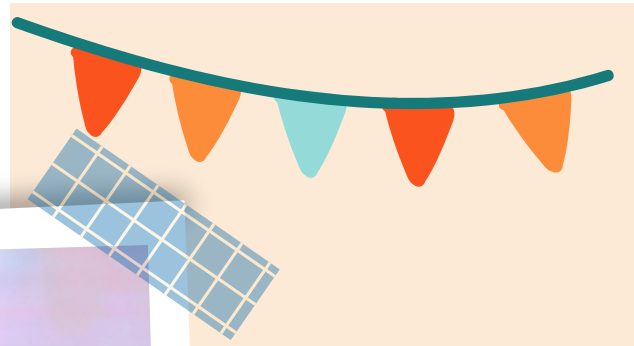


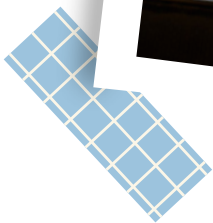
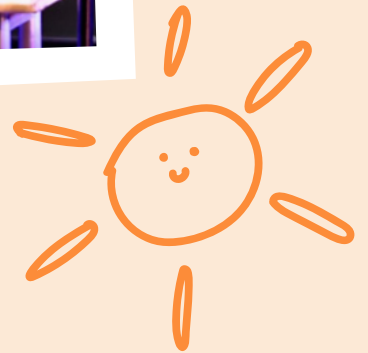
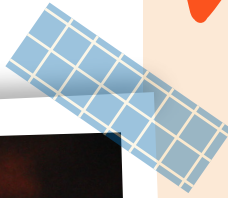
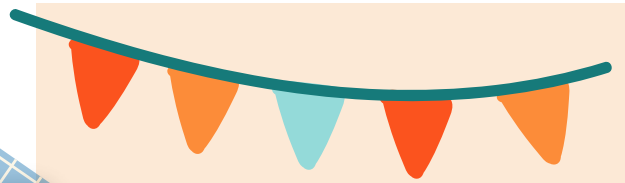


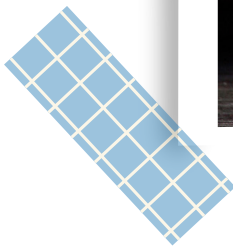
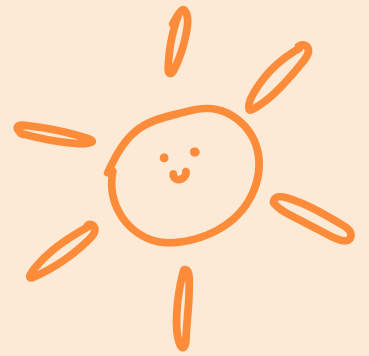
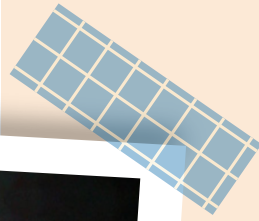
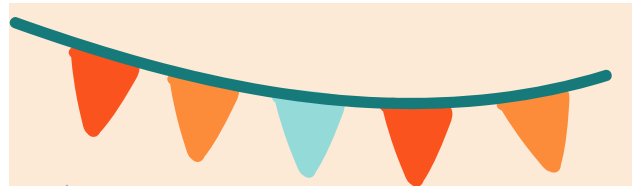


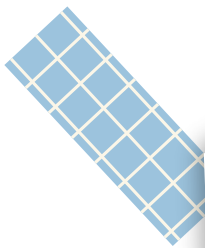
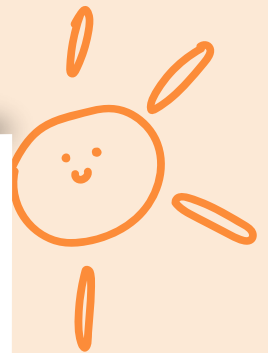
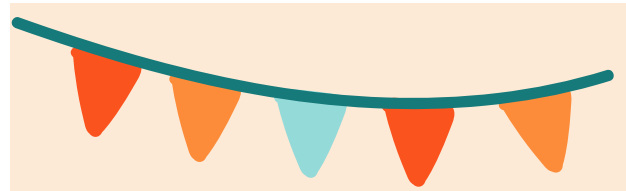


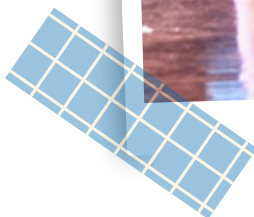
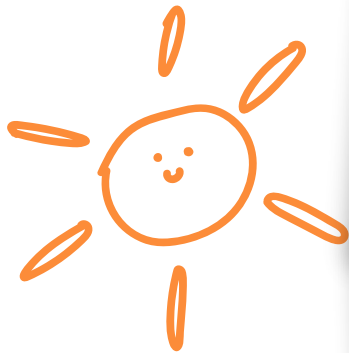
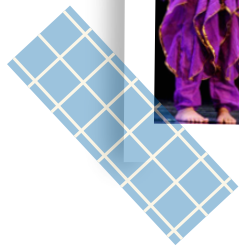
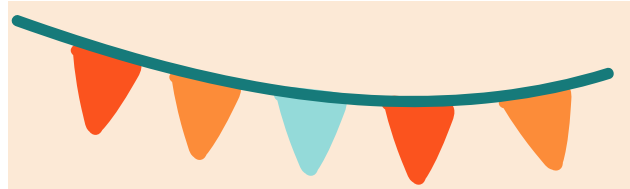


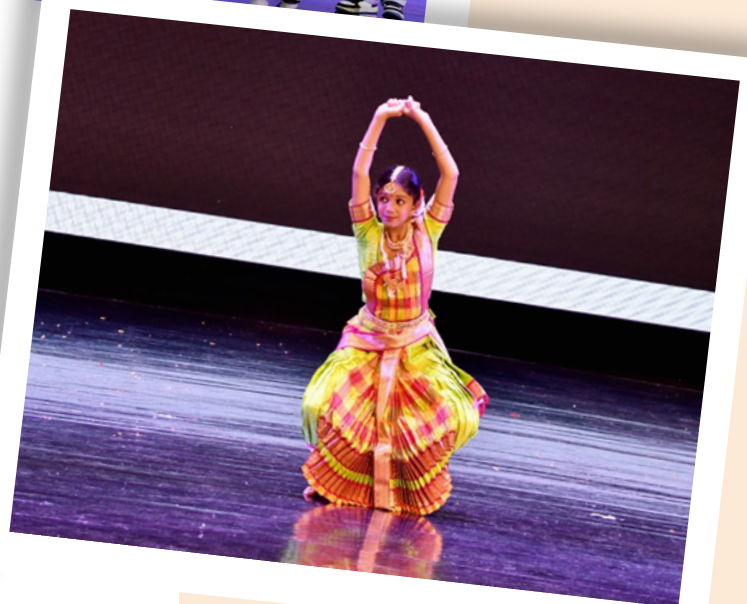
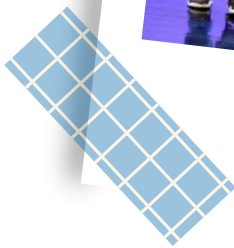
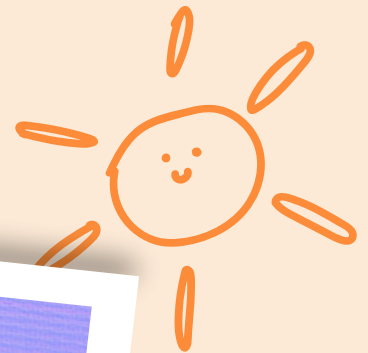
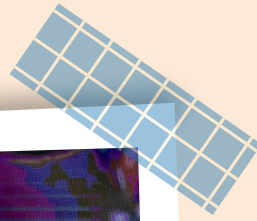


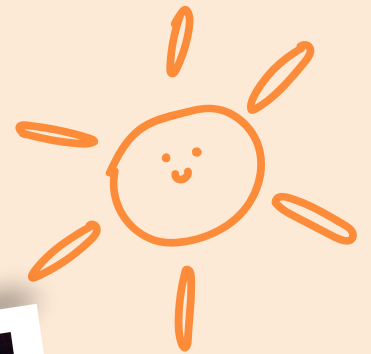
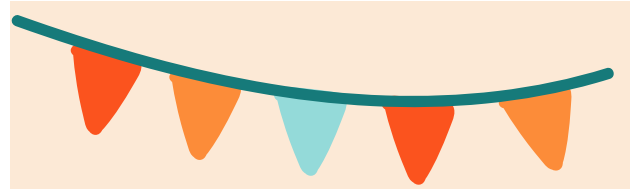












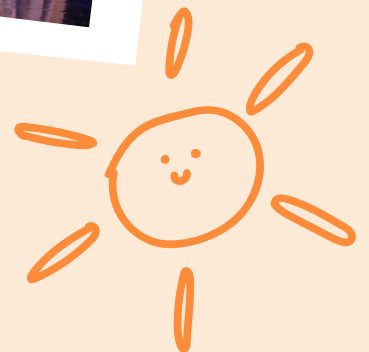
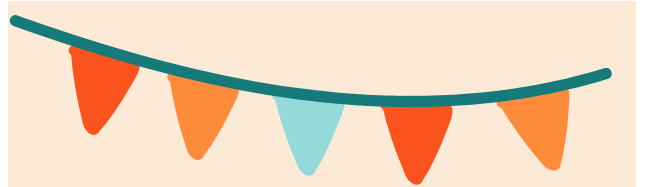
BalDiwas 2024 ended on a positive and uplifting note, leaving everyone with a sense of joy and satisfaction. Each participant received a certificate of participation along with a commemorative souvenir.



Ms. Ritika Kumar, President of the Indian Association, expressed gratitude to **Ms. Lulu Wang** for her support and encouragement toward the children, **Dulwich College International School** for providing the splendid auditorium, **Kebab of the Grill** for the food, and all the dedicated **performers, anchors, and parents** whose efforts contributed significantly to making BalDiwas 2024 a truly memorable occasion.

A sincere appreciation goes to DJ Shrikant, Mahendra and Ningchun for their support, as well as parent volunteers Anu, Bharathi, Parvathy, Priyanka, and Shweta. Special thanks also go to the kid volunteers Arjun, Aryan, and Chiraav for their invaluable contributions. BalDiwas 2024 was a resounding success, demonstrating the **incredible talents** of our young participants and spreading joy and positivity. We look forward to continued support and participation in future events.





CYCLING EVENT 2024

The Indian Association (IA) organized a vibrant fun family cycling event at the Pudong side Riverfront on May 26th, 2024. The event saw an enthusiastic turnout, with around 40 participants joining in the fun. This marked the second time IA held this cycling event, and it was also the first sports event of the year for the association. It was particularly heartening to note that more than half of the participants were women and children, highlighting the event's family-friendly appeal.

The event started and concluded at the bandstand in front of the **Mercedes Benz Arena**, offering a scenic backdrop with the River Mall and China Pavilion in the distance. Participants cycled along the impressive **20 km, 10 km, and 5 km** astroturf tracks running on both sides of the river, which left everyone impressed.

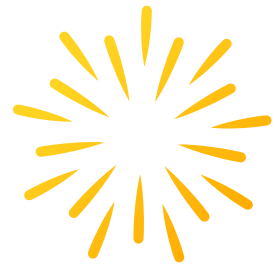
While many participants brought their own bicycles, some opted for rented bikes through ride-sharing apps, making the event more accessible and inclusive. Despite the morning's pleasant weather giving way to a hotter day, the enthusiasm of the participants remained undeterred.

A highlight of the event was the delicious refreshments. Participants and volunteers enjoyed **hot and tasty vada pav along with garam chai**, which were greatly appreciated by everyone.

In his closing remarks, **Manoj Mehta, Financial Controller**, emphasized the importance of positivity, family bonding, and community engagement in 2024, highlighting that the values of **Health, Hope, and Humanity** should guide our actions and decisions.

Himanshu Chaturvedi, GSec Charity, also invited everyone to the upcoming Blood Donation event on June 1st, themed "Children for Children," encouraging attendees to come forward, donate blood, and save lives.

The event highlighted that cycling is not just about physical exercise; it represents a journey towards a **healthier lifestyle and a cleaner environment**. The IA extends its sincere thanks and gratitude to the Indian community, participants, volunteers, and everyone who contributed to making the Fun Family Cycling Day 2024 in Shanghai a resounding success. The community can look forward to more exciting and fun sports events this year.







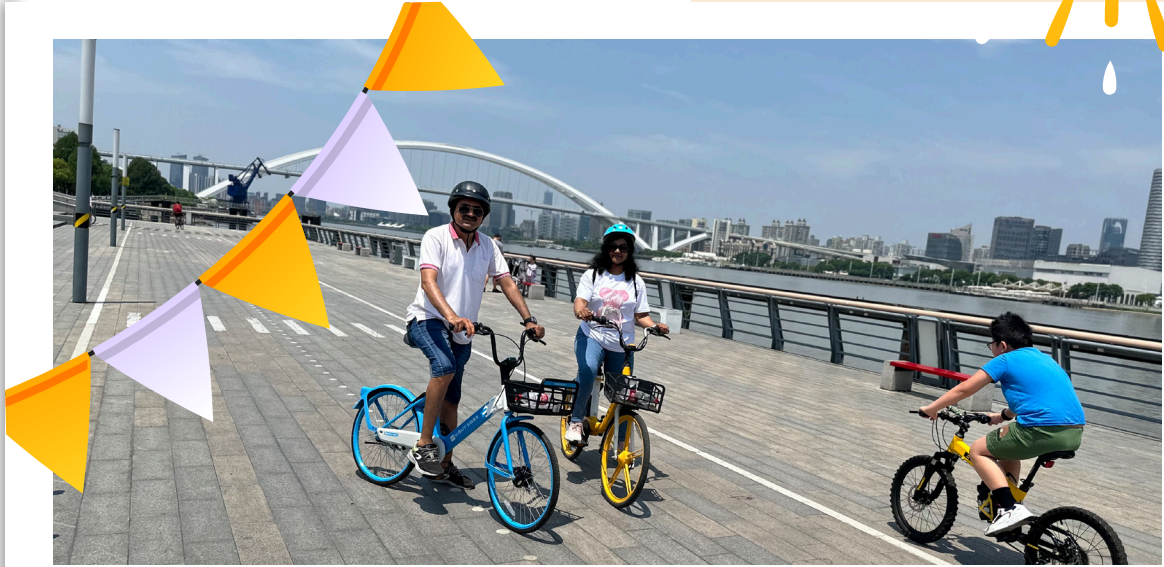












10 YEARS OF DONATING HOPE: INDIAN ASSOCIATION'S BLOOD DONATION



The Indian Association (IA) hosted its 10th Blood Donation Drive on June 1st, 2024, marking a significant milestone in our ongoing commitment to community service and health support in Shanghai. This event, supported by the Shanghai People's Association for Friendship with Foreign Countries, Shanghai Blood Center, the Shanghai Blood Administration Office, Shanghai Foreign Agency Service Department, Shanghai Hongkou Health Commission, and Shanghai Hongkou Blood Administration Center, was a resounding success.

Siddharth Chatterjee, UN Resident Coordinator in China, participated in the event and rolled up his sleeves to donate blood. He emphasized that blood donation is a symbol of human solidarity, not only for health but also for the continuation of life. Mr. Chatterjee remarked, "Through today's activities, I not only saw the unity and efforts of all parties but also deeply felt the greatness of the city of Shanghai."

Fu Jihong, vice president of the Municipal Friendship Association, and Yu Tao, deputy director of the Municipal Health Commission, attended the event and thanked the blood donors.

Building on the momentum from last year's event, which saw substantial contributions from the Indian community's children, this year's drive continued to highlight the community's dedication and collaborative spirit. The involvement of 35+ Indian kids from 11 different international schools added a vibrant and youthful energy to the event, ensuring its success from planning to execution.

This year's event coincided with Children's Day, and the theme was "Children for Children." Dozens of students from Shanghai Jinyuan Senior High School and Indian kids in Shanghai jointly formed a volunteer team, providing guidance and catering for blood donors and expressing their respect and gratitude with beautiful and passionate cultural performances. Chinese and foreign kids celebrated this unique Children's Day together, gaining friendship through public welfare activities.

The day began with captivating performances of traditional Indian dance forms, Kuchipudi and Kathak, followed by lively musical acts from around the world. These performances set a festive tone and were appreciated by all attendees. The children took the lead in organizing the event, demonstrating remarkable initiative and leadership. They coordinated with the blood center, made food arrangements, and engaged with schools to create a carnival-like atmosphere.

The children took the lead in organizing the event, demonstrating remarkable initiative and leadership. They coordinated with the blood center, made food arrangements, and engaged with international schools to create a carnival-like atmosphere. Numerous international schools not only participated but also partnered and sponsored the event. They provided musical instruments, marketing support, and even had teachers and parents volunteer to perform.

During the campaign, 89 caring people successfully donated a total of 144 whole blood units and plasma. Over the past decade, more than 1,000 Indians have participated in the event, setting a record for the largest number of blood donations in Shanghai by foreigners from the same country.

This "gift of life" from India not only saved countless lives but also symbolized the deep affection of the people of China and India. This also marks the highest collection after COVID achieved by the Indian Association. This remarkable feat reflects the community's gratitude and commitment to Shanghai, our home.

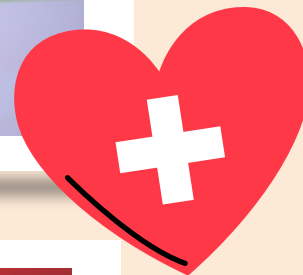
In a touching scene during the event, representatives from the Shanghai Blood Center and the Indian Association exchanged certificates of appreciation and commemorative plaques to express their gratitude for the mutual support and cooperation over the past ten years, as well as their common desire to love and serve Shanghai.

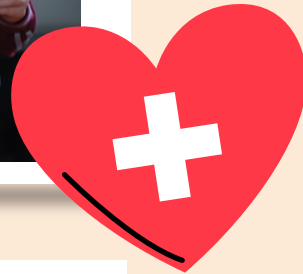
The Indian Association thanked Dr. Ashish Maskay and Bloodline for their continued support and cooperation in the joint efforts for many years now.

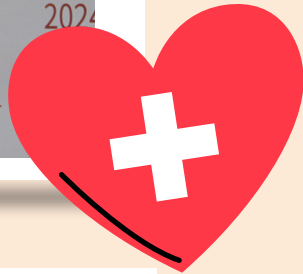
Ritika Kumar, President of Indian Association said that more than 10 years of cooperation is a beautiful journey, and the city of Shanghai is also our home.

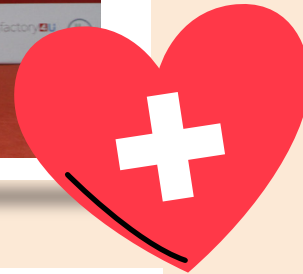
Since its inception in 2004, and its predecessor the Shanghai Indian Ladies Association from the mid-90s, the Indian Association has consistently championed charitable causes. Our blood donation campaigns, initiated in 2012, have grown significantly each year, showcasing our dedication to the well-being of the community.

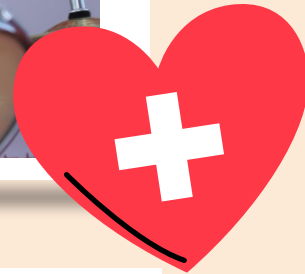
The Indian Association extends heartfelt thanks to all sponsors, partners, and volunteers who made this event possible. We are optimistic that this tradition of giving back will continue, with the vibrant Indian community playing a pivotal role in fostering goodwill and positive change in Shanghai.

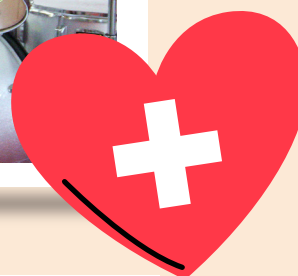




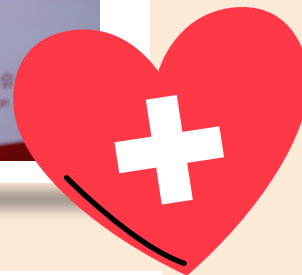


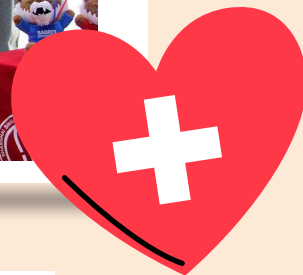
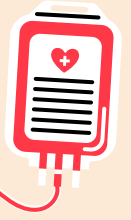












SHANGHAI PEOPLE'S ASSOCIATION FOR FRIENDSHIP WITH FOREIGN COUNTRIES (CPAFFC)

SHANGHAI BLOOD CENTER

SHANGHAI HONGKONG HEALTH COMMISSION & SHANGHAI HONGKONG BLOOD ADMINISTRATION CENTER

CHILDREN CHILDREN

01 JUNE 2024

VENUE: SHANGHAI BLOOD CENTER NO.1199, HONGQIAO ROAD

SCAN TO REGISTER

PARTNERS

The xpatriate Center

上海英国商会 BritCham Shanghai

Cham

WELLINGTON COLLEGE INTERNATIONAL

SCIS

NORD ANGLIA INTERNATIONAL SCHOOL SHANGHAI PUDONG

Bloodline

SPONSORS

tcs TAXA CONSULTANCY SERVICES

SHANGHAI SINGAPORE INTERNATIONAL SCHOOL

JIAHUI HEALTH 商会医疗

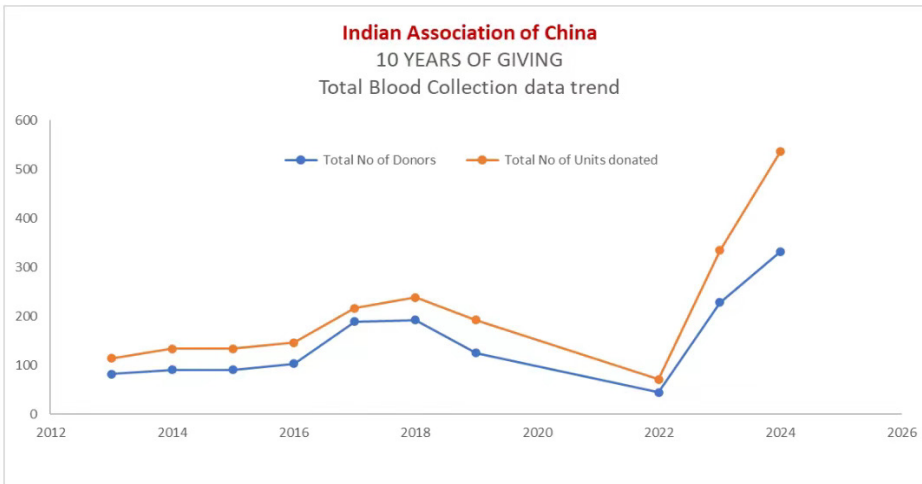
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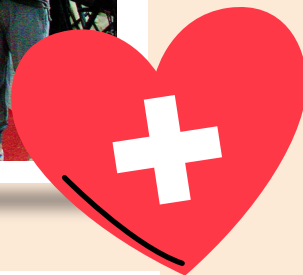
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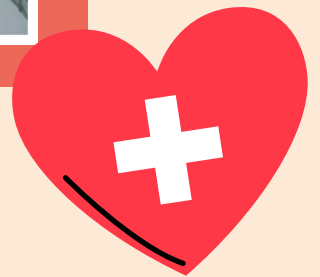
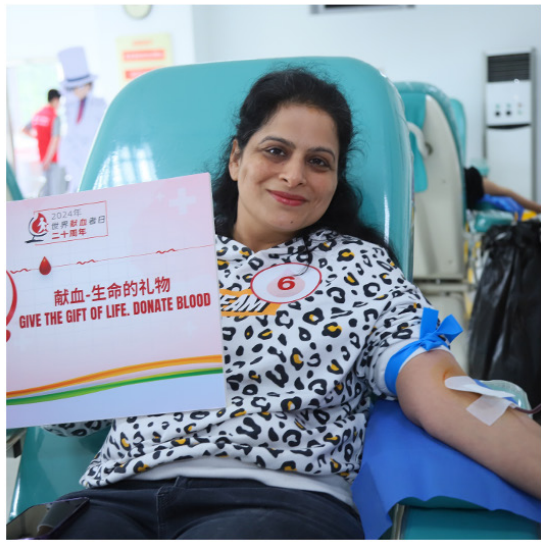
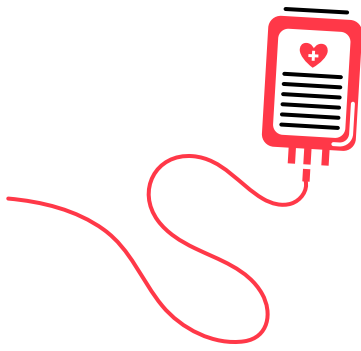
DONATE BLOOD

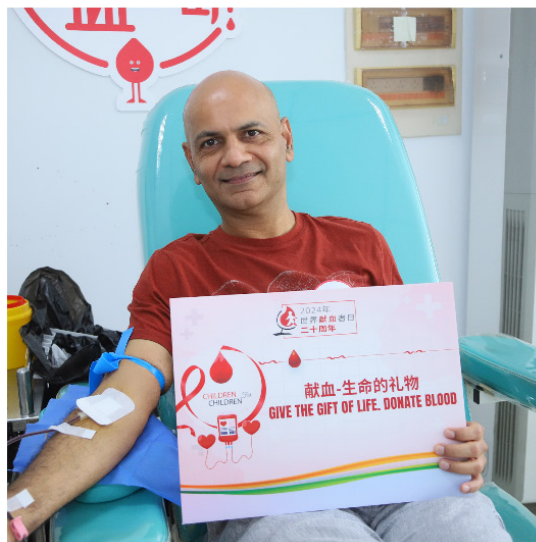
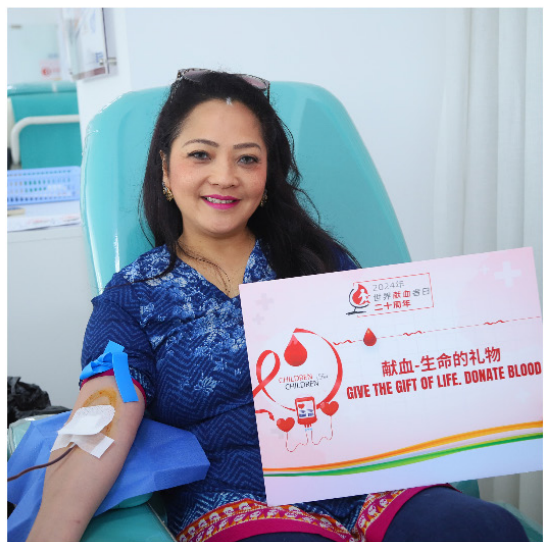
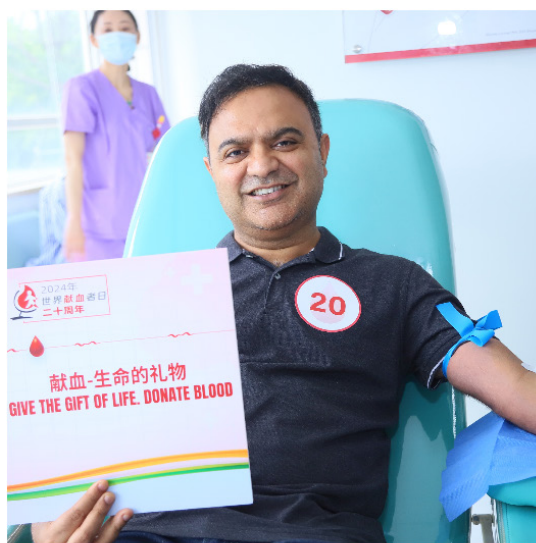
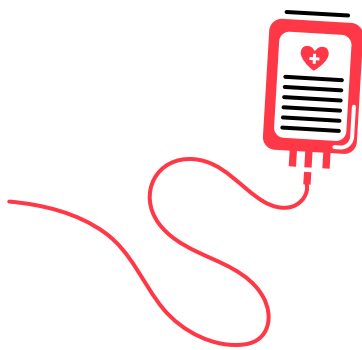
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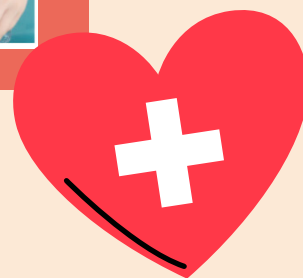
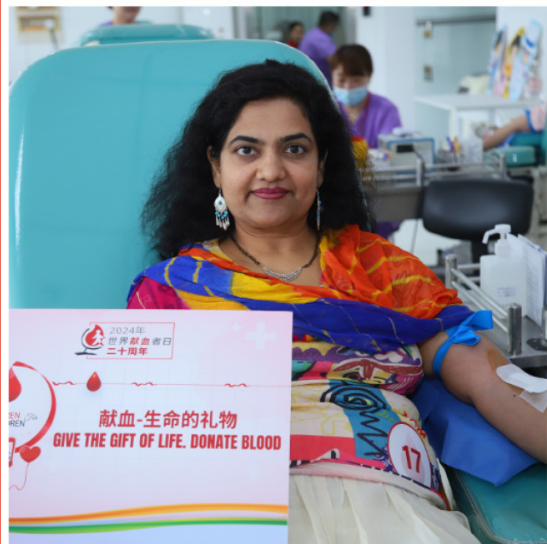
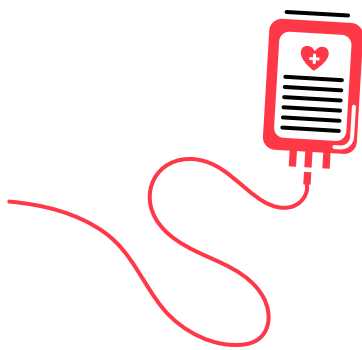


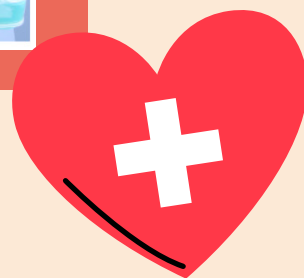
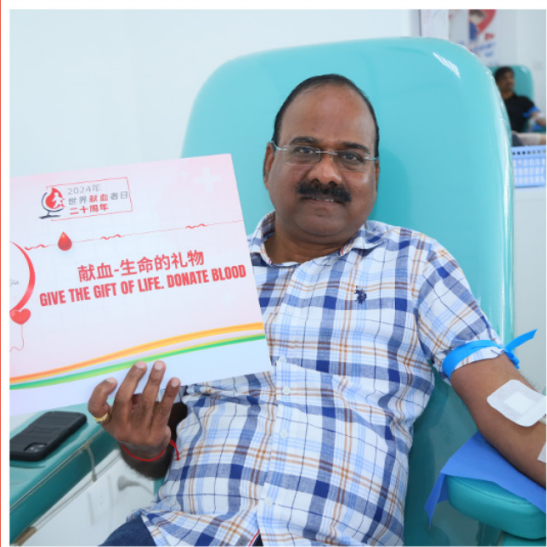
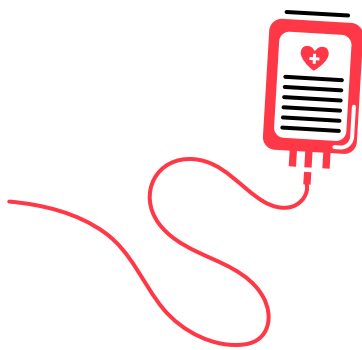


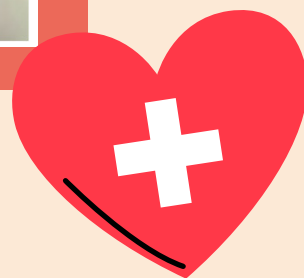
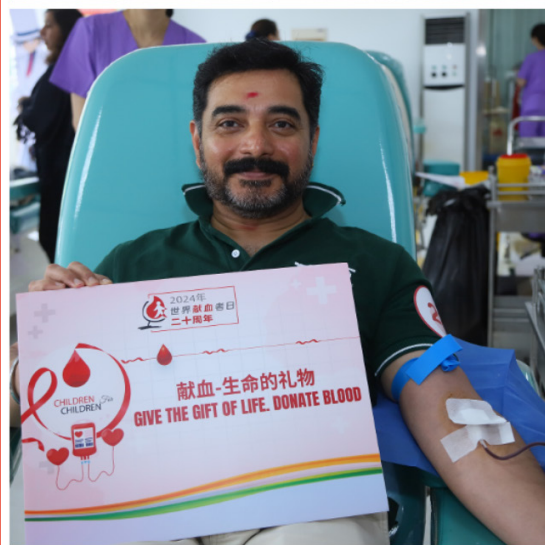
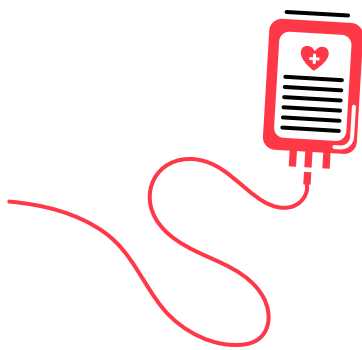


