INDIAN ASSOCIATION

2026 Indradhanush

Acceleated Move in the Multipolar World

Bridges Not Borders

To Open the Magazine
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Patron *Message*

Shri Pratik Mathur
Consul General of India, Shanghai

It gives me immense pleasure to convey my warm greetings to the Indian community in Shanghai on the release of Indradhanush 2026, the annual magazine of the Indian Association of China.

This year's theme, "Accelerated Move in the Multipolar World – Bridges Not Borders," is both timely and deeply relevant to the world we live in. As the global landscape undergoes profound transformation, new centres of growth, innovation and influence are emerging. In this rapidly evolving multipolar world, dialogue, mutual understanding and people-to-people connections will remain essential in building a more peaceful, prosperous and cooperative future.

India has long believed in the power of connections — connecting cultures, communities, ideas and opportunities. Our civilisational exchanges with China, which span centuries, remind us that the ties between peoples can transcend geographical boundaries. Today, these connections continue to find expression through education, culture, business, technology and the many everyday interactions that bring our communities closer together.

The theme of Indradhanush 2026 therefore carries a powerful message: bridges connect where borders divide. The Indian community in China has an important role to play in building these bridges — through cultural engagement, community initiatives, knowledge-sharing and the spirit of friendship and mutual respect.

I warmly commend the Indian Association of China for its continued efforts to bring the community together and for providing a platform for members to share their experiences, perspectives and creativity.

On this joyous occasion, I extend my best wishes to you and your families for a Happy and Prosperous Diwali 2026. May the festival of lights bring happiness, peace and hope to your homes, and may the bonds of friendship between India and China continue to grow stronger.

Jai Hind! Jai Bharat!

IA President's *Message*

My Dear Friends,

The Indian Association has always been defined by one guiding force: the selfless spirit of community SEVA. It is this very spirit—of members who give their time, energy and heart without seeking recognition—that has sustained IA for nearly three decades. It is also what inspired me to step into the role of President in March 2026. Titles come and go, but at IA we remain equals, united by our shared commitment to serve.

I extend my sincere gratitude to my predecessor, Manoj Mehta, for his able and dedicated leadership. Under his guidance, IA continued to thrive with warmth and purpose. As he handed over the baton to me and returned to the US, I thank him for strengthening our foundation and wish him every success ahead.

Since April this year, our community has come together in remarkable ways. We celebrated Bal Diwas 2026 with the joyful energy of our children in May, enjoyed the camaraderie and competition at Cricket Mela 2026 in June, engaged in thoughtful dialogue at the Food and Philosophy Mixer with the MIT Club of Shanghai in August, organised our 12th Blood Donation Drive and hosted the inaugural IA-SSGC Golf Tournament along with a vibrant Business Networking Dinner in September. Each of these events reflects the living spirit of SEVA that defines us.

I am deeply thankful to our Indian community members, IA sponsors, event partners, officials from the Indian missions in China, and Shanghai municipal government colleagues—including SPAFFC—for their steadfast support, especially in making our blood donation drives a continuing success. A special word of appreciation goes to Shri Pratik Mathur, Consul General of India in Shanghai and Chief Patron of IA, whose encouragement and presence have been invaluable to our initiatives.

We warmly welcome and thank the new Ambassador of India to China, Mr. Vikram Doraiswami, and his team for their support to the Indian diaspora and corporates in China, and for their leadership in building bridges between our two great nations.

This year's Indradhanush 2026 carries the theme "Accelerated Move in the Multipolar World – Bridges Not Borders." In a time of shifting geopolitics, the magazine reminds us that countries, companies and global citizens succeed not by raising walls, but by building lasting connections of understanding, cooperation and shared progress.

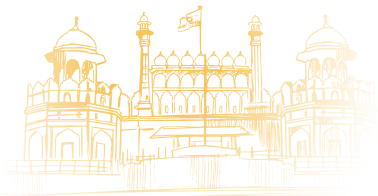
My heartfelt thanks go to all the contributors who enriched this magazine with their insights, to my fellow IA Board members, and to the many volunteers who offer quiet, selfless service throughout the year. You are the true strength of our Association.

As we look ahead, let us come together to celebrate friendship and unity at the IA Annual Gala Nite on 24 October 2026 at the JW Marriott Marquis Hotel in Pudong. It promisesl be a wonderful evening of Indian hospitality, great food, music and dance—open to our Indian, Chinese and expat friends alike.

On behalf of the IA Board, I wish you and your families happiness, prosperity and contentment.

Happy Diwali and a Joyous NewYear,

Kamal Dhuper
President, Indian Association



ACKNOWLEDGEMENTS

Indian Association of China acknowledges the contributions of all annual sponsors, event sponsors, advertisers, article contributors, charity contributors and all the volunteers for making 2026 a great year of celebration.

Indradhanush 2026 Art Director
Trupti Aniket Sawant

Diwali Nodal Points
Chhaya Chaudhari, Francisca Kapoor, Kamala Latha Thammishetty, Madhavi Mittoo, Neera Shinde, Ramya Anand, Ranu Golecha, Surbhi Gupta, and Darshana Hegde

DJ for BalDiwas, Cricket and Diwali
Shrikant Swamy

Volunteers for IA BalDiwas Event:
Diane Vaughan, Bhavani Vasireddy, Dashmi Amonkar, Ranu Golecha, Nisha Malhotra, Sangeeta Dhasri, Parvathy Suresh, Rinky Shendge, Priyanka Chathurvedi, Bhagyashree Singh, Piyali Das, Sheetal Palod, Kuldeep Kumar Sharma, Mr. Jimmy.

Volunteers for IA Cricket Event:
Bollywood, Shrikant Swamy, Asian Tigers, Sky Clinic

Volunteers for IA Blood Donation Event:
Aakash Chetan, Aashik Gumpena, Aditya Bose, Arjan, Arjun Chaturvedi, Aryan Balivada, Ayanaa Balabaskar, Chiraav Prasad, Devansh Palod, Eashan Bodhale, Haozheng Li, Harsh Thukral, Kavish Jain, Kushal Khatri, Lakisha Janardhan, Leung In Chen, Mahika Dasri, Mansha, Mudaliar Rashi Saravanan, Mysha Rastogi, Naira Malhotra, Navya Nargotra, Nishka Sharma, Oviyaa Vetrivel, Prajikta Rana, Riddhiman Gupta, Riyaan Kartik Raj, Saanvika Thota, Samayra Mandal, Seeana Seeman, Shivhiya Kumar, Shlok Mahajan, Shravya Kumar, Suhana Jain, Vehant Swamy, Xiaojun Zhang, Xue Tiancui, Yuhan Zhi, Yuxin Xiao

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Brandon Hall Group HCM Excellence Awards — Learning and Development — Gold 2026

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TECHNOLOGIES

INSPIRATION DEVELOPMENT

NEW FABRICATIONS

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Repellency	Breathability	Absorbency Wicking
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Anaerobic Landfill Condition

CiCLO fibres	Wool fibres
87.6%	**71.2%**
600 Days	600 Days

Temperature Management Technology

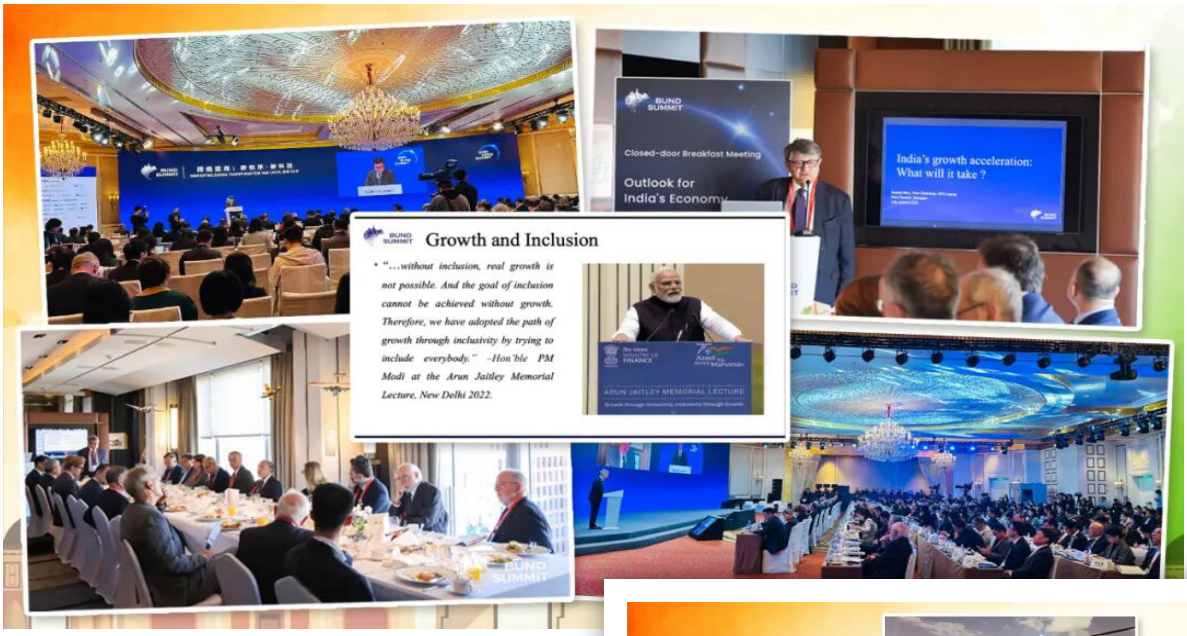
HOT ⇆ COOL

Waterless CO2 Dyeing Technology

Joint Ventures in China & Vietnam

Our Customers

BOSS HUGO BOSS · ATHLETA · macy's · COSTCO · Barco uniforms · tko

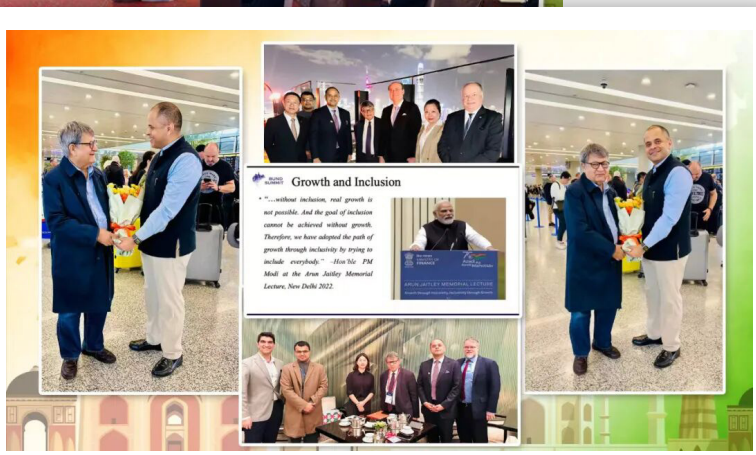


1. INDIA DAY

CELEBRATED AT BUND SUMMIT

在外滩峰会上祝印度日

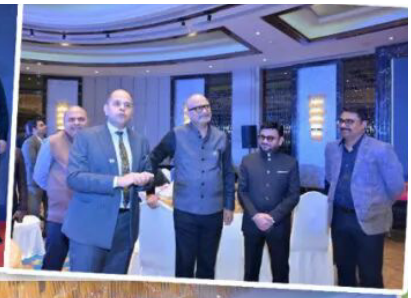
CG Pratik Mathur celebrated India Day at 7th Bund Summit, attended by Shri Suman Bery, Vice Chairperson of NITI Aayog, and world leaders from industry, financial services, technology and education sectors.



2. CG ATTENDED

AS GUESTOF HONOR AT MAKE-A-WISH CHARITY GALA

CG Pratik Mathur was honored to represent India as Guest of Honor at the Annual Make-A-Wish Foundation Charity Gala for underprivileged children in Shanghai.
India's growth-with-inclusion model — Sabka Saath, Sabka Vikas, Sabka Vishwas — was widely lauded for its innovative approach to socio-economic upliftment and justice.



3. (2025-10-29)

CG CO-HOSTED

34TH JAGRAN SOCIAL ACHIEVERS AWARD

CG Pratik Mathur co-hosted the 34th Jagran Social Achievers Awards in Shanghai. While welcoming awardees from diverse walks of life, CG underlined the importance of India's free and vibrant media — led by traditional partners like Dainik Jagran Group — as both mirror and motivator of progress.

4. (2025-10-29)

DEEPAVALI THIRUVIZHA

CELEBRATED WITH FERVOR AND PRIDE

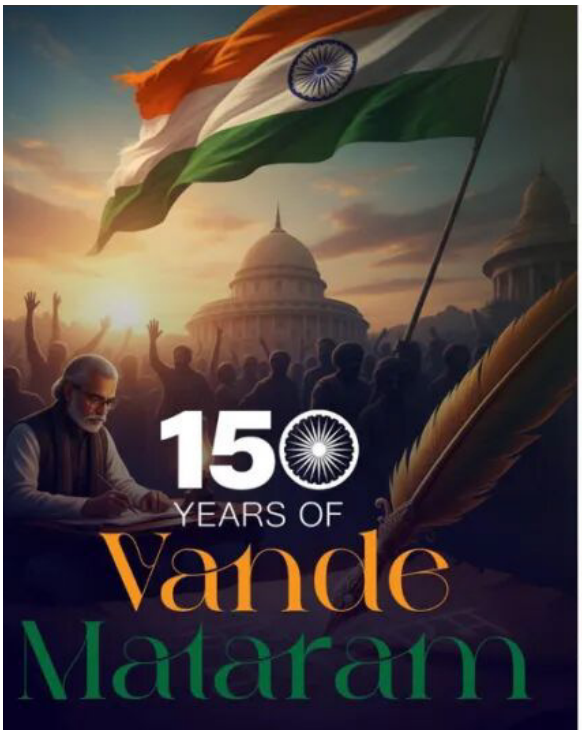
排灯⊠的⊠祝活⊠

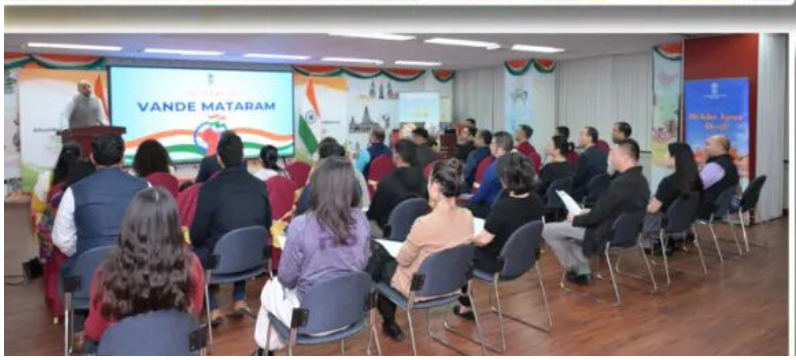
The Indian community under the auspices of Shanghai Sangamam organized the Deepavali Thiruvizha celebrations on Sunday 26th October to celebrate the festival of lights-Diwali. The event began with invocation to Lord Ganesha, "Maha Ganapathim" which was presented by Maanasha and her mother.

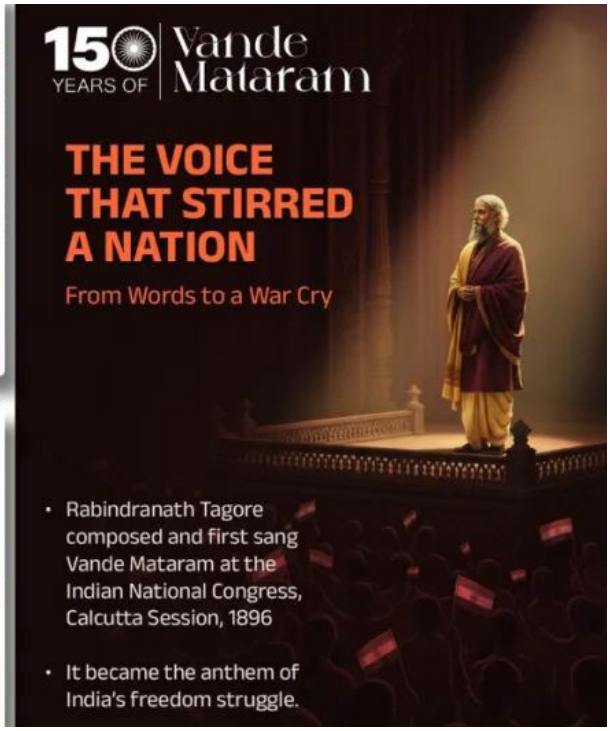
5. (2025-10-31)
CG LED PLEDGE ON
NATIONAL UNITY DAY
⊠⊠事⊠⊠国家⊠⊠日的宣誓

CG Pratik Mathur administered the pledge to the officers and staff members of the Consulate on Rashtriya Ekta Diwas, reaffirming India's enduring commitment to national integration and collective strength inspired by Sardar Vallabhbhai Patel.

Colleagues from NDB and members of the Indian Community in Shanghai also joined in the Consulate's observance, reaffirming the spirit of Ek Bharat Shreshtha Bharat in keeping with the tenets of the pledge.







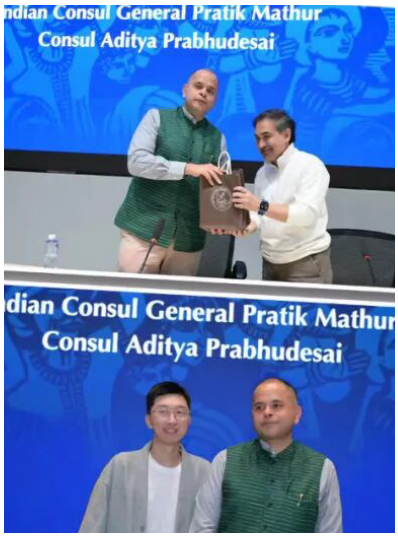
6. (2025-11-8)

GOONJ OF VANDE MATARAM IN CHINA

"向祖国母□致敬"之歌在中国回响

Celebrating 150 years of Vande Mataram in Shanghai - honoring the song that awakened a nation and still unites it today.

The event opened with a stirring address by CG Pratik Mathur, who spoke about the role of Vande Mataram in firing India's freedom struggle.



7. (2025-11-9)

CG ADDRESSED INDIA STUDIES

SCHOLARS AT NYU

⊠⊠事在上⊠大向印度研究学者⊠表演⊠

CG Pratik Mathur addressed India Studies Scholars from across the world at the prestigious New York University campus in Shanghai.

CG Mathur, who was felicitated by Professor Tansen Sen from NYU Shanghai, Professor James Hobson of Harvard-Yanching Institute, Professor Cao Yin of Peking University, and Professor Titas Chakraborty of Duke-Kunshan University underlined the importance of the growing relationship and India's emergence as the Global Partner of Choice.

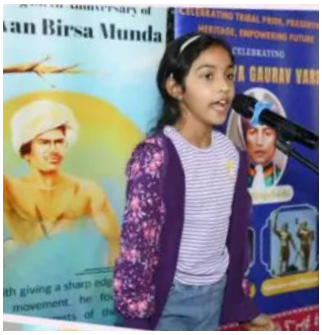
8. (2025-11-17)

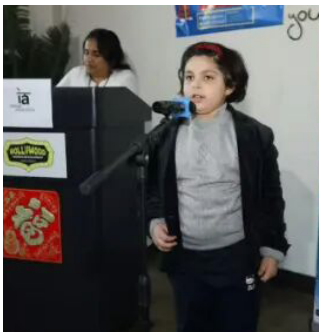
JANJATIYA GAURAV DIWAS

CELEBRATED

部落自豪日的⊠祝活⊠

Consulate General of India in Shanghai led by Pratik Mathur along with diaspora organization Indian Association organized a speech competition for children of Indian community to celebrate Janjatiya Gaurav Diwas in commemoration of the 150th birth anniversary of Dharti Aaba Bhagwan Birsa Munda and to mark the culmination of Janjatiya Gaurav Varsh Pakhwada (1st-15th November, 2025).





9. (2025-11-20)

CG ATTENDED HINDUSTANI CLASSICAL MUSIC

CONCERT

⊠⊠事参加印度古典⊠音⊠会

CG Pratik Mathur felicitated noted Hindustani Sitar exponent Dr. Murchana Adhikary Barthakur on a successful visit to China, where the Sitar Maestro played to packed houses in reputed venues such as Shanghai Lincoln Center to universal acclaim.

10. (2025-11-23)
CG ADDRESSED THE ***IABC BUSINESS FORUM***
⊠⊠事在IABC商⊠⊠⊠上致辞

CG Pratik Mathur opened the Shanghai Indian Association symposium on sustainable development & global demand for Indian goods/services, joined by Ms. Anke Schrader, the Economist Intelligence Unit Bureau Chief for China.

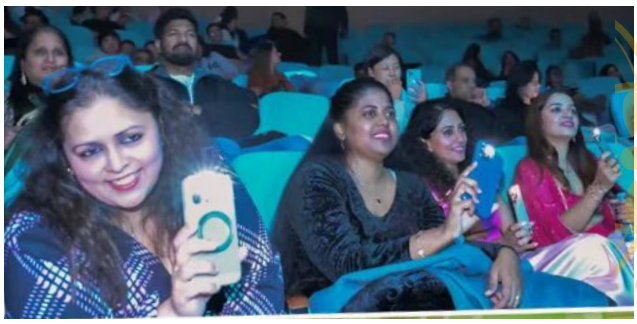
11. (2025-11-23)

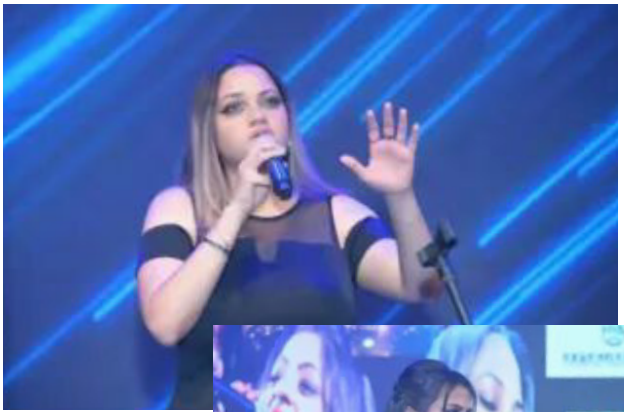
CG ATTENDED ADDA

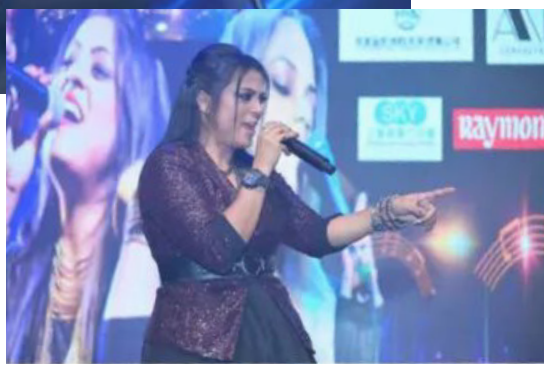
MUSIC LIVE CONCERT

□□事参加ADDA□□音□会

CG Pratik Mathur inaugurated the Bollywood Night featuring popular artists from India in the Eastern China Region for the first time to packed houses at the British International School of Shanghai.







12. (2025-11-27)

CG MET PROFESSOR

FROM BFSU

□□事会□北京外国□大学教授

CG Pratik Mathur met with Dr. Zhou Liqun, Associate Professor in Sanskrit and Pali at Beijing Foreign Studies University, and Ms. Li Hansi, Founder of Narasimha Workshop, to discuss enhancing cultural exchanges.

13. (2025-11-28)

IIF DELEGATION

CALLED ON CG

☒☒事会☒印度☒造☒会代表☒

CG Pratik Mathur visited Automechanika Shanghai, the world's biggest auto-components exhibition, and interacted with ACMA members showcasing India's strengths in components, tooling, and aftermarket solutions.

14. (2025-11-29)

CG ATTENDED

PRIZE DISTRIBUTION OF BADMINTON CHAMPIONSHIP

CG Pratik Mathur presided over the Indian Association for Eastern China Region Badminton Championships.

CG was happy to felicitate the winners and motivate all the participants for their passionate participation in the competition.

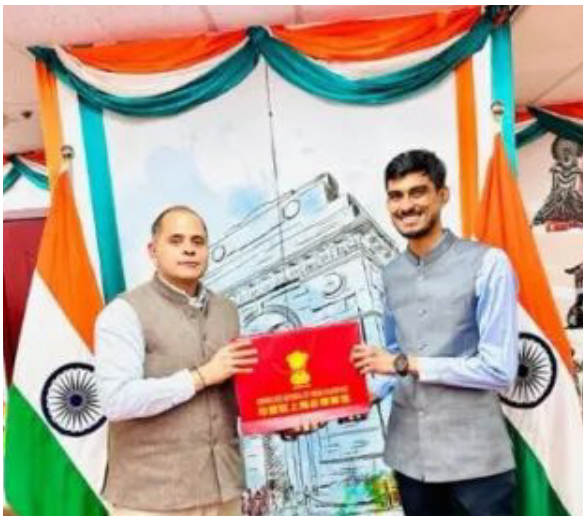
15. (2025-11-30)

CG HOSTED

OPEN HOUSE FOR INDIAN COMMUNITY

⊠⊠事⊠印度社区⊠⊠开放日活⊠

CG Pratik Mathur hosted a successful Open House Community Interaction today at the Consulate, which was attended by nearly 200 members of the Indian Diaspora in the Eastern China Region.



16. CG WELCOMED *YOUNG TRAINEES FROM EOI BEIJING*

⊠⊠事⊠迎北京大使⊠年⊠的⊠⊠生

CG Pratik Mathur was happy to receive and welcome young colleagues currently undergoing language training in at Embassy of India in Beijing.

17. (2025-12-4)

CG ATTENDED ***THAILAND'S NATIONAL DAY*** CELEBRATIONS

⊠⊠事出席泰国王国国⊠日活⊠

CG Pratik Mathur attended the National Day celebrations of the Kingdom of Thailand in Shanghai today, commemorating the birth anniversary of the revered King Bhumibol Adulyadej, on this special day of reflection and gratitude.

18. (2025-12-8)

CGI SHANGHAI

INAUGURATES NEW CONSULATE PREMISES

印度⊠上海⊠⊠事⊠新⊠落成

A landmark day as Ambassador Shri P.K. Rawat and CG Pratik Mathur inaugurated (Sunday, 7th December, 2025) the new Chancery of CGI Shanghai—a larger, modern diplomatic platform in the heart of the city's consular district, designed to deepen engagement and strengthen service delivery.

Consulate General of India
SHANGHAI
Britannica International School, Shanghai
presents
Nanha Munna Rahi Hoon
RANG BAS ME BHARAT

19. (2025-12-10)

CGI SHANGHAI HOSTED

COFFEE TASTING EVENT

|印度☒沪☒☒事☒☒☒咖啡品☒会

Hon'ble PM Modi ji's clarion call to promote Indian coffee in his #MannKiBaat# address, CGI Shanghai hosted its first event in its brand-new chancery premises: an exclusive Indian Coffee Tasting Session celebrating India's finest Arabica & Robusta beans!

20. (11-12-2026)

CELEBRATING INITIATION OF *HINDI TEACHING* AT SCHOOL LEVEL IN ECR

CG Pratik Mathur and Team CGI, Shanghai were honoured by the participation of the team of Britannica International School students led by their Hindi Teacher Smt. Bhvya Mehta at the inauguration of the New Chancery.

Smt. Mehta, working together with the Consulate, has begun a new chapter in India-China relations by introducing राष्ट्रभाषा Hindi teaching at primary and secondary school level for children.

21. (2025-12-11)

CGI COMMEMORATED

INCLUSION OF DIWALI IN UNESCO LIST

排灯☒被列☒☒合国文化☒☒

CG Pratik Mathur and Team CGI Shanghai commemorated inclusion of Diwali in the UNESCO Intangible Cultural Heritage of Humanity List together with the vibrant Indian community in the region.

22. (19.12.2026)
CG ATTENDED
HANUKKAH CELEBRATIONS
⊠⊠事参加光明⊠⊠祝活⊠

On lighting of the fourth candle of #Hanukkah# Consul General Pratik Mathur joined the solemn well attended celebrations organized by Israel CG Ravit Baer in Shanghai, a city with substantial presence of Jewish history, including links with the Sephardic Jewish community in Mumbai.

点亮#光明⊠#的第四支蜡⊠，　⊠⊠事普拉提克.⊠⊠尔参加了由以色列⊠⊠事白⊠⊠在上海⊠⊠的庄⊠的⊠祝活⊠，上海是一个有着丰富犹太⊠史的城市，包括与孟⊠的西班牙裔犹太人社区的⊠系。

The occasion was made special by the presence of the family of Master Sgt. Ran Gvili, the last remaining hostage from the October 2023 attacks still to return home.

23. (11-1.2026)

VISHWA HINDI DIWAS

CELEBRATED WITH GREAT FERVOR

热烈祝世界印地语日

चीन में हिंदी और भारतीय सभ्यता की गूंज!

印地语和印度文明在中国回响!

हिंदी हमें जोड़ती है, सीमाओं से परे #VishwaHindiDiwas

印地语将我们连接在一起, 超越了界限 #世界印地语日

चीन के शंघाई शहर में स्थित भारत के वाणिज्य दूतावास ने कल प्रधान वाणिज्य दूत श्री Pratik Mathur की अगुवाई में विश्व हिंदी दिवस बड़े उत्साह और धूमधाम से मनाया।

हिंदी की गरिमा और वैभव को उजागर करते हुए मुख्य वाणिज्य दूत ने प्रधानमंत्री श्री Narendra Modi जी का राष्ट्र के नाम संदेश पढ़ा, — "हिंदी केवल एक भाषा मात्र नहीं, बल्कि भारत की संवेदना, संस्कार और चिंतन को विश्व तक पहुँचाने वाली सशक्त कड़ी है।

24. (13-1-2026)

TEAM CGI SHANGHAI

CELEBRATED LOHRI

印度⊠上海⊠⊠事⊠⊠祝丰收⊠

25. (17-1-2026)

CG ATTENDED

PONGAL CELEBRATIONS

⊠⊠事参加⊠格尔⊠的⊠祝活⊠

CG Pratik Mathur participated in the lively Pongal festivities alongside our vibrant Indian diaspora, sharing the joy of harvest, traditions, and unity.

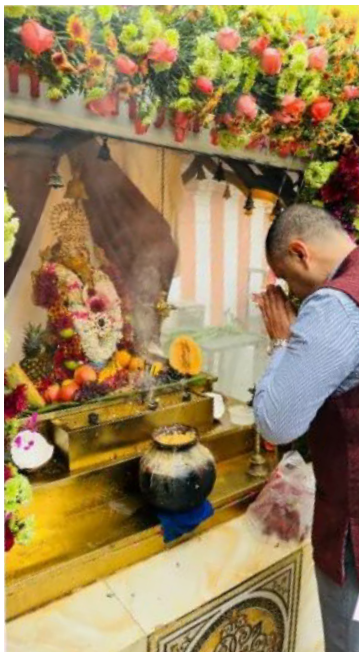
⊠⊠事普拉提克.⊠⊠尔与充⊠活力的印度⊠民一起参加了⊠⊠的⊠格尔⊠的⊠祝活⊠, 分享了丰收、⊠⊠和⊠⊠的喜悦。

Heartwarming moments of community bonding with traditional rituals and delicious festive treats!

温馨的社区⊠刻、⊠⊠的⊠式和可口的美食⊠⊠日⊠来了特别的氛⊠!

Commemorating #ThiruvalluvarDay, Consul General also paid tribute to the great Tamil poet, philosopher, and saint, reflecting the spirit of our rich culture and traditions.

⊠了⊠念#ThiruvalluvarDay, ⊠⊠事⊠向⊠大的泰米尔⊠人、哲学家和圣人致敬, 反映了我⊠丰富的文化和⊠⊠精神。



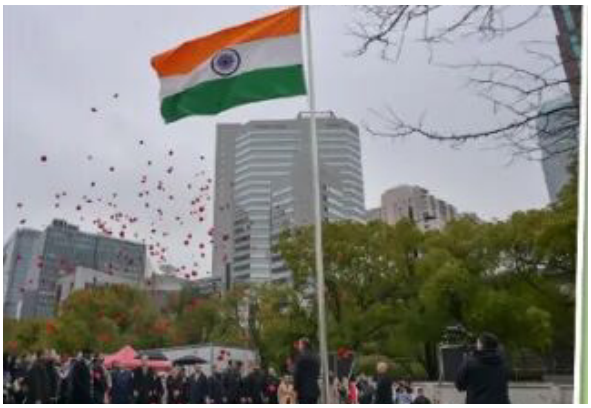
26. (26-1-2026)

77TH REPUBLIC DAY

CELEBRATED WITH GREAT FERVOR AND PRIDE

以极大的☒情和自豪☒祝第77个共和国日

CG Pratik Mathur led the 77th Republic Day celebrations in Shanghai, the commercial capital of China this morning. Marked by pomp and splendor, the celebrations were attended by over 400 Friends of India from the local Indian diaspora, Chinese community and the diplomatic and consular corps including 20 Consul Generals representing our European Union friends and partners.



27. (2-2-2026)

CG INAUGURATED

AIR INDIA'S RESUMED DIRECT FLIGHT TO INDIA

☒☒事☒印航恢复直航☒行揭幕☒式

CG Pratik Mathur was Chief Guest at the inaugural ceremony of Air India's resumed non-stop Delhi-Shanghai flight at Pudong International Airport, marking a renewed chapter after nearly six years.

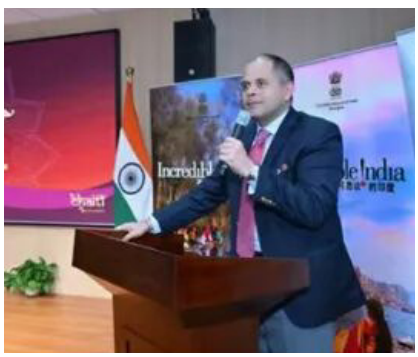
Consul General handed over the first boarding passes to Smt. Jaiswal and Mr. Lai to celebrate this historic restart.

28. (8-2-2026)
CG INAUGURATED
EK BHARAT SHRESHTHA
BHARAT MOVIE FESTIVAL
□□事□"□□印度, 强盛印度"□影□揭幕

CG Pratik Mathur inaugurated the first Ek Bharat Shreshtha Bharat movie festival in Shanghai, China today.

In his welcome remarks, Consul General underlined that covering the best of Indian regional cinema including National Award winning movies, fully subtitled in Chinese, the film festival is an attempt to bring audiences in the region closer to the very best of Indian cinema, covering themes that resonate far and wide, with audiences far and wide.

INDIA IMPRESSIONS



29. (8-3-2026)

VASANT RECEIVES AN

OVERWHELMING RESPONSE

“印度之春”音⊠会反响⊠烈

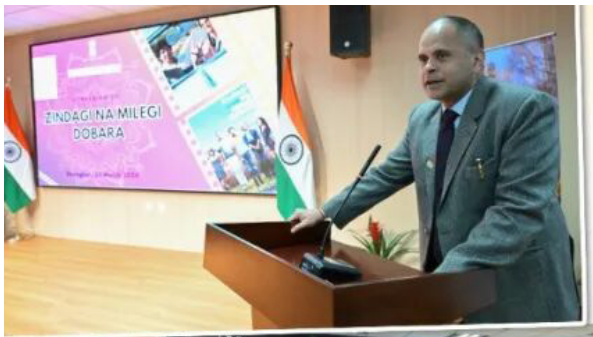
A mesmerizing celebration of spring through ragas and rhythms! #EkBharatShreshthaBharat

On the eve of #InternationalWomensDay#, to celebrate #Holi# and the onset of #Basant# with Friends of India, CG Pratik Mathur and Team CGI Shanghai in association with Chaiti Arts Foundation successfully hosted “Vasant” Baithak, an enchanting evening of Indian classical music and dance that captured the essence of new beginnings and cultural harmony. The event drew over 200 enthusiastic participants, including members of the diplomatic corps, filling the Consulate's Culture Center with warmth and appreciation for India's rich artistic traditions.

30. (22-3-2026)
CGI SHANGHAI HOSTED SPECIAL *SCREENING OF ZINDAGI NA MILEGI DOBARA*
印度⊠沪⊠⊠事⊠放映⊠影《人生不再重来》

Over 100 participants, including members of the diplomatic corps and friends of India gathered at the Culture Center of CGI Shanghai for a special screening of the iconic Bollywood blockbuster Zindagi Na Milegi Dobara.

In his welcome address, CG Pratik Mathur underlined the importance of Indian cinema in building bridges as also exhibited by the film's timeless themes of unbreakable friendship, meaningful adventures, and living life to the fullest that continue to hold great relevance for all of us.



31. (9-4-2026)
CGI SHANGHAI CELEBRATED ICCR ***FOUNDATION DAY*** AND BID FAREWELL TO SH. JITENDER KUMAR
印度□□□祝ICCR成立日并与JITENDER KUMAR道别

#ICCR Foundation Day was celebrated with pomp and splendor across the Eastern China Region by CGI, Shanghai today.

In grand celebrations hosted by CG Pratik Mathur in #Shanghai, Chinese and Indian exponents of the Indian arts, music and dance forms put up well received stirring recitals for a large gathering of Friends of India in the region.

32. (5-5-2026)

CHITHRAI THIRUVIZHA

'TAMIL NEW YEAR'

CELEBRATED WITH

ENTHUSIASM AND FERVOR

以☒烈而高☒的☒情☒祝

CHITHRAI THIRUVIZHA

泰米尔新年

Chithrai Thiruvizha or the Tamil New Year was recently celebrated in Shanghai by members of Indian diaspora under the auspices of diaspora organisation Shanghai Sangamam. Members of diaspora from different cities of East China Region as well as from Beijing attended the event. The event was graced by specially invited artists from India who participated in the festivities.

The event began with lighting of the lamp as per tradition. Sh. Aditya Prabhudesai, Consul (Press, Information & Culture) representing the Consul General at the event, alongwith Sister Sapna, Sr Rajayoga teacher at Brahmakumaris, Actor Vidharth (famous for his role in Mynaa (2010), Mr.Sean Han, Manager, Crowne Plaza Hotel and Rotarian Leo Felix lit the lamp. Sh. Aditya Prabhudesai, Consul (PIC) conveyed the New Year wishes (in Tamil) on behalf of the Consul General and complimented Team Shanghai Sangamam for organising the event so well.

33. (7-5-2026)

CG PAYS HOMAGE TO

GURUDEV RABINDRANATH

TAGORE ON HIS

165TH BIRTH ANNIVERSARY

⊠⊠事向文学大⊠泰戈尔⊠辰 165 周年致敬

On #RabindranathTagoreJayanti, celebrating Gurudev's 165th birth anniversary, Consul General Pratik Mathur led the #Indian community in paying homage to Gurudev Rabindranath Tagore in #Shanghai, a city which Gurudev visited thrice (first in 1924 and twice in 1929) and where his rich legacy endures.

34. (10-5-2026)
CGI CO-HOSTED *TAGORE JAYANTI CELEBRATIONS* WITH NYU, SHANGHAI

印度⊠沪⊠⊠事⊠与上⊠大共同⊠⊠泰戈尔⊠辰日⊠祝活⊠

Consul General Pratik Mathur together with Shanghai #Bengali Adda, the oldest Bengali community organization in China and New York University Shanghai, co-hosted the 165th birth anniversary celebrations for Gurudev Rabindranath Tagore at the sprawling university campus.

The program culminated with an engaging cultural program showcasing the best of Rabindra Sangeet through themes of #Freedom and #Independence, a documentary film made by Shri Bivash Mukherjee from Shanghai Daily on “Tagore in Shanghai” in association with CGI, Shanghai and classic music performances on the songs of Satyajit Ray classic #Charulata based on the theme of #Freedom and #Mukti, highlighting the very best of #Bengal culture and arts, projecting the Indian cultural ethos of #VasudhaivaKutumbakam.

35. (10-5-2026)

CG FELICITATED USTAD SHUJAAT KHAN & ADDRESSED

THE CHAITI ARTS FESTIVAL

⊠⊠事祝⊠⊠斯塔德·舒⊠特·汗并在柴提⊠⊠⊠上致辞

Renowned sitar maestro Ustad Shujaat Khan captivated a packed audience in Shanghai with a mesmerizing live performance at the Chaiti Art Festival.

The event drew over 1,000 enthusiastic participants, including over 15 Consul Generals of friendly countries, filling the venue with warmth and deep appreciation for India's rich classical traditions. It provided a wonderful opportunity to encourage young Indian and Chinese artists while strengthening people-to-people ties through cultural exchange.

36. (24-5-2026)
CG INAUGURATED IDY 2026 CURTAIN RAISER EVENT AND *CRICKET TOURNAMENT*

□□事□2026国□瑜伽日 & □□地区板球□□□揭幕

Consul General Pratik Mathur was happy to inaugurate the annual East China #IndianDiaspora cricket tournament and the #InternationalDayofYoga2026 curtain raiser event in Shanghai this morning.

Conveying his best wishes, Consul General also expressed his appreciation for the large scale participation in the #IDY2026 curtain raiser event jointly organized by Indian Association and #NordAngliaBritishSchool, underlining the strong commitment of the international community towards taking YOGA #global, as part of the international community's efforts in promoting Indian Wellness Traditions.

Consul General was also happy to note the strong cross over appeal of our passion-CRICKET, with outstanding participation of players from all across the region including our local community friends.

37. (26-5-2026)

CG ATTENDED *CROSS BUSINESS CHAMBER EVENT* ORGANIZED BY IABC

☒☒事出席上海印度商会主☒的跨商会特别活☒

CG Pratik Mathur was happy to participate in a first of its kind #Cross Business Chamber special event organized by Indian Association Business Council (IABC) in #Shanghai together with friends and partners from British #BritCham, Singapore #SingCham, and KEA #NewZealand Chambers of Commerce in the region.

In his welcome remarks, Consul General emphasized the recent successes of the Indian economy including the #NordicSummit, India-EU, India-New Zealand and India-UK FTAs and noted that in the era of building resilient global supply chains, we remained dedicated to promoting dialogue and collaboration across Indian businesses, global chambers of commerce, and local Chinese institutions-fostering cross-industry connections, enabling knowledge sharing, and bridging global businesses with India.

38. (26-5-2026)

CG INAUGURATED *RAJASTHAN AND GOA PAVILIONS* AT ITB CHINA 2026 ☒☒事☒2026

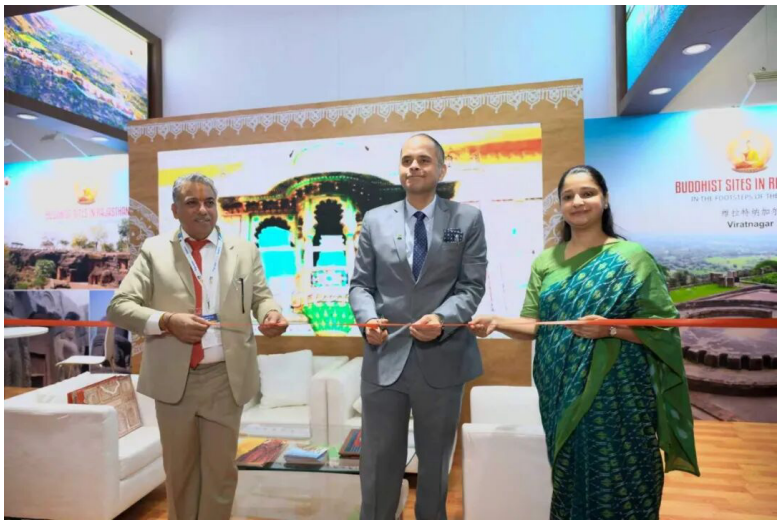
上海国☒旅游交易博☒会拉☒斯坦邦与果阿邦展台揭幕

अतिथि देवो भव: #पधारो म्हारे देश

☒客至上:# ☒迎来到我☒的国度

Consul General Pratik Mathur was honored to inaugurate India's presence at one of the region's largest tourism trade and #B2B shows #ITBChina2026 through the #Rajasthan and #Goa pavilions, marking our inaugural presence at the prestigious international event.

Consul General emphasized in his remarks our focus on expanding global tourism cooperation, as we seek to encourage higher numbers of global tourists to visit India across various categories from budget to luxury to conference related travel opportunities by fostering a conducive tourism experience.



35. (10-5-2026)

CG FELICITATED USTAD SHUJAAT KHAN & ADDRESSED *THE CHAITI ARTS FESTIVAL*

□□事祝□□斯塔德·舒□特·汗并在柴提□□□上致辞

CG Pratik Mathur, at the invitation of Kazakhstan CG HE Nurlan Sovetuly, was happy to attend the celebrations showcasing the best of #culture and #civilizational ties from the region.

□哈□克斯坦□□事努尔□·索□□利先生的邀□, □□事普拉提克·□□尔欣然出席了展□哈□克斯坦□□文化□貌与文明□□的□典活□。

40. (31-5-2026)

CG INAUGURATED TWO IDY2026 *CURTAIN RAISER EVENTS*

⊠⊠事⊠两⊠2026国⊠瑜伽日⊠⊠活⊠揭幕

Consul General Pratik Mathur was happy to inaugurate two well attended #IDY2026 Curtain Raiser events in Shanghai today as interest for World #YogaMahotsav on 21st June continues to grow everyday.

Inaugurating the first Yoga Camp for the #Bloodline, the largest volunteer driven blood donation program in East Asia, CG emphasized the importance of promoting #Yoga and #AYUSH related Indian Wellness traditions.

41. (7-6-2026)
CG HOSTED GREEN INITIATIVE ***CAMPAIGN AT THE CONSULATE***
□□事在□□□□特色□色主□活□

To commemorate #WorldEnvironmentDay, CG Pratik Mathur hosted a unique #greeninitiative campaign event at the Consulate in #Shanghai.

