



INDRADHANUSH

2021

INDIA@75

AMRIT MAHOTSAV
CELEBRATIONS

COMMUNITY UPDATES



COVID 19 AID
**THE COMMUNITY
COMES TOGETHER**

RECAP OF
**PAST YEAR'S
IA EVENTS**

**ARTICLES &
EXPERIENCES**

**BILLION DOLLAR
LESSONS**

**PRATIBHA
ROCKS SHANGHAI**




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PATRON'S MESSAGE



Message

It gives me immense pleasure to pen this message to Indian Association (IA), Shanghai for 'Indradhanush', their annual magazine. The Indian community in Shanghai has traditionally been among the largest in entire mainland China. They have earned a reputation for their stellar role in enriching the cultural milieu of Shanghai and the entire Eastern China Region as entrepreneurs, businessmen, heads of leading multinational corporations, scholars, students and ordinary citizens. They have also been the living cultural bridge that, over the years, has contributed to strengthen the bonds between India and China, the two countries that accounts for more than one third of the humanity.

2. Like the rest of the world, Covid-19 pandemic has disrupted the normal life of Indians living in China. Many have their family members stranded in India unable to travel to Shanghai. Students, especially the final year medical students, have also borne the brunt of pandemic related restrictions. But in spite of the difficulties faced, they have always stood together, come to the rescue of each other when needed and also have shown exceptional solidarity with their fellow countrymen in India, when our country was suffering under the second wave of Covid-19 pandemic early this year. I take this opportunity, through the 'Indradhanush' magazine, to express my gratitude and appreciation to IA, and each and every member of it for their monumental effort towards mobilizing Covid-19 relief supplies like oxygen concentrators to India at a time when they were needed the most.

3. I am glad to see that last year, in spite of the difficulties posed by Pandemic IA had organized a large number of cultural activities. All those happy moments have been beautifully captured in the current issue of 'Indradhanush'. Further, 'Indradhanush' in its own right has become an important channel for creative expression of Indian community in Shanghai. Therefore, as India celebrates 75 years of its Independence under the banner 'Azadi Ka Amrit Mahotsav' I will be glad to see more cultural activities, especially with the participation of our younger generation in the coming year. I am confident that, in the years to come, IA would play an even more prominent role as a cultural platform for overseas Indians living in Shanghai. I congratulate Shri Mukesh Sharma, President, IA and his team for successfully guiding the IA during a difficult period and for their efforts in putting together this beautiful issue of 'Indradhanush'.

Best Wishes,



(Dr. N. Nandakumar)
Consul General

20 October 2021
Shanghai

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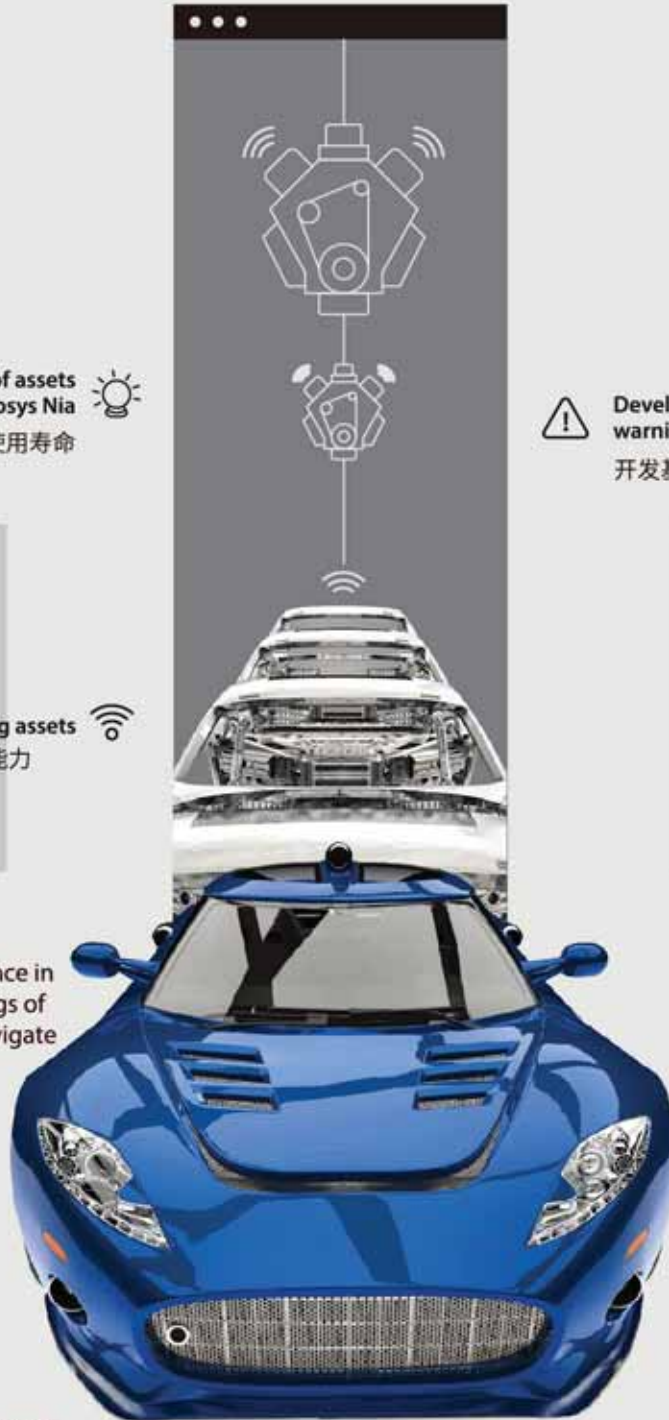
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PRESIDENT'S MESSAGE



Your ia is entering in to its 25th year of existence in 2022-23. Indian community in Shanghai have become like a “Banyan Tree” which is being nourished through strong roots of long timers in shanghai who have cultivated a culture of support and trust in society, and it is also equally refreshed by newcomers who are still calling Shanghai as home. These are unprecedented times, and I strongly believe that we can weather all storms “together”.

Mukesh Sharma
President ,
Indian Association

Dear Friends,

On Behalf of the board of Indian Association, Heartiest wishes to you and your near and dear ones for this Diwali and Upcoming New Year 2022. I would like to welcome Dr N Nandakumar as the new Hon Consul General of India at Shanghai and Patron of ia. Indian Association will look forward for his guidance in serving the community better.