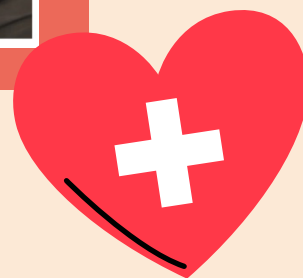
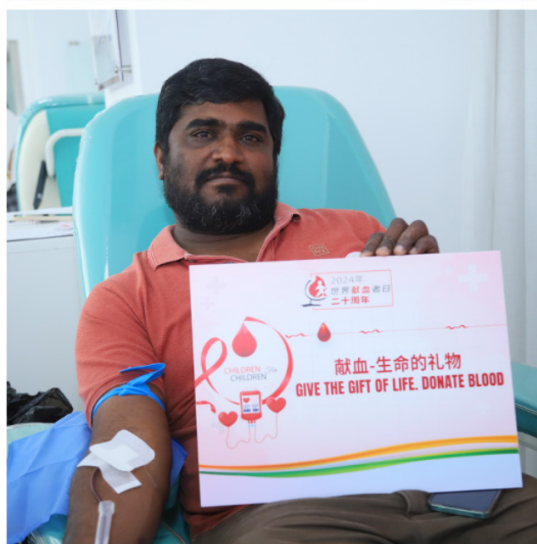
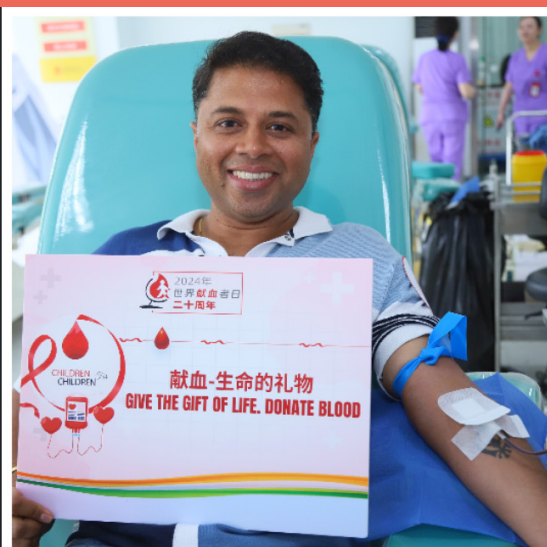
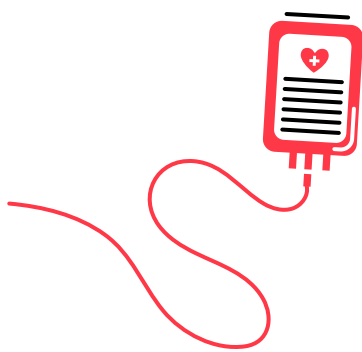


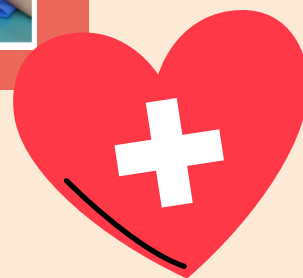
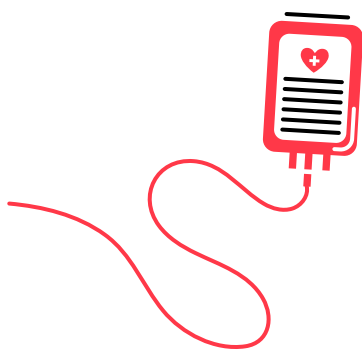


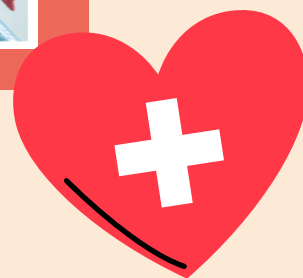
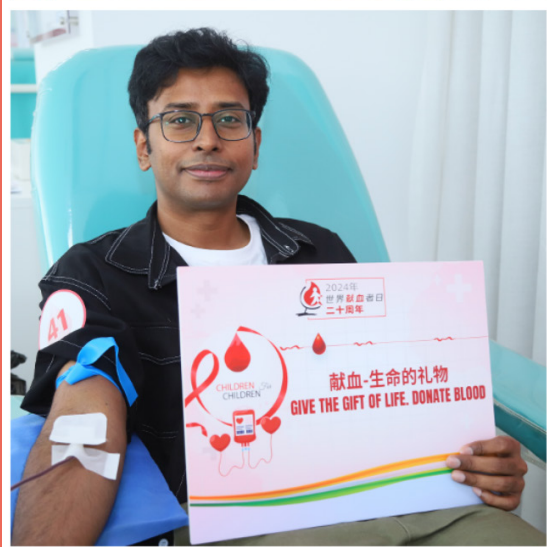
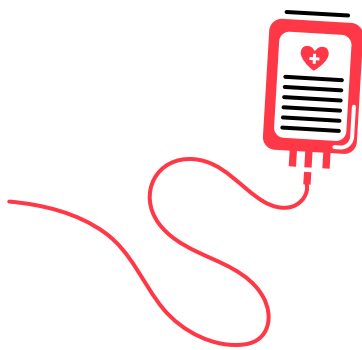


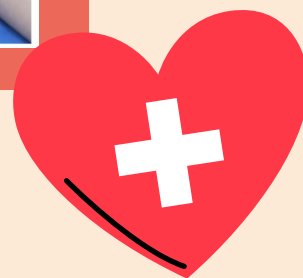
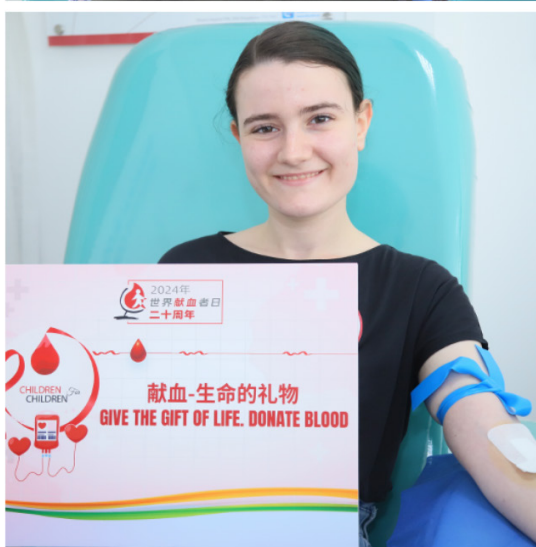
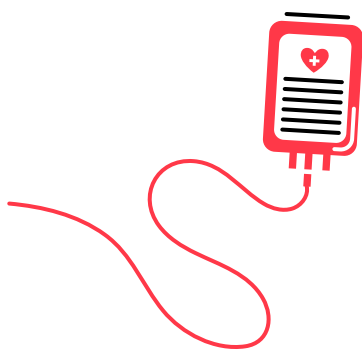


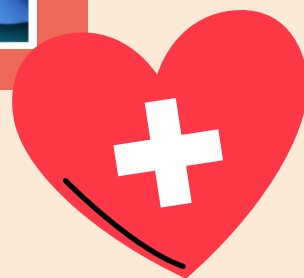
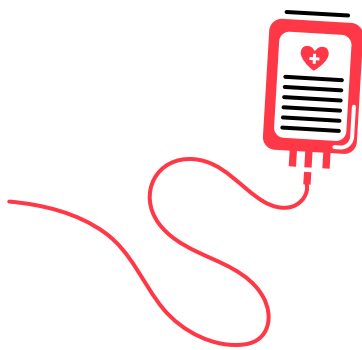


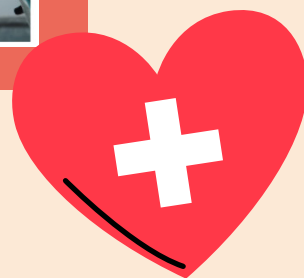
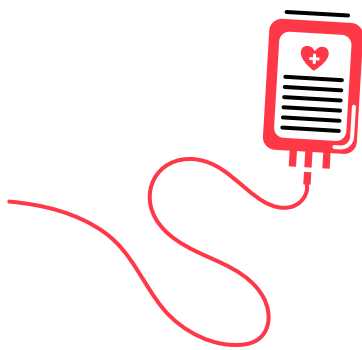


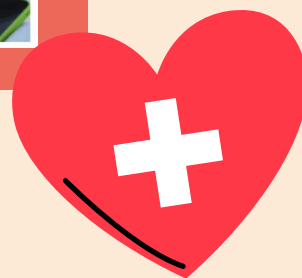
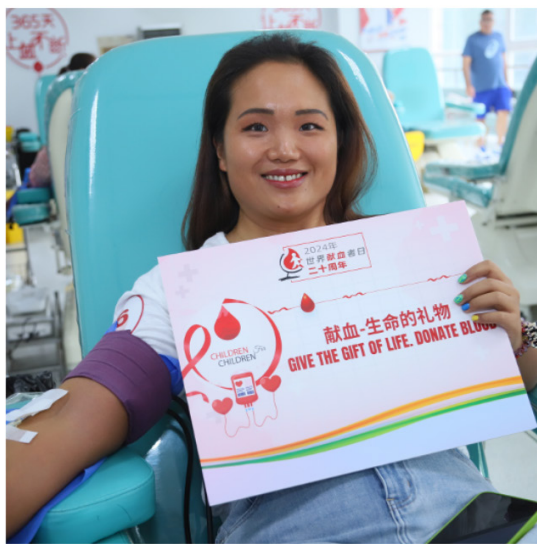
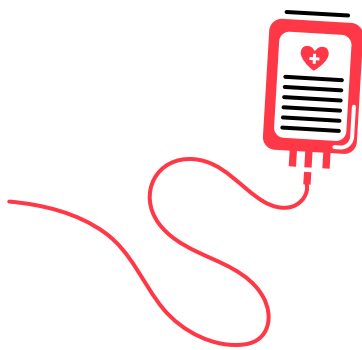


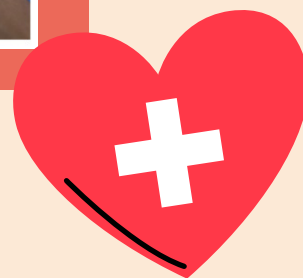
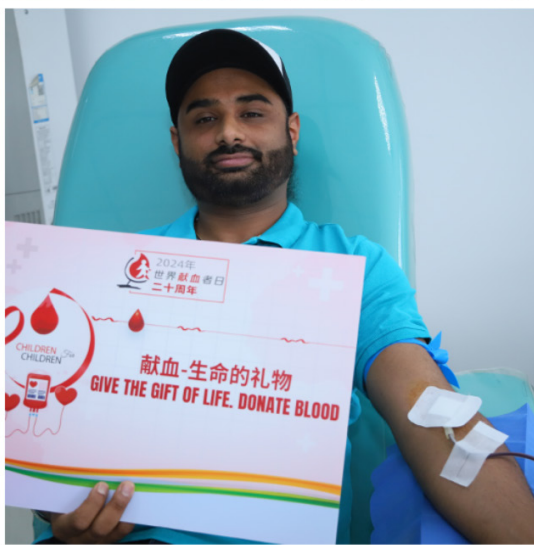
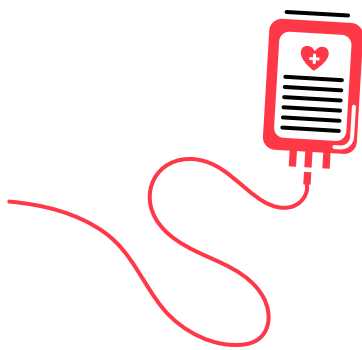


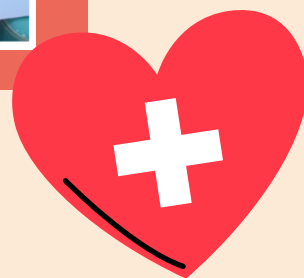
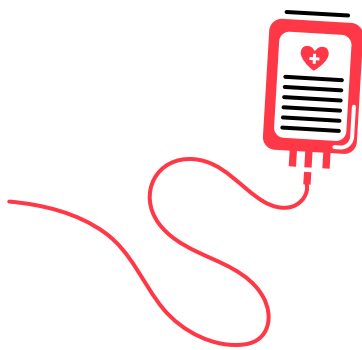


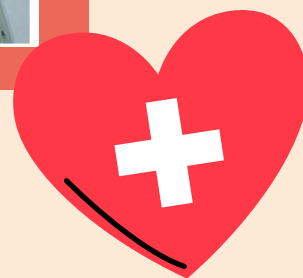
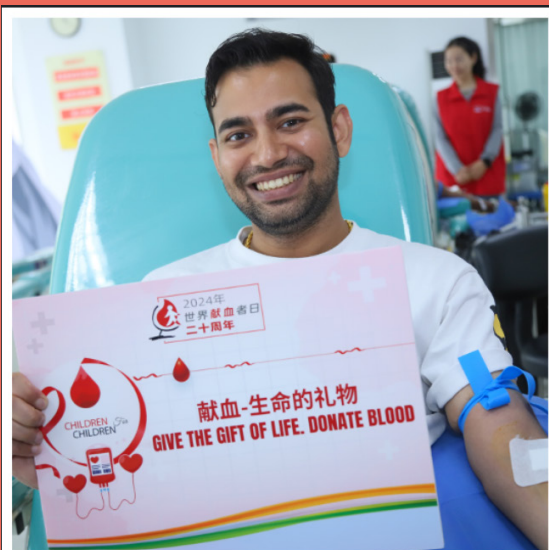
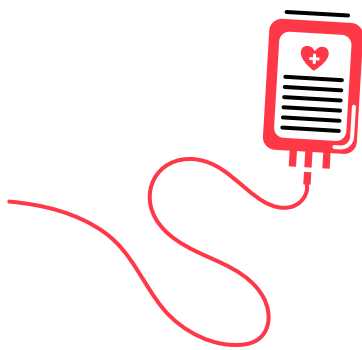


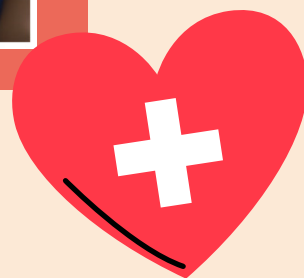
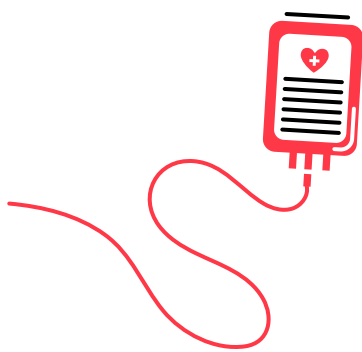


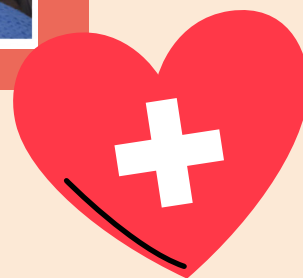
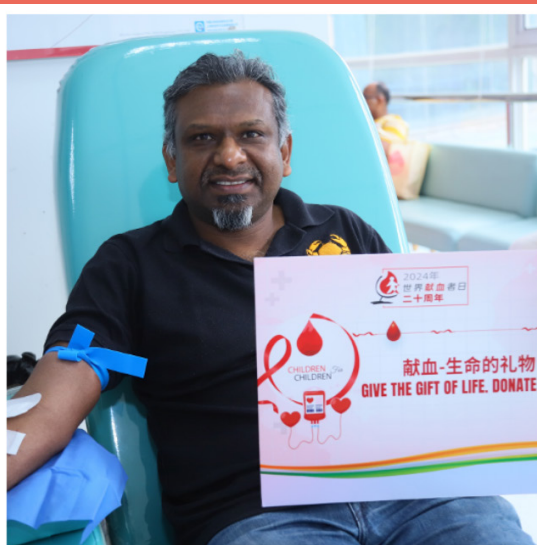
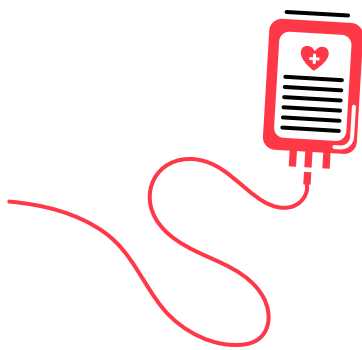


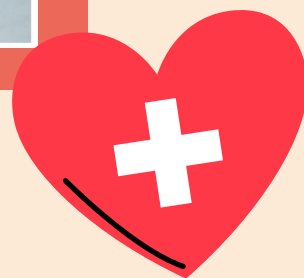
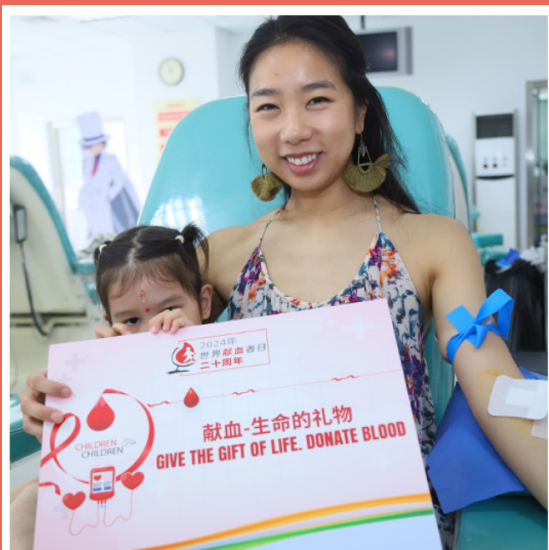
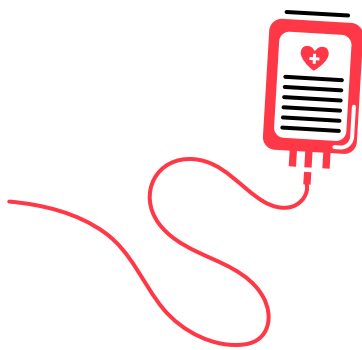


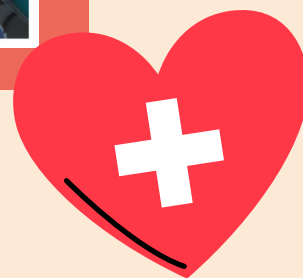
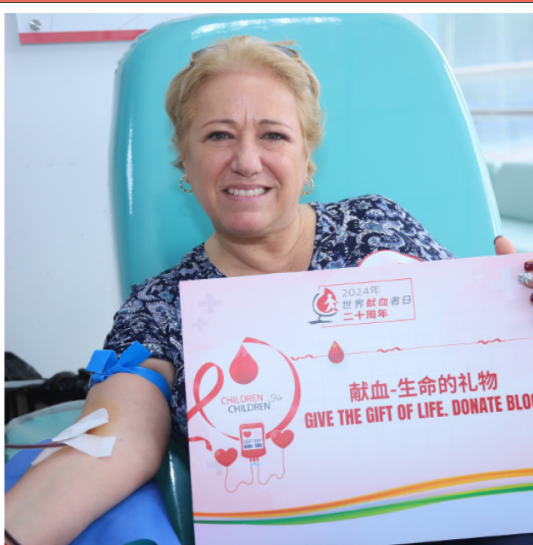
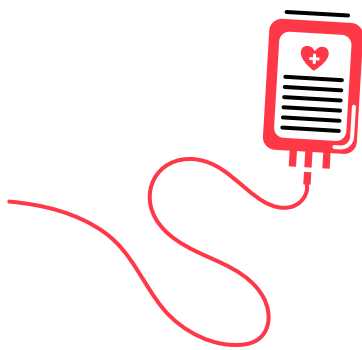


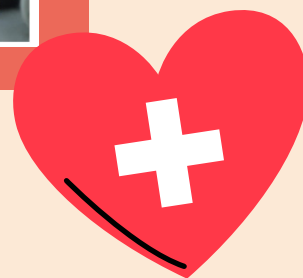
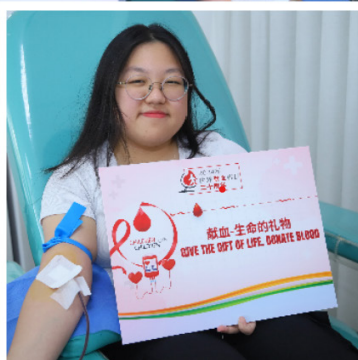
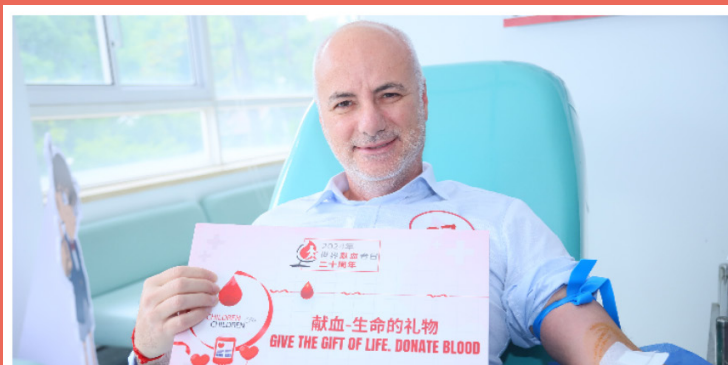
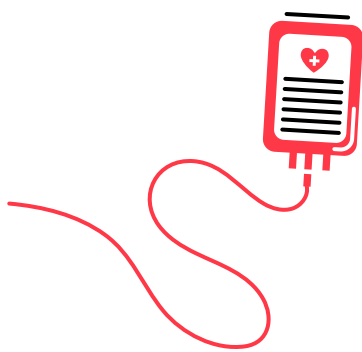












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About PureSmile

PureSmile is an Award Winning International Dental Clinic Chain in Shanghai with top foreign-trained dentists, orthodontists and other specialists from the United States, Australia, and Hong Kong. Our mission is to deliver world-class dental and orthodontic services in an environment that feels like home, ensuring every visit is as comfortable as it is effective.



Meet Our Doctors



Dr. Kevin Chan

- Specialist in Orthodontics
- BDS (London, England)
- Diploma in Orthodontics (Rochester, New York USA)
- Diplomate, American Board of Orthodontics
- Languages: English, Chinese

Dr. Rouble Rana

Pediatric Dentist
BDS, MDS (The University of Hong Kong)
Languages: Hindi, English



Before and After Work

Check out our amazing before and after photos! 📸 See how our expert team transforms dental challenges into stunning smiles. Each transformation reflects our dedication to giving you the confidence you deserve. Ready for your own smile makeover? Discover the difference we can make!



Contact Us Today!



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DOES YOUR CHILD NEED BRACES?

THE HIDDEN SIGNS MOST PARENTS MISS

As parents, we strive to ensure our children's health and well-being. While many focus on diet and exercise, dental health is often overlooked. Subtle dental issues in young children may go unnoticed, only becoming apparent when they require more extensive intervention. The good news is that regular dental checkups and preventive treatments, such as sealants, can help identify and address these issues early, avoiding larger problems in the future.



1. CROOKED OR CROWDED TEETH

Slightly crooked or crowded teeth in young children are easy to overlook, but they can be early signs of bigger orthodontic problems. Crowded teeth mean there's not enough space in the mouth for adult teeth to grow in properly. This can lead to tooth decay, gum disease, and difficulty chewing or speaking. Regular checkups allow the dentist to monitor your child's development, catching these issues early, and in many cases, recommending early orthodontic intervention to correct alignment before it worsens.



2. JAW MISALIGNMENT

Does your child's smile seem off-center, or do they have difficulty closing their mouth comfortably? Jaw misalignment, also known as malocclusion, is a common orthodontic issue that can be detected early during routine dental visits. Signs such as an overbite, underbite, or crossbite can affect chewing, speech, and even breathing. Regular dental checkups help identify these problems early, and your dentist may recommend an orthodontic consultation to guide jaw development into proper alignment before more invasive treatments become necessary.



3. EARLY OR LATE LOSS OF BABY TEETH

The timing of losing baby teeth can be another indicator of future orthodontic problems. Losing teeth too early or too late can disrupt the proper growth of adult teeth, leading to crowding or misalignment. During your child's routine dental checkups, your pediatric dentist will monitor how baby teeth are lost and may suggest interventions such as space maintainers or early braces to ensure that adult teeth come in correctly.



4. MOUTH BREATHING AND SNORING

While snoring or mouth breathing may seem unrelated to dental health, these can be red flags for orthodontic problems. Mouth breathing, especially during sleep, can impact jaw development and lead to an elongated face, open bite, or other alignment issues. Regular dental visits provide an opportunity to discuss any breathing or snoring issues with your pediatric dentist, who may recommend orthodontic evaluation to address potential airway or jaw development concerns.



5. DIFFICULTY CHEWING OR SPEAKING

If your child struggles with chewing or frequently bites their tongue or cheeks, it may indicate misaligned teeth or jaws. Speech issues like lisping or difficulty pronouncing certain sounds can also be a sign of orthodontic problems. Regular checkups allow the dentist to assess these issues early, providing guidance on whether orthodontic care is necessary to improve eating and speaking functions.



6. THUMB-SUCKING BEYOND TODDLER YEARS

Thumb-sucking is common in toddlers, but if the habit persists beyond the age of 4 or 5, it can lead to significant orthodontic problems. Prolonged thumb-sucking can push the front teeth forward, resulting in an open bite or misalignment. During routine checkups, your pediatric dentist will evaluate the impact of thumb-sucking on your child's teeth and provide advice on how to break the habit before it causes long-term damage.



THE IMPORTANCE OF SEALANTS

Sealants are a preventive treatment that can protect your child's teeth from decay, especially in the deep grooves of the molars, where cavities often form. Applying sealants early, typically as soon as the permanent molars come in, helps shield these teeth from plaque and food particles. Sealants are particularly beneficial for children who may struggle with thorough brushing and flossing. During regular checkups, your dentist can monitor the condition of the sealants and reapply them as needed to keep your child's teeth protected.



WHY REGULAR CHECKUPS MATTER

Regular dental checkups are vital in maintaining your child's oral health and ensuring early detection of potential orthodontic issues. During these visits, your pediatric dentist not only monitors tooth development but can also recommend preventive treatments like sealants or fluoride applications to keep teeth strong. Early detection of misaligned teeth, jaw problems, and other warning signs can prevent the need for more invasive treatments down the road.

By visiting the dentist regularly, you stay one step ahead of potential problems, ensuring your child's smile develops properly. Additionally, if your child does require braces, early intervention can reduce treatment time and prevent more complex procedures later.



FINAL THOUGHTS: DON'T OVERLOOK THE SUBTLE SIGNS

While crooked teeth or jaw misalignment may seem like minor issues, they can lead to more significant problems as your child grows. Combined with regular checkups and preventive measures like sealants, paying attention to the subtle signs of orthodontic problems ensures your child's smile remains healthy.

If you've noticed any signs like crooked teeth, jaw misalignment, or speech difficulties—or if you're simply unsure—it's always a good idea to consult your dentist or an orthodontist. Early detection and treatment can help your child avoid bigger dental issues in the future, giving them a confident, beautiful smile that lasts a lifetime.

VANAKKAM & NAMASTE FROM SHANGHAI SANGAMAM



Mr. Gopinath Thangavelu

Gopinath Thangavelu is from Tamil Nadu and has been living and working in Shanghai since 2004. His wife and their two lovely daughters accompany him in Shanghai. Gopinath loves traveling, especially to places with nature and landscapes. Apart from his daily work, he enjoys volunteering and organizing community activities in Shanghai. He has been a part of the Shanghai Sangamam team since 2007. Gopinath wishes to provide solutions to the problems encountered by fellow Indian people in their daily lives in Shanghai or China and hopes to have more exciting and engaging celebrations in Shanghai.

We would like to introduce our Tamil New Year to the Indian community members of Shanghai. Pls allow me to walk through about this festival in detail.

Tamil New Year Celebrations & its Significance:

Tamil New Year marks the beginning of Chithirai Month, the very 1st month of the Tamil Solar Calendar and it marks the onset of the new calendar year. Most of the time, the Tamil new year falls on 14th April every year. Tamil New Year is also called as **Tamil Puthandu** or **Tamil Varusha Pirappu** or **Chithirai Thiruvizha**

Tamil New year is celebrated with immense enthusiasm and fervor in Tamil Nadu, Pondicherry and also in places away from India where significant Tamil population is present like Sri Lanka, Singapore, Malaysia, Mauritius, etc. This particular day is also a common celebration for other communities with different names, like in Kerala it is celebrated as Vishu, in Orissa as Pana Sankranti, in West Bengal as Pohela Boishakh, in Assam as Bohag Bihu, in Punjab as Baisakhi, etc.

Tamil New Year is a day of feasting and revelry in Tamil Nādu. Symbolizing a new dawn, Tamil New Year symbolizes hope and rejuvenation, inspiring people to embrace fresh beginnings and embark on auspicious ventures. People pray to the Almighty for good health, fortune, justice, and

happiness on this day. It is often thought to be a good day to launch a new company or plan.

Historical Background:

Tracing its roots to the era of the Chola dynasty, which governed Tamil Nadu and adjoining regions of South India from the 9th to the 13th centuries, Tamil New Year's inception coincides with the emergence of the Tamil calendar, attributed to the Chola reign.

Traditions of Tamil New Year:

The celebrations of Tamil New Year begin a day before. On a tray, we arrange atleast three fruits [must contain mango (ma), jack fruit (pasha) and banana (vazhai)], silver/gold jewelry, money, betel leaves, arecanut, mirror and flowers, in a way that these fruits/jewelries/money, etc are reflected on the mirror and we can see these items on the mirror. This is to be seen the very first thing on the morning of Tamil New Year and this ritual is called as '**Kani Kanthal**' (**seeing the fruits**). The practice of Kani Kanthal brings happiness and prosperity in the coming year.

Our houses are beautifully decorated with **traditional kolams (Rangolis)** for Tamil New Year. On the middle of Kolam is decorated with '**Kutthuvilakku**' (**traditional lamp**). It is a popular belief that this signifies the removal of darkness. This day is marked with a scrumptious feast in all Tamil homes.

People wear new clothes on the occasion of Tamil New Year. It is a day of feasting on the gourmet

delicacies. People exchange New Year greetings with one another. The young members and children receive gifts or token of money from elders on Tamil New Year.

Celebrations of Tamil New Year 2024 in Shanghai:

Shanghai Sangamam has organized Chithirai Thiruvizha 2024 (aka Tamil New Year) on 20th Apr 2024 Saturday at Renaissance Yu Garden, Shanghai.

With the great support of our community members and the presence of our Honorable Consulate General of India, Shanghai Dr. N. Nandakumar with his family as our Chief Guest, Chithirai Thiruvizha 2024 has been held in a grand manner. We were very grateful to have them on the event and our Honorable Consulate General of India, Shanghai Dr. N. Nandakumar has conveyed his Tamil New Year wishes to the community members on his own way.

We have started the event with Tamil Thai Vazhthu (the official prayer hymn of Tamil Nadu govt) and lighting up the Kutthuvilakku by our Chief Guests and Core members of Shanghai Sangamam.

To celebrate Tamil New Year in a very localized way, we had Patti Mandram event (Debate show) on an interesting topic as "Living in overseas, did we gain a lot or lose a lot" which reflects our lifestyle living in a foreign land away from our mother land, together with community members cultural

programs including Shravya & Soniya's electrifying dance performance on Superstar Rajnikanth's song, Kids thirukkural recital, a Chinese girl (Ms. Alerinsha) singing a Tamil song, etc. At the end of the event, we have called up all the participants on the stage and presented mementos to recognize their hardwork and preparations for the event.

All the guests enjoyed the event and much appreciated the efforts taken Shanghai Sangamam team and its volunteers.

With the help of Mr. Siva and his team at Indian Kitchen, the guests were served with mouthwatering South Indian food.

Our volunteers were on full swing who worked tirelessly on the event preparations until the event completion. We didn't forget to bring all of them on stage and introduced to the community members to thank them for their love and dedication towards the event.

We are glad that we could serve our community and pass on our culture of Indian celebrations to the younger

generation at the best possible level.

We warmly welcome the community members to join us on the upcoming celebrations too.

Brief Intro about Shanghai Sangamam:

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

Indian women.

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

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

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









Shanghai Kannadigaru memories

Cultural, Colorful, Kannada.

ಶಾಂಘೈನಲ್ಲಿ ಕನ್ನಡಿಗರ ನೆನಪುಗಳು

ಸಾಂಸ್ಕೃತಿಕ, ವರ್ಣರಂಜಿತ, ಕನ್ನಡ.

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

main events each year starting 2019 (Yugadi and Kannada Rajyotsava).” -

68th Kannada Rajyotsava and Deepawali- November 2023:
Continuing the tradition of celebrating Karnataka (Kannada) Rajyotsava in the month of November each year, ‘Shanghai Kannadigaru’ celebrated the 68th Kannada Rajyotsava on 25th November 2023 at Indian Kitchen in Pudong. On this special occasion, about 70 Kannadigas came together

from Shanghai and nearby cities for the celebration. The event also welcomed newcomers to Shanghai who became part of “Shanghai Kannadigaru” family.

Following are the glimpse of Shanghai Kannadigaru events in Shanghai during Oct 2023-Oct 2024:



The lighting of the lamp by Dr. Nandakumar (CGI SH) and several group members marked the start of the Kannada Rajyotsava 2023 celebration.