As we marked #InternationalChildrensDay earlier this week on 1 June, CG spotlighted that the child-led community event today was aimed at bringing together the #futuregenerations from Indian #diaspora and local #Chinese community with their parents and teachers, and dedicating a plant each to further strengthen the bonds of mutual friendship and understanding.

42. (21-6-2026)

CGI Shanghai hosted ***12th IDY celebrations at the Bund***

印度⊠沪⊠⊠事⊠在外⊠⊠⊠第12届国⊠瑜伽日⊠典活⊠

Consul General Shri Pratik Mathur was happy to host the splendid ceremony for the 12th edition of the International Day of Yoga in Shanghai with a majestic view of Pearl TV Tower at the historic #BUND along the banks of the Huangpu river, a major landmark which is a testament to age old historic links between India and China.

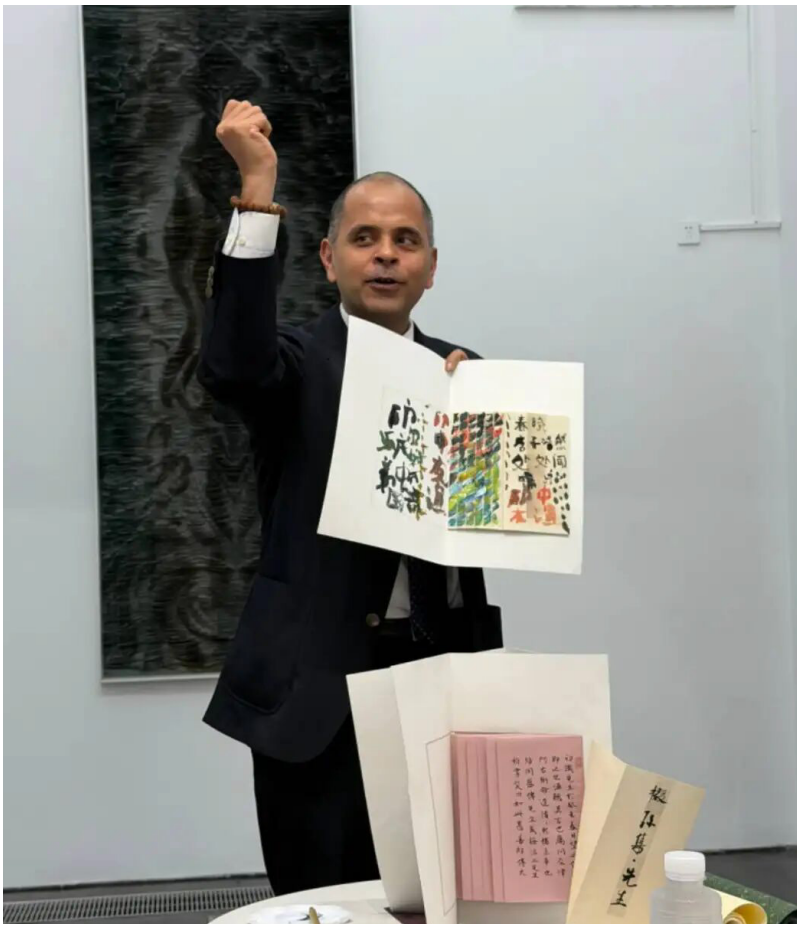
43. (28-6-2026)

CG attended *new publication launch* in ECNU & *launch of new art exhibition*

□□事出席□□大新刊□布会及画廊□□展开幕活□

Consul General Shri Pratik Mathur was happy to participate in the 15th Diplomatic Exchange Program at China's reputed East China Normal University (ECNU) and on behalf of the #consularcorps participate in the new publication launch which also includes a discussion on recent developments and mutual exchanges.

Consul General was happy to be invited by noted Chinese artist Zhang Xiaodong as a guest of honour for his gallery launch in Shanghai of the new exhibition on regional art and speak about the importance of further collaboration on strengthening civilizational bonds and people to people cooperation.



44. (3-7-2026)

CG inaugurated the

first India 3-Ts business conference in Hangzhou

⊠⊠事⊠杭州⊠⊠的首届印度 “3T”商⊠大会揭幕

Consul General Shri Pratik Mathur inaugurated the first full day India 3-Ts (Trade, Technology and Tourism) business conference event in the trade, tourism and AI hub of the region-fast growing city of #Hangzhou.

In his keynote address to the housefull conference of over 800 local entrepreneurs, tour operators and investors, Consul General emphasized the immense potential offered by the overarching vision of #ViksitBharat2047 driven by #Atmanirbharta.

45. (21-7-2026)

CGI Shanghai organized a ***session on Sulbasutras at Fudan University***

印度⊠上海⊠⊠事⊠在复旦大学⊠⊠《⊠尔巴⊠》研⊠会

To celebrate the singular achievements of Team India at the #MathsOlympiad in #Shanghai, CGI, Shanghai was honored to organize a special event lecture by Prof. Shailaja Sharma, Visiting Professor at the National Institute for Advanced Studies (NIAS) and Azim Premji University, Bengaluru at Shanghai's leading center of

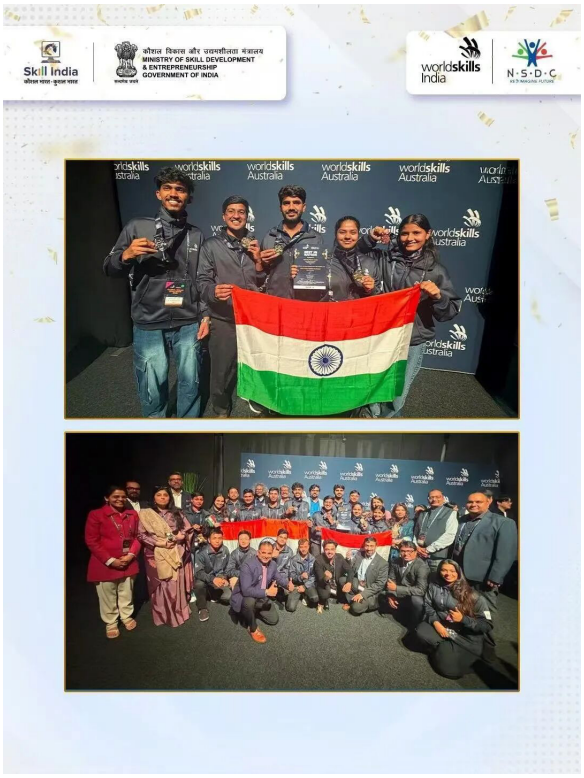
46. (21-7-2026)

CG attended exhibition celebrating *World Youth Skills Day*

⊠⊠事出席⊠祝世界青年技能日主⊠展

Celebrating World Youth Skills Day Week in Shanghai, Consul General was delighted to attend the opening of the temporary exhibition in the lead upto Shanghai hosting the World Skills Competition later this year.

Consul General emphasized that India's youth are the driving force behind the vision of a developed and self-reliant nation. Their energy, creativity, and ability to embrace new technologies will shape the India of tomorrow.



47. (31-7-2026)

CG HOSTED BRICS

SUMMIT SPECIAL BRIEFING

FOR CONSULAR CORPS

□□事□□沪□事□□□金□国家峰会□□研□会

Consul General Shri Pratik Mathur was happy to host a special briefing on the upcoming 18th BRICS Summit in New Delhi for the consular corps in Shanghai; emphasizing our people centric and humanity driven approach to development.

48. (9-8-2026)

CG ATTENDS A COMMUNITY EVENT IN THE LEAD UP TO ***80TH INDEPENDENCE DAY CELEBRATIONS***

|⊠⊠事出席独立日80周年前夕社区活⊠

In the lead up to our 80th #IndependenceDay celebrations in China, Consul General Shri Pratik Mathur together with Indian Association in Shanghai was happy to host a #FriendsofIndia cultural forum round-table discussion on Healthy Eating and #AYUSH Nutrition related topics.

49. (9-8-2026)

CG ATTENDS A IABC EVENT IN THE LEAD UP TO *80TH INDEPENDENCE DAY* CELEBRATIONS

|☒☒事出席独立日80周年前夕社区活☒

In the lead up to our 80th #Independence Day celebrations in China, Consul General Shri Pratik Mathur together with Indian Association in Shanghai was happy to host a #Friends of India cultural forum round-table discussion on Healthy Eating and #AYUSH Nutrition related topics.

50. (10-8-2026)

CGI SHANGHAI *HOSTS MADHUBANI WORKSHOP* AHEAD OF 80TH INDEPENDENCE DAY

印度⊠沪⊠⊠事⊠在80周年独立日前夕⊠⊠⊠杜巴尼⊠画工作坊

Consul General Shri Pratik Mathur inaugurated the largest ever Indian Pavilion at the 18th Edition of Whisky L 2026 in Shanghai, one of the largest stand alone alcoholic beverages Expos in the world.

Consul General expressed happiness and pride at the participation of Indian single malt brands at one of China's premier whisky platforms and conveyed the message of more balanced trade and investment opportunities creating a positive impact.

51. (15-8-2026)

80TH INDEPENDENCE DAY CELEBRATIONS IN SHANGHAI

|在上海祝独立日80周年

As India celebrates #80 years of glorious independence, the sun finally shone in typhoon-hit#Shanghai to our unprecedented celebrations.

Consul General of India Shri Pratik Mathur led the celebrations which were attended by over 400 members of the vibrant diaspora and #FriendsofIndia in the local community and consular corps. Read the full details of the event herecgishanghai.gov.in/Event?id=747

52. (16-8-2026)

CG INAUGURATED ***VIKSIT BHARAT RUN IN YIWU***

|□□事□□□□□的□达印度之跑揭幕

As part of the 80th Independence Day celebrations in China, Consul General Shri Pratik Mathur was happy to inaugurate the #ViksitBharatRun in Yiwu city

Welcoming the large number of enthusiastic participants, CG appreciated the support provided by the local government and community to arranging the special event, and thanked the diaspora for their support, patriotism, helping to bring fitness goals to the youth agenda and build a stronger community bond. #HarGharTiranga #FitIndia

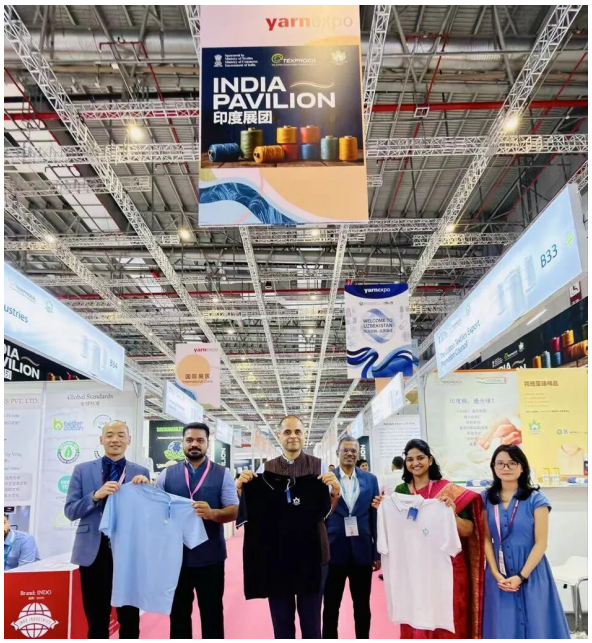
53 (25-8-2026)

CG INAUGURATED *INDIA PAVILION AT GLOBAL YARN AND INTER-TEXTILE EXPO*

|⊠⊠事⊠中国国⊠⊠⊠⊠⊠展印度⊠主持开⊠⊠式

Consul General encouraged Indian exporters to "engage confidently, diversify intelligently and compete globally". Noting with appreciation the rapid expansion of our merchandise exports to the region, Consul General emphasized our unique strengths with regard to scale and offerings across the value chain.

Offering our unique #KasturiCotton made eco-friendly products to the Chinese market, Indian companies represented the ambition, diversity and scale of India's pride-our textile traditions and #CanDo spirit of our companies, as we build #AtmaNirbharta and persevere on the goal of #ViksitBharat.



54. (26-8-2026)

CG INAUGURATED ***INDIA PAVILION*** AT SHANGHAI INTERNATIONAL FISHERIES AND ***SEAFOOD EXHIBITION***

|⊠⊠事⊠上海国⊠⊠博会印度⊠揭幕

Going BIG! Riding the BLUE Economy Wave, India's booming #Marine Exports capture global attention at the World #Seafood Expo. Consul General Shri Pratik Mathur was honored to inaugurate the largest ever #India Pavilion at the 20th Shanghai International Fisheries and Seafood exhibition

55. (26-8-2026)

CGI SHANGHAI *CELEBRATES RAKSHABANDHAN*

|印度⊠沪⊠⊠事⊠⊠⊠兄妹⊠⊠祝活⊠

Consul General Shri Pratik Mathur was happy to host Rakshabandhan celebrations today at the Consulate. Sister BK Sapna tied a Rakhee to Consul General.

56. (19-9-2026)

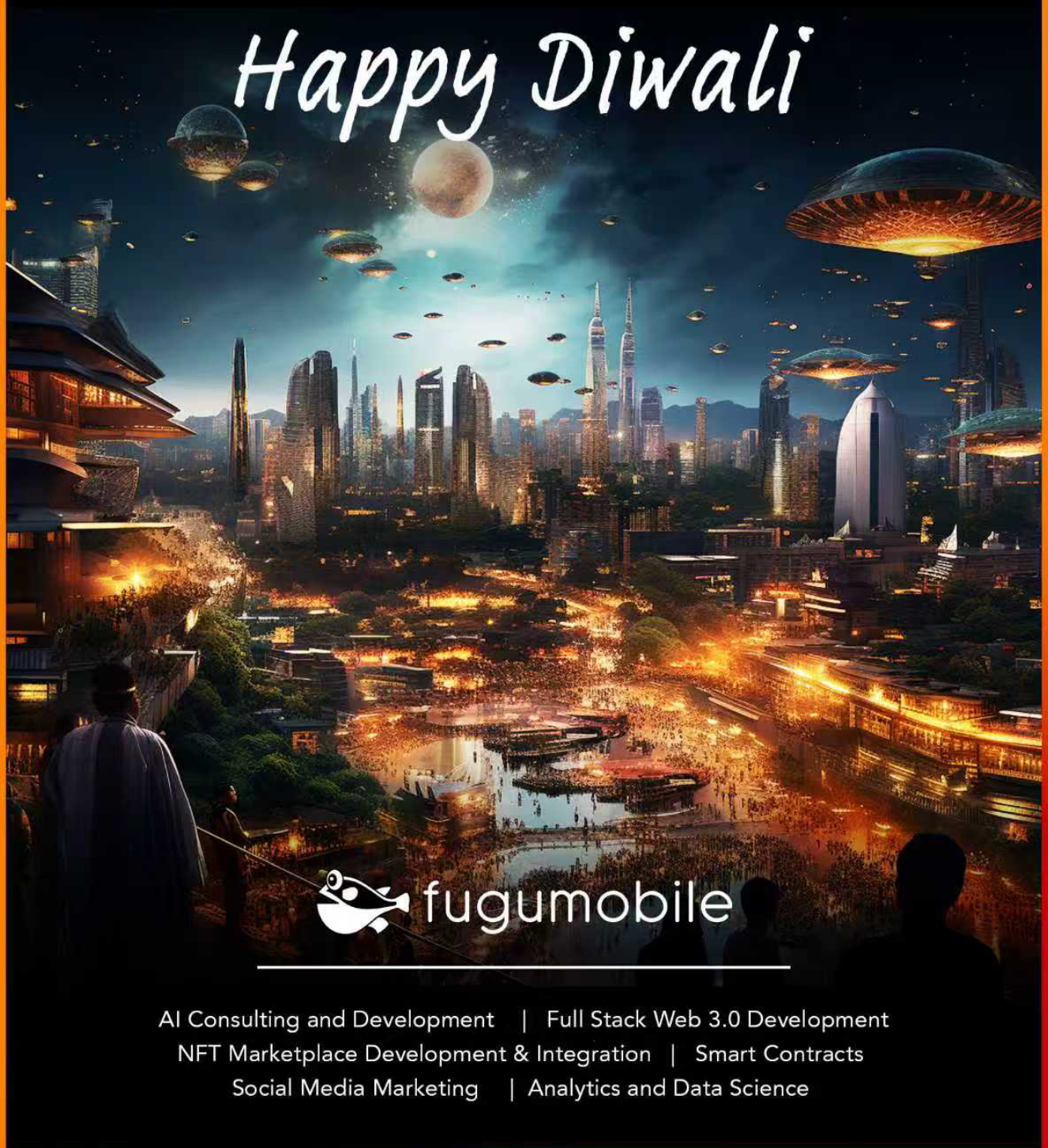
CG PARTICIPATED IN CHINA *ALCOHOLIC DRINKS ASSOCIATION ANNUAL INTERNATIONAL CONFERENCE*

|⊠⊠事出席中国酒⊠⊠会年度国⊠交流会

Consul General Shri Pratik Mathur was happy to participate in the annual International Exchange conference of the China Alcoholic Drinks Association and highlight the basket of “diverse tastes and shared aromas” offered by Indian companies. CG highlighted that India remained the fastest growing whiskey-liquors market in the world and Indian companies were #GoingGlobal through a varied range of products and services, showcasing the best of #MakeinIndia techniques and technology to the world. CADA annual meeting is the largest in East Asia and CG was happy to note the booming popularity of our products and offerings.

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.



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

EASTERN CHINA'S INDIAN DIASPORA LIGHTS UP FOR IA DIWALI 2025

18th, October 2025

The grand IA Diwali Nite, held on October 18th, 2025, lit up Crowne Plaza Noah Square, Shanghai with guests filling the ballroom with color, cheer, and celebration. It was a spectacular evening that blended Bollywood beats, Indian traditions, and community spirit into one unforgettable night.

RECAP: IA SPEECH COMPETITION 2025

15th, November 2025

Indian Association of China successfully hosted the IA Speech Competition 2025 on 15th November 2025 at Bollywood Indian Restaurant, Pudong, Shanghai.

The annual competition, one of IA's most cherished youth events, featured 22 enthusiastic young speakers across three age groups. The children delivered reflective, confident, and inspiring speeches on themes related to values, culture, and social awareness.

RECAP - IA BADMINTON 2025

29th, November 2025

Highlight of the Day - 65 participants 145 Matches
Indian Association of China, proudly hosted the IA Badminton Tournament at Britannica International School, Puxi, on 29th November 2025. The event brought our Indian community together, showcasing enthusiastic participation from all age groups, in mutiple matches and cheer for one another, and celebrate the spirit of sportsmanship.

The enthusiasm, sportsmanship, and cheerful spirit displayed throughout the day created an atmosphere that will be remembered for a long time. The smiles of the winners, the determination of young players, and the camaraderie among families made this event a celebration in every sense.

IA BADMINTON TOURNAMENT 2025
INDIAN ASSOCIATION
BRITANNICA INTERNATIONAL SCHOOL PUXI
Parmar Family

BRITANNICA INTERNATIONAL SCHOOL PUXI
Parmar Family
INDIAN ASSOCIATION

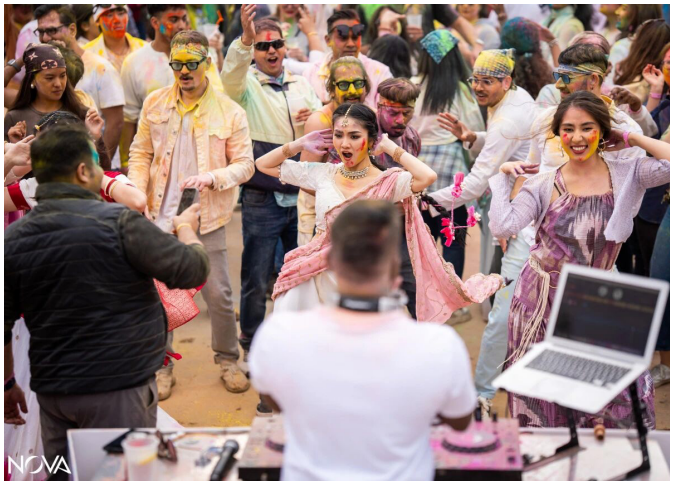
RECAP – IA RANG BARSE HOLI 2026

21st March 2026

Holi, the festival of colors, marks the arrival of spring and the promise of new beginnings. This year, Shanghai's Indian community and friends from across the globe came together at The Castle Roof's roof top on 21st March 2026 to celebrate it in its most quintessential form: **colorful, inclusive, and deeply heartfelt.**

Building on the warmth of last year's celebration, the event brought together the Indian community and expatriates from many nations in the spirit of **Vasudhaiva Kutumbakam,** the Indian belief that the world is one family. Red, purple, blue, and green were reflected not only in the colors in the air but in the faces of everyone present.

The celebration was a collaboration between **Bollywood Indian Restaurant, Nova Events, and the Indian Association.** Bollywood, with more than a decade of presence in the city, provided the soul of Indian cuisine. Nova Events, a fast-growing firm known for Indian festivals as well as Latin music nights and masquerade balls, brought vibrancy and scale. Together, the partners have continued to strengthen cultural bonds through festivals and gatherings that foster a true sense of togetherness


NOVA

NOVA

NOVA

ROOF
THE CASTLE
INDIAN ASSOCIATION
NOVA
BOLLYWOOD

INDIAN ASSOCIATION
AGM – 2026

29th, March 2026

The Annual General Meeting (AGM) of the Indian Association for the year 2025 was successfully held on 29th March 2026 at the Shanghai Foreign Investment Association (SHFIA), bringing together esteemed members of the Consulate, IA members, community leaders, and distinguished guests.

A standout moment of the AGM was the motivating message from IA's Patron, Consul General of India in Shanghai, Shri Pratik Mathur, which was delivered on his behalf by Shri Aditya Prabhudesai. The message outlined the importance of collaboration and collective effort in building a strong and dynamic Indian diaspora, and encouraged seamless cooperation among regional and peer organizations. He also reaffirmed his continued support for IA and its initiatives, highlighting the association's vital role in strengthening cultural and business connections within the community.

RECAP: IA BALDIWAS - RANGILO BHARAT

19th, April 2026

The Indian Association of China (IA) proudly hosted BalDiwas 2026 on 19 April at Nord Anglia International School (NAIS), continuing our cherished tradition of celebrating the creativity and talent of youngest members of our community. From vibrant performances to radiant smiles, our children captivated the audience with their confidence, joy, and enthusiasm.

This Year's Theme was:

Rangilo Bharat (The Colorful India), Under this vibrant theme, children showcased Bharat's cultural diversity through Classical Music and Dance, folk dances, traditional attire, colorful art, and joyful music. From the energetic beats of Bhangra to Punjabi Folk song to the graceful swirls of Garba – our little performers painted a beautiful picture of India's rich

ASSOCIATION

Rangilo
Bharat

Bharat

Rangilo
Bharat

RECAP: BOLLYWOOD - IA CRICKET MELA 2026

23th, May 2026

The Bollywood - IA Cricket Mela, held on Saturday, 23 May 2026 brought families, players, volunteers, and friends together for a memorable day at NAIS Ground, Pudong Campus. From the first ball in the morning to the final trophy lift, the mela delivered live cricket, family activities, and the community spirit that makes this event special.

Beyond the cricket, the mela offered something equally meaningful: space for families to gather, children to play, and neighbours to reconnect. Between matches, the grounds were filled with gentle activity - conversations over refreshments, laughter from family-friendly games, and the easy camaraderie that comes when a community shares a day together. Volunteers moved quietly and steadily throughout, ensuring the event ran smoothly and that every guest felt welcome.

SHARE BLOOD, UNITE HEARTS :
12 YEARS OF COMPASSION AND COMMUNITY

12th September 2026

The 12th Annual Indian Community Blood Donation Drive – Share Blood, Unite Hearts was successfully held at the Shanghai Blood Center on Hongqiao Road on Saturday, 12 September 2026.

Organized by the Indian Association of China, in partnership with SBC, SPAFFC and Shanghai municipal health commission, the annual initiative once again brought together members of the Indian and Chinese communities in a shared act of compassion, service, and solidarity.

SHARE BLOOD
UNITE HEARTS
12th BLOOD
DONATION DRIVE
INDIAN ASSOCIATION OF CHINA

SHARE BLOOD
UNITE HEARTS
12th BLOOD
DONATION DRIVE
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SHARE BLOOD
UNITE HEARTS
12th BLOOD
DONATION DRIVE
INDIAN ASSOCIATION OF CHINA

INDIAN ASSOCIATION

ON THE COURSE AND BEYOND: IA SSGC GOLF AND NETWORKING EVENING 2026

18th September 2026

The Indian Association of China hosted its inaugural golf tournament, organized in collaboration with Shanghai Social Golf Club (SSGC). Held on 18 September 2026 at Marcello Golf Course in collaboration with Shanghai Social Golf Club (SSGC), the IA SSGC Golf Tournament brought ten teams together for a scramble-format contest, helped along by fine weather and excellent playing conditions. The play was competitive but always friendly, with long drives and near-perfect approach shots earning players some well-deserved bragging rights.

As the sun set, the action moved from the fairway to the dining table at Kaya Indian restaurant. Golfers, IA members, sponsors, guests and friends of India gathered for an evening of networking. From the day's highlights and memorable shots to business, community initiatives and shared experiences in Shanghai, the relaxed setting made it easy for guests to connect across different industries and backgrounds, with many new introductions and conversations continuing throughout the evening.

The high point of the evening was the lucky draw, totaling ~68K RMB. Over two rounds of draws, every name called set off a fresh wave of cheers. Guests went home with dining vouchers from some of Shanghai's favourite restaurants, wines, golf training and driving-range packages, wellness treatments, tailor-made shirts, financial consultations, health check-ups and much more.

None of this would have been possible without our sponsors and partners. We extend our heartfelt thanks to each of them, and to Shanghai Social Golf Club for partnering with us on this initiative.

The event also served as a platform for the Indian Association Business Council (IABC), the business arm of IA, to strengthen its engagement with the wider business community in Shanghai. It was a successful first swing and it opened new avenues for collaboration among professionals, sports enthusiasts and organisations.

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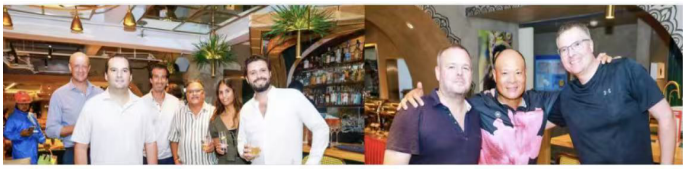

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HOW ARE YOU BUILDING COMPETITIVENESS FOR 2026?

Business Forum on Building Competitiveness in 2026

IABC (Indian Association Business Council) organized a Business Forum, held on Novmber , 2025, at The Sukhothai hotel in Shanghai, focused on "How Business Leaders Are Building Competitiveness in 2026" The event featured the address by Chief Guest Shri Pratik Mathur, Consul General of India in Shanghai. Shri Mathur also welcomed the keynote speaker Ms. Anke Schrader, Greater China Director of the Economist Intelligence Corporate Network.

CROSS-CHAMBERS NETWORKING EVENING

The Indian Association Business Council (IABC) was delighted to co-organize Cross-Chambers Networking Evening on 21 May 2026 alongside BritCham, SingCham, and KEA New Zealand at Guinness Social,Tianzifang, Shanghai.

The event saw an enthusiastic turnout of 70 guests representing all four chambers, bringing together professionals from across Shanghai's international business community for an evening of meaningful connections and warm conversation.

The evening concluded with a lucky draw, with two prizes contributed and awarded by each participating chamber-a fitting end to a wonderful night of cross-chamber collaboration and networking.

We extend our sincere thanks to BritCham, SingCham, and KEA New Zealand for their partnership in making this event a great success. We look forward to many more collaborative evenings ahead.

INDIAN FOOD AND PHILOSOPHY

Indian Association of China organized a special evening of Indian food and philosophy on 8th August , 2026 — conversations with community experts over a sumptuous buffet dinner, hosted with the MIT Club of Shanghai.

Distinguished speakers from Trade, Technology, Agriculture and Spirituality shared insights on how Indian thought and practice continue to shape our world today.

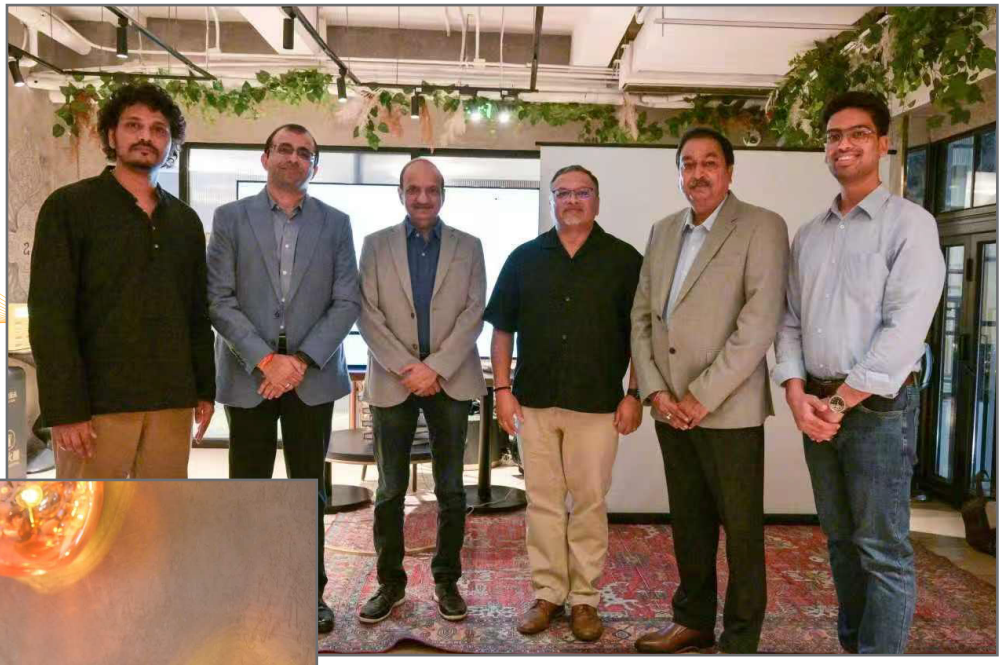
Keynote Speakers of the day was :

Mr. Rajiv Ranjan, Vice-President and Chief Administrative Officer at New Development Bank

Mr. Rajnish Sharma, Global Vice President at Infosys and Country Head of Infosys China. He is also a Member of Board of Directors of Infosys China

Mr. Himanshu Charturvedi, Regional Head APAC for Olam Agriculture

Mr. Ganesh Singh, Yoga Philosopher 瑜伽哲学家,Yoga and Ayurveda Therapist 瑜伽理□□ ,Advanced Meditation Instructor 高□冥想□□ Life Coach 生命□□



INDIAN ASSOCIATION BUSINESS COUNCIL

INDIAN ASSOCIATION BUSINESS COUNCIL

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

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Passionate Indians

Bridges, Not Borders:

Building India-China Connections in an Era of Shifting Global Power

By Passionate Indians

The world is undergoing major global changes. As more nations gain influence on the international stage, the nature of global relationships has moved beyond traditional government policies, trade agreements and formal diplomatic discussions. Today, genuine trust and long-term cooperation between countries also rely heavily on people-to-people links, cross-cultural awareness and shared community spirit. These human connections play a vital role in creating a more inclusive and connected global community.

Over the past 12 years, Passionate Indians (PI) has worked consistently to promote Indian culture and strengthen community bonds across China. Guided by our core principle — "Everyone is Equal and Everyone Should Be Included" — we believe culture develops best through shared participation rather than isolation.

When people are encouraged to take part, contribute and celebrate together, cultural heritage gains deeper meaning and wider appeal.

Through lively folk dance performances, well-loved traditional festivals, rich cultural shows and community-focused projects, PI has brought India's colourful customs and diverse traditions to communities across China. What originally began as an effort to honour Indian cultural heritage has gradually grown into a dynamicplatform for mutual cultural exchange and engagement.

Indian folk dances, with their striking costumes, rhythmic music and expressive storytelling, offer a joyful, universal way to experience India's varied culture. Free from the limits of language differences, these performances allow audiences to grasp the spirit of another culture through movement, sound and feeling, even when words cannot fully convey it.

This cultural exchange, however, is not one-sided.

Members of Passionate Indians actively cooperate with local Chinese communities to perform Chinese dance pieces together. This partnership highlights a key insight: meaningful cultural exchange is far more than simply presenting your own traditions to others. It comes from real curiosity, sincere respect and active involvement with the culture of your host country

From Performance to Participation: Strengthening Local-Level Connections

PI's work extends well beyond large-scale cultural events. Our members have performed for elderly residents, neighbourhood gatherings and various social functions. These activities encourage conversation across different generations and cultural backgrounds, bridging gaps of age, origin and nationality. We have also performed at official annual events organised by the Shanghai Entry- Exit administration bureau. This demonstrates that cultural exchange can move outside closed expat groups and become a natural part of local community.These events may appear modest: a dance recital, a festival celebration or a casual community gathering. Yet their influence can besignificant. They set aside national identities, allowingpeople to interact asneighbours, friends and fellow community members — seeing each other first as individuals, not merely as representatives of their home countries.

India and China: Why People-to-People Links Matter

India-China relations are multi-layered. They are shaped by shared history, close economic ties, trade partnerships, educational programmes and diplomatic talks. Even so, the most lasting connections often grow from ordinary, unplanned moments in daily life.

An Indian family taking part in a Chinese festival, Chinese audiences enjoying an Indian folk dance, Indian and Chinese artists sharing the same stage — these small moments will not transform state policy overnight. Still, they build familiarity at the local level, break down unfair fixed opinions and develop mutual understanding within communities. This is exactly what it means to build bridges instead of borders.

A border defines physical territory. A bridge builds human connection.

In a world with multiple powerful nations, countries will naturally hold different interests and viewpoints. Cultural exchange does not require everyone to agree on every issue. Instead, it provides space for different views to co-exist peacefully, built upon mutual respect.

The Indian Community in China: Unofficial Messengers of Cultural Harmony

Indian communities living in China serve as valuable, informal cultural messengers. This role does not come from political statements; it grows from simple, meaningful day-to-day human contact.

Groups such as Passionate Indians show how migrant communities can preserve their own cultural roots while making positive contributions to their adopted home. By organising Indian dance programmes, joining Chinese cultural celebrations, performing for local residents and taking part in events with people from varied backgrounds, we support two-way cultural communication — one that listens as much as it shares.

Our message is clear and powerful:
We value our own cultural identity, and we respect yours.

This idea resonates strongly with younger generations. Children raised in multicultural environments learn that cultural heritage does not have to create division. Instead, it can inspire curiosity, build friendships and support lifelong learning.

A Changing Global Landscape Calls for People-Centred Diplomacy

As countries grow more interconnected and global power spreads across more nations, diplomacy cannot happen only inside meeting rooms with official representatives. It also takes place in classrooms, residential neighbourhoods, cultural centres and community halls, on stages where music and dance cross national boundaries.

Economic partnerships create opportunities. Political dialogue helps resolve disagreements. But cultural connections build something irreplaceable: genuine familiarity and heartfelt understanding between people.

The work of community-based organisations like Passionate Indians gives us an important reminder: international relationships are fundamentally about people. A dance show may last only afew minutes, yet the discussion and connection it creates can continue long afterwards.

An Indian folk dance for Chinese viewers, Indian performers joining locals in Chinese dance, or community events bringing different age groups together — each forms a small but important part of the broader people-to-people relationship between India and China.

Building Bridges for Our Shared Future

India-China ties will be shaped by many different factors, and community-level cultural exchange is only one component. Even so, it is an area where ordinary citizens can make a real difference.

PI's twelve-year experience proves that impactful cultural exchange does not depend on large institutions or formal official projects. It starts with a group of people ready to share their traditions, learn from others and engage fully with the community around them.

In this period of global change, understanding between societies has become more important than ever.

Bridges are built through every single human interaction.

Through dance, music, festivals and community involvement, Passionate Indians illustrates that India and China are connected not only by lines drawn on maps, but through people, shared culture and common life experiences.

This captures the deeper meaning of "Bridges, Not Borders": to hold firmly to your own cultural identity while opening your mind and heart to others, and to understand that cultural differences need not be dividing walls — they can be bridges that bring us closer together.

SHANGHAI MARATHI MANDAL CULTURAL ACTIVITIES 2026

Mrs. Suchita Mahajan is a **mosaic artist and homemaker** who has been an active member of the S**hanghai Marathi Mandal (SMM) since 2018.** She has been actively involved in SMM's activities for many years and is currently serving as the **President of SMM since 2026.**

About SMM

Shanghai Marathi Mandal (SMM) has been bringing people together to celebrate Marathi culture and traditions in Shanghai since 2007. We celebrate various festivals and events, including Makar Sankranti, Gudi Padwa, and Ganpati Utsav, welcoming members of our community and friends from different backgrounds.

Our main intention is to connect with people, celebrate our traditions, and build a strong sense of togetherness. Whether we organize a small gathering or a large community event, what matters most is the opportunity to come together, share our culture, and create beautiful memories. We look forward to connecting with more people and celebrating various Indian festivals and cultural events throughout the year. Shanghai is home to many different communities, and we believe in supporting and encouraging one another through active participation in each other's events.

As a community, SMM also supports initiatives organized by other associations. For example, we participate as a community partner in the Indian Association (IA) blood donation drive and support events organized by organizations such as CIC Shanghai and other community groups. Through these collaborations, we aim to strengthen friendships, encourage cultural exchange, and create a welcoming and united Indian community in Shanghai

Changes in the SMM Committee

The past 12 months marked many changes in the core members committee of Shanghai Marathi Mandal. Dr. Deepak Hegde, the outgoing President of SMM passed on the baton to Mrs. Suchita Mahajan after the celebrations of Gudi Padwa 2026. Shri Tushar Bhanushali, the outgoing General Secretary, Finance of SMM handed over the responsibility to Shri Rohit Admuthe after Gudi Padwa 2026. Mrs. Amarja Deshpande took up the responsibility of General Secretary, Cultural from Mrs. Suchita. Mrs. Chhaya Chaudhari continues her role as the Event Design lead and Dr. Darshana Hegde takes over the role of Program Advisor. Mrs. Tanvi Kharwadkar and Mrs. Pranjali Khot, core members of SMM decided to sign off from the committee after several years of dedicated contributions to the mandal. Newer members joining the committee with fresh set of ideas are Shri Suhas Khandagale, Shri Parth Manish Dani, Mrs. Mayuri Aurangabadkar, and Mrs. Shraddha Bhosale.

We are indeed very proud and extremely grateful for the exceptional contributions made by the outgoing members of the SMM core committee and wish good luck to the current SMM committee: new members as well as continued members with newer roles and responsibilities. However, the aim of Shanghai Marathi Mandal is still the same: striving to unite our people through our beloved festivals and ensuring that the rich Marathi culture stays alive in Shanghai and China.

Sankrant 2026

Sankranti Haldi Kumkum is one of the special celebrations organized by Shanghai Marathi Mandal (SMM) every year in January. This is a ladies-only event, and women from all communities are warmly invited to come together and celebrate this beautiful festival. The main intention of this celebration is to bring women together, share our traditions, and enjoy a day filled with happiness together.

This year, Haldi Kumkum was celebrated on Sunday, 18th January 2026 at the Indian Kitchen restaurant, Minsheng Lu. The venue was beautifully decorated and various activities were organized, including traditional games, dance performances, competitions, Phugadi, etc. The festival marks the celebration of special milestones in women's lives, such as the first Sankranti after marriage and a child's first Sankranti after birth.

As part of the Maharashtrian tradition, SMM arranged ***Sakhar Dagina,*** beautiful white sugar jewelry, for newly married women and children celebrating their first Sankranti. The sugar jewelry is beautifully adorned, and SMM captured these special memories with photographs. The central theme of the celebration is the traditional Haldi Kumkum ceremony, where women exchange Haldi Kumkum and offer ***Tilgul,*** such as Til Ladoo or Til Barfi. SMM also gives a small wan (gift) to each participant as a gesture of love and appreciation.

One of the most enjoyable traditions is ***Ukhana.*** Every lady gets an opportunity to say an Ukhana, a small traditional Marathi rhyme that includes her husband's name. It is a fun and meaningful part of our Maharashtrian culture, which received huge participation from all the attendees for the

event. Creative ukhanas were enjoyed at the event followed by lunch. SMM proudly organizes and celebrated Sankranti Haldi Kumkum every year with traditions and food.

Gudi Padwa 2026

Gudi Padwa, the festival that marks the auspicious beginning of the Hindu Calendar Year, Chaitra month, was celebrated with great enthusiasm and spirit by the Indian diaspora in Shanghai. Gudi Padwa is particularly celebrated by Marathi and Konkani Hindus with its rich traditional significance in Maharashtra and Goa, and Shanghai Marathi Mandal organized similar festivities on Saturday, April 4th 2026 at the Indian Kitchen, Minsheng Lu. The event started with special Indian breakfast and tea followed by a welcome address by the then-President of SMM, Dr. Deepak Hegde. The event was graced by ***Shri Aditya Prabhudesai***, the then-Consul, Cultural Department, Indian Consulate in Shanghai.

At the beginning of the event, fellow Indian diaspora members joined with full energy for the aarti of the 'gudi dhvaja' (cloth garlanded with flowers, mango and neem leaves and sugar crystals topped with a copper vessel) signifying a symbol of auspicious new beginnings. This was followed by a Kahoot quiz led by Dr. Darshana Hegde and other members of Shanghai Marathi Mandal based on the theme of **'Know Your State: Maharashtra!'** Young and old alike participated in this friendly battle of flexing their love and respect for Maharashtra.

To keep the cultural ethos continued, the attendees were divided in different groups of 6 where each group participated in several rounds of rapid fire, and challenged themselves to questions pertaining to Maharashtra's culture, food, clothing and history. These games definitely ensured that the attendees feel the presence of their soul, back in their homecountry!

Indian events are always an opportunity to flaunt traditional attires and Gudi Padwa 2026 was no different! To do justice to the amount of effort put in by our fellow sisters (and also brothers!) in Shanghai, the games were followed by a round of **fashion walk**. Kids, their parents and their parents participated with immense passion, making sure the efforts of getting ready on a Saturday morning paid off. The event came to an end with traditional lezim dance performed by all the attendees, prize distribution for game winners and exceptional participants of the spontaneous fashion walk and a vote of thanks by the President of SMM. Last but not the least, everyone enjoyed the sumptuous mahaprasad, traditional Indian food with a special mention to the showstealer: **Puranpoli**, a popular Maharashtrian sweet flatbread containing jaggery and ghee.

Flagship Cultural Event 2026

Shanghai Marathi Mandal celebrated its 20th flagship cultural event with the support and lively participation of the Indian diaspora in Shanghai on Saturday, 19th September 2026 at Hotel Ramada Plaza, Jinqiao, Pudong. The event begin with delicious breakfast, with Vadapav, the most popular snack in Maharashtra, being the highlight of the meal.

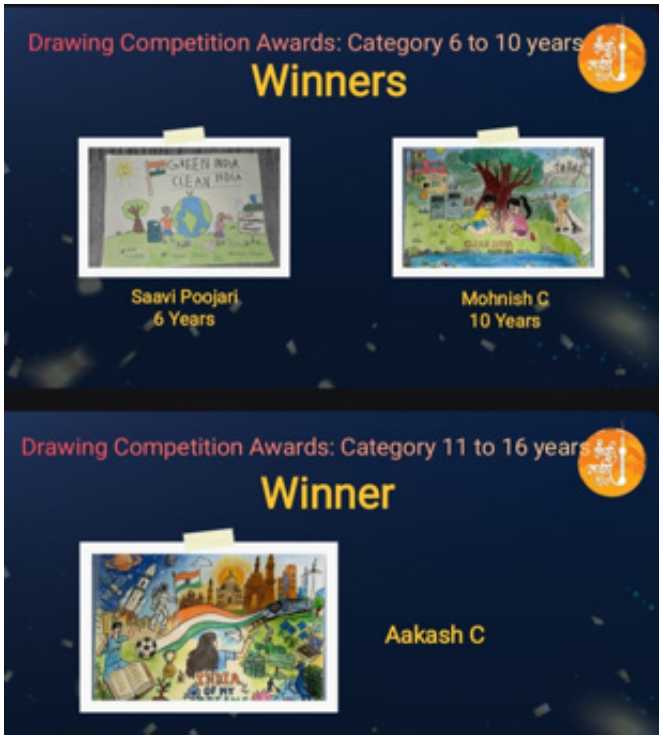
Mrs. Suchita Mahajan, President of the Shanghai Marathi Mandal welcomed the guests, sponsors and participants to formally begin the event. The event was graced by the presence of Shri Rohit Koganti, The Consul, Cultural Department, Indian Consulate in Shanghai.

Dr. Darshana Hegde and Mrs. Pranjal Khot were the anchors for the program. The opening performance, 'Marathi Gaurav' was a tribute to the Marathi dance and culture, presented by the dedicated members of the Shanghai Marathi community followed by an amazing & breath-taking performance depicting Ramayana, the traditional Indian folklore in the form of Kuchipudi dance by Ms. Mahika Dasri and Ms. Shravvya Krishnan.

The event was made special by the performing acts of two Indian friends in Shanghai during the cultural event, Shri Kapil Agrawal and Shri Abhi Munde. Kapil enlightened the audience with a short stand-up comedy performance while Abhi engaged the crowd with his mind-boggling poetries which are a perfect blend of Indian mythological references and their socioeconomical relevance in the fast-paced life in India of the 21st century. Abhi's 50-minutes performance was hugely appreciated by the attendees of the event.

To end the performances with great energy, the members of the Bengali Adda presented a dance reflecting the history of Indian civilization and Hindu culture.