Year 2021 continued to be a challenging year as flights could not resume to India and community members could not travel to meet their near and dear ones. Further, India faced the second wave of covid-19 and with community's help, your ia donated Rupees 30 Lakh to India in form of Oxygen concentrators and donations. This shows the strength of community connect and an example of true rising.

Your ia is entering in to its 25th year of existence in 2022-23. Indian community in shanghai have become like a “Banyan Tree” which is being nourished through strong roots of long timers in shanghai who have cultivated a culture of support and trust in society, and it is also equally refreshed by newcomers who are still calling shanghai as home. These are unprecedented times, and I strongly believe that we can weather all storms “together”.

This edition of Indradhanush contains a special section “Billion-dollar lessons” where business leaders have shared their learnings during pandemic times. Along with our annual calendar of events in areas of culture, we wish to take up more initiatives in areas of business and look forward for the support of business community.

I joined ia in 2014-15 and in 2021-22 I will be completing my four year tenure as ia President. I would like to thank past Hon CG's with whom I worked, entire team of Indian consulate, all my colleagues at ia board, community members, nodal points, regional group leaders, and ia sponsors for supporting all endeavors, I would also like to thank those who have been critical as it always allowed me to improve and serve the community better.

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

Thank you and best wishes for Diwali and New Year 2022!!





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CONSULATE EVENTS

CELEBRATIONS OF 5TH AYURVEDA DAY – 2020

13TH NOVEMBER, 2020



The Consulate General of India, Shanghai celebrated the 5th Ayurveda Day on Dhanwantari Jayanti (Dhanteras) on 13th November, 2020. To mark the occasion, a “Health and Wellness” Seminar was organised at Consulate Conference Hall. The event was held both in online and offline mode. Medical practitioners both from the fields of modern and alternative system of medicine, medical research scholars, university students, yoga and meditation experts participated in the seminar.

The event started with Bharatnatyam dance based on Dhanvantri Vandana, performed by an Indian student, followed by views of the experts on different aspects of Ayurveda. A Quiz on Ayurveda was also organized by Shanghai based Indian students.



The Seminar covered various aspects of Ayurveda including its origin, constitution and inner balance of life including balancing of three principle energies (Vata, Kapha and Pitta) of the body, Ayurvedic diet and cooking, and way forward for Ayurvedic system of medicines. The speakers highlighted the growing acceptance and adoption of Ayurvedic practices all over the world. They also shared personal experiences on the use of Ayurveda in their daily life. The event ended with the felicitation of participants and prize distribution to quiz winners.

The event witnessed an overwhelming response from members of Indian community, Medical experts and students, who participated from all over the world including India and China.



CONSULATE EVENTS

16TH PRAVASI BHARTIYA DIVAS – 2021

9TH JANUARY 2021

The Consulate General of India, Shanghai celebrated the 'Pravasi Bhartiya Divas' in Shanghai on 9th January 2021. The event witnessed a overwhelming participation from the members of Indian diaspora including representatives of various Regional Associations in Shanghai, business community and students.

The gathering watched 'Live' the 16th PBD Convention. The participants enthusiastically listened the inaugural address of Hon'able Prime Minister Shri Narendra Modi, keynote address by the President of Suriname Shri Chandrikapersad Santokhi and welcome remarks by External Affairs Minister Shri S. Jaishankar.



CONSULATE EVENTS

CELEBRATIONS OF 72ND REPUBLIC DAY OF INDIA

26TH JANUARY 2021

The 72nd Republic Day was celebrated with great zeal, enthusiasm, and patriotic fervour in Shanghai. The celebrations started with the hoisting of national flag followed by the National Anthem.

The Acting Consul General read excerpts from the Hon'ble President's address to the nation, highlighting the contributions of farmers, soldiers and scientists in the development of the nation. While stressing on the values – Justice, Liberty, Equality, and Fraternity – outlined in the Preamble of our Constitution, the President asserted that effective response to the COVID-19 pandemic would not have been possible without our Constitutional value of 'Fraternity'. He added that Indians have been like a close-knit family, making exemplary sacrifices to protect each other in the face of the common enemy of Coronavirus. He reiterated the efforts of doctors, nurses, paramedics, health care administrators and sanitation workers who put their own lives at risk to care for COVID-19 patients.

The President paid reverence to our valiant soldiers stating that the nation shall remain grateful to the brave soldiers who laid down their lives in thwarting the expansionist move on our borders. He reminded, that though we are committed to peace, our defence forces – Army, Air Force and Navy – are adequately mobilized in a well-coordinated move to thwart any attempt to undermine our security.

The President concluded his speech by highlighting the contributions made by our diaspora in various fields including science, arts, academics, civil society and business, bringing laurels to their new homelands and also to India.

Towards the end of the event, a small cultural performance was organized by the family members of Consulate officials. The event was followed by light refreshment.





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

From,

Ita & Arun



CONSULATE EVENTS

INTERACTION OF CONSUL GENERAL WITH INDIAN COMMUNITY MEMBERS OF EASTERN CHINA REGION

25TH FEBRUARY 2021

The Consul General Dr. Nandakumar interacted with the members of Indian community in Eastern China Region on 25th February 2021.



The interaction, both in offline and online mode, was held in cordial and candid environment. The representatives of various associations and organizations from Shanghai including that of Indian Association, Sikh Sangat, Marathi Mandal, Tamil Sangamam, Telgu Association, Kairali (Kerala Association), Kannadiga, Shanghai Ada, Chaiti Arts foundation, Passionate Indian Group, and Vivekananda Cultural Communications participated from Consulate premises. The representatives of members of India community in Hangzhou, Suzhou, Keqiao, Shaoxing and Yiwu interacted through online platform.

In his opening remarks, the Consul General highlighted the initiative taken by the Indian government for the development of the country. He underlined development of two made in India COVID-19 vaccines, India's role as first

responder in supplying COVID-19 vaccines to neighbours and other developing countries, Production Linked Incentive (PLI) Scheme to promote manufacturing of telecom and networking products in India, significance of newly enacted Farm Laws and Vande Bharat Mission. He also informed the community members that India continues to witness a marked decrease in the active COVID-19 case with present active cases just around 1.25 percent of total positive cases, and COVID-19 mortality per million in India among the lowest in the world.

The Consul General urged the Indian community members to actively take part in India@75 celebrations, and make use of DigiLocker App and Global Pravasi Rishta Portal. He also encouraged the teacher and students to take part in large numbers in 'Pariksha Pe Charcha' with Prime Minister Shri Narendra Modi and invited them to regularly use the Consulate library facilities.