Shanghai Kannadigaru group felicitated special invitees with a bonsai plant, as a symbol of eternity. Dr. Nandakumar addressed the and praised the efforts of the Shanghai Kannadigaru family for being together and spreading Indian culture in a foreign country.





Group members and kids presented beautiful cultural programs during the event, also included with several fun elements. This year's event added another memorable page to our lives in Shanghai.





Team conducted games for adults and kids separately. All had fun at the event.





Ugadi event - March 2024:

Continuing the tradition of celebrating Karnataka (Kannada) Rajyotsava in the month of March/April each year, 'Shanghai Kannadigaru' celebrated the Ugadi on 13th April 2024. On this special occasion, about 50 Kannadigas came together from Shanghai and nearby cities for the celebration. The event also welcomed newcomers to Shanghai who became part of "Shanghai Kannadigaru" family





The lighting of the lamp by Mr Aditya

(Consul SH) and several group members marked the start of the Ugadi 2024 celebration. Shanghai Kannadigaru group felicitated special invitees with a plant, as a symbol of eternity. Mr Aditya addressed the audience and praised the efforts of the Shanghai Kannadigaru family for being together and spreading Indian culture in a foreign country.



eeeeee







The event was inaugurated with the mesmerizing voice of our beloved Bharathi.

To mark "Ambedkar Jayanti" celebration, video of movie released based on life story of Dr B R Ambedkar was released during the Ugadi event.





SHANGHAI TELUGU SANGHAM : UGADI CELEBRATIONS

Festivals are a significant part of Indian culture, serving as a platform to showcase our values and emotions. Ugadi (also referred to as Yugadi) is the New Year for people in South Indian states such as Karnataka, Andhra Pradesh, and Telangana. “Yugadi” comes from two Sanskrit words: ‘yug,’ meaning era, and ‘aadi,’ meaning beginning.

It is celebrated on the first day of the month of Chaitra. As part of the festivities, special prayers are conducted at temples, followed by Panchanga Sravanam. Panchanga Sravanam involves astrological predictions for the Hindu year, given by a Brahmin or pundit.

On this auspicious day, a special festival dish called Ugadi Pachadi is prepared using neem flowers, raw mango pieces, new jaggery, pepper powder, coconut, and tamarind. The six tastes of Ugadi Pachadi—sweet, bitter, sour, pungent, salty, and spicy—symbolize the different experiences of life. It serves as a reminder that one should embrace all flavors of life and make the most of them in the coming year.

The message of the Ugadi festival is to rise above all: happiness and sorrow, failure and success.

This year, Shanghai Telugu Sangham celebrated Ugadi on April 14, 2024. All members participated enthusiastically, and people from cities around Shanghai also joined to celebrate together. Not only Indian community members but also friends from various countries came to experience our culture, traditions, and enjoy Indian delicacies. This event was a wonderful opportunity for everyone to connect in person. We began the celebration by lighting a lamp and offering prayers. The day was filled with memorable activities, including children’s performances and games for both adults and kids.





DANDIYA BY PASSIONATE INDIANS

Shanghai, October 6, 2024 — I have witnessed the vibrant beats of Dandiya and Garba echoed through the Grand Ballroom of Ramada Plaza, 18 Xinjiao Road, Pudong, as the Passionate Indian Group brought the festive spirit of India to the heart of Shanghai.

The event was a joyous celebration of music, dance, and community, drawing participants from diverse backgrounds who came together to revel in the essence of India's Navratri festival. The hall was beautifully decorated, with colorful lights and traditional motifs, setting the perfect ambiance for an evening of energy and cultural exchange.

As the music began, attendees wasted no time hitting the dance floor, twirling and swaying to the rhythmic beats of Garba and the lively clatter of Dandiya sticks. Dressed in traditional attire, the participants filled the room with a kaleidoscope of colours—ladies in elegant lehengas and men in embroidered kurtas and bandis. The celebration wasn't just limited to dancing; it was an opportunity for cultural bonding. While experienced dancers gracefully led the Garba steps in large concentric circles, newcomers joined in with enthusiasm, learning the moves on the go.

"This event is all about spreading joy and connecting people through dance," said a member of the Passionate Indian Group. "We are thrilled to see such an incredible turnout and the excitement on everyone's faces as they danced to their hearts' content."

The Passionate Indian Dandiya was established 10 years ago with the aim of sharing our culture with the community and the next generation. It's a family-oriented event where everyone, from grandparents to children, can participate in the celebrations—starting with the Aarti led by our parents to the lucky draw organized by our kids.

The DJ kept the crowd energized with a mix of traditional Gujarati folk songs and modern Bollywood tracks,

catering to diverse cultural backgrounds and age groups. The dance floor was alive with cheerful laughter and the rhythmic clinking of dandiya sticks as people bonded over shared movements and beats, creating a vibrant and joyful atmosphere.

As the night progressed, the Grand Ballroom transformed into a whirlwind of festive fervour. Participants paused only briefly to catch their breath and enjoy refreshments before diving right back into the dancing frenzy. The event came to a close with loud applause and cheers, with everyone in agreement that the night had been nothing short of magical.

The Passionate Indian Group succeeded in making this Dandiya and Garba night a memorable experience, bringing a slice of Indian culture to Shanghai and giving attendees a chance to dance with

abandon. As the crowd slowly dispersed, many could be heard promising to meet again at next year's celebration. This event was a wonderful opportunity for new families to connect with the Indian community and forge new friendships. It created a welcoming atmosphere where everyone could share experiences and build lasting relationships. It was a night to remember—proof that no matter where you are in the world, festivals can unite hearts through the universal language of music and dance.











SHANGHAI MARATHI MANDAL CELEBRATES GANESHOTSAV 2024



Introductory Note – Dr. Deepak Hegde

Dr. Deepak Hegde is a Senior Pharma Professional with over 27 years of work experience in the Pharma Industry in US, Europe, Asia and Africa. He has been involved in the China Pharma Industry since 2007 and currently works with Cipla as General Manager and China Site Head.

He has been involved with the Shanghai Marathi Mandal for a very long time and has been the President of the Shanghai Marathi Mandal since 2022.



The month of September is eagerly looked forward in India and Shanghai for the arrival of Ganapati Bappa (the elephant-headed deity Ganesha, the god of prosperity and wisdom), when idols of Bappa arrive at our homes for periods varying from 1.5 to 10 days. The auspicious festival celebrates Lord Ganesha, who is revered as the 'God of New Beginnings' and 'Vighnaharta- The remover of Obstacles' as well as the 'God of Wisdom'. During this time the festive atmosphere and the cultural celebrations are a hallmark of Maharashtra and the passion in the celebrations and the spirit of competitions between be it for the size and uniqueness of depiction of the idol in various themes at the different mandals, to the elaborate aartis to the delicious prasad of modaks is for all to see.

Ganesh Chaturthi or Ganeshotsav organized by Shanghai Marathi Mandal, marks the beginning of festival season which is followed by Durga Puja in Oct and of course Diwali around November. This event pulls together the whole Indian community together into one big group to celebrate the Indian culture and also to celebrate the power and unity of India in its beautiful diversity.

This year's event, Ganeshotsav 2024, was organized on the 22nd of Sep, the 18th year event in a row was kicked off with an invocation "He Gajavadana" presented by the SMM members 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.

This year, we had new young Masters of the ceremony in Priya Kulkarni and Eashan Bodhale who did an excellent job guiding the audience through the whole cultural program sharing details of the cultural aspects of each of the performances. The cultural program started with the high voltage Lezim performance which is a folk dance from Maharashtra followed by an invocation to Shivaji Maharaj by Rohit Admuthe, who reminded the audience about the heroic actions and sacrifices of the great Maratha leader who laid the foundation of Hindavi Swaraj, and at the same time lamented about some of the derogatory changes that are taking place in the society, which we need to guard against, to hold aloft the ideals for which Shivaji Maharaj devoted his life to. This was followed by an innovative fusion yoga dance performance, Morya Re Ganesha presented by Suchita Mahajan, Shlok and Naira emphasizing the importance of yoga. Following this was a melodious medley of Marathi devotional songs by Parag Pujare and Tanvi Kharwadkar which spellbound the audience with both, the melody as well as their divinity. The cultural program continued with a performance celebrating Srujanotsav - Maharashtra Lokadhara, focusing on Bhondla/Bhulabai/Haadga which depicted some traditional aspects of the Maharashtrian culture. Following this the program was studded with a dance performance on Nandi Shloka, a traditional Kuchipudi dance performed by Mahika,

Shravya Kumar and Lulu Wang. This was followed by an energetic rhythmic fusion presented by Pooja and Samruddhi which was well-received by the audience. Two tiny tots from Shanghai Marathi community, Kia and Saavi, expressed their joy at the arrival of Ganapati Bappa through the dance titled Aamchya Pappanni Ganpati Aanlaay. The cute performance was so well received by the audience that there was a request for a repeat of the performance from the audience, which the tots were happy to entertain, 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. Participants from Shanghai Adda presented Krishna Bhajans and some mesmerizing Kathak performances- Krishnaleela and Nari Shakti. Throughout the Shanghai Adda performances, there was a wonderful background of paintings by Goutam Sen from the Shanghai Adda group. The group also expressed their opposition and anguish at the recent unfortunate and condemnable incident which happened with a young doctor from West Bengal and requested everyone to maintain a silence of 2 minutes to pay their tribute.

This year, Shanghai Marathi Mandal had organized a drawing competition for the kids. Richa Sharma and Tanvi Kharwadkar judged the artwork submissions and announced the prizes for different age groups. The Consul General of Shanghai Dr. Nanadakumar who graced the Ganeshotsav 2024 event was welcomed and honored by Shanghai Marathi Mandal and he presented the gifts to winners of the art competition.

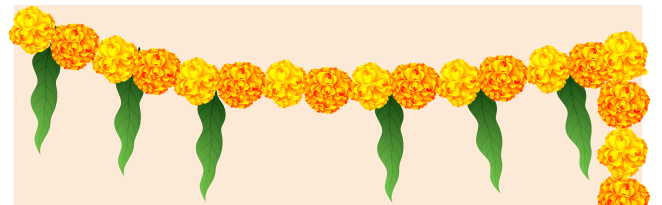
The song presented by Mr. and Mrs. Sonar, followed by Dheemtha, a wonderful classical dance performance by Mahika, Shravya and Shivhiya Kumar, impressed the audience. This was followed by Giri

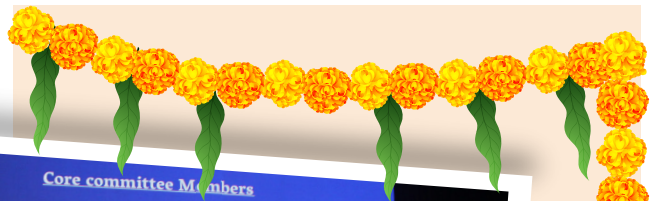
Raja Suta, a series of bhajans presented by Bharathi Simha and her students with accompaniment on the keyboard. A vibrant 'Ude ge Ambe Ude' dance performed by Aahana and Agatsya Iyer changed the mood in the auditorium and the cultural program concluded by another energetic dance performed by the enthusiastic ladies from our Shanghai Marathi Community.

After the cultural program, the dignitaries; IA President Ritika Kumar and CIC President Girish Baddur were welcomed and felicitated by Shanghai Marathi Mandal who expressed their gratitude for their support and encouragement for Ganeshotsav 2024. Both of them along with the Consul General of Shanghai, Dr. Nandakumar appreciated the hard work and efforts put in by the kid performers by presenting them gifts as a token of their appreciation.

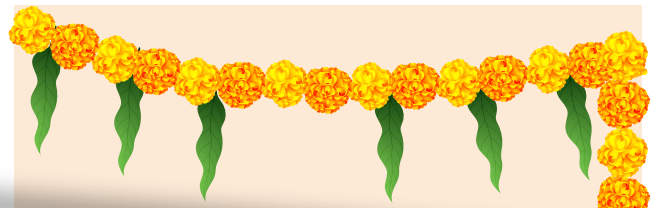
Dr. Deepak Hegde proposed the vote of thanks on behalf of the Shanghai Marathi Mandal and the event was wound up in true Indian style with the chanting of Atharvashirsha followed by Aarti by all the Indian Community members and chants of "Ganpati Bappa Moraya, Pudhchya Varshi Lavkar Ya" marking the hopeful wait for the next Ganeshotsav in Shanghai. True to its nature the Ganeshotsav 2024 event brought joy and happiness to the whole Indian community in Shanghai by bringing the community together to mark the beginning of the festive season. This event would not have been successful without the strong contribution extended by all the SMM core team members and the support and participation of our Indian community members in Shanghai.

Dr. Deepak Hegde on behalf of Shanghai Marathi Mandal.









WE ARE SHANGHAI RAJASTHANI'S.....

From the vibrant state of Rajasthan, here is a group of throbbing Rajasthani's based in Shanghai, blended in this city's Culture like the feathers of a Peacock.....

We come from the land of kings, with the royal taste in food & ethnic wear with colorful vibrancy & rich history of bravery.

Here in Shanghai, we have made sure to celebrate every occasion & festival of Rajasthan, along with the whole community, giving us all a beautiful opportunity to experience all the richness & cultural connect of Dharti Dhorari.....

Every Festival of Rajasthan, like the..... Teej, Gangaur and Sankranti is celebrated here by organizing superbly planned, Sneh Milan's for all the members of our community, in the best of the locations under the shanghai sun, along with a super spread of chappan bhog Rajasthani Food.

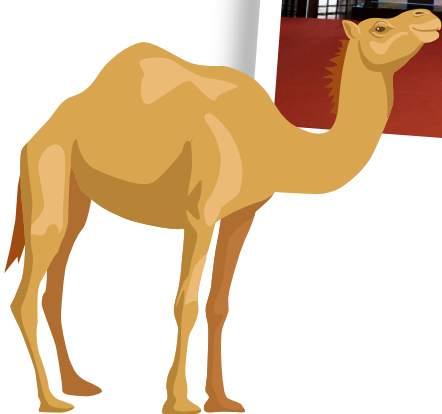
We have organized such, Sneh Milan's, time & again, wherein all the shanghai rajasthani families come all dressed-up in their traditional costumes, Lehariya, Lehenga, Chudidaar Kurta's, Koti along with Chundi etc....and also perform folk dances on the tunes of Ghoomar....

Shanghai Rajasthani's as a community stays well connected, at all times giving the glimpse's of Rajputana style & galore, wherein every utsav becomes a Mahotsav...

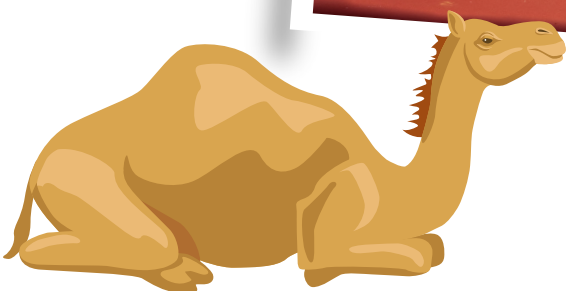














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Contact: +86 (21) 6222 2021 generalenquiry@shanghaiskyclinic.com





AARUSH GUPTA

 Shanghai Pudong

 14-year-old

 Year 10 at Dulwich



ABOUT ME

- He has a strong passion for badminton, chess, cricket, math, and technology.



SPRING—MY FAVORITE SEASON

Seasons are divisions of the year marked by different climates, caused by the Earth's changing position in relation to the sun. Each of the four seasons comes with its own benefits and drawbacks. After careful consideration, I have decided that my favorite season is spring.

Spring is the time of year when nature re-emerges, and cold temperatures come to an end. Generally spanning from March to May, spring brings happiness to countless families around the world. The temperatures aren't as hot as the blazing summers, nor as cold as the freezing winters. It is a time when people can go outside without wearing bulky layers of clothing. With cool winds and calm sunlight, the weather is magnificently pleasant for enjoying the great outdoors.

Another positive aspect of this wonderful season is the reappearance of flora after a bare and bleak winter. Greenery starts

to spread as far as the eye can see, as trees that were once only bare branches transform into a canopy of fresh, green leaves. Flowers bloom in every color imaginable, creating a sense of happiness and excitement in the air. In some places, cherry blossoms bloom, dazzling anyone who sets eyes upon them. With their bright pink beauty, cherry blossoms are arguably one of the greatest highlights of spring.

The final reason why spring is my favorite season is that my birthday falls in the middle of it. Because of this, I am able to enjoy my special day with fantastic weather and vibrant greenery.

In conclusion, spring is my favorite season due to its terrific climate, nature-filled landscapes, and the joy of celebrating my birthday during this beautiful time.





AMAIRA GUPTA

📍 Shanghai Pudong

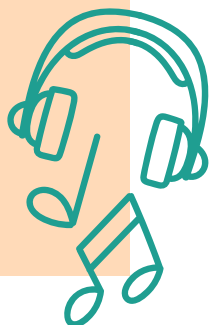
👤 Eight years old

🏠 Grade 3 at Shanghai Community International School (SCIS)



ABOUT ME

- She is a vibrant and friendly girl. Her hobbies include reading, playing, singing, and painting.
- She loves to travel and make new friends.



LIFE IN A JUNGLE





This painting is her imaginative depiction of a jungle, inspired by the movie The Lion King, where all animals live together happily in their habitat.






ANAISHA SHANGARI

 Shanghai

 11-year-old

 Sixth-grade student at SMIC School

ABOUT ME

- Loves sketching and bringing her imagination to life on paper
- Enjoys playing badminton and reading books

Having called China home for the past decade, she has been studying in this beautiful country since kindergarten.



QUIT SMOKING!!!

DON'T SMOKE! Smoking is a terrible habit, and I'm going to share some important reasons why you should **NEVER** smoke. Why is smoking (or E-smoking) bad for your health?

Smoking is harmful and can hurt our bodies in many ways. When we smoke, we inhale harmful chemicals that can make us very sick. These chemicals can cause serious problems like lung cancer, heart disease, and breathing problems. Smoking is also very addictive, which means that once we start, it can be really tough to stop. All of this is super dangerous and can cause many issues throughout your body.

Another important reason to quit smoking is that people who smoke tend to die younger. The more you smoke, the more damage you do to your body, which can lead to you passing away at a younger age than you should. It doesn't matter whether you smoke one cigarette a day or one hundred; your lungs will still be affected.

If that's not enough reason to quit, consider this: smoking doesn't only hurt you; it also affects the people around you. In fact, people around you can be harmed even more. When you smoke, the extra nicotine and smoke that come out of your

body can enter someone else's lungs when they breathe it in. This is called secondhand smoke, and it's harmful to others, too.

Lastly, smoking hurts the environment. It pollutes the air and causes problems in our oceans, rivers, soil, and beaches. Even though quitting smoking can be hard, it is not impossible. Here are some helpful tips:

Get Support: Tell your friends and family that you want to quit smoking. They can help keep you motivated and offer encouragement when you need it.

Find Healthy Alternatives: Replace smoking with healthier habits like exercising, reading, or enjoying hobbies.

Conclusion
Quitting smoking is not easy, but it is definitely worth it. By understanding the dangers of smoking and using the right strategies, we can overcome nicotine addiction and live healthier lives.

I hope these reasons help you or someone you know quit this harmful habit. Please spread the word and
QUIT SMOKING!





DR. ANITA SHARMA

 dedicated Ayurvedic doctor and holistic healer

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 anitasmexico@hotmail.com

ABOUT ME

- A passionate writer, sharing her insights and knowledge through her written work



WHEN I MET AN ANGEL

She was sitting in her OPD explaining something to a patient, who was there before my arrival. Her name is Dr. Zhang Li Wei. A doctor who is fulfilling her duties as a doctor with body and soul. Her knowledge and understanding of diseases is deep and she is kind. She believes in solving the concerns of every patient by listening to carefully.

My life as Autoimmune disease patient has been tough for considerable period and at times. I even lost hope. I was diagnosed with multiple food allergies in visit to India and was allergic to most tests done and my body diagnosed with 42 food allergies in my autoimmune disease condition.

I had visited so many hospitals in Shanghai including traditional Chinese Medicine taking innumerable medicines which left me on bed for days to months. Sometimes, I wondered why there is no Autoimmunologist, who could understand me.

I met Dr Zhang Liwei or rather I went to her when I was tired of visiting hospitals in Shanghai. I was surrounded by many diseases. It was my husband Sanjay who sent me to her. Sanjay had come back after getting a check up done for his stomach problem. And he felt that I must take consultation from her. I went to her on his advice, I felt very good after meeting her. Not because all, yet most of my health problems have been cured, because this doctor rather it would be right to say the first doctor, who asked everything about the disease in such detail so nicely. Treating patients seems to her as an art which she has mastered to perfection and my treatment is a testament to her art.

The doctor's careful examination of the patient's diseases and giving correct information about the disease and its prevention in addition to medicine, half cures the problem. For a patient, a doctor is a no less than a God. I have been

listening since childhood. That is why, after doing B.A.M.S., while practicing, I used to take special care that my ear and heart should be open to patient. I should never cause any trouble to the patient. But for the first time, while sitting on the patient's chair, I realized how deeply a doctor's attention affects her patient's mental state. For the first time, I felt that a human is listening to another human and their minds got connected. Doctor could grasp my health condition without much efforts on my part. She paid careful attention to all the aspects of my condition. It seemed as if she was more aware of my condition than me. Her compassion as Doctor to understand my health won my heart in just few minutes of my first consultation. When I came out of her OPD, I was full of a pleasant experience. I could not have wished for a more efficient, gentle doctor with heart of gold.

It is said that "A good doctor treats the disease while a great doctor treats the patient who is suffering from the disease." I have got the same doctor who treats the patient and disease both.

Albert Einstein said that "Only a life lived for others is meaningful." People like her understand it and dedicate their profession for humans.

She was not giving me any special treatment. She gives all the patients similar attention. Till now in my entire life, this is the first doctor I have seen who examines both the patient and the disease with such tenderness. As if the objective of her life is to accompany every patient's recovery journey by becoming his or her guide. Trust -bond between a Doctor and Patient is sacred and catalyzes the recovery of a patient.

I am the witness to a doctor who examines every patient with compassionate eyes filled with a smile, and focus. Her extreme

WHEN I MET AN ANGEL

compassion, patience and gentleness impressed me so much that I could not stop myself from writing about her.

This doctor changed my blood pressure medicine and also reduced its potency. When my BP became normal, I got a lot of relief. Till now, whichever doctor I went to, the dosage of medicine was increased due to my BP not being under control. She used to stress on paying attention to one's lifestyle. Every time, she would definitely discuss about eating on time, or doing regular exercise, reducing stress.

Once I had shortness of breath, I went to her for a check up with my son Ujwal. She asked me to get an ECG done. When test report came, she said the muscles below the heart are getting weak. I nodded my head as if I understood. She felt I did not follow. She asked my son to explain to me in Hindi what the problem was. My son explained test report to me saying my muscles below the heart were getting weaker. I said yes, I understood. Now she was surprised and said to Ujwal, "Your mother is very cool, otherwise most patients get worried after hearing about an issue in the heart." My son innocently said my mother is cool because she does yoga every day. Later, I went to get next consultation with Doctor when I had trouble, she said, "You remain happy even in so much pain, you do not take any tension. I said maybe it is due to yoga. She immediately asked me about yoga and which yoga asanas I do. She showed a lot of interest in yoga, she also showed me a yoga book in Chinese language. She said despite being busy, she likes to read books on diverse topics.

One day in 2019, I started having severe pain on the right side of my head, the next day I felt something pricking like a needle in the middle of the eyebrow above the right eye. Then I started having pain in the right ear as well. There were two days left for the New Year holidays to start in China, so I thought it best to consult a Doctor.

I went to Doctor Zhang Li Wei. She examined me, asked a few questions and said, "This is a viral infection on my right eye and ear. But this is not a disease in my field, so I am referring you to another specialist, only he can prescribe the medicine."

The specialist checked, because there was no blister or pimple visible on the skin, so doctor did not diagnose. He took me to the Head of Department. He prescribed me a blood test and also referred me to a neurologist. The neurologist also said that we should wait for the blood report before making any diagnosis. When the report came, it was same as diagnosed by Dr. Zhang Li Wei, then the neurologist prescribed medicine. The one who could not prescribe medicine, quickly diagnosed with my symptoms, what it was.



In December 2020, when I felt that my appetite had decreased for a week, Sanjay advised me to get it checked by a doctor. Dr. Zhang Li Wei examined me, there was no yellowness in my eyes and skin. No other signs and symptoms were visible either. She prescribed a lot of blood tests. I felt a little strange because everything else was fine. BP, sugar, everything was fine, only the appetite had decreased. But when the report came, it was found that it was chronic cholecystitis and chronic fatty liver disease. My liver was getting damaged due to

Dr. Anita Sharma

hypoproteinemia (very less protein in my blood). Then I understood that the doctor had got such expensive tests done for the right reason. On another side, My weight of 83 kg putting was putting extra burden on the liver. Liver is Power station of human body.

The doctor prescribed me medicines which did not suit me. She asked me to reduce the dose and try again but after taking the medicine my health deteriorated. One day again I ran to her early in the morning.

She asked me to wait a little, we will talk after I have finished consultation to other patients.

Then, she called me and signalled me to sit on the chair and said, "Listen carefully, now you know that even the medicine which can cure your liver is not suiting you, only a few things are suitable to you, so now you have only one option. She took a piece of paper and started explaining to me by writing on it, 'Now your weight is 83 kg and if you lose at least 10% of your weight, then your liver will be cured to a great extent. Because the proteins in your blood have reduced a lot, so now you will have to take protein as well. Along with that, you will have to take anti-allergic pills, whether you have to take one or two pills, you will have to take protein, without taking protein you cannot be cured.

After that she advised me to shorten my eating window so that I could lose weight. She was explaining in Chinese and also trying to explain as much as she could in English. Wherever I did not understand, she explained in English by typing Chinese on the translator of her phone. It was not easy for her to explain all technical details. She stressed hundred times you must reduce weight, otherwise you have no choice. I was looking at her, the commitment of a doctor towards her patient could be clearly seen. I was spellbound by her efforts! Then after explaining eating window and what all food I could eat that I should try, she stood up and started

WHEN I MET AN ANGEL

explaining to me various types of exercises. She said, "You will have to do all these exercises as you cannot walk having pain in your knees. You cannot go to the gym to lose weight because your joints are in pain. You cannot do weight exercises either, so you will have to do what you are capable of doing. You will have to do exercises lying on the bed because your back is also in a lot of pain and she started explaining all the exercises to me by standing and imitating those exercises. You will have to do all these exercises for one hour every day, she said.

Then she started telling me about specific physical activities to avoid which could increase my pain. She was cautious while explaining. In between she kept repeating that I should not walk at all, she expressed the doubt many times that I might ruin my knees in my enthusiasm to lose weight.



The sympathy and concern of an honest doctor for her patient was clearly visible. I was amazed and developed respect for her. From which world did she come! I have never seen such a doctor in my life. I have not seen, I do not know about you, maybe you have met such a doctor.

She did not even pay attention to the time while explaining to me. She realised how much time had passed when her doctor friend came to call her. She was explaining to me what I can eat, which fruits to eat, which leaves I can eat, which vegetables I can try and what I can try to eat for protein intake.

That very day while coming out of her OPD, I had decided that no matter

what happens, I have to get well. This doctor is working so hard for me while I am one of her hundreds of patients, so whatever I have to do for myself, I will put in all my efforts.

This doctor showed me an article about Desi Ghee published in a medical journal. It was in Chinese but she translated the article into English and said Research in USA says Indian Desi Ghee is beneficial for health. I came home and read articles and research papers on Desi Ghee. While gathering information about food, I understood the importance of food and Ayurveda, which I had learnt as an Ayurvedic Doctor long time ago. Since then, being healthy has become my passion and aim of life whatever be challenges of health. Food, we take makes 80% of our body and other factors including exercise make just 20%. As an Ayurvedic Doctor, I have developed passion to segregate what food is gold for a body and what causes catastrophe in body. How each food is to be cooked, why our body likes food with life and how Desi Ghee is made at home, so that it can enrich body with nutrients. Each body is unique and food suitable to one person may not suit other person. I as Ayurvedic Doctor share same passion with Sanjay who by qualification is a Biochemist. Our lives changed with changes in food and Sanjay reduced his weight from 78 Kilos to 62 Kilos, while I reduced my weight from 83 Kilos to 62 Kilos. Sanjay, when went for routine check up, Doctor said, your heart defies age and appears to be heart of a person 21 years younger than you.

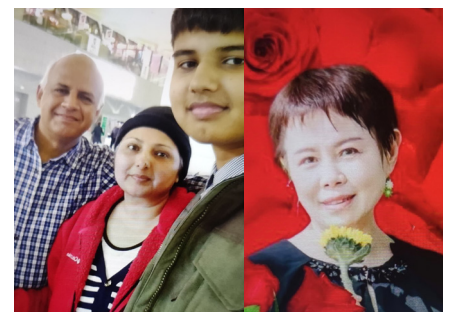
I got charged up to change my life by my wonderful Doctor Zhang Li Wei. As my health improved with my strenuous efforts, I recall joy visible on my doctor's face in each visit as if someone close to her improved her health. I have been blessed to have such a wonderful Doctor. My life's journey after transformation by my doctor continues. I started intermittent fasting which is still continuing. Daliy Yoga and Pranayam have been a part of my life for decades. I added Mindful

Dr. Anita Sharma

meditation a decade ago, new additions few years ago have been aerobic and band exercises. I learnt and adopted sleep and diet management. It led me to lose six kilos on average in six months and twenty kilos in eighteen months The spark in me was ignited by my wonderful Doctor. In my last consultation, she surprisingly asked me what else did I do to reduce my weight and of Sanjay to become so healthy. I am writing my story of efforts made these years and would tell you later. From a person with multiple health problems, I as an Ayurvedic Doctor have transformed to a Health Consultant to guide others in improving their physical and mental health with changes in food and lifestyle.

Having achieved triumph from my fragile condition, now I am enjoying the pleasure of making many more of my friends healthy by not just reducing weight but getting to a healthy mind. In my journey I again explored my Ayurveda texts. I have learnt to live a stress-free life with the help of Ayurveda and Yoga. I am teaching the same way of living to others. We all are humans and like a builder makes buildings, we too can make our body the way we want it to be. Every body is different and has different requirements to become a healthy body.

If a good person comes into your life and brings a positive change in you, it is a matter of good fortune. My life has changed. I pray that such angels are present in everyone's life. Who knows, you may be such an angel!





AYANAA BALABASKAR

📍 Shanghai, Pudong

👤 11 year old

🏠 6th grade



ABOUT ME

• She loves to read and make PowerPoints.



HAPPY DIWALI

Happy Diwali



Every year
we celebrate you
as the Festival of Lights
because of Lord Krishna's
destruction of the demon Narakasura
thanks to Krishna

we get a one day holiday!!!
We also get to shoot firework.

Lastly in the evening
we light up the whole house with oil lamps.

Truly you are the most
fun festival of the year.





CHHAYA CHAUDHARI



SPREADING THE ART OF INDIAN CUISINE IN CHINA

"Don't follow the crowd, let the crowd follow you."

"One woman's success can only help another woman's success."

This is my belief and This is me, Chhaya Chaudhari, an innovative and creative Indian chef who gained practical experience by experimenting and developing fusion recipes and authentic Indian recipes.

I have been recognized as the Creator of Zrou Indian dishes. Zrou is one of Shanghai's original plant-based product. I am the first Indian to win the "Shanghai Chilli Cook-off" in 2021. I run

a cooking group, sharing my passion and recipes to spread Indian food love.

My passion for preparing Indian food and fusion foods has gained me popularity in Shanghai. I have been invited to many Indian and Chinese restaurants to showcase my talent.

Below are few of my Indian and fusion food creations:







Spreading the art of Indian Cuisine in China

REFRESHING SHIKANJI RECIPE



Ingredients of Shikanji Masala Recipe:

Cumin seeds – 4 tbsp
 Peppercorns – 1.5 tbsp
 Black salt – 2 tbsp
 Salt – 1 tbsp
 Ginger powder – 1 tbsp
 Sugar – 1.5 cup
 Water – 1.5 cup
 Mint leaves.

Instructions:

1. To make the Perfect Shikanji Masala, place a pan on low flame, add 2 tbsp of cumin seeds, and roast until aromatic.
2. After cumin seeds turn aromatic, turn off the flame, transfer it to a plate and let it cool.
3. Now take a grinding jar, add roasted cumin seeds, add 2 tbsp of non-roasted cumin seeds, 1.5 tbsp of peppercorns.
4. Now add two pods of cardamom, 2 tbsp of black salt, 1 tbsp of salt, 1 tsp of ginger powder.
5. Now grind everything well and make a fine powder.
6. Now, you can store this Shikanji Masala Powder in an airtight container for a month.

Sugar Syrup Recipe:

1. Now place a pan on flame, add 1.5 cups of water & 1.5 cups of sugar and melt on medium flame.
2. After sugar melts, turn off the flame and let it cool.
3. Now, fill the sugar syrup in a Bottle, and you can store it in the fridge for 15-20 days.