The two main highlights of this cultural event were the l**ucky draws** and the **kids' drawing competition**. Raffles were distributed among the attendees, and a total of 7 lucky draws were announced during the event. 12 kids of different age groups participated in the drawing competition organized by SMM in light of the event, with a theme of **'India Of My Dreams.'** The creativity of the upcoming generation and their active participation this year, just like every year, fuels SMM's effort to organize more such activities for our members of all ages. The event concluded with a vote of thanks from Mrs. Suchita, followed by group photographs and delicious mahaprasad including ***Misal Paav, Veg. Kolhapuri and Modak,*** some of the highlights of traditional Marathi cuisine enjoyed by Indians of all ages.



SMM is extremely grateful to the title sponsors of the event, the lucky draw sponsors, the community supporters and all the individual donors of the Shanghai family for their contributions towards making this event a huge success

Ending Note...

Shanghai Marathi Mandal proudly shares that it has received a Special Honour recognition by the Government of Maharashtra's Department of Tourism for its notable participation in the Global Ganesha International Decoration Competition 2025 held in September 2025, competing 77 international Indian communities all across the world. This is one of the greatest recognitions received by SMM while competing with much bigger and much resourceful diasporas of the Indian community across the world. SMM thanks all the members of the Shanghai community for their active support and participation.

SMM is pumped up and cannot wait to organize more cultural events for the highly supportive Shanghai parivar's Indian diaspora in 2027 and beyond!

— By SMM Core Committee, September 2026

Shanghai Kannadigaru

According to Maslow's hierarchy of needs, once survival needs are met, it's important to address psychological needs, including family, social connections, and friendships.Over human evolution, diverse cultures, traditions, and languages formed based on many factors, including geography, available resources, history, and more. Today we are still learning to live with cultural and ecological diversity around us.

Though we know that, in the end, everyone is merely a custodian of a planet that outlives all differences,a sense of belonging is essential to psychological well-being. Generally, people feel comfortable among familiar cultures, languages, food habits, and practices, while respecting others' emotions and celebrating diversity with equity and inclusion.

Recognizing the emotional and social well-being needs of Kannada-speaking individuals, the Shanghai Kannadigaru group was reestablished in 2018 to bring Kannadigaru together. It now includes members from Shanghai, Changshu, Guangzhou, Ningbo, Hangzhou, Suzhou, and other parts of China.

The group's mission is to provide a warm, welcoming platform where members can celebrate Kannada language, culture, heritage, and shared values while building meaningful connections rooted in mutual respect.

Our vision is to foster a vibrant, healthy, supportive, and inclusive Kannada-speaking community—one that preserves and passes on Karnataka's rich cultural identity, language, and traditions to future generations. At the same time, we aim to build bridges with the broader Indian community through collaboration, service, and friendship.

Shanghai Kannadigaru supports activities that showcase art and literature, organizes thoughtfully curated events in collaboration with Indian regional groups, and welcomes accomplished individuals from diverse fields to share their experiences and inspiration. The group also supports members during important life events, provides collective care, and offers assistance whenever needed. It also initiates efforts to create opportunities for members to connect, support one another, and celebrate cultural and social occasions together.

To help preserve the Kannada language, we organize Kannada language-learning programs for children. To support community well-being, the group started a weekly wellness article covering physical, emotional, social, and spiritual well-being. We collaborated with the global Kannadigaru community to share knowledge and work-life experiences of our esteemed elders to guide younger generations. The group continually seeks innovative ways to pass heritage, language, and culture to younger generations.

Shanghai Kannadigaru also created a documentary on the evolution of Kannada literature to nurture the roots of Kannada culture and create a lasting cultural resource. This documentary will be an asset for Kannadigas worldwide. We were fortunate to celebrate our 2019 cultural event with Shri K. V. Kamath, the current chairman of Jio Financial Services, and our 2025 event with Shri Arun Yogiraj, sculptor of the Ram Lalla Statue in Ayodhya.

Shanghai Kannadigaru remains committed to nurturing our roots and will continue striving to be a welcoming home away from home for every member,whileproviding a platform to enjoy a broader sense of belonging.

Glimpse of our activities:

In 2018 : we all gathered and enjoyed the first formation meeting of Shanghai Kannadigaru

2019: A memorable year, with more Kannadigaru families joining the event

2020: A challenging year, as the epidemic disrupted our routines, but it couldn't dampen the spirit of our togetherness

2021: Saw many Kannadigaru families relocate, but our commitment to preserving language and traditions remained strong

2022 and 2023: The group kept encouraging all members to participate in cultural events and community get-togethers.

2024: The group encouraged the younger generation to share their ideas and to get involved in organizing community gatherings.

2025: Marked another milestone by inviting Dr. Arun Yogiraj, popularly known as the sculptor of the Ram Lalla statue in Ayodhya, and felicitating him for his outstanding contributions to the sacred art of sculpture and his dedication to promoting India's cultural heritage on the global stage.

2026: This year started with a cultural gathering, followed by online Kannada learning classes for kids in an innovative way, community wellness initiatives such as naturopathy experts' advice and tips, and yoga classes.

Author: Kamala Latha, Shanghai Kannadigaru Lead,on behalf of Shanghai Kannadigaru.

Shanghai Sangamam

WHERE OUR ROOTS MEET OUR HOME: CHITHIRAI THIRUVIZHA IN SHANGHAI.

Living far from home makes celebrations like Chithirai Thiruvizha (Tamil New Year) even more special. A familiar song, a traditional dance, hearing Tamil around us or simply meeting friends who share the same love for our culture can instantly make a place feel like home.

That was exactly the feeling at this year's Chithirai Thiruvizha, organised by Shanghai Sangamam. It was an evening filled with music, dance, laughter, friendship, most importantly - the joy of celebrating our Tamil heritage together.

Friends and families from across China, including some who travelled from Hong Kong, joined the celebrations. Seeing everyone come together made the evening feel less like an event and more like one large family gathering.

AUSPICIOUS BEGINNINGS, BEAUTIFUL CONNECTIONS

The evening began with Tamil Thai Vazhthu, a deeply cherished tribute to the Tamil language and Tamil motherland. The rendition set a respectful and auspicious tone for the celebrations and brought everyone together in a shared moment of pride and belonging.

This was followed by a warm welcome address by Mr. Gopinath, on behalf of Shanghai Sangamam. His welcome set the tone for an evening dedicated to celebrating Tamil heritage, community and togetherness in Shanghai.

The evening then continued with the traditional lighting of the lamp by Shri Aditya Prabhudesai, Consul (Press, Information & Culture) representing the Consul General; Sister Sapna, Senior Rajayoga Teacher at Brahma Kumaris; Actor Vidharth; Rotarian Leo Felix; and Mr. Sean Han, Manager of Crowne Plaza Hotel.

Shri Aditya Prabhudesai conveyed Tamil New Year greetings on behalf of the Consul General and complimented Team Shanghai Sangamam for organising the celebration. His acknowledgement of the community's efforts to bring people together was particularly meaningful.

Events such as these require considerable planning, coordination and collective effort. The appreciation from the Consulate was therefore not only an encouragement to the organisers, but also a recognition of the spirit behind the celebration.

The cultural programme then opened on a devotional note with Apsara from Hong Kong presenting the invocation song MahaGanapathim. Her soulful rendition created a calm and auspicious atmosphere and was a beautiful way to seek the blessings of Lord Ganesha.

Having Apsara join us from Hong Kong made the moment even more special, a lovely reminder of how our shared culture connects communities across borders.

THIRUVALLUVAR FINDS A PLACE IN SHANGHAI

One of the most meaningful moments of the evening was the unveiling of the Saint Thiruvalluvar statue.

The statue was unveiled by Shri Aditya Prabhudesai and actor Vidharth, marking a significant moment for the Tamil community in Shanghai.

For many of us, Thiruvalluvar is much more than a historical figure. His words continue to carry timeless messages about values, wisdom, love and human life.

Having his statue in Shanghai felt particularly meaningful. It creates a tangible connection between our roots in Tamil Nadu and the home we have built here in China.

The statue was conceptualised and brought to life by Team Shanghai Sangamam, with the hope that it will remain a meaningful reminder of Tamil language, literature and heritage for generations to come.

MORE THAN A STATUE — A PIECE OF HERITAGE

The presence of Thiruvalluvar in Shanghai is a reminder that culture can find a home anywhere.

For children growing up outside India such symbols create a tangible connection to their heritage. They encourage conversations, curiosity and a deeper understanding of the traditions that form part of their family story.

In that sense, the statue is not only a tribute to Thiruvalluvar. It is also a reflection of the community's desire to keep Tamil heritage visible, relevant and alive.

WHEN THE STAGE CAME ALIVE

The programme was hosted by stand-up comedians Nathiya and Dr. P. Saravanan, who brought warmth, spontaneity and energy to the proceedings. Their impromptu stand-up comedy performance had the audience laughing and added a lively touch to the evening.

Soon, the stage came alive with music. Popular playback singer and music director Al-Rufian, along with playback singer Dhanyasri, entertained the gathering with a vibrant mix of Tamil, Hindi and Kannada songs.

The variety of music brought different generations into the celebration. Familiar melodies had people quietly singing along, while lively numbers created the perfect festive mood. Although the occasion was Chithirai Thiruvizha, the evening embraced the larger Indian family in Shanghai. Different languages, different states and different backgrounds came together under one roof, with music providing a common thread.

CLASSICAL GRACE MEETS DEVOTION

A 16 year young Bharatanatyam dancer, G. V. Lithishaa from Chennai presented NateshaKauthuvam and Shiva TandavaStotram, bringing grace, rhythm and expression to the stage.

Her performance was a wonderful reminder of the beauty of Indian classical dance and the importance of providing young artists with opportunities to showcase their talent.

It was equally encouraging to see young performers sharing the stage with experienced artists, demonstrating how tradition can continue to flourish when the next generation is given space to participate.

LIVE VOICES, YOUNG ENERGY AND A TOUCH OF FUSION

The energy rose further with a lively rendition of the much-loved Rajinikanth number MinsaraKanna from Padayappa.

Al-Rufian's powerful live vocals came together with a vibrant Kuchipudi fusion performance by 14 year young Kuchipudi dancers, Shravya Kumar and Soniya Karthik, creating a visually captivating presentation.

The combination of live singing and the girls' graceful yet energetic movements gave the popular song a fresh twist. The performance received enthusiastic appreciation from the guests and became one of the memorable highlights of the evening.

More importantly, it was wonderful to see young performers taking centre stage, bringing classical art into a contemporary setting and sharing it confidently with the community.

Their performance demonstrated the discipline and dedication inherent in classical Indian dance while presenting its beauty in a fresh and engaging way

BEHIND EVERY CELEBRATION IS A COMMUNITY

An event like this does not happen without many people working quietly behind the scenes.

From planning and coordination to welcoming guests, working with artists and ensuring that everything runs smoothly, countless volunteers contributed their time, energy and ideas.

That is what makes community events truly special. Everyone brings something—a little time, an idea, a helping hand—and together it becomes something much bigger.

The spirit of volunteering and collective effort is at the heart of what makes a community strong.

CELEBRATING THE TALENT THAT BROUGHT US TOGETHER

The artists who performed during the evening were also felicitated for sharing their talent with the community.

From classical dance and devotional music to popular songs and fusion, every performance brought a different flavour to the celebrations.

It was especially encouraging to see young performers sharing the stage with experienced artists. This is how culture stays alive: by giving every generation a chance to participate, learn and contribute.

WHEN THE PROGRAMME ENDS, THE MEMORIES CONTINUE

Even after the performances came to an end, the evening was far from over.

There were group photographs, conversations, catching up with old friends, meeting new ones and, of course, a sumptuous dinner.

For many of us, these moments are just as important as what happens on stage. Community celebrations give us a chance to slow down, spend time together and create memories that last well beyond the event.

KEEPING OUR ROOTS ALIVE, ONE GENERATION AT A TIME

Living outside India, festivals give us a wonderful way to stay connected to our roots.

For our children especially, these occasions are a chance to experience our culture rather than simply hear about it. They get to watch performances, listen to our languages, meet other families and understand where many of our traditions come from.

At the same time, every generation brings something new. Classical traditions can meet contemporary ideas, and familiar songs can be presented in completely new ways.

That blend of tradition and creativity is what keeps our celebrations fresh, relevant and meaningful.

SHANGHAI: OUR HOME AWAY FROM HOME

For many of us, Shanghai has been home for years. We have built our lives here, raised our families, made close friends and created countless memories.

And somewhere along the way, celebrations like Chithirai Thiruvizha have become part of our life here too.

Maybe home is not always just one place.

Sometimes it is hearing a familiar song.

Sometimes it is watching our children perform on stage.

Sometimes it is speaking our language with friends or sharing a meal after an event.

And sometimes it is simply being surrounded by people who understand what our culture means to us.

That is the spirit of Shanghai Sangamam – bringing people together, celebrating our roots and creating a sense of belonging in the city we call home.

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PASSING THE TORCH FORWARD

Perhaps what makes these celebrations most meaningful is seeing the next generation become part of them.

When children perform, volunteer, participate and show an interest in their heritage, we know that our traditions are finding their way into the future.

Whether it is Bharatanatyam, Kuchipudi fusion, devotional music or a favourite film song, there is room for every expression of our culture.

Tradition does not remain alive by standing still. It lives when each generation embraces it, adds its own voice and carries it forward.

And that is something worth celebrating.

A CELEBRATION TO REMEMBER

Looking back at the evening, what stays with us is not just one particular performance or one particular moment.

It is the collective memory of the celebration.

The lamp being lit.

The New Year greetings shared in Tamil.

The unveiling of Thiruvalluvar.

The laughter from the audience.

The music filling the room.

The elegance of classical dance.

The excitement of live singing and fusion.

The young performers receiving applause.

Friends travelling from different cities to be together.

Each moment added to an evening that will remain special in the memories of those who were part of it.

That is what Chithirai Thiruvizha meant to Shanghai Sangamam.

It was a celebration of where we come from, where we are today and what we hope to pass on to those who come after us.

Our surroundings may be Shanghai. Our lives may be global. But our roots remain deeply connected to our heritage.

And when we come together to celebrate that heritage, we realise that distance cannot diminish culture.

In many ways, it makes us cherish it even more. Chithirai Thiruvizha reminded us that home is not always a geographical place.

Sometimes, home is a language we speak.

A song we sing.

A dance we perform.

A festival we celebrate.

A story we tell our children.

A value we pass from one generation to the next.

And sometimes, home is a community that comes together, celebrates together and stands together.

For Shanghai Sangamam, that is the spirit we hope to carry forward, with our roots in our hearts, our heritage in our hands and Shanghai as the city we call home.

We look forward to many more moments of coming together, celebrating our culture and creating memories for generations to come.

INIYA TAMIL PUTHANDUNALVAZHTHUKKAL!

May the Tamil New Year bring happiness, peace, prosperity and new beginnings to every family, and may the bonds of friendship and community continue to grow stronger among the entire Indian community in China.

From Shanghai,

“With love for our roots and gratitude for the community we call home”.

- Shanghai Sangamam

From the Telugu Community

As President of the Telugu Committee in Shanghai and a Professor at Shanghai Jiao Tong University, I am privileged to share a few thoughts on the highly relevant theme, **"Accelerated Move in the Multipolar World: Bridges Not Borders."**

The world is becoming increasingly multipolar, with nations, regions, economies, cultures, and centres of knowledge playing significant roles in shaping our common future. Economic cooperation, technological advancement, cultural exchange, education, and people-to-people connections are bringing societies closer than ever before.

In such a world, the question is not whether borders will continue to exist. National borders will remain important. The greater question is whether those borders become barriers to cooperation or gateways to meaningful engagement. The answer must be clear: **we need bridges, not barriers; cooperation, not isolation; and dialogue, not division.**

Our experience as the Telugu community in Shanghai provides a meaningful example of this principle.

Shanghai is one of the world's great international cities—a place where different cultures, languages, ideas, and economic interests meet. Telugu people living here are geographically far from Andhra Pradesh and Telangana, yet we remain deeply connected to our language, literature, traditions, and values. At the same time, we have embraced the society in which we live and built friendships across cultures and communities.

Our annual celebrations of Ugadi, Dussehra, and Vana Bhojanalu are therefore more than cultural gatherings. They provide opportunities to connect generations and cultures. Ugadi represents renewal and a new beginning, while Dussehra reminds us of the enduring value of righteousness and the triumph of good over evil. Vana Bhojanalu offers yet another opportunity to come together, share a meal, exchange stories, and enjoy the warmth of friendship.

When we celebrate these festivals in Shanghai and invite friends from different communities and countries to participate, our traditions become instruments of cultural understanding. They let others experience our heritage while giving us opportunities to learn from theirs.

Another significant cultural initiative, the World Telugu Literary Symposium 2026, is a powerful example of building bridges through literature. Literature transcends geography. A poem written in one part of the world can touch the heart of a reader thousands of kilometres away. A story can preserve the memories of one generation and inspire another.
Literature enables societies to understand one another through human experiences that are universal.

By bringing together eminent Telugu writers, poets, scholars, academics, and literary enthusiasts from different parts of the world, our symposium connects the global Telugu community and creates a platform for wider cultural dialogue. The participation and support of distinguished personalities such as **Shri M. Venkaiah Naidu garu, Dr. Tanikella Bharani garu, Dr. Yarlagadda Lakshmi Prasad garu, and Dr. Acharya Rao garu** further demonstrate the ability of Telugu language and literature to contribute to international cultural exchange.

The accelerating transformation of the multipolar world also offers enormous opportunities through technology. Digital platforms have removed many traditional barriers to communication. Today, a Telugu literary programme can reach audiences across continents. Language-learning tools, digital archives, translation technologies, and artificial intelligence can help preserve and promote our linguistic heritage while making it accessible to younger generations around the world.

The Telugu diaspora has an important role to play in this process. We live between cultures and therefore have a unique opportunity to connect them. We can introduce our traditions to others while learning from the traditions around us. We can promote academic, business, scientific, educational, and cultural exchanges between India and the countries in which Telugu communities live.

Our children are especially important in this journey. They are growing up in a world where geographical boundaries are becoming less restrictive. Their education, careers, friendships, and ideas may extend across several countries and cultures. We must therefore give them both roots and wings-roots in our language, heritage, and values, and wings to engage confidently and respectfully with the wider world.

This is the true meaning of **"Bridges Not Borders."**

It does not mean abandoning our identities. On the contrary, it means being confident in our identity while respecting the identities of others. A strong cultural identity should become a platform for dialogue, friendship, and cooperation rather than a reason for separation.

As Telugu people in Shanghai, we have an opportunity to demonstrate this spirit through our festivals, literary activities, community programmes, and relationships with the wider society.

The multipolar world will require greater collaboration—not only between governments, but also among universities, businesses, scientific institutions, cultural organizations, and communities. People-to-people connections will be essential to building trust and creating new opportunities for cooperation.

We are proud to foster strong community understanding and friendship through our engagement with the **Indian Association (IA), China India Community (CIC)**, and other regional and international communities in Shanghai.

We, as the Telugu community, believe not merely in speaking about bridges, but in building them through our actions.

Thank you.
Kolan Madhav Reddy

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Hello everyone!

My name is

Aarav Paul

I am a **Grade 4 student at SSIS.** I live in China, and I **love travelling, exploring different cultures, and painting.** Through my travels and experiences, I have learned that although countries may have different languages, traditions, and landmarks, people everywhere can connect through **friendship, kindness, and understanding.**

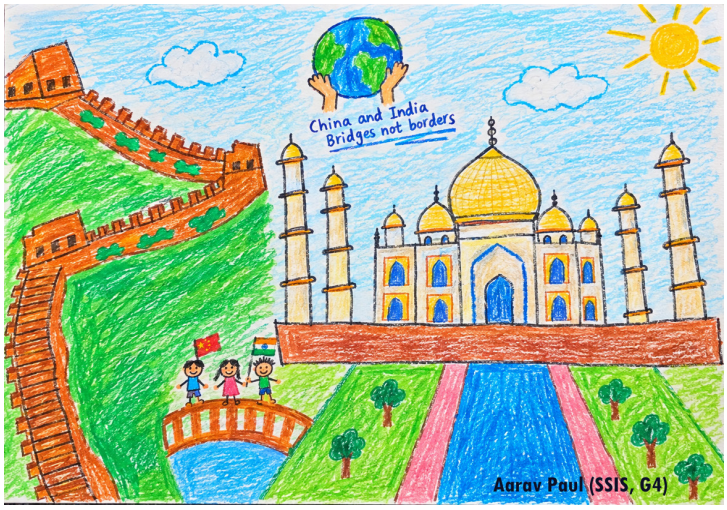
My painting is called **"China and India – Bridges,** Not Borders." It shows the **Great Wall of China** and the **Taj Mahal of India,** two beautiful symbols of the cultures and histories of our countries. In the middle, I have drawn the **Earth being held by two hands,** showing that we all share one world.

The little bridge in my painting represents the **bridge of friendship between India and China.** The children from both countries are standing together, showing that the next generation can build stronger relationships through **friendship, respect, learning, and cultural exchange.**

The river flowing between the two sides represents the differences that may exist between countries, while the bridge reminds us that **differences do not have to divide us.** We can cross those differences by learning about each other's **culture, art, traditions, and way of life.**

For me, this painting is a message of **peace, friendship, and togetherness.** I believe that when we build bridges instead of borders, we can make our shared world a happier and more connected place.

By Aarav Paul – Grade 4,
Shanghai Singapore
International School



Hello everyone!

My name is

Anindita Sen

Beyond Borders: My Eight-Year Journey in China

The past eight years in China have been an amazing journey of teaching, learning, cultural exchange, and building bridges.

As an educator, I have had the privilege of teaching in different cities, including Wuxi, Changshu, and Hangzhou. Each city has its own unique character, traditions, culture, and beauty. Exploring these places allowed me to experience China beyond the classroom and appreciate its incredible diversity.

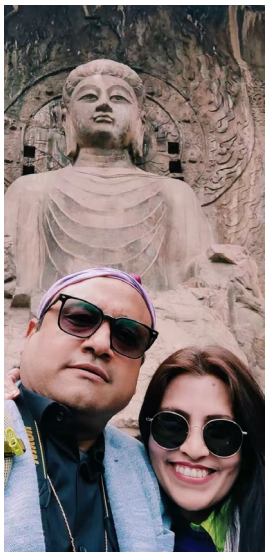
Teaching students from different backgrounds also taught me that education is not simply about sharing knowledge—it is about understanding, connecting, and learning from one another. Through my students, colleagues, travels, food, traditions, and everyday experiences, I discovered many beautiful similarities between cultures despite our differences.

For me, “Bridges Not Borders” perfectly reflects these eight years. In an increasingly multipolar world, education and cultural exchange can bring people closer and help us see beyond geographical and cultural boundaries.

I came to China as a teacher, but this journey has made me a lifelong learner. Eight years, many cities, countless memories—and most importantly, friendships and bridges that will stay with me forever.

Anindita Sen
Hangzhou
Wahaha international school

PhotoGrid



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OCEAN CONSERVATION
AND PLASTIC POLLUTION

Hello everyone!

My name is

Aryan Balivada

This spring, **Aryan volunteered at the 2026 Drone World Congress** and International Low Altitude Economy Expo in Shenzhen—one of the world's largest gatherings of UAV and aviation professionals. Passionate about aeronautics and engineering, Aryan reflects on how the experience challenged his **understanding of innovation, collaboration, and the future of flight.**

Front Row to the Future of Flight

As someone who hopes to pursue a future in aviation and aerospace engineering, I have always looked for opportunities to experience the industry beyond the classroom.

This May, that opportunity took me from Shanghai to Shenzhen. Flying from Shanghai to Shenzhen and walking straight into the Shenzhen Convention& Exhibition Center for my internship mission felt like stepping right into the year 2050. The entire place was buzzing, and so was every day I spent there.

At the Drone World Congress and International Low Altitude Economy Expo 2026, there were over a thousand Unmanned Aerial Vehicle (UAV) companies showcasing incredible technology, and people from a hundred different countries filled the halls. I spent four days volunteering at the World UAV Conference, which is the biggest UAV and drones movers and shakers event on earth today. Being surrounded by the people who are literally inventing the future of flight was unforgettable.

But the experience wasn't just about watching impressive technology take flight. Working behind the scenes, I came away with three lessons that completely changed how I think about aviation.

1. Speaking the Language of Innovation. While managing cultural nuances

My story started right in the middle of the action, using my Chinese skills to bridge a pretty massive gap. Suddenly, I found myself translating for global CEOs and industry leaders who had flown in from around the world to experience China's drone boom and explore new business opportunities.

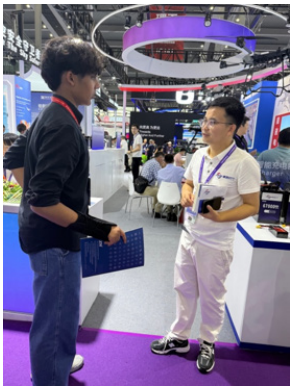
Before the event, I spent time researching delegates' backgrounds so I could be better prepared for different cultural nuances and communication styles. During the conference, I translated technical discussions, business plans, and conversations during important meetings.

That is when it hit me. A brilliant piece of flight software does not mean much if people cannot talk to each other to build it. Being trusted with those conversations proved that language skills are a superpower in engineering. If you cannot share the vision, the plane stays on the ground.

2. When the Textbooks Come to Life. 'Beyond the classroom Walls' is my mantra in recent years and this is the real life lab

When I was not translating, I was exploring the endless maze of convention halls. That is where the physics got real. I walked past thousands of booths displaying the new low-altitude economy. I saw massive cargo drones, autonomous flying systems, and even electric passenger aircraft that people can actually ride in. Seeing these giant machines up close made everything I learned in school finally click. The formulas about weight, thrust, and the physics of mass were suddenly not just test questions anymore. They were real engineering choices keeping these massive vehicles in the air.

It was basically a live masterclass. They are the actual tools making tomorrow's transport happen today. One example that stood out to me was fluid mechanics. I learned how the principles of fluid mechanics apply to airflow during flight and what is needed to keep a UAV stable and under control. That was one moment when textbook physics could be brought to life.



3. The Ultimate Group Project. Connected ecosystem producing the sum of all parts.

The final piece of the puzzle clicked when I looked closer at how UAVs and drones are actually made. Before this trip, I thought of a drone as just a single product from one company. But walking the expo floor showed me the real truth. Aviation is the ultimate group project, and it takes an enormous network of people working together to make things fly.

There were entire sections dedicated to individual components. I saw booths for advanced carbon-fiber materials, camera systems, GPS technology, batteries, sensors, and flight simulation software. No single company builds the future alone.

It made me think about the teamwork we need in my Aero Club when we work on CAD designs and 3D printing.

Innovation doesn't happen because one person has all the answers. It happens when people with different expertise work together toward the same goal. I came home with a notebook packed with ideas and a new understanding that the next big win in flight depends on everyone working together. More importantly, I came home even more certain that this is the field I want to be part of. There is still so much to learn, and that's exactly what excites me most about the future of flight.

Would you like to join me in this quest of getting into the front row of future of flight and learning together?

By Aryan Balivada

Class of 2028, SCIS Hongqiao – Shanghai Community International School Aspiring aeronautics, drones and aviation student. Internship reflections with the Shenzhen UAV Industry Association and Drone World Congress 2026. An enthusiast drummer, footballer and community service volunteer.

This original write up by Aryan has been republished from SCIS 2026 school magazine

Hello everyone!

My name is

Ayanaa Balabaskar

Ayanaa Balabaskar is an **8th-grade student at Shanghai Livingston American School.** She loves **sci-fi novels, playing instruments, and sports.** She wrote this article about the Multipolar World and the importance of embracing change, staying connected, and reaching humanity's true potential.

Accelerated Move in the Multipolar World ; Bridges, Not Borders

From the very beginning of our existence, humanity has changed more than you think. From the caves and "primitive" lifestyle to a more "modern" lifestyle, with buildings stretching beyond our vision and our advanced technology, humanity has shocked the universe with what it has become. Tiny beings with an infinite amount of power, extending farther than it has ever been. However, humanity has not only changed its power or how it works, but we have also changed our whole purpose of living, with advanced education, the travelling of long distances, and being able to communicate with people even outside of Earth (astronauts). Humanity has reached remarkable feats, and we are only getting started, but what does that mean for society? What does it mean for all the people who just wanted to live their lives in peace? But what does it also mean for humanity? Does this change break us farther or build us closer than we have ever been?

Our increase in power not only means that we are getting more powerful, but it also means that the way our society works is changing. Power is widespread now, with no concentrated areas of authority, but does that cause more problems or connect us? The main choice humanity will have to answer is... during this period of change, do we accept the differences, or do we respond with doubts and questions? Humans came to power through curiosity, but that same curiosity that made us might be the very reason that will break us from the inside, but that does not have to be the reality. This move humanity is making is a bridge to what we can reach because, believe it or not, humanity is yet to achieve its potential. The Multipolar World could turn into tyranny, but if done correctly, it could bring humans closer than ever. No more areas of terror, everyone is treated as one, no more fights, and best of all, all humanity gets united through one move. We have all heard the saying, "Divided we fall, so together we fall." The movement into the Multipolar World shows just that. If we all trust each other, accept each other, and do not fight, this move into the Multipolar World will be the first step to making humanity sustainable and more powerful. If we fight amongst each other and doubt each other, all the effort the previous generations have made for us will all go to waste over such petty matters as wrangling with one another and not standing and having each other's backs. We are all the same person, differences here and there. The Multipolar society will connect us and teach us that, as humans, we should always stick together just like how animals protect their own. We should become more connected and united to achieve more than what we have achieved now. We always have room for improvement, and for humans, the only flaw is that we can't accept each other, and we ruin everything we touch. So, if we can just accept the world around us and accept each other, then the shift into the Multipolar World will do more good than harm, and it will only become better for future generations to continue on the great legacy that the generation before them (our generation) has created for them.

The more we step into the Multipolar World, the stronger and more united we get, and the more united we get, the harder it would be for anything or anyone to break us. Which is why I and everyone else should believe this change into the Multipolar World is crucial for us. It will allow us to reach what we have wanted, but we will have to learn to accept the world around us, and that nature is already perfect, and the only thing we CAN change is US. But if we doubt each other, point out our differences and NOT accept them, our society will eventually crumble, EXACTLY like the ones before us. This understanding of unity is something the people of the past unfortunately never had; they did not understand how one achieves his/her true and full potential. A lot of people are afraid of change, and that fear is understandable. Stepping out of your comfort zone and trying something that no one has ever, over the past few thousand years humans have existed, tried before. The Multipolar World is

not guaranteed to work, but from what I know is that when a pride of lions is together, it's harder to defeat them than they would be if they were alone. So, if people put aside their differences, put aside their idea of an ideal community, then we will be able to create the eutopia we have been longing for all these years. We understand unity, which is why we should use that advantage and not only become more powerful, but also unstoppable. We will not be attacking anyone. The one thing that is more powerful than power itself is wisdom and knowledge. Which is why, DIVIDED we fall, but UNITED we stand, and the exact reason why the Multipolar World is the next step to reach humanity's true potential. And to achieve it is simple: understand each other, stand united, and no matter what happens, the next step to our true power will be together, as one species.

Hello everyone!

My name is

Bitan Saha

I'm **Bitan Saha**, originally **from Massanjore**, a small town in India. My career took me from Massanjore to Baroda, then Kolkata, and eventually to Shanghai, China—each place adding a new chapter to my life.

What started as a journey to build a career became a journey of discovering new places, cultures, friendships, and experiences. From a small town to a global city, I've always **believed in working hard, staying grounded, embracing change,** and making the most of every opportunity life brings.

From India to Shanghai: My Journey of Family, Discovery and Finding a Home Away from Home

The story of Bitan Saha — an Indian in Shanghai, building memories with his family and finding community through Shanghai Adda

In 2023, I took a major step in my life. Born in India, I moved to Shanghai, China, with my family after China began reopening following the COVID-19 period.

I came to Shanghai primarily for work, but over time, the city became much more than a place where I lived and worked. It became a place where my family and I created memories, discovered a new culture, made friendships and experienced a completely different chapter of our lives.

I arrived with my wife and our young son. Today, with our little boy growing up in Shanghai, I often look back and realise how much this journey has given us.

Shanghai — A City That Never Stops Surprising

Shanghai is one of those cities that seems to offer something different every time you explore it.

The city combines an incredible modern skyline with history, culture, food, entertainment and neighbourhoods that each have their own personality. From the spectacular skyline along the Huangpu River to busy shopping streets and quiet green spaces, Shanghai has become a city full of memories for my family.

One of the places that has always stood out to me is The Bund.

Standing beside the Huangpu River and looking across towards Pudong, surrounded by Shanghai's spectacular skyline, is an experience that captures the character of the city. The historic buildings of the Bund facing the futuristic skyline across the river are a reminder of how Shanghai brings different eras together.

But Shanghai is not only about its famous landmarks. Some of my favourite memories have come from simply walking around the city, discovering restaurants, exploring shopping areas, enjoying evenings with friends and watching my son discover something new.

Shanghai Through the Eyes of My Family

Moving to another country is very different when you move as a family.

For my wife and me, Shanghai became the place where we watched our son grow from a very young child into an energetic little boy.

Many of our best memories are not necessarily from famous tourist attractions. They are from ordinary days—going out for dinner, walking through parks, exploring shopping centres, celebrating festivals and simply spending time together.

Looking at my son enjoying the city reminds me that he is growing up with experiences that are very different from my own childhood in India.

He is growing up seeing two cultures, hearing different languages and experiencing life in an international city. For my wife and me, that is one of the most special parts of our

Shanghai journey.

Shanghai Disneyland — Creating Childhood Memories

One of the highlights for our family has been Shanghai Disneyland**.**

There is something special about seeing a place like Disneyland through the eyes of a child. For our son, it is about colourful characters, lights, rides, music and simply being surrounded by things that spark his imagination.

For us as parents, it is about watching his excitement.

As he grows older, he may not remember every detail of these early experiences. But we will remember them—the photographs, the smiles, the excitement and the feeling of watching him discover the world around him.

Discovering More of China

Living in Shanghai has also given us the opportunity to explore beyond the city.

Two destinations that have particularly stayed with me are Suzhou and Hangzhou.

Suzhou — A Journey into Traditional China

Suzhou feels very different from Shanghai.

Its canals, classical gardens, traditional architecture and peaceful surroundings offer a beautiful contrast to the energy of Shanghai.

Exploring Suzhou made me appreciate another side of China—one connected to history, traditional architecture and a slower pace of life.

Hangzhou — Beauty Around West Lake

Hangzhou was another memorable experience.

The beauty of West Lake, the greenery, gardens, bridges and peaceful surroundings create an atmosphere completely different from Shanghai's urban energy.

Trips like these have made my experience of China much richer. I have come to appreciate that China is not just one thing—it is a country of enormous diversity, history and contrasts.

Shanghai Adda — Finding a Piece of Bengal in China

Perhaps one of the most meaningful parts of my life in Shanghai has been discovering and becoming part of Shanghai Adda.

When you live thousands of kilometres away from India, there are certain things you begin to miss—not just family and friends, but the familiar sounds, food, festivals, language, traditions and that unmistakable feeling of being surrounded by people who understand where you come from.

That is where Shanghai Adda becomes special.

Shanghai Adda was founded in 2006 by a group of Bengalis who wanted to preserve and celebrate the art, literature and culture of West Bengal while living in China. Over the years, it has grown into a welcoming community that brings together Bengalis, Indians and friends from different backgrounds.

For me, Shanghai Adda represents something very simple but very powerful:

Home doesn't always have to be a place. Sometimes, home is the people you find along the way.

Celebrating Bengal Thousands of Kilometres from Bengal

One of the most beautiful things about Shanghai Adda is the way Bengali culture continues to come alive in Shanghai.

Durga Puja, Saraswati Puja, Rabindra Jayanti, Bengali New Year, picnics, cultural programmes and community gatherings create opportunities for people to come together.

The community has also participated in cultural programmes connected with the Indian community and the Consulate General of India in Shanghai. In 2024, members of Shanghai

Adda performed Rabindra Sangeet and participated in a cultural baithak celebrating Rabindranath Tagore's birth anniversary.

In 2025, Shanghai Adda again presented Rabindra Sangeet and dance performances at the Consulate's celebration of Tagore's 164th birth anniversary.

These occasions are more than cultural programmes.

They are opportunities to reconnect.

When you hear Bengali being spoken, smell familiar food, see people dressed in traditional Indian clothes and hear songs that remind you of home, there is an emotional connection that is difficult to describe.

Festivals, Friends and Family

Some of my own favourite memories in Shanghai are connected with these community gatherings.

My wife has embraced these occasions too, and our son is growing up seeing Indian traditions celebrated in a completely different country.

The photographs tell part of the story.

My wife dressed in a beautiful saree.

My son enjoying the surroundings.

Friends coming together.

Food, music, laughter and conversations.

And the familiar feeling of celebrating Indian traditions—even though we are thousands of kilometres from India.

That is what makes a community important when you live abroad.

A Young Family Growing Up in Shanghai

Perhaps the most important chapter of my Shanghai story is not about the places I have visited.

It is about my family.

My son has experienced parks, restaurants, shopping streets, celebrations and adventures in Shanghai from a very young age.

There are moments that seem small at the time—a walk in the sunshine, a meal outside, a visit to a new place, watching him run around a garden—but years from now, these may be the memories we treasure most.

Shanghai has given our family a collection of these moments.

More Than a Career Move

When I left India for Shanghai in 2023, I thought primarily about the professional opportunity ahead.

But life abroad has a way of teaching you that a career move can become a life journey.

Shanghai has challenged me to adapt, introduced me to a different culture, allowed me to meet people from around the world and given my family opportunities we may not otherwise have experienced.

It has also reminded me of where I come from.

Being away from India has made me appreciate Indian culture even more.

And being part of Shanghai Adda has shown me that you can build

My Shanghai Story Continues

Today, when I look back at my journey—from India to Shanghai, from arriving in a new country to building a life here with my wife and son—I see much more than a relocation.

I see a collection of memories.

The Bund.
Disneyland.
Suzhou.
Hangzhou.
Shanghai's streets and restaurants.
Family celebrations.
Friends.
Festivals.
Shanghai Adda.
And, most importantly, my family.

Shanghai has become an important chapter in my life.

It is where my career continued, where my family created new memories, where my son is growing up, and where I found a community that helped keep a connection with India alive.

Perhaps that is what makes living abroad so special.

You leave one home to discover another—and along the way, you realise that home can travel with you.

This is my story.
This is my Shanghai.

— **Bitan Saha**

Hello everyone!

My name is

Dr. Darshana Hegde

Building Bridges in a Multipolar World: Responsibility of Educators and Parents in a Global World

Today, we live in a world that is more connected than ever. Technology allows us to communicate across continents in seconds. People travel, study, work, and build lives far from where they were born. Our classrooms, workplaces, and communities bring together people from different cultures, languages, beliefs, backgrounds, and generations.

We often talk about preparing our children to become "global citizens." Schools use the phrase in mission statements and graduation speeches, and parents want their children to be ready for an increasingly interconnected world. But what does it really mean to be a global citizen? Is it speaking multiple languages, studying abroad, or working in an international environment? These experiences certainly help, but I believe global citizenship goes much deeper.

Being connected does not always mean being connected to one another. We can communicate without listening, live alongside people from different cultures without truly understanding them, and work with other generations while making assumptions about what they think or value.

For me, being a global citizen is ultimately about our ability to connect with people whose stories, beliefs, cultures, and experiences differ from our own. It is about building bridges, not borders.

Different backgrounds, one shared space

As parents and educators, we have a responsibility not only to shape what young people know, but also who they become. Our classrooms, homes, conversations, and everyday interactions can help children develop empathy, curiosity, and understanding they need to navigate a world that is increasingly diverse and interconnected.

Beyond Academic Success

Academic success is traditionally measured through grades, examination results, and university placements. These outcomes matter, but are they enough for the world our young people are entering?

I strongly believe that the graduates our world needs must also be compassionate listeners, thoughtful collaborators, ethical decision-makers, and culturally responsive leaders. They need to listen actively, disagree respectfully, communicate across differences, and seek to understand before judging.

We often call these "soft skills." I believe they are much more than that. They are human skills—and skills that we, as adults, should continue to develop ourselves.

The classroom is one of the few places where young people from different backgrounds come together every day. When educators create opportunities for dialogue, collaboration, reflection, and respectful disagreement, schools become places where bridges are built long before students enter the wider world. Education

should therefore prepare students not only to succeed individually, but also to contribute meaningfully to a world where our ability to work with others is increasingly important.

Classrooms are spaces where bridges are built

Building Bridges Across Cultures

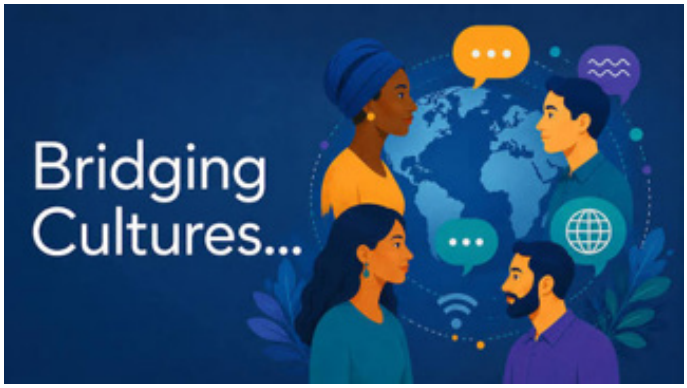
International schools often celebrate international days, cultural festivals, heritage days, and food fairs. These are valuable opportunities to appreciate diversity, but they are only a beginning.

True intercultural understanding requires curiosity, humility, openness, and a willingness to examine our own assumptions. We learn about cultures not only by celebrating them, but by learning from people and experiences—by collaborating, discussing different viewpoints, exploring global issues, and asking respectful questions.

The same environment needs to exist at home. Parents can encourage children to listen to different perspectives and engage respectfully with people whose experiences are different from their own. Most importantly, we need to model that behavior ourselves. After all, children observe us. They notice far more than we realize.

Culture shapes how we communicate, celebrate, learn, solve problems, and understand relationships. When we encounter something different from what we know, it is easy to assume that our way is the natural or correct way.

Building bridges begins when we replace judgment with curiosity. Instead of asking, "Why do they do things differently?" perhaps we should ask, "What can I learn from the way they see the world?"



We do not have to agree with everything we encounter. We simply need to be willing to listen and understand before we judge.

This is especially important in a multipolar world, where many cultures, societies, economies, and perspectives shape our shared future. No single culture or perspective has all the answers. We need one another.

That does not mean erasing our differences. It means learning how to live, learn, and work across them.

Building Bridges Across Generations

The same principle applies to generations. Older generations bring experience, patience, wisdom, and memories of a world younger people have never known. Younger generations bring creativity, new ideas, technological skills, and a willingness to challenge established ways of thinking.

Yet we often focus on the differences between generations rather than what they can learn from one another. We hear, "Young people don't understand," or "Older people don't understand." Perhaps we should replace these statements with a different question: **"What can we learn from each other?"**

A grandparent sharing stories with a teenager. A young person teaching an older adult how to use new technology. A teacher learning from a colleague with decades of experience. A younger colleague bringing a fresh perspective to an established practice. These are all bridges.

Our young people are growing up in a world shaped by artificial intelligence, social media, and constant technological change. Many parents and teachers grew up in very different circumstances. It is easy to see these differences as a problem. I believe they can instead become an opportunity.

Schools and families can help children appreciate the wisdom of older generations while encouraging adults to value the creativity and fresh perspectives of young people. Learning should never flow in only one direction. Every generation has something meaningful to teach another. And irrespective of age, we should remain open to learning from others.

Parents and Educators as Bridge Builders

Every parent and educator builds bridges, often without realizing it. We build bridges when we respect people irrespective of their cultural, educational, or financial background. We build bridges when we encourage respectful disagreement rather than silence or hostility. We build bridges when we celebrate different perspectives and model empathy in our daily interactions.

After more than 25 years in education, I can confidently say that students may not remember every lesson we teach, but they will remember how we made them feel. They will remember whether their classrooms were places where every voice mattered and every individual was treated with dignity. The same is true at home.

Children notice how we speak to people who disagree with us. They notice how we treat guests, colleagues, relatives, service workers, and strangers. They notice whether we listen or interrupt, whether we ask questions or make assumptions, whether we respond with curiosity or judgment. The culture we create often teaches more than the curriculum we deliver.

Children learn bridge-building by watching the adults around them

That is why parents and educators have such an important role in a multipolar world. We are not simply preparing children for examinations, university, or employment. We are preparing them for life—with people who may look different, think differently, believe differently, and see the world differently.

Preparing Young People for the Future

The future will demand more than academic excellence. It will require individuals who can navigate complexity, collaborate across cultures, communicate across differences, and lead with empathy and integrity.

Academic success matters. But our purpose must extend beyond preparing students for examinations or careers. We must prepare them for relationships, communities, workplaces, and a world where connection will only continue to grow.

Perhaps this is what global citizenship mean in its truest sense. It is not simply crossing borders but crossing divides. It goes beyond celebrating differences, the focus should be understanding them. It is not limited to just acquiring knowledge, but to use that knowledge to build trust, strengthen relationships, and create communities where everyone feels they belong. In a multipolar world, we need more bridges built from care, curiosity, dialogue, empathy, humility, and respect.

If we can help our children become bridge builders, we will have given them something far more valuable. We will have prepared them for life.

Dr. Darshana Hegde, Vice Principal of Secondary Division, Shanghai SMIC Private School International Division

With over 25 years of teaching experience, Darshana has worked across university and high school settings. She began her academic career in pharmaceutical sciences, teaching undergraduate and postgraduate students, mentoring five M.Pharm students, contributing to grant-supported research, and serving as an examiner and scientific journal reviewer at a premier pharmacy college in Mumbai.