The members of Indian community responded with enthusiasm to Consul General's suggestions and expressed their desire to organise a series of events including celebrations of various Indian festivals, art and culture programmes, business and tourism events etc. under the banner of India@75. The community members also expressed strong support for volunteering help to Indian nationals to overcome any challenges including from the ongoing Pandemic.

The Community members also raised few queries and shared their difficulties including due to ongoing Pandemic. The Consul General, while replying to the queries to their satisfaction, gave assurance to resolve them at the earliest. The Consul General also thanked the community for extending support to the needy Indian community members in dealing with the ongoing Pandemic.



CONSULATE EVENTS

INTERACTION OF H.E. AMBASSADOR VIKRAM MISRI WITH REPRESENTATIVES OF INDIAN INDUSTRIES IN SHANGHAI

1ST APRIL 2021

The Consulate General of India in Shanghai organized an interaction of Ambassador of India in China, H.E. Shri Vikram Misri with representatives of Indian industries based in Shanghai at the Consulate on 1st April 2021.

More than 30 business leaders representing various sectors of economy including manufacturing, engineering, information technology, procurement, pharmaceuticals, chemicals and food, cosmetics, and textiles participated in the event.



CONSULATE EVENTS

LAUNCH OF INDIA@75 #AMRITMAHOTSAV CELEBRATIONS IN SHANGHAI

2ND APRIL 2021

The Consulate General of India in Shanghai organised the launch of India@75 celebrations #AmritMahotsav in Shanghai at Consulate Hall on 2nd April 2021. H.E. Ambassador Shri Vikram Misri inaugurated the event by lighting the auspicious lamp.

The event was marked by a series of Cultural performances from both Indian and Chinese artists. The performances started with the chanting of Sanskrit Shlokas from Indian Vedic texts by the students of Wenli Academy, Wenzhou City, included screening of “The Legend of Banaras - a musical tribute to the ancient city” a documentary on Varanasi showcasing mystical charm of our Intangible heritage, a video on ‘Vaccine Maitri’ on India’s Vaccine diplomacy, musical performance of sitar and tabla by Shubhodeep Sinha an Indian artist along with a Chinese artist Hadi An playing Raga Yaman with Teental beats. The programme concluded with Indian patriotic songs performed by members of Indian community, who sang in various Indian languages.

The celebrations witnessed overwhelming participation from more than 120 Indian and Chinese citizens.



CONSULATE EVENTS



CONSULATE EVENTS

CELEBRATION OF THE 7TH INTERNATIONAL DAY OF YOGA.

20TH JUNE 2021



The 7th International Day of Yoga was celebrated by the Consulate General of India, Shanghai on June 20, 2021, with mass Yoga sessions at multiple locations in Shanghai and in Hangzhou. Due to pandemic related restrictions, this year the IDY celebrations were organized in hybrid mode, i.e., both physically and through digital video

conference.

Members of Indian community in Shanghai, yoga practitioners from The Art of Living, Shanghai, and consulate officials along with their family members participated in the IDY celebrations at the Consulate premises. They were remotely joined by members of Drishti Vinyasa Yoga Shala, Shanghai, employees of State Bank of India, Shanghai, TCS China, Infosys China and individual participants from across Shanghai through digital video conference. Hundreds of participants enthusiastically took part in these yoga sessions though they were organized in digital mode.



Apart from Shanghai, mass Yoga session was also held in Hangzhou. With the support of Consulate General of India, Shanghai, children of Indian community in Hangzhou organized 'Kids Yoga' and mass yoga sessions for adults at the Hangzhou International School. Consul General Dr. N. Nandakumar joined the IDY celebrations in Hangzhou and distributed certificates appreciating the efforts made by the Children of Indian community for promotion of Yoga. In his address to the participants, Consul General called for making Yoga a part of everyone's daily life. Large number of children and members of Indian community participated in the event.

In the run-up to the celebration of 7th IDY, Consulate also organized online yoga classes with the help of locally available Indian Yoga teachers. The classes were conducted from the Consulate premises with provision for interested participants to join online through digital means. Classes were conducted for three weeks starting from 7th June 2021 up to 25th June 2021.

The Consulate General of India, Shanghai also made efforts to create more awareness about Yoga through its social media handles both in English and Chinese. These posts were well received by the subscribers of Consulate's official Chinese social media handles.

CONSULATE EVENTS



CONSULATE EVENTS

CELEBRATION OF 75TH INDEPENDENCE DAY OF INDIA IN SHANGHAI 15TH AUGUST 2021



On 15th August 2021, the Consulate General of India in Shanghai celebrated the 75th Independence Day of India with fervor. On the occasion, Dr. N. Nandakumar, Consul General hoisted the national flag and delivered Hon'ble President's address to the nation. The programme was organized at the plot of land allotted for construction of Chancery complex on the morning of 15th August. Members of Indian diaspora in Shanghai and friends of India participated enthusiastically in the flag hoisting ceremony.

The event witnessed participation of more than two hundred members of the Indian Community. The celebrations were marked by patriotic songs and dance performances by the community members especially the children. They were felicitated by Consul General with a 'Make in India' souvenir.

On the occasion, this Post had exhibited a graphic wall under the theme "AzadiKaAmritMahotsav" for public viewing. This graphic wall was themed on the rich and diverse culture of India, salient moments and achievements made by Independent India in the economic field, science & technology, in building a digital India

CONSULATE EVENTS

and in the sports field. Considering the pandemic situation, the whole programme was conducted in line with the regulations issued by the local authorities.

On 15th August evening, Consulate will also hosted a cultural performance “Utsav” to showcase the cultural heritage of India. The event was attended by more than 100 guests and notable among them were the Consul General of Australia Mr. Dominic Trinidad and the Consul General of Singapore Mr. ChuaTeng Hoe.



The cultural show includes Bharatanatyam and Kuchipudi performances by local artists, presentation on Sanskrit and its impact on world literature, a short film on Gurudev Rabindranath Tagore’s visit to Shanghai in 1924 & 1929 and a live presentation of Indian handloom by members of Indian community in the form of a fashion show. A short video on “Azadi Ka Amrit Mahotsav” celebrations provided by XP Division was also be played during the occasion.

The evening event began with a screening of a video under India’s AzadiKaAmritMahotsav celebrations which talks about the special significance of the 75th year of India’s Independence and the progress made included Bharatanatyam and Kuchipudi performances.

by the country in the past 25 years. The cultural show The Bharatnatyam dance was performed by Prof Jin Shanshan. Who is a Bharatnatyam dancer from China and was trained under Guru Leela Samson. The Kuchipudi performance was performed by Ms. Vani Vasudev S, a medical student of Tongji University.