Mango Shikanji Recipe:

1. To make the Mango Shikanji, take a glass, add lemon juice, and sugar syrup.
2. Now add 1 tsp of Shikanji masala, ice cubes, and mango juice and mix well.
3. Now your Mango Shikanji is ready, and you can enjoy it.

OATS DOSA AND CHATNI



Oats Dosa Ingredients:

1/2 Cup Rolled Oats
1.5 Tbsp Urad Dal
1/4 Tsp Methi Seeds (Fenugreek Seeds)
1 Green Chili
1/4 Cup Onion
1 Sprig Curry Leaves
2 Tsp Ginger
1/2 Tsp Cumin Seeds (Optional) Salt Sugar

Instructions:

1. Soak all ingredients for 4-5 hrs. and grind it all together for best dosas.

Tomato Chutney Ingredients:

Tomato Chutney Ingredients:

3 Dry Red Chilies
2 Tsp Cumin Seeds
1 Tbsp Chana Dal
1 Tbsp Urad Dal
1 Cup Grated Coconut
2 Tsp Ginger
1 Sprig Curry Leaves 1 Green Chili
3 Tbsp Gingelly Oil 1/2 Tsp Asafetida
2 Tsp Kashmiri Chili Powder
1 Tbsp Coriander Powder
1 Cup Tomato Puree
2 Tbsp Jaggery Salt

Instructions:

1. Grind all together and give tadka.

SUGAR FREE ENERGY LADOO



Ingredients:

150 gms Roasted & Peeled Peanuts
50 gms roasted and crushed almonds
6 Cardamom
200 gms Medjool Dates
1 Tbsp Unsweetened Cocoa Powder

Instructions:

1. Coarsely grind peanuts and dates separately
2. now mix all ingredients together and make Ladoo.

OATS DOSA AND CHATNI



Ingredients:

150g Almond - 1 cup.
100g Walnuts - 1 cup.
130g Pumpkin seeds - 1 cup.
50g Goji Berry - 1/2 cup.
350g Pitted SOFT Dates (Jelly Like) - 2 heaping cups.
1 Cup Smooth Almond Butter (265g) OR Nut Butter of Choice (preferably unsalted)
1/4 Teaspoon Salt (I have added pink Himalayan salt)
1/2 Tablespoon Ground Cinnamon OR to taste
Square Pan: 9 X 9 X 2 Inch (23 X 23 X 5 cm)

Instructions:

1. Start by toasting the almonds for about 2 minutes on medium heat, then add the walnut and pumpkin seeds to it and toast for another 2 minutes.
2. Once toasted, immediately remove from heat, and transfer it to a heat proof plate and allow to completely cool down. This will prevent the nuts from burning.
3. Now add the dates and almond butter to a food processor and blend it well and then add the toasted nuts, goji berry, ground cinnamon and salt. Blend it to a coarse mixture.
4. Now add this mix into lined tray and spread evenly.
5. Keep in the fridge for one hour and cut into desired shape. Can use it for a month.

RAGI OATS DHOKLA



Ingredients:

- Finger millet (ragi) flour 1 cup
- Oats, powdered 1/2 cup
- Urad dal flour 1/2 cup
- Yogurt 1/3 cup
- Salt to taste
- Cumin powder 1/2 teaspoon
- Red chili powder 1/2 teaspoon
- Baking soda/Eno 1/2 teaspoon
- Oil 1 tbsp + for greasing
- Tempering
- Oil 2 tablespoons
- Mustard seeds 1 teaspoon
- Green chilies, slit 1-2
- Curry leaves 6-8
- Sugar 1 teaspoon
- Fresh coriander leaves, to garnish

Instructions:

1. In a bowl, add Ragi Flour, Oats Powder, Urad Dal Flour, Dahi, and Water.
2. Whisk till a smooth batter is formed.
3. Cover and set aside to ferment for 6-8 hours.
4. Add salt, cumin powder, red chili powder and mix well.
5. Heat sufficient water in a steamer. Brush dhokla thali with some oil.
6. Add oil and Eno to the batter and mix well.
7. Pour this into the greased thali.
8. Place the thali into the steamer. Cover and steam for 12-15 minutes.
9. Let cool and then cut into squares.
10. To make the tempering, heat oil in a small pan. Add mustard seeds, green chilies, curry leaves and sugar and mix well.
11. Pour this over the dhokla.
12. Garnish with Dhaniya and serve with Hari Chutney.

CARAMEL COFFEE CAKE RECIPE



Ingredients:

- 75 gm hot whole milk (1/4 cup +1 tbsp)
- 2 tsp instant espresso
- 240 gm cake flour (2 cups)
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 150 gm brown sugar (3/4 cup)
- 112 gm Vegetable oil (1/2 cup)
- 122 gm plain yogurt (1/2 cup)
- 1 tsp vanilla extract
- For caramel sauce:
 - 300 gm sugar (1 1/2 cup)
 - 3 tbs water
 - 50 gm butter
 - 200 gm fresh cream (1 cup)
 - 1/4 tsp salt
 - 200 gms cashews (broken ones)

Instructions:

1. Mix espresso in the hot milk and keep aside.
2. Take sugar, oil mix nicely then add yogurt, give a gentle mix.
3. Sift flour, baking powder, baking soda, salt in 3 batches and fold it nicely in the wet mix. Add coffee mix milk gradually without lumps. Add vanilla essence also and mix it nicely.
4. I used 6-inch pan, transfer mix to the (greased and baking paper) pan and bake on 180 °c for 30-35 minutes.
5. After 30-35 minutes take it out and keep aside for a while.
6. Now prepare caramel sauce. Take a pan add sugar and water, let it dilute (do not touch till it melts fully and becomes brown in color) then switch off the gas and add butter, mix it. Then add cream after 2-3 minutes, mix it nicely with chopped cashews. Your caramel sauce is ready.
7. Now pour this cashew caramel sauce to the cake, spread it nicely and bake again in same temperature till you get nice color on cashew (you will get nice golden color of caramel) around 20-25 minutes. Then take it out.
8. Cool it down completely and then cut into pieces. Serve with your favorite drinks.
9. Let cool and then cut into squares.
10. To make the tempering, heat oil in a small pan. Add mustard seeds, green chilies, curry leaves and sugar and mix well.
11. Pour this over the dhokla.
12. Garnish with Dhaniya and serve with Hari Chutney.

KALAKAND RECIPE (CHHAYAE)



Ingredients:

500 ml Milk
400 gm Paneer – grated.
1 tsp Ghee
10-12 Cashew Nuts – chopped.
8-10 Almonds – chopped.
6-8 Pistachio – chopped.
200 ml Condensed Milk
1 tsp Cardamom Powder
a few Saffron Strands
a pinch Salt
½ tsp Ghee for greasing

Instructions:

1. In a kadai add milk, paneer and keep on sauteing until the milk is evaporated.
2. Now add ghee, cashew nuts, almonds, pistachio and sauté them for 2 minutes.
3. Then add the condensed milk, cardamom powder, saffron and continue sauteing until the mixture gets thickened.
4. Finish with a pinch of salt and mix everything properly then switch off the flames.
5. Grease a tray with ghee and spread the mixture in it and keep in the fridge for 30-40 minutes to set properly.
6. Remove and cut it into your desired shape and serve.



DR. MITA SHARMA

- An editorial columnist for an international quarterly lifestyle magazine, as well as a freelance writer, blogger, and globetrotter, with her roots firmly grounded in Hindustani culture. Currently based in China, she holds a doctorate in management, complemented by an engineering background, and has pursued postgraduate studies in psychology and an MBA in human resources. A natural orator and passionate poet, she occasionally contributes to cultural programs and has been actively involved in various international Kavya Goshtis over the past three years.
- A certified Yoga Instructor (200 RYS; 500 RYS/900 hours YT@TYI), Dr. Mita specializes in yoga for cancer rehabilitation and recovery and is also a certified yoga therapist, counselor, and Chakra Dharna instructor.
- Having traveled to 33 countries, her passion for discovering the world and its diverse cultures continues to grow. She draws inspiration from nature walks, introspective self-talks, espresso breaks, painting frescoes, reading, and reflecting on music. Dr. Mita has also published papers in both national and international journals.

OVERCOMING CATASTROPHIZING

Holistic Approaches to Overcoming Catastrophizing: A Mindful Guide to Quietening the Mind by Dr. Mita Sharma

As a yoga instructor with firsthand experience in managing a restless mind, I've seen how easy it is to fall into the habit of catastrophizing. This destructive mental pattern not only hinders emotional well-being but can also impact physical health. Our minds often dwell on negative possibilities, causing a cycle of worst-case thinking. Fortunately, there are holistic and practical methods to break free from this cycle and restore a sense of inner calm and balance.

What is Catastrophizing?

Catastrophizing represents a distorted thought process in which one anticipates the worst outcome, often without any substantial evidence to support it. It magnifies challenges while downplaying our ability to cope. For instance, a minor mistake at work may lead one to believe they'll be fired, or a small disagreement in a relationship might trigger fears of abandonment.

Research indicates that this type of thinking is closely linked to anxiety, depression, and chronic stress. Psychologist Aaron Beck, the pioneer of Cognitive Behavioral Therapy (CBT), identified catastrophizing as a common pattern in those experiencing mental health issues, amplifying stress while undermining resilience (Beck et al., 1979).

The Impact of Catastrophizing on Health

This mental habit doesn't just affect your emotional well-being; it can also take a toll on your body. The brain's natural stress response triggers the release of cortisol and adrenaline, which are helpful in immediate danger but harmful when activated frequently by imagined threats. Chronic stress can lead to issues such as:

- High blood pressure
- Weakening of the immune system

- Digestive problems
- Insomnia
- Increased risk of anxiety and depression

A study published in Psychological Science found that those who chronically catastrophize may experience heightened physical discomfort, including headaches and back pain, due to lowered pain tolerance (Sullivan et al., 2001).

Holistic Approaches to Overcoming Catastrophizing

To manage catastrophic thinking, it's essential to embrace practices that address the mind, body, and spirit holistically. These integrative approaches promote overall balance and well-being, helping you manage and eventually overcome catastrophic thoughts.

1. Mindfulness Meditation: Training the Mind to Stay Present

Mindfulness meditation encourages us to focus on the present moment, reducing the tendency to dwell on future catastrophes that may never materialize. Through mindfulness, we can observe our thoughts without getting trapped in them, gradually rewiring the brain to reduce anxiety and improve emotional regulation.

A 2014 study published in JAMA Internal Medicine found that just eight weeks of consistent mindfulness meditation could significantly reduce symptoms of anxiety, depression, and stress (Goyal et al., 2014). A simple way to begin is to sit comfortably, close your eyes, and focus on your breath. Every time your mind wanders, gently bring your attention back. With regular practice, you'll notice a stronger ability to stay calm and centered in challenging situations.

2. Breathwork: Regulating the Nervous System Through Conscious Breathing

In yoga, the breath—prana or life force energy—plays a critical role

OVERCOMING CATASTROPHIZING

in managing stress. Catastrophic thinking is often accompanied by shallow, rapid breathing, which signals the body to remain in a state of tension. Conscious breathwork techniques, such as Nadi Shodhana (alternate nostril breathing), can help reset the nervous system and reduce anxiety.

Nadi Shodhana balances the brain's hemispheres and calms the mind. Research published in the International Journal of Yoga shows that controlled breathing exercises can reduce stress markers like heart rate and blood pressure, promoting emotional stability (Brown & Gerbarg, 2005).

How to practice Nadi Shodhana:

1. Sit in a comfortable, cross-legged position.
2. Close your right nostril with your thumb and inhale deeply through your left nostril.
3. Close the left nostril with your ring finger, release your thumb from the right nostril, and exhale through the right side.
4. Inhale through the right nostril, close it, and exhale through the left. Repeat this process for 5–10 minutes to experience deep calm.

3. Yoga Asanas: Moving the Body to Calm the Mind

Yoga postures, or asanas, do more than strengthen the body; they help harmonize the mind and nervous system. Certain poses can be particularly effective in reducing catastrophic thinking by activating the parasympathetic nervous system, which helps the body relax. Some beneficial poses for reducing anxiety include:

1. Child's Pose (Balasana): This forward bend relieves lower back tension and promotes introspection and calm.
2. Legs-Up-The-Wall Pose (Viparita Karani): Elevating the legs in this pose improves circulation and fosters relaxation.



3. Corpse Pose (Savasana): Practiced at the end of a yoga session, Savasana allows the entire body to relax, resetting the nervous system.

A study published in the Journal of Clinical Psychiatry showed that consistent yoga practice reduced anxiety and improved mental health in participants with generalized anxiety disorder (Saeed et al., 2010).

4. Cognitive Behavioral Therapy (CBT): Rewiring Thought Patterns

While holistic, psychological techniques such as Cognitive Behavioral Therapy (CBT) can complement practices like yoga and meditation. CBT helps individuals identify and challenge distorted thoughts, including catastrophizing, by using evidence-based reasoning.

One effective CBT tool is keeping a “thought record.” When you notice yourself catastrophizing, write down the situation, your thoughts, and evidence supporting or contradicting these fears. Ask yourself:

1. Is this outcome likely to happen?
2. What evidence contradicts my fear?
3. How have I managed similar situations before?

By questioning catastrophic thoughts in this way, you can develop a more balanced and rational perspective. A meta-analysis of CBT research published in Cognitive Therapy and Research found that CBT is highly effective in treating anxiety and

Dr. Mita Sharma

cognitive distortions (Hofmann et al., 2012).

5. Ayurveda: The Wisdom of Lifestyle and Nutrition

Ayurveda, the traditional Indian system of medicine, suggests that diet and lifestyle can significantly affect mental clarity. Imbalances in the mind arise from too much rajas (activity and restlessness) or tamas (inertia and confusion). Following a sattvic (balanced and pure) diet can promote mental clarity and emotional balance.

A sattvic diet emphasizes fresh fruits, vegetables, whole grains, and nuts while avoiding overly processed foods. Additionally, herbs like Ashwagandha and Brahmi have adaptogenic properties that help reduce anxiety and manage stress (Singh et al., 2011).

Ayurveda also promotes a regular routine (dinacharya) that includes adequate sleep, meditation, and self-care rituals like oil massage (abhyanga), which grounds the mind and body, reducing catastrophic thinking.

6. Gratitude Practice: Shifting the Focus from Fear to Abundance

Practicing gratitude can be transformative, especially if you're prone to focusing on worst-case scenarios. Research from UC Berkeley's Greater Good Science Center suggests that gratitude rewires the brain, making us more aware of life's positive aspects (Emmons & McCullough, 2003).

A simple gratitude practice is to write down three things you're grateful for each day. Over time, this shifts your focus from fear to appreciation, reducing anxiety and fostering contentment.

Conclusion: Finding Balance in a Chaotic World

Catastrophizing is a common yet harmful mental habit that can disrupt mental and physical health. However, through mindfulness,

breathwork, yoga, CBT, Ayurveda, and gratitude, you can retrain your mind to remain present and develop a more balanced, positive outlook on life's challenges. With consistent effort and self-compassion, you can reduce catastrophic thinking and move toward a life of greater calm, clarity, and fulfillment.

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जुस्तजू-ए-महताब

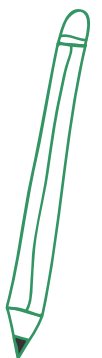
मुसलसल जद्दोजहद पर भी, न हो जो मयस्सर,
ऐ महताब, तेरी जुस्तजू तशिनगी से कम नहीं।
ये और बात है कतिरी उल्फत में मराहलि हैं गुमशुदा,
तुझे पाने की खुशफहमी में मगर, लुट जाने का ग़म नहीं।
फासलों के ख़ौफ़ से ख़्वाबों को मार दें, आशकि—वो हम नहीं।

न-काबलि-ए-इंतख़ाब... न समझो हमें जाना,
हमारे इश्क़ ने ही, शादाब—तुम्हें ये गुरूर दिया है।
ख़ानाबदोश हैं, चलते हैं थामे—अंधेरों को तुम्हारे,
मोहब्बत ने हमारी ही तुम्हें ये दमकता नूर दिया है।
सुखनगोई ने हमारी ही तुम्हें मशहूर किया है।

पहले तो अपनी जुस्तजू में किसी को मुन्तज़रि रखना,
फरि नज़दीकियाँ बढ़ाके मयार-ए-ज़न्दिगी बनना।
सीखे कोई तुमसे, कैसे मज़िज़-ए-नासाज़ करते हैं,
बठाके अंजुमन-ए-इश्क़ में दिलि-आज़ारी करना,
अक़ीदत की कर नीलामी, दिलि की बेज़ारी करना।

आसमान में रुमैसा, हो तुम सरताज बादशाह,
करवा की सुहागन का है उपवास तुम्हीं से।
होती है मुबारक, तुम्हीं से शाम-ए-ईद की,
शरद में रची है लीला-रास तुम्हीं से।
तभी तो हर प्रेमी की बंधी आस तुम्हीं से, है हर आस तुम्हीं से।

नगिहें तगाफ़ुल न कर, ऐ हमनफ़स मेरे,
माना कबिदर-ए-कामलि में तू आफ़ताब लगता है।
सुना है खुदा की है आज कुछ उदास तबीयत,
ग्रहण है शायद, चाँद में दाग़ नहीं—"पूरा चाँद ही दाग़ लगता है"।
ये इंसाफ़ हमारा नहीं, खुद कुदरत का इंतख़ाब लगता है।
-डॉ. मीता शर्मा





DEEPA GEORGE

📍 lived in China with her family for over 11 years

🎓 Master's degree in Microbiology



ABOUT ME

- She enjoys piano, sketching, painting, baking, and gardening, while also helping her young Chinese friends prepare for the IELTS exam.



A WAKE-UP CALL!

As I gratefully said goodbye to 2023 and looked forward to welcoming 2024, I felt a strong desire to do something meaningful—specifically, to give back to the community that has blessed me over the years. In considering how to contribute, I was reminded of the “Parable of the Talents,” which tells the story of a man who entrusted three servants with different amounts of money, or talents. Upon his return, the first two servants had wisely invested their talents and received praise, while the third buried his and faced criticism. This parable highlights the importance of using our God-given gifts responsibly instead of hiding them away.

Reflecting on the parable's message, I realized I had not fully embraced my God-given talents or my responsibility to honor them. This served as a wake-up call to use my time, skills, and resources more effectively. I determined that the best way to give back to my community was by dedicating some of my free time to volunteering and applying my talents for the greater good.

Once I committed to serving, opportunities began to present themselves all around me. I devoted myself to empathetic listening, penned articles to share meaningful insights, used my voice to sing and speak, and visited the elderly to provide comfort and companionship. I also awakened the dormant artist within me, which inspired me to create some paintings. These experiences paved the way for me to learn, unlearn, and enrich myself, ultimately transforming my life into something more meaningful and purposeful.

I want to emphasize that while life feels safe and predictable within our comfort zones, stepping outside them requires willpower and a shift in mindset. Countless rewards await those who choose to explore. I truly grasped this truth during an experience that compelled me to step into the spotlight. On March 9,



2024, I had the privilege of participating in the 6th International Women's Day Celebration—Women Rising B'yond, organized by Nidhi Sharma. I am immensely grateful for her dedication in planning and executing such a meaningful event. During the celebration, she encouraged us all to step beyond our comfort zones by participating in a fashion show and sharing the stories behind our outfits. Although I felt uncomfortable in the spotlight, I embraced the opportunity. As Andrew Murphy wisely stated, “You are confined only by the walls you build yourself.”

The event was a wonderful platform to celebrate womanhood and hear inspiring stories. For me, the evening was especially meaningful and humbling, as I won the title of “Best Fashion Storyteller.” On that day, I realized that life is a journey filled with experiences. Choosing to remain in our comfort zones means missing out on valuable experiences, opportunities, and lessons that foster personal growth.



A WAKE-UP CALL!

With each passing month, my journey of volunteering helped me take my mind off my worries, kept me mentally stimulated, and added more zest to my life. As I continued to find new meaning and direction, I was also trying to make peace with the fact that we, as a family, were soon going to leave China after making it our home for over 11 years. Saying goodbye to this incredible country and the dear friends we had made was not easy; it felt like leaving a piece of my heart behind.

Before our final farewell, we wanted to do something special as a family, so we raised money for charity by selling our pre-loved items, including books, toys, and accessories. The entire process turned out to be a truly rewarding experience.

Each of us possesses unique talents, gifts, and strengths that define our identities, all of which are given to us freely. May this inspire us to give back with the same spirit of generosity. Dedicating my time to volunteering has benefited both me and my family in many ways, especially by helping us make new friends with similar interests, practice and develop our social skills, and cultivate happiness. The more we gave, the happier we felt. Life truly has a beautiful way of reminding us of what truly matters.

Deepa George

Here are a few paintings I created when the dormant artist within me was awakened.





EASHAN BODHALE

 Shanghai, Pudong

 9th Year student

 Nord Anglia International
School



ABOUT ME

While lying on the grass and admiring the blue sky, he realized how humans are harming the natural world for their own benefit. This moment of reflection inspired him to write the poem "Nature's Silent Cry," in which he conveys both his feelings and nature's perspective on this issue. Through his writing, Eashan emphasizes the importance of cherishing and preserving the beauty of the world.

NATURE'S SILENT CRY

Underneath the sky, so wide and blue,
With soft clouds drifting through,
Leaves reaching out to me, asking why,
"Why hurt us when you see the beautiful sky?"

This simple beauty, wild and free,
A perfect scene, sky, and tree,
Yet we cut down and fill with smoke,
Hurting this world with every stroke.

We harm the earth that gives us life,
Chasing gains with selfish drive,
When all nature asks,
Is gentle care, and a helping hand.

To watch the sky, feel the breeze,
To hear the rustling in the trees,
Is all we need to understand,
Why we should take a break and admire this land.

For in the sky, in every leaf,
In every root and branch beneath,
Nature whispers, "I'm part of you,
So, pause a moment, and enjoy the view."





GAURAVI DUBEY PRABHUDESAI



ABOUT ME

recently moved to Shanghai in May 2024. Earlier she was based in Bhopal, India. She is a mother of two lovely daughters, Shambhavi and Advika.



100 DAYS OF SHANGHAI

EXPERIENCES OF AN INDIAN IN CHINA

As it happens for most Indians, the impression of China in my sub-conscious is shaped by the daily discourse in news and day-to-day conversations. The impression on our side of the border is primarily shaped by the prominence of the borders disputes, dearth of english speakers and of late by the impact of the Wuhan virus. Given this context, there was an underlying fear when we decided to shift to China with two little girls. There was the fear of unknown, the worry of being lost in translation and of course lack of social support in an unknown city. There was an additional personal fear in my own being since I was on a sabbatical and for most of my adult life, I have either been in a job or in pursuit of one. The fear of being lost, forgotten and forgetting everything I know was there in my heart and still raises its head from time to time.

When we landed in Shanghai in May end, I realised that like any other place, it is much more than the reductionist generalised notions in my mind. In the first go, I was impressed by the obvious, the skyscrapers, the smooth roads, the flowers on the side of the elevated roads and the prevalence of parks everywhere.

My absolute love here is the public cycling system, the clear cycling lanes and availability of good cycles on hire based on the time for which it is used. Cycling here seems effortless and for me personally is a good way to relax my overactive mind. At times when I am unable to focus or am not thinking straight, a cycling break does wonders to ground me, give me a break and a perspective into the way things are. However, as time has passed I think there are a few things that have left a lasting impression on me and my

point-of-view.

One of the first things to impress me here was the technological ecosystem developed within the nation which made the 'western' applications not only redundant but at many times a step or two behind, for example, the image search option in Taobao is something I am totally in love with and amazed by every time, this is something much more than what Amazon has ever offered me. The local map apps are so detailed that they even tell in how much time would the signal turn green, tell the exact lane to take and thus make navigating this maze of a city a breeze. The presence of these indigenous systems makes the knowledge of English optional to function in the economy, something which is very different from the way we function in India. Here English is aspirational for the higher classes and the newer generations but not a necessity for one and all as many believe back home.

The ubiquitous parks of Shanghai and the level of maintenance one sees in them is exceptional. Walking in and exploring these parks feels like a trip down a wondrous island in the middle of the hustling-bustling city with each park having a character of its own. Be it the big parks like Gucun Park, Guanfualin Park or the park next door, it offers something unique, from fruit picking to a respite from the concrete around. The parks are public places and the people own and respect them, they camp there and enjoy with their loved ones but then they also clean up the place and leave it as it was found. The ownership of public spaces makes them better maintained and something people feel proud of. Another amazing aspect of these parks is that they function as gathering points for groups of citizens usually seniors for their singing sessions and dancing sessions. These

sessions and the positive engagement of seniors in this manner is something we need to learn in India, not only does this prevent a feeling of isolation and loneliness in the empty nests but also gives the seniors something to look forward to. I have often seen these music sessions go through the afternoons and seen the most elderly, those who can't stand on their own also come for these dance sessions. The seniors here are more often than not very kind and love appreciate my daughters, calling them beautiful and asking where we are from, its always a pleasure to meet them. Once or twice one does meet someone who isn't broad minded enough to see people different from themselves with kindness but such instances are far and few in between.

The commonality between the various aspects of public displays like the water show on west lake in Hongzhou, the thematic celebrations done in the city and the operas, the plays, various museums, the various parks, the malls, the buildings and the curation of public spaces like in Nianhua bay is the grandeur in the vision and its grand execution. Things are made beautiful with grandness and with enough attraction to pull public out of their houses to these attractions.

I have seen all this and loved it and at the same time I have also seen people eating alone at malls with their phones and couples hugging each other wherein while one is crying the other is looking at their phone. I know and dread the fact that in these criterions we are not very far away from the people here. With each passing day I hope we take the good and are cautioned enough about the not so good as those who do things before have a historical responsibility to teach those who do those things after them.

मेरी खड़िकी से...

मेरी खड़िकी से देखिती है कई ऊँची ऊँची इमारते...

देखिती है काँच के रंगीन टुकड़ों सी बखिरी रंग-बरिगी खड़िकियाँ...

बड़े ही सलीके से एक के उपर एक रखी डबिबियाँ...

कुछ से छन कर आती है मद्यम सी रोशनी... गज़ल रहती है शायद कोई...

कुछ से झाँकते हैं छोटे मोटे पेड़ व बेलें... बागों को पंख देने वाला रहता है शायद कोई...

कुछ में देखते हैं गाँव के नज़ारे... शहर के सलीकों का नौसखिया रहता है शायद कोई...

कई परतभियाँ के धनी अनेकों लोग रहते होंगे वहाँ शायद...

पर, अपनी खड़िकी से मुझे तो देखिती है ये इमारते दडबो सी...

लगता है जैसे कई आज़ाद कैदी रहते हैं वहाँ ..

उन सबको मेरी खड़िकी भी तो देखिती होगी दडबे सी ही...

- गौरवी





GOUTAM SEN

Artist, Photographer,
Singer: GOUTAM 高田
Weixin: Goutam_Sen,
goutamsen08@gmail.com

ABOUT ME

Goutam is a teacher and examiner in the higher secondary divisions of international schools and has been offering visual arts education under the International Baccalaureate Diploma Programme for 27 years across different parts of the world. In addition to painting professionally, Goutam is also a photographer, a stage performer as a singer, and is passionate about writing poetry.

As a dedicated practitioner of Tagore's songs and others, Goutam often infuses his artwork with music by blending ancient mythological art with his own innovative style. His works invite viewers to explore the threshold between surrealism and reality, between waking and dreaming. Lyrical, spiritual, yet romantic, Goutam's canvases often portray a serene ambiance inspired by Gandhara art and the Bengal school of art. While his works are primarily portraits and figurative, elements of fantasy also emerge.

CANVAS, LENS AND LYRICS

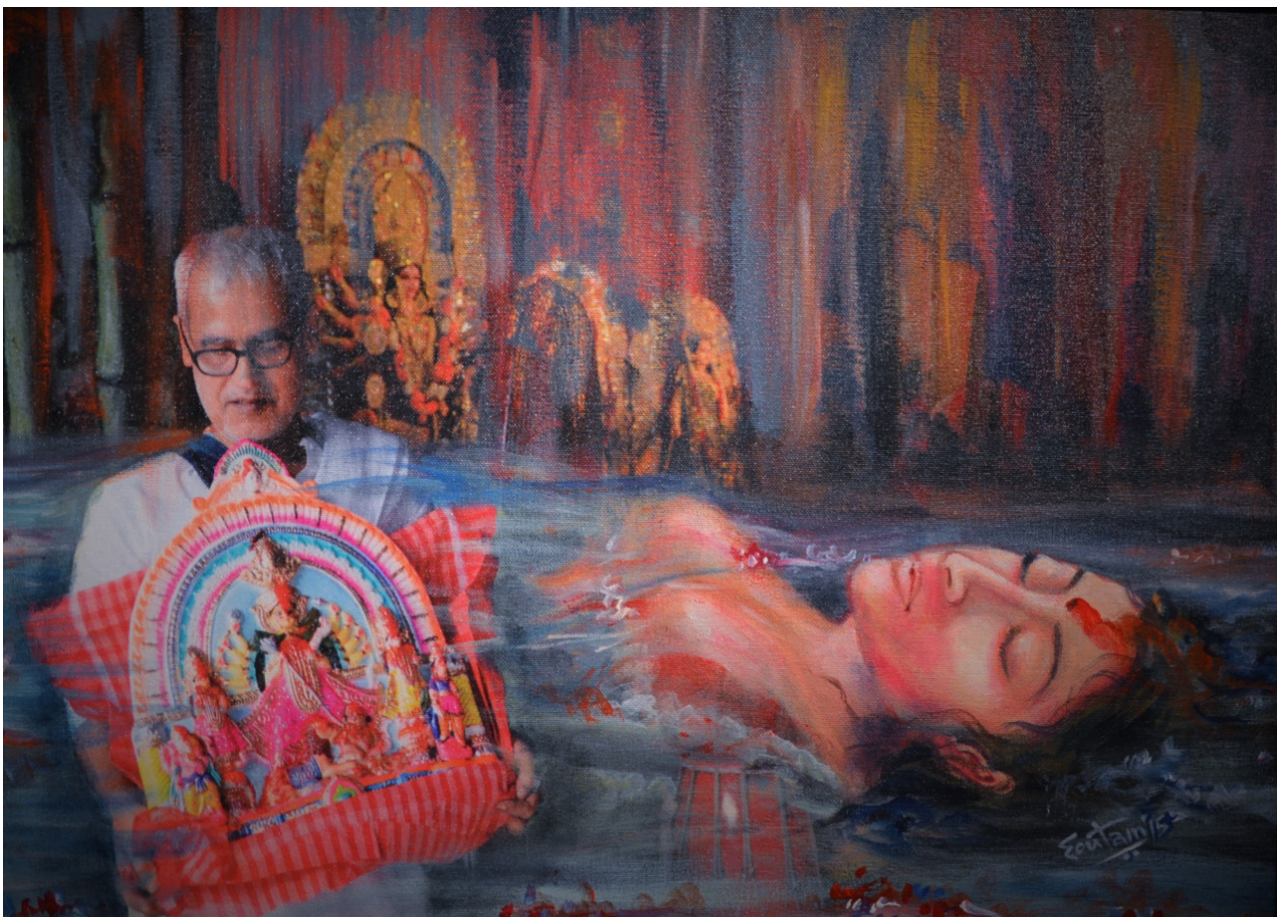
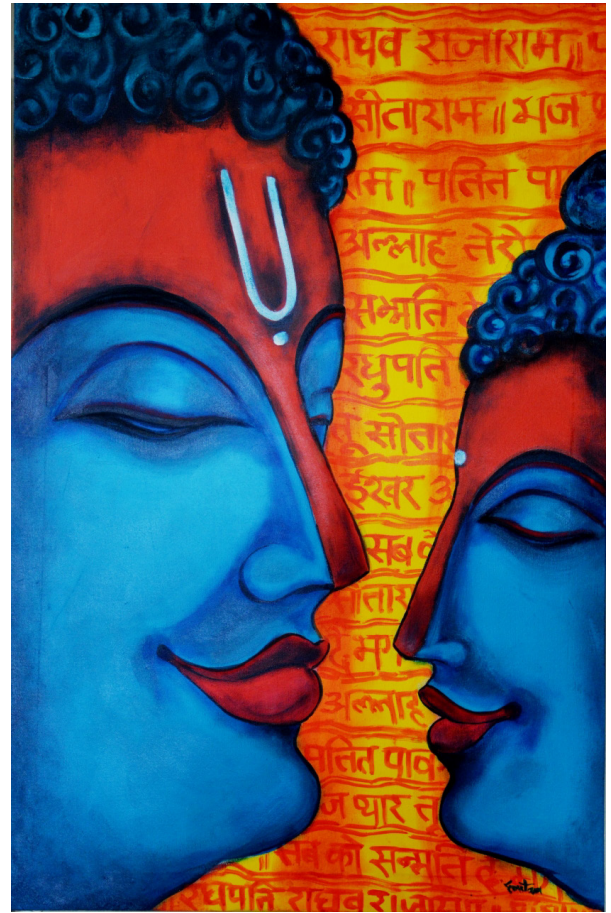
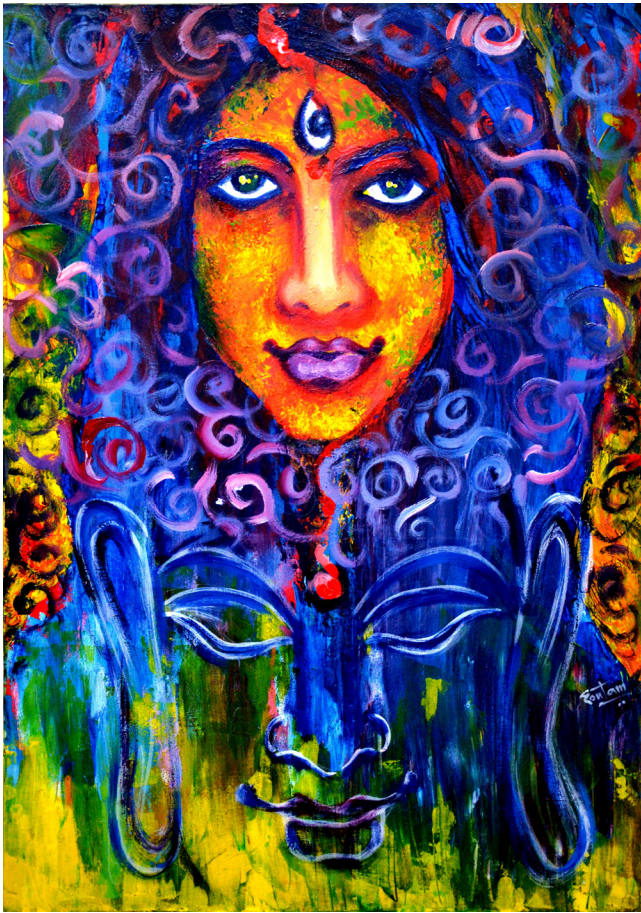
Bridging Divides: The Role of Global Leadership in a Polarized World

Goutam's works—whether in oil, acrylic, or mixed media on canvas and fabrics—have been exhibited in major cities across India, Africa, Indonesia, and China. They are proudly collected for personal and private sector displays in Kolkata, Mumbai, Bangalore, Goa, the USA, Indonesia, Singapore, South Africa, Botswana, the UK, Portugal, and Canada, among others.