In 2008, she moved to Shanghai and began her international education career as a substitute teacher at SMIC-I. Over the past 15+ years, she has taught Chemistry and AP Chemistry and held several leadership roles, including Head of Middle High School Science, Senior Director of High School, Senior Director of Middle High School, and currently Vice Principal of the Secondary Division.

Beyond school, Darshana has supported several initiatives for children in Shanghai, judged the Indian Association's Speech Competition for several years, and has been an active member of the Shanghai Marathi Mandal, helping organize cultural celebrations that strengthen community and preserve traditions abroad.

Dr. Darshana Hegde,

Word Search Puzzle

N E R E C N A R E L O T I C C N G C O U I R I O X
E Y U E L O E Y N C T E C Y E L U H M I C N S D I
N D Y T L I B A T P A D A R Q O E E M I N T O S N
Y T I V I T C E N N O C O I U P N M C L I Z S G T
H N A A Y A D P E O T H D R I R A Y P U S R I E E
B E I A A Z E D I V E R S I T Y M E A A Y E O Y R
I S I N O I T A A O D T I A Y U X O I R T I D G D
N I A C I L U C T R A I N N U C P A E L O H A T E
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I T S R U B I C P Y T I N A M U H N A I O O N C E
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E R A S I G I R R N E A E R U U R E U T M N T A E
S E I I N R B O I T N R M I I E R Y I N E S G N N
P D Q T I D B I Q T U O E S N A Y Y N I R O A G C
E P E Y O A E Z A T N U D T T C E T L I O E T R E
C A C T L Y P N L Y S L R I E T I I O U Q T N I O
T C I L C U L U E L R A O S S T S L A T I P T C D
T D O N D E C Q O I P N C E O E S I O T I D S P O
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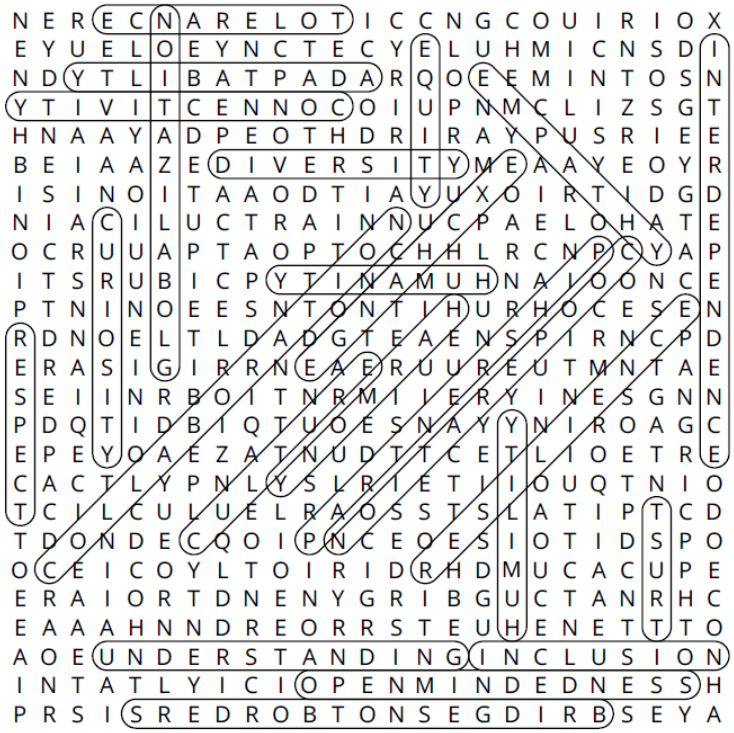
A O E U N D E R S T A N D I N G I N C L U S I O N
I N T A T L Y I C I O P E N M I N D E D N E S S H
P R S I S R E D R O B T O N S E G D I R B S E Y A

Bridges Not Borvders	Tolerance	Interdependence	Collaboration
Curiosity	Diversity	Inclusion	Trust
Equity	Harmony	Humanity	Globalization
Resilience	Humility	Exchange	Connectivity
Cooperation	Partnership	Culture	Respect
Tolerance	Adaptabilty	Understanding	Openmindedness

Enjoy the word search puzzle - Find the words that emphasize the human qualities needed to navigate a more interconnected world.

Solution



Hello everyone!

My name is
Dhyana Nikhil Parekh

I am a student in **Year 9** at BISS Puxi. My journey started in India, **then took me** to Dubai, **then** South Africa, and **currently** China. Having experienced diverse cultures and **met people from different backgrounds,** the concept of bridges to connect humanity is deeply rooted in my beliefs.

Accelerated Move in the Multipolar World: Bridges Not Borders

A border is a line that **says,** "You stay there, I'll stay here." A bridge is a choice to reach across. I have seen both: **borders** in the news and on maps, but bridges in my own life every single day. For example, when my **South African** friend sends me a playlist that mixes Afrobeats with K-pop, that's a bridge. When my Chinese classmate asks me to explain Diwali, and I ask her to explain Lunar New Year, that's a bridge. I have lived in four countries, and I would like to share my perspective.

Today, the world is moving too quickly. **Countries** are talking, trading, and arguing at the same time. It's messy and scary. **It's** like a group chat with too many admins, **each trying to enforce** different rules.

In the last 125 years, the world has witnessed an unprecedented acceleration of human history. From the devastation of two World Wars and the tension of the Cold War to the digital revolution brought forth by computers, smartphones, and **artificial intelligence**, every major global shift has demanded a new strategy for human survival. Historically, nations **have often** adopted a defensive survival plan: drawing rigid lines, protecting physical borders, and spending disproportionate resources on weapons that **threaten** human life.

However, one idea that stood out even during the darkest hours of humanity is **that** "survival requires nations to align against common threats," leading to **the building** of bridges of international cooperation. The true strength, economic **growth,** and survival of **nations** no longer depend on how high a nation can build its walls, but on how far it can extend its bridges.

Today, we can see that every event in history which defined the unipolar global order has **given** way to a multipolar reality. Power cannot be concentrated; the BRICS alignment is a **prominent example of a multipolar world acting** as a bridge of development across nations. In my view, in a multipolar landscape, nations that invest in diplomatic and digital bridges will achieve rapid strategic mobility, while those **behind** rigid borders will face technological **decline.**

It is the bridges of trust and **cooperation** that **connect** humankind. Bridges, both physical and digital, **act** as **catalysts** for growth because they encourage the exchange of ideas, trade, innovation, and cultural understanding. Social media has also given younger generations a platform to express their ideas and participate in conversations that once seemed far beyond our reach. Yet technology can build borders as easily as it builds bridges. Misinformation, hate, and online division can spread just as quickly as knowledge. So, technology itself is not the solution; **it is how we choose to use it that** decides whether it is a bridge or a border.

To ensure technology and progress serve as bridges and not borders, it is necessary to invest in education. Education is the ultimate bridge to overcome cultural borders. When students learn about different countries and cultures, they begin to understand that being different does not mean being divided. A student in India may have completely different traditions from a student in Japan, but they can still share the same dreams, ideas, and hopes for the future.

Today, **the** human race is faced with challenging issues like climate change, economic inequality, cyber threats, and misinformation. No country can solve such global problems alone. **Therefore,** cooperation between nations is not an option **but a necessity.** Success depends on not building higher walls, but **on** building longer and stronger bridges of trust and **cooperation.** Through cooperation, cultural understanding, and shared responsibility, countries can address global

challenges and create a peaceful future for all.

But building bridges does not mean erasing every border. Borders can protect a nation's identity, security, and independence. The challenge is finding the right balance: respecting national boundaries while refusing to let them become barriers to cooperation.

My generation doesn't remember a world before the internet connected us. We grew up with accents in our ears and different flags in our friend lists. I have built bridges over WhatsApp. We don't see other cultures as "foreign"; **instead,** we try to connect with them by being curious instead of scared.

That's why I believe we'll be better at building bridges than the generations before us. Not because **we are** smarter, but because we've already **experienced** the bridge. We already have a vision of a **better new world**. And we know that this change is not far **away.**

The world is not about the rise of many powerful nations but rather about the rise of shared responsibility. If we choose cooperation over confrontation, we can ensure that this world will be a much better place to live in for everyone.

The world is moving fast, like a swing. If we hold hands, we don't fall. If we push each other, we do. The future belongs to the connected, so let us choose to build bridges.

— By Dhyana Nikhil Parekh

Hello everyone!

My name is

Dr. Jaya Gupta

ACCELERATED MOVE IN THE MULTIPOLAR WORLD

Bridges, Not Borders

By Dr. Jaya Gupta Rajesh, MD (Homoeopathy)
MD (Homoeopathy) – Mumbai & London | CGO | CCH | Advanced Special Certificate in Psychiatry & Psychotherapy | Counselling & Nutrition Therapy | Character Education Facilitator | Special Interests: Childhood Disorders & Holistic Wellbeing

I am **Dr. Jaya Gupta Rajesh**, a **homoeopathic consultant, counsellor, nutrition therapist and character education facilitator.** Having lived an expatriate life for more than 25 years across different countries and cultures, I have developed a deep appreciation for human connection, cultural understanding and the values that unite us beyond geographical boundaries.

My professional interests encompass psychiatry and psychotherapy, childhood disorders, emotional wellbeing, healthy relationships and character development among children and young people. Alongside my professional journey, I have also been blessed with a loving husband and a beautiful daughter. Motherhood and family life have deepened my understanding of compassion, resilience and the responsibility we carry in nurturing the next generation.

We are living in an age of extraordinary change. Political, economic and cultural structures that once appeared stable are being reshaped before our eyes. Power and influence are no longer concentrated in a single centre. New centres are emerging, old assumptions are being challenged, and nations and societies are learning to navigate an increasingly multipolar and interconnected world.

For many people, this rapid transformation creates uncertainty and anxiety. When the familiar changes, the instinctive response can be to retreat - to build walls, protect what we know and view the "other" with suspicion.

But perhaps the opposite response is what this new world requires.

IN A MULTIPOLAR WORLD, OUR FUTURE DEPENDS NOT ON BUILDING MORE BORDERS, BUT ON BUILDING BETTER BRIDGES.

The Power of Balance

As a homoeopathic consultant, character education facilitator and global citizen who has lived across different countries and cultures, I have come to appreciate the importance of balance, adaptability and connection.

In my professional understanding of wellbeing, health is more than simply the absence of symptoms. It involves balance, resilience and the ability to adapt to change.

There is a lesson here that extends beyond healthcare.

Our world is also a complex system. It contains different cultures, values, interests, histories and aspirations. These differences will not disappear - and they should not.

The challenge is to find ways for them to coexist constructively.

When differences are met with fear, intolerance and suspicion, divisions deepen. When they are approached through dialogue, understanding and mutual respect, new possibilities emerge.

The remedy for a fragmented world is not greater isolation. It is connection.

Young People: The Bridge-Builders of Tomorrow

My work with young people has strengthened this belief.

Today's children and young adults are growing up in a world very different from that of previous generations. They cross

cultural boundaries through travel, education, technology and social media. Many speak more than one language, understand several cultures and are influenced by ideas from around the world.

Their identities are increasingly complex and diverse. This presents enormous opportunities, but also real challenges.

Young people can be exposed to prejudice, misinformation, peer pressure and polarising messages that encourage them to define themselves - and others - through narrow labels.

This is why character education matters.

Education should not only prepare young people to earn a living. It should prepare them to live responsibly with others.

They need to develop empathy, respect, critical thinking, emotional maturity and the confidence to engage with people who may be different from themselves.

These qualities are the foundations of bridge-building.

Education as a Bridge

My work in sexuality education has also shown me how education can help remove barriers that exist within individuals and communities.

Sexuality education is sometimes reduced to biology and reproduction. In reality, age-appropriate and responsible education should also address respect, consent, communication, personal boundaries, emotional wellbeing, responsibility and healthy relationships.

These are fundamentally human values.

A young person who understands consent learns to respect another person's boundaries... learns healthy communication, understands that disagreement does not have to become hostility.

A young person who develops empathy learns to recognise the feelings and dignity of others.

And a young person who understands responsibility begins to appreciate that personal choices can have consequences for other people and for society.

In this sense, education about relationships is also education for citizenship.

We are teaching young people HOW TO LIVE TOGETHER.

Lessons from a Life Across Cultures

My experiences as a traveller and guest speaker have provided some of my most valuable lessons in bridge-building.

Having lived in different countries and experienced different cultures, I have learned that meaningful connections require humility and curiosity.

We must be willing to listen before speaking, observe before judging and learn before assuming that our own customs are universal.

I have entered homes where the language was unfamiliar, the food was different and the customs were new to me. Yet, almost without exception, a bridge could be found.

Sometimes it was a smile... Sometimes it was a shared meal... Sometimes it was a simple question or a genuine conversation.

These small moments remind us that beneath our visible differences, there is a remarkable commonality in human experience.

We all seek dignity... seek belonging. We all value kindness.

We all want our families and children to have a better future.

Understanding this common ground does not require us to erase our differences. It simply allows us to appreciate those differences without allowing them to divide us.

Multipolarity: A Challenge and an Opportunity

The accelerated movement towards a multipolar world can feel like a centrifugal force, pulling societies in different directions.

But it can also become a centripetal force - bringing people together through new partnerships and shared interests.

Technology can spread misinformation and hostility, but it can also connect people who might otherwise never meet.

Migration can create social and economic challenges, but it can also bring new skills, experiences and perspectives.

International trade can create competition, but it can also create interdependence.

Global challenges such as climate change, public health, food security, poverty and humanitarian crises remind us that no nation exists entirely on its own.

The world may be becoming more politically complex, but humanity is becoming increasingly interconnected.

That is an important distinction.

The Choice Is Ours

How we respond to this transformation will determine the kind of world we create.

To become bridge-builders, we must actively seek perspectives different from our own.

This does not mean abandoning our values or traditions. It means recognising that our way of life is not the only way of understanding the world - and that we can learn from others without losing our own identity.

We can be deeply rooted and still be open-minded.

We can be proud of our heritage and still respect another person's heritage.

We can disagree without becoming enemies.

And we can defend our principles without dehumanising those who hold different views.

That is maturity.

Borders and Bridges

A border is a line created to separate. A bridge is a structure created to connect.

In human relationships, borders can take many forms: prejudice, ignorance, fear, shame, distrust, exclusion and silence.

Bridges are built through education, conversation, empathy, respect and shared responsibility.

They connect cultures… connect generations… connect communities… connect disciplines and professions… And they connect nations.

Importantly, bridges do not require us to abandon who we are. They allow us to remain individuals and communities with distinct identities while participating in something larger than ourselves.

Strength Through Connection

The bridges we build are not signs of weakness.

They are signs of confidence.

It takes confidence to listen without feeling threatened… humility to acknowledge that we do not have all the answers… wisdom to understand that disagreement does not necessarily mean hostility… And it takes courage to choose dialogue when division appears easier.

In a rapidly changing world, our strength will not be measured only by how effectively we protect our borders.

It will also be measured by how effectively we build relationships across them.

A Responsibility to the Next Generation

Perhaps our greatest responsibility is to the generation growing up in this new world.

We should teach our children to be confident without becoming arrogant, proud without becoming prejudiced, and open-minded without losing their values.

We should give them the ability to question misinformation, recognise prejudice and engage respectfully with people who are different from them.

Most importantly, we should teach them that diversity does not have to be a threat.

It can be a source of learning… of creativity… of strength.

The future will belong not simply to those who understand how to compete, but to those who understand how to collaborate.

Let Us Build More Bridges

The accelerated movement towards a multipolar world presents humanity with a choice.

We can retreat behind walls of suspicion, or move forward with openness and purpose.

We can allow differences to become sources of conflict, or transform them into opportunities for learning and growth.

We can teach the next generation to fear what is unfamiliar, or equip them with the character and confidence to engage with it.

I believe the choice is clear.

Let us choose connection over isolation.
Understanding over fear.
Dialogue over division.
Cooperation over confrontation.
And bridges over borders.

The greatest bridges are not made of concrete or steel. They are built in the human mind and heart.

Every respectful conversation, every child taught empathy, every culture approached with curiosity, and every person treated with dignity adds another piece to that bridge.

The world is changing rapidly.

Let us ensure that as the world changes, humanity does not become more divided.

Let us build bridges strong enough to carry us into the future.

Hello everyone!

Ekansh Bahl
Tanu Chhabra

Ekansh Bahl attends **Dulwich College Pudong in Shanghai and studies in Year 8.** He served as the Global Citizenship Head and Ambassador of his school for two consecutive years and represented Dulwich at Model United Nations in New York. The room-of-thirty-children analogy that runs through this article was his idea.

Tanu Chhabra is Principal Professional, Communications at the New Development Bank, where she works on institutional storytelling. She has nearly two decades of experience with international development organisations, including the World Bank Group and United Nations. Reference to the New Development Bank's shareholding and non-vetoing structure is factual and can be verified at www.ndb.int.

The co-authors are also mother and son. Neither holds a veto, though both secretly wished they did, because this article would have finished a lot faster

Bridges and Borders: A True Multipolar World with Lessons from India

Views expressed are personal and do not represent any organisation or institution.

Imagine a room with thirty children. Children hailing from dozens of different countries, speaking different languages. And three children declare themselves as the leaders. No one voted for them; it wasn't discussed. But they claimed they are the wealthiest, look the strongest, and therefore will be the leaders.

The remaining twenty-seven, your child included, observe this self-declaration and continue to sit in their seats. Some of them voice concern, and the leaders give them an official-sounding title of "Watchers." This allows them to raise their hands and voice their dissent. But they still have to follow what the leaders say.

This, in a simplistic manner, is how the post-World War II international order was designed and how it still functions today.

The 'Watchers'

Nowhere are the limitations of being a Watcher more visible than on terror. Every now and then, a country raises strong condemnation over another's long-standing record of sponsoring or harbouring terror. Concerns are registered, abstentions are filed, and yet the international response can remain fragmented, with resources and financial support continuing to flow to the very actors being called out. After all, that 'no' comes from one of the twenty-seven children. A Watcher's dissent does not change the outcome.

Multipolarity Is Not a New Idea. It Is the Right One.

Multipolarity is how the world order should have been built, especially after the era of conquests and colonisation was declared as over after the Second World War. The promise of the post-war international system was that sovereignty would not be a function of military size or economic might.

And yet, the architecture created in that era gave unequal power to a few.

What Happens When the Oppressed Gain Power?

The Brazilian educator Paulo Freire wrote in his landmark work 'Pedagogy of the Oppressed', a book this co-author read while studying social development at Tata Institute of Social Sciences in India, that the deepest tragedy of people who have been oppressed is not simply their suffering. It is that when they finally gain power, they often emulate their oppressors.

This is a warning as we create a multipolar world. More poles do not automatically mean a more equal world. The goal is not a different set of children at the decision table but a room where each child decides for themselves. However, if one child decides to bully or terrorise the others, the collective weight needs to come in.

Vasudhaiva Kutumbakam: The World Is One Family

What matters is not how soon the world becomes multipolar but that when we arrive at a multipolar world, we have built a common language of cooperation that all parties live by. India's concept of Vasudhaiva Kutumbakam – the world is one family – drawn from the Maha Upanishad, is that common language of cooperation. This phrase is inscribed in India's new Parliament building and shows that the country's highest seat of democracy is governed by this idea, as you will read later.

Vasudhaiva Kutumbakam teaches that our obligations do not stop at the boundary of our own nation but that we see the world as one family and extend to other nations the same respect we expect from others.

An Argument in Favour of Bridges Is Not an Argument Against Borders

When you cross a bridge, you assume your journey will continue when you reach the other end. But what if you walked all the way across and found the other end has been sealed or blocked?

Nations have entered into trade agreements, security partnerships, and alliances only to discover that the terms and loyalties had shifted by the time they arrived. A bridge in a multipolar world must be built on trust with a clear understanding that neither side can unilaterally change or weaponise that bridge against the other.

At the same time, an argument in favour of bridges is not an argument against borders.

Even in a fully multipolar world, borders will, and must, exist. What must change is what happens when borders are crossed without consent.

What Genuine Multipolarity Demands

It demands respect, equality, and trust. It also demands introspection, so that institutions formed in a different era reflect current realities.

There are examples of new kinds of institutions.

The New Development Bank, established by Brazil, Russia, India, China, and South Africa (collectively called BRICS) in 2015, gives its founding members equal voting power, and no single member has veto power. It has since expanded to include more countries from the Global South.

India, a founding member of BRICS and of the New Development Bank, again offers lessons. India's 2023 G20 Presidency was held under the theme "Vasudhaiva Kutumbakam," or "One Earth, One Family, One Future." Under India's G20 presidency, the African Union was admitted as a permanent G20 member, strengthening Global South representation in a forum it had attended only as a guest for years. India holds the BRICS Chairship for 2026 and is continuing a "Humanity First" approach that keeps Global South priorities at the centre of the agenda.

Conclusion

Watcher status was designed for an era when the twenty-seven children mostly listened. The room itself has changed. For nearly a century, the world has lived in a system where a few have enjoyed special decision-making powers. In the new world where emerging markets and developing economies account for a growing share of global growth, trade, and population, those twenty-seven children want to leave the room and build a new multipolar world based on the Indian philosophy of Vasudhaiva Kutumbakam… the world is one family. And in a family, there is no room for terror.

Hello everyone!

My name is
Farah Lopez

Author Introduction

Farah Lopez is a **Peru-born wellness and beauty entrepreneur** based **in Shanghai.** Her journey through Barcelona, Amsterdam and Shanghai has shaped her international perspective on business, wellbeing and human connection. She is currently **studying Nutrition Science and Dietetics** while continuing to develop a holistic approach to helping people feel better from the inside out.

Between Worlds

What Shanghai Taught Me About Building Bridges

By Farah Lopez

I was born in Peru, shaped by Barcelona, developed professionally in Amsterdam and eventually found myself building a new chapter of my life in Shanghai.

When I look at that journey today I do not see four separate places. I see different pieces of one life connected by people, cultures, opportunities and ideas.

Perhaps this is what “Bridges Not Borders” means to me.

We often speak about a multipolar world through economics, politics, trade and global power. But behind those big ideas are millions of very human stories: people moving between countries, companies working across continents, friendships formed between cultures and ideas born in one part of the world finding new meaning in another.

My own story is one of them.

Peru gave me my roots. It is where I was born and where the warmth of my Latin American identity began. Later, Barcelona became the place that shaped so much of the woman I became. Living away from home taught me independence, curiosity and how enriching it can be to share everyday life with people whose backgrounds are different from your own.

Then Amsterdam shaped another side of me: my professional life. Working in the corporate world taught me discipline, responsibility and how international business connects people who may be thousands of kilometres apart. It also taught me how to communicate across different cultures and ways of thinking.

And then came Shanghai.

I arrived in China through my corporate career, working as a Global Account Manager for an American company. I came with a job and a professional path that from the outside was already defined.

But Shanghai opened another door for me.

I began to ask myself a very simple question: What else can I create here? And more importantly, how can what I create make somebody's life a little better?

That question eventually took me away from the path I had expected.

My first step into entrepreneurship in Shanghai was through sustainable skincare. We wanted to create products that were good for the skin while also being more thoughtful about the planet. It was a small idea compared with the enormous world around us but it came from a genuine belief that business can also carry values.

Then COVID arrived and like so many businesses around the world ours was deeply affected. Eventually we had to close the company.

It was painful, but the purpose behind it did not disappear. In fact, it evolved.

We continued offering wellbeing services from a space in the

heart of Jing'an, and over time I began to see my work differently.

When someone comes to you because they want to improve their skin, their body or the way they look, they are rarely bringing only a physical concern with them. Sometimes they are tired. Sometimes they are stressed. Sometimes they have lost confidence, or they simply need a place where they can feel listened to and cared for.

I stopped asking only What treatment does this person need? and became more interested in asking, How does this person feel?

That change in perspective eventually led me further into holistic wellbeing, body therapies and nutrition. Today, I am studying Nutrition Science and Dietetics because I want to understand wellbeing from the inside out and to keep learning how the different parts of our lives are connected.

But what Shanghai has taught me goes beyond wellness or business.

It has taught me about people.

Living in an international city means constantly meeting different worlds. Chinese and international, East and West, people who have lived in Shanghai all their lives and people who arrived only weeks ago. My clients, friends, colleagues and collaborators come from different countries and have very different stories.

Those differences are real.

Building bridges does not mean pretending that we all think, communicate or do business in exactly the same way. We do not. Sometimes those differences can even be challenging.

For me, the bridge begins with curiosity: being willing to listen before assuming that our own way is the only way.

At the same time, the more people I meet, the more I notice how much we share.

Whatever language we speak or wherever we were born, most of us want some very simple things. We want to feel healthy. We want to feel confident. We want to be understood. We want meaningful relationships. We want to feel that we belong somewhere.

That human side has become one of the most beautiful parts of living abroad for me.

When we talk about building bridges in a multipolar world, we naturally think about governments, international business, technology, trade and cooperation between countries. Those connections matter enormously.

But I believe there are also quieter bridges being built every day.

A bridge can be created when we listen to somebody whose background is different from ours. When we share knowledge instead of keeping it within one community. When an idea from one country is adapted respectfully in another. When a company brings together people from several cultures. Or simply when we make someone feel welcome in a city far away from home.

I have experienced this from both sides. I have been a foreigner trying to understand a new culture, and I have also had the opportunity to welcome other people into the communities and spaces I have helped create.

Perhaps that is why I no longer think of my life as a sequence of countries.

Peru, Barcelona, Amsterdam and Shanghai are all part of me.

I did not have to stop being Peruvian to become part of life in Europe. I did not have to leave my European experiences behind when I moved to China. Each place added something rather than replacing what came before.

The same is true professionally. Corporate life, entrepreneurship, skincare, wellbeing and nutrition once seemed like separate chapters. Today I can see the thread connecting them: people.

I have always wanted the person in front of me to leave feeling a little better than when they arrived. Sometimes that happens through a business solution. Sometimes through wellbeing. Sometimes it is simply through listening and making somebody feel comfortable.

It may sound small, but I believe these human connections matter.

The world is moving quickly. Technology allows us to communicate instantly across continents. Businesses can operate across countries. People can build careers and lives thousands of kilometres from where they were born.

But being connected is not necessarily the same as understanding one another.

Understanding takes more. It takes time, humility, respect and a willingness to remain curious.

After living across different continents, this may be the lesson I value most.

I am still Peruvian. Barcelona will always be part of the person I became. Amsterdam helped build the professional in me. And Shanghai has given me the space to reinvent myself, to create and to see possibilities differently.

I do not feel that I have to choose between these worlds.

I can carry something from each of them with me.

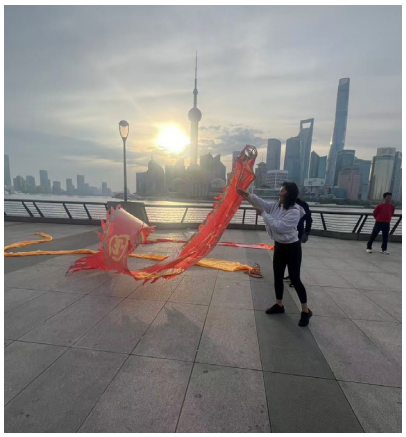
And maybe that is what living in a multipolar world can also

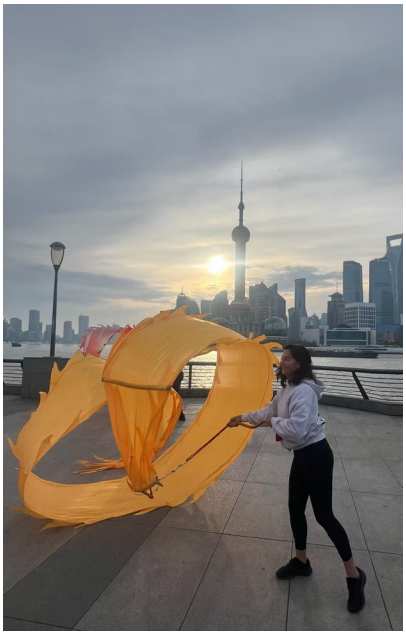
mean on a human level: not erasing our differences, but learning how to connect them.

I came to Shanghai wondering what I could build here.

Today, the question that matters more to me is: Who can I help through what I build?

For me, that is where the bridge begins.





Hello everyone!

My name is

Gayatri Thakker

I am a proud **homemaker** who wears many hats. My creativity and passion are the core of everything I do. I connect with my inner self and find magic in the ordinary things I do, whether its blending flavours in the kitchen, or writing my next poetry, expressing the unsaid through my dance, capturing the fleeting moments through my camera or connecting with the higher self through my spiritual practice. I strive to live authentically and have a mindful journey.

तुम दीवारें बनाओ, मैं पुल बनाऊंगा

निकला था घर से दुनिया जीतने को,
छोड़ दिए पीछे अतीत के पन्नों को,
गिरके फिर से हमेशा संभलने को,
मैं था मुसाफिर तैयार बदलने को।

देश बदला, घर बदला, मैं भी कुछ बदल गया...
सत्ता बदली, ताकत बदली, मेरी दुनिया भी क्या बदल गई?
यह देश है मेरा या तेरा भी है?
क्यों सब कुछ पराया है मगर, लगता अपना भी है।

तुम दिखते हो अलग, पर ज़्यादा फर्क नहीं हम में...
लकीरें हैं जो फर्क दिखलाती हैं, अलग नहीं हमारे सपने।
शांति, अमन और प्यार हम सब चाहते हैं,
किसको है लड़ना मरना, हम रिश्ते बनाते हैं।

सत्ता अब बस तेरी नहीं, हम सब की थोड़ी थोड़ी है,
भिन्नता सही, मतभेद सही... कुछ तो है, जो हमें जोड़े है।
बदलता वक़्त कुछ मांग रहा है,
पुरानी सोच की धूल झाड़ रहा है।

गहरे अंधेरे से अब मैं रोशनी छीन लाऊंगा,
नई दुनिया के नए नियम बनाऊंगा,
जुड़ेंगे दिल मिलेंगे मन नया सवेरा लाऊंगा,
तुम दीवारें बनाओ मैं पुल बनाऊंगा।

...गायत्री गिरी

Hello everyone!

My name is

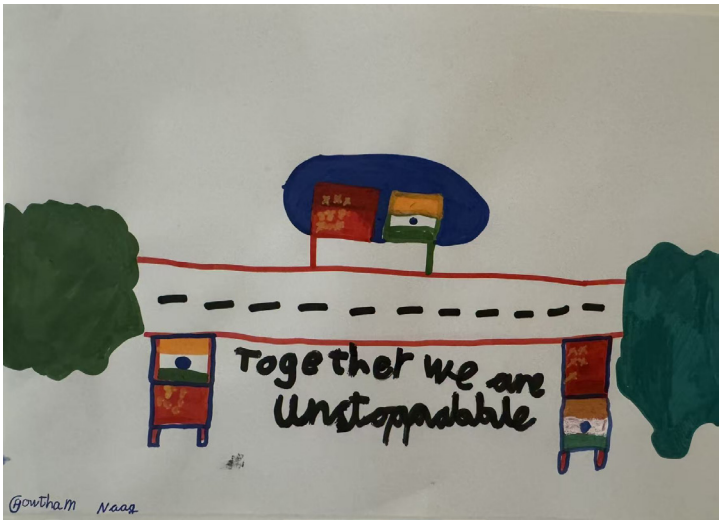
Gowtham Naag Raye

My name is **Gowtham Naag Raye.** I am a **year 3-student at Nord Anglia International School,** Pudong. I enjoy **reading, drawing, and playing football.**

I created this painting called “Bridging Two Worlds.” It represents the connection between India and China. Through my painting, I wanted to show that even though we may have different cultures and traditions, we can come together, understand each other, and build a stronger friendship.

I believe that our differences can bring us closer and help us learn from one another.

My message:
If we are together — we are united.
If we are united — we are unstoppable.
If we are unstoppable — we can achieve anything.



Hello everyone!

My name is

Goutam Sen

Goutam Sen is a visual arts educator with more than **30 years of experience in senior secondary international schools** across different parts of the world. He is also a **painter, photographer, vocalist, poet, and International Baccalaureate Diploma Programme educator and examiner.** His work and teaching focus on arts, cultural understanding, creativity, and building connections across different cultures.

A Changing World of Many Voices: Building Connections Across Borders

A shared canvas can begin a conversation across cultures.

A changing world, a human question

The world around us is moving quickly. New centres of influence are growing, people and ideas travel across continents, and a photograph or song can reach someone far away in seconds. We often call this a multipolar world. To me, it simply means that many places and many voices now shape our shared future. In such a world, how we listen to one another matters as much as how fast we move.

I have spent more than thirty years as a visual arts educator in senior secondary international schools in different parts of the world. I am also a painter, photographer, and vocalist, and I write poetry out of my passion. These are different ways of making art, but each has taught me the same lesson: connection begins when we look closely, listen patiently, and make room for another person's story. That is how we build bridges across borders.

When I paint, I start with a blank surface on my canvas. I choose my subject, my theme, composition, color, and so on, then step back to see how they work together. A strong painting does not ask for every color to become the same. Each keeps its own character while helping to make a larger image. I think a healthy world can work in much the same way.

In an international classroom, students may arrive with different languages, traditions, and beliefs. Their first drafts and sketches can be very different from each other too. One student may draw from family memories; another may take inspiration from a city street or a ceremony celebration at home. As an educator, I do not need to make their work look alike. I help each student develop an honest idea and learn from the choices of others. When students discuss an artwork with respect, a difference of view becomes a chance to understand more.

What my camera lens asks of me

Photography has trained me to notice what I might otherwise pass by. I prefer my place behind the lens and not before it as a model. My camera records a moment, but being the person behind it, I decide where to stand, what to include and what to leave outside the frame. Two portraits of the same person, with different lighting arrangements, can tell very different stories. This is a useful reminder whenever a single image or headline seems to explain a whole country or community.

I encourage young photographers to ask questions before pressing their shutter: Whose story am I showing? Have I looked beyond my first impression? Would the person in my photograph feel seen with dignity? Such questions slow us down in a fast world. They help us meet real people instead of settling for easy labels.

As a vocalist myself, and a regular practitioner of Raag sangeet, Tagore songs, and Indian and Western light numbers, I strongly believe that music can reach someone before words do. A listener may not understand a song's language, yet still hear tenderness, joy, or longing in its voice. Singing has also taught

me that expression depends on listening. To sing with others, I must hear their rhythm, leave space for their voices, and respond to them.

That simple act offers a lesson for life beyond the stage. Spending twenty-five long years in different countries around the world, and mixing with their varied cultures, I learnt that we can be proud of our own culture and still be curious about another. A shared performance, a conversation about a familiar melody, or a student's song from home can open a door that a formal speech may never open.

My classroom as a bridge

In an international school, the future of a multipolar world is already sitting together at the same table. Being an International Baccalaureate Diploma Programme educator and examiner, I enable students to learn how to disagree, create, and collaborate. An art room gives them a practical way to do this. One student explains why a family object matters. Another sees a meaning that the first had not considered. They ask, adjust, and try again. The finished work matters, but the conversation that shaped it matters too.

Technology, artificial intelligence to a certain acceptable level, can help that conversation travel. Students can see art from distant museums, speak to artists across borders, and share their own work with a wider audience. Yet speed alone does not create understanding. They still need time to check a source, learn the background of an image, and think about whose voice may be missing. The faster the world moves, the more valuable careful attention becomes.

I have seen young people grow when they feel that their experiences belong in the classroom. They become more willing to explore unfamiliar ideas, and more able to speak about their own. This is one of the gifts of arts education, which builds confidence without asking for sameness.

Choosing bridges

Borders may mark places on a map, but they should not end our curiosity, our hunger to know more, and to know the question: how do we know what we know? A painting can invite us into another person's memory. A photograph can ask us to look again. A song can make a distant feeling suddenly familiar. None of these acts solve every problem. Each can, however, begin a conversation that would not otherwise happen.

My hope for the next generation is simple. Let them move confidently in a changing world with all techno and AI help and guidance, while staying kind enough to pause and listen. Let them be proud of where they come from, respect their traditions, and be generous toward people whose journeys are different. If we teach them to observe with care, create with honesty, and share with respect, they will know how to build bridges wherever they go.

Hello everyone!

My name is

Ketaki Paralikar-Yadav

Ketaki Paralikar-Yadav, originally from Mumbai, is a **visual arts teacher at a high school in Wuxi, China**, where she teaches Visual Art. She is an **artist and photographer** and posts under the name @mumbaikarinchina, capturing life between two cities

Not Foreign, Not Home.

I'm from Mumbai. I live in Wuxi. I teach Visual Art. And I post on social media as @mumbaikarinchina.

When I say that out loud, it still sounds like I'm introducing someone else.

I grew up in Mumbai—the kind of city where you walk out of your building and immediately you're right in it. The noise, the people, the local train, everything happening at once. Nobody asks you to explain yourself there.

Now I'm in Wuxi. Quieter. By a canal and a lake. Sometimes I'm the only Indian person in the room. And I'm teaching art to high schoolers who grew up in a world that looks nothing like the one I did. I didn't plan this. Not really. But here I am.

I teach IBDP and IGCSE visual arts to teenagers, and you know how they are— they're cool, they're tired, and they'd rather be on their phones. You don't walk into a high school art class expecting anything grand; you're just happy if they show up with their sketchbooks.

But there's a unit we do on home. What it means. Not the obvious stuff. The layers. We talk about how home isn't just a place—it's the food you smell when you walk in, the inside jokes only your family gets, the things you don't even notice about yourself until you're not there anymore.

And we do this thing called the cultural iceberg. You know it, right? The bit above the water is what everyone sees—food, festivals, clothes, music. That's where the stereotypes live. The bit under the water is the real stuff. The nuances. The values. The assumptions. The way you show love without saying it. That's where all the difference actually lives.

And here's the thing—**I am the iceberg.**

I walk into that room every day. Above the water they see the Indian teacher. The curry smell on my hands sometimes. The festival I mention. Below the water, they're getting the rest of me whether I plan it or not. They get the shared laughter with the local friends I've made here along the way, the quiet routines we build together, and the small, unscripted moments of daily life.

That's not in the lesson plan. It just... comes out.

And over time, something shifts. The kids stop seeing India as this far-off thing on a poster. They start seeing it as the person grading their sketchbook. The person who notices the small details in their work. The person who brings in sweets and goes, "try this, it's just coconut, don't worry."

That's the bridge. Not a big dramatic speech. Not a policy. Just... being there. Being yourself.

That's what art does. It doesn't need a translator. You show someone something and they feel it before they can say why. A kid in Wuxi looking a photo of a street in Mumbai and going quiet. Not confused. Just... feeling something. That's the whole point of this job.

So that's also why I post.

I needed a name for it. I started putting up my stuff—my photography, but also little reels. Just daily life here in Wuxi. The walk to school. The way the street looks after rain. A bowl of something I bought from a vendor and had to figure out how to order. The view outside my window at six in the morning. Small observations, nothing fancy.

And when I go back to Mumbai, that's the other half of the feed—the local train packed at rush hour, my mother's kitchen, the sea, the noise, the things I missed and forgot I missed until

I was standing right in them again.
I didn't want a clever username. I didn't want anything that sounded like a brand. I just wanted something honest, so I went with: **Mumbaikar in China.**

It tells you exactly what you're going to get—one person's eyes moving between two cities, both of them home in different ways.

And honestly, I love saying it. Someone asks what I do and I just go, "well, I'm a mumbaikarinchina." They pause. They laugh. Then we talk. I love that pause. The way they go, wait, what? That little second of confusion before they realise. Two places nobody normally puts next to each other, and there I am in the middle of them with my camera.

The reels and photos do more than the words anyway. A street in Wuxi next to a street in Mumbai. Same kind of light, different language. People message me and say things like, "I had no idea it looked like that" or "my parents think all of China is like the news but this looks nice."

That's the bridge. They don't even think about it as a bridge. They just see two places and think, oh, those look closer than I thought. That's enough. That's the whole job.

Everyone talks about this multipolar world like it's something happening on a stage—summits, policies, big speeches. But from where I'm sitting it's not. It's a kid realizing the teacher's culture isn't just the festivals on the wall, it's the genuine warmth and connection she shares with the people around her. It's someone seeing a photo I took and realizing the person behind it is from a country they only know from the news.

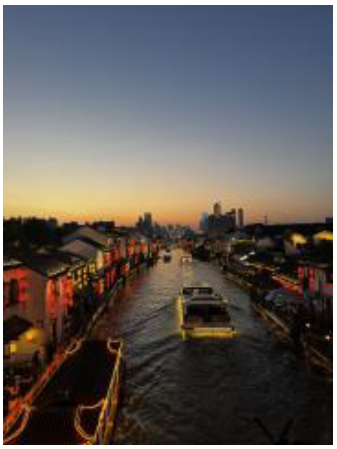
That's the multipolar world, up close. Not on a map. Just... people.

Home isn't one place anymore and I don't say that in a nice way. I say it because it's true. I miss the noise. I miss my mother's cooking. I miss stepping outside and immediately being somewhere alive. But I also miss the quiet when I'm not here.

I miss the walk to school. I miss the friends who have become my community here, and how slow this city gets after it rains.

I've got two sets of things I miss now. It's weird. I'm not going to pretend it isn't.

I used to think a bridge was something you built between two fixed places. I don't think that anymore. I think the bridge is just showing up. Bringing all of yourself— above the water and under it. Taking the photo. Teaching the class. That's the bridge I live on. Small. Mine. And it's real in a way no speech about the world ever was.

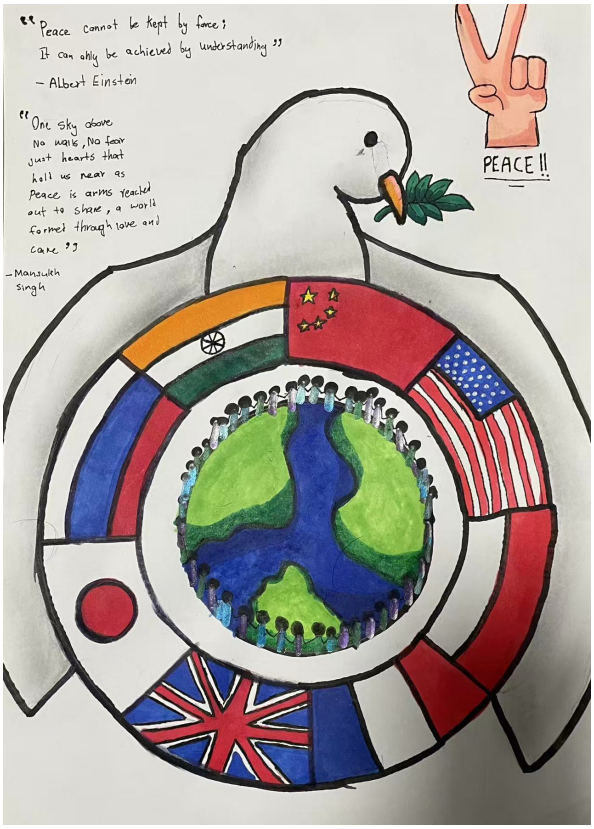


Hello everyone!

My name is

Mansukh Singh

My name is **Mansukh Singh, a ninth-grader at Shanghai Livingston American School.** I've loved art for as long as I can remember, and it continues to be a meaningful part of my life. As I grow as an artist, I'm excited to keep refining my technique and pushing my creative ideas further.



Hello everyone!

My name is
Maitrayee Banerjee

Having **lived in China for 25 years** and **working as a teacher,** I am a Bengali married to a North Indian, surrounded by diversity where we speak different languages, celebrate different festivals and discuss different stories at the dinner table. I call myself a true believer in multiculturalism, which has shaped and helped me build my identity.

Accelerated Move in the Multipolar World: Building Bridges, Not Borders

This twenty-first century has witnessed a decisive shift away from a unipolar world to a multipolar world, and that shift is accelerating. Economic power, technological growth and diplomatic influence are now distributed across several centers from the USA to China to India to Brazil to a growing constellation of regional powers. So, the old assumption that one nation could set the rules has been replaced by a fluid plural landscape.

Borders are not just physical walls but visa restrictions, tariffs or even technological firewalls. Bridges, on the other hand, are trade corridors, research partnerships, student exchanges or multilateral co-existence.

I saw this principal at work when we teachers sat down to watch Bollywood movies like Dangal, Lagaan, or 3 Idiots. What struck me was how quickly the borders between us dissolved. My Kenyan colleague laughed at the same jokes as my Japanese colleague; my Chinese colleagues cried at the scene between the father and daughter in Dangal; my Brazilian and Irish colleagues drew parallels between their country's history and the resistance shown in Lagaan. I cannot forget how the Chinese security guard, who was about to retire, sang and danced to Awara Hoon and remembered "Laaj Kapoor" (that's how he pronounced it).

Bollywood movies are definitely a bridge between continents; they carry stories and absorb influences from everywhere, whether it is Western pop, African beats or Middle Eastern melodies, and remix them into something new. After watching these movies, we discussed values, cultures, and identities. Nobody had to abandon or impose their cultural perspectives; we built a shared space where we sat together, with discussions, laughter and interactions.

That experience taught me that bridges are not always built by governments or treaties; a simple song, a dance sequence, or a story can make a stranger feel connected.

In an accelerated multipolar world, these cultural connections matter a lot. Borders are easy to build; they can be built in a day. But bridges take time, trust, patience, and the courage to have faith in someone who doesn't look, speak or pray like you. Bridges are the only structures that help us move forward; those Bollywood movies and that shared laugh taught me that. So, if a movie made in Mumbai can affect a person from Kenya or Japan, the question is whether bridges are possible and whether we will choose to build them before the walls or borders finish building themselves?

Hello everyone!