Prof. Eberhard Guhe, full professor at the School of Philosophy at Fudan University also made a presentation on Sanskrit and world literature in which he made references to Kalidasa’s work Shakuntala and comparison of Shakuntala with the writings of Goethe's Faust. A video on Gududev Rabindranath Tagore and his visit to Shanghai which was directed by Shri Biwash Mukherjee was also screened.



The closing segment of the event included a short video on India’s handloom sector and a fashion parade in which Indian community members presented traditional handlooms of India such as Benarasi saree of UP, Tusser kurta of Bihar, Mysore silk sarees etc. The program ended with felicitation of the participants of the cultural program participants by the Consul General.

CONSULATE EVENTS



CONSULATE EVENTS

HINDI DIWAS 2021: 'HINDI SAHITYA – EK PARICHAY' 2021

17TH SEP 2021

The Consulate General of India in Shanghai organized Hindi Diwas 2021 with a lively discussion on prominent Hindi writers and poets and their prominent literary works under the title "Hindi Sahitya – Ek Parichay". The 'Hindi Divas' message of Hon'ble Minister of State for External Affairs and Culture Smt. Meenakshi Lekhi was also screened on the occasion.



Welcoming the guests, Dr. N. Nandakumar, Consul General, urged Indian diaspora in Eastern China Region (ECR) to take initiative at the individual and community level to teach Hindi to the younger generation as Children in foreign countries do not have the opportunity to learn Hindi as part of their curriculum. He also invited them to take advantage of the facilities available at the Consulate and Consulate library for teaching and learning Hindi.

Eminent Hindi experts from Indian Community in Shanghai presented biographical sketches and literary works of prominent Indian authors. Mrs. Anita Sharma who is an advisory board member of Kendriya Hindi Sansthan Agra Patrika –'Pravasi Jagat' presented life and works of the famous female Indian author –Smt. Mahadevi Verma. She spoke of the social nature of the writer's works and how Mahadevi ji inspired a generation of female authors. Mr. Pradhyumna Ingle, Regional Business Head of Henkel Enterprises spoke about the works of Shri Ramdhari Singh 'Dinkar'. His recitation of Rashmirathi, one of the prominent works of 'Dinkar' was well appreciated by the audience.



Mrs. Hina Chaturvedi, a post graduate in Hindi literature from Lucknow University was also among the speakers. She spoke about Dr. Harivansh Rai Bachchan and how his work reflected the social conditions of his time. Smt. Swetha Bansal, an Indian Professional working in Shanghai spoke about the unique stature of Saint Kabir Das among the medieval Hindi poets and his mystic poetic tradition. The final speaker of the event was Mr. Girish Baddur, a Hindi literature enthusiast. He spoke about the works of Shri Munshi Premchand and the way the latter's writings reflected the social situation of his time and also how his writings impacted society. Mr. Baddur also narrated "Namak ka daroga", a famous story of the author.

Subsequent to the discussion on five Hindi authors, a short play based on Mohan Rakesh's "Asadh ka ek din" was performed by Mrs. Nidhi Sharma. Children also participated in the event. A poetry recital on Sohanlal Dwivedi's "Koshish Karne walon ki haar nahi hoti" was recited by Arunsh Gupta. Vedant Mandhania also delivered a speech in Hindi on the life and



CONSULATE EVENTS

achievements of India's famous badminton player Smt. PV Sindhu. The last performance was the recital of the self-written poem "Arjun ka Moh bhang" by Shri. Himanshu Chaturvedi.

The program saw enthusiastic participation from Indian community. Apart from Indian community members, Hindi teachers and students of Shanghai International Studies University (SISU) also participated in the program through online mode. The Consul General felicitated the participants with a certificate of appreciation. The program concluded with a vote of thanks.



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PRATIBHA ROCKED SHANGHAI IA Diwali Nite 2020

In the festive season, due to ongoing Covid situation IA couldn't plan any physical gathering event and like every year invite a Bollywood artist in person this time, however we were pleased to have the sensational singing queen PRATIBHA BAGHEL who enthralled Shanghai in 2019 with Shaan, join us via zoom.

IA Diwali Nite celebrated On 8th November, 2020 with Pratibha Baghel was an exemplary example of the "new normal" of COVID-19 era. The event was executed remotely by Pratibha performing live from Mumbai Studio. It was live streamed at the Consulate General of India, Shanghai, on Zoom, Facebook, at KOG and was controlled from Shenzhen.

Everyone - no matter whether they were at home or at CGI, enjoyed the 2-hour program forgetting about the COVID-19 pain for a while. It was a truly mesmerizing event. Pratibha's spontaneous, dynamic, crowd pulling, and vibrant "प्रतभि" made everyone go crazy for 2 hours. The program begun with Rahul Bagde, introducing about Indian Association. Four new board members were welcomed into the Team IA - Shilpa Deshkukh, Nitin Soni, Vishnu Shnker and Divya Raj.