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.







**DANIEL
JISON**

 Shanghai, Pudong

ABOUT ME

He has lived in China with his family for over seven years. He is passionate about drawing, painting, singing, dancing, and playing the piano.



MY FIRST PIANO PERFORMANCE



My First Piano Performance.

My name is Daniel, and my favorite hobby is creating and playing music on the keyboard. At the beginning of this year, I started taking piano lessons. On June 2, 2024, I had my first piano performance at Laya Plaza Mall in Pudong. I felt nervous when I saw the large crowd, but I did my best while playing the songs. I was very happy when I successfully finished my performance!



THE STARRY NIGHT

Daniel Jison

The Starry Night

O starry night,
The peaceful night
With stars glowing bright!

O starry night,
You shine so bright
Everywhere in the sky.

O starry night,
I love your light
The best night ever.





KANUPRIYHA SINGH



ABOUT ME

Kanupriya Singh is a global management consulting leader with 16+ years of experience working in the US, UK, Australia, Singapore, India, and China. Her passion lies in helping clients deliver strategic and sustainable change management solutions, leading complex organizational transformations, and optimizing workforce efficiency to enable the greater good of organizations and individuals. Kanupriya holds a Master's degree in Strategy and Innovation from the SAID Business School, University of Oxford.

BRIDGING DIVIDES: THE ROLE OF GLOBAL LEADERSHIP IN A POLARIZED WORLD

Living in a polarized world

We are living in a world that divides. A world that is increasingly characterized by separation, driven by a variety of factors that deepen polarization on multiple levels—geopolitical, social, economic, cultural etc.

We are witnessing times where rivalries and growing tension between major world powers such as the U.S., China, and Russia is reshaping international alliances and creating rival blocs. Issues like trade wars, military confrontations, and competition for technological dominance (particularly AI) are aggravating global fragmentation. As I reflect on whether the world has ever been this divided in my lifetime, my mind's immediate answer is a definite no.

Watching the news every morning has turned into a stressful experience, as it's hard to predict what might happen next. Across several regions, nationalism is on the rise, with leaders promoting inward-looking policies that prioritize domestic interests over global cooperation. A trend often leading to isolationism, a rejection of multilateral agreements, and less collaboration on pressing global issues such as climate change. With global migration on the rise, cultural tensions have become more pronounced in the last few years with host countries grappling issues of assimilation, while anti-immigrant sentiment and xenophobia fuel political polarization. In many

democratic societies, political polarization has deepened to the point of gridlock, with parties often unwilling to collaborate. In the U.S., for example, ideological rifts between the left and right have led to a breakdown in civil discourse and governance, a trend now becoming increasingly familiar in other parts of the world too.

I admire people who manage to stay away from social media as the rise of misinformation, disinformation, and algorithm-driven echo chambers on social media further polarizes societies and individuals. People are more likely to consume news that reinforces their pre-existing beliefs, often leading to deeper societal divisions.

As I am writing this article, the US is grappling with Hurricane Milton just few day after Hurricane Helene. A study by the World Weather Attribution group found that climate change intensified Hurricane Helene's rain and winds by 10%, fossil fuels have made such hurricanes 2.5 times more likely and they can be expected every 53 years instead of 130 years. To see the global response to climate change fragmented with some countries pushing aggressive policies for carbon reduction, while others, due to economic constraints or political agenda, resist international agreements is rather frustrating.

BRIDGING DIVIDES: THE ROLE OF GLOBAL LEADERSHIP IN A POLARIZED WORLD

Kanupriyha Singh

How living in a polarised world impacts organizations?

Organizations are living systems. Let me explain what I mean. Organizations have dynamic nature and complex interactions. They exhibit adaptability by responding to environmental changes, and they grow and evolve over time, expanding their workforce and market share. Organizations are made up of interconnected parts that work together to achieve common goals, similar to biological systems. They cultivate unique cultures and identities, respond to external stimuli, strive for stability, and experience lifecycles. Like living beings, organizations require care and effective communication to thrive and succeed.

Living in a polarized world deeply affects organizations in several ways, influencing both internal dynamics and external operations. According to a McKinsey study, out of the world's 8 billion people, about 3.3 billion worked in organizations in 2022. It is hard to imagine that geopolitical divides do not influence these organizations, especially as cross-geographical collaboration becomes increasingly complex. This polarization impacts how organizations function, make decisions, and interact with their employees, customers, and the global market.

One of the most immediate impacts is the ideological divide among employees. With people holding increasingly polarized

political, social, or cultural views, internal conflicts can arise, which can erode team cohesion and overall morale. Leaders, in turn, face challenges in fostering inclusivity, struggling to maintain a workplace where opposing viewpoints are respected, while also creating a unified and inclusive environment. Balancing free expression with unity becomes more difficult in such divided times. Another significant effect is on decision-making and leadership. In polarized environments, decisions can become more contentious, leading to delayed actions or compromised outcomes due to disagreements within the organization. Leaders face immense pressure, often forced to balance competing interests and take stands on controversial issues, risking alienating parts of their workforce or customer base.

From a market perspective, polarization leads to a fragmented consumer base. Consumers are now aware enough to choose brands that align with their personal values, and organizations must navigate this landscape carefully to avoid alienating customers. Additionally, shifts in consumer expectations, especially among younger demographics, mean that companies must now take clearer stances on issues that resonate with their audience or risk losing market share. For example, as an animal lover and advocate for animal rights, I

religiously look out for cruelty-free brands.

For global organizations, collaboration and cross-geography teams become difficult to manage. Geopolitical tensions strain partnerships across borders, and regulatory differences or political instability create inefficiencies and lack of trust potentially disrupting global operations and missed opportunities. In a polarized world, organizations face a balancing act between managing these risks and staying true to their core values. Strategic flexibility, strong leadership, and a commitment to inclusivity are essential for navigating these challenges and thriving amidst the divisions.

BRIDGING DIVIDES: THE ROLE OF GLOBAL LEADERSHIP IN A POLARIZED WORLD

Kanupriyha Singh

The role of leadership in a polarized world

I have been living in China for 4+ years now. My first year was quite difficult since I had to unlearn a lot of what I knew. Once I adapted, it became easy. One of my key learnings has been on leadership. In business, organizations, families, governments – everything rises and falls on leadership. Perhaps the global crises we are in, is a result of poor, ineffective and self-serving global leadership. This forced me to start asking - What makes a good leader? I found several answers but the one most fitting for the current scenario is Value-Based Leadership.

According to John C. Maxwell, a renowned leadership expert, "Value-Based leadership is about serving others, adding value to their lives, and making a positive impact on the world. To achieve this, leaders need to embrace certain key principles, such as integrity, empathy, vision, humility, and courage". It can be a powerful tool for leading with values in a polarized world.

One of the key aspect of value-based leadership is consistency in principles. Leaders must stay true to core values even when external pressures push them to take sides in divisive debates. This focus on long-term principles help avoid being influenced by short-term trends. Integrity is another cornerstone, building trust among employees, customers, and stakeholders. When decisions are based on

values rather than expediency, it fosters deeper trust, which is particularly important in a polarized world where authenticity is highly valued.

Value-based leaders create environments that welcome diverse perspectives. By encouraging open dialogue across ideological lines, they reduce internal tensions and promote cohesion. Empathy plays a crucial role here, enabling leaders to listen to different viewpoints and make more compassionate decisions that strengthen internal relationships.

Such leaders also create cohesive global strategies by avoiding short-termism and concentrating on long-term objectives that benefit all regions. This alignment streamlines operations and ensures that teams work towards a unified vision despite regional differences. Lastly, by understanding the unique needs and cultural sensitivities of different workforce groups, value-based leaders adapt their approaches accordingly, respecting local contexts while maintaining a global perspective. In polarized geopolitical contexts, they facilitate cross-geography collaboration, fostering trust and cooperation across cultural and political divides. Such leaders see more than others and they see before others.

In a polarized world, value-based

leadership offers a path forward by guiding organizations with integrity, empathy, and a commitment to values. By fostering inclusivity, making ethically sound decisions, and focusing on long-term goals, value-based leaders help their organizations not only navigate the challenges of polarization but also thrive in an increasingly divided world.





KAPILA KHATRI

📍 Shanghai, Pudong

ABOUT ME

A certified yoga instructor (RYT 500 hours) and yoga therapist at Wellness Within Yoga. She specializes in various areas, including weight loss coaching, Bal yoga, and prenatal yoga. Through her holistic approach, Kapila helps individuals achieve wellness and balance in both body and mind.



YOGA FOR WOMEN

Yoga is the science of right living. It is a means of balancing and harmonizing the body, mind, and emotions. Yoga should be incorporated into daily life by everyone, especially women. Nowadays, women suffer from many common and severe conditions due to a lack of exercise and unhealthy food. But the most important factor leading to such conditions is the stress and tension they experience. Today's generation of women has busy, hectic schedules. They are not only responsible for their families, but their role has extended beyond the four walls. Women now take equal roles in social and economic decisions. They are dynamic and uniquely influential parts of our society. All of this leads to a lot of stressful conditions, causing a depletion of vital mental energy. As always, the aim of yoga is to maintain physical, mental, and social health for spiritual growth.

Yoga is helpful for women in the following ways:

- **Maintaining reproductive health:** The major functions of the reproductive system are menstruation and pregnancy. Yoga helps circulate oxygen around your body, easing many period symptoms such as cramps, nausea, and fatigue. Yoga balances hormones, reduces stress, and improves fertility. It also supports well-being during pregnancy and aids in postpartum recovery.
- **Managing stress and tension:** The major benefit of yoga is its ability to reduce tension and stress, helping calm the mind and bring peace. Yoga moderates your body's typical response to stress by controlling blood pressure, lowering stress hormones, and decreasing overall tension, which has a tremendous impact on daily life.
- **Improving the working of the endocrine system:** Yoga enhances and promotes the functioning of the endocrine

system. Its power and effectiveness come from the balance it creates in the nervous and endocrine systems, which directly influence all other systems and organs of the body.

- **Improving metabolism:** Yoga stimulates the thyroid and parathyroid glands, encouraging metabolism, which is particularly helpful for weight management.
- **Reduction in pain:** Yoga helps manage pain in the back, neck, or other chronic pains such as arthritis and carpal tunnel syndrome.
- **Maintaining overall fitness and weight management:** Regular yoga practice improves overall fitness and helps maintain a healthy weight. Yoga strengthens bones and muscles, enhances balance, improves flexibility, and increases the range of motion, helping prevent everyday injuries. Women who practice yoga daily tend to have lower body mass indexes and better weight control than those who don't.

Yoga can benefit women of all ages. The teenage years shape a young girl's lifetime, as they undergo significant changes in their body and mind. This is the ideal time to begin practicing yoga asanas, pranayama, and meditation. These practices help develop a healthy body and menstrual cycle, as well as manage psychological changes. Regular yoga practice helps build muscle strength, flexibility, and reproductive health while preventing obesity and balancing hormones.

In middle age, especially during menopause, women experience new physical changes. Yoga helps balance hormones, control weight, prevent thyroid issues, and support a healthy digestive system. Yoga caters to a woman's changing needs in each phase of her life, helping her achieve peace of mind and a well-balanced body.



LAKISHA JANARTHANAN

📍 Shanghai Pudong

👤 7 year old

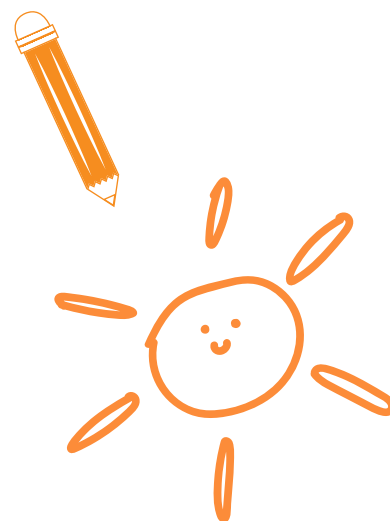
🏠 2nd grade at
Jincai International
Division (JCID)

🎵 ABOUT ME

- She loves learning and having fun with her friends.
- She enjoys drawing animals, flowers, nature, and fun cartoons with bright colors.
- She also loves skating, which makes her feel fast and free, and she's getting better at doing tricks!
- Lakisha likes reading storybooks, especially those about adventures and animals.
- She is always excited to learn new things, play with her little brother, meet new friends, and have lots of fun!




YOUNG ARTIST





MINESH PORE

 Seasoned expert in global sourcing and procurement

 Co-founder and CEO of BuyHive

ABOUT ME

Passionate about the transformative power of AI and is dedicated to helping professionals across industries enhance their efficiency by adopting AI-driven technologies. His expertise, combined with his commitment to innovation, positions him as a thought leader in both the sourcing and AI landscapes.



EMBRACING GENERATIVE AI

Minesh Pore is a seasoned expert in global sourcing and procurement, holding a Master's degree in International Management from the Thunderbird School of Global Management. Throughout his career, Minesh has worked in over five countries, managed teams across four continents, and held senior management roles in publicly listed companies. His extensive global experience has provided him with deep insights into the complexities of international markets and procurement.

As the Co-founder and CEO of BuyHive, Minesh successfully built a profitable business without external funding, helping hundreds of businesses worldwide connect with trusted suppliers. He is now spearheading the launch of SourcingGPT.ai, a groundbreaking SaaS solution that leverages generative AI to streamline procurement processes. SourcingGPT saves buyers significant time and resources by automating tasks such as supplier discovery, RFQ management, and factory comparisons.

firsthand how generative AI can transform not only industries but also the day-to-day operations of businesses.

SourcingGPT: Revolutionizing Procurement with AI
At SourcingGPT, we are fundamentally transforming the sourcing process for buyers by automating the complex, manual tasks traditionally involved in finding, comparing, and selecting suppliers. Our platform saves businesses over 200-250 man-hours per project by automating multiple steps in the procurement process, ensuring a much higher level of accuracy in supplier curation.

Here's a more detailed breakdown of how SourcingGPT saves time and delivers superior results:

1. Automated Supplier Discovery:
In traditional procurement, buyers often spend days navigating multiple sourcing platforms like Alibaba, GlobalSources, Made-in-China, and DHgate, manually reviewing supplier listings to identify viable options.



Embracing Generative AI: The Key to Unlocking Efficiency Across Industries

In today's fast-paced global marketplace, businesses are constantly seeking ways to gain a competitive edge. The advent of generative AI presents a remarkable opportunity to do just that by automating time-consuming, repetitive tasks. As the Co-founder and CEO of SourcingGPT, a SaaS platform designed to streamline sourcing and procurement, I have witnessed

SourcingGPT automates this process by using AI to scrape these platforms simultaneously, gathering relevant data from thousands of suppliers within minutes. Not only does this drastically cut down on time, but it also eliminates the risk of missing valuable suppliers that may not be easily discoverable on any one platform.

EMBRACING GENERATIVE AI

2. Cross-Verification with Customs Data:

One of the biggest challenges in sourcing is verifying the legitimacy and quality of suppliers. Buyers often rely on third-party audits or painstaking research to ensure a factory's claims are accurate. SourcingGPT automates this verification by cross-referencing supplier information with real-time customs data, ensuring that the factory's export records align with the buyer's needs. This level of due diligence, done manually, could take days or weeks, but with AI, it's completed in moments with far greater precision.

4. Supplier Comparison and Selection:

Once RFQs are received, comparing multiple suppliers based on their responses is another critical but laborious task. Traditional methods involve manual compilation and comparison of factors like price, lead times, and product quality. SourcingGPT's AI engine analyzes these variables and ranks suppliers based on customized criteria, saving buyers hours of data analysis. Furthermore, SourcingGPT uses machine learning to suggest the best suppliers based on previous buyer preferences and historical

Minesh Pore

6. Purchase Order Generation:

Once a supplier is selected, generating and managing purchase orders (POs) can add further layers of administrative overhead. SourcingGPT automates this step by generating ready-to-send POs with all necessary information, allowing buyers to finalize transactions quickly and efficiently.

Quantifying the Benefits

The benefits of using SourcingGPT extend beyond just saving time. Here's how the platform makes a measurable impact:

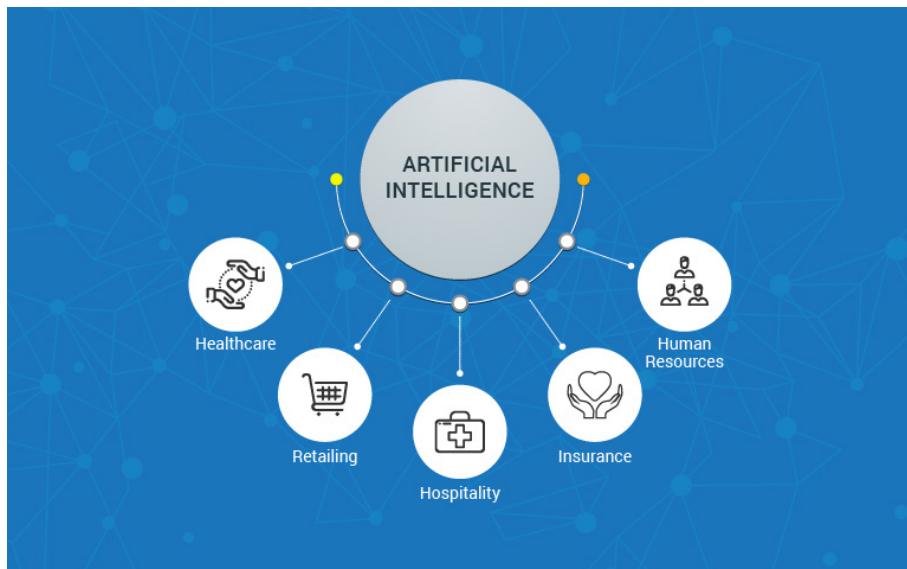
Time Saved: On average, buyers report saving between 200-250 man-hours per project. This includes time spent on supplier discovery, verification, RFQ management, and supplier comparison. For companies handling multiple procurement cycles, the cumulative savings over a year can equate to hundreds of hours per team, allowing for a significant reallocation of resources to more strategic tasks.

Improved Accuracy: By automating data collection and cross-referencing, SourcingGPT minimizes the human error often associated with manual sourcing processes. The platform curates a highly refined list of suppliers that not only meet the buyer's specifications but are also cross-verified for accuracy through multiple data points, leading to fewer procurement failures.

Increased Capacity: With the automation of key tasks, buyers can handle up to five times more projects without needing additional manpower. This increase in capacity is particularly crucial for SMEs that might not have the resources to scale their teams rapidly.

Industry-Wide Transformation Through Generative AI

Generative AI's impact is not limited to procurement—it is transforming entire industries by enhancing



3. Request for Quotation (RFQ) Generation and Management:

Sending out RFQs is another time-intensive process, requiring buyers to craft personalized messages to multiple suppliers, manage responses, and follow up. SourcingGPT automates RFQ creation based on the buyer's needs and preferences, sending out detailed requests in bulk to curated suppliers. The platform then compiles and organizes responses in a way that allows for easy comparison, highlighting key factors such as price, delivery timelines, minimum order quantities, and factory certifications. This automation reduces the hours spent managing this correspondence and ensures that no important detail is overlooked.

performance, ensuring that the buyer makes the most informed decision with minimal effort.

5. Accurate Cost and Duties Calculation:

Calculating the true landed cost (including shipping fees, duties, and taxes) for products sourced internationally is often a challenge for buyers, particularly when dealing with multiple countries and varying tariffs. SourcingGPT automates this process by integrating real-time shipping and customs data, providing an accurate cost breakdown. This feature alone can save buyers days of manual research and help them avoid costly miscalculations.

EMBRACING GENERATIVE AI

efficiency and productivity. Let's explore a few examples across different sectors:

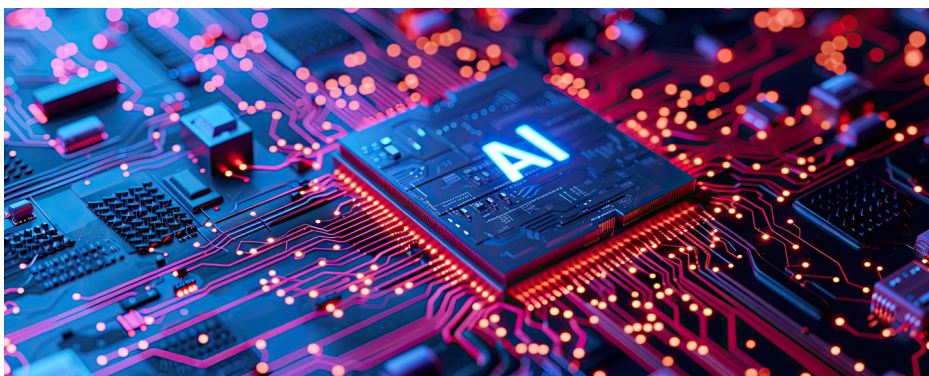
Healthcare: Hospitals and clinics are leveraging generative AI to automate medical records, patient data entry, and even diagnostic analysis. AI-powered systems can scan thousands of patient records in minutes, recommending treatment plans or identifying potential health risks. This automation allows doctors to focus more on patient care rather than paperwork. AI-driven imaging technologies, for instance, help radiologists detect abnormalities faster and more accurately than manual reviews, potentially saving lives.

Tourism and Hospitality: In the tourism industry, AI-powered chatbots and booking systems are transforming customer service. These systems assist travelers in finding personalized recommendations for trips, accommodations, and activities based on preferences. AI can analyze millions of reviews and travel itineraries to provide tailored travel plans, saving customers hours of manual searching. In hospitality, AI helps hotels optimize room pricing based on real-time demand, increasing profitability and customer satisfaction.

industries like automotive and electronics, where precision is critical, AI enhances both product quality and operational efficiency.

Finance: Banks and financial institutions are using generative AI to automate loan approvals, fraud detection, and customer support. AI systems analyze vast datasets to determine creditworthiness in real time, reducing loan approval time from weeks to just a few hours. AI-powered fraud detection systems monitor financial transactions for unusual patterns, alerting security teams before a breach occurs.

Adapt or Get Left Behind
Generative AI is here, and it's not just a passing trend. It is reshaping industries at a rapid pace. Companies that fail to adopt AI risk falling behind their competitors who are leveraging it to cut costs, increase efficiency, and improve decision-making. At SourcingGPT, we believe that AI isn't just the future—it's the present. The businesses that understand this and take steps to incorporate AI into their operations will thrive, while those that hesitate will struggle to keep up. In conclusion, embracing generative AI is no longer optional for businesses that want to stay competitive.



Manufacturing: AI is driving efficiency in manufacturing by automating quality control processes. Generative AI can detect product defects on assembly lines in real-time, allowing manufacturers to fix problems faster and reduce waste. In

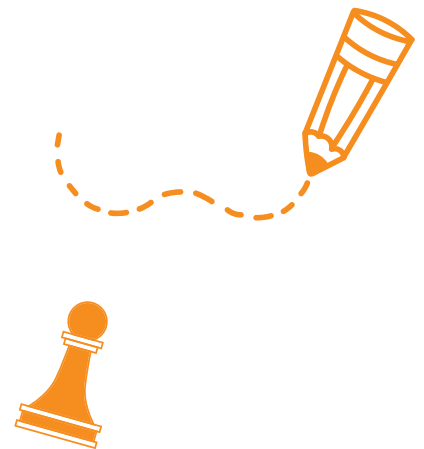
It offers a once-in-a-generation opportunity to dramatically increase efficiency across all sectors. The question isn't whether to adopt AI but rather how quickly you can integrate it into your processes. The faster you do, the more of an edge you'll have over the competition.

Minesh Pore

References:

- McKinsey & Company's report on the future of AI shows that 50% of businesses will integrate AI-driven automation by 2025.
- Deloitte's "AI in Procurement" study highlights how AI-driven sourcing platforms reduce time spent on procurement tasks by 70%.
- IBM's "Global AI Adoption Index" states that businesses leveraging AI saw a 30% increase in productivity within the first year.

Generative AI is no longer a futuristic concept—it's a necessity. Will your company be ready for the future?





NAMRATA MOTIANI

📍 Guangzhou

🎵 ABOUT ME

- Namrata Motiani has been residing in Guangzhou for the past 19 years. Having stayed there for such a long time, she feels a deep sense of home in the city. She is truly grateful for the beautiful place and its amazing, friendly people. They love her henna art and often encourage her to apply it. Namrata enjoys being creative. Besides henna art, she is also passionate about baking, singing, and painting.



HENNA ART

Henna Art – Henna Creativity – Henna Tattoos

Beautify your hands, palms, and feet with henna tattoos—always in style. This ancient art is practiced worldwide by men and women, young and old. It is a historic symbol of beauty, wellness, and joyous celebration across various cultures.

Every henna tattoo/design is a masterpiece in itself, with each design telling a unique story. These designs are rich in symbolism and are believed to bring love, health, prosperity, joy, and protection.

Henna is a plant-based dye derived from the henna tree or shrub, which grows between 2-8 meters in height. It is also known as Egyptian privet or the mignonette tree. The leaves of the henna plant contain a natural coloring pigment used for temporary body art, hair dye, and fabric decoration. The plant bears small, fragrant flowers ranging from white to red. Henna tattoos are widely used for temporary

body art because they are fast, easy, painless, and affordable.

Henna is commonly applied on special occasions such as weddings, holidays, birthday parties, and other celebrations in countries like India, Pakistan, Bangladesh, parts of Africa, and the Middle East. After the henna paste is applied, it takes 20-30 minutes to dry and begin cracking. It can then be gently peeled off, revealing a design that initially appears pale to dark orange and gradually darkens over 24 hours. The final color depends on the individual's skin tone, and the tattoo can last up to two weeks, depending on the skin type. Henna not only beautifies but also brings happiness as it leaves a beautiful dark stain.



Henna in CIS -2022 Oct

HENNA ART

Namrata Motiani



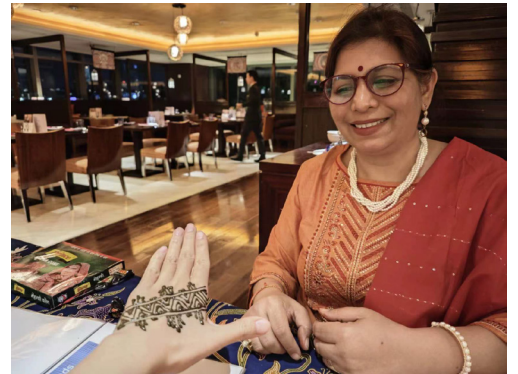
I'm Namrata Motiani, and I have been residing in Guangzhou for the past 19 years. I feel absolutely blessed and grateful to live here and enjoy every day of my life.

Henna tattoos are loved all over the world. My passion for applying henna began in childhood, and I have always loved being creative. Creativity brings me happiness and great confidence, which keeps me moving forward!

In Guangzhou, I had the wonderful opportunity to apply henna in 2008 at Guangzhou Nan Fang International School during their International Fair. Each year, the school holds this fair, and I am invited to apply henna. I have always had a fantastic experience applying henna tattoos for students, teachers, parents, and the principal. I have also applied

henna at events at other schools, including Utholoy, Britannia International School, Canadian International School, South China High School, and Garden International School.

I generally apply henna tattoos at events with large crowds. Henna brings happiness and smiles to me and everyone I meet. I would love to continue spreading joy and smiles wherever I go.





NAVNISH N

THE JOURNEY OF NAVNISH: FROM ENGINEER TO YOGA TEACHER

Navnish's journey is a story of transformation, resilience, and a deep commitment to preserving the true essence of yoga. Born and raised in Pune, Maharashtra, with roots in Mangalore, Navnish later moved to Bangalore to work as a software engineer. He led a life marked by success, yet marred by the toll of a demanding career. The pressures of long hours and an unhealthy lifestyle eventually caught up with him, leading to a turning point that would change his life forever.

The Beginning: A Life of Stress

In his early career, Navnish worked as a software engineer in Bangalore, one of India's tech hubs. The relentless pace of the IT industry, coupled with odd working hours, left him little time for self-care. This lifestyle began to wear him down, both physically and mentally, as he navigated the demands of his profession. Seeking change, Navnish moved to China, taking on a role as a sales and marketing manager in a factory. While the move offered a new challenge, it also brought new stressors. The demanding nature of his job, combined with the isolation of living in a foreign country, led to a significant decline in his health. After a decade of pushing himself to the brink, he suffered a slipped disc—a painful wake-up call that something needed to change.

Discovering Yoga: A Path to Healing

In 2015, while living in Shanghai, Navnish discovered Hatha Yoga. Desperate for relief from his physical pain and emotional stress, he began practicing regularly. To his amazement, the practice not only alleviated his back pain but also brought a profound sense of peace and balance into his life. Yoga became more than just a physical exercise; it became his anchor. The practice grounded him, helping him reconnect with his body and mind in a way that his previous lifestyle had never allowed. Inspired by these changes, Navnish decided

to deepen his understanding of yoga. He traveled to Mysore, the birthplace of Ashtanga Yoga, where he immersed himself in learning and practicing under the guidance of experienced teachers.

A New Beginning: From Student to Teacher

By 2018, Navnish had completed his teacher training and returned to Shanghai, eager to share the transformative power of yoga with others. However, what he found in the city's yoga studios was disheartening. The focus was overwhelmingly on mastering advanced postures, often at the expense of proper technique and the foundational principles of yoga. Studios seemed more interested in showcasing physical prowess than in educating students about the holistic benefits of yoga. This realization ignited a new mission in Navnish. He knew that yoga was not about achieving the perfect pose or competing with others; it was about finding balance, cultivating inner peace, and living in harmony with oneself and the world. He envisioned a place where these values could be taught and nurtured, where beginners could build a strong foundation and learn to appreciate the true essence of yoga.

Challenges and Triumphs: Teaching in China

When Navnish began teaching in Shanghai, many doubted his ability to succeed. "You will fail," they told him. "You don't speak Chinese, and you don't understand how to do business here." But Navnish was undeterred. He believed that yoga transcended language and that the sincerity of his teachings would resonate with students, regardless of cultural or linguistic barriers.

As he established himself, misconceptions arose. Many people assumed he had a Chinese wife or partner who helped him navigate the local business landscape. Others believed he worked for a Chinese boss who owned the



THE JOURNEY OF NAVNISH: FROM ENGINEER TO YOGA TEACHER

studio. Few realized that Navnish fully owned N Yoga Studio himself. He was one of the few who managed to establish a fully-owned yoga studio in China, a fact that surprised many who doubted such a possibility.

His approach was simple yet profound: focus on the basics, teach with patience, and emphasize the importance of Yama and Niyama—the ethical principles of yoga. Navnish was committed to helping his students improve their posture, breathe correctly, and live their lives in alignment with the teachings of yoga. He counted in Sanskrit during his classes, a deliberate choice to honor the roots of yoga and preserve its traditional form.