My name is

Michael Ma

Liang "Michael" Ma, Founder & CEO of MedAsian

Michael Ma has **more than 20 years of experience in the pharmaceutical and healthcare industry**, with **expertise in market strategy, government affairs and public relations.** He has a proven track record of helping international companies navigate complex regulatory environments and successfully enter the Chinese market. His extensive network and deep understanding of both government and industry dynamics make him a t**rusted adviser for businesses seeking to expand in China.**

One Smile at a Time

We are living through a great unraveling—and a quiet reweaving.

As old maps fade and new voices rise from every horizon, we find ourselves navigating a landscape defined by flux. The world is becoming multipolar, yet that word feels too clinical to capture our reality. It simply means that certainty has given way to complexity, and we must learn, over and over again, how to live alongside difference.

We face a fundamental choice: do we retreat behind high walls of suspicion, or do we have the courage to build bridges?

The invisible borders that divide us

The most formidable borders of our time are not marked by barbed wire or customs checkpoints. They are invisible, woven silently into the fabric of our daily lives.

There is the border between institutions and the people they serve—a distance measured in lost trust. There is the border between generations—a quiet chasm that opens when the elderly are left behind by a world racing forward without them. And there is the cultural border that teaches

us to view the unfamiliar with hesitation rather than curiosity.

Invisible walls do not announce themselves; they simply exist, like fractures in the floor that, if left unattended, widen into canyons.

The silence between teeth

Consider how these macro-level divisions manifest in human lives at the most micro scale.

In communities across societies today, millions of elderly citizens live with severe tooth loss. On paper, this is merely a health statistic. But in the lived reality of an older adult, it is a slow retreat from the world. It is the ache of chewing that leads to an empty chair at the family dinner table. It is the shame of a compromised smile that silences a voice. What begins as a physical loss ends as an emotional exile– a silent border drawn between a person and their community.

I witnessed this firsthand when sitting with a group of seniors who confessed to skipping family weddings and avoiding old friends, simply because the simple act of eating or laughing had become a source of public shame. They were not just losing their teeth; they were losing their rightful place in the human circle.

When one hand is not enough

For too long, we approach these chasms with fragmented tools. Governments offer reach but struggle to touch the heart of fear. Private enterprises bring resources but lack the warmth of trust. Communities possess compassion but lack scale. We often labor in isolation, hoping the other side will somehow meet us halfway.

But some walls are too high for any one hand to dismantle; they demand a symphony, not a solo.

To span the chasms of our multipolar age, we must forge new architectures of cooperation by bringing together unlikely allies. No single entity can carry the burden alone. Through a collaborative initiative named the Smile Ambassadors, we saw what happens when different pillars of society cross their own borders: the Shanghai Elderly Foundation brought deep community roots and enduring trust; the Straumann Group provided clinical precision and scientific innovation; and our team at MedAsian helped weave them together. True connection requires each to bring their distinct piece of the puzzle to build something greater than the sum of its parts.

Bringing the bridge to the doorstep

Building bridges in a fragmented world means we cannot wait for the vulnerable to find us; we must bring the bridge to their doorsteps. We must meet people exactly where they are– whether in community halls, senior centers, or local gatherings.

When we approach communities not with a transaction in mind, but with the intent to listen, something shifts. Suspicion softens into curiosity. Curiosity blooms into trust. And trust is the only key that opens the door to genuine care. When individuals are met with patience and dignity, and given the means to reclaim their voice, a remarkable transformation takes place.

The bridge that remains

I think of a retired factory worker who, after years of silence and an inability to share basic meals, finally regained his smile and his voice. The true measure of such a transformation is not found in clinical metrics, but in the immeasurable: the restoration of dignity, the return of hope, and the quiet joy of belonging to a family and a community once more.

It serves as a reminder that the most durable bridges are not forged of steel or stone, but of attention– the willingness to sit with someone's vulnerability and say: I see you, and you are not alone.

A call to build

The multipolar world will continue to turn. Power will shift, and technology will accelerate. Yet, the true health of our global society will never be measured by economic output or geopolitical might. It will be measured by how many elders retain their place at the family table, how many voices are heard, and how many smiles are restored across the divides that separate us.

We all have invisible walls around us– between young and old, between center and margin, between those who have access and those who do not. The choice is ours: we can allow them to stand, or we can find the courage to reach across.

Bridges connect what borders seek to divide. Let us be builders. Let us begin.

Hello everyone!

My name is

Michael Lamb

I'm Michael Lamb. I specialise in permanent sphenoid and occiput ridge alignment via energy-based cranial work.;

My exclusive 15-day alignment protocol precisely resets the foundational cranial structure. It releases locked cranial twists, eliminates core full-body skeletal distortion, and restores free-flowing cerebrospinal fluid throughout the nervous system. Once proper alignment is established, your body automatically triggers a sequential 100-day staged self-healing journey.

This powerful process empowers the body to naturally address a wide range of acute and chronic health concerns by restoring balanced skeletal structure, optimal nerve communication and healthy organ function. Unlike most temporary bodywork adjustments, this alignment is designed to hold permanently. No other practitioner can fully replicate my complete method.

Full Detailed Healing Guide: 15-Day Sphenoid & Occiput Cranial Alignment (5 Stages) + 100-Day Segmented Healing Cycle

Complete with All Permanent Benefits & Temporary Side Effects for Every Phase

Part 1: 15-Day Cranial & Full Spinal Alignment Phase – Split into 5 Stages

Core Focus: Energy alignment of sphenoid bone, occiput ridges, release cranial twists, fix full-body core skeletal distortion, restore free cerebrospinal fluid (CSF) flow, realign the entire spinal column from skull base to sacrum. Each stage lasts 3 days (3 days × 5 stages = total 15 days)

Stage 1 (Days 1–3): Cranial Base Unlocking – Occiput & Upper Cervical Spine

Target Body Structures: Occiput ridges, C1-C2 neck vertebrae, skull-neck atlanto-occipital joint

Permanent Early Benefits

1. Relief of base-of-skull tension and constant neck stiffness
2. Improved neck rotation and side bending mobility
3. Reduced TMJ jaw tightness, teeth grinding and facial tension
4. Initial boost to cerebrospinal fluid flow to calm overactive cranial nerves

Temporary Side Effects

1. Dull, light headaches that fade within 24–48 hours
2. Full, blocked feeling inside the ears
3. Mild fatigue as compressed nerve endings release pressure
4. Minor jaw soreness when chewing

Stage 2 (Days 4–6): Sphenoid Bone Symmetry Calibration & Sinus Reset

Target Body Structures: Sphenoid bone, pituitary gland cavity, sinus cavities, facial cranial nerves

Permanent Early Benefits

1. Balanced facial symmetry from even sphenoid positioning
2. Clearer sinus passages, less chronic congestion and post-nasal drip
3. Stabilized stress hormone output from balanced pituitary function
4 .Reduced chronic pressure behind the eyes

Temporary Side Effects

1. Fluctuating sinus pressure and mild runny nose (toxin drainage)
2. Brief eye strain and slight blurriness
3. Minor forehead tension
4. Small shifts in emotional mood from hormonal readjustment

Stage 3 (Days 7–9): Mid-Thoracic Spine, Rib Cage & Shoulder Fascia Release
Target Body Structures: Mid-back thoracic spine, rib cage connective fascia, shoulder girdle, heart protective tissue

Permanent Early Benefits

1. Easier, deeper breathing by releasing compressed rib fascia
2. Reduced frozen shoulder, tennis elbow and upper back pain
3. Less tightness across the chest and heart area
4. Improved circulation to arms and hands

Temporary Side Effects

1. Shoulder and upper muscle soreness
2. Brief heart palpitations as stored chest tension releases
3. Sudden mood swings, irritability or tearfulness (stored emotional stress release)
4. Tingling running down forearms and fingers

Stage 4 (Days 10–12): Lower Spine, Sacrum & Pelvic Foundation Alignment

Target Body Structures: Lumbar spine, sacrum, hip bones, pelvic floor muscles, leg skeletal alignment

Permanent Early Benefits

1. Correction of uneven hip height, bowed legs and leg length discrepancy
2. Dramatic reduction of sciatic nerve shooting pain
3. Relief of chronic lower back herniated disc pressure
4. Improved blood flow to pelvic organs and genital tissue
5. Less knee strain, plantar fasciitis and heel spur discomfort

Temporary Side Effects

1. Aching in lower back, hips and thigh muscles
2. Digestive bloating and gassy abdominal discomfort
3. Frequent urination from activated lymphatic detox
4. Tingling numbness traveling down legs and feet

Stage 5 (Days 13–15): Full Skeletal Integration & Whole Nervous System Priming

Target Body Structures: Entire skull, full spinal column, all joint connective tissue, pineal & adrenal glands

Permanent Core Benefits Locked In After Completing All 5 Stages

1. Fully untwisted cranial structure with perfectly stacked spinal vertebrae
2. Uninterrupted nerve and CSF flow from brain to every cell in the body
3. Eliminated skeletal pulling that triggers arthritis, organ compression and chronic inflammation
4. Activated body's natural self-healing blueprint for the following 100-day cycle
5. Balanced master endocrine glands (pineal, pituitary, adrenals) to regulate all bodily functions

Temporary Side Effects

1. Mild full-body muscle aching across all joints
2. Vivid, intense dreams overnight
3. Up-and-down energy levels (fatigue one day, surging energy the next)
4. Small facial/body skin breakouts as surface toxins exit tissue

Part 2: 100-Day Segmented Healing Cycle (10 x 10-Day Segments)

Each segment includes repair targets, full permanent benefits, temporary detox/realignment side effects

Segment 1: Days 1–10 of 100 | Nervous System & Cranial Sensory Repair
Repair Targets: Brain tissue, cranial nerves, pineal/pituitary glands, inner ear, eye muscles, occiput/sphenoid nerve pathways

Permanent Healing Benefits

1. Full or partial elimination of chronic ear ringing (tinnitus)

2. Gradual vision improvement, less blurriness and eye strain

3. Regulated sleep-wake hormone production from balanced pineal gland

4. Correction of displaced crown hair swirl pattern on the scalp

5. Major reduction of migraines and tension headaches

6. Restored normal eyelash growth direction (stops lashes scratching eyeballs)

Temporary Side Effects

1. Sporadic mild headaches that come and go

2. Heightened sensitivity to loud noise and bright lights

3. Dry, irritated eyes

4. Temporary heavy hair shedding (old damaged hair falls out to grow healthy new strands)

5. Mild short-term insomnia during nerve pathway rewiring

Segment 2: Days 11–20 | Respiratory & Cardiovascular Circulation Repair

Repair Targets: Lungs, heart, full arterial/venous network, leg varicose veins, pelvic genital blood vessels
Permanent Healing Benefits.

1. Stronger lung capacity, no shortness of breath with movement

2. Stabilized healthy blood pressure circulation throughout the body

3. Faded, shrinking varicose veins in legs

4. Improved blood flow to penile tissue: firmer erections, enhanced touch sensitivity

5. Even, healthy skin tone across the whole body from better microcirculation

Temporary Side Effects

1. Brief shallow breathlessness that resolves daily

2. Minor swollen ankles as trapped fluid drains

3. Flushed facial skin, occasional hot flashes

4. Temporary rapid heartbeat during detox spikes

Segment 3: Days 21–30 | Digestive Tract & Abdominal Organ Repair

Repair Targets: Stomach, intestines, esophagus, hiatal hernia tissue, liver, gallbladder

Permanent Healing Benefits

1. Elimination of acid reflux and chronic heartburn

2. Healed hiatal hernia tissue, no upper stomach discomfort

3. Improved nutrient absorption to reverse anemia and low energy

4. Reduced bloating, chronic constipation or diarrhea

5. Healthier liver toxin filtration to lower systemic inflammation

Temporary Side Effects

1. Upset stomach, mild nausea during heavy liver detox

2. Irregular bowel movemete nts (loose stools as wasnts (loose stools as was flushes out)

3. Cravings for sugar or processed food as old toxic patterns shift

4. Mid-abdominal cramping for short bursts

Segment 4: Days 31–40 | Renal System (Kidneys) & Waste Filtration Repair

Repair Targets: Kidneys, ureters, bladder, kidney stone tissue, urinary sugar regulation

Permanent Healing Benefits

1. Improved GFR kidney filtration rates for better waste removal

2. Gradual breakdown and passing of small kidney stones

3. Stabilized urine sugar levels (lower excess glucose waste)

4. Less frequent nighttime urination

5. Reduced systemic swelling caused by poor kidney function

Temporary Side Effects

1. Cloudy, darker urine loaded with flushed mineral deposits

2. Mild dull ache in the lower back (kidney area)

3. Thirst spikes as kidneys flush stored waste

4. emporary minor lower bladder pressure

Segment 5: Days 41–50 | Skeletal Bone, Joint & Arthritis Tissue Repair
Repair Targets: All bones, finger/hand joints, knees, hips, bone spurs, degenerative arthritis cartilage

Permanent Healing Benefits

1. Slowed and reversed degenerative arthritis damage in hands, hips, knees
2. Softened, shrinking bone spurs that stop pressing nerves
3. Reduced finger joint swelling and stops progressive finger deformation
4. Thicker, stronger bone density to ease osteoporosis risk
5. Looser, more flexible joints with less chronic stiffness

Temporary Side Effects

1. Joint inflammation flare-ups (old pain briefly amplifies before healing)
2. Stiff fingers, knees or hips first thing each morning
3. Minor muscle soreness around every major joint
4. Temporary popping/cracking in joints as cartilage regenerates

Segment 6: Days 51–60 | Skin, Scar Tissue & Cellular Rejuvenation
Repair Targets: Full body skin, old surgical scars, internal adhesions, facial wrinkle tissue

Permanent Healing Benefits

1. Faded, flattened surgical scars and old injury scar tissue
2. moother facial skin, reduced fine lines and deep wrinkles
3. Balanced skin oil production to clear chronic acne/eczema
4. Youthful, brighter overall skin complexion
5. Broken-down internal tissue adhesions from past surgeries

Temporary Side Effects

1. Temporary skin breakouts as toxins exit through pores
2. Itching over old scars as tissue regenerates
3. Dry, flaky skin during cellular turnover cycles

Segment 7: Days 61–70 | Hair Follicle & Pigment Restoration
Repair Targets: Full body skin, old surgical scars, internal adhesions, facial wrinkle tissue

Permanent Healing Benefits

1. Stops excessive hair loss, activates dormant follicles for new growth
2. New hair grows in original natural pigment (reverses grey/white hair)
3. Thicker, stronger hair strands with healthy growth cycles
4. Balanced scalp oil to eliminate dry or oily scalp conditions

Temporary Side Effects

1. Continued mild shedding of old, grey damaged hair
2. Itchy, tender scalp as follicles awaken
3. Temporary slower hair growth for 3–5 days before rapid regrowth

Segment 8: Days 71–80 | Pelvic Organs & Soft Tissue Repair
Repair Targets: Sacrum, hip ligaments, pelvic floor muscles, hernia tissue, reproductive soft tissue

Permanent Healing Benefits

1. Fully straightened bowed legs from balanced pelvic skeletal alignment
2. Healed minor inguinal and hiatal hernia tissue
3. Reduced chronic hip pain, knee pain and foot pain
4. Long-term balanced pelvic nerve and blood flow
5. Relief of chronic tendonitis, trigger finger, nerve entrapments

Temporary Side Effects

1. Deep aching in hips, glutes and pelvic floor muscles
2. Occasional sharp twinges in groin or upper thigh
3. Temporary tightness in leg tendons as fascia releases

Segment 9: Days 81–90 | Immune System & Chronic Inflammation Reset
Repair Targets: Lymphatic system, immune cells, fibromyalgia tissue, autoimmune inflammatory tissue

Permanent Healing Benefits

1. Major reduction of widespread fibromyalgia body pain

2. Lower autoimmune inflammation (supports lupus symptom relief)

3. Stronger immune response to fight off frequent colds/illness

4. Reduced chronic whole-body inflammatory swelling

5. Less fatigue linked to overactive immune response

Temporary Side Effects

1. Flu-like mild fatigue and body aches for 2–3 day detox bursts

2. Swollen minor lymph nodes under jaw, armpits

3. Temporary heightened sensitivity to cold temperatures

Segment 10: Days 91–100 | Full Body Integration & Long-Term Stabilization
Repair Targets: Every organ, skeletal structure, nerve, gland and connective tissue system

Permanent Full-Body Cumulative Benefits (All Healing Locked Permanently)

1. Fully balanced cranial-spinal alignment with zero core skeletal distortion

2. All previously compressed organs function at full natural capacity

3. Restored optimal blood, nerve and cerebrospinal fluid circulation across the entire body

4. Reversed degenerative damage to bones, joints, skin, hair and soft tissue

5. Regulated hormone, filtration, digestive and immune systems

6. Permanent relief from hundreds of chronic pain, nerve, organ and inflammatory conditions listed earlier (sciatica, TMJ, herniated discs, tinnitus, acid reflux, arthritis, varicose veins and more)

7. Slowed natural aging processes through consistent cellular rejuvenation

Temporary Side Effects

1. Random brief flare-ups of old minor symptoms (final tissue clearing)

2. Fluctuating energy as all bodily systems sync together

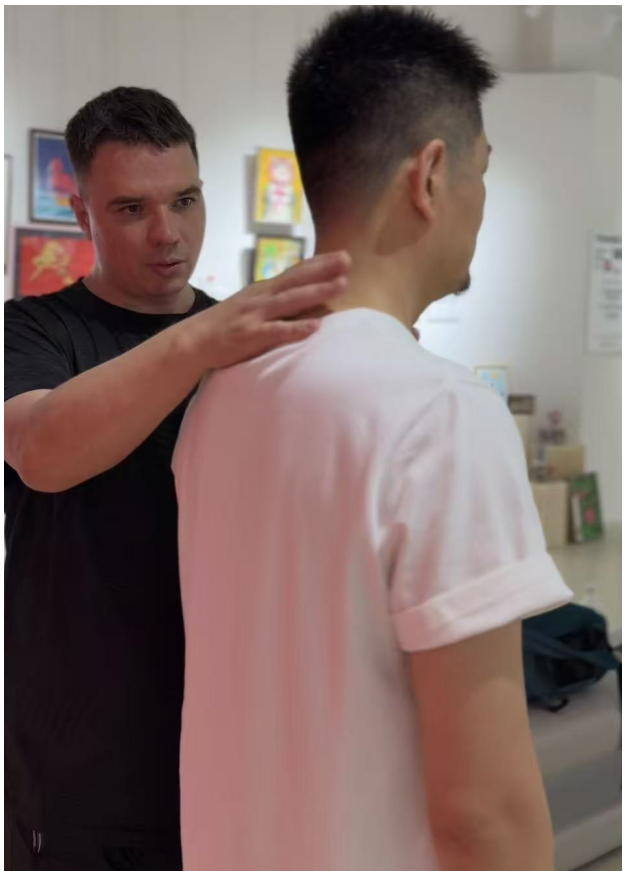
3. Occasional light sleep disturbances before stable, deep sleep returns

4. Mild emotional release (sadness, joy, relief) as long-term trauma stored in tissue fully clears

Global Universal Rule for All Healing Stages
Mandatory 100-Day Alcohol Ban (Critical to Preserve All Benefits)

Alcohol disrupts cranial bone stability, slows organ detoxification, inflames regenerating cartilage and nerve tissue, blocks CSF flow and halts permanent tissue repair. Drinking alcohol at any point within the 100-day cycle will reverse partial alignment progress, amplify uncomfortable detox side effects and delay full permanent healing results.

|(Note: May contain AI-generated content.)



Hello everyone!

My name is
Monali Vasavada

Monali Vasavada is the **Managing Partner and Co-founder of The PITRA.**
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Accelerated Move in a Multipolar World: Building Bridges, Not Borders

Peace, Sustainability, and Vasudhaiva Kutumbakam as the Compass for Humanity

The 21st century is defined by one shift: the world is moving from a unipolar order to a multipolar world. Power, production and ideas are now distributed across New Delhi, Washington, Beijing, Brussels, Brasilia, and Nairobi.

In this transition, nations face a choice: build borders of tariffs and distrust, or build bridges of trade, technology, and climate action.

India's ancient civilizational idea offers a compass: 'Vasudhaiva Kutumbakam' — "The World is One Family". During India's G20 Presidency, this was articulated as "One Earth, One Family, One Future."

This article explores why multipolarity must be accelerated through bridges, why peace and well-being must be the goal, and why sustainable development is the only path for humanity and all living beings.

1. Why the Multipolar Moment is Inevitable

Three forces ended the single-power era:

1. Economic Rebalancing: Asia is over 40% of global GDP in PPP. Global supply chains today run through India's services and manufacturing, Vietnam's factories, and Africa's startups. For India, this is a historic opportunity - 1.4 billion people, 6.3 crore MSMEs, and the world's largest young workforce moving from services-led to manufacturing + services-led growth.

2. Technological Diffusion: AI, EVs, renewable energy, and digital payments are not owned by one country. India'sDPI, like UPI, advancements in battery storage, and global green technologies all shape the future.

3. Shared Crises: Climate change, pandemics, and food shocks do not respect borders. The last five years proved that instability anywhere creates cost everywhere.

In a multipolar world, interdependence is higher. Borders create fragility. Bridges create resilience.

2 Vasudhaiva Kutumbakam: An Ancient Idea for a Modern Crisis

From the Maha Upanishad:

"This person is mine, this one is not — is the calculation of small minds. For those with a magnanimous heart, the entire world is one family."
For today's economy, it means three things:

1 From 'Me First' to 'We First': National interest is secured by global stability. When Indian MSMEs export affordable solutions to Africa and global firms invest in India's manufacturing, the whole system wins.

2 From Zero-Sum to Positive-Sum: Supply chain resilience, clean air, and public health are shared goods.

3. From Power to Responsibility: Every major economy must contribute to global public goods — vaccines, climate finance, digital infrastructure, and peace. This is not idealism. It is strategic realism for a connected world.

3. Why Peace and Well-being Must Be the Goal

For decades, success was measured only by GDP and military spending. That model has limits:

1. Wealth without Well-being: Despite rising incomes, anxiety and burnout are at record highs globally.

2. Security without Sustainability: More spending does not automatically mean more human security. Every resource spent on conflict is a resource not spent on schools, healthcare or green transition.

3. Growth without Meaning: When development is only consumption, cultures erode and communities break.

The new scoreboard for India's growth story — and the world's — must include peace and well-being.

Peace means freedom from fear: food security, energy security, digital security. Disputes solved through dialogue and reformed multilateralism.

Well-being means measuring beyond GDP — health, education, governance, and ecological health, as reflected in the UN SDGs.

Dignity means every farmer, factory worker, and entrepreneur has opportunity, clean water, healthcare, and respect. This is the core of inclusive growth.

4. Sustainable Development: For Humanity and All Living Beings — and for Economic Growth

We are 8.1 billion people today, 9.7 billion by 2050. The question is how we grow.

For India, sustainable development IS economic growth:

- Climate & Economy: India's energy transition — green hydrogen, solar, EVs, batteries — is a $500 billion industrial opportunity and essential for energy security. It is about Make in India for the world.

- Health & Productivity: Air pollution and water stress impact labour productivity. Clean energy and sustainable agriculture are economic policies.

- LiFE – Lifestyle for Environment: Climate action must involve 8 billion people making mindful choices, complementing industrial action.

For All Living Beings:

Vasudhaiva Kutumbakam includes rivers, forests, and animals. Biodiversity loss, pollinator collapse, and ecosystem health directly impact agriculture and food security — the base of India's economy.

5. Bridges, Not Borders: In Practice for Growth

1. Trade Bridges: Corridors like the India-Middle East-Europe Economic Corridor, digital trade agreements, mutual recognition of standards. When Indian pharma, digital services and engineered goods reach global markets, and critical green technologies flow in, all win.

2. Technology Bridges: Share climate, health, and agri-tech through open-source platforms and joint R&D. Focus on MSME-level tech transfer.

3. Institutional Bridges: Reform global institutions like the UN, WTO, WHO to reflect today's multipolarity. Inclusion of the African Union in the G20 was a step forward.

4. People Bridges: Engineers, researchers, students and entrepreneurs working across borders. Empathy prevents conflict and sparks innovation.

6. The Role of India and Middle Powers

In a multipolar world, countries like India, Brazil, and Indonesia matter most as bridge-builders.

India's advantage for accelerated growth:

1. Scale: 1.4 billion people and 6.3 crore MSMEs. India's choices on energy, digital and manufacturing affect the world.

2. Demography + Democracy + Delivery: Young workforce, entrepreneurial culture, and proven digital public infrastructure at population scale.

3. Multi-alignment: Ability to work with diverse partners on tech, energy, climate, and trade without zero-sum blocs — focused on economic interests and strategic autonomy.

7. 5 Imperatives for 2030

1. Global Stability Pact: Commit to dialogue and conflict prevention mechanisms.

2. Well-being Dashboard: Report health, education, inequality, and environment alongside GDP.

3. Sustainable Development Compact: Clear commitments on climate finance, tech transfer, and biodiversity.

4. MSME Bridge Fund: $500 billion global fund for MSMEs in green energy and digital trade across India, ASEAN, Africa and Latin America.

5. Living Beings Charter: Legal frameworks for river and forest restoration, rewilding, and ocean health.

Conclusion: One Earth, One Family, One Future

The multipolar world is here. The question is what kind.

A world of rival blocs and climate stress?

Or a world of competing ideas that cooperate on survival, measuring success by peace, well-being and sustainable prosperity?
Vasudhaiva Kutumbakam reminds us to expand the circle of "us."

Borders divide. Bridges connect.

Borders protect the past. Bridges build the future.

The 21st century will not be defined by the biggest army. It will be defined by who has the courage to build bridges — for economic growth that leaves no one behind.

For humanity. For all living beings.

Hello everyone!

My name is

Namrata Motiani

I'm **Namrata Motiani**,residing in **Guangzhou** for the last 20 years. I have done my **Bachelor of Home Science and Bachelor of Education from India.**

I have 5 **years of teaching experience in India, Indonesia and China.** Being creative always brings happiness and joy in my life and keeps me moving ahead! I do henna art in the events and also sing at the events organized by the Indian Consulate. I have won the Millet Master Chef Competition,Cake tasting competition, and painting competition in China.
I love to spread happiness and joy wherever I go!!!

Journey towards home-made baking- which connects generation to generation

Baking is a wonderful way of sweet gesture, showing love, a way of sharing happiness. Baking is more than just mixing ingredients; it's an art that fills our homes with warmth and joy. It surrounds us with joy and happiness.

The kitchen is the heart of the home, and when it comes to baking at home, this becomes even more important.

Baking is a process of cooking by dry heat. The special equipment is an oven which is used for baking sweets, cakes, cookies, pies, brownies, biscuits, puddings, breads, pizzas and savories. Ovens with temperature and time control are used for baking.

Baking is done in every corner of the world. It's a fascinating journey that has evolved over centuries. Baking can be traced back to early 2600BC in ancient Mesopotamia, where evidence of flat breads baked on stones, coal, and wood in the mud ovens.

Baking became an integral part of daily life in Ancient Egypt, Greece and Rome. Gradually with their experiences, they got to know more about baking techniques.In ancient Rome, baking became a common practice. The Invention of the commercial oven known as Furnas was revolutionized. Romans were known for their love of pastries and desserts. Gradually baking became more widespread, advancements in technology allowed for larger ovens to bake breads for the entire city. They could bake hundreds of breads at a time for the entire city. The bakers tried to experiment with different ingredients by using different spices or mixing up spices, fruits and nuts together for better tastes.

Tradition of baking passed from generation to generation-Traditional family recipes are more important than ever and it's passed from generation to generation. As the family recipes help us to connect to our people, traditions which matter most to us.

Home-made baking always brings happiness and joy. Also, the amazing aroma of the goodies spread everywhere. Baking brings excitement to the family members, especially the baker as well as the other family members. As they all are familiar with the taste and the flavor. So, the excitement and fun of celebration remains with them for a day or two.

When I was a child around 6-7 years old, I used to see my mom bake a birthday cake for everyone in the family. She used dry fruits for decorating the cakes. Lots of excitement was there and I used to help my mom in beating the cake batter and whatever she said I liked to do the work under her guidance. The aroma of cake batter makes us hungry. She used to make chocolate, vanilla and coffee flavors.I loved to lick the batter.

Baking is a science as well as an art. It's an all-time favorite for me too, as it makes my day full of excitement! Baking unique flavors and designs is just like cherry on the cake for me. Every cake is challenging for me. My mom used to bake delicious cakes and I learnt baking from her and started baking from the age of 13. Gradually, I learnt baking basic cakes, cookies with different ingredients and later, I learnt simple frosting to decorate the cakes. In my college days, every year, there were cake-frosting competitions and each year, I won awards which made me more passionate for baking as well as frosting. Last year, there was a "chocolate cake baking" competition in Shenzhen where I got an opportunity to participate. They never

had an eggless cake before, they all loved it and I won an award there too, which made my mom and family feel proud. I'm truly grateful for all my awards. Looking forward to more competitions in future.

I continued my baking tradition and gradually passed it to my daughters. They love to bake and frost the cakes. My younger daughter loves to bake cakes with a variety of flavors, pizzas, breads for herself as well as for her friends. She loves frosting cakes too! My daughter is the third generation, who loves to bake and frost the cakes.

It's a great privilege to have the art of baking passed down from one generation to the next.Baking at home is fun and a great way to create special bonds with the family. Home baking is the ability to tailor our own creations according to our personal preferences. It's fun as well as rewarding, it brings happiness, smiles and joys to the baker as well as to the receiver.

I'm a happy baker and love to bake cakes for friends as well as for my family from the bottom of my heart!

Hello everyone!

Our names are
Naomie, Egor, Jiamu, Soumya

A Joyous Evening with Friends

A Chinese, a French and a Russian go to an Indian Association event... this is the start of either a very funny joke or a very heartwarming moment of my friends coming to support the inaugural IA Golf Tournament's Networking Dinner.

I wanted them to learn more about the Indian community that I had interacted with so much over the past year and of course, have some good Indian food at Kaya, a restaurant I give so much business to on delivery apps; I think I'm the reason they stay open.

This event was a mix of Indians and other nationalities alike. Golf, it turns out, has avid players globally. Therefore, my friends blended right in with the multinational, multicultural crowd, meeting people from so many different walks of life. A commonality for us is that we all want to build a life in Shanghai, so seeing so many foreigners do the same successfully inspired us all to think about the future we can achieve.

Building bridges, not just between the country we come from and the country we currently call home, but as a mesh of strings connecting us to every individual we come across, enabling us to learn from a variety of cultures, understanding different ways of doing things, realising that no one way is better than the other, ultimately leads to a deeper interpersonal understanding to foster a utopian society. In organising this event and hosting so many people with a common interest, we took a small but sure step towards realising this vision.

I think this event was a grand success, with especially lucky wins for my friends to visit practically every Indian restaurant in the city. As Finance students would say, ROI looking good this year ;)

Here are my friends' kind reflections of their experience:

A Fun Event and a Lucky Win

My university classmate, Soumya, invited me to an event recently. I was happy she thought of me, and we had a wonderful time together. We met new people, laughed a lot, and enjoyed the evening. It was a really fun day.

The food at the event was delicious. There were many different dishes to choose from, so everyone could find something they liked. I tried several things, and everything tasted great. The best part of the night was when I won a 200 RMB coupon to Cork & Brew, an Indian restaurant! I was so surprised and happy.

I am very thankful to Soumya for inviting me. Because of her, I had a fun night, ate great food, and even won a prize. I can't wait to use my coupon and enjoy a meal at Cork & Brew. This event reminded me that saying "yes" to new things can lead to wonderful surprises.

- Naomie Fouassier

Attended an event organised by the Indian Association and Golf Club. Really liked the atmosphere, especially the prizes for everyone– I think it was the smartest way I've ever spent 250 RMB in my life.

The food was excellent, with so many tasty Indian dishes. Spent a great time with my friends. Thanks for the invitation, Soumya!

- Egor Grishin

I have always been very interested in and fond of Indian cuisine. Also, from this exact restaurant, I have ordered dozens of takeout orders over the last year already. Thus, it was an immediate yes when Soumya invited me to join the event. However, there was much more than food itself that made the event wonderful.

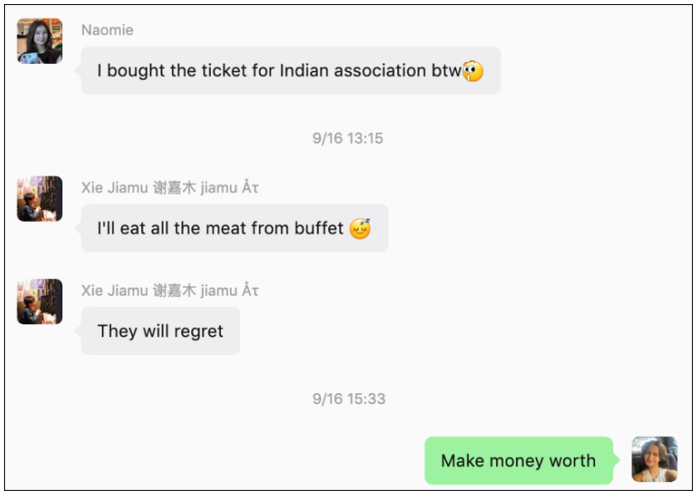
We had some pleasant chats with members of the association, and it turns out they are friendly and extraordinarily generous.

I even doubt whether the organising team had a proper meal, as the entire time they were busy with announcing rounds and rounds of lucky draw winners.

I even got to remember 3 names without talking to any of them, as they showed up so many times as the winners, and I also won 200 RMB coupons for another Indian restaurant. I'm really glad we have such a welcoming Indian community here in Shanghai, and in China, hopefully I will join in their following events.

- Jiamu Xie

Written by Naomie Fouassier, Egor Grishin, Soumya Lahoti and Jiamu Xie, all Master of Finance candidates at Shanghai Advanced Institute of Finance, Shanghai Jiaotong University.



Hello everyone!

My name is
Rashi Saravanan

I'm **Rashi.** I'm **17 years** old and originally from India, with **roots in Tamil Nadu**, but I was **born and brought up in Gujarat**. I currently live in Shanghai, China, where I'm an I**B Grade 12 student at Shanghai Singapore International School.** I'm i**nterested in psychology, science, and global issues,** and I enjoy writing and exploring different perspectives.

Accelerated Move in the Multipolar World: Bridges Not Borders

By: MUDALIAR Rashi Saravanan

"A bridge is a curious thing. It does not erase the river beneath it. It simply refuses to let the river become the end of the journey."

When I first read the theme "Accelerated Move in the Multipolar World: Bridges Not Borders," I found myself returning to that image. We often celebrate bridges because they connect places, but perhaps we overlook something even more important. A bridge exists only because two sides are different. If there were no distance to cross, there would be no need to build one.

That is why I believe the theme is not asking us to imagine a world without differences. It is asking us to imagine a world that refuses to let those differences become barriers.

Today, the world is changing at an extraordinary pace. The balance of global influence is no longer centred around a single nation or ideology. Countries across Asia, Africa, Latin America and the Middle East are contributing to international decisions in ways that were unimaginable only a few decades ago. Power is becoming more distributed, more diverse and, inevitably, more complicated.

Many view this shift with uncertainty. More voices often mean more disagreements. Different political systems, economic priorities and cultural values can make cooperation difficult. Yet I wonder whether we are asking the wrong question. Instead of asking whether a multipolar world is stable, perhaps we should ask whether we are willing to build enough bridges to support it.

After all, difference has never been humanity's greatest obstacle.

Our unwillingness to understand difference has.

Growing up in an international school has quietly shaped the way I see the world. My classmates come from different countries, celebrate different traditions and speak different languages at home. There have been moments when conversations felt awkward because we did not immediately understand one another. Yet those moments never pushed us apart. If anything, they made us more curious. The conversations I remember most are not the ones where everyone agreed, but the ones where someone offered a perspective I had never considered before.

Perhaps nations are not so different from classrooms.

Every country carries its own history, its own ambitions and its own fears. Expecting every nation to think alike is neither realistic nor desirable. Diversity is not a weakness to overcome, it is a strength to understand. Just as meaningful friendships do not require identical personalities, meaningful international relationships do not require identical interests. They require something far more valuable, respect.

This is where the metaphor of the bridge becomes significant.

Borders often define where responsibility begins and ends. Bridges invite us to look beyond those lines.

Climate change does not pause at customs checkpoints. A virus does not ask for a passport before crossing continents. Cybercrime travels faster than diplomacy. Artificial intelligence is advancing more quickly than the policies designed to regulate it. The defining challenges of the

twenty-first century share one characteristic,**"they ignore borders completely".**

Perhaps that is nature's way of reminding us that humanity has always been more connected than we like to believe.

And when I go back to Mumbai, that's the other half of the feed—the local train packed at rush hour, my mother's kitchen, the sea, the noise, the things I missed and forgot I missed until I was standing right in them again.

Ironically, some of the strongest borders today cannot even be seen.

The internet has transformed communication in ways previous generations could scarcely imagine. Information travels across the globe within seconds. Ideas spread instantly. We are more connected than any generation before us.

Yet connection is not the same as understanding.

Algorithms quietly surround us with opinions that resemble our own. Social media rewards certainty more than curiosity. We have become remarkably good at finding people who agree with us and remarkably uncomfortable listening to those who do not.

The invisible borders inside our minds are often harder to cross than the visible ones on a map.

Building bridges, therefore, is no longer only a diplomatic responsibility. It is an intellectual one.

History reminds us that humanity's greatest achievements rarely belong to one nation alone. Scientific discoveries are strengthened through collaboration. Medical breakthroughs emerge from years of shared research. Space exploration has repeatedly demonstrated that countries with different political interests can still pursue a common purpose. Even during the COVID-19 pandemic, despite political tensions, scientists across continents shared data at unprecedented speed because the urgency of saving lives outweighed national pride.

These examples reveal an important truth.

Progress accelerates when knowledge is shared.

It slows when knowledge is guarded.

Competition itself is not the enemy. In fact, competition often inspires innovation. Athletes compete to become stronger. Scientists compete to make discoveries. Nations naturally compete to improve their economies and technologies.

The real danger begins when competition replaces cooperation altogether.

Winning loses its meaning if everyone else loses with us.

This is why I believe the phrase *"Bridges Not Borders"* is more than a slogan. It is a philosophy. A bridge does not demand that the two shores become identical before they connect. It simply acknowledges that both sides have something worth reaching.

India occupies an especially interesting position within this changing global landscape. It is home to extraordinary cultural diversity, one of the world's youngest populations and a rapidly growing scientific and technological community. Rather than acting solely as another global power, India has the opportunity to become something perhaps even more valuable, **"a connector".**

Its philosophy of Vasudhaiva Kutumbakam, meaning "the world is one family," reflects an idea that feels remarkably relevant today. Families are not united because everyone thinks the same way. They argue. They disagree. They challenge one another. Yet they remain connected because the relationship itself matters more than winning every disagreement.

Perhaps international relations deserve the same mindset.

However, I do not believe the responsibility of building bridges belongs only to diplomats and world leaders.

It belongs to students who choose curiosity over stereotypes.

To teachers who encourage questions instead of assumptions.

To researchers who publish discoveries for others to build upon.

To artists whose stories remind us that emotions speak a language no translation can fully capture.

Most importantly, it belongs to ordinary people who decide that listening is not a sign of weakness but of confidence.

As someone preparing to enter a world shaped by artificial intelligence, climate uncertainty and rapid technological change, I often wonder what kind of future my generation will inherit. More importantly, I wonder what kind of future we will choose to create.

The answer, I believe, depends less on politics than on perspective.

A multipolar world is already our reality. The question is not whether different powers will exist. They will. The question is whether those powers will define themselves "by the borders they defend or by the bridges they build".

When I think back to the image of a bridge, I realise that its

greatest achievement is not that it shortens distance.

It changes possibilities.

People who could never have met begin to exchange ideas. Communities separated by rivers begin to share opportunities. Journeys that once seemed impossible become ordinary.

Perhaps that is exactly what humanity needs today.

Not fewer differences, but more courage to cross them.

Because borders may tell us where nations begin and end.

Bridges tell us where progress begins.

Hello everyone!

My name is
Riyaan Kartik Raj

Riyaan Kartik Raj is a cheerful **fourth-grade student at JCID** who is a 10 year old. He enjoys **playing basketball and dodgeball at school** with his classmates. In his free time, Riyaan loves **reading Geronimo Stilton books and chatting with his friends and family.** He is **friendly, energetic, and enjoys learning, playing,** and spending time with the people he loves.

Accelerated Move in the Multipolar World; Bridges Not Borders

Okay, imagine the whole world is one giant video game. A long time ago, one player had all the superpowers and made most of the rules. But now? Boom! Lots of players leveled up. The U.S., China, Russia, India, the U.K., and many more countries are strong and important. That's a multipolar world - "multi" meaning many, and "polar" meaning the government. No single government runs the whole world anymore.

And this change is happening super-fast - like a jetpack with extra boosters. That's the sped-up move. I know it sounds pretty exciting, but trust me, it may feel quite wild.

So here's the big choice: bridges or borders?

Borders are like slamming the door and yelling, "Get out!" and "Don't come in!" They divide people through fighting, loneliness, and grumpy faces. Bridges are like awesome ramps that say, "Hey, come over! Let's have a chat!" Bridges mean talking, trading, sharing ideas, and helping each other. Bridges are not boring - they're epic fun! They let us swap plans, opinions, secrets, and support. They turn strangers into teammates and teammates into friends. That's a real power-up!

Why does this matter? Because no one can beat the biggest bosses alone. The ozone layer? Teamwork. Climate change? Teamwork. New inventions? Teamwork! When countries connect, they understand each other. When they understand each other, they fight less and build more.

Even us kids can build bridges. Say hi to someone new. Learn a few words in another language. Listen to a friend's story. Small bridges can make a really big difference.

The world is changing fast. Many countries have power now. We can't stop the change, but we can choose how to handle it. Let's not build walls. Let's build bridges. Let's be kind, curious, and awesome.

Hello everyone!

My name is
Sariga Krishnan

Sariga is a model, trained Kuchipudi dancer, educator and proud mother of two daughters, who has been living in China since 2009. With a **BE in Engineering and an MBA,** she brings together **confidence, creativity, discipline and cultural grace**.

Her journey in modeling is complemented by her deep connection with Indian classical arts. As a trained Kuchipudi dancer and mother of two daughters who are also training in Kuchipudi, she celebrates the beauty of Indian heritage and the importance of passing culture from one generation to the next.

Community engagement is an important part of Sariga's life. She actively contributes to the Indian community in Shanghai through organizations such as the Indian Association, Shanghai Sangamam and Shanghai Kannadigaru. She has been involved in cultural celebrations, community gatherings and initiatives that promote Indian heritage, bring people together and create meaningful connections within the community. In 2023, she also contributed to the **Millet Event hosted by the Indian Consulate in Shanghai,** promoting healthy and traditional Indian foods.

Beyond modeling, dance and community involvement, Sariga has a keen **interest in healthy cooking and wholesome living.** She believes that **true elegance comes from confidence, authenticity and embracing** every dimension of oneself, with grace, purpose and a spirit of continuous growth.

Where Roots Meet Rhythm: A Mother's Journey Through Her Daughters' Kuchipudi

Our journey in China began in 2009, when we moved here and started a new chapter of our lives. What began as a move to a new country gradually became much more. China became our home - the place where our family grew and where we created some of our most precious memories.

Shravya was born in China in 2012 and three years later, in 2015, Shivhiya was born here. They took their first steps, went to school, made friends, celebrated birthdays and grew up surrounded by the sights, sounds, languages and traditions of China.

For them, China has never been a place they moved to. It is simply home.

As a mother, I wanted my daughters to grow up connected to both the world around them and the heritage they had inherited from us. I wanted them to know where their family came from and remain connected to the traditions that shaped us, while also appreciating and respecting the culture they were growing up in.

For me, being rooted in our heritage was never about choosing one culture over another. It was about carrying our traditions with pride while embracing the world around us.

I began looking for something that could give them that connection - not simply through festivals or celebrations, but through an art form that could become part of their lives.

That is how Kuchipudi entered our family's story.

In Shanghai, amid school mornings, busy streets and city lights, my daughters began carrying another rhythm within them - the rhythm of Kuchipudi. With every namaskaram, ankle bell, mudra and expressive gesture, they found a way to connect with India while growing up thousands of kilometers away.

Where the Journey Began

Shravya began her journey with Indian classical dance through Bharatanatyam online in 2017. I soon realised that online learning could not provide the close observation, correction and personal guidance a young student needs while learning a classical art form.

When the opportunity came to learn Kuchipudi from Guru Ms. Lulu, Shravya began her Kuchipudi training in 2019. She was still very young and none of us could have imagined how deeply dance would become woven into her life.

Shivhiya began learning Kuchipudi at the age of six, growing up alongside her sister in the same world of music, rhythm and dance. Although they share the same art form, their journeys are their own and I have always wanted each girl to discover her own relationship with dance.

From 2019 onward, my girls training continued with Guru Smt. Vyjayanthi Kashi and Smt. Prateeksha Kashi during her summer and winter visits to India. During COVID, we happened to stay in India for almost a year which gave Shravya more time to learn, practice and improve her dance under her Guru's guidance.

I still remember the first day of class in India. Rather than simply waiting for my children's class to finish, I decided to learn Kuchipudi alongside them. I wanted to understand what they were learning, experience the discipline myself and be able to support them better when we returned to China.

Soon, our holidays revolved around classes, rehearsals and practice. While holidays for many children meant relaxing, travelling or spending time with friends, ours often meant long hours at the dance studio.

It was not always easy. There were tired days, difficult rehearsals and moments when the girls complained. There were times when I wondered whether we were asking too much of them.
But they kept returning to the dance floor.