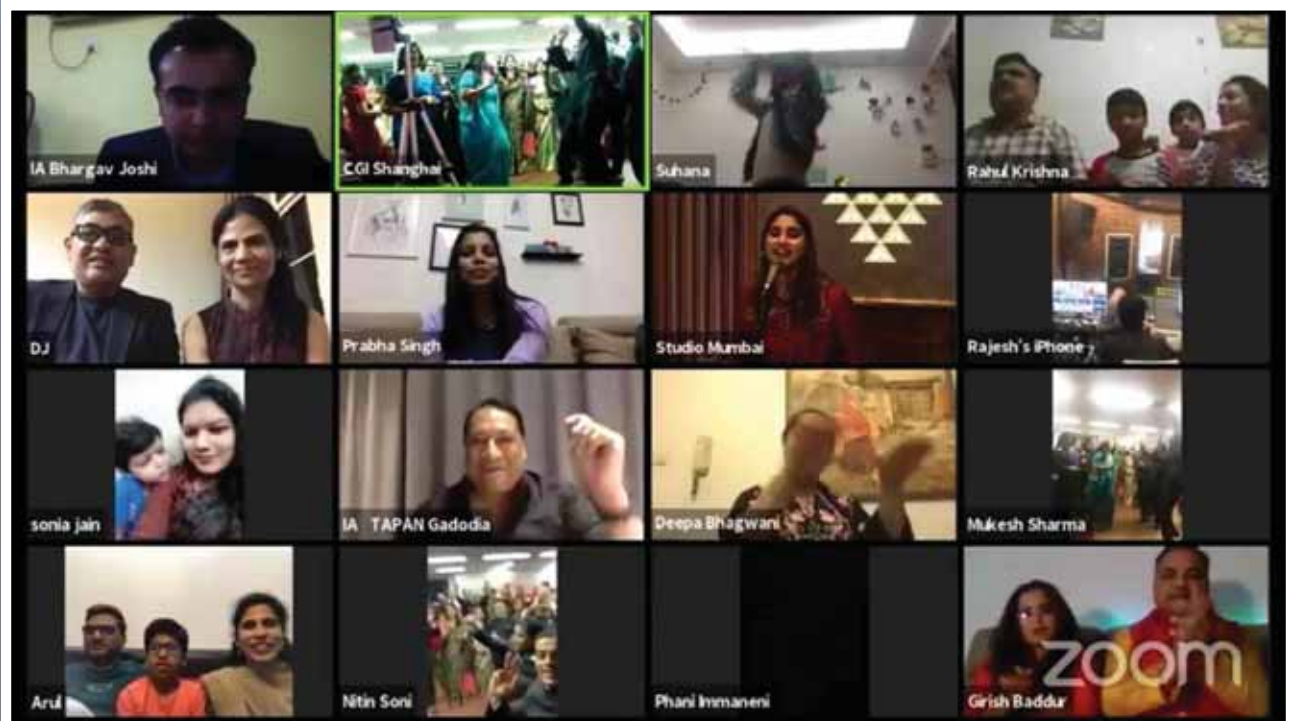
All the IA's sponsors who supported community throughout the year were thanked and finally called the advertisers for Indradhanush 2020.

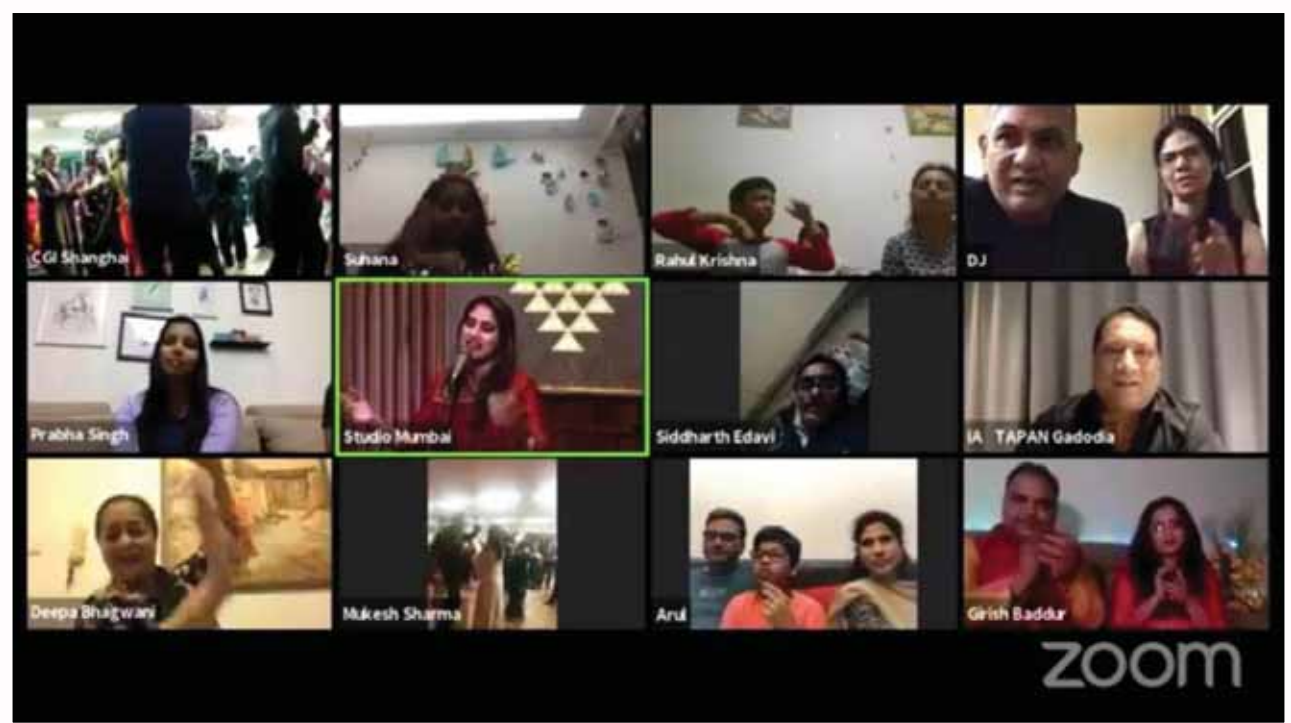
President of Indian Association, Mukesh Sharma, delivered a keynote speech about IA's initiatives on Health, Hope and Humanity during the Covid-19 pandemic. Followed by Shri Yashbir Singh, Consul (Political, Visa & Consular), read the message given by Shri Vikram Misri, Ambassador of India to China.

Then the event began with the live performance of Pratibha Baghel from Mumbai Studio.