Staying True to the Roots of Yoga

Navnish believes that yoga is not just about physical exercise; it is a spiritual practice deeply rooted in ancient traditions. He noticed that many modern studios were straying from these roots, turning yoga into a commercial enterprise. This trend disturbed him, particularly the way yoga was being commodified, with studios focusing more on profit than on the well-being of their students. Determined to counter this trend, Navnish wanted his students to understand that yoga is a sacred practice that goes beyond the mat. It's not about the latest trends or achieving the most impressive poses; it's about cultivating stillness of the mind and connecting with something greater than oneself.

He also noticed that in many studios, the true spiritual essence of yoga was being overshadowed. Pictures of famous yoga teachers and Buddha statues adorned the walls, but the presence of Shiva, the deity traditionally associated with yoga, was often absent. For Navnish, this was a significant omission. He believed that practitioners should remember and honor Shiva, who is often considered the first yogi and the source of yoga's teachings.

Founding N Yoga Studio

In 2018, Navnish founded N Yoga Studio in Shanghai with the aim of creating a space for those seeking to learn and practice traditional yoga. The studio quickly became known for its emphasis on the fundamentals, offering classes that were accessible to beginners while still challenging for more experienced practitioners. Navnish's approach to teaching was unique in its simplicity. He used clear, straightforward instructions and avoided the aggressive adjustments that had become common in some modern yoga practices. His focus was on helping students develop a deep, personal understanding of yoga, rather than just going through the motions. He also integrated the ethical teachings of yoga into his classes, reminding students that yoga is as much about how they live their lives off the mat as it is about what they do on it.

Expanding the Vision: From Shanghai to Madrid

The success of N Yoga Studio in Shanghai was a testament to Navnish's vision and dedication. The studio was recognized multiple times, winning the "That's Shanghai" Studio of the Year award three times. But for Navnish, the accolades were secondary to the real reward: seeing his students grow, both in their practice and in their lives. In 2023, Navnish took the next step in his journey by expanding N Yoga Studio to Madrid, Spain. This move was not just about growing the business; it was about spreading the message that traditional yoga, with its focus on balance, breath, and ethical living, still has a vital role to play in today's world.

A Mission to Preserve and Teach True Yoga

Throughout his journey, Navnish has remained committed to preserving the roots of yoga. He sees it as his mission to educate others about the true nature of yoga, which he believes is in danger

Navnish N

of being lost in the rush to commercialize and modernize the practice. He is particularly concerned about the way yoga is being taught in some studios, where the emphasis is on physical achievement rather than spiritual growth. Yoga, as Navnish teaches it, is not about pushing and pulling the body into challenging postures. It's about finding stillness, both in the body and the mind, and connecting with the deeper aspects of oneself. This philosophy is reflected in every aspect of his teaching, from the way he structures his classes to the way he interacts with his students.

The Road Ahead: Continuing the Journey

Navnish's journey from engineer to yoga teacher has been one of challenges and triumphs, but through it all, he has remained true to his vision. He has dedicated himself to teaching yoga in its purest form, helping his students not just to improve their physical health, but to live more balanced, mindful, and ethical lives. As he continues his work, both in China and now in Spain, Navnish remains focused on his mission: to preserve the true essence of yoga and to share its benefits with as many people as possible. In a world where yoga is often misunderstood or misrepresented, his teachings offer a much-needed return to the roots of this ancient practice.

For Navnish, the journey is far from over. He knows there will always be challenges, but he also knows that the rewards—seeing his students grow, helping them find balance and peace, and preserving the true essence of yoga—make it all worthwhile. His story is a powerful reminder that success is not just about what you achieve, but about staying true to your values and making a positive impact on the world around you.



NIKITA
TEKWANI



HOW DANCE CHANGED MY LIFE

How Dance Changed My Life: A Journey from Introversion to Confidence

My name is Nikita Tekwani, and I am currently pursuing my master's degree in Shanghai, in East China Normal University. My journey began in Dubai, where I spent my early childhood before moving to India for my later years and graduation. Throughout my school years, I wasn't the best student, often struggling to focus and find my place. But everything changed when I discovered the power of dance. It didn't just ignite a passion within me; it helped me grow, sharpen my focus, and transform into a brighter and more successful student.

My love for dance, however, didn't begin in the most graceful of ways. In fact, it started in the middle of an awkward and nerve-wracking moment—one that could have crushed my spirit but instead set me on a path to discover who I truly was.

It was during middle school when a group of bullies decided to have their fun by pushing me onto the stage in front of a crowd. With no context or preparation, I stood there frozen, with every eye on me. I had no idea what to do. Then the music started.

Something inside me clicked. Without thinking, my body began to move to the rhythm. It was the first time I had ever danced, but in that moment, I didn't care about the fear or embarrassment. I just danced. Each beat of the music allowed me

to express feelings I never knew I had. For the first time, I realized that dance was more than just movement; it was an art of emotions, a way to communicate without words.

That moment became a turning point in my life. Dance gave me a sense of freedom and control that I hadn't experienced before. It opened up a new world for me, one where I could channel my emotions, be creative, and express myself confidently. Gradually, I saw how dance wasn't just a physical outlet; it started to shape my personality. The shy, introverted girl I once was began to fade away. In her place emerged someone more confident, more outgoing, and far more comfortable in her own skin.

Dance didn't just change how I saw myself—it impacted my entire life. It taught me discipline, focus, and perseverance. These qualities helped me academically as well. I went from struggling in school to becoming more engaged, dedicated, and successful in my studies. Dance gave me the balance I needed, allowing me to be creative while also excelling in other areas of life.

Today, as I teach dance to people of different ages in Shanghai, I feel incredibly grateful for the journey I've been on. It's a privilege to share this art with others and help them discover its power, just as I


did. Dance is more than just an activity or a hobby for me—it's a way of life, a constant reminder of how far I've come, and a source of inspiration that keeps me pushing forward, and to anyone reading this, I encourage you to take that first step toward discovering what makes you feel alive. Whether it's dance, art, music, or something entirely different, it's all about taking that leap into the unknown. The first step may feel daunting, but it could be the one that sets you free. Once you find what truly moves you, you'll unlock a whole new world of confidence, creativity, and fulfillment. So go ahead—take that step, and let it lead you to who you're meant to be.





NISHAD KULKARNI

 Grade 8 student

 Wellington Shanghai International School

ABOUT ME

enjoys expressing his thoughts and creativity through poetry. Writing allows him to explore his ideas and share his unique perspective with others, and he hopes readers will find inspiration and enjoyment in his words.



CREATIVITY THROUGH POETRY

MATH TO ME

Math to me is a mystery
Like the digits of pi, infinity
It also has an interesting history
But one thing I hate is geometry

Math to me is really fun
But algebra is shooting me like a gun
When math is finished, I will run
And I will be happy when math is done

Math to me is kind of cool
Solving puzzles is the best part of school
Show your working, that's the only rule
And if you don't, you are a fool.

Math to me is also a pain
All these problems are hurting my brain.
And after that I will go insane
Because we have to do this again and again

Sometimes I feel math is a waste of time
Letters in math is a big crime
Algebra is as disgusting as slime
Now I'm gonna finish this rhyme.
Life is like a butterfly, beautiful
Every day is always wonderful
Our presence in this world is impactful
And looking back at our life we would feel delightful.



WHAT IS LIFE

Life to me is a mystery
Like our future and our history
Every minute is a memory
and being happy is victory

My childhood was the best phase I had
Getting lots of love from mom and dad
They supported me when I was feeling sad
And were celebrating with me when I was glad.

Being a grown up looks pretty fun
You can marry and then get a daughter or son

Live in a house which you will run
And after your kids leave the house, your job is done

Sometimes I wonder what will happen after I die,
Will I be reincarnated into a fly?
Or will my burned ashes fly high to the sky?
But now I have to go so I guess this is good bye.





PAKHI SISODIYA

📍 Shanghai

👤 8 year old girl

🎨 ABOUT ME

- She is a passionate reader who enjoys fiction and comic books.
- Pakhi is also fond of inline skating, yoga, painting, wimming, and reciting Hindi and Sanskrit mantras, shlokas, and prayers.
- To mark the auspicious occasion of Ganesha Chaturthi this year, Pakhi created a beautiful painting of Lord Ganesha.



MY FRIEND ANIKA - THE ROBOT

Beep ! Bop ! Boop !
Hey ! Can you hear that sound ?
It's my friend Anika, the Robot !
She is 8 years old. She wears a white T-shirt with a purple heart on it and a little pink skirt. Her eyes are sparkling blue.

She is a very brave, cute, and friendly robot. Let me tell you how Anika and I became friends.

One day, I was walking excitedly, and suddenly I felt like I stepped on something. It was parts of a robot! I got even more excited! I ran to my room, carrying all the parts carefully. When I joined the parts, "my friend Anika - The Robot" was ready.

Whenever I get hurt, she helps me feel better. Whenever I am sad, she plays with me. When I lost my bracelet the other day, Anika told me, "Hey Pakhi! Don't be sad, my dear friend. It's okay."

We do many things together like play board games, card games, act silly, and lots of chit-chat. She always tells me to help others, to be kind and generous.

One day, when Mr. Frank's cat got lost, Anika and I helped him find his cat.

We play, we run, we sing La La La, we ping blah, blah, blah!
You know what she eats? Wires!
Haha... because she's a robot, of course!

She dances whenever we need entertainment. She sleeps only after reading a bedtime story to me every night. She helps me every time I get stuck in a problem.

In India, people call us "The Investigators" because we solve most of the mysteries and problems for people around us. We love to help

One day at school, a new girl, Seona, was joining our class. She reached school early and went inside our classroom. "Where are my classmates?" she exclaimed!

She got confused. "Is this the right classroom?" She wandered around the school, searching for her classroom. When the whole class came in, she was not there. "Where could she be?" everyone shouted.

I checked the Principal's office, the backdoor, the cafeteria, but she was nowhere to be found. Click! Click! Click! I dialed Anika's phone number with my smartwatch.

"Help! Help!" I shouted over the phone.
Zip! Zap! Zoom! Here comes Anika in no time.

Within a few seconds of reaching my school, Anika found Seona. You know where?

IN THE LOST AND FOUND ROOM!
Haha!





PALLAB DAS

📍 Shanghai, Guangzhou

📞 +91 9833638650

💬 Plexdzine

✉️ das.pallab@gmail.com

Pallab is an independent graphic designer and fashion lifestyle product consultant.

He is an alumnus of the National Institute of Design (NID Ahmedabad) and has worked with top fashion retailers in India (Raymond, Aditya Birla, Arvind) as a senior designer. Some of his current design clients include Reliance Brands, Levi's, Puma, and many international retailers and brands.

Pallab relocated from Heidelberg, Germany, to Shanghai in 2022 and is currently based in Guangzhou. He enjoys spotting and highlighting humor in day-to-day life through his design and illustration.

DOG'S DAY OUT

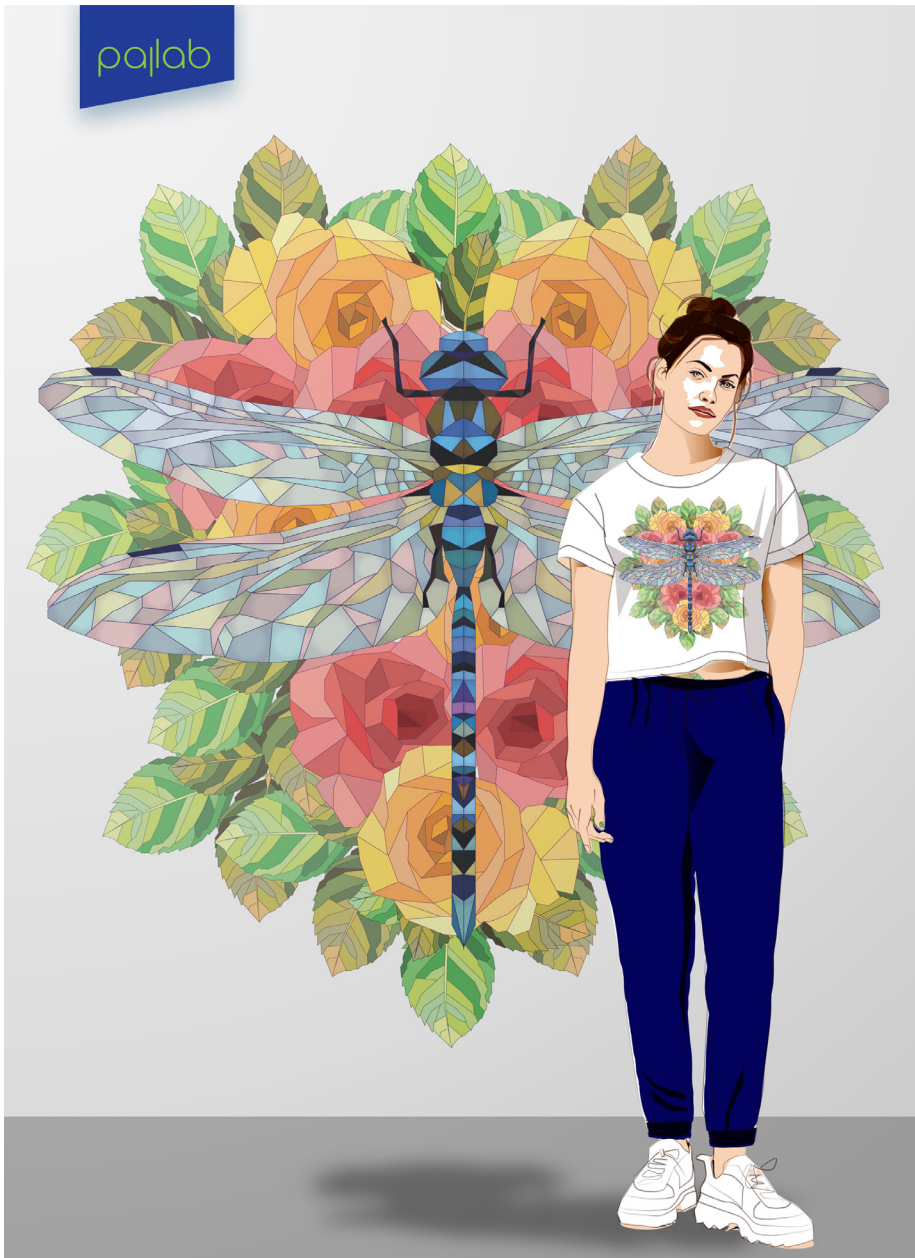
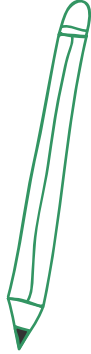
Illustrated on Adobe Fresco, it's all about someone's special relationship with their pet dog, highlighting the humorous and funny moments they share. The whole narrative is emotional, heartfelt, and full of bonding, yet very funny. The artwork elements can be used either as an all-over print or a single chest print on a T-shirt.



DRAGON FLY ON BLOOMING ROSE

Pallab Das

Illustrated on Adobe Illustrator, this artwork was created to appreciate the harmony and balance in nature, represented through a living being. A dragonfly is shown flying over roses blooming in a garden. This artwork has won many awards. The entire styling is based on stained glass illustration, and the piece is highly symmetrical. The artwork is suitable for womenswear.





**RAM
BALAKRISHNA**

OUR CHINA JOURNEY

Greetings!

My name is Ram Balakrishna, and in 2021, I had the unique opportunity to move to China from the US with my family for a 3-year assignment.

When I first asked my wife, Sooriya, and the rest of the family if we could move, all hell broke loose (even my pet dog, Ivy, seemed to say “Woof, No!”). They were strongly against the idea, given the ongoing effects of Covid-19 and the uncertainty surrounding it. After a tough negotiation, which involved a promise to move back if Sooriya didn’t like it in China, we took the bold step to go ahead. I thought we had overcome the hardest part. Boy, was I wrong—so wrong!

Since we had a dog, we thought it was best to proceed in stages: (a) I would fly to China first, complete the mandatory 3-week quarantine, and find a good place for the family; (b) Ivy would then fly from the US to China; and (c) Sooriya would join later and undergo her own 3-week quarantine. While steps (a) and (b) worked (more or less), step (c) took an entire year to materialize. Sooriya couldn’t join us due to flight bans, visa complications, and other issues. Not the best start to a 3-year assignment—we felt like we’d lost a whole year!

However, once Sooriya finally landed in Shanghai, she fell in love with the city within two weeks. We realized that all the challenges we had faced were worth it, just to experience this beautiful country and the wonderful connections we’ve made along the way. Both of us have learned so much, made lifelong memories, and discovered things about ourselves we never knew.

Here are a few reflections and lessons learned:

1. The Journey’s Unpredictability

Sometimes starting a journey seems daunting, but the destination can be amazing! Other times, the journey may look perfect at first, only for you to discover difficulties along the way, with a destination not as expected. The point: unless you start the journey and see it through, you’ll never know! Take a (measured) leap of faith to discover what the journey holds for you.

2. The Power of Friendship

During my 3-week quarantine, a few people from the IA I had connected with helped me buy groceries and suggested places to rent. Along the way, you’ll meet strangers who become friends and help you navigate tough times. It’s important to ensure that these friends don’t become strangers as your journey continues. Keep them close! We feel immensely blessed and are so thankful to God for all the friends we’ve made here.

3. Building Resilience

There were times during that first year when I considered quitting the assignment, especially with Sooriya being absent. But she stayed positive and encouraged me even as we faced uncertainty and hurdles one after another. It made us more resilient. The only way to build resilience is to go through difficulties that push you out of your comfort zone!

4. A Change in Perspective

Both our parents have since visited China for the first time and now have a completely different (and positive) impression of the country. They’re huge fans of the infrastructure, technological advancements, safety, scenic beauty, and—most importantly—the incredibly warm and welcoming community. The phrase “Seeing is Believing” really fits here.





**RICHA
SHARMA**



BAKING AND CRAFTING

As Diwali approaches, the familiar aroma of saffron, cardamom, and freshly baked goods fills my Shanghai home, reminding me of my roots and the journey that brought me here. Six years ago, when I moved to this vibrant city with my husband and two kids, I had no idea that my hobbies—baking and crafting—would evolve into something so meaningful, not just for me but for the Indian community here.

A Passion for Fusion Baking

Baking has always been a passion of mine, a way to bring joy to family gatherings and festivals back in India. But when I moved to Shanghai, this hobby took on a new dimension. Starting from my home kitchen, I began experimenting with fusion baking, blending traditional Indian flavors like saffron, cardamom, and rose with Western desserts. My first creations—like a saffron-infused Rasmalai cheesecake and a masala chai cupcake—were met with enthusiasm from friends and neighbors. These were familiar flavors presented in a new form, evoking a sense of home in a foreign land.

Connecting Through Flavors

Over the years, my hobby has connected me with the broader Indian and foreign community in Shanghai. The Indian community here is tight-knit, and food is a powerful way to maintain that bond. I've seen how a bite of a saffron almond cake or a cardamom macaron can transport someone back to their childhood, to the festivals and family gatherings they miss. It's this connection, this shared sense of nostalgia, that has made my journey as a hobby baker so fulfilling.

Crafting Beyond the Kitchen

My passion doesn't stop at baking. I'm also an avid artist. What started as a simple summer project to keep the kids engaged turned into regular art and craft classes, where we explored traditional Indian arts

like Madhubani and Warli painting, as well as modern techniques like pouring art and bottle art. We also delved into intricate crafts like embroidery and quilling. There's something incredibly rewarding about teaching kids to create beautiful Madhubani patterns or delicate quilled designs. My favorite projects often involve a mix of tradition and innovation, like combining Warli art with pouring techniques to create something truly unique. Watching the kids complete a piece of art, whether it's a vibrant painting or an intricate embroidery piece, fills me with pride and joy.

These classes have become a cherished part of my life in Shanghai. They allow me to pass on my love for art and culture to the next generation and to create lasting memories for the kids who attend. Just as with baking, crafting is about more than the end product—it's about the process, the joy of creating something with your own hands, and the connections you make along the way.

Reflecting on the Journey

As I reflect on the past six years, I'm grateful for the journey I've been on. What started as a hobby has grown into something that connects me with my roots and with the people around me. I'm constantly inspired by the community here in Shanghai, by their love for the flavors and traditions of India, and by the joy that baking and crafting bring into our lives. This Diwali, as I light the diyas and share sweets with friends, I'm reminded of the importance of staying connected, of celebrating our culture even when we're far from home. Shanghai may be thousands of miles away from India, but in my kitchen and in my heart, I carry a piece of home with me always.

Wishing you all a happy, prosperous, and flavorful Diwali!

BAKING AND CRAFTING MY WAY THROUGH SHANGHAI: A JOURNEY OF PASSION AND FUSION





RIYAAN KARTIK RAJ

📍 Shanghai

👤 8 year old

🏫 Jincai International
School



ABOUT ME

- His passion for drawing grows stronger, with his imaginative sketches filling up hours of his day.
- Alongside his love for art, Riyaan remains a dedicated chess player, showing impressive skill and enthusiasm for the game.
- His range of hobbies reflects his curiosity and love for learning, making Riyaan a wonderfully talented young individual.



HOW TO SAVE THE EARTH

Our planet, Earth, is more than just a place we live on—it's our home. It gives us fresh air to breathe, clean water to drink, and beautiful forests, mountains, and oceans to enjoy. But right now, Earth needs our help. If we don't take care of it, the animals, plants, and even we might suffer. The good news is, each one of us can make a big difference by taking small steps every day.

We can start by recycling. Instead of throwing away paper, plastic, and glass, we can turn them into new things—like toys, games, or crafts. This way, we use less and protect the planet from getting filled with waste.

Saving water and electricity is another simple but powerful way to help. When we turn off the lights when we leave a room or fix a dripping tap, we're not just saving money—we're helping to keep Earth's natural resources safe for future generations.

Planting trees is like giving a gift to the planet. Trees clean the air, provide homes for animals, and make our world greener and more beautiful. Even planting just one tree in your backyard or joining a tree-planting event can make a huge difference.

Pollution is one of the biggest threats to our planet, but we can fight it! By using eco-friendly products and choosing to walk or ride bikes instead of driving cars, we reduce the harmful gases in the air. This helps keep Earth's air fresh and clean.

Taking care of animals and their habitats is also very important. Many animals are losing their homes because of human activity. We can protect them by learning about wildlife conservation and supporting groups that work to save endangered species.

The most powerful thing we can do is spread the word. If we share what we know with friends and family, more people will join us in protecting the planet. Together, we can do so much more!

Imagine a future where the skies are clear, the forests are full of life, and every child can run through green fields without worrying about pollution. That's the kind of world we can create if we all work together. Earth is crying out for help, and we are its protectors. Let's be the heroes our planet needs! By making these small changes in our lives, we can keep Earth safe and beautiful for everyone—now and forever.





SAANVIKA THOTA

📍 Shanghai, Pudong

👤 10 year old

🏠 Grade 5 student at
SMIC International School

👤 ABOUT ME

- She has a deep passion for reading and drawing.
- Saanvika thoroughly enjoys going to school and eagerly embraces opportunities to learn new things.
- she has a love for taking care of animals, showing her nurturing and compassionate side.

HOW TO SAVE THE EARTH





SACHIN
JOSHI

📍 Suzhou, China

🎓 MBBS degree at
Soochow University

🎵 ABOUT ME

- Sachin Joshi is a student at Soochow University pursuing a degree in MBBS. With a passion for words and a love for the Hindi language, he has been writing poems for the past 7 years. His journey with poetry began as a hobby, but it has evolved into a way of life, allowing him to express his thoughts, emotions, and experiences. He is excited to share his creations and hopes that they resonate with your soul.

आर्यावर्त के यशस्वी

हे आर्यावर्त के यशस्वी वीर अब कायर नदिरा को त्यागो तुम,
हे भरत पुत्र, हे बलशाली, हे कलयुग के गांडीवधारी जागो तुम,
वीर न तुझ सा जग ने देखा, ले उठा धनुष और गगनभेदी अब बाण चला,
जग में जीत हो ऐसा अर्जुन अब के अलख जगा।
रणचंडिका पुकार रही भारत मां के लाल तुझे,
घेर खड़ी है बाधाएं, वपिदाएं, सर पे लाख वकित,
जैसे अभिमन्यु को घेरा था चक्रव्यूह के घेरे ने उठा चक्र तोड़ बाधाएं संग तेरे है मुरलीधर।
भरत भू के लाल अब मन में अटल नरिणय कर दे,
कर दे प्रकट एक अटल ज्योतजिसि की मशाल लगे हर घर,
हे भरतखण्ड के रघुवीर अब सागर बांधना है तुझको,
वविकानंद सा तेज पुंज, मातृभूमि के चरण रज का तलिक तेरे माथे शोभति है धनुरधारी।
देख रहा तुझको सारा वशिव पटल, रण की वेदी पुकार रही,
अब जाग उठ भारत भास्कर, जयघोष हुआ है गगन में आदित्य के तेज सा चमक उठ हे आर्यपुत्र।

सचनि नरिजन जोशी





SAMAYRA MANDAL

📍 Shanghai Pudong

👤 6 year old

🏠 kindergarten
student at SLAS

🎵 ABOUT ME

- Passionate about dancing.
- She has a long list of hobbies, including drawing, chatting, gardening, DIY tasks, cycling, and listening to music.
- She is also a pet lover.



YOUNG ARTIST





SAMIR JAMBAWALIKAR

📍 Shanghai

🏠 IT architect



ABOUT ME

- Samir Jambawalikar is an IT architect working with a leading Indian multinational corporation. He resides in Shanghai with his wife and daughter.

FRUGALITY PREACHES SUSTAINABILITY

Introduction

'The Psychology of Money' by Morgan Housel offers a thought-provoking exploratory and reflective perspective on frugality as well as the complex relationship between human behaviours and financial decisions. Social media today is abuzz with influencers and pseudo-economists who glorify risk-taking almost convincing us of quick gains selling an eternal financial bliss. But in this book Housel discusses the virtues of modest and mindful living. In one of my favourite section, Chapter 9 - "Wealth is What You Don't See", lies the key message.

"Wealth is the nice cars not purchased. The diamonds not bought. The watches not worn, the clothes forgone and the first-class upgrade declined. Wealth is financial assets that haven't yet been converted into the stuff you see."

It reminds me of multiple lessons I learnt from my non-influencers throughout my journey of life in these years.

Non-Influencers

My mother performed the Vaibhav-Lakshmi Pooja every Friday and always used to set aside some cash amount from daily expenses and fill it in a steel dabba (piggybanks of the olden days). The 1st rule was that this money is god's gift and hence any debit can happen only in cases of urgency. The 2nd rule was that if debit ever happened then the focus would be to refill the same amount as early as possible, in lieu of wants foregone by each member of the family. The 3rd rule was to identify and distinguish between a Need and a Want. If it was just a want, but not a need then Aai would hold the approval indefinitely. Every week seeing the pile grow I was always filled with confidence that it could rescue us in case of



FRUGALITY PREACHES SUSTAINABILITY

emergency.

My father used to walk few kilometres from train station to home or workplace to save bus ticket or auto-rickshaw fare. Papa used to accumulate those savings to convert minor wants to needs and buy surprises for us.

My college principal, also our economics professor took 5 lectures in the 1st week itself to explain the difference between our needs and wants. He detailed on the concept of how and why human wants and greed are unlimited but resources are limited. Further, entire semester Prof. Iyer used this concept to relate and explain every other law or concept in economics. Thus economics for me was one among the top 3 favourite subjects during the 4 years of graduation.

My wife also comes from a modest background and has made every attempt to inculcate the same values in my daughter. When daughter asks for more (beyond needs) clothes or accessories or tries to waste food, she reminds her to be empathetic of those unfortunate children begging on the streets or refugees from war-torn countries who live in scarcity of every resource type, making my daughter realize her needs and control her wants.

Financial discipline

Financial prudence and habits are to be cultivated right from the start else it's difficult to instil financial discipline in the longer run. Our homes are filled with things—gadgets and accessories, food, clothes, bags, shoes, etc. Frugality was once a guiding principle in households, and has been replaced today by a culture of excess. Frugality is not only a personal financial strategy but an imperative for every family, community, state, nation and world entirely to maintain sustainability.

Frugal nature should not be confused with Thrifty or Stingy behaviours. The definition of Frugal is simple as not buying things you may or may not want but don't really need. It also means living simply, economically and not wasteful.

Needs v/s Wants

The difference between needs and wants must be clearly understood to help curb unnecessary consumption and consumerism, which adds little value to our lives other than achieving those short moments of bliss. Scarcity of natural resources combined with mindless consumption and greed leads to creation of synthetic resources, which are harmful to the human mind and body as well as to entire well-being of this planet. The irony is that GenY, GenZ and Millennials by nature may not necessarily agree frugal living by themselves whereas Businesses/Corporates by economics may not desire frugal spending by others. In addition, post the Covid pandemic it seems that the general population has loosened the purse strings leading to many wants transforming to needs.

How many Earths do we need if the world's population lived like...



Source: Global Footprint Network National Footprint Accounts 2019

Samir Jambawalikar

How many Earths do we need? Based on the ecological footprint (amount of biologically productive land and water a population requires to produce all of the resources it consumes and to absorb the waste it generates using prevailing technologies) of India it is estimated that if global population lived like us, then world would need 0.7 Earths to sustain. But the catch is that with India's growing population and higher rates of consumption this number will increase beyond 1. This would mean liquidating national ecological assets and emitting more in atmosphere than our own ecosystems could absorb and further achieving to net it by borrowing bio-capacity through trade. RBI's recently published data indicates a sharp decline of 7 percent in household savings of Indians. This also stresses on the fact that Frugality engineering is something that each family needs to rethink, as our GDP is poised for growth over the next 20 years.

Ancient texts and Philosophy

In ancient Hindu texts, Ananda as defined as eternal bliss which accompanies the end of rebirth cycle and the power of happiness which comes with it. Also, Nirvana/Moksha the ultimate goal/purpose of life is defined as liberation or freedom from the metaphysical.

Both concepts are critical to understand our consumption causes, patterns and its impacts in human realm. While being engrossed in our daily physical consumption cycles, we often fail to recognize that those short moments of nano-Anandas actually lead us to only nano-Nirvanas but not complete Nirvana, since finally we are always back in this physical world to endure infinite loops of Sukha

FRUGALITY PREACHES SUSTAINABILITY

Samir Jambawalikar

(happiness) and Dukha (suffering). Attaining complete Nirvana is only desirable and possible for monks via gyana-marga, the path of knowledge and bhakti-marga, the path of devotion. But another way for non-monks or common folks like us to achieve the same is via karma-marga, the path of action. Our actions of consumption define our past, present and future.

Saraswati, the goddess of knowledge and learning is not adorned heavily with gold and jewels, rather is dressed modestly – representing her preference of knowledge over worldly material desires.

Just before the final war begins in Mahabharatha, the choice of Krishna as counsel by Arjuna against the offer of a million strong army indicates the importance of choosing knowledge over desires like materialistic power.

Dharmo Rakshati Rakshit, a verse from the Mahabharatha, links to righteousness (eternal truth) which is directly applicable to sustainable living (the dharma of humans), only if followed and protected by us shall protect us back (as indicated in the How many Earths do we need section).

Tamil poet-saint Thiruvalluvar, known for his wisdom on ethics and love, also gave timeless financial advice 1500-2000 years ago. He warned people against living beyond their means:

"Behold the man who doesn't live modestly within his means, His life will appear glamorous, but will soon be thin and disappear."

His words remind us that modesty and frugality is not just about money; it's about balance and choice of life-style.

In a world obsessed with more,

there is more power (Ananda) and freedom (Nirvana) in choosing less, one only needs to wisely (gyana-marga) follow the path of action (karma-marga) to adopt sustainability (Dharma) and thus attain the ultimate and eternal bliss (Swarga) on Earth itself.





SARAYU VELPULA

 18 years

 INDIA

- #2 IN TOP 100 GIRLS (UNDER 18) WORLD
- #1 IN INDIA GIRLS (UNDER 18)
- #6 IN INDIA WOMEN
- IN TOP 100 IN WORLD WOMEN

Starting as the 79th and last seed at the Pontevedra Open in Spain, she impressively finished in 2nd place. In this single tournament, she earned three norms: IM, WGM, and WIM. Having now achieved all the norms required for the WIM title, she is in the process of applying for the title with FIDE

AN ASPIRING GRAND MASTER

Sarayu Velpula is an 18-year-old chess prodigy from India who has achieved remarkable feats in the game.

Sarayu's story is one of passion, perseverance, and potential. Born to Mr Sampath Velpula and Mrs Rajitha Velpula, in a small village of Mondrai, in Warangal district of Telangana, India, she is the elder twin of a family with modest means and education. She learned chess at the age of 9 and never looked back. Despite the lack of awareness and resources in her village, she pursues her dream of becoming a grand master with determination and hard work. She has competed and excelled in various national and international tournaments, playing against some of the best chess players in the world. She has achieved all the norms for the Women International Master(WIM) title and is on her way to claim it from FIDE.

Sarayu Velpula is an incredibly hardworking and focused individual. Her passion for the game of chess is truly commendable. Her unwavering commitment to invest all her energy and more into preparing to be the best is truly remarkable.