Looking back, I realize those holidays were not simply time they were giving up. They became experiences that shaped them, giving them discipline, confidence, friendships and memories that will stay with them.

Watching My Daughters Grow

One of the most rewarding parts of being a mother has been watching both my daughters grow through dance. I have seen them move from basic steps to understanding rhythm, expression and storytelling. I have watched them struggle with movements, become frustrated, receive corrections, try again and eventually find their way.

There was one moment, when Shravya was around 12, that stayed with me.

Some children once made fun of her dance, saying that Kuchipudi looked like “squatting.” I expected her to feel hurt but instead she calmly replied, “I know at least one art form from my country and I am proud of it.”

When I heard this, I felt deeply proud. Not simply because she had stood up for her dance but because of the confidence and respect behind her words. She did not put down anyone else’s culture or art form. She simply understood that this was part of her heritage and was proud to carry it.

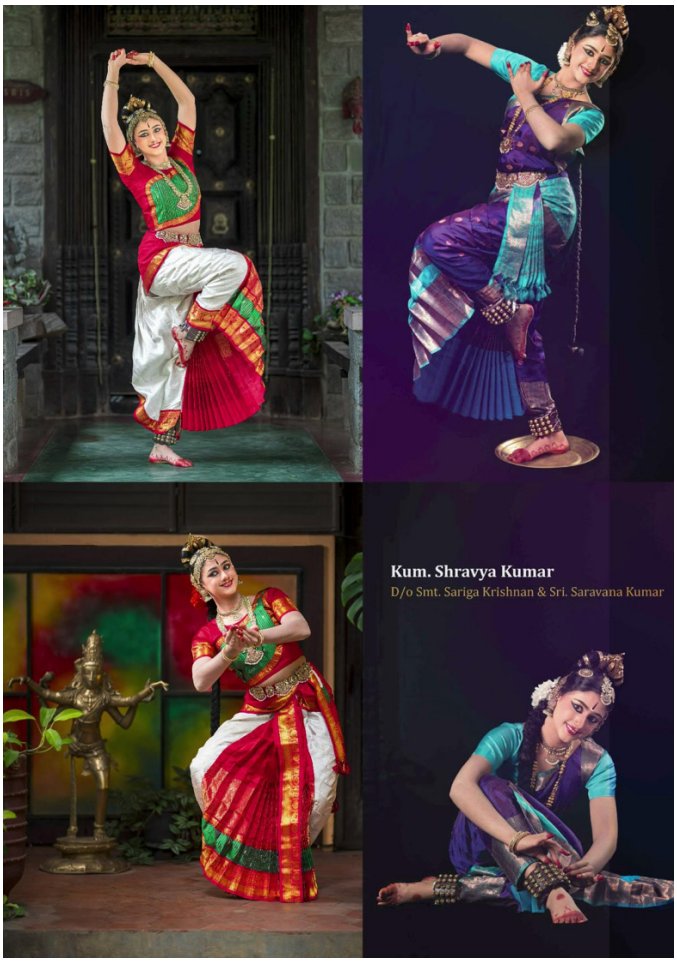
That moment reminded me that learning an art form is about much more than learning steps. It can teach children to value their own roots while respecting the traditions and cultures of others.

The Anklet Ceremony

One of the most meaningful milestones in Shravya’s training was her anklet ceremony.

After years of learning, she had few days to prepare. She worked with determination, building the strength, stamina and confidence she needed. There were long hours of practice, repeated corrections and the challenge of staying focused even when she was tired.

The anklets represented much more than a ceremony. They symbolised the learning, repetition, discipline and determination that had brought her to that moment.



On stage, she coordinated live with her Gurus and musicians, responding to the rhythm and cues in the moment. Watching her handle that responsibility with such confidence was unforgettable.

As I watched her, my eyes filled with tears. I saw the little girl who had started this journey years earlier standing on stage – composed, confident and completely immersed in the moment.
Shravya received the blessings and good wishes of her Gurus, the Chief guests and the audience. They encouraged her to continue learning and growing, reminding her that she has a long way to go and a bright future ahead if she continue to learn, grow and carry its rich legacy forward.

For me, that was a beautiful reminder that every milestone is also the beginning of another chapter.

A Moment of Pride at the Indian Consulate

One of the proudest moments in Shravya’s Kuchipudi journey was being felicitated at the Indian Consulate, Shanghai for her Nritya Sankalpa, in the presence of Consuls General from other countries. As a mother, it was meaningful to see her efforts being recognized. Through Kuchipudi, she continues stay connected to her Indian roots while growing up in China.

Sharing the Stage with Her Gurus

Recently, Shravya performed alongside her Gurus in India for the first time.
At 14, the little girl who had begun learning at seven stood confidently beside the teachers she had admired and learned from for years.

I simply watched her with a full heart, grateful for the path she has chosen and proud of the young dancer she is becoming.

I am deeply proud of you, dear Shravya and grateful to our Gurus for nurturing you along the way. They have given you more than technical knowledge; they have helped shape your confidence, grace, understanding and respect for the art.

The Gurus Behind the Journey

Without Guru Ms. Lulu, I truly believe my daughters would not have come this far.

Since 2019, she has patiently nurtured Shravya's foundation and guided her through the early stages of her Kuchipudi journey. Our family remains deeply grateful for her care, patience and dedication.

I am equally grateful to Guru Smt. Vyjayanthi Kashi and Smt. Prateeksha Kashi, whose guidance since 2019 has deepened Shravya's understanding of Kuchipudi and its traditional form.

A Guru's role extends far beyond teaching steps. Through corrections, practice and performance, they nurture discipline, confidence, tradition and grace. They teach students not only how to perform but how to approach the art with humility and respect

Their guidance, together with the girls effort and our family's support, has shaped a journey that continues to unfold.

Carrying Tradition Across Borders

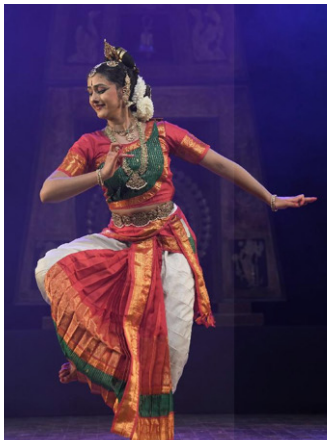
For children growing up internationally, staying connected to cultural roots can sometimes be challenging. They encounter different languages, celebrations, cultures and ways of life every day.

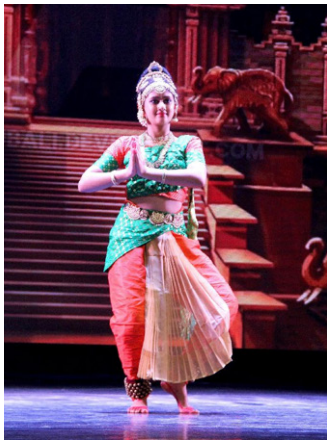
For my daughters, Kuchipudi has become one of the ways they stay connected to India.

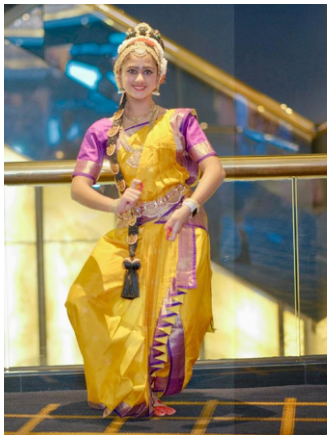
Living in Shanghai, they have learned to balance school with the discipline of classical dance. Their performances have also given them opportunities to share Indian stories and traditions with audiences in China.

Over the years, Shravya has had the privege of performing at several Indian community and Consulate events, including ICCR Day, the Consulate General Club Charity event, Regional community programmes and Chaiti Arts Foundation.

The audience sees the performance. A mother remembers everything that led to it - the rehearsals, corrections, practice, costumes, jewellery and the effort to balance dance with school.





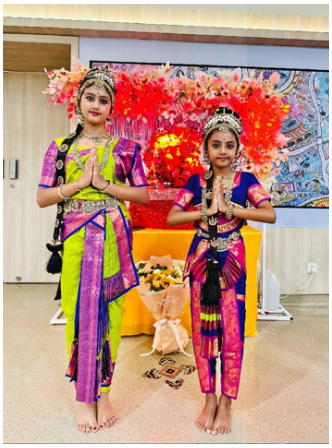


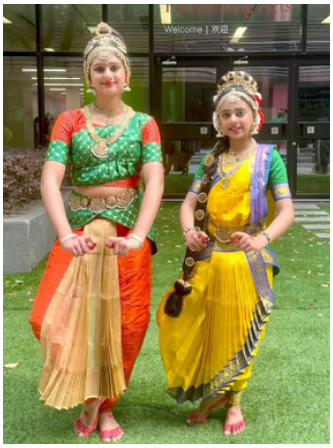
Two Worlds, One Heritage

Looking back, the holidays devoted to dance became more than a schedule. They became part of my daughters' growing years.

Dance has taught them patience, focus and perseverance. It has given them friendships, memories and a deeper understanding of their heritage.

Shivhiya's journey is unfolding in her own way and I look forward to watching her discover her own strengths. Her path does not need to look like her sister's. Each girl deserves to be celebrated for the dancer and individual she is becoming.





For my daughters, Indian classical dance is not about choosing between the world they live in and the heritage they inherit.

It is about embracing both.

They are growing up in China while carrying India's traditions in their hearts. Through Kuchipudi, they keep that connection alive and share it with the world around them.

Their journey is still unfolding, but Kuchipudi is no longer simply something they learn or perform.
It is becoming part of who they are.

What Motherhood Has Taught Me

I began with a simple hope that my daughters would remain connected to their roots. Along the way, I learned that motherhood is not always about knowing exactly where the road will lead. Sometimes, it is about walking beside your children, giving them opportunities, trusting the people guiding them and allowing them to discover themselves.

When I see Shravya continue despite challenges, I am reminded of perseverance. When I see Shivhiya discovering her own relationship with dance, I am reminded that every child has her own rhythm.

And when I see other children become inspired by Shravya and begin their own journeys in dance, it touches me deeply. She is simply following her own path, yet in doing so, she has encouraged others to discover theirs.

As a mother, watching her journey inspire another child is a quiet and beautiful source of pride.

A Mother's Gratitude

When I look back, I realise that this has never been just a story about dance.

It is about two girls born and raised in China, growing up in a world of cultures while carrying an Indian tradition within them.
It is about Gurus who give their time, knowledge and wisdom, a family that makes room for an art form and countless hours of practice, travel, rehearsals, schoolwork and performances that happen away from the spotlight.
Most of all, it is about the small moments a mother remembers - the first correct step, a difficult movement finally mastered, the smile after a good rehearsal, the confidence that slowly appears and the moment a child realises she can do something she once thought was difficult.

Those moments stay with us.
I am blessed to be their mother - to have been entrusted with two beautiful, kind souls who have filled my life with love, purpose and meaning.

While I thought I was guiding them, they have inspired me to dream, grow and follow my own passions.

Perhaps that is the most beautiful part of motherhood: we raise them to find their own wings, only to discover that they have taught us to spread ours.

And wherever their journeys take them, a part of my heart will always dance alongside theirs.

Hello everyone!

My name is
Sailee Kapadiya

Sailee Kapadiya Student at Ningbo British international school , China, **Year 11 Likes to travel and loves math**

Do we see us?

Do we see us, do we see,
the way we used to be?
Or is it me, who fought with she,
and broke the "we" in three?
Do we see them, do we see,
the way we used to see?
Or did the world just change in me,
and shift what "we" could be?
Do I bother? Yes, once more.
Am I sorry? To the core.
'Cuz when they crossed the line before,
I stayed and closed the door.
But doors swing wide for those who knock,
and lines can bend when hearts unlock.
Do we see us? Look and see
not one pole, not two, not three
but hands in hands, and "we" in "we,"
the way we used to be.

Written by Sailee K.

Hello everyone!

My name is

Soumya Lahoti

Soumya is a Duke and **Duke Kunshan dual-degree graduate and a current master's student at SAIF,** who has called Shanghai home since January 2023. **Soumya also serves on the board of IA and manages expat communities in Shanghai.** Soumya's favourite Chinese saying is wànshìrúyì (万事如意), "may all of your wishes come true".

By Accident, On Purpose

I first flew to Shanghai on the 16th of January 2023. Landing in Pudong and a four-hour cab ride with two friends to get to my university campus were no less than an experience. From early afternoon until almost 8 pm, while I was finally getting settled in, a dear friend of mine came to greet me. Having spent lunchtime in a car, sans lunch, and even more unfortunately, all on-campus dining options had closed for the day. Only a McDonald's was to be found. Having lived in the States for a year at that point, I was mildly amused at the prospect of my first meal in China being American fast food. My friend had to help me order, but I felt it was pretty representative of my journey thus far.

People ask me, "Why China?", and my answer always starts with, "It was an accident. I wasn't planning on it." And indeed, I was applying to universities in the States when one school subtly asked me via a checkbox whether I wanted my application considered for its China campus as well. I didn't think much further than "a free application" and said yes. Once I got in, I realised the golden opportunity in front of me. I got to go to a country I had never been to, learn Mandarin for four years and immerse myself in a strange and interesting culture and people.

Of course, I faced a lot of uncertainty and friction– from worried parents, family and friends alike– but COVID enabled me to study on the US campus (considered "safer"), so off I went for a year, then a semester abroad in Barcelona as a transitionary period and finally, to China.

It wasn't easy; I was part of one of the initial groups of foreigners returning to China, thrust into a society that had barely seen any foreigners for three years and feeling the acute "otherness". With my Mandarin abysmal, I suddenly found myself surrounded by a billion people and unable to communicate with anyone.

I wanted to get through two more years and leave after graduation. I wanted to follow my parents' advice and transfer out. But I remembered why I came here. For the road never taken. For the adventure, for challenging myself and my core beliefs, for unbridled growth, and to forge myself into the person I knew I was capable of becoming.

So, I started learning Mandarin from scratch, conversing with the didi driver at every opportunity, tutoring, immersing myself in the culture. I couldn't imagine myself telling people I graduated from China whilst not speaking a lick of Mandarin. That would be embarrassing.

After spending the summer in India, I returned in the fall and, on seeing the iconic skyline, felt my eyes twinkle. In that moment, I realised how much I had missed Shanghai. I was dazzled by the most beautiful sight I had ever seen. In hindsight, that was the moment I had fallen in love with Shanghai. So much so, I once took a final exam and rushed to take in the Bund view one more time because I was flying out the next day and wouldn't be back for eight months.

After my graduation, I had the opportunity for a clean break from China: return to India, in my comfort zone with my loved ones, or go somewhere else in the world. No one would have faulted me for going that route. Instead, I doubled down on my decision to live in China by staying here for my master's. I had two years already, and I wanted more.

I felt the potential of the person I could become in this city. In all my life, I have always felt sure of myself, in what I wanted and what I was working towards. Shanghai was the first place that made me feel unsure of myself, but that uncertainty was transformative in shaping who I am today. For the first time,

I felt like I was the smallest fish in the pond. The people I've met, their drive, the hunger I have felt from within them, and their energy have pushed me further than I could've gone alone.

So, on my third *Chinaversary*– three years after that McDonald's burger– I wanted to do something special, but I had no idea what I wanted. That evening, a good friend and I were outside a jewellery store and went in to check it out. A simple ring caught my eye. And just like that, I knew how I wanted to commemorate the day.

I often wear that ring on my ring finger. I am single, never married. My mom thinks I have a secret boyfriend. Others think I do it so people do not hit on me (an excellent reason, in my opinion).

The ring represents so much more than a splurge on a profound day in my life. It represents a journey that accidentally started with an acceptance to a US school's China campus. I wear the ring to remind myself of the commitment I made to continue down that path, and the first time I deliberately chose to stay.

From objections and trepidation from family and friends to being a bridge for people in my life who want to come to China from India, I have, in my own way, paved the path for someone who wants to experience this amazing country.

I didn't know anyone who had gone to China and learnt Chinese– so I became the first person I knew to do so, and it changed my life.

Hello everyone!

My name is
Sudhir Mittoo

Journey of the Indian Television Industry

I have been a **part of the Indian film and television industry from 1992 to 2005, playing stellar roles in commercial scripts, thrillers, costume dramas, etc.** My shows were televised on popular television networks like Doordarshan, Zee TV, and Star TV. Shows like **Commander, Amanat, Parampara, Aaryamaan, Draupadi, Hindustani, Rishtey, Aakhir Kaun, Jai Mata Ji, Jai Hanuman, Anhonee, Amar Prem, Yug, etc.**

The story of Indian television **started in 1959**, from a single state-run **black-and-white** channel to hundreds of satellite networks and, now, a booming digital streaming ecosystem. It mirrors India's own transformation as a society and an economy.

India's television journey initially began not with entertainment, but with educational programs like Krishi Darshan, as the Indian economy was largely driven by agriculture. **Many people of the younger generation may not know this, but** the show went on to become **one of the longest-running television programs, not only in India but in the world.**

Later, **in 1982, came the colour revolution and the beginning of the golden era of the Indian television industry.**

The golden era of Doordarshan, I would say, was **driven by** super-hit soap operas like Hum Log, Buniyaad, Nukkad, Malgudi Days, Yeh Jo Hai Zindagi, and Wagle Ki Duniya. The actors working in these hugely popular shows became instant celebrities with huge **fan followings.**

Then came two epic **mythological shows, Ramayana and Mahabharata,** on Doordarshan **during the period from the late 1980s to the early 1990s. The generation that grew up during that era** can never forget the immense popularity of these shows, **even today. Every household** during the telecast of these shows was glued to its television set, with family and friends. The actors playing the stellar roles of Lord Rama and Lord Krishna were **worshipped both on and off screen.** The studios where these shows were being shot **would have** thousands of fans waiting anxiously to have a glimpse of them, **touch their feet, and seek their blessings.**

The popularity of these shows lured some of **the best-known film directors and producers** to venture into the television industry. Renowned film industry directors like Shyam Benegal, Govind Nihalani, and Gulzar **brought cinematic quality to the small screen through their television productions.** Shah Rukh Khan, who would later become one of Bollywood's biggest superstars, made his acting debut in the Doordarshan serial Fauji in **1989.**

From Doordarshan, the focus shifted to Zee TV – India's first privately owned Hindi satellite channel. Viewers craved content in their own language, with familiar cultural references, but produced with the glossy quality of satellite television. Zee TV delivered exactly that, and it was an instant success.

The floodgates opened, and later **Sony Entertainment Television, Star TV, and regional powerhouses such as Sun TV** entered the market.

The initial shows like Commander, Amanat, Parampara, Amar Prem, Sa Re Ga Ma (musical show), and Philips Top 10 changed the **content and characterisation of soap operas.** These shows were extremely popular but were **telecast once a week.**

Later, **cashing in on the growing revenues generated by the television industry,** producers started producing **daily family dramas,** and competition became very tough. Therefore, aggressive marketing strategies were adopted to **make these shows successful.**

By 1995, over 12 million Indian households were watching private channels. By 2000, that number had crossed 35 million, with more than 40 private networks broadcasting across the country.

Just as private channels disrupted Doordarshan in the 1990s, a new force began disrupting traditional television itself in the mid-2010s: **Over-the-Top (OTT) streaming platforms.**

The timeline moved fast. Hotstar launched in 2015, **revolutionising** digital content consumption in India. Netflix and Amazon Prime Video entered the Indian market in 2016. By 2018, platforms like ZEE5, ALTBalaji, and SonyLIV had expanded their digital presence.

India's OTT video market is projected to have over 660 million users by 2030. The market's revenue reached approximately **$4 billion in 2024** and is expected to grow steadily. Platforms like Disney+ Hotstar, Amazon Prime Video, Netflix, and JioCinema are locked in fierce competition, investing heavily in original content across multiple Indian languages.

Whatever the future of Indian **film, television, and OTT platforms** may be, there is no denying the fact that **cinematic technology and content will continue to evolve with the times, enthralling Indian audiences.**

Hello everyone!

My name is
Surbhi Gupta

She is a **multifaceted creative entrepreneur,** Science educator, and certified University Career Counselor who brings curiosity, creativity, and purpose to everything she undertakes. Alongside teaching and mentoring, she has built **her own creative brand, Surbhionelife,** where she transforms her passion for sustainable art and crafts into beautiful, **handcrafted creations—including ribbon embroidery, greeting cards, rakhis, and a variety of DIY artefacts.**

A lifelong learner at heart,she enjoys reading, writing articles in various magazines, experimenting with sustainable crafts, practising henna art, and discovering new skills and ideas. Her love for languages has also led her to explore several linguistic traditions. She is proficient in English, Hindi, Punjabi, and Gujarati, and has studied Mandarin, as well as Thai.

Through her work and creative journey, she continues to explore the intersection of education, creativity, sustainability, and lifelong learning.

"Where is my home?"

By the time we moved out of India, in 2015, my daughter had already studied in seven schools across different cities, for we had been moving places quite frequently. Eleven years later, after studying in even more schools, in diverse global communities across multiple countries and learning multiple languages, she has not just survived but thrived. Yet, the question she has often asked me over the years is, "Where is my home?"

It is a deceptively simple question. One I have been asked many times, and one I have found increasingly difficult to answer. For our younger son, his first move came in 2012, when he was a toddler. During the first year in the new city, whenever he would cry, he would say he wanted to go back 'home'. It only stopped when we took him to visit our old house again, which by then had another family living in it.

For most people, a home is a place marked by a familiar street, the smell of a particular kitchen, a language which rolls effortlessly off their tongue, or the comfort of knowing exactly where one belongs. For us, home has been more fluid, it's any place where we all are together. It has had different skies, different languages, different foods and different geographical regions. For our kids it's in memories, shared meals,a familiar voice, and the feeling of being accepted without having to explain themselves. This home, we have found in houses across multiple countries, in hotels, in service apartments, in trains, in flights, and even at airports.

Before moving out of India, we were already speaking multiple languages. I realized this back in 2016, when I started home tutoring Hindi to my son, that our family's so called Hindi language was a khichdi of words from English, Punjabi, Gujarati, Marathi, Tamil and Urdu. It is wonderful observing how different languages have woven into our daily lives, moving across countries, and living with multilingual families from multiple nationalities. Today, after living in multicultural cities in India, Thailand and China, our family together can speak more than a dozen languages. During a single conversation, a question is often asked in one language and answered in yet another. Like my son often says "Arigato" and I reply "bú kèqi".

This diversity is part and parcel for the moving expat communities where the question of belonging often arises. Belonging which comes naturally to most, as something that's so familiar in their routines, the food, the language, the cities and their culture; takes a different approach for expat families. They have more than one home, but perhaps no single place that they can completely claim theirs. When asked where they truly belong, the answer is not always straightforward.

Similarly for us belonging has not meant to be confined to a single place. We have memories, habits, friendships, food preferences, languages or cultural references from different places. We might feel completely at home in one context and then suddenly realise that we are different. I have watched my children grow up carrying pieces of more than one world

within them. They carry different places within, without needing to call either one as home. They move comfortably between cultures, understand the unspoken rules of one place and then instinctively adapt to another. They have been exposed to diverse perspectives, have learned to appreciate different traditions, and ways of thinking. This constant immersion in multicultural environments has helped them develop a global mindset, adaptability, and empathy.

'Adaptability isn't about constantly reinventing yourself. It is about remaining yourself while allowing yourself to change'.

As a family, every move to a new place was an opportunity to learn and grow, opening doors to fresh opportunities, friendships, and life lessons. With every move, we became a little less attached to certainty and a little more comfortable with possibility; a little more adaptable. We realized that it wasn't just the places we were changing but it's we who have changed.

Today, as we move back to India and write our life's third chapter in Mumbai, home and belonging are yet again on my mind. If leaving India was emotionally challenging back then, leaving China after spending eight years in Shanghai, hasn't been easy either. Eight years in the magical tech savvy city have been real transformative years for us on all levels - as kids, as a family, as parents, as partners and as professionals.

Over the years, moving among different cultures, communities and countries has taught us something we could never have learned by simply travelling through them:

That home can be recreated and identity can stretch without breaking.
That we need to observe before judging.

That we cannot control everything, or where life takes us, but we can control how tightly we resist it.

That sometimes, the greatest lesson in moving through life is learning not to hold on too tightly, but to flow.

Hello everyone!

My name is
Shashi Lahoti

Shashi Lahoti is an Indian author and poet based in Kolkata. Her published work, ***Kya Chhipa Sandookchi Mein,*** received **recognition at the national level**, including a formal **acknowledgement from the Prime Minister's** office for her poem **Mere Man Ke Modi, Meri Kalam Se**. Beyond writing, Lahoti holds leadership roles in civic and social organisations– she serves as **President of the Lions Club** (Lions Range, Kolkata) and as **Vice-President of the Bengal branch of Abhyudaya International Organisation.** An active presence on the open-mic poetry circuit, she regularly recites her own work in public forums.

सीमाएँ अलग, एहसास एक

मई 2025, मैं पहली बार चीन गई। बेटी सौम्या का Convocation Ceremony था। चीन पहुंच कर मुझे भारत और चीन के बीच कई अद्भुत समानताएँ दिखाई दीं। ऐसा लगा जैसे प्रकृति ने दोनों देशों को अलग-अलग नहीं, बल्कि एक ही सुंदर चित्र के दो हिस्सों के रूप में बनाया है। दोनों ओर पर्वतमालाएँ हैं, आकाश वही है, सूरज वही है और हवा भी वही, जो बिना किसी सीमा को माने एक देश से दूसरे देश में बहती है। मेरे मन में विचार आया, क्या कभी हवा यह सोचती होगी कि उसे इस ओर बहना है और उस ओर नहीं। क्या पर्वतों ने कभी अपने बीच कोई सीमा खींची होगी? नदियाँ भी तो अपना रास्ता बनाते हुए यह नहीं पूछतीं कि यह जल किस देश का है। प्रकृति की अपनी कोई सीमा नहीं होती।

उस यात्रा ने मेरे मन में एक गहरे भाव को जन्म दिया कि नक्शे पर खींची गई रेखाएँ देशों को अलग कर सकती हैं, लेकिन प्रकृति को नहीं बाँट सकतीं। पर्वतों को दीवारें अलग नहीं कर सकतीं, हवा को सीमाएँ रोक नहीं सकतीं और नदियाँ पासपोर्ट लेकर नहीं बहतीं। हम भले ही अलग-अलग देशों में रहते हों, हमारी धरती एक है, हमारा आकाश एक है और हमारी मानवीय संवेदनाएँ भी एक जैसी हैं।

हम मनुष्यों ने अपने बीच स्वयं दीवारें खड़ी की हैं, कभी सीमाओं की, कभी विचारों की, कभी धर्म और भाषा की। इतिहास और सभ्यता हमें सिखाती है कि दीवारें अलग करती हैं, जबकि पुल जोड़ते हैं। दीवारें रास्ते रोकती हैं, पुल रास्ते बनाते हैं। सीमाएँ जमीन बाँट सकती हैं, लेकिन इंसानियत को नहीं, दीवारें देशों को अलग कर सकती हैं, लेकिन प्रेम और अपनत्व को नहीं।

चीन में रहते हुए मुझे कई ऐसी बातें दिखाई दीं, जिनमें हमारी संस्कृति और जीवन से समानता महसूस हुई। लोगों के रहन-सहन, परिवार के प्रति भावनाएँ और कई सामाजिक परंपराएँ देखकर मन में यह विचार बार-बार आया कि आखिर इंसान को इंसान से अलग करने वाली दीवारें कितनी मजबूत हो सकती हैं। हमें अपने चारों ओर दीवारें खड़ी करने के बजाय ऐसे पुल बनाने चाहिए, जो दिलों को दिलों से, संस्कृतियों को संस्कृतियों से और इंसान को इंसान से जोड़ सकें।

आज दुनिया को दीवारों की नहीं, पुलों की आवश्यकता है। ऐसे पुलों की, जो देशों के बीच ही नहीं, बल्कि दिलों के बीच भी बनाए जाएँ। इसी भाव को काव्य रूप दिया है।

एक सूर्य ही नभ में दमके, सुबह सुहानी लाता है।
एक चाँद ही चमके चम-चम, तम को दूर भगाता है।

खड़ा हिमालय कहे कहानी, ऊँची है पर्वतमाला।
इंसानों ने बाँटा हमको, बाँट सका क्या उजियाला।
पवन एक बहती दोनों में, कैसा अद्भुत नाता है।
एक सूर्य ही नभ में दमके, सुबह सुहानी लाता है।

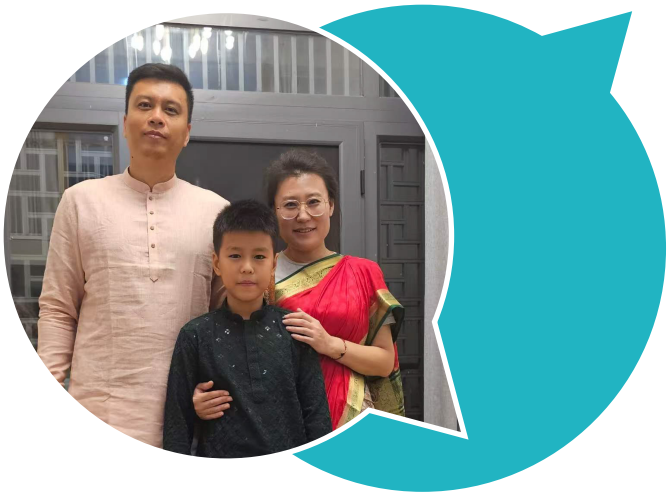
नदिया नहीं पूछती तट से, किसका जल, किसकी धारा।
एक भाव से बादल बरसे, नहीं करे वो बँटवारा।
रिमझिम बूँद पड़े धरती तब, राग पपीहा गाता है।
एक सूर्य ही नभ में दमके, सुबह सुहानी लाता है।

अलग-अलग सीमा दोनों की, अलग-अलग ही बोली है।
प्रेम अमन की चाहत वाली, सौरभ मन में घोली है।
फूल खिले बगिया में न्यारे, दर्श सभी को भाता है।
एक सूर्य ही नभ में दमके, सुबह सुहानी लाता है।

बढ़े दूरियाँ दीवारों से, पुल सबको जोड़े रखता।
नक्शे पर खींची रेखा पर, प्रेम दिलों में है बसता।
नहीं देखता तरुवर भूमि, फल मीठा दे जाता है।
एक सूर्य ही नभ में दमके, सुबह सुहानी लाता है।

शशि लाहोटी
कवियत्री

HUAWEI



Hello everyone!

My name is
Shabana Ali

Between Two Kitchens

It was only my fourth week in China, and leaving my house never felt anything less than being an object. The constant stares and whispers of 'wai guo ren' had messed with my head. It reached its threshold when two drunk men suddenly stood beside me outside a restaurant and brought out their front camera to click a selfie without my permission. What made it worse was my husband standing at arm's length and doing nothing.

I have lived all my life in Mumbai. The male gaze never really bothered me much. I had learned to navigate it back home. Somehow, in those years of surviving the city, no one had violated my personal space. But the selfie incident caught me completely off guard. My anxiety shot up, and I was just dumbfounded by my situation. Adding to the misery was my husband's nonchalant attitude towards this experience.

Just a month ago, I had landed in Hainan, my whole life packed in a suitcase. The infrastructure of the organized city completely mesmerized me. I was in a country that ranked high in women's safety. But here I was, feeling violated in a public space within days of my arrival.

In the taxi, I almost fought with my husband for not reacting. He completely dismissed it, saying, "Arrey yeh bahut common hai, mere saath bhi hua hai." Deep down, this wasn't the answer I wanted to hear. I wanted the first-world life, and the introverted me rejoiced at the thought of not having to engage in conversations with anyone. Not speaking the language and being unable to express my disapproval made it even more difficult.

Around the same time, I befriended an English-speaking Chinese family. It started as polite greetings in the corridor. Then one afternoon she asked me what I was cooking. Clearly, the aroma of my heavily spiced Indian curry had found its way to the corridor. One evening, the wife asked me where I was from. And then the following questions caught me off guard. She asked about my age, income, and why we did not have kids yet. After dodging the questions as tactfully as I could, she complimented me, saying my husband was lucky to have a wife who cooked him delicious food.

On the first day she came inside my house, her first remark was, "Your house is so clean." I was surprised at the compliment, and then she mentioned that they knew Indians were very dirty. I sat her down and told her Indian houses are probably the cleanest of all– Indian wives practically compete with each other to keep their houses cleaner and more presentable than others.

Eventually the kid became fond of us, or maybe the parents pushed him to befriend us so he could practice his English– it remains a mystery. Somewhere in those interactions, I also tried to learn some Mandarin from the young guest. It soon became a family affair; we often started meeting them for tea and dinner. We had befriended our first Chinese family in an unknown land, and that's how we started understanding China and its culture.

At one such quiet dinner, I decided to confront my friend and tell her not to ask about a person's age, income, and kids at a first meeting. After hearing my reasons, she started laughing and admitted we were their first foreign friends. Growing up, they had never had any opportunity to interact with foreigners, and their curiosity probably got the best of them. Hearing that reply, something healed inside me, and I understood what my husband meant that night by 'mere saath bhi hota hai'. I learned that in China, people don't act socially awkward when they see foreigners; rather, they get curious and want to tell their peers about their encounters.

I continued to live in Hainan for more than two years, and with every interaction, we became more immersed in each other's culture. The family eventually came to understand Indian cuisine better. They now loved mutton handi, lachha paratha, and falooda more than butter chicken, naan, and mango lassi. I was able to break the typical myths of Indian culture, like eating by hand, nonstop dancing and singing, and curry-smelling Indian households and clothes, among many others.

In exchange, she taught me how to cook Chinese-style steamed fish, how to use Dianping and Meituan for food discounts, and how to enjoy a very Chinese seafood hot pot. She also taught me the secret to winning Chinese hearts, whether it's your boss or if you want to take a Chinese lover. Apparently, the way to a Chinese heart is to find out their favourite food and bribe them till they pledge loyalty to you.

In the following months, we celebrated all Chinese and Indian festivals together. Both families embraced each culture with open arms, and soon we started inviting each other to our ancestral homes. We wanted them to visit us in India and participate in celebrations, and they wanted us to visit Shandong and spend time with their extended families.

Life happened, and both families decided to move cities. When my husband and I moved to Shanghai, we felt the metropolitan city was more westernized than what we had experienced in Hainan. However, we felt more Chinese at heart than we had the day we landed there. We often chose local Chinese cuisine over our Indian food by then, and felt comfortable ordering the weirdest-looking food off the menu.

However, I was only able to truly enjoy the bridge the other day inside a mall, when a couple of twenty-year-olds came right up to my face and shouted 'hen piaoliang'. The Indian woman inside me was startled and looked at my husband again, who again didn't look bothered at all. But it took only a few seconds for my mind to snap out of it. This time, I turned around and, in a high pitch, replied, 'xie xie'. Because in a world rapidly drawing new borders, I realized that the strongest bridges are built in one shared kitchen, one broken stereotype, and one loud 'thank you' at a time.

Hello everyone!

My name is

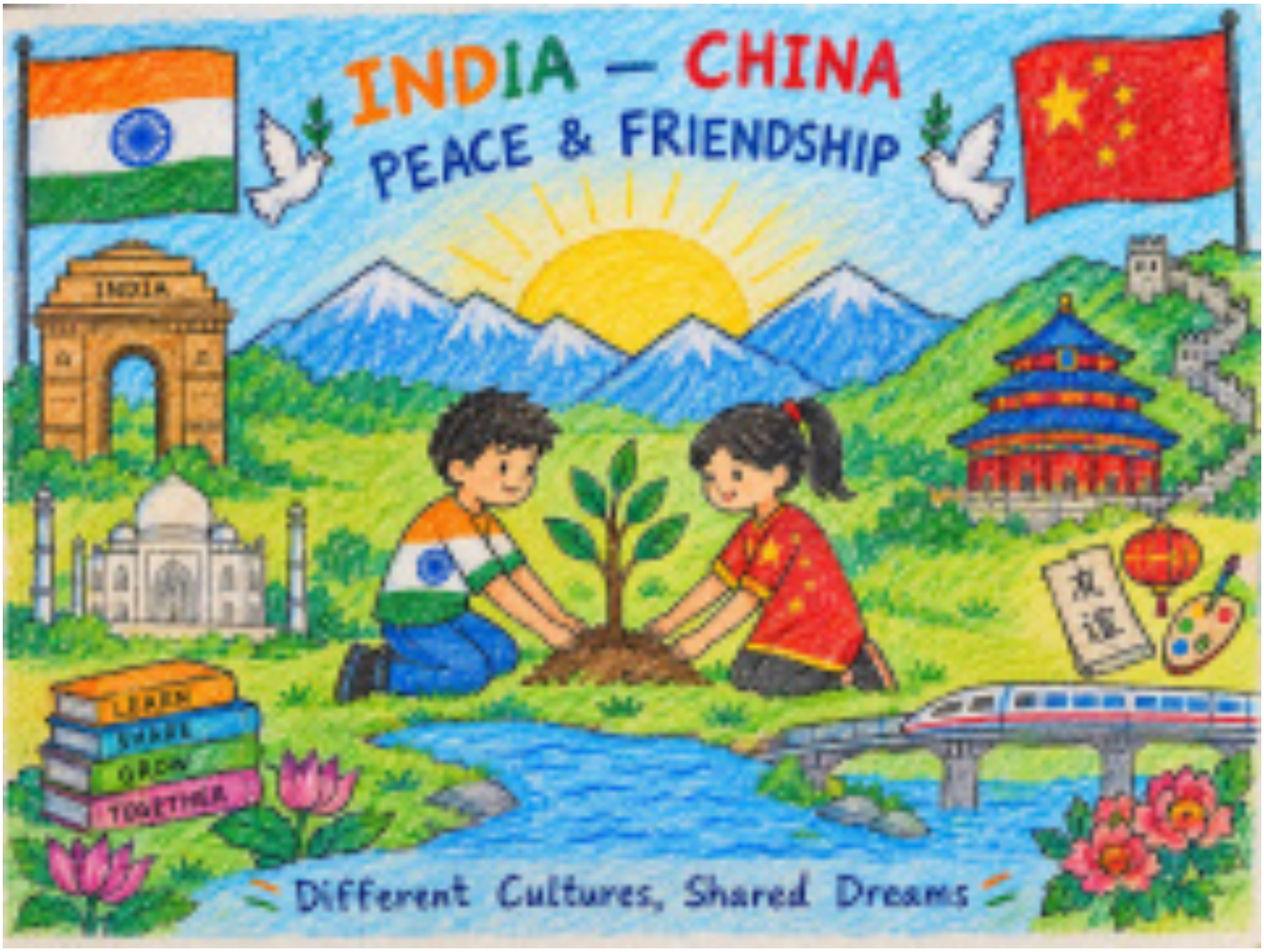
Shreyas Harlalka

I am **Shreyas Harlalka, 13 years,**
Relationship between India China

Hello everyone!

My name is
Tvisha Harlalaka

Name- Tvisha Harlalaka
Age - 8 years old
Topic - Relationship of India China



Hello everyone!

My name is
Viana Parekh

I am **Viana Parekh**, and I am studying in **Year 5 at BISS Puxi.** I have attended **international schools in South Africa and China,** and **I truly believe in building bridges through friends, food, and technology.**

Accelerated Move in the Multipolar World: Bridges Not Borders

I am 9 years old. I did not know what exactly the topic, "Accelerated Move in the Multipolar World – Bridges Not Borders," meant. I asked my family, and my dad explained that the world is changing fast and that today there are many leading countries, not just one. It is like in school: we have a principal, vice principal, year leader, class teacher, sports teacher, and music teacher. They can all give instructions, but sometimes everyone agrees and sometimes they don't. Similarly, in the world, with so many countries, each with different needs and resources, there are times when they disagree or decide to agree. That is the world we live in now.

Think of it as a playground. Imagine a bully who dominates, implements his own rules, and also controls who gets to play. The bully creates these borders so that the kids around him do not progress and he can continue to dominate. In today's connected era, such a bully is no longer a symbol of strength; one day, his dominance will break. Whereas the smart and popular kids will be the ones who make everyone feel included and respected, allowing the sharing of ideas and resources. They are the team players who build bridges between different cultures and diversity.

So, now that I know what bridges and borders mean in today's world, I believe that for my generation, these borders are not acceptable. We now live in an accelerated, high-tech world featuring a bustling multipolar marketplace. Dozens of new power centres are emerging across the world, from Asia, the Middle East, and Africa to South America. And all of them are building and growing at breakneck speed.

I believe that true progress relies on building "bridges," not borders. While borders are lines on a map, bridges are lifelines that create the human networks necessary for global survival.

This shift in the world order is driven by new innovations and digital connections. Historically, developed economies exchanged manufactured goods for resources from less-developed countries. But today, trade between developing countries has overtaken trade between rich and poor countries for the first time, and this is largely due to innovation and rapid technological integration.

For example, India's Unified Payments Interface (UPI) payment system is now connected with Singapore, France, and the UAE. This bridge of digital connection is not about dominating others, but about ensuring that a nation's progress is not impacted by any external event. Trade has now evolved from a slow cruise ship to the click of a button.

But our bridges are not all about money; they are about people too. Climate change and pandemics completely ignore boundaries. Viruses don't ask for passports. Smoke from fires doesn't just stop when it reaches a border. A farmer in India and a farmer in Egypt both face extreme weather, even though hundreds of borders separate them. Some disasters in our fast-moving world are too fast for our governments to react to. This is where "Bridges, Not Borders" becomes a life-or-death scenario.

To survive these crises, the international community must transition toward proactive, collaborative systems. Think of our world with quick-response disaster visas, so doctors can cross rival borders in hours instead of weeks. Think about countries sharing resources to grow and prosper together. Think about vaccine factories that share recipes so that patients can be treated for diseases in all countries, not just the one that discovered the cure.

On a larger scale, our long-term goals—such as space exploration and establishing life on Mars—are entirely dependent on collective human intellect and joint

collaboration. If we celebrate our differences instead of using them to create conflicts, we can achieve milestones that currently seem impossible.

But, of course, you have to be cautious when trusting others, as not all bridges are safe; they can be traps too. In our fast-moving world, sometimes our connections can be our weaknesses. For example, a data cable can become a spying device, and a payment system can be hacked.

So, just remember: trust takes generations to build, but technology and advances in AI wait for no one.

But these risks don't mean we should just abandon the idea of building multipolar bridges. Instead, to stay safe but still connected, we should build strong backups and adequate safeguards. In short, we must pack a life jacket and keep old maps handy while building new bridges.

True strength lies in building ports and airports, linking payment apps, opening disaster lanes, and sharing resources—but doing it with our eyes wide open. We cannot halt the speed of global evolution, but we can control our response to it. We can choose whether we crash into each other or cross together.

Geopolitical borders will always separate states, but it is the human networks running across bridges that keep humanity connected.

Borders are lines on a map. Bridges are lifelines in motion. Borders separate states, but bridges create what is really important: "the human networks that connect them."

— By Viana Nikhil Parekh

Hello everyone!

My name is
Shri kiran

Shri Kiran is the Founder of **MAHASHIVA Ikya Yoga**, a **traditional yoga centre in Shanghai.** He is a **yoga, meditation, and energy healing master** and practitioner dedicated to sharing the deeper dimensions of yoga, including asana, pranayama, meditation, and Indian yogic philosophy. Through teaching and community work, he explores traditional yoga, individual wellbeing, intercultural understanding, and a more conscious society.

YOGA: BUILDING BRIDGES BETWEEN HEALTH, HUMANITY AND CULTURES

In a rapidly changing world, we often speak about borders—national borders, cultural borders, economic borders, and even the invisible borders that exist between communities and generations. At the same time, technology has made the world more connected than ever before. We can communicate across continents in seconds, work with people from different cultures, and learn from traditions thousands of kilometers away.

Yet greater connectivity does not automatically create greater understanding.

Perhaps one of the bridges we need most today is the bridge between human beings themselves.

Yoga, an ancient Indian tradition, offers a profound perspective on this challenge. Although yoga has become a global phenomenon, its deepest purpose is not simply physical exercise. The Sanskrit word yoga comes from the root yuj, meaning to join, unite, or connect. At its heart, yoga is concerned with connection—between body and mind, breath and awareness, individual and society, and ultimately between the individual and the larger reality of life.

In this sense, yoga has something important to contribute to the conversation about a changing, multipolar world.

From the Individual to the Universal

Modern life often encourages us to identify ourselves through labels: nationality, profession, language, religion, social status, or political identity. These identities have their place, but when they become stronger than our recognition of shared humanity, they can create separation.

Yoga begins somewhere much simpler.

It begins with the breath.

A person from India, China, Europe, Africa, or America may have completely different languages and cultural backgrounds, but when they sit quietly and become aware of their breathing, the fundamental human experience is remarkably similar.

The breath does not require a passport.

A yoga class can therefore become an unusual meeting place. People who might otherwise never encounter one another can sit together, breathe together, move together, and experience silence together.

This does not erase cultural differences. Rather, it creates a space where differences can exist without necessarily becoming barriers.

That is the essence of a bridge.

Yoga and the Meaning of Health

The modern understanding of health is often strongly connected with the physical body. We measure blood pressure, blood sugar, body weight, strength, flexibility, sleep, and other indicators. These are important, but the yogic understanding of wellbeing is broader.

Traditional yoga recognizes that human wellbeing involves different dimensions of our existence. The physical body is important, but so are breath, mind, emotional balance, awareness, and our relationship with the world around us.

Asana—the physical practices of yoga—can help develop strength, mobility, balance, and body awareness. Pranayama works with breath and can cultivate greater awareness and regulation. Meditation develops the ability to observe the mind rather than being constantly controlled by every thought or emotion.

Together, these practices offer something particularly valuable in today's world: the ability to pause.