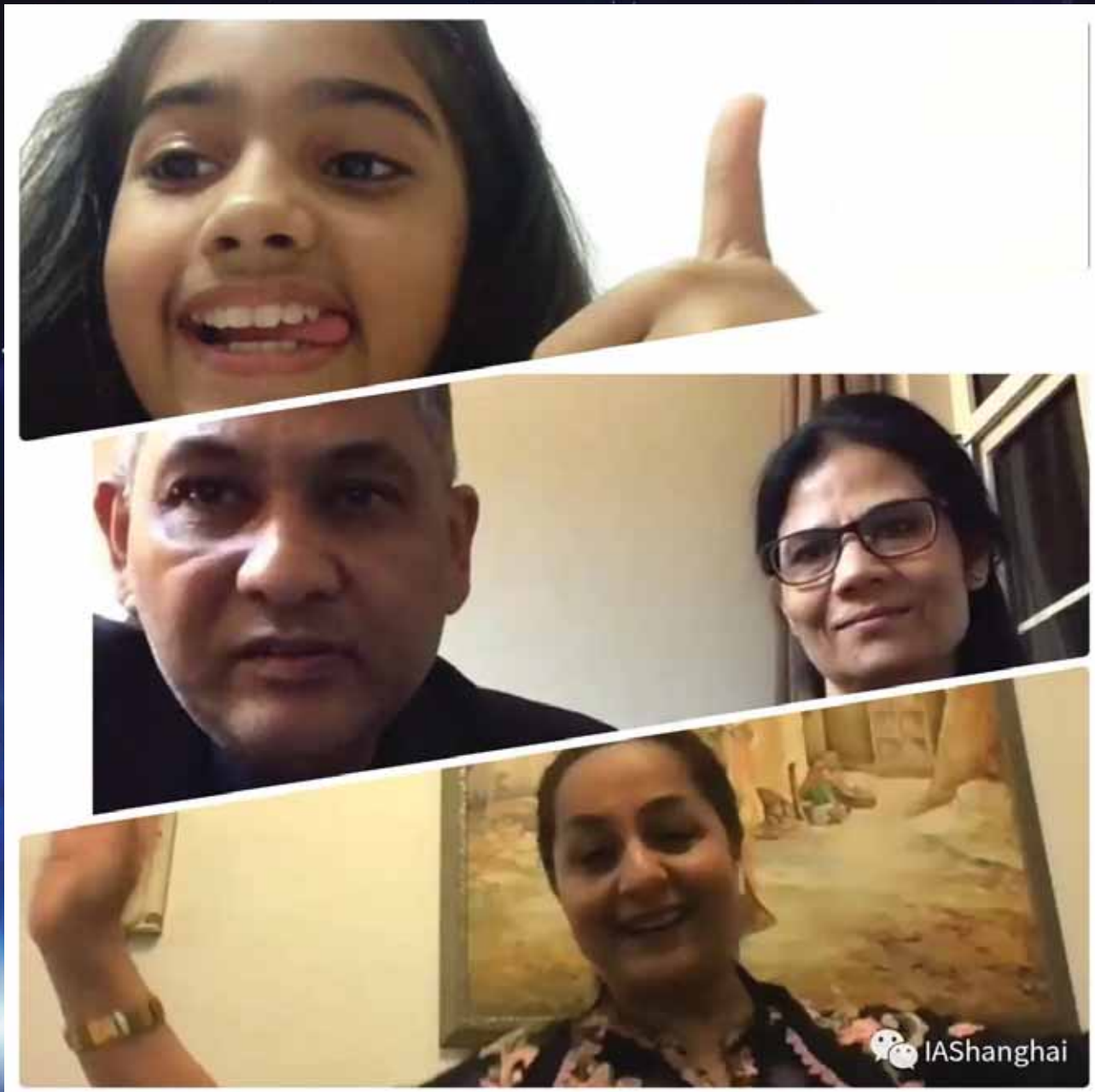
- IA sponsors and Indian Consulate team were present at the consulate hall to light the lamp and conducting Diwali Pooja.
- The event was watched by more than 100 community members on Zoom
- The event streamed live on Facebook and YouTube which got over 770 video views.











Recording... LIVE on Facebook

		Bhargav Backu...		IA Vishnu
	suv5171		shasha	Redmi ram
iANZ GANGA	Mahi	DJ	Sandeep Shah...	Garvit Sah
amod meshram	sonia jain	Ananya Kala	Rajesh's iPhone	Himanshu's iPad
Rahul Krishna	Harsha	Prashant Hingo...	Rohan and Sne...	Pranav

Participants (42)

Find a participant

- BB Bhargav Backu... (Co-host, me)
- IB IA Bhargav Joshi (Host)
- SM Studio Mumbai (Co-host)
- CS CGI Shanghai (Co-host)
- AM amod meshram
- AK Ananya Kala
- B Sevin
- D Deeksha
- DR DEV RATHOD
- D DJ
- GG GANZ GANGA
- GS Garvit Sah

Unmute Start Video Security Participants 42 Chat Share Screen Reactions More Leave Invite Mute All





IA Cycling Event

07 March 2021

Indian Association, under the auspices of Consulate General of India, organized a Cycling event at the Pudong side Riverfront on 7th March 2021. Over 110 participants registered online and 80+ attended the event. IA organized cycling event for the first time and that was the first IA sports event of 2021. It was encouraging to see that 50% of the participants were ladies and children.

The flag off and flag in was on the band stand in front of the Mercedes Benz arena with the river mall and China pavilion in the background. The amazing 44km cycling and running Astroturf track on the two sides of the river left everyone impressed.

Some participants rode their own cycles but most used rented bikes using ride share apps. This really helped increase the bandwidth of the event. Each participant was given a rain jacket, a cap, wrist bands and head bands and awarded memento at the end of the event.

The weather gods seemed to be pleased with us becoming "fitness conscious". That was the reason we got a rain free window of 4 hours to have a wonderful cycling event. Somebody asked, "What will happen if it rains?" Another said, "Then we will get wet". That sums up the attitude of over hundred participants that signed up for the event.

The energy of cyclists made the cold weather nice and warm. The blue rain jackets, caps, wrist bands and head bands helped a lot. Safety is always paramount. There were no accidents or injuries in the event, even while Dr. Sanjeev Choubey and his team from Suntech hospital were on standby.

Participants and volunteers were treated to "Garam chai and Samosas" by KOG. It really went with the weather and was appreciated by all.

In the closing remarks the Honorable CG mentioned that, only in a healthy body can a healthy mind reside". The event helped raise awareness of the FIT INDIA movement.

IA conveyed its sincere appreciations and gratitude to Hon'ble CGI Dr. N. Nandakumar, office of the CGI Shanghai, all participants, volunteers, individual contributors, and sponsors to make this event successful.

The poster is for a cycling event organized by the Indian Association (IA) in Shanghai. It features a blue background with silhouettes of cyclists and the Shanghai skyline. The text includes the event title 'CYCLING', the date 'MARCH 7-2021 | TIME: 02:00 PM', and the venue 'PUDONG SIDE RIVERFRONT IN FRONT OF THE MERCEDES BENZ ARENA / RIVER MALL SHANGHAI'. Two routes are highlighted: '20KM SOUTHWALL ROUTE' and '10KM NANPU BRIDGE ROUTE'. A QR code is provided for registration, and a list of nodal points with contact information is at the bottom. The poster also mentions '#CYCLINGADDICT' and '#FITNESS INITIATIVE'.