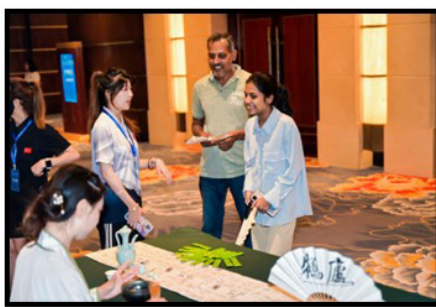
In her quest for success in chess, Sarayu has spent the past year traveling internationally to participate in tournaments that offer her a robust platform to excel. These travels are funded by her prize money from various tournaments and loans from family & friends. In July 2024, she competed in 'The Belt and Road 2024 China (Yuecheng Shaoxing) International Women Chess Open tournament,' where she had the chance to play against some of the top women title players. She narrowly missed achieving her WGM norm by just $\frac{1}{2}$ point. During her time in Shaoxing, the local Indian community supported her by sponsoring her stay and making her feel at home. She was also invited to celebrate her chess journey with local Indian families and share her experiences with young aspiring players.

Sarayu brings an incredible passion for chess, coupled with unwavering diligence and determination to elevate her success. She dreams of becoming a Grand Master and is committed to pursuing an active career in chess. Let's all join together in wishing her immense success on her journey.



AN ASPIRING GRAND MASTER

Sarayu Velpula





SHAILJA



China



MCA graduate



ABOUT ME

- Shailja is an MCA graduate.
- She serves as the manager of the Indo Global Journal of Pharmaceutical Science (IGJPS).
- Originally from New Delhi, she is currently residing in China.

हां मेरी मां आज के जमाने की है !

मेरी मां आज के जमाने की है
न वो सीधी साधी न वो भोली भाली है ...

बच्चा हूँ मैं अभी ये कहकर कभी नहीं टालती है
मेरे सारे सवाल का जवाब आसानी से दे जाती है..

अपने आधुनिक वचारों की प्रेरणा देती है
खुद की खुशियों का भी ध्यान रखती है...

खुद के पैर में भी काला धागा बांधती है..
पर मेरी नजर उतरना कभी नहीं भूलती है

वक्त की अहमियत को खूब अच्छे से समझती है
इसलिए खुद भी जीती है और मुझे भी जीना सिखाती है...

इसलिए मुझे फक्र है कि मेरी मां आज के जमाने की है ..

शैलजा







SHALAKA KULKARNI

📍 Pudong, Shanghai

👤 She has over 10 years of teaching experience in India



ABOUT ME

She conducts both online and onsite classes for vedic math, regular mathematics, and chemistry.

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2. Increased speed and accuracy in calculations.
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SHAMBHAVI PRABHUDESAI

 7 years old

 likes to draw and paint

ABOUT ME

Shambhavi came to
Shanghai in May 2024 and
studies in YCIS, Puxi.





SHAUNADEEP DAS

📍 Guangzhou, Shanghai

👤 12 years old

🏠 Grade 7 student at the British School



ABOUT ME

- He is interested in countries, different cultures, and geopolitics.
- He has lived in Mumbai, Heidelberg, Shanghai, and is currently in Guangzhou.
- He is passionate about history, cartography, geography, debate and speech contests, cricket, and chess.
- He likes to write stories, and his favorite animal is the crocodile.
- He likes to write stories, and his favorite animal is the crocodile.
- He speaks English and Bengali.

A GRANDMASTER

Can Karthik Chandra be the World Chess Champion?

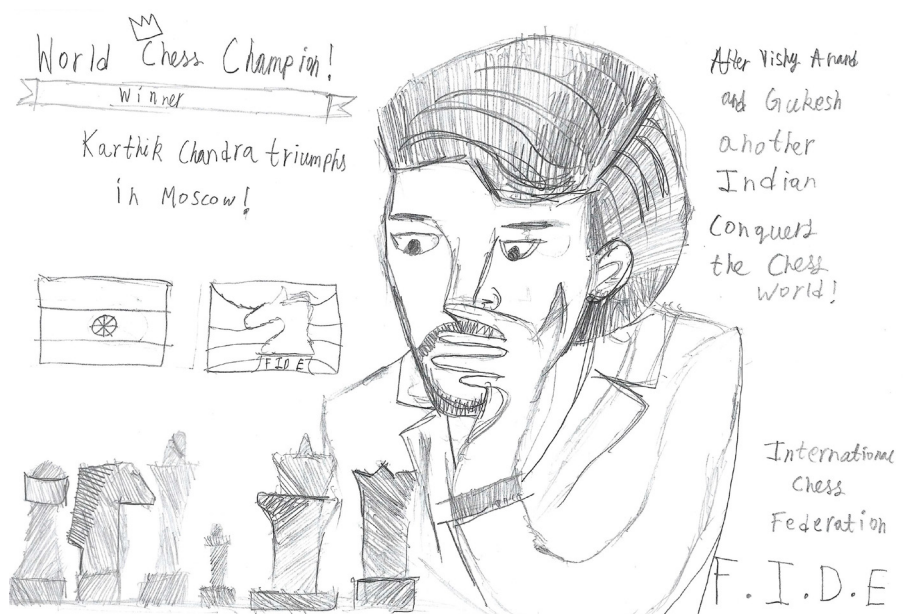
It was the time for the Candidates Tournament, and Karthik Chandra was looking forward to it so much. The defending champion was GM Terry Lom from the UK. If Karthik could win the Candidates Tournament, he would challenge Terry Lom, a 5-time World Chess Champion. Terry was 35 years old while Karthik was 21. He graduated from Raksha Chess College in Visakhapatnam when he was 20.

He came to Tehran for the Candidates Tournament and got to know that his opponents were GM Lagya Masavullah from Uzbekistan, GM Gregavier Sharlovh from Russia, GM Xin Baoxiang from China, GM Andy Donaldson from the United States, and GM Vlad Likovh from Russia. Karthik Chandra was very fearful of GM Vlad Likovh because every time they met, Vlad defeated him. Karthik attended the opening ceremony of the Candidates Tournament, and his first game was the day after tomorrow against the Uzbekistani tyrant, GM Lagya Masavullah.

Karthik had played in the previous two Candidates tournaments and had lost all his games, so his first

goal was to beat someone who had finished second in the last Candidates after GM Vlad Likovh. The game began, and Karthik played as White, turning the game into the Ruy Lopez opening, which he was good at. The game entered the middlegame, and both players had an equal advantage. Every time Karthik tried to be aggressive, Lagya would find the best defensive move. The Indian crowd was cheering for Karthik, and then Karthik did something sensational. He sacrificed the ROOK!!!!!! The crowd went wild. Slowly, momentum shifted, and then Lagya blundered. Eventually, in the 64th move of the game, GM Lagya Masavullah resigned. Karthik had won his first Candidates game! What a moment that was for him. He brought pride to India. Karthik returned to his hotel and found that Greg had defeated Andy and Vlad had defeated Xin.

Karthik discovered that his next game would be against GM Greg. Karthik played as White once again and played aggressively! He began with the Nimzo-Indian Defense and also tried to go for the Queen's Gambit. Greg was shaking as he didn't know what to do while



A GRANDMASTER

Karthik slowly prepared his army to capture his king. Greg then blundered and soon got checkmated on Move 48. The crowd was unhappy, as Russia was known as chess gods, and Karthik had just beaten them in their own game. He still had to beat the terrorizing Vlad. Lagya had defeated Xin, and Andy had defeated Vlad.

Karthik arrived at the playing hall to play his next game against the Chinese superstar GM Xin Baoxiang. But Xin was not there. Apparently, Xin's hotel had been robbed, so there was a lockdown. Xin was 5 hours late, and by then, Vlad had defeated Lagya and Greg had defeated Andy. When Xin came, he was not concentrated at all. Karthik, who was playing as Black, knew this would be an easy game. He immediately played the Caro-Kann Defense and shifted the game to his favor. For the whole game, Karthik was just bullying Xin and checkmated him on Move 38. Karthik was so delighted. If he defeated Andy, he would win because then he wouldn't have to defeat Vlad. But if he lost, he would have to face Vlad.

The night before Karthik and Andy's auspicious game, they had a chat in the hotel lobby as they were both at the Holiday Inn Hotel Tehran. Andy said, "Hey Karthik, you've won all your games so far, while I have not. What made you play chess at such a young age?" Karthik replied, "Nice question, Andy. Nobody really asked me that. Well, when I was a kid, my grandfather taught me how to play chess, but one day he had an accident and died. All I had left of him was the chessboard he gifted me on my 10th birthday. I took an oath that I would become the World Chess Champion from then on. But the previous two Candidates tournaments were a disaster for

me, so this is my last chance, or I would have broken my oath." Andy was moved by what Karthik said, and they both chatted and laughed about their games.

Now it was time for the highly-anticipated match between the Indian prodigy Karthik Chandra and the American brute Andy Donaldson. Karthik was playing as Black and was amazed by how defensively Andy played. So right when Karthik made an aggressive move, he was tricked. Andy started playing super aggressively, and in Move 56, Karthik had to resign. Andy had won the match. Karthik's next game was against Vlad, and he knew he was no longer going to be holding the Candidates Trophy. Vlad had defeated Greg, and Lagya had defeated Xin.

The problem was that Xin, Greg, Lagya, and Andy had won fewer games than Karthik and Vlad, who were tied for first place. So their game would determine the winner of the Candidates Tournament, which Karthik knew was not going to be him.

The grand finale of the Candidates Tournament had begun. Karthik was playing as White and Vlad was playing as Black. The game was in a drawish situation, and right then, Karthik cracked under pressure. He lost his bishop. He panicked, and the Russians were cheering for GM Vlad Likovh. Vlad found the correct moves and put Karthik in such a position that Karthik had to wait for Vlad to deliver the deadly punch. But then Karthik found an unbelievable string of moves, and Vlad began panicking. On Move 76, Grandmaster Vlad Likovh - 2756 ELO - resigned. By the way, Karthik was 2747 ELO. There was a massive cheer, and Karthik held the Candidates trophy, but he knew his journey was not over because he had to attack GM Terry Lom, who

Shaunadeep Das

was 3000 times better than Vlad. He was rated 2872 ELO. Second place was Vlad, and third was Andy, who defeated Lagya in the 3rd Place Match on Move 42 by checkmate. Karthik was going to play in the World Chess Championship.

It was about 6 months later, and Karthik was in Moscow for the World Chess Championship. He caught a glimpse of Terry Lom. He was standing there proudly, confident, with a grin on his face, as if he was going to win this again. In total, they had to play 12 games, and on Day 1, they were going to play six of them. The Day 1 tournament was very intense; Terry was trashing Karthik, and Day 1 ended with Terry winning 4 games and Karthik winning 2. Karthik knew he had to win a lot.

It was time for Day 2, and it was so tense. Terry's overconfidence got the better of him, and this time the final tally was 6-6. It was a tie. Day 3 would have 4 tiebreaker rounds. In Round 1, Karthik and Terry were in an extremely drawish position. Soon, Karthik ran out of time, but Terry had only his king left, so it was drawn by insufficient material and time-out. In Game 2, Karthik was in an advantageous position the whole game, but at the very end, Terry found a string of great moves, and the game ended in a Draw by Repetition. In Game 3, Terry was winning by 4 points, and people thought this was the time to give Terry the World Chess Championship trophy, but Karthik somehow forced a Draw by Stalemate.

So now it was up to Game/Round 4 to decide the World Chess Champion. Terry was winning since the start of the game and was ahead by 6 points! But then Terry blundered, and Karthik found the important moves. Terry was getting

A GRANDMASTER

nervous and knocking down pieces, and then Karthik was about to checkmate Terry in 4 moves. Hence, Terry resigned on Move 66. Karthik had just won the tiebreaker, by $8\frac{1}{2} - 8$. Karthik was crowned the World Chess Champion, bringing pride to India and to his late grandfather. What a GRANDMASTER

Disclaimer: All characters appearing in this work are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.

Terminologies:

Ruy Lopez Opening



Sacrifice the Rook - It is a meme created by a famous chess YouTuber named GothamChess, which originated after a person sacrificed a rook and won the game.

Nimzo - Indian Defence



Queen's Gambit



Caro - Kann Defence



Blunder - It occurs when a player makes a move that severely hurts their position and potentially leads to losing the game.

Resign - When a player believes or knows they will lose the game, resigning means they have surrendered. The opponent automatically wins the game.

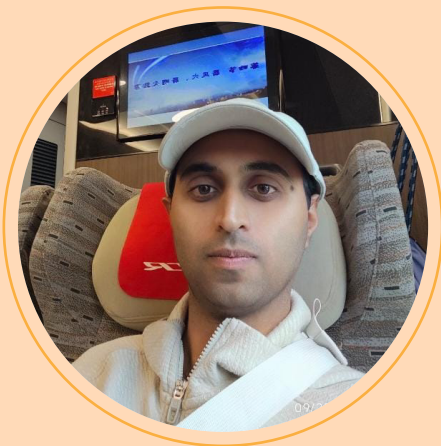
ELO - A rating that determines whether someone is a grandmaster, international master, etc.

Candidates Tournament - This tournament is played by a group of chess players, and the player who finishes first will challenge the reigning world chess champion. If the reigning champion resigns from chess, the World Chess Championship is played in a candidates tournament format.


Shaunadeep Das


World Chess Championship - This championship is played between the reigning champion and the winner of the Candidates Tournament to determine the World Chess Champion for the next one or two years.





SHYAM SUNDAR SRIKANTH

 MBA in Finance and MSc in Yogic Science from Mysore, India

 Currently serves as the Director of Teaching and Head of the Indian Spiritual Retreat Center.

He has been a Yoga Teacher at Beijing Mandira Culture & Media Co. Ltd. in Beijing, China, for the past seven years.

Throughout his career, he has provided international teaching training to numerous Indian yoga instructors, many of whom are now successfully teaching in various cities across China.

Shyam has conducted numerous workshops and teacher training courses in different cities in China and has organized many retreat programs focused on holistic and integrated yogic studies at various locations in India. Additionally, he runs his own yoga institution in Mysore and plays a key role in facilitating Indo-Chinese cultural exchange programs in collaboration with Indian and Chinese yoga institutions.

INDIAN YOGA—THE MYSORE STYLE

YOGA—FROM THE PALACE OF MYSORE TO HOMES OF THE WORLD

Introduction

Although yoga evolved in India around 5,000 years ago and has a long history, the yoga tradition of Mysore traces the developments in the yogic tradition that have led to the strongest yoga practices in the world today. The legends of Mysore, such as Krishnamacharya, B.K.S. Iyengar, and Pattabhi Jois, along with their yogic systems, have left an unparalleled legacy in the history of yoga. If we trace back the classical texts of yoga, we find that the traditional asanas or postures practiced today are not as numerous as those found in modern practice. However, in the 15th or 16th century, a book called Hatha Yoga Pradipika, written by Yogi Swami Svatiarama, holds significant importance for asana practices, as it explains many yoga postures with detailed descriptions.

The Yoga Tradition of The Mysore Palace

There is a continuous record of involvement and patronage of yoga at the Mysore Palace for over 200 years. The oldest records are found in the Sritattvanidhi, the most complete document on yoga asanas discovered to date. This work was compiled by Mumtaz Ali Krishnaraja Wodeyar himself and includes illustrations. It also traces various influences within the yoga system. The Sritattvanidhi documents the educational interests and efforts of Nalwadi Krishnaraja Wodeyar, who installed Krishnamacharya at the Palace and in the Yoga Shala, teaching members of the royal family and the public through the royal Pathashala. This yoga system, a synthesis of many different schools of exercise, some nearly defunct, has spread throughout the world.



INDIAN YOGA—THE MYSORE STYLE

through its primary preceptors, Krishnamacharya, B.K.S. Iyengar, and Pattabhi Jois. Through these legends, countless yoga students worldwide have benefited from the wisdom of yoga.

The yoga tradition that evolved through the patronage and participation of the Wodeyar royal family has significantly influenced most yoga teaching traditions today, primarily through the teachings of Mysore's tri-gurus of yoga and their students. This tradition, primarily focused on the practice of asanas, appears distinct from the philosophical or textual traditions and lacks a substantial lineage of teachers. A translation of the Sritattvanidhi manuscript from the Mysore Palace, dating between 1811 and 1868 and containing 121 illustrations of asanas, indicates some form of textual basis. This document attempts to trace the tradition and history of yoga, offering a glimpse into the evolution of yoga teachings from the time of Patanjali. It also compares asana names with older sources and ancient practitioners, linking the asanas mentioned in Ashtanga Yoga with the Sutras of Patanjali.

Mysuru Maisiri is another section on yoga by Sri Nalvadi Krishnarajendra Wodeyar, translated by Dr. T.V. Venkatakala Sastri, a professor at the University of Mysore. This modern work, written in old Kannada, describes yoga sessions of Krishnaraja Wodeyar IV with his teacher, Krishnamacharya. In these verses, the asanas are thought to possess an inner nature associated with their specific names, suggesting a mystical realization tied to each asana.

The Modern Practices of Yoga

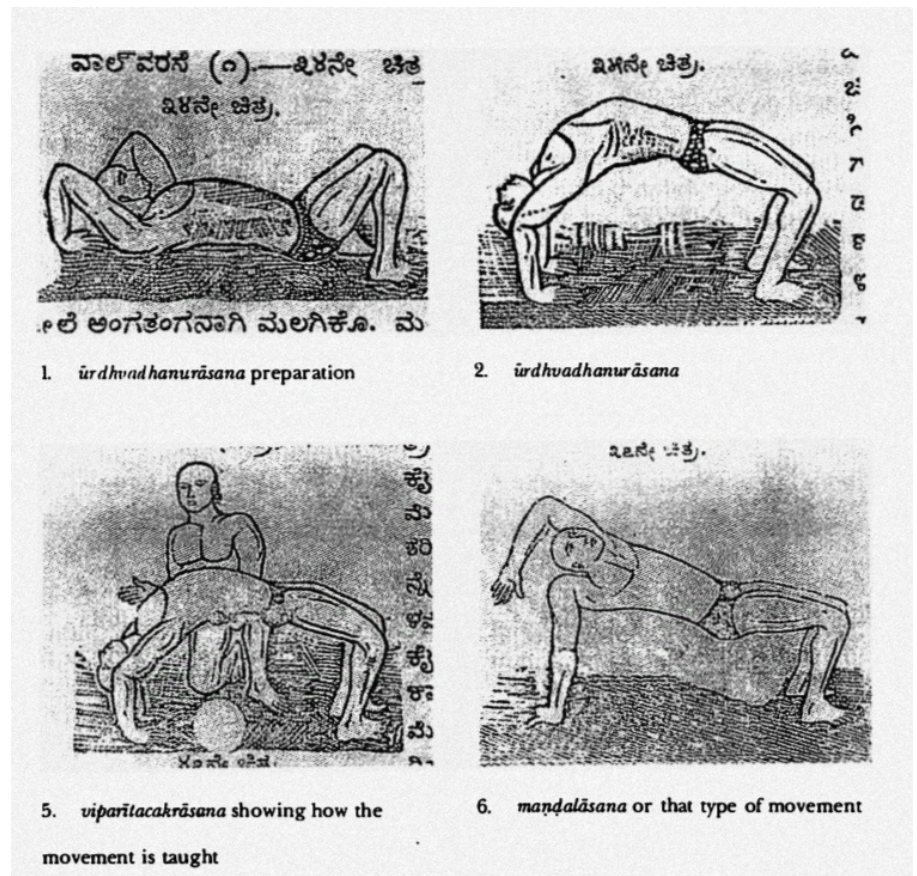
Yoga practice flourishes in almost every corner of the world today, but not always in the expected

forms. The meditation practices and spiritual disciplines practiced today do not seem to look back at the ancient tradition; rather, they appear to respond to modern civilization. While the practice of pranayama may seem superficial and in decline, the practice of asanas has blossomed. B.K.S. Iyengar has been a vital force in popularizing asanas worldwide. His book, *Light on Yoga*, first published in 1960, includes over 200 asanas with illustrations, serving to popularize asanas like no

Shyam Sundar Srikanth

of Yoga. He was a student of Swami Shivananda, a Dravidian belonging to the Dikshitar family, traditional custodians of the Chidambaram Temple, from whom he must have inherited their practices. Swami Yogeshvarananda published *First Steps to Higher Yoga* in 1970, containing 264 asanas.

Where do these asanas come from? Legends speak of 8,400,000 asanas, yet the Patanjali Yoga Sutras, the oldest source of the yoga tradition, mention none. The



other book before it due to its clarity and refinement. He dedicated his book and his learning to his guru, Krishnamacharya. The asanas shown in this book can be traced back to Krishnamacharya, but not beyond him.

Similar sets of asanas with different names were also presented by Swami Vishnudevananda in his book *The Complete Illustrated Book*

Hatha Yoga Pradipika, the foundational text on hatha yoga, contains only 15 asanas, while other texts mention only a few more. This absence of connection between traditional sources and modern practices complicates our understanding of the continuity of the yoga tradition.

The yoga textual tradition does not align with modern practices.

INDIAN YOGA—THE MYSORE STYLE

Shyam Sundar Srikanth

Scholars of the textual tradition often overlook contemporary yoga practices. The modern tradition, as previously mentioned, is heavily focused on asanas. But are these asanas truly part of the yoga system, or have they been created or expanded in response to the modern emphasis on movement? There is a strong, continuous, and diverse history of yoga asana practice from ancient times to the modern era, yet it often remains obscured.

The primary textual sources we can rely upon are the Sritattvanidhi manuscript in the Mysore Oriental Institute, University of Mysore. The illustrations come from the Maharani's copy of the Sritattvanidhi and the Hatha Yoga Pradipika, both manuscripts from the Sarasvati Bhandar Library, the private library of His Late Highness Sri Jayachamarajendra Wodeyar, and by the grace of His Late Highness Srikantadatta Narasimharaja Wadiyar. The Sritattvanidhi contains illustrations of 122 asanas in its yoga section. This text is attributed to Mumtaz Ali Krishna Rao Wodeyar, who lived from 1794 to 1868. The illustrations of asanas are derived from the Hatha Yoga Pradipika, a compilation of various yoga texts and other forms of exercise practiced by the regional people of Mysore. The date of this manuscript remains uncertain, and the illustrations in the Sritattvanidhi at the Oriental Institute are unfinished, lacking shading and color. This text uniquely documents a diversity of asanas from an earlier date than modern texts, approximately 150 years earlier, and stands out for its focus on asanas. Until now, no other textual source has emerged to seriously document an asana tradition in the history of yoga aside from the Sritattvanidhi.

The Mysore Palace is not merely a repository for this significant text on yoga; it also supported Krishnamacharya, from whom the most popular yoga practices of modern times have arisen—not directly from him, but primarily through the teachings of B.K.S. Iyengar, Pattabhi Jois, and their students.

The Mysore Palace Gymnastic Tradition

By the order of Nalvadi Krishnaraja Wodeyar, a manual titled Vyayama Dipika in Kannada by S. Bharadwaj was presented at the Mysore Palace from 1892 to 1901. This book revives the Indian exercise system, including bodybuilding, wrestling, and weapon training. These ancient exercises also appear in yoga as Suryanamaskaras and can be broken down into individual asanas such as Tadasana, Padahasthasana, Chaturanga Dandasana, and Bhujangasana. They form the foundation of Krishnamacharya's Vinyasa system and are also used by Indian wrestlers, likely representing the core of indigenous Indian exercises.

The Mysore Palace Wrestling Tradition

Vyayamashala or Garadi Mane literally means wrestling halls where exercise systems were practiced by wrestlers. These domestic physical exercises were practiced by ordinary people in Mysore under the orders of the Mysore Kingdom. They remain popular today and reflect the regional culture of Mysore. Some movements practiced in this form of exercise have also been incorporated into yoga asanas. One of the oldest texts on wrestling is the Malla Purana, dated 1640, although the text itself is believed to be much older, from the 12th and 13th centuries. Armed Brahmins from Gujarat migrated to Mysore and settled there. This book showcases

the exercises practiced at that time, which were later adopted into yoga asanas.

The Asana Tradition from Mysore

Through the combination of both the Mysore Palace Gymnastic Tradition and the Mysore Palace Wrestling Tradition, most of the yoga asanas were discovered and developed under the leadership of the Maharajas of Mysore, as depicted in the Sritattvanidhi.

According to the Patanjali Yoga Sutras, the word "asana" etymologically means to sit, rest, or come to rest. It derives from the verbal root "as," meaning to sit. The term is also used in archery and wrestling and generally refers to a seat or throne. In older texts, only a few asanas are mentioned, primarily those suggested for meditation or seated worship. Thus, the word implies a system of asanas that includes more than just the sedentary meditation practices common to ancient texts.

The Hatha Yoga Pradipika contains references to these asanas as a means to gain health and develop meditative skills. The emphasis on sitting (for meditation) and on asanas (as postures) later developed into a more vigorous system of practice.

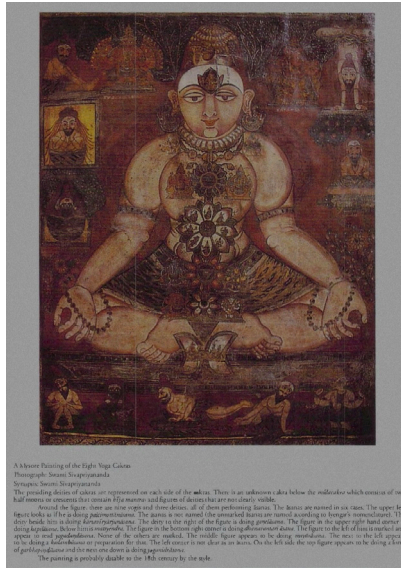
Today, many yoga schools incorporate their unique styles and postures into their yoga sessions. Many yoga practitioners do not seek wisdom through texts; rather, they attempt to find a deep understanding through their personal yoga practice.

Conclusion

The evolution of modern yoga can be traced back to the yoga traditions established in the Mysore Palace. As the postures evolved and changed over time, many branches of yoga were developed,

INDIAN YOGA—THE MYSORE STYLE

each distinct from one another. Today, the emphasis remains on yoga as a physical practice, with many practitioners drawn to its benefits for physical fitness and wellness rather than spiritual insights. Although some modern yoga practices have moved away from the original spiritual teachings, they reflect the rich history and heritage of yoga rooted in the Mysore tradition. As we continue to explore and practice yoga, we can look back at the profound contributions of the Mysore Palace to the broader yoga community.



A Mysore Painting of the Eight Yoga Cakras.
Photograph: Suresh Srinivasan
The painting depicts the eight chakras of the human body, arranged in a circle around a central figure. The central figure is a seated man in a meditative pose, with his hands in the Anjali mudra. The eight chakras are represented by smaller figures, each with a unique color and symbolic elements. The painting is a traditional Mysore style, characterized by its vibrant colors and detailed depictions of the human form.

Shyam Sundar Srikanth

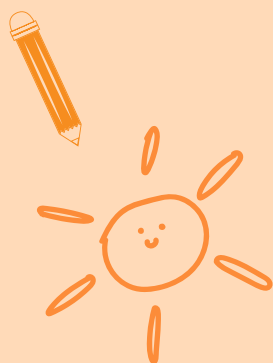


19. Dhyāna	20. Lāshtāna
21. Tāhāna	22. Saktāna
23. Rāhāna	24. Śaktāna



SUDHEER URALATH

Photographer



LIFE IN THE STREET IS ALWAYS FASCINATING

Images aplenty and incidents abundant, life in the street is always fascinating. Out of the usuals, the unusuals emerge. Out of the repetitive, the unparallels coming up. Out of the niets, pops up the rousing realities. Streets are more or less unpredictable. Arresting the time and freezing the instant and unusual, it says different stories altogether.

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

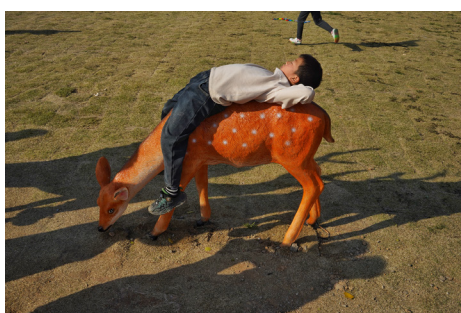
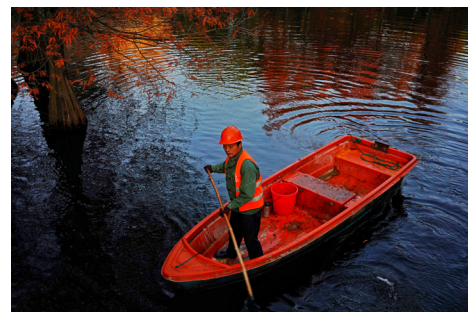
Pursuing his passion with intensity, Sudheer pretty much defines himself through his works. Getting closer to people and enjoying its exploratory nature, he expresses his aesthetic feelings in a magnificent manner. Each image he captures narrates a unique story in itself.

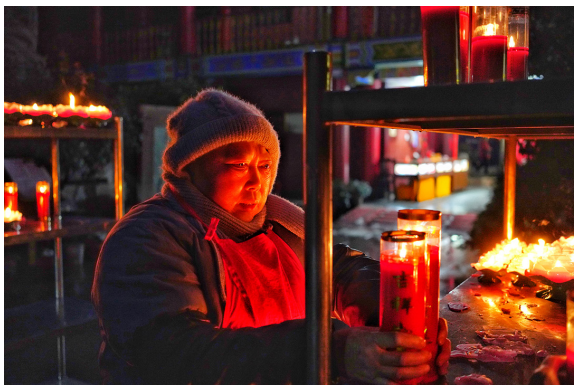
Exhibitions

2014 Chiang mai, Thailand (group)
2015 Chiang mai, Thailand (group)
2016 Kerala, India (solo)
2016 Ningbo, China (group)
2017 Kerala, India (group)
2018 ,Kerala, India (Solo)
2019 Ningbo, China (solo)
2020 Illinois,USA (group)
2021 Offenbach, Germany (group)
2021 Ningbo,China (Solo)
2021 Ningbo photographers Association (Group)
2022- Ningo art and cultural centre art gallery, Moon lake
2023- Beilun art and cultural centre gallery ,Beilun

Publications

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







SUDHIR YADAV

📍 Wuxi, China

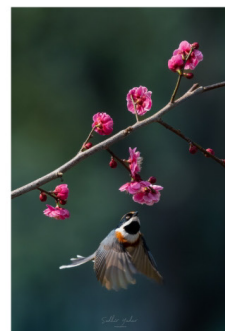
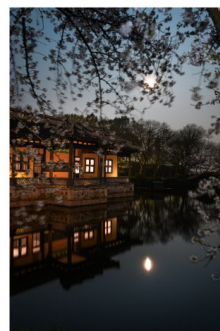
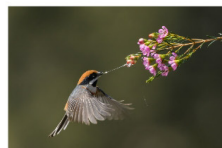
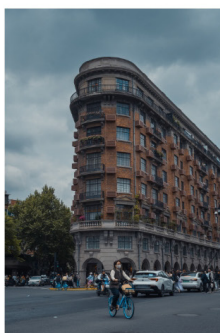
👤 A photographer and painter

📷 INSTAGRAM

- [sudhir.wildlife](#)
- [sudhir.watercolour](#)
- [sudhir.shutterbug](#)

A PHOTOGRAPHER AND PAINTER

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](#).





SUHANA & KAVISH JAIN

THE MULTITALENTED SIBLINGS

My brother, Kavish Jain, and I, Suhana Jain, have been on an incredible journey over the past four years as we've dedicated ourselves to learning martial arts. Taekwondo is one of the disciplines we are studying. Our hard work has definitely paid off—I'm thrilled to have recently earned my red and black belt, along with a trophy for being one of the best players in our taekwondo class, and Kavish is beaming with pride after achieving his red belt, also with a trophy. We have been receiving trophies for the best player award for the past two years.

But our interests don't stop there. We both have a variety of other

hobbies that keep us engaged and challenged. I have a passion for dancing and playing badminton, and I love the balance it provides between grace and athleticism. Kavish, on the other hand, is a talented skater, keyboard player, and badminton player, always eager to take on new challenges and explore new skills.

It's been an amazing experience to share our love for taekwondo and other activities, and we're excited to continue pursuing our passions and achieving new goals. We hope our journey can inspire others to follow their dreams and find joy in their own personal growth.



THE MULTITALENTED SIBLINGS

Suhana & Kavish Jain





SURBHI GUPTA



She is a creative entrepreneur, a science teacher



A certified university career counselor



ABOUT ME

Surbhi Gupta is a multifaceted individual who pours her heart and soul into everything she does. She is a creative entrepreneur, a science teacher, and a certified university career counselor. Her sustainable art and crafts—including ribbon embroidery, cards, rakhis, and several DIY artifacts—are part of her own brand, Surbhionelife. Her hobbies include reading, writing, creating sustainable art and crafts, henna design, and learning new things. Surbhi is proficient in languages such as English, Hindi, Punjabi, and Gujarati, and she also knows Mandarin (having cleared HSK) and Thai.

LIFE MOVES ON: EMBRACE THE JOURNEY

In a world where change is the only constant, it's easy to cling to past realities, memories, or old routines. But life moves on, whether we're ready or not.