We live in an age of extraordinary stimulation. Notifications, information, social media, deadlines, economic uncertainty, and constant communication can keep the nervous system in a state of continuous activity. We may be physically present in one place while our minds are somewhere else.

Yoga reminds us that health also requires the ability to return to the present moment.

From India to the World

One of the most remarkable developments of the modern era is the journey of yoga from India to almost every part of the world.

Today, people practice yoga in schools, universities, hospitals, workplaces, community centres, homes, and studios across continents. People of many different nationalities and cultural backgrounds have incorporated aspects of yoga into their lives.

This global journey also carries responsibility.

When an ancient tradition enters a new cultural environment, there is always a possibility that its deeper meaning may become simplified. Yoga can easily be reduced to stretching, fitness, appearance, or performance.

There is nothing wrong with physical practice. The body is an important doorway into yoga. But traditional yoga invites us to look beyond the body.

The real question is not only, "How flexible can I become?"

It is also:

Can I become more aware?

Can I become less reactive?

Can I become more compassionate?

Can I live with greater balance?

Can my wellbeing contribute to the wellbeing of others?

These questions are relevant regardless of nationality.

Yoga as Cultural Dialogue

The global spread of yoga can also be understood as an example of cultural exchange.

India has contributed yoga to the world, but yoga's global journey has also created new opportunities for people around the world to learn about Indian philosophy, Sanskrit concepts, meditation, Ayurveda, and other dimensions of Indian knowledge traditions.

At the same time, practitioners from different cultures have brought their own experiences and perspectives into practice. This exchange should not be about one culture replacing another.

It should be about learning.

A healthy cultural exchange allows us to say:

"I can learn something from your tradition without losing my own identity."

This is particularly important in a multipolar world. We do not need a world in which one culture becomes the model for everyone else. We need a world in which different civilizations can contribute their knowledge while respecting one another.

Yoga can be one of those meeting points.

Vasudhaiva Kutumbakam: The World as One Family

One of the beautiful ideas found in Indian philosophical thought is Vasudhaiva Kutumbakam—the understanding that the world is one family.

This idea does not mean that everyone must think alike.

A family itself contains different personalities, generations,

opinions, and ways of life. Unity does not require uniformity.

Perhaps this is one of the lessons the modern world needs most.

We can have different languages and still communicate.

We can have different traditions and still respect one another.

We can have different philosophies and still cooperate.

We can come from different countries and still recognise the same human needs for health, dignity, safety, friendship, and belonging.

Yoga offers a practical experience of this principle.

When people sit together in meditation, there is no competition over nationality. When people practice mindful breathing, there is no border between one person's oxygen and another person's oxygen. When a group becomes silent together, the distinctions that normally dominate our attention temporarily become less important.

For a few moments, we experience ourselves first as human beings.

From Personal Health to Collective Wellbeing

There is another important connection between yoga and the theme of building bridges.

A healthier individual can contribute to a healthier community.

If we are constantly exhausted, stressed, angry, or disconnected from ourselves, it becomes more difficult to communicate patiently with others. Inner imbalance can easily become outer conflict.

This does not mean yoga can solve political, economic, or social problems by itself. The world needs diplomacy, education, science, good governance, and responsible institutions.

But these systems are ultimately operated by human beings.

The quality of our societies is influenced by the quality of our relationships, and the quality of our relationships is influenced by our ability to regulate ourselves, listen, empathise, and respond rather than simply react.

Yoga therefore begins with the individual, but it does not have to end there.

A person who becomes more conscious of their own body may become more conscious of their environment.

A person who learns to observe their own thoughts may become more patient with the thoughts of others.

A person who practices non-violence (Ahimsa) within their own relationships may become more sensitive to violence and suffering in society.

In this way, personal practice can gradually become social responsibility.

Building Bridges Through Practice

The future of our multipolar world will not be created only through international agreements or economic partnerships. It will also be created through millions of everyday human interactions.

A Chinese student practicing yoga with an Indian teacher.

A European professional learning meditation from an Asian tradition.

A young person learning from an older generation.

A community coming together for health and wellbeing.

These may appear to be small events, but bridges are built from small connections.

Yoga reminds us that connection is not merely an idea. It is something we can experience directly.

We can experience connection through the breath.

We can experience it through awareness.

We can experience it through compassion.

We can experience it through service.

And we can experience it when we sit together with another human being without needing to turn our differences into divisions.

A Choice for the Future

The world is changing rapidly. Power is becoming more distributed, cultures are interacting more closely, and societies are discovering that no single community possesses every answer to the challenges ahead.

This does not have to be a source of fear.

It can be an invitation to learn.

The multipolar world can become a world of competition and suspicion, or it can become a world of exchange, cooperation, and mutual learning.

Yoga offers a simple but profound reminder: connection is not weakness. Connection is strength.

The ancient yogic vision does not ask us to erase our

differences. It asks us to look deeply enough to recognize what exists beneath them.

Our bodies may be different.

Our languages may be different.

Our cultures may be different.

Our histories may be different.

But beneath all these differences is a shared human experience, the desire to live with health, dignity, meaning, peace, and connection.

Perhaps this is where yoga can make its greatest contribution to the world.

Not by creating one global culture, but by helping human beings become more conscious participants in many cultures.

Not by removing borders from maps, but by removing unnecessary borders from our minds.

And not by asking us to become the same, but by teaching us how to remain different while still belonging to one human family.

Borders may define where we live.

Bridges determine how we live together.

In a rapidly changing multipolar world, yoga reminds us that the most important bridge may begin within each of us.

Let us build that bridge—and then walk across it together.

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SHANGHAI KANNADIGARU COMMUNITY

The Shanghai Kannadigaru Community, known for its vibrant cultural spirit and strong commitment to collective well-being, has introduced a meaningful weekly wellness series to further support our members. This initiative reflects the community's dedication to nurturing not just cultural pride but also holistic health among Kannadigas living in Shanghai. Each week, valuable insights from Dr. Madhu, a respected naturopathy and yoga physician from Karnataka, guide us toward simple, mindful practices that enhance everyday wellness. Through this effort, Shanghai Kannadigaru continues to strengthen its role as a caring, connected, and forward-looking community.

Beyond the weekly articles, Shanghai Kannadigaru is also planning future yoga and meditation events to bring members together for hands-on wellness experiences. These upcoming sessions aim to strengthen both physical vitality and mental calm, reinforcing the community's role as a caring, connected, and forward-looking family in Shanghai.

SHANGHAI KANNADIGARU

presents

Holistic Health Insights

by Dr. Madhu

- Health is not merely the absence of disease—it is the harmonious balance of body, mind, and soul.
- I am delighted to begin this wellness article series with you, where each week we will explore practical, evidence-based, and natural approaches to restoring health and preventing disease.
- I would like to sincerely thank Shanghai Kannadigaru community for inviting me to contribute to this wellness series and for the opportunity to share my knowledge with this wonderful community. It is a privilege to be part of a platform dedicated to promoting health, awareness, and holistic well-being.
- I am Dr. Madhu Priyadarshini M, a Naturopathy and Yoga physician with advanced specialization in Diet and Nutrition. I am from Hosur, Tamil Nadu. I currently work in Chennai in the Palliative Care Sector. My clinical focus includes holistic nutrition, lifestyle medicine, metabolic health, women's wellness, and natural approaches to chronic lifestyle disorders such as obesity, diabetes, gut health issues, and stress-related conditions.
- As a Holistic Fertility and Preconception Coach with expertise in Integrative Women's Health, I am deeply passionate about helping individuals understand the root causes of imbalance and restore health naturally.
- My philosophy of healing is rooted in the belief that the body possesses an innate ability to heal when supported with the right nutrition, movement, rest, emotional balance, and environment. Rather than merely addressing symptoms, I aim to help individuals understand and correct the underlying causes of imbalance.

Through this series, I will be sharing simple yet powerful insights on topics such as weight management, diabetes care, gut health, stress management, women's wellness, and practical lifestyle modifications that support long-term health—naturally and sustainably.

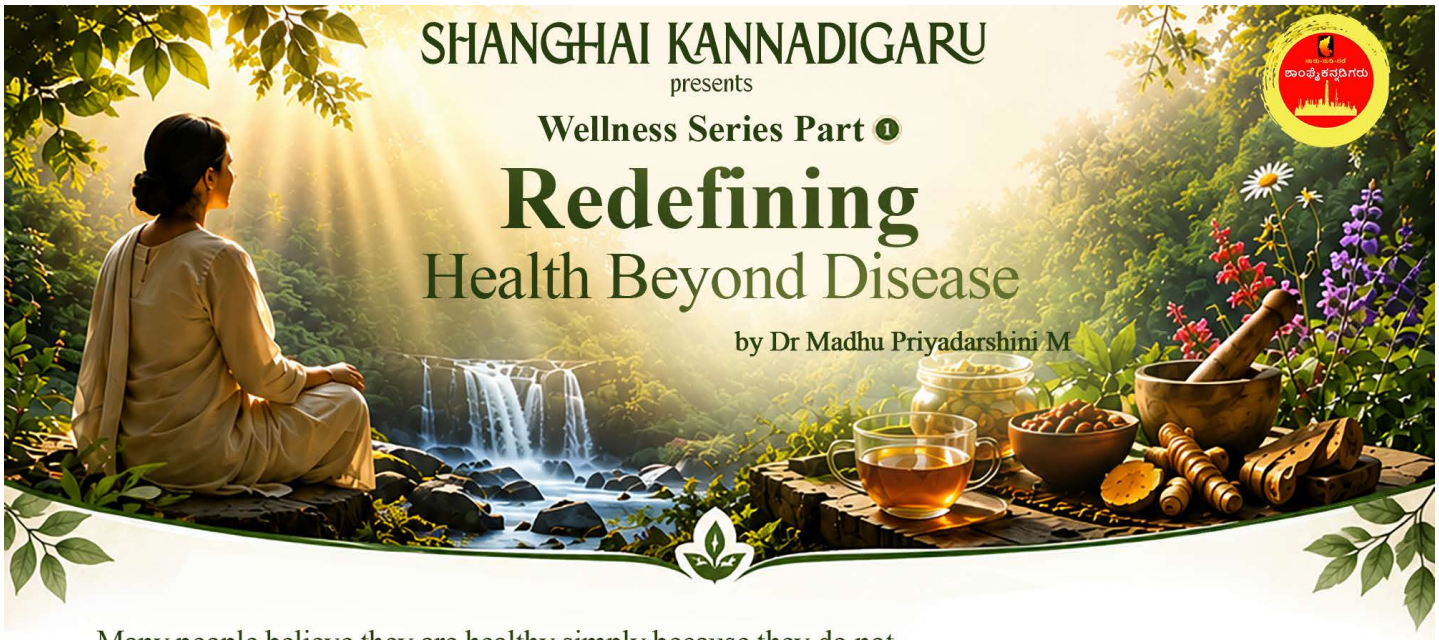
My goal is to make health education accessible, realistic, and actionable, so that wellness becomes a way of life rather than a temporary goal.

I look forward to being part of your wellness journey.

With warmth and health,

Dr. Madhu Priyadarshini M

BNYS, MD (Diet & Nutrition)



SHANGHAI KANNADIGARU
presents

Wellness Series Part 1

Redefining
Health Beyond Disease

by Dr Madhu Priyadarshini M

Many people believe they are healthy simply because they do not have a diagnosed disease. But is the absence of illness alone enough to define true health? …

Health is not just physical fitness. It includes balance in body, mind, emotions, relationships, and inner wellbeing. Real wellness improves quality of life. Health can be of different dimensions as below:

Physical wellness:
- Energy levels
- Good digestion
- Quality sleep
- Regular bowel movements
- Hormonal balance
- Ability to perform daily activities

Mental & Emotional Wellness:
- Stress management
- Emotional stability
- Ability to cope with challenges
- Peaceful mind
- Reduced anxiety and burnout

Social Wellness:
- Healthy relationships
- Feeling supported
- Meaningful communication
- Work-life balance
- Connecting with the Community

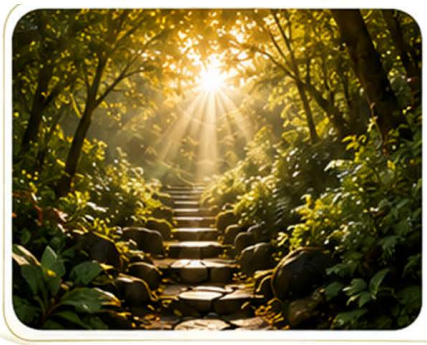
Spiritual Wellness:
- Sense of purpose
- Inner peace
- Self-awareness
- Values and mindfulness
- Connection with oneself

A healthy body functions efficiently and feels energetic—not constantly fatigued.

Mental exhaustion often appears long before physical disease develops. Human beings heal better when emotionally supported and socially connected.

How can we look at health in a more complete way? Is there more than what we usually focus on today?

Our modern approach to medicine often focuses on quietening symptoms, like turning off an alarm without checking for the fire. We tend to look for a quick fix to feel better right now, but in the rush, we sometimes forget that our bodies need more than just a temporary patch.



Real healing usually happens when we look at the simple things we've been neglecting: how we eat, how we sleep, and how we carry our stress and emotions. When we move away from the "fast solution" and start looking at our daily lifestyle, we give ourselves the chance to truly heal from the inside out.

Example - A tablet may reduce symptoms temporarily, but true healing often requires changes in lifestyle, mindset, routine, nourishment, and emotional wellbeing.

With warmth and health,

Dr. Madhu Priyadarshini M

BNYS, MD (Diet & Nutrition)

SHANGHAI KANNADIGARU

presents

Wellness Series Part 1

Redefining

Health Beyond Disease

by Dr Madhu Priyadarshini M

Here are four science-backed wellness practices you can try for just one week — simple, interesting, and surprisingly effective:

1

Add One "Fiber-First" Meal Every Day

For one week, begin one meal each day by eating fiber-rich foods before carbohydrates — such as salad, vegetables, lentils, nuts, or seeds. Eat a bowl of cucumber-carrot salad before one meal. Studies show this simple order of eating can slow glucose absorption, improve gut health, reduce sudden energy crashes, and help you stay full longer. Scientists also found that feeding the "good bacteria" in your gut with fiber supports immunity, mood, and even better sleep.

2

Spend 8 Minutes in "Awe" Daily

Studies from neuroscience and psychology show that moments of awe — like observing stars, or even noticing nature closely — lower stress hormones and increase feelings of happiness and emotional resilience. Just 8 minutes a day of intentionally noticing something vast or beautiful can calm the nervous system and improve mood.

3

Practice the "2-Minute Voice Note Habit"

Instead of texting, send one genuine 2-minute voice note daily to someone you care about. Research suggests hearing a human voice creates stronger emotional connection and releases more oxytocin (the bonding hormone) than plain text messages. This tiny habit can deepen relationships and reduce feelings of loneliness for both people.

4

Watch One Sunrise This Week Without Your Phone

Exposure to natural morning sunlight within the first hour of waking helps regulate your circadian rhythm, improves sleep quality, and supports emotional balance. Experiencing a sunrise quietly — without music, scrolling, or distractions — also creates a rare sense of stillness and grounding that many people find deeply restorative.

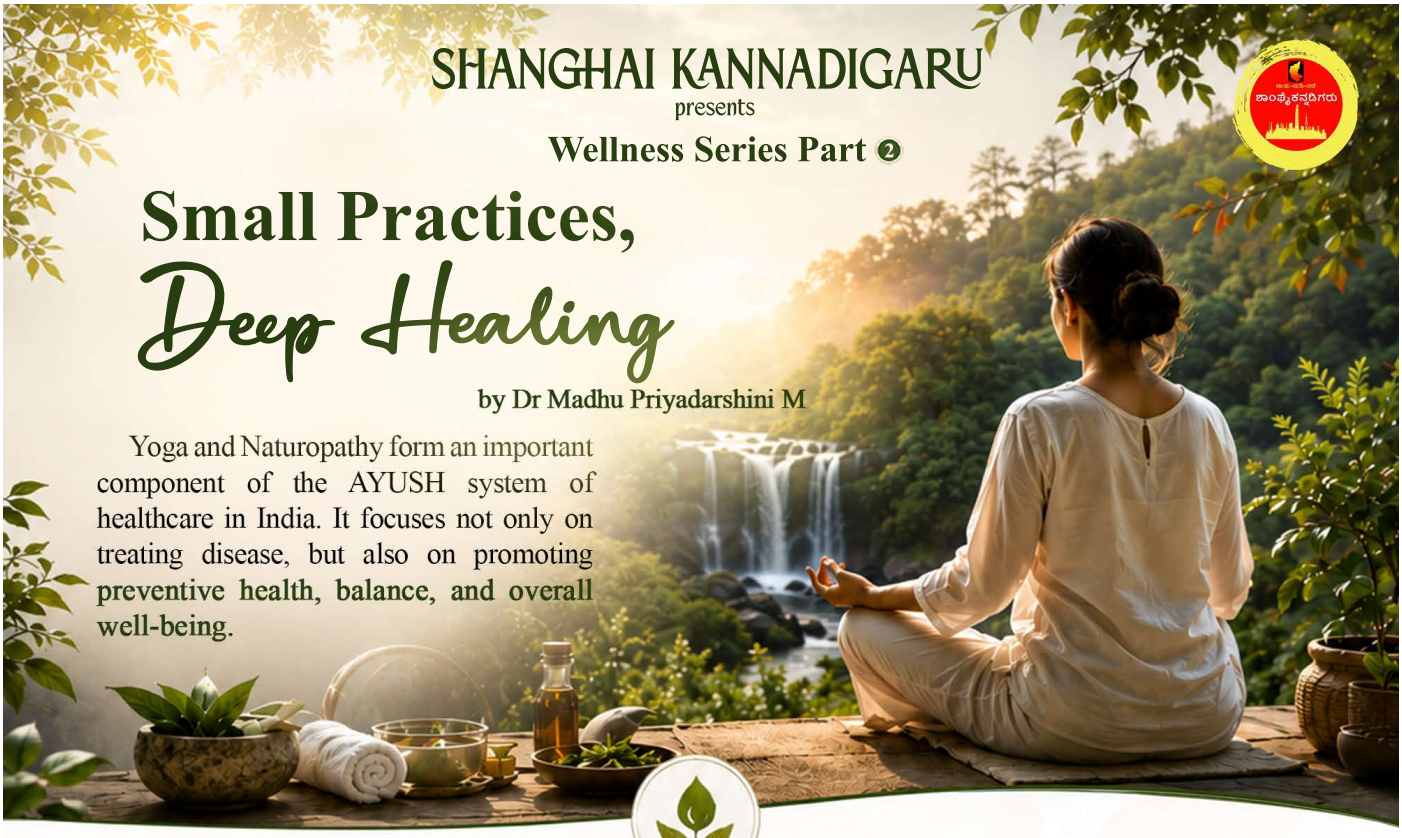
True healing isn't a race; it is a gentle, daily commitment to yourself. You don't need to change everything at once. By choosing small, sustainable habits today, you are building a vibrant life that lasts. Trust the process, listen to your body, and let your journey toward wellness begin with a single, mindful step.

SHANGHAI KANNADIGARU
presents

Wellness Series Part ❷

Small Practices, Deep Healing

by Dr Madhu Priyadarshini M



Yoga and Naturopathy form an important component of the AYUSH system of healthcare in India. It focuses not only on treating disease, but also on promoting **preventive health, balance, and overall well-being.**

Naturopathy is based on the principle that the body has an **inherent ability to heal itself** when supported through proper lifestyle and natural therapies.

It emphasizes the role of healthy food, adequate rest, hydration, stress management, fasting, sunlight, and connection with nature in maintaining health.

Common naturopathy treatments include

- Hydrotherapy
- Mud Therapy
- Fasting Therapy
- Diet Therapy
- Massage
- Chromotherapy
- Heliotherapy

Various drugless physical therapies aimed at restoring the body's natural balance.

Yoga complements this approach by improving **physical, mental, and emotional health** through practices like breath regulation, movement, mindfulness, and relaxation.

Together, Yoga and Naturopathy encourage individuals to become more **aware of their daily habits and body signals.**

The goal is to restore balance early, before small imbalances develop into chronic disease.

"THE BODY CONSTANTLY COMMUNICATES WITH US — WELLNESS BEGINS WHEN WE START LISTENING."

SHANGHAI KANNADIGARU

presents

Wellness Series Part ❷

Small Practices, Deep Healing

by Dr Madhu Priyadarshini M

In today's fast-paced lifestyle, many early warning signs of imbalance often go unnoticed. We often wait for the body to become loud before we pay attention.

Headaches | Acidity | Fatigue | Poor sleep | Weight gain | Mood swings

Headaches, acidity, fatigue, poor sleep, weight gain, and mood swings are often treated as 'normal' parts of life. But what if they are early signals asking us to slow down and listen? Symptoms are not always the enemy. Sometimes they are the body's way of **communicating imbalance**.

Example :

- **Repeated acidity** may not only be about food. It may also reflect hurried eating, stress, poor sleep, or irregular routines.
- **Constant fatigue** may not simply mean a lack of energy — sometimes it reflects emotional exhaustion, lack of rest, or a disconnected lifestyle.

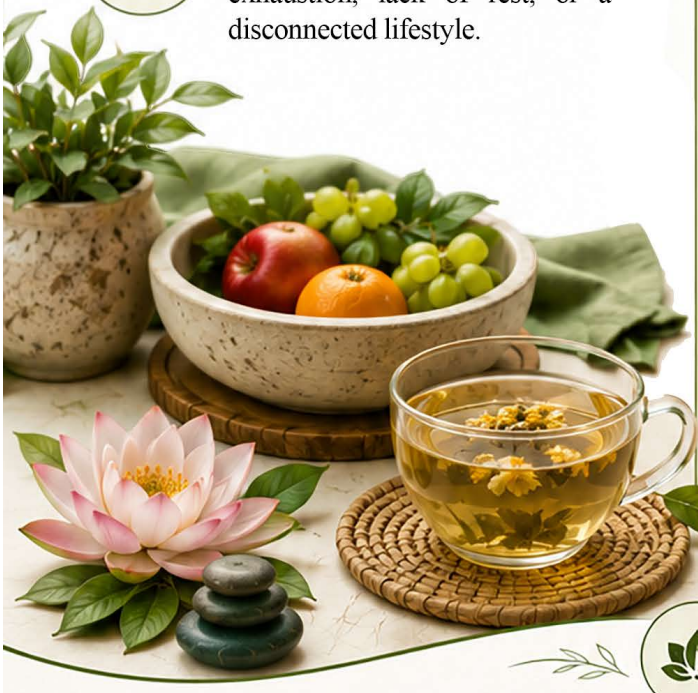
This Week:
"Pause and Observe Before Suppressing"

For one week:

- Notice recurring body signals
- Observe when they appear

Ask yourself at least three questions and journal your observations if possible:

- Did I sleep well?
- Was I stressed?
- Did I eat mindfully?
- Did I rest enough?
- Have I been emotionally overwhelmed?



SHANGHAI KANNADIGARU

presents

Wellness Series Part ❷

Small Practices, Deep Healing

by Dr Madhu Priyadarshini M

1 Eat one meal daily without screens

Eating without screens improves mindful eating and helps the brain recognize hunger and fullness signals better. It also activates the parasympathetic "rest and digest" system, which supports proper digestion and reduces overeating.

2 Sleep 30 minutes earlier

Earlier sleep supports the body's natural circadian rhythm, allowing better hormone balance, brain recovery, and metabolic function. Even small increases in sleep duration can improve energy, immunity, mood, and appetite regulation.

3 Take 5 deep breaths before meals

Deep breathing activates the vagus nerve and shifts the body into a relaxed state that enhances digestion. This helps reduce stress hormones, improves gut function, and promotes slower, more conscious eating.

4 Spend 10 minutes in silence/nature

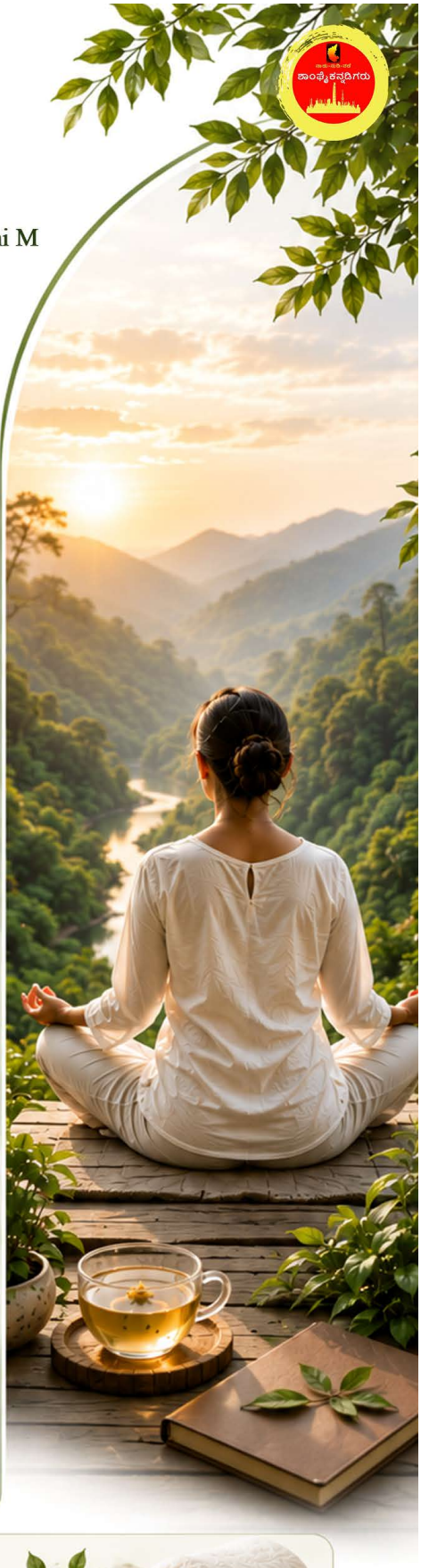
Time spent in silence or nature helps lower stress hormones and calm the nervous system. Research shows that natural environments can improve focus, emotional balance, and mental recovery from overstimulation.

5 Hydrate well – 3 liters of water/day

Proper hydration supports circulation, digestion, temperature regulation, and cellular function. Adequate water intake also helps maintain energy levels, concentration, kidney function, and healthy bowel movements.

6 Reduce one processed food item this week

Reducing processed foods lowers excess sugar, unhealthy fats, additives, and sodium intake. This supports better metabolic health, improves gut health, stabilizes energy levels, and reduces inflammation over time.



These practices are simple, practical, and easy to incorporate into daily life. Small daily imbalances can contribute to disease over time, while small daily corrections can gradually restore health and balance.

"THE BODY CONSTANTLY COMMUNICATES WITH US — WELLNESS BEGINS WHEN WE START LISTENING."

SHANGHAI KANNADIGARU

presents

Wellness Series Part 3

HEART WELLNESS THE HOLISTIC WAY

by Dr Madhu Priyadarshini M

Have you ever paused for a moment and truly listened to your heart?

Not just the heartbeat that keeps you alive every second — but the way your body feels after stress, lack of sleep, unhealthy food, or emotional exhaustion?

Many of us think about heart health only when a problem appears. But the truth is, our heart quietly responds to every daily choice we make — the food we eat, the emotions we carry, the amount of rest we get, and even the way we connect with others.

Today, I want to share with you a more natural and holistic approach to caring for the heart — one that goes beyond medicines and focuses on nourishing the body, mind, and emotions together.

The heart is not only a physical organ pumping blood throughout the body; it is deeply connected with circulation, energy, emotional balance, and overall vitality. When we support the body through mindful living, wholesome nutrition, movement, restful sleep, and emotional wellness, the heart often functions more efficiently and peacefully.

The foundation of holistic wellness can be understood through six important pillars:

1. Nutrition

2. Movement

3. Sleep

4. Stress Management

5. Detoxification

6. Emotional Regulation

When these six pillars remain balanced, overall health and cardiovascular wellness are naturally better supported. The good news is that protecting the heart does not always require drastic lifestyle changes. Small and consistent daily habits can make a meaningful difference over time.

SHANGHAI KANNADIGARU
presents
Wellness Series Part ❸

HEART WELLNESS THE HOLISTIC WAY

by Dr Madhu Priyadarshini M

Traditional Indian foods and herbs are rich in nutrients, antioxidants, and natural compounds that may help support healthy circulation and heart function when included regularly as part of a balanced lifestyle.

FOODS THAT SUPPORT HEART HEALTH ARE:

Food	Heart Health Benefits	Simple Ways to Use
Beetroot	Rich in nitrates that may support blood circulation and healthy blood pressure. Contains antioxidants that support vascular health.	Add to vegetable fry, salads, soups, or fresh beetroot juice 2–3 times/week.
Pomegranate	Rich in antioxidants that supports healthy circulation and helps reduce oxidative stress. It may also support overall vascular health.	Eat fresh pomegranate as a fruit bowl/add to salads/blend into juice.
Garlic	May support healthy cholesterol levels, circulation, and heart function. Has anti-inflammatory properties.	Add raw crushed garlic to rasam, chutneys, curries, or warm soups.
Amla (Indian Gooseberry)	Rich in vitamin C and antioxidants that help protect blood vessels and support immunity and heart wellness.	Consume as fresh amla juice, or amla soaked in honey or chutney or dried amla pieces.
Sesame Seeds	Contain healthy fats, calcium, magnesium, and antioxidants that may support heart and blood vessel health.	Use sesame podi, chutney, laddoo, or sprinkle over salads and vegetables.
Flaxseeds	Rich in omega-3 fatty acids and fibre that may support cholesterol balance and reduce inflammation.	Use roasted flaxseed powder in dosa batter, smoothies, curd, or podi.
Jamun	Contains antioxidants that may support circulation and help protect blood vessels from oxidative stress.	Eat fresh seasonal jamun or include in smoothies and fruit bowls.

SHANGHAI KANNADIGARU
presents
Wellness Series Part ❸

HEART WELLNESS THE HOLISTIC WAY

by Dr Madhu Priyadarshini M

FOODS THAT SUPPORT HEART HEALTH ARE:

Herb	Benefits for Circulation & Heart Function	Practical Usage
Indian pennywort/ Ondelaga	Traditionally used to support circulation, cognitive wellness, and nervous system balance. May help improve blood flow.	• Use in chutney, soup, dosa batter, or herbal tea.
Brahmi	Supports mental calmness, stress management, and healthy circulation. May support nervous system health.	• Consume as herbal tea, fresh leaves in small quantities, or Brahmi-infused drinks.
Tulsi	Rich in antioxidants and traditionally valued for supporting circulation, immunity, and stress reduction.	• Prepare Tulsi tea with ginger or add fresh leaves to warm herbal drinks.
Arjuna	A well-known Ayurvedic herb traditionally used to support heart function and cardiovascular wellness.	• Use Arjuna bark decoction or herbal milk occasionally under guidance.
Ginger	May support healthy blood circulation, digestion, and reduce inflammation.	• Add fresh ginger to tea, soups, rasam, or warm water.
Green tea	Rich in Catechins that may help reduce LDL Oxidation, support blood vessel health and improve HDL (good cholesterol).	• Steep green tea for 3-4 mins. Adding lemon may help enhance antioxidant absorption up to 4 times.

SIMPLE HEART-FRIENDLY RECIPES

You do not need complicated diets to support heart wellness. Simple traditional preparations can be very beneficial when included regularly.

1 Garlic Rasam

A comforting preparation that combines garlic, spices, and warm fluids that may support circulation and digestion.

2 Ondelaga (Indian pennywort) Chutney

A nourishing chutney traditionally used to support circulation and mental clarity.

3 Beetroot Soup or Beetroot Fry

Rich in natural nitrates and antioxidants that support vascular health.

4 Amla with Ginger and Buttermilk

A refreshing combination that supports digestion, immunity, and overall wellness.

SHANGHAI KANNADIGARU

presents

Wellness Series Part 3

HEART WELLNESS THE HOLISTIC WAY

by Dr Madhu Priyadarshini M

True heart wellness is built through consistency.
This week try to practice at least four of the following habits:

1 COMMIT TO A 30-MINUTE BRISK WALK

Regular walking helps improve blood circulation, supports heart function, reduces stress, and helps maintain healthy blood pressure and body weight. It also improves oxygen supply throughout the body.

Walk at a comfortable but slightly faster pace. Aim for 30 minutes daily, preferably in the morning or evening. If needed, divide it into two 15-minute walks.

2 PRACTICING 5 TO 10 MINUTES OF SLOW BREATHING OR MEDITATION

Stress and emotional overload can affect heart health over time. Slow breathing and meditation help calm the nervous system, reduce stress hormones, and support emotional balance and relaxation.

Sit comfortably in a quiet place. Inhale slowly through your nose for 4 counts and exhale gently for 6 counts. Repeat this 10 times. You may also sit with your eyes closed and focus on your heart with the intention that divine light is present within the heart and that love is filling all of us.

3 SPEND QUALITY TIME IN MEANINGFUL CONVERSATIONS

Healthy emotional and social connections positively influence mental well-being and help reduce feelings of stress, loneliness, and emotional burden — all of which may indirectly affect heart health.

Spend a few uninterrupted minutes each day talking with loved ones. Choose conversations that feel supportive, calming, and genuine rather than stressful or rushed.

4 SPEND 10 QUIET MINUTES IN PRAYER AND GRATITUDE DAILY

Moments of stillness help calm the mind, improve emotional resilience, and create a sense of inner balance. Gratitude and mindful reflection may help reduce stress and support overall well-being.

Set aside 5 to 10 minutes daily before bed. You may pray and practice gratitude without distractions. Journaling your thoughts each day may also be helpful. The goal is to slow down and reconnect with yourself peacefully.

Nourishing the heart naturally is an ongoing journey that thrives on balance, mindfulness, and holistic care.

No single food or habit can transform health overnight. But when wholesome nutrition, movement, emotional wellness, restful sleep, and mindful living come together consistently, the heart receives the support it truly needs.

By embracing small natural steps today, you create a stronger foundation for lifelong vitality, healthy circulation, emotional balance, and overall well-being.

"A HEALTHY HEART IS NURTURED THROUGH MINDFUL DAILY CHOICES"

SHANGHAI KANNADIGARU
presents
Wellness Series Part ❹

Sleep :

The Forgotten Foundation of Healing

by Dr Madhu Priyadarshini M

An Inquiry into Modern Restlessness and the Architecture of True Recovery

Dear Beautiful Readers,

We live in an era where our bodies are stationary, yet our brains are running marathons. We crawl into bed physically depleted, only for our minds to keep pacing the floor, processing the day's residue. It's a modern epidemic: **waking up with a fully charged phone, but a completely drained cognitive battery.**

Last week, we looked closely at heart wellness—exploring the foundations of holistic wellness, foods that support heart health, circulation and function, and the tangible ways we protect the engine of our bodies. But if the heart is the engine, **sleep is the ultimate tuning service.** We cannot fully protect one without addressing the other. The hyper-stimulated mind that keeps us tossing and turning doesn't just leave us emotionally fragile by morning; it forces the heart to run a night shift it was never designed for.

To truly honour our cardiovascular health, we have to look at what happens when the lights go out. Because as it turns out, **sleep isn't just a passive break from our daily routine—it is the forgotten foundation of healing.**

The Deeper Role of Sleep

Sleep is not merely a pause from activity; it is one of the body's most sophisticated healing processes. When we drift off, a quiet choreography begins. Your nervous system finally steps off the gas pedal, shifting out of the fight-or-flight survival mode that dominates our modern days and moving into a **deep state of restoration**

While your conscious mind drops away, your brain gets to work as an **emotional archivist**—sorting through the day's stress, filing away essential memories, and clearing out the mental clutter that leaves us feeling foggy.

Simultaneously, a **physical rebuild** takes over. Your body enters a window of **hormonal harmony,** resetting everything from your stress hormones to the signals that control your appetite. Under the cover of darkness, human growth hormone spikes, acting as a cellular construction crew that mends micro-tears and accelerates tissue repair.

"Rest deeply. Heal gently. Live mindfully"

SHANGHAI KANNADIGARU
presents

Wellness Series Part ❹

Sleep :

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The Architecture of Our Restlessness

Why, then, is a process so biologically vital so universally broken? The truth is that modern sleep isn't failing us; we are creating an environment where **sleep is structurally impossible.**

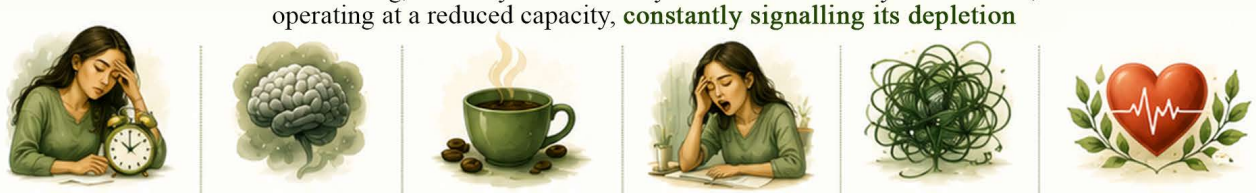
We live submerged in a relentless productivity culture that treats **rest as a luxury to be earned** rather than a biological mandate. We chase efficiency until the moment our head hits the pillow, treating our minds like laptops that can simply be shut closed at a moment's notice.

But a human brain requires a ramp, not a switch. Instead of a natural twilight, our evenings are flooded with artificial light exposure and constant digital engagement, tricking our ancient biology into believing it is **perpetual noon.** We scroll through micro-doses of adrenaline and outrage right up until midnight, forcing our minds into a state of **permanent overstimulation.**

The result is that bedtime becomes a confrontation with unresolved mental activity and emotional overload. When we finally turn off the screens, the quiet of the bedroom amplifies all the thoughts, anxieties, and micro-stressors we successfully ignored during our frantic, irregular daytime routines. We aren't just fighting bad sleep habits; **we are fighting a modern lifestyle designed to keep us perpetually awake.**

The Silent Indicators of Depletion

You know the feeling, even if you can't always name it. Your body isn't broken, but it's operating at a reduced capacity, **constantly signalling its depletion**



WAKING UP TIRED | **BRAIN FOG** | **CAFFEINE DEPENDENCE** | **AFTERNOON CRASHES** | **RESTLESS NIGHTS** | **A CRY FOR RESTORATIVE REST**

This manifests in the distinct struggle of waking up tired, a sensation that often persists long after your alarm has been silenced. You navigate your day through thick clouds of brain fog, relying on an increasing dependence on caffeine just to maintain focus. Then come the inevitable afternoon crashes, where your energy vanishes, replaced by a deep irritability and heightened emotional sensitivity to things that usually wouldn't faze you. When the day finally ends, your attempts at sleep are often met with restless tossing and turning, or, conversely, a paradoxically wired mind trapped in overthinking at night. This isn't just fatigue; it's a systematic cry for restorative rest.

"Rest deeply. Heal gently. Live mindfully"

SHANGHAI KANNADIGARU
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Wellness Series Part 4

Foods & Herbs That Support Restorative Sleep

by Dr Madhu Priyadarshini M

To transition from a state of hyper-vigilance to deep recovery, we can turn to a thoughtfully curated selection of whole foods and time-tested botanical allies. Rather than heavy interventions, these natural elements gently prompt our biology to yield to the night.

FOODS

Food	Therapeutic Benefits	Quick Recipe/Ritual
Warm Nutmeg Milk	Nutmeg is a natural sedative; rich in myristicin, it calms neural pathways. Warm milk provides tryptophan, the precursor to melatonin.	Simmer a cup of milk (or almond milk) with a tiny pinch of freshly grated nutmeg before bed.
Soaked Almonds	Abundant in magnesium, which relaxes muscle tissue and stabilizes the parasympathetic nervous system.	Soak 5–6 almonds in water during the day; peel and eat them as a calming dusk snack.
Pumpkin Seeds	An exceptional plant source of tryptophan combined with zinc, helping the brain convert sleep hormones efficiently.	Enjoy a small handful (1 tablespoon) raw or lightly dry-roasted in the late evening.
Banana	Contains both vitamin B6, which catalyses melatonin synthesis, and potassium to prevent nocturnal muscle cramping.	Slice half a banana into your evening routine, or blend into a light sunset smoothie.
Warm Turmeric Milk	Curcumin in turmeric has antioxidant and anti-inflammatory properties. Piperine in black pepper may help enhance the absorption of curcumin.	Simmer one cup of milk with ½ teaspoon turmeric powder and a pinch of black pepper. Sweeten lightly with honey or palm jaggery if desired.
Chamomile	Loaded with apigenin, an antioxidant that binds to specific brain receptors to reduce anxiety and induce sleepiness.	Steep 1 tablespoon of loose dried chamomile flowers in hot water for 7 minutes; sip warm.
Gasagase (Khus Khus)	Historically revered for easing mental tension, calming cosmic restlessness, and extending deep sleep duration.	Dry-roast a dry half teaspoon, grind softly, and stir into warm bedtime milk.

HERBS

Food	Therapeutic Benefits	Quick Recipe/Ritual
Ashwagandha	Regulates the endocrine system and calms the adrenal glands, clearing out physical fight-or-flight energy.	Mix ½ teaspoon of ashwagandha powder into warm milk for a highly synergistic bedtime elixir.
Brahmi	A powerful nervous system revitalizer that cools an overheated mind, subduing chronic overthinking.	Infuse half a teaspoon of Brahmi powder into warm water or take as a evening infusion.
Tulsi	An adaptogen that lowers cortisol levels, mitigating the emotional overload and daily residue of stress.	Brew 4–5 fresh leaves into a light, clear herbal tea to signal the end of the working day.
Vetiver	Exceedingly grounding and cooling; its deep earthy aroma relaxes frayed nerves and grounds an overstimulated psyche.	Drink water infused lightly with clean vetiver roots, or keep its natural aroma near your bedside.

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Wellness Series Part 4

This Week's Restoration Practices

by Dr Madhu Priyadarshini M

To translate understanding into active healing, we must move past generic lifestyle advice. True nervous system restoration requires deliberate boundaries that signal safety to our biology. This week, implement these five distinct, targeted practices to transition your mind and body from a state of hyper-vigilance into true recovery:

Restoration Dimension	Practice	Rationale	How do we execute?
Physical	Melatonin Co-factor Elixir	Providing the body with nutrient-rich foods instead of synthetic supplements may support natural melatonin production. Nutrients like tryptophan, magnesium, and supportive plant compounds help the body produce sleep-regulating hormones more effectively.	**The Baseline Sleep Elixir:** Warm 1 cup of milk with ½ teaspoon of turmeric powder, ¼ teaspoon of pepper powder, ½ teaspoon of organic Ashwagandha powder sweetened lightly with honey/palm jaggery.
Mental	The "Mental Closure Ritual"	An active mind often treats an empty bedroom as a vacuum to process unfinished thoughts. Carrying the day's residue into sleep makes deep neural decompression impossible.	Spend 5 minutes before bed writing down pending tasks, lingering worries, or open loops in a dedicated paper notebook. Physically closing the book serves as a cognitive signal that the day is complete.
Emotional	Nocturnal Boundary Setting	Emotionally heavy discussions late at night activate stress responses, forcing the heart to run an unwanted night shift and preventing the nervous system from stepping off the gas.	Establish a strict emotional curfew. Keep the final hour before sleep quieter, softer, and deliberately light. Defer complex, sensitive, or high-stakes topics to the next morning whenever possible.
Social	Meaningful evening connection	Constant screen exposure and digital stimulation at night may interfere not only with melatonin production, but also with meaningful human interaction and emotional relaxation. Calm social connection can help the nervous system shift toward a more restful state before sleep.	Set aside 30 minutes in the evening for device-free conversation with family or loved ones. Keep interactions calm, present, and unhurried. At the same time, dim bright lights & reduce screen exposure after 8 PM to support the body's natural sleep rhythm.
Spiritual	Intentional Stillness	A human brain requires a ramp, not a switch, to shift from "doing mode" to "being mode". Non-stimulating stillness allows the psyche to anchor itself before drifting off.	Sit quietly at the edge of the bed for a few minutes before lying down. Spend this window in complete reflection or gentle awareness—entirely free from external stimulation.

True rest is not simply about sleeping longer — it is about allowing the body, mind, and nervous system the opportunity to restore themselves fully. In today's fast-paced world, quality sleep has quietly become one of the most neglected foundations of health. Yet, small intentional changes in our evening routines, mental pace, emotional environment, and lifestyle habits can gradually help restore deeper and more refreshing sleep.

Healing often begins in the moments when the body finally feels safe enough to rest.

As we continue this wellness journey together, next week's article will explore another vital aspect of holistic health — Liver Health & Detoxification, and how everyday habits may influence the body's natural cleansing and restoration processes.

"Rest deeply. Heal gently. Live mindfully"

- **Dr Madhu Priyadarshini M**
(BNYS, MD)
Holistic Nutritionist
Lifestyle Medicine Practitioner.

SHANGHAI KANNADIGARU
presents

Wellness Series Part 6

LIVER HEALTH AND DETOXIFICATION

by Dr Madhu Priyadarshini M

'Supporting the Body's Natural Cleansing and Restoration Processes'

Dear Beautiful Readers,

In last week's article, we explored how **true rest** and **restorative sleep** play an important role in the body's healing processes. During deep rest, the body quietly carries out many essential functions of repair, regulation, and recovery.

Yet healing is not dependent on sleep alone. Behind the scenes, another remarkable organ works continuously every day to process, filter, regulate, and help maintain the body's internal balance — **THE LIVER.**

Many people today do not necessarily feel "sick," yet often describe feeling **constantly tired, mentally foggy, heavy after meals, bloated, sluggish, or drained** despite adequate rest. In modern life, the body is continuously processing more than just food — irregular schedules, stress, emotional overload, medications, environmental exposure, late nights, processed foods, and constant stimulation all place demands on our internal systems every day.