Consulate General of India, Shanghai

INDIAN ASSOCIATION

PRESENTS

CYCLING

#CYCLINGADDICT

#FITNESS INITIATIVE

#FAMILY CYCLING

MARCH 7-2021 | TIME: 02:00 PM

VENUE

PUDONG SIDE RIVERFRONT
IN FRONT OF THE MERCEDES BENZ ARENA / RIVER MALL
SHANGHAI

20KM SOUTHWALL ROUTE

10KM NANPU BRIDGE ROUTE

SCAN QR FOR REGISTRATION

NODAL POINTS
RITIKA KUMAR :13817481339|WECHAT:AKITIR11
DIVYA RAJ :15021787917|WECHAT:DIVYARAJ17
RAHUL BAGDE :18616609944|WECHAT:RAHULBAGDE78
NITIN SONI :13611731787|WECHAT:NITIN0080

REGISTRATION CLOSES ON 28TH FEB 2021

IAShanghai











Consulate General of India, Shanghai

INDIA@75

#AmrutMahotsav



INDIAN ASSOCIATION

PRESENTS



2021 वसुधैव कुटुंबकम्

APRIL 3-2021

FROM 1:00 PM

VENUE

HOTEL RENAISSANCE YANGTZE
2099 YAN'AN WEST ROAD, CHANGNING DISTRICT, SHANGHAI



Indian Association under the auspice of the Consulate General of India, Shanghai, organized BalDiwas as part of India@75 and #AmrutMahotsav initiative; at Renaissance Yangtze Hotel on 3rd April 2021.

BalDiwas was in a true sense one of the largest events organized after Diwali 2019 and the COVID-19 outbreak. The event witnessed more than 270 attendees including participants, parents, and volunteers. The presence of the Indian Ambassador his excellency Mr. Vikram Misri, and Hon'ble CGI Dr. N. Nandakumar made this event spectacular.

The theme of BalDiwas was "Vasudev Kutumbakam" - which is an Indian philosophy meaning "The world is one family". There were 29 performances - including solo dances, solo performances, group dances, and skit based on this theme, comprising participants of the age group 2-16 years.

Each of the participants practiced extremely hard to give their best on the stage. There was immense enthusiasm, energy, and encouragement amongst children and parents. Their practice lasted for more than 40 days to give their best on the stage. The BalDiwas platform helps children to build their personalities, confidence, individualism, and unity in diversity. The event lasted for more than 3 hours and the same energy and positive vibes were observed in children from starting to end.

Indian Ambassador his excellency Mr. Vikram Misri delivered his ideas about India@75, #AmrutMahotsav, and appreciated Indian Association in Shanghai to cater to many people under one roof and providing them a platform to showcase their talents.

Hon'ble CGI encouraged the children citing that when you invest in children you are investing in the country's future. He spoke about the importance of nurturing children through cultural and community activities.

At the end of the program, the President of IA, Mr. Mukesh Sharma thanked every participant, their parents, CGI office, and IA volunteers for their immense tireless work, dedication, and passion. He wholeheartedly thanks all children who worked tirelessly to make this event a success.

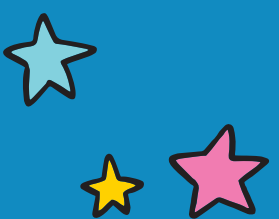
A special thanks to Samir Dorle for his continuous support and parent volunteers Bharthi Simha, Shalaka Kulkarni, Swapnil Jain, Kamala Latha for their selfless contributions.

In the end, each participant was given a certificate and a souvenir for this event.





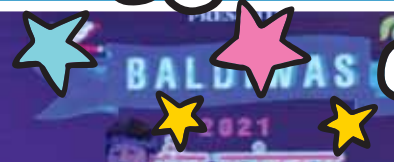












IA MIXER APRIL

BUSINESS BY AN EXPATRIATE PERSPECTIVE

The First Session was on Business by an Expatriate Perspective on how to become successful and doing business in China by Mr. Ben Poon. He is the founder of 1%Net and Leadership 3.0 Master Class. Mr. Ben Poon was born in Hong Kong, graduated in Hong Kong Shue Yan College in 1986, MBA Degree in 1988 from Northeast Louisiana University, received executive education from IESE, INSEAD and University of Michigan business school. Chartered Management Accountant CMA in the UK, a member of Hong Kong Institute of Certified Public Accountants and a visiting professor in South China University of Technology in Guangzhou, China.



During his mixer session, he spoke about the new rules and regulations setup by the government for business registration, operations, and management. He emphasized three concepts on

- The Science: To be competitive to run profitable business in China. Business logic applied in the China environment.
- The Art: Creating sustainable business by connecting to the right person at the right time for the right issue.
- The Wisdom: Understand the changing rules and the games in the past, present, and future.

Over 30+ participants attended this mixer. It ended with quite interactive and engaging questions and answers and willingness to do business by entrepreneurs.

BUSINESS OF CRICKET



The second session was on Cricket. Cricket is considered as a religion in India and there is a new app coming up with records individual player's cricket scores and tracks performance over the period of time.

We had a very exciting and insightful session on Cricket "Business of Cricket" by Mr. Abhishek Desai, who is a CEO and founder of CricHeroes app. CricHeroes is an amazing Indian startup

that rocked the cricket world.

As on 29th January, 2021 there were

- 7,000,000+ registered cricketers
- 1,000,000+ matches scored
- 70,000+ tournaments covered
- 57+ Countries where the app is installed
- 3,500,000+ Android downloads
- 400,000+ iOS downloads

Abhishek first shared a very wonderful clip-on cricket and how it is played in India. How it resides in the hearts of millions of Indians. Later, he shared insights with numbers and stunning facts about individual players.



The entire webinar inspired audience to get more hands-on Cricket and start making their individual scoring.

There were couple of thought-provoking questions asked and Abhishek answered each of them with the highest level of satisfaction.



IA

IA MIXER SESSION

BUSINESS

FROM AN EXPATRIATE PERSPECTIVE- BECOME SUCCESSFUL- DOING BUSINESS IN CHINA. 6:00 PM

BUSINESS OF CRICKET

CRICKETERS- AMAZING INDIAN STARTUP THAT ROCKED THE CRICKET WORLD 7:30 PM

29th April 2021 | Thursday
Venue: Kebabs on the Grille - People's Square Unit, 101, 102 South Huangpu Road, People's Square
费用: 人民币120元/位 (含酒水) 优惠价: 人民币80元/位 (含酒水)
Complimentary: Free coffee and soft drinks will be served.
Live at IA Facebook | Zoom Meeting ID: 8047 0037 | Password: 841228

MR. BEN POON
1% net
www.1percentnet.cn
Insights that will lead you to successes in doing business in China.