We all have moments when it's tempting to dwell on where we could have been in life. Holding onto the past makes moving forward an arduous task. Life keeps changing, and we need to embrace these changes with grace.

As I reflect on the past year, it's been a time of contemplation—thinking about how far I've come and embracing the changes in my life.

At the age of six, during a bus journey, a stranger asked me, "What do you want to be when you grow up?" Without hesitation, I replied, "I want to be a teacher." That became my goal. Reading was always a passion of mine. One of my father's uncles was the publisher of a fortnightly magazine, Psychologist. I read hundreds of its issues in high school, as Arts and Psychology were my passions at the time. Yet, following the trend of those years, I chose to study Sciences in higher secondary school. I went on to complete my undergraduate degree in Chemistry honors and later a Master's in it. However, true to my passion, I sat for the B.Ed. entrance exam, which I cleared easily, and completed my Bachelor's in Education. That marked the beginning of my career as a STEM teacher—a dream come true!

However, it didn't last long. My husband's job required us to move every few years, and I prioritized supporting my kids through their transitions and education.

"Every ending brings the potential for a new beginning."

This constant moving from one place to another—and for my kids, from one school to another—brought new opportunities for growth. Each new environment introduced me to different educational philosophies, cultures, and communities, making me more adaptive and flexible. I learned to navigate various school systems and engage with diverse parent networks. Throughout this journey, I have experienced multiple education boards—AP, IB, IGCSE, ICSE, CBSE, PSEB, and GSEB. I learned new languages and embraced countless changes. All of this made me resilient and open to new perspectives on education and parenting, ultimately helping me support my kids' development in this ever-changing world.

Meanwhile, I delved into home tutoring, entrepreneurship, and arts and crafts. Six years ago, when we moved to Shanghai, I enrolled in a Career Counseling course, primarily to understand the nuances of the different education boards my children were encountering. This introduced me to the vast field of University Career Counseling.

It turned out to be a blessing in disguise when Covid struck. Although my daughter's school

provided career counselors, from 2019 to 2022, she had a new counselor every year. Rather than viewing this as an obstacle, I saw it as an opportunity. Our mindset plays a crucial role in how we navigate change. With my newfound knowledge, I was able to guide her through her university application process.

When she graduated in 2022, she had offers from the US (Purdue, SJSU), Canada (UToronto, UWaterloo), the Netherlands, and Singapore (NUS & NTU), and was deferred from her Early Action application to MIT. This boosted my confidence, leading me to explore the field of career counseling further.

Since then, I've been helping students explore and choose career paths that align with their interests and skills. I offer one-on-one support to students and parents in subject selection, extracurriculars, internships, and leadership roles, all while building their profiles for university applications.

“Strength is what we gain from the madness we survive.”

By accepting the uncertainties of life, reflecting on my experiences, and learning from them, I've moved forward.

Over the past few years, while continuing with my creative hobbies like ribbon embroidery, making rakhis, and handmade cards, as well as tutoring, I've attended numerous career counseling webinars. Meanwhile, I've been working on creating my own career counseling website, **MyCareerSol.com**, which is now ready to launch. Change is inevitable, and how we

respond to it is entirely up to us. Life moves on, and so should we. Let's embrace the journey, let go of what no longer serves us, and step boldly into the future. The best is yet to come!

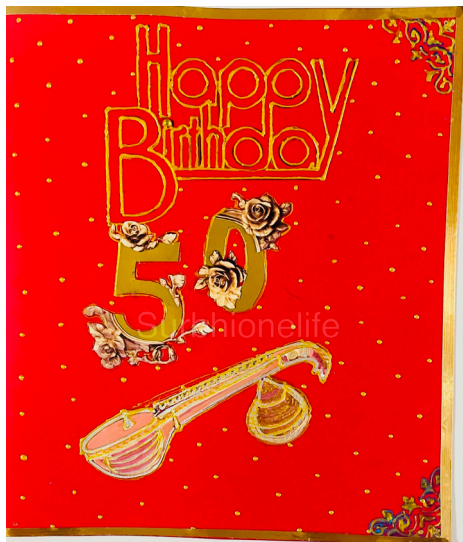


#MY RIBBON EMBROIDERIES:

1. FLOWERS IN A BASKET



#HANDMADE CARDS:
2. FRAMED EMBROIDERY



#HANDMADE
RAKHIS



'LIFE IS WHAT HAPPENS WHEN YOU ARE BUSY MAKING OTHER PLANS'

Surbhi Gupta

A few years ago, the pandemic made everyone stop in their tracks and analyse their lives with a totally new perspective. It brought along a total shift in the paradigms for everyone.

In April 2020, with my kids and husband working from home, I confined to the depths of social media, found it so overwhelming. To avoid all the negativity around I started looking for other ways to keep myself busy and sane. I have been an avid reader all my life, but during that time, I was unable to concentrate on reading. So, there I was, rummaging through my cupboards when I came across a box of old ribbons that I had collected over the years. I started exploring the internet to see how I can use my ribbon collection. That is how I was introduced to a total new field of creativity - Ribbon Embroidery. I started watching videos of ribbon embroidery and found them very intriguing. Coming from a science background, embroidery was never my cup of tea, so I was a little hesitant initially. But the beauty and elegance of the ribbon embroidered roses fascinated me so much, that I finally cut a piece of cloth, mounted it on a hoop and decided to give it a go!

The process was so engrossing, taking me to another world! It was like a creative meditation. Just a few stitches create a beautiful rose. I was discovering the embroidery world as a curious child. Each day I would watch more videos to add more to my embroidery. Within a week I had created a masterpiece. It

was something I never knew I could create. The joy it brought to my heart was beyond words.

When I shared it on WeChat moments and other social media platforms, the number of appreciations I received, totally humbled me. Many of my friends wanted to know how to do it. Had I been following a single video I could have shared a link, but that was not the case. In the era of social distancing, someone suggested I should make a video tutorial. I decided to try it. Later, I realised that making a video of myself doing embroidery was not a walk in the park. I made a 'Jugaadu' phone stand- mounting a selfie stick on a flower vase (I was not aware of the existence of tripods, as the videos never showed behind the scenes stuff!). I started to film the embroidery, juggling, and focusing the camera every few minutes. Looking back, it seems like a comedy of errors. After several hours of arduous work, I was able to film the embroidery. However, the happiness of this achievement was short lived. Life is like a game with each level bringing new challenges; the moment you want to thrive on an accomplishment, you realise the next level is ready. I realised that video editing is another skill I did not have any clue about! So, I started learning how to edit and make YouTube videos. It was a herculean task for a novice like me. Finally, with the help of my kids, I was able to edit and upload the video on my YouTube channel.

After making 4-5 embroideries, I wanted to explore other options besides keeping them mounted on

hoops. I spent time exploring the TaoBao app and the internet to learn how to frame embroideries in distinctive styles. The happiness, each finished embroidered frame brought, was a motivation to try something new. Over time, I was able to create a collection of beautiful embroideries, each with a unique design and a unique frame.

"In vain you have acquired knowledge if you have not imparted it to others"

Having spent all my life teaching and sharing knowledge, it was natural for me to share this newly acquired skill. I decided to volunteer to teach ribbon embroidery in my kid's school parent's group.

We met a few times per term over coffee and embroidered together. That was an amazing experience. From choosing a design to preparing the embroidery kits, years of experience in lesson planning came handy in organising the classes. Meeting new people is always fun and sharing a new skill was the icing on the cake. And as they say, 'Sharing enriches everyone with more knowledge.' With each lesson I was learning something new myself. Later I embroidered brooches, took embroidery CCA in the school and conducted multiple embroidery classes across Shanghai. Furthermore, I gifted many of my embroideries to friends. Today, many of my embroideries are adorning multiple homes across the globe as souvenirs.

'LIFE IS WHAT HAPPENS WHEN YOU ARE BUSY MAKING OTHER PLANS'

Surbhi Gupta

"We are the first generation to feel the impact of climate change and the last generation that can do something about it" - Barack Obama

Being a sustainability enthusiast, I strongly believe in this statement. I have been running the parents' sustainability group in my kid's school - Eco Panthers, for the past few years. The 170 member strong group is very close to my heart. Over the years, we have shared eco tips, conducted several sustainable crafts workshops, composting workshops, eco swaps, gardening activity and countless events that promoted sustainability. Due to my association with the club I managed to hone up my sewing skills. Consequently, I made reusable makeup remover wipes and conducted workshops on how to stitch them as part of a sustainable crafts workshop. Later, I shared it as an after-school activity with students in the school. The makeup remover wipes were an instant hit with all. I also shared them with a few neighbors during lockdown and have gifted the wipes to many friends.

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

Another important event which eco panthers organizes each year is the Dulwich Flea Market. The event allows the exchange of large amounts of items, which encourages a sustainable lifestyle focused on sustainable consumption. Thus, contributing towards a greener Earth. Moreover, the participating

students learn some business and marketing skills when they sell their stuffs from the flea market tables.

Unless we try to do something beyond what we have already mastered, we will never grow - R.W. Emerson

These skills of embroidery and sewing have allowed me to step into another area of creativity - Rakhis. I had always bought designer rakhis for my kids, however, I was unable to buy them during August 2020, as we could not go to India. Thus, I decided that I should try making them myself. As I was more comfortable with needle & thread work by then, I embroidered a Spiderman & an 'arc reactor core' rakhi for my kids on their special demand; as well as making a few rakhis in traditional styles. This brought so much happiness to my family. Then, just 2 days before Rakshabandhan, someone posted in a WeChat group that she needed to buy rakhis for her kids. I could relate with her predicament and thought I should offer help. I was confident I could make the rakhis but the catch being, I did not know how to courier them! So, I called up a few friends and learnt to courier. Then contacted the lady and made 6 customised rakhis overnight, which included another embroidered Spiderman. I surprised myself by the fact that I was able to make all the rakhis overnight and courier them. This feeling of being able to bring a smile on someone's face, filled my heart with positive vibes. She suggested that I should be making and selling rakhis as people will love handmade rakhis here. That

moment I just took it as her way of appreciation, and the year rolled on.

Next year we were still not able to travel back home. In July 2021, we were shifting our house and I set out to make rakhis for my kids a little early lest I forget when I would be too busy packing & unpacking. While I was making rakhi, my kids suggested I should make a few extra, otherwise I would be waking up all night to help someone one day before Rakshabandhan!

This set me thinking. It was depressing enough, not being able to go home for two consecutive years, yet it hurt even more during the festival season. I felt I should offer to make rakhi for anyone who might need it. Just to be the rainbow in someone's cloud. It turned out my son was as fascinated with making rakhis as me. And we both set off to make them together. I posted a few pics of our creations on my moments and got a wonderful response. The types of rakhis people wanted were as varied as the multitude of cultures in our country. It was such a vibrant and colourful experience that it filled my home with festive spirit, which would have been missing otherwise.

On the day we were to shift, a Typhoon struck. After loading a few boxes in the truck, the movers announced they could not move our belongings on that day and would be moving 2 days later, after the typhoon was over. We had to stay in the packed-up house for 2 days with all the stuff inside the boxes. 'When life gives you lemons, make a lemonade!' We were stuck in the

'LIFE IS WHAT HAPPENS WHEN YOU ARE BUSY MAKING OTHER PLANS'

Surbhi Gupta

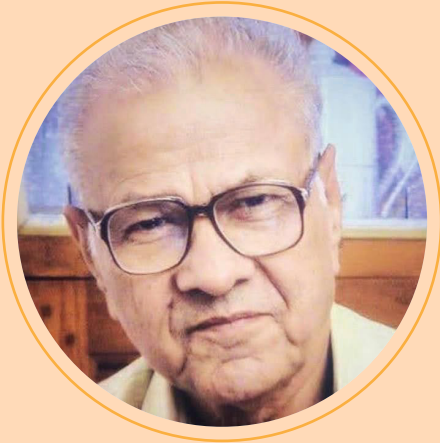
house with the typhoon outside and I thought it was the perfect time to finish my rakhi orders. A very adventurous rakhi making session that was!

As the courier connectivity in China is so good, I ended up making rakhis for fellow Indians all over China. The most emotional moments were when sisters could send the rakhis I made back home. While I was not able to tie rakhi to my brother that year, there were many brothers who could tie my handmade rakhis. I continue to make rakhis for anyone who needs till this year.

Evolving with each of my creations, I have made many customised ribbon embroideries, hoop art embroideries, rakhis, greeting cards, reusable makeup remover wipes and sustainable arts and crafts. All under the brand name 'Surbhionelife'. Today my creations are adorning many homes in many countries across the globe. Totally humbled by all the love, affection, and appreciations I have received over the years.

Nowadays, besides continuing with my teaching and University career counselling, I love to explore my creative side during my free time. As I look back into life, it has been a learning journey in which I have been learning something new every day. Thanks to Almighty, I am enjoying each phase of this learning journey.





TARAPRAKASH JOSHI

ABOUT ME

Taraprakash Joshi was a notable Hindi poet from Jaipur, India, born on January 25, 1933. He earned a Ph.D. from Rajasthan University, focusing on humanism in the works of the writer Rangeya Raghav. His literary contributions include several poetry collections such as "Kalpana ke Swar," "Shankhon ke Tukde," and "Samadhi ke Prashn," as well as novels and plays like "Jayanath" and "Dwapar ke Aansu." Joshi was recognized for his work in the Indian literary community and was honored with the "Sahitya Manishi" award from the Rajasthan Sahitya Academy.

HINDI POET

तन तो ब्याह दिया बाबुल न

तन तो ब्याह दिया बाबुल ने
मन का परणिय नहीं हुआ है।
पूरे आत्मसमर्पण वाला
मुझसे अभिनय नहीं हुआ है।
:: 1 ::
वैसे तो दुलहनि बन मैंने
हाथों में मेंहदी रचवाई।
आँखों में काजल अँजवाया
माथे पर बदिदिया सजवाई।।
मांग भराई है सदिर से,
पर मन रंगमय नहीं हुआ है।
:: 2 ::
सात रंग की चूनर ओढ़ी
बेशकीमती कपड़े पहने।
मेरे अंग अंग पर शोभति
सोने चाँदी के सब गहने।।
दखिने को सोलह सगिर हैं,
पर मन छवमिय नहीं हुआ है।
:: 3 ::
मूक बधरि अंधे समाज ने
दी परणिय की पुण्य गवाही।
इस उत्सव मे कहीं किसी ने
सुनी न मेरी मौन मनाही।।
हाथ जुड़े थे हथलेवे में,
फरि भी परचिय नहीं हुआ है।
:: 4 ::
मेरा घूँघट उठा किसी ने
दिया एक झूठा संबोधन।
तब से अब तक एक वविषता
वहीं एक मुरदा सम्मोहन।।
तन का सौदा बहुत हुआ, पर
मन का वनिमिय नहीं हुआ है।
:: 5 ::
रश्ति नाते रोज. नभाये
और प्यार का कथिा दखावा।
ऐसे सारी उमर गँवाई
जैसे खुद से कथिा छलावा।।
तन तो अब शव सा लगता है
पर मन मृण्मय नहीं हुआ है।।

मेरा वेतन ऐसे रानी

मेरा वेतन ऐसे रानी।
जैसे गर्म तवे पर पानी
:: 1 ::
एक कसैली कैंटीन से
थकन उदासी का नाता है।
वेतन के दनि सा नश्चिति ही
पहला बलि उसका आता है।।
हर उधार की रीत उमर सी
जो पाई है सो लौटानी।।
:: 2 ::
दफ्तर से घर तक फैले हैं
ऋणदाता के गर्म तकाजे।
ओछी फटी हुई चादर में
एक ढकूँ तो दूजी लाजे।।
करजा लेकर करज चुकाना
अंगारो से आग बुझानी।।
:: 3 ::
फीस ड्रेस कॉपियाँ कतिबें
आँगन में आवाजें अनगनि।।
जरूरतों से बोझलि उगता
जरूरतों मे ढल जाता दनि।
अस्पताल के किसी वार्ड से
घर में सारी उमर बितानी।
:: 4 ::
ढली दुपहरी सी आई हो
दनि समेट टूटे पछिवाड़े।
छाया सी बढ़ती उधडन से
झाँक रहे हैं अंग उघाड़े।।
तुझको और दलासा देना
रसिते घावों कील चुभानी।।
:: 5 ::
ये अभाव के दनि लावे से
घुटते तेरे मेरे मन मे।।
अग्नगीत बनकर फैलेंगे
गांवों शहरों में जन जन में।
जसि दनि नया सूर्य जन्मेगा
तेरे जूड़े कली लगानी।।

सूनापन जाये तो सोऊँ

सूनापन जाये तो सोऊँ।
:: 1 ::
यह बैठा है कैसे बोलूँ।
अपना बसितर कैसे खोलूँ।।
यह उलझन जाये तो सोऊँ।।
:: 2 ::
यह जब से आया गुमसुम है।
इसका मौन बड़ा नरिमम है।।
दुखता दनि जाये तो सोऊँ।।
:: 3 ::
यह मुझसे मलिता जुलता है।
छाया सा हलिता डुलता है।।
अपनापन जाये तो सोऊँ।।
सूनापन जाये तो सोऊँ।।

[oai_citation:2, डॉ. तारा प्रकाश जोशी]

(http://www.anubhuti-hindi.org/geet/t/taraprakash_joshi/index.htm)

[oai_citation:1, Jaipur Kavi Sammelan – Kavi Gram]

(<https://kavigram.com/jaipur-kavi-sammelan-3/>).

Experience IHG Hotels in Shanghai



**voco Suites Shanghai
Hongqiao CBD**

131 rooms | 86 21 52636666

60 suites, each equipped with a mini-kitchen

No. 1 (B) Lane 35 Hua Lai Road, Minhang District

voco Suites Shanghai Hongqiao CBD is the first voco Suites in Greater China, located in the heart of Shanghai Hongqiao Business District with convenient transportation. It's a short walk to the National Exhibition and Convention Center and close to major shopping malls. The hotel has 131 rooms, including 60 suites, a club, and a Lobby Lounge offering diverse social experiences.



**EVEN Hotel Shanghai
Hongqiao CBD**

198 rooms | 86 21 52636666

Total Area of Meeting Space: 231 Sq.m.

No. 1 (A) Lane 35 Hua Lai Road, Minhang District

EVEN Hotel Shanghai Hongqiao CBD offers a prime location in the Hongqiao Business District with easy access to transportation. A 10-minute walk from the National Exhibition and Convention Center, it's close to Uplaza and other commercial areas. The hotel has 198 rooms equipped with fitness gear, promoting a balanced travel experience. The EVEN TABLE serves healthy meals blending Chinese and Western cuisines.



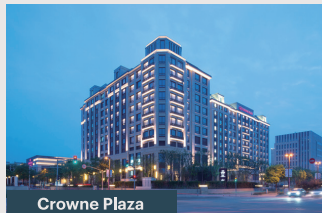
**Crowne Plaza
Shanghai Jinxiu**

319 rooms | 86 21 50559888

Total Area of Meeting Space: 1100 Sq.m.

399 Jin Zun Road, Pudong New Area

Crowne Plaza Shanghai Jinxiu, located in Pudong, offers convenient access to major sites like SNIEC, Disney, and People's Square. The hotel features 319 elegant rooms with premium amenities, including executive rooms with luxury bathroom products and Dyson hairdryers. The Club Lounge provides personalized business services. With 1,100 sqm of event space and a pillar-free ballroom, it's ideal for meetings and events.



**Crowne Plaza
Shanghai Pujiang**

319 rooms | 86 21 33293688

Total Area of Meeting Space: 2200 Sq.m.

No. 3701, Chenhang, Minhang District

Crowne Plaza Shanghai Pujiang Hotel, located in Minhang District, offers easy access to major airports and People's Square. The hotel features 319 elegant rooms with scenic garden views, perfect for a relaxing stay. Guests can enjoy diverse dining options at three restaurants, including Asian, international, and Chinese cuisines. Facilities include a large indoor pool and a modern gym, ensuring a refreshing and recharging experience.



**Holiday Inn
Shanghai Hongqiao**

361 rooms | 86 21 33571999

Total Area of Meeting Space: 1450 Sq.m.

No. 179, Xingzhan Road, Minhang District

Holiday Inn Shanghai Hongqiao, located in the Hongqiao transportation hub, offers convenient access to both Hongqiao and Pudong Airports. The hotel features 361 elegant guest rooms with modern amenities like high-speed internet and 24-hour room service. It also boasts a 780 sqm ballroom, five meeting rooms, an indoor pool, gym, and dining options blending Eastern and Western cuisines, ensuring a comfortable and convenient stay.



VOCO 上海虹桥商务区
Shanghai
Hongqiao CBD
Suites

EVEN 洲际酒店集团旗下
SHANGHAI HONGQIAO CBD
上海虹桥商务区悦酒店

CROWNE PLAZA 洲际酒店集团旗下
SHANGHAI PUJIANG
上海大学科技园皇冠假日酒店

CROWNE PLAZA 洲际酒店集团旗下
SHANGHAI PUJIANG
上海理工大学皇冠假日酒店

Holiday Inn 假日酒店
SHANGHAI HONGQIAO
上海虹桥商务区假日酒店



RAY

FINE WINES



Ray Fine Wine (RFW) is a renowned importer of Italian wines based in Shanghai. Established in 2019, RFW has quickly gained recognition for its commitment to bringing the best of Italian wine to China. With a sales office located in the city center at 433 Changle Rd, Xuhui district, and a tax-free warehouse in the Songjiang area, RFW ensures efficient operations and timely delivery to its customers.

Specializing in importing wines from various regions across Italy, RFW offers a wide selection that covers almost all Italian wine regions and features a majority of popular grape varieties. Beyond simply providing exceptional wines, RFW also strives to introduce the Italian lifestyle to China. Actively engaging in cultural and arts fields, RFW participates in numerous Italian government activities in China, representing an esteemed wine supplier.

The reputation of RFW extends to exclusive partnerships as well. RFW proudly serves as the exclusive wine supplier for the Britchm annual ball party, solidifying its presence in prestigious social events. Moreover, RFW has established itself as the exclusive wine supplier for famous MUJI stores across China, further emphasizing its trusted status within the industry.

In addition to their import and distribution efforts, RFW also places great emphasis on promoting Italian wines. They organize various events, including the widely recognized "Make Shanghai Crazy Again," which mobilizes participation from over a hundred thousand restaurant-goers. Such events serve as platforms to educate and immerse the public in the rich culture and heritage of Italian wines. Looking to expand its reach and make its products more accessible, RFW has forged a strategic alliance with JD Online. By the end of 2023, RFW aims to have their products available for online purchase through this partnership, ensuring that Chinese consumers nationwide can conveniently access their coveted Italian wines.

With a strong dedication to quality, a passion for Italian culture, and a focus on customer satisfaction, Ray Fine Wine continues to serve as a leading authority in the import and promotion of Italian wines in China.



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



IABC - 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

The past year continued to expand on the previous years with IABC network both via WeChat and via offline interactions. 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 --->



“HOW ARE BUSINESSES AND BRANDS ARE 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

F M C G
REGIONAL HEAD
P&G HEALTH
GREATER CHINA

JOYCE TEE

B A N K I N G
MANAGING DIRECTOR &
HEAD OF INSTITUTIONAL
BANKING
DBS BANK
CHINA

BIN XU

P H A R M A
HEAD OF DIGITAL
INNOVATION &
ALLIANCES
PFIZER
ASIA PACIFIC

RAJNISH SHARMA

T E C H
VICE PRESIDENT
HEAD – SALES,
DELIVERY
& OPERATIONS
INFOSYS
CHINA



Oct 18, 2023 |

Wednesday |

6-8 PM



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

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



Event sign up:

RMB 150 Includes
tapas bites & drinks

Community Partners:



The esteemed speakers from the business community shared case studies and lessons in how value creation is being customized for growing their businesses and customers. An opportunity for cross industry professionals to get network and exchange. The evening was lit up not just for it's insights, QnA but also with samosas and bites from KOG & Salver, and gifts for all guests from Stanley!













2024 B2B Connect A Cross - Chamber Business Mixer Evening - January Chapter



10 MINS POWER TALK EACH

TRENDS & PARTNERSHIPS VIEW



JOSEPH COOKE
CO-FOUNDER AND
PRESIDENT OF WPIC
MARKETING +
TECHNOLOGIES

"How to move your first
million units cross border?
The top building blocks for
2024"

COLLABORATION & SUSTAINABILITY VIEW



DEEPAK SHINDE
REGIONAL HEAD-L&T-ENERGY
CHIEF REP- L&T-MHI
LARSEN & TOUBRO

"Sustainable Collaboration-
Exploring India-China cross
border business in Infrastructure
for Greener Future"

DATA & ASSETS VIEW



VERA GAO
SENIOR PARTNER & DIRECTOR
OF DIGITAL COMPLIANCE
DEPARTMENT DUAN&DUAN
LAW FIRM

"Global Data
Assetization Strategy and China's
Breakthrough"

OWN AUDIENCE & DIGITAL VIEW



AURELIEN RIGART
MANAGING DIRECTOR &
CO-FOUNDER OF
IT CONSULTIS (ITC)

"Crafting a Successful
Playbook: Driving Cross-
Border Commerce through
Private Traffic Tactics"

TUESDAY

23-JAN-2024



上海黄浦区建国中路169弄泰康庭
2楼(近瑞金二路)

2ND FLOOR, TAIKANGTING, 169 JIANGUO
MIDDLE ROAD, HUANGPU DISTRICT, SHANGHAI
(NEAR RUIJIN 2ND ROAD), SHANGHAI

5:30-8:00 PM

RUNDOWN

- 5:30 - 6:00 PM : WELCOME AND REGISTRATION
- 6:00 - 6:10 PM : SETTING THE CONTEXT
- 6:10 - 7:10 PM : POWER TALKS
- 7:10 - 8:00PM : NETWORKING WITH DRINKS & CANAPÉS



RSVP

RMB 100
INCLUDES 2 DRINKS
AND APPETIZER BITES

COMMUNITY PARTNERS









Cross-border commerce is one of the biggest business drivers in our community.
Special thanks to TUMI to offer gifts for all attendees at the event.

IABC X CROSS CHAMBER COMMUNITY - 99 PARTNERSHIPS. FEW EXAMPLES ---

“INTER CHAMBER CARNIVAL AND SUMMER MIXER”




InterChamber Carnival and Summer Mixer

Date: 8th June 2024

Agenda

4:00 p.m. Registration Starts
4:00 p.m. - 6:30 p.m. Carnival Booth
(5th Floor, Grand Ballroom 1, open to public)
Swimming Pool
(7th Floor, Complimentary usage for ticket purchasing only)
6:30p.m. - 10:00p.m. BBQ, Buffet and Networking
(7th Floor, The Lawn)

Address: Amara Hotel, No.600 Changshou Road, Putuo District

Tickets

Member Ticket: RMB278/pax
Non-Member Ticket: RMB338/pax
Kid Ticket (under 1.2m): RMB188/Pax
Ticket includes swimming pool usage (4p.m.-6.30p.m.), BBQ, Buffet Dinner and 2 Drinks
BBQ includes: Beef, Prawn, Sates, Sausage and more
Buffet Dinner includes: Chicken Wing, Poutine, Pizza, Salads, Desserts and more
2 Drinks Choices includes: Wine, Beer, Juice and Soft Drinks




Scan to Register

Participating Chambers



Participating Booths





CASTRUCCI 加喜
NAPA VALLEY

Coca-Cola

Leprino Foods

AALUNA

拉美达视界

Shanghai Muy Bien
Culture Co., Ltd

Absolut! Media

APP 生活用纸
金光集团 TISSUE BUSINESS UNIT

HOLLYWOOD

Just Yoga

NIIT

KIRIN

nepia
妮飘®



利星行汽车

TYAN Tseu
德之天森

— 开曼群岛注册公司 —

La Coyota

MODAN

LOTERIA

MITOTE

CAII
DE LA LETEA

CRAMA LIUTA

CRAMA DeMATEI

Cramele Odobesti

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天呐食

Yeo's
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inac

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MOBI
GARDEN

EEI
宜爱留学

xianvuo
上海暹罗实业有限公司

CHAOKOH



INDIA AND IABC WAS REPRESENTED BY 3 BUSINESSES:



A) JUST YOGA (WELLBEING)



C) NIIT (TECH & TRAINING)



B) BOLLYWOOD
(INDIAN RESTAURANT)

“TECH TUESDAYS WITH SINGCHAM”

Indian Association Business Council is thankful to partners like SingCham for its collaboration and opportunities for the Indian business professionals via multiple events invites through the year. From topics ranging from Sustainability to Generative AI tech.



{ tech tuesday }
科技星期二

26 March 2024 | Tuesday
1800 – 2130 UTM+8
Shanghai/Singapore Time

Co-Organizers:



Supported by:




Strategic Partner:



Harnessing China-Singapore-ASEAN Synergies in the Generative AI Era

- What is this new wave of Generative AI such as ChatGPT, Gemini, Sora, etc. and what are the business impact?
- What are the area of synergies that China, Singapore and ASEAN businesses can collaborate for common prosperity?
- What are the governance, policies, regulations and ethical implications on the horizon?

Speakers, Panelists & Moderator

 <p>Michael Zhang ■ Sustainability Lead, Microsoft GCR ■ Co-founder, China ESG Alliance</p>	 <p>Dr. Ming Li ■ China Smart Spaces General Manager, NVIDIA</p>	 <p>Jay Ji ■ Senior Product Manager, Partner Innovation for APAC, Google</p>
 <p>Queena Qiu ■ Co-Founder & Chief Growth Officer, Polyverse</p>	 <p>Samuel Tan ■ China CIO, Bosch</p>	 <p>Lawson Du ■ VP of Sales & Marketing, HPC-AI Tech</p>
 <p>Pascal Jiang ■ Partner of TMT Practice Group, Dentons Shanghai office</p>	 <p>James Jin ■ Managing Partner, Ventech China</p>	 <p>Dr. James Ong ■ Founder & MD, Aili ■ Adjunct Prof at SUTD and AI Mega Centre (Moderator)</p>

Ecosystem Partners



◆ Hybrid EN-CN 混合中英研讨会

- Face-to-Face Networking with Dinner
- Member RMB 180 Non-Member RMB 280
- Venue: No.333 Tianyaoqiao Road, 5th floor Xuhui District, Shanghai, China
- 地点: 上海市徐汇区天钥桥路333号 腾飞大厦 5楼

Agenda

- ◆ 18:00 Registration Starts
- ◆ 18:00-19:00pm Dinner and Networking
- ◆ 19:00-20:10pm Presentation and Sharing
- ◆ 20:10-21:30pm Panel Discussion

Scan to Register
扫码注册



Organized by SingCham Shanghai Technology & Innovation Workgroup

Info: events@singcham-shanghai.org

“GREAT BRITISH DAY OUT WITH BRITCHAM”

Proud moment for the young crew! Indian community students from across various international schools coming together to facilitate a successful 2024 blood donation volunteering drive. And getting the invite to join BritCham's weekend carnival to give a public invite to join the blood donation drive the following weekend. With various communities and chamber representatives present at this carnival, it gave IA, IABC the platform to garner support for a social cause.





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....

ACKNOWLEDGEMENTS

Indian Association acknowledges contribution of all annual Sponsors, event sponsors, Advertisers, Article contributors, Charity contributors and all the volunteers for making year 2024 a great year of celebration.

Indradhanush 2024 Art Director

Mrrunal Shirodkar, Beneshaa Advertising Co., and Soumen Biswas

Diwali Nodal Points

Chhaya Chaudhari and Deerga Chaudhary

DJ for Diwali and BalDiwas

Shrikant Swamy

IA Speech Competition Judges

Darshana Hegde and Anjali Jadhav

Volunteers for IA Blood Donation Event:

Aditya Bose, Ahana Mohan, Akul Sai Ranganath Thota, Aleeka Biswas, Alice Pang, Arjun Chaturvedi, Aryan Balivada, Atharv Golecha, Boxun Fan, Chiraav Prasad, Cynthia Zhang, Dimayra Patel, Diti Malhotra, Durva Vadgama, Eashan Bodhale, Harjas Singh, Harsh Thukral, Kushal Khatri, Linus Li, Mahika Dasri, Mansukh Singh, Matt Leong, Mudaliar Rashi Saravanan, Mysha Rastogi, Namya Nargotra, Nandini Chaturvedi, Neev Jain, Nishad Kulkarni, Nishant Kapoor, Nishka Nawani, Oviyaa Vetrivel, Rohan Krishna, Shlok Mahajan, Shravya Kumar, Shreyansh S Menon, Shreyas Krishna, Sophia Cheng, Sshrey Golecha, Suhana Jain, Vedant, Vihaan Jain, Yibao Zhang, Yuvraj Dandale.

Volunteers for IA BalDiwas Event:

Anu Kumar, Arjun Chaturvedi, Aryan Balivada, Bharathi Simha, Chiraav Prasad, Mahendra Dasri, Ningchun, Priyanka Chaturvedi, Shweta Bansal



SHANGHAI SINGAPORE INTERNATIONAL SCHOOL
上海新加坡外籍人员子女学校

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