SHANGHAI KANNADIGARU

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Wellness Series Part 5

The Role of Liver:

by Dr Madhu Priyadarshini M

The liver is one of the body's most metabolically active organs, performing hundreds of complex physiological functions essential for maintaining internal homeostasis. Beyond its role in digestion, the liver is deeply involved in carbohydrate, protein, and lipid metabolism, regulation of blood glucose levels, bile production, hormone metabolism, micronutrient storage, immune modulation, and synthesis of several important proteins required for normal physiological functioning.

It also plays a central role in biotransformation — the process through which various endogenous and exogenous substances are metabolized, neutralized, and prepared for elimination. This includes metabolic waste products, environmental exposures, medications, alcohol, and compounds generated during normal cellular activity.

The liver functions in close coordination with the digestive, endocrine, immune, and circulatory systems, making it an important regulator of overall metabolic balance and systemic restoration. Because many of these processes occur continuously and silently, early functional overload may often go unnoticed until subtle disturbances in energy, digestion, sleep, skin health, or metabolic efficiency begin to appear over time.

Detoxification Beyond Cleanses

In today's world, detoxification is often associated with extreme diets, juice cleanses, supplements, or short-term "quick fixes." However, the body already possesses highly sophisticated natural detoxification systems — with the liver playing a central role.

True restoration is usually less about drastic cleansing and more about reducing the body's daily burden through sustainable habits. Regular sleep, balanced nourishment, hydration, mindful eating patterns, movement, emotional balance, and reducing excess stimulation may all help support the body's natural processes of repair and elimination more effectively over time.

Holistic wellness therefore focuses not on forcing detoxification, but on creating conditions that allow the body to function more efficiently and restore balance gently.

Modern Habits That May Burden the Liver

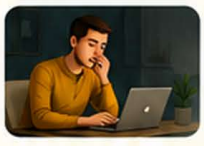
In today's lifestyle, the liver is often required to process more than the body was naturally designed for — irregular meal timing, excessive processed foods, chronic stress, poor sleep, alcohol intake, sedentary routines, emotional overload, and may gradually increase the body's internal burden.

While the liver has remarkable regenerative abilities, long-term imbalance may affect how efficiently the body performs its natural processes of digestion, metabolism, restoration, and elimination.

CHRONIC STRESS

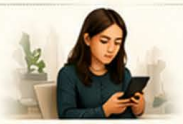
PROCESSED & FAST FOODS

OVERUSE OF ALCOHOL



POOR SLEEP HABITS

SEDENTARY LIFESTYLE



OVERSTIMULATION

EXCESSIVE MEDICAITON

IRREGULAR EATING PATTERNS

EXCESS SUGAR & REFINED CARBS

ENVIRONMENTAL TOXINS

Small daily choices make a big difference.

Support your liver, support your life.

SHANGHAI KANNADIGARU
presents
Wellness Series Part 5

Foods that may support Liver Health

by Dr Madhu Priyadarshini M

Food	Potential Benefits	Simple ways to Use
Amla	Rich in antioxidants that may help protect liver cells from oxidative stress	Fresh amla juice, chutney, powder or soaked amla in honey in moderation
Beetroot	Contains Nitrates that supports dilation of vessels, circulation and natural detoxification pathways	Fresh juice, salads, soups or beetroot curry
Garlic	Contains sulfur compounds that support natural detoxification	Add fresh crushed garlic to rasam, curries or sautéed vegetables
Leafy greens (soppu)	Rich in fibre, chlorophyll, and micronutrients that support digestion and elimination	Include sautéed greens regularly or on alternate days
Lemon	Supports hydration and digestion while providing Vitamin C and antioxidants.	Add fresh lemon to warm water or meals

Herbs and Traditional Supportive Practices

Herb/Practice	Why it may help	Simple usage
Tulasi	Traditionally used to support stress balance and overall vitality	Tulasi herbal tea once daily
Coriander seeds	May support digestion and hydration balance	Coriander seeds infused water
Cumin (Jeera)	Support gut health and digestion; alkaline in nature	Jeera water or use in meals
Turmeric	Curcumin possesses antioxidant and anti-inflammatory properties that may support liver function	Add to soups, curries or warm turmeric milk with black pepper

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Wellness Series Part 5

This Week's

Restoration Practices

Wellness dimension	Practice	Why?	How?
Physical	Create a gentle digestive pause	Constant snacking and irregular eating may place continuous demand on digestion and metabolic processes	Allow a 12 hour overnight gap between dinner and breakfast a few days this week whenever comfortably possible
Mental	Reduce Information Overload	Mental overstimulation may directly affect digestion, stress hormones, sleep quality and overall restoration	Take one short 'quiet pause' daily without notifications, scrolling, podcasts or background stimulation.
Emotional	Observe emotional eating patterns	Stress, boredom, exhaustion or emotional discomfort may influence unconscious eating habits	Before one meal daily, pause briefly and ask: "Am I physically hungry, emotionally overwhelmed or simply distracted ?"
Social	Share one Unhurried meal	Eating in a calmer social environment may improve digestion, meal awareness, and nervous system relaxation.	Share at least one meal this week without screens, multi-tasking or rushing.
Spiritual	Practice gentle evening stillness	It helps shift the body away from constant 'doing mode' and supports nervous system recovery	Spend 10 quiet minutes in reflection, prayer or calm observation before sleep.

Protecting liver health is often less about dramatic detoxification and more about reducing the daily burden placed upon the body. Small, consistent habits that support digestion, rest, nourishment, emotional balance, and mindful living may gradually help the body function more efficiently and **restore itself naturally.**

Next week, we will continue this wellness journey by exploring another vital foundation of holistic health – " **Gut Health & the Microbiome**, and how digestion influences immunity, mood, energy, and overall well-being."

Support the body gently. Restore health consistently

- Dr Madhu Priyadarshini M

(BNYS, MD)

Holistic Nutritionist

Lifestyle Medicine Doctor.

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Wellness Series Part 34

BEYOND DIGESTION:

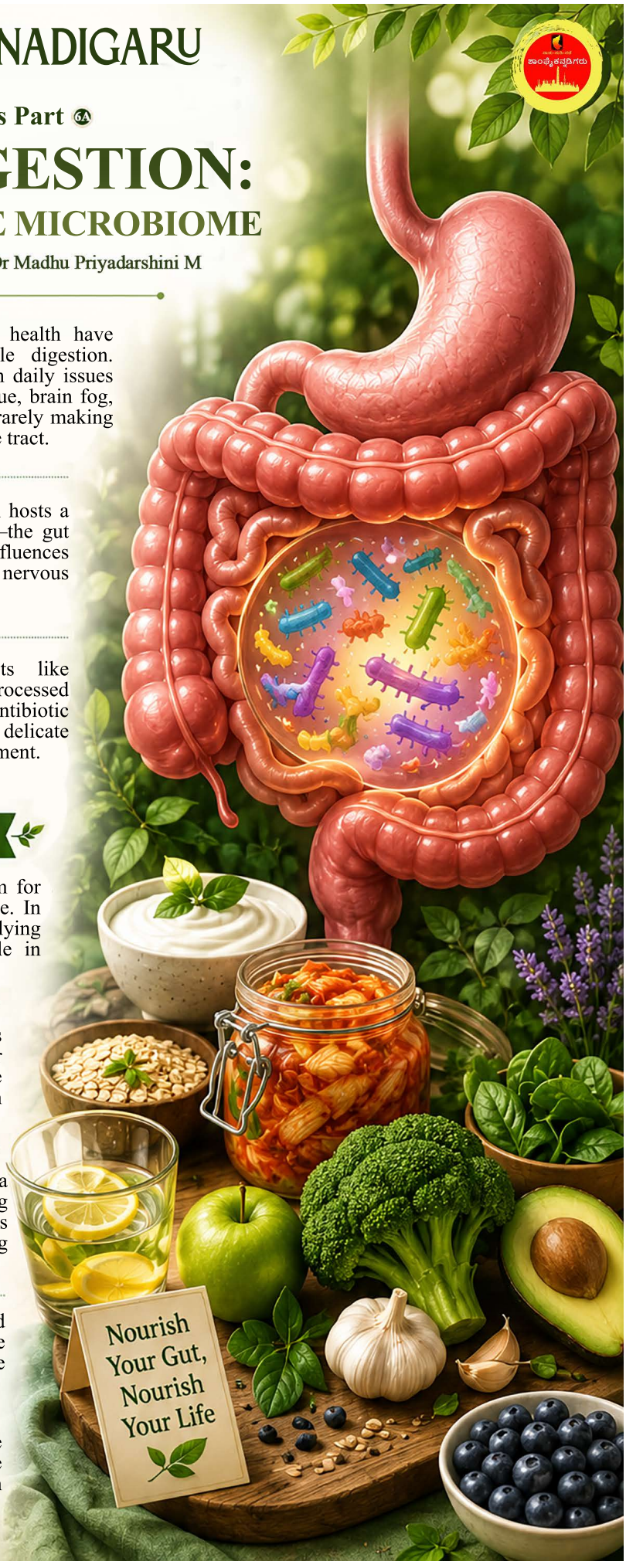
UNDERSTANDING THE MICROBIOME

by Dr Madhu Priyadarshini M

Lately, discussions about gut health have expanded way beyond simple digestion. Many individuals struggle with daily issues like bloating, acid reflux, fatigue, brain fog, mood swings, and poor sleep, rarely making the connection to their digestive tract.

In reality, our digestive system hosts a massive microbial ecosystem—the gut microbiome—that actively influences our immunity, metabolism, nervous system, and emotional health.

Unfortunately, modern habits like chronic stress, poor sleep, processed diets, lack of fiber, and antibiotic overuse can easily disrupt the delicate balance of this internal environment.



The Gut beyond Digestion

The human gut is much more than a system for digesting food. It is not just a digestive tube. In addition to breaking down nutrients and supplying energy to the body, it plays a central role in maintaining overall health.

The gut is home to nearly 70% of the body's immune system, making it a key site for immune activity. Through this extensive network, the gut helps regulate inflammation and supports metabolic balance.

Equally important is the gut-brain axis, a two-way communication system connecting the digestive tract and the brain. Through this connection, trillions of microorganisms living in the gut interact with the nervous system.

These microbes produce neurotransmitters and other signaling molecules that can influence mood, stress responses, and cognitive performance.

As research continues to grow, scientists are increasingly recognizing that the health of the gut microbiome is closely linked to both physical and mental well-being.

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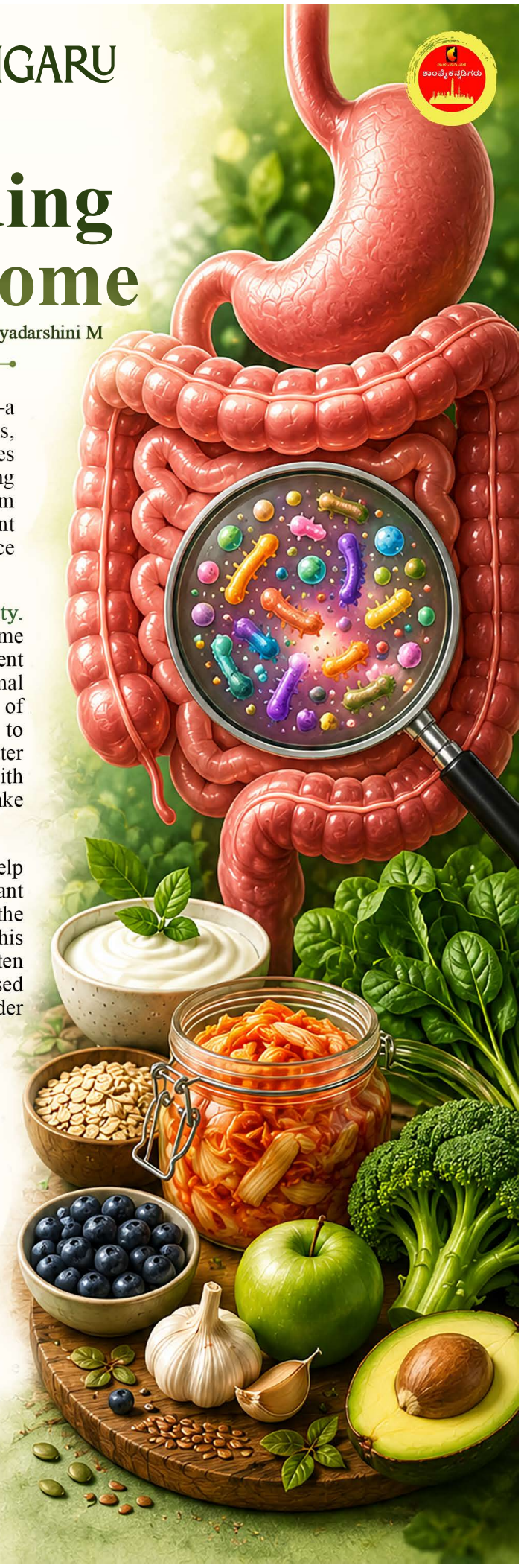
Wellness Series Part 6A

Understanding the Microbiome

by Dr Madhu Priyadarshini M



- At the heart of gut health lies the **microbiome**—a vast and complex ecosystem of microorganisms, including bacteria, fungi, viruses, and other microbes that coexist within the digestive tract. Far from being passive inhabitants, these microorganisms perform essential functions that support digestion, nutrient absorption, immune regulation, and the maintenance of internal balance.

- A healthy microbiome is characterized by **diversity.** Much like a forest ecosystem, the gut microbiome thrives on diversity and balance. Just as a resilient forest depends on a rich variety of plant and animal species, the gut relies on a broad community of beneficial microorganisms working together to maintain stability and adapt to change. Greater microbial diversity is generally associated with stronger resilience, while a loss of diversity can make the gut more vulnerable to imbalance.

- Within this ecosystem, beneficial microbes help protect against harmful organisms, produce important metabolites, and support communication between the gut and other systems of the body. However, when this delicate balance is disrupted—a condition often referred to as **dysbiosis**—the result may be increased inflammation, digestive disturbances, and broader health challenges.

- Modern lifestyles can significantly influence microbial health. Diets high in ultra-processed foods, chronic stress, inadequate sleep, excessive antibiotic use, and reduced exposure to natural environments have all been linked to declines in microbial diversity. Conversely, **a varied diet rich in fiber, regular physical activity, quality sleep, and mindful lifestyle practices** can help cultivate a more balanced and resilient microbiome.
- As scientific understanding continues to evolve, it is becoming increasingly clear that nurturing the microbiome is not merely a matter of digestive health—it is a **foundational aspect of overall well-being.**

SHANGHAI KANNADIGARU

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Wellness Series Part 64

Modern Habits That Disrupt Gut Balance

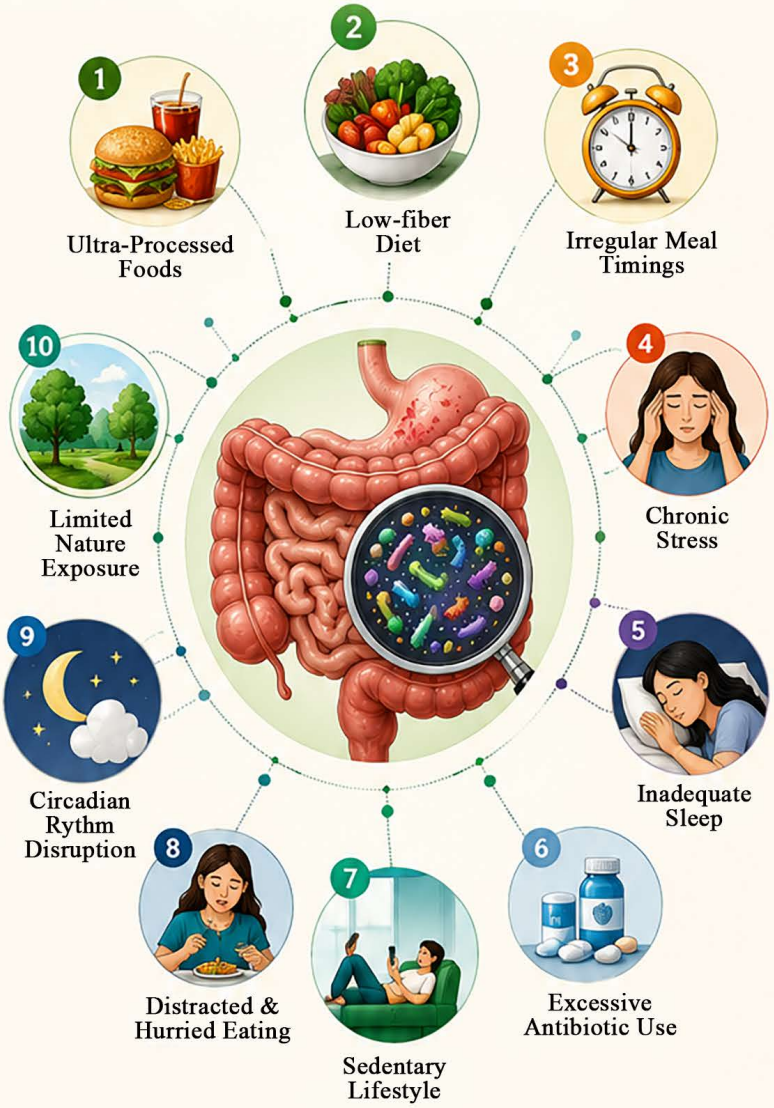
by Dr Madhu Priyadarshini M

The modern lifestyle presents several challenges to the delicate balance of the gut microbiome. Dietary patterns dominated by **ultra-processed foods and low fiber intake** provide fewer nutrients for beneficial microbes to thrive. At the same time, **irregular meal schedules, inadequate sleep, and disruptions to the body's natural circadian rhythm** can interfere with the biological processes that support digestive and microbial health. **Chronic stress** further compounds the problem by altering gut function (digestive secretions and gut motility) and influencing the composition of microbial communities.

Everyday habits also play an **important role.** Eating too quickly, consuming meals while distracted, leading a predominantly sedentary lifestyle, and **excessive or unnecessary use of antibiotics** can gradually reduce microbial diversity. Constant sympathetic nervous system activation affects digestion.

Additionally, **limited exposure to natural environments and a lack of variety in plant-based foods** may deprive the microbiome of the diversity it needs to remain resilient.

Over time, these seemingly ordinary habits can contribute to **microbial imbalance,** increasing susceptibility to digestive disturbances, inflammation, and broader health concerns.



THE CONSEQUENCES OF GUT IMBALANCE

Microbial Diversity Reduction

Lesser variety of beneficial microbes weakens gut resilience.

Digestive Disturbances

Bloating, gas, reflux, constipation, and irregular bowel habits.

Inflammation

Increased gut inflammation and systemic inflammation.

Lower Immunity

Weakened immune response and higher risk of illness.

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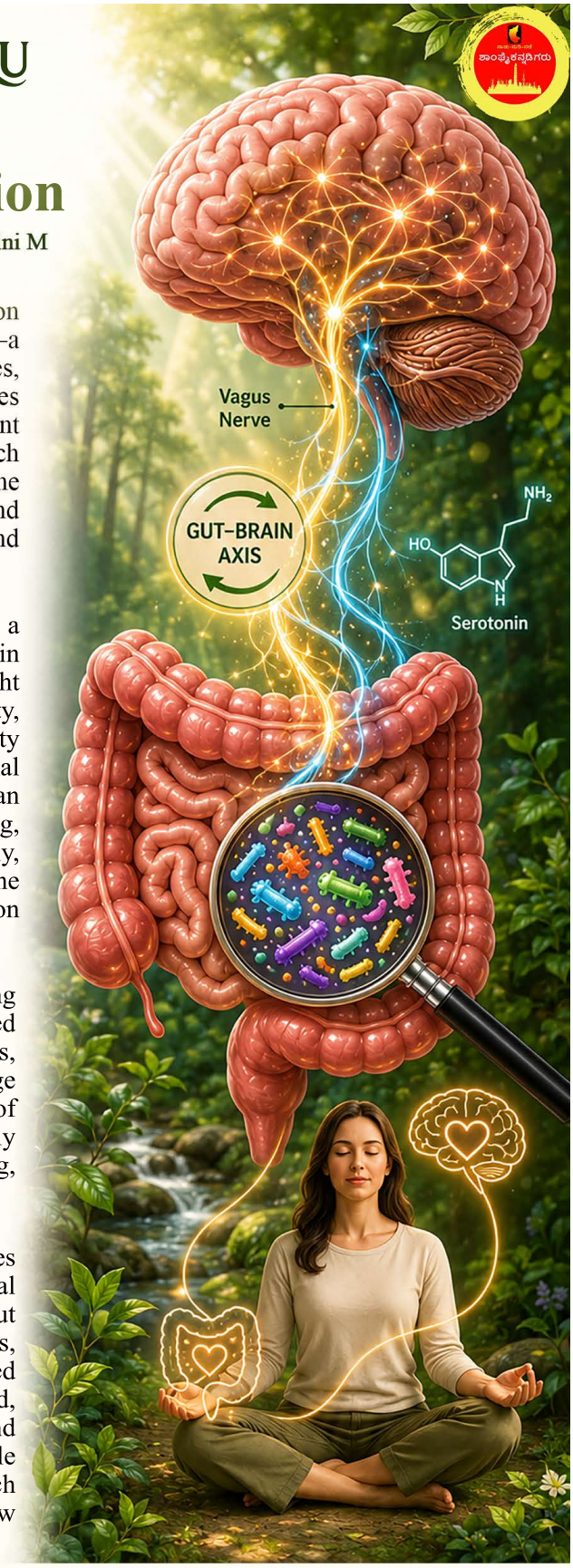
Wellness Series Part 04

The Gut-Mind Connection

by Dr Madhu Priyadarshini M



The gut and the brain are in constant conversation through what scientists call the **gut–brain axis**—a complex communication network involving nerves, hormones, immune signals, and trillions of microbes living in the digestive tract. One of the most important pathways in this dialogue is the vagus nerve, which carries information in both directions, allowing the brain to influence digestive activity and the gut to send signals back that can affect emotions, cognition, and overall well-being.

The relationship between stress and digestion offers a clear example of this connection. When the brain perceives stress, it activates the body's fight-or-flight response, often slowing digestion, altering gut motility, reducing digestive secretions, and increasing sensitivity within the gastrointestinal tract. This is why emotional states such as anxiety, fear, grief, or chronic worry can be accompanied by symptoms like nausea, bloating, stomach discomfort, or changes in appetite. Conversely, states of calm, safety, and relaxation support the rest-and-digest functions that promote healthy digestion and nutrient absorption.

The gut–brain connection is also evident in eating behaviors. Emotional stress, anxiety, and unresolved feelings can influence appetite and food choices, sometimes contributing to patterns such as binge eating. In these moments, food may become a source of temporary emotional comfort, illustrating how deeply intertwined our emotional experiences, brain signaling, and digestive processes truly are.

Because communication flows both ways, disturbances within the gut can also influence mental and emotional functioning. An imbalance in the gut environment—whether related to microbial changes, inflammation, digestive dysfunction, or prolonged stress—may contribute to fluctuations in mood, reduced concentration, low energy, mental fog, and diminished clarity. While the gut is not the sole determinant of mental health, growing research suggests that its condition can meaningfully shape how we feel, think, and respond to daily challenges.

An especially fascinating aspect of this connection is the role of serotonin, a neurotransmitter and a happy hormone commonly associated with mood regulation. Approximately 90–95% of the body's serotonin is produced in the gastrointestinal tract, where it helps regulate intestinal movement, digestion, and communication between the gut and nervous system. Although serotonin produced in the gut does not directly enter the brain, the processes that support healthy serotonin production are closely linked to the broader gut–brain network. This highlights a powerful insight: emotional well-being and digestive health are not separate systems but deeply interconnected aspects of human physiology, each continually influencing the other in subtle yet profound ways.

SHANGHAI KANNADIGARU

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Wellness Series Part 63

by Dr Madhu Priyadarshini M

Welcome

To the 2nd part of Our

Gut Health Journey

Supporting Gut Health Naturally

Foods, Habits & Lifestyle Practices
for a Thriving Microbiome

Dear beautiful readers,

In the 1st part, we explored the foundations of gut health-understanding the microbiome, its vital role beyond digestion, the modern habits that disrupt gut balance, and the powerful connection between the gut and mind.

Here you will learn about how to support gut health naturally - through nourishing foods, traditional digestive wisdom, mindful eating, daily routines, and lifestyle practices that help restore balance, enhance digestion, and build a resilient microbiome for long-term well-being and vitality.

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Wellness Series Part 63

by Dr Madhu Priyadarshini M

Foods that Support Gut Health

Food	Benefit for Gut Health	Simple Usage
Homemade curd	Provides beneficial bacteria that help support a healthy gut microbiome.	Have 1 small bowl with lunch or dinner.
Buttermilk	Aids digestion, supports hydration, and contains natural probiotics.	Drink a glass after meals; add curry leaves and cumin for flavor.
Fermented idli/dosa batter	Fermentation promotes beneficial microbes and may improve digestibility.	Include idli or dosa as a regular breakfast option.
Raagi Ambali	Gentle on the stomach and can support recovery during digestive discomfort.	Consume warm as a light meal, especially when digestion feels sensitive.
Banana stem	Rich in fiber, which supports bowel regularity and digestive health.	Add to poriyal, kootu, or fresh juice.
Greens (Soppu varieties)	Provide fiber and plant nutrients that nourish beneficial gut bacteria.	Include cooked greens 3–4 times a week.
Garlic	Contains prebiotics that help feed healthy gut microbes.	Use in curries, chutneys, rasam, or stir-fries.
Onion	Rich in prebiotic fibers that support microbial diversity.	Add raw to salads or cooked in daily dishes.
Flaxseed	Provides fiber that supports regular bowel movements and gut health.	Roast, powder, and mix 1–2 teaspoons into curd, smoothies, or porridge.
Sprouts	Offer fiber and nutrients that may support digestive wellness.	Add to salads, sundal, or lightly steamed snacks.
Millets	High in fiber and may help maintain a healthy digestive system.	Replace part of your rice intake with millet-based meals.
Fibre-rich vegetables	Support regular digestion and provide nourishment for gut bacteria.	Include vegetables like carrot, beans, beetroot, pumpkin, and cabbage daily.

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Wellness Series Part 08

by Dr Madhu Priyadarshini M

Herbs and Traditional Digestive Support

Many traditional herbs and spices have long been used in South Indian households to support digestive comfort. While they are not cures for digestive conditions, they can be included as part of a balanced diet to help promote comfortable digestion and healthy eating habits.

Herb/Spice	Potential Benefit	Simple Ways to Include Daily
Ginger	Traditionally used to support digestive comfort, reduce feelings of fullness, and encourage healthy digestion.	Add fresh ginger to rasam, soups, chutneys, herbal tea or vegetable stir-fries.
Jeera (Cumin)	May help support digestion and reduce occasional bloating after meals.	Use in tempering, jeera water, rasam, curries, or buttermilk.
Omam (Ajwain/Carom Seeds)	Traditionally used for digestive comfort and to support gut motility.	Add to dosa batter, herbal water, or consume a small pinch after meals.
Fenugreek (Methi seeds)	Contains fiber and is traditionally used to support digestive wellness and appetite regulation.	Soak overnight and consume in the morning, or add to curries and dosa batter.
Coriander seeds	Traditionally valued for its soothing properties and digestive support.	Boil 1 teaspoon in 150 ml of water and drink in empty stomach.
Curry Leaves	Provide plant compounds and fiber that may support overall digestive health.	Add generously to tempering, chutneys, podi, and vegetable dishes. Fresh juices in between the day or early morning are good options.
Mint (Pudina)	Often used to promote digestive comfort and reduce feelings of heaviness after meals.	Prepare mint chutney, mint buttermilk, herbal tea, or add to salads.

Tip: These herbs and spices work best when used regularly as part of everyday cooking rather than as occasional remedies. Combining them with fiber-rich foods, adequate hydration, and mindful eating habits can help support overall digestive health.

SHANGHAI KANNADIGARU

presents

Wellness Series Part 13

Gut Health beyond Probiotics

by Dr Madhu Priyadarshini M

While the wellness industry often frames gut health as a puzzle solved simply by dropping another expensive probiotic into your morning routine, the reality of our digestive ecosystem is far more dynamic. Gut health cannot be solved by supplements alone; a thriving micro biome requires more than just popping probiotics and prebiotics. Because the gut and the brain are deeply connected, nervous system regulation plays a primary role in how we process food.

In fact, some of the most powerful modulators of gut health aren't what we eat, but how, when, and in what state of mind we consume it. When we are stressed, the body enters a "fight-or-flight" state, diverting blood flow away from the stomach and halting optimal digestion.

To truly heal the gut, we have to look at our broader eating behaviors and environmental cues:

The Art of Slowing Down:

Digestion begins in the brain, but mechanically starts in the mouth. Chewing thoroughly and slowing down our pace acts as a physical signal to the vagus nerve that it is safe to digest. This activates the parasympathetic ("rest-and-digest") state, stimulating the production of essential stomach acids and enzymes.

Mindful Eating vs. Stress:

High stress levels alter gut motility and can compromise the integrity of the gut lining. Approaching a meal with a calm mindset prevents the bloating, gas, and mal-absorption that often accompany stressed eating.

The Power of Meal Timing:

Our gut microbes operate on a circadian rhythm, just like we do. Giving the digestive tract predictable windows of rest by spacing out meals and avoiding late-night snacking allows the Migrating Motor Complex (MMC)—the gut's internal sweeping mechanism—to clear out waste and bacteria effectively.

GUT-BRAIN CONNECTION

DIGESTION BEGINS IN THE BRAIN

CALM MIND HEALTHY GUT

Ultimately, a flourishing micro biome requires less focus on the perfect pill, and far more focus on creating the right internal environment for our bodies to actually process our lives and our food.

SHANGHAI KANNADIGARU

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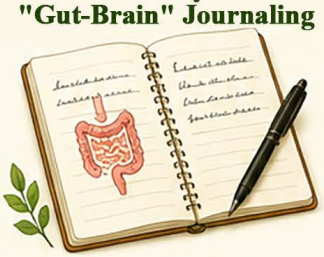
Wellness Series Part 6B by Dr Madhu Priyadarshini M

This Week's Gut Restoration Practices

True gut healing goes far beyond what you put on your plate. Because the gut is intrinsically linked to your nervous system, emotions, and environment, a holistic approach yields the best results. Here are five unique weekly practices spanning from physical to spiritual wellness to help restore your micro biome.

Wellness Dimension	Unique Practice	The Rationale (Why it works)	How to Do It (Step-by-Step)
Physical	**The "Microbe Matchmaking" Diverse Grocery Run**	Most people eat the same 10–15 foods weekly, starving diverse gut bacteria. Consuming 30+ different plant foods a week maximizes microbial diversity, strengthening the gut barrier and boosting immunity.	Intentionally buy 3 completely new, unfamiliar plants (eg-sweet potato, leafy greens, purple cabbage) in a local grocery store and Incorporate them into your meals across the week.
Mental	**Physiological Sighing Before Meals**	Eating while stressed halts digestion. The "physiological sigh" instantly triggers the parasympathetic nervous system (rest-and-digest), stimulating stomach acid and enzyme production.	Take two quick inhales through the nose (one deep breath, followed immediately by a sharp "top-off" inhale). Exhale one long, slow sigh through the mouth. Repeat 3 times before taking your first bite.
Emotional	**Somato sensory "Gut-Brain" Journaling** 	Suppressed emotions and stress manifest physically in the gut (flares, bloating). Mapping where you hold tension helps process emotions, reducing stress-induced gut permeability (leaky gut).	Spend 5 minutes writing down how your gut feels physically (e.g., "heavy, tight). Transition into writing about any current hidden worries or unexpressed frustrations.
Social	**Oxytocin-Boosting "Eye-Contact" Dining**	Eating in isolation or while distracted by screens elevates cortisol. Eating face-to-face with loved ones releases oxytocin, which lowers gut inflammation and improves motility.	Plan at least one meal this week with a partner or friend with zero devices allowed at the table. Make conscious, warm eye contact during the conversation. Engage in lighthearted storytelling rather than discussing stressful topics or work problems.
Spiritual	**Circadian Grounding & Microbiome Alignment**	Your gut microbes have their own circadian rhythms. Exposing your eyes and skin to early morning sunlight resets your central clock, optimizing the overnight fasting and daytime digestion cycles.	Within 30 minutes of waking up, step outside or look through a window. Face the direction of the sun (don't stare directly at it) for 10–15 minutes. Breathe deeply, setting a positive intention for your body's healing for the day.

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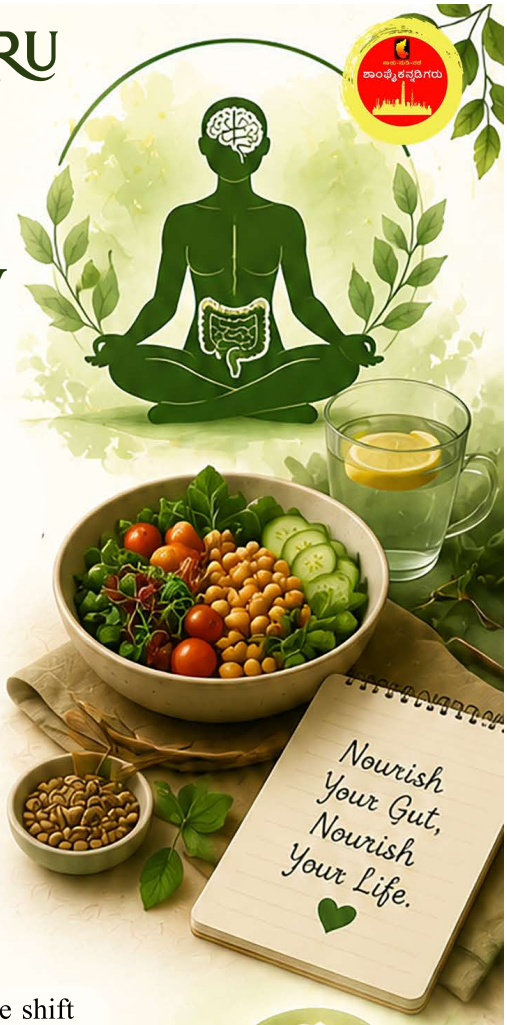
Wellness Series Part 6B

Conclusion: The Gateway to Whole Body Harmony



Ultimately, your gut health is a living reflection of your overall lifestyle patterns. True digestive healing is never just about restriction, elimination diets, or crossing foods off a list. Instead, lasting restoration begins when we return to the basics: establishing supportive daily rhythms, prioritizing deep nourishment, fostering inner calmness, and practicing mindful awareness.

Because the health of the gut and the brain are so intimately interconnected, nurturing your microbiome does more than just ease digestion—it lays the foundation for a clearer, more resilient mind.

As we continue this journey through holistic wellness, we shift our focus from the core to the mind. Next week, we will explore brain health, focus, and cognitive wellness. Join us as we dive into how lifestyle, nutrition, stress, sleep, and daily habits directly influence your mental clarity, memory, attention span, and emotional resilience.

Until then, listen to your gut, slow down, and nourish your body from the inside out.

> *"Nourish the gut, clear the mind, and let your wellness align."*

- **Dr Madhu Priyadarshini M**
(BNYS, MD)
Holistic Nutritionist
Lifestyle Medicine Doctor.

- Eat Clean
- Stay Mindful
- Sleep Well
- Live Well

SHANGHAI KANNADIGARU

presents

Wellness Series Part 7

by Dr Madhu Priyadarshini M

Beyond Memory:

Understanding Brain Health

in Everyday Life

Have you ever walked into a room and forgotten why you went there? Re-read the same paragraph multiple times? Felt mentally exhausted despite not doing physically demanding work? Or struggled to focus on a task because your attention was constantly pulled in different directions?

Many people today describe feeling mentally "busy" yet unable to concentrate deeply. Despite having more information available than ever before, many of us experience brain fog, attention fatigue, reduced mental clarity, and a constant sense of cognitive overload.

While occasional forgetfulness is a normal part of life, our daily habits, sleep patterns, nutrition, stress levels, movement, and digital environment can significantly influence how well the brain functions over time.

As we conclude this wellness series, let us explore how small daily choices can help support brain health, cognitive performance, and long-term mental well-being.

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Wellness Series Part 7 by Dr Madhu Priyadarshini M

The Brain
Beyond Thinking

When we think of the brain, we tend to picture a supercomputer dedicated entirely to memory, logic, and intelligence. It's the organ that helps you pass a test, remember where you left your keys, or solve a complex problem. But focusing solely on cognitive horsepower misses the vast majority of what the brain actually does.

Beyond conscious thought, your brain is the master regulator of your entire human experience. It constantly works behind the scenes to manage:

- **Emotions:** It processes every spark of joy, wave of sadness, or flash of anger, mapping your internal state to the world around you.
- **Decision-Making:** Long before you consciously make a choice, your brain is weighing risks, rewards, and past experiences to guide your judgment.
- **Attention:** In a world flooded with data, it acts as a filter, deciding what deserves your focus and what should be ignored.
- **Sleep:** It orchestrates the complex chemical shifts required to transition you from wide-awake to deep, restorative rest.
- **Stress Response:** It triggers the instantaneous "fight-or-flight" survival mechanisms when you face pressure, and manages the comedown afterward.
- **Learning:** It physically rewires itself through neuroplasticity, turning new actions and information into second-nature habits.
- **Behaviour:** It translates your internal values, desires, and impulses into physical actions and social interactions.

> **Brain health is not just about keeping your memory sharp; it directly influences how you think, feel, respond, learn, connect, and navigate every single moment of daily life.**

Understanding Brain Fog & Attention Fatigue

Have you ever felt like your mind was stuck in a thick fog? Many people today experience this. It's not a medical disease, but it is a very real feeling. It usually shows up as:

- **Trouble focusing:** Struggling to pay attention to one thing.
- **Mental exhaustion:** Feeling completely drained, even if you haven't done physical work.
- **Forgetfulness:** Misplacing things or forgetting simple tasks.
- **Lower productivity:** Taking much longer to finish your normal daily work.

A big reason for this is **information overload.** Every day, our brains are flooded with constant texts, notifications, and news. Our minds simply weren't built to handle this much data all at once.

CONTRIBUTING FACTORS
For Brain Fog and Attention Fatigue

1 POOR SLEEP

Inadequate or low-quality sleep impairs memory, focus and cognitive performance

2 CHRONIC STRESS

Ongoing stress elevates cortisol levels, which can harm brain cells and impair concentration and recall

3 EXESSIVE MULTITASKING

Constantly switching between tasks reduces efficiency and overwhelms the brain, leading to mental fatigue

4 DIGITAL OVERSTIMULATION

Excessive screen time and constant notifications overload the brain and reduce attention span and mental clarity.

5 INADEQUATE NUTRITION

Poor diet lacks essential nutrients that support brain function, leading to low energy, poor focus, and brain fog.

6 SEDENTARY LIFESTYLE

Lack of physical activity reduces blood flow to the brain, lowers mood, and contributes to mental sluggishness.

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Neuroplasticity:

The Brain's Ability to Adapt

For a long time, scientists thought that after a certain age, the brain was completely "hardwired" and couldn't change. We now know that isn't true. The brain is actually highly adaptable, thanks to a remarkable process called **neuroplasticity**.

For a long time, scientists thought that after a certain age, the brain was completely "hardwired" and couldn't change. We now know that isn't true. The brain is actually highly adaptable, thanks to a remarkable process called neuroplasticity.Simply put, your brain is not a fixed, unchangeable organ. Throughout your entire life, it continues to adapt, learn, reorganize itself, and create new neural connections. Think of your brain like a busy city with dirt roads. The more you repeat a certain thought or action, the more that road gets paved into a smooth, fast highway. If you stop using a route, the brain eventually clears it away.

How We Shape Our Brains Every Day

You actively reshape your brain's structure whenever you engage in these daily activities:

Learning new skills: Picking up an instrument, studying a language, or trying a new hobby forces your brain to build entirely new communication pathways.

Reading: Diving into a book exercises multiple areas of the brain at once, strengthening the connections between vision, language, and memory.

Movement: Physical exercise, sports, or even dancing releases chemicals that encourage the growth of new brain cells and improve coordination.

Mindfulness: Practicing meditation or deep breathing physically alters the brain by shrinking the areas linked to anxiety and strengthening the regions responsible for emotional control.

Meaningful experiences: Having deep conversations, traveling to new places, or sharing moments with loved ones creates strong, positive emotional networks that improve your overall mental resilience.

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Digital Overload and the Modern Brain

Technology is a fantastic tool. It connects us to loved ones, gives us instant answers, and makes our lives easier in countless ways. The goal isn't to ditch our smartphones or live off the grid. However, our brains are currently navigating an environment they weren't originally designed for.

Every day, our minds deal with a non-stop wave of digital inputs. When we don't manage how we interact with our screens, it can take a serious toll on our mental energy. Here is what happens behind the scenes:

Constant Notifications: Every ping, buzz, or red dot activates a tiny spike of excitement in the brain. This keeps us in a state of hyper-awareness, making it difficult to truly relax.

Endless Scrolling: Social media apps are designed to have no natural stopping points. This "bottomless bowl" effect tricks the brain into looking for the next piece of interesting information, draining our time and focus without us realizing it.

Multitasking: We often switch between a work document, a text message, and a video all at once. The brain cannot actually process two complex tasks simultaneously. Instead, it rapidly jumps back and forth, which burns up mental fuel much faster.

Fragmented Attention: Because we are interrupted so often, our attention span gets chopped into tiny pieces. Over time, this makes it harder to settle down and focus deeply on a single book, project, or conversation.

The challenge we face is not technology itself, but the absence of intentional boundaries. By choosing when to plug in and when to disconnect, we can enjoy the best of the digital world without exhausting our brains.

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Nutrition for Brain Health

Good nutrition provides the brain with the nutrients it needs for memory, focus, learning, and emotional well-being.

Food	Key Benefit	Simple Usage
Walnut	Healthy fats and omega 3s that support brain function.	Handful as a snack
Almonds	Rich in Vitamin E; Supports memory and cognitive health	5-9 soaked almonds daily
Flax Seeds	Source of Omega 3 Fatty acids	Roast and powder it. Add to curd/smoothie or porridge
Turmeric	Supports healthy inflammatory balance and brain wellness	Use in curries or golden milk
Amla (Indian gooseberry)	Powerful antioxidants that help protect brain cells	Take as Juice, chutney or fresh fruit
Pumpkin Seeds	Rich in Zinc, magnesium and antioxidants	Sprinkle on salads, soups or smoothies
Green Leafy Vegetables	Provides folate and essential micronutrients	Include in meals at least on alternate days
Berries/ Jamun	Rich in antioxidants that support memory and brain health	Consume as fresh fruit or snacks

Habits That Support Cognitive Wellness

Building a healthier brain doesn't require a massive lifestyle overhaul. Instead, it comes down to small, daily habits that protect and strengthen your mind over time.

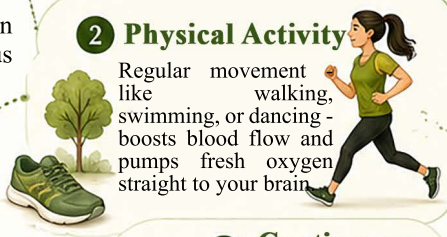
To keep your brain performing at its best, focus on these six core habits:

6 HABITS THAT SUPPORT COGNITIVE WELLNESS

1 Quality Sleep

Aim for restful sleep each night. so your brain can clear out waste, fix cells, and organize your memories

2 Physical Activity



Regular movement like walking, swimming, or dancing - boosts blood flow and pumps fresh oxygen straight to your brain.

3 Continuous Learning

Keep your mind sharp by challenging it with new activities, whether that means reading, solving puzzles, or picking up a new hobby.

4 Social Interaction

Spending time with friends and family acts like a workout for your brain, helping to reduce stress and keep your thinking sharp.

5 Stress Management

Take a few minutes daily for deep breathing, meditation, or quiet time to lower stress hormones that wear down your mind.

6 Meaningful Engagement

Fill your time with activities that give you a sense of purpose, which keeps you mentally driven and resilient

Small daily habits. Big impact on your brain.

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Brain Wellness Practices:

Wellness area	Practice	How to do it	Why it matters
Physical	Learn a new movement pattern	Try a new yoga sequence/walk a different route or use your non-dominant hand for simple tasks	Novel movement stimulates new neural pathways and enhances brain adaptability
Mental	Single tasking challenge	Choose one task each day and complete it without switching screens or checking notifications.	Focused attention strengthens concentration and cognitive efficiency.
Emotional	Name your emotions	Pause during the day and identify what you are feeling (e.g., calm, grateful, frustrated, anxious).	Emotional awareness reduces mental clutter and improves self-regulation.
Social	Have one meaningful conversation	Engage in a genuine conversation with a friend, family member, or colleague.	Social engagement supports cognitive function and emotional resilience.
Spiritual	5 mins of mindful observation	Spend five quiet minutes observing your breath, surroundings, or nature without distractions.	Attention training improves mental clarity, presence, and inner calm.

Weekly Challenge:

Choose one practice from the table each day and observe how it influences your focus, mood, energy, and overall sense of well-being.

Throughout this series, we explored the heart, sleep, liver, gut, and brain—not as isolated organs, but as interconnected parts of a larger whole. True wellness emerges when physical health, mental clarity, emotional balance, meaningful relationships, and a sense of purpose are nurtured together.

No single food, practice, or habit can create perfect health. However, the small choices we make each day—how we eat, move, rest, think, connect, and care for ourselves—can gradually shape a healthier, more resilient life.

The journey to wellness is not about perfection; it is about consistency. Every positive step, no matter how small, contributes to long-term well-being and a better quality of life.

> "Take care of your body, nurture your mind, and invest in habits that support lifelong health—***one day at a time.***"

- **Dr Madhu Priyadarshini M**
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