ABHISHEK DESAI
Founder and CEO (Live from India)
Insights from a Successful Startup for emerging Cricketers across the Globe

SPONSORS:

INGDAY ACS Ace Micromatic fugumobile YES GLOBAL

Scan to Register
RSB 110 Per Person

Indian Association Shanghai organized two back-to-back Business Mixers on 29th April 2021, Thursday at Kebabs on the Grille, People Square Location.



IA DAY NIGHT CRICKET SIXES MEGA EVENT

Under the flood lights of SCSC Grounds the IA Cricket Cup was lifted by Selected Super Kings in a keenly contested final with Satta Adda 903.

About 150 players divided into 16 adult teams and 2 children's team took part. Shanghai Indians, Gully boys, Shanghai Kannadigagaru Cricketers, TTB, JICC, Bollywood, CSK BOYS, Pudong Challengers, Yanlord Blues & Tigers, Satta Adda 903 Team A & B, PI Warriors, Selected super Kings, JiCC and Wicreman's Sixer's were the team

Earlier in the day there was a mini tournament for the children. Grand mothers and mothers made the sporting event into a family day out.









IA MIXER SEPTEMBER

Indian association organized a talk on the new book of Dr Shameen Prashantham. In Gorillas Can Dance, distinguished international business strategy professor and expert Dr. Shameen Prashantham delivers a proven roadmap for large corporations collaborating with startups. Drawing on over a decade of international research, Dr. Prashantham explains the “why,” “how,” and “where” of corporate-startup partnering.

This book explores:

- How to focus on the three pillars of synergy, interface, and exemplar to achieve outstanding results in partnerships
 - Why the very thing that attracts large corporations to startups—their significant differences—also makes it difficult to work together
 - Where in the world corporations can find ideal startup partnerships and how they can use them as a force for good
- Perfect for C-suite executives, managers, business unit heads, and corporate innovation managers, Gorillas Can Dance is a must-have resource for business leaders seeking strategic guidance on partnering and collaborating with startups.

About Professor:

Dr. Shameen Prashantham is Professor of International Business & Strategy, and Associate Dean (MBA), at China Europe International Business School (CEIBS) in Shanghai, China. His research focuses on what he calls “dancing with gorillas”—how startups and large multinational corporations partner with each other to improve their prospects of innovation and growth. Spanning a decade-and-a-half, this work has involved conducting fieldwork, teaching executives, or giving talks around the world, including in Accra, Bangalore, Beijing, Berlin, Edinburgh, Johannesburg, Lagos, London, Mexico City, Munich, Nairobi, New Delhi, Shanghai, Silicon Valley, Tel Aviv, and Zurich. His current focus is on partnerships that contribute to the Sustainable Development Goals (SDGs).



IA MIXER SESSION

GORILLAS CAN DANCE

9th September 2021, 18:00 Onwards, at CGI, Shanghai

HOW SMALL COMPANIES CAN PARTNER EFFECTIVELY WITH MNCs

Professor of International Business & Strategy at China Europe International Business School (CEIBS)



SHAMEEN PRASHANTHAM

Lessons from Microsoft and other corporations on partnering with Startups

During this webinar, CEIBS Professor of International Business and Strategy Shameen Prashantham will talk through his new book Gorillas Can Dance and his proven roadmap for large corporations collaborating with start-ups. Prof. Prashantham will also share insights from the book, including the three pillars for achieving outstanding partnership results, why differences matter and where to find your ideal partnership.

About Speaker: Prof Shameen Prashantham

Prof. Prashantham's research focuses on what he calls “dancing with gorillas,” – i.e., how start-ups and large multinational corporations partner with each other as a means to improve their prospects for innovation and growth. Spanning a decade-and-a-half, this book is the result of extensive fieldwork, executive trainings and talks. Prof. Prashantham has conducted around the world, including in Accra, Bangalore, Beijing, Berlin, Edinburgh, Johannesburg, Lagos, London, Mexico City, Munich, Nairobi, New Delhi, Shanghai, Silicon Valley, Tel Aviv, and Zurich. His current focus is on partnerships that contribute to the Sustainable Development Goals (SDGs).

SPONSORS







IA SPEECH COMPETITION 2021



Indian Association, with the support of Indian Consulate, organized a speech competition on July 24th, 2021, at the Indian Consulate, Shanghai.

The event began with the warm welcome message by Mr. Mukesh Sharma, President of IA.

Participants choose to speak on one the following topics:

1. Rich cultural heritage of India
2. Climate change and its impact on India
3. India's emerging young population and its contribution in India's growth.

Children were divided in two age groups:

- Group A: ≥ 6 to < 9 Years
- Group B: ≥ 9 to ≤ 15 Years

29 Children participated in all, 13 from Group A and 15 from Group B.

Mrs. Renu Khurana and Mrs. Sharmila Rai Arora were the judges for the speech competition.

They scored each participant on various evaluation rubrics including content organization, clarity of speech, tone, speed, summarization, audience interaction, posture and eye contact, choice of word, confidence, and sources citations.

Prizes were awarded to winners in both the Groups. Every participant was awarded with a participation certificate.

All the children participated with full enthusiasm and made the event a success by giving amazing speeches.

A special thanks to Indian Consulate in Shanghai, their staff, children, parents, Kebab on the Grills for the delicious food and the volunteers from Indian Association Shanghai.

THE WINNERS WERE

For Group A:

- 1st Medhansh Gupta
- 2nd Dhvanay Shah
- 3rd Aaman Manna, Mysha Rastogi and Shaanvitha Sai

For Group B:

- 1st Jaytirth Joshi
- 2nd Aarman Manna
- 3rd Arjun Chaturvedi







IA MIXER OCTOBER

ia
INDIAN ASSOCIATION
SHANGHAI
WELCOMES
SHRI RAM MADHAV
[Former National General Secretary, BJP]
FOR TALK ON HIS NEW BOOK
THE HINDUTVA PARADIGM
DATE | TIME | VENUE
10 OCTOBER 2021 | 13:30 CST - 11:00 IST | ZOOM MEETING
RAM MADHAV
The
Hindutva
Paradigm
INTEGRAL HUMANISM AND
THE QUEST FOR A NON
WESTERN WORLDVIEW
SCAN THE QR CODE FOR REGISTRATION

Indian association organized a talk on the new book of Shri Ram Madhav "The Hindutva Paradigm". Shri Ram Madhav visited Indian Association Shanghai to help organize Prime Minister Narendra Modi's visit in the year 2015 and he was instrumental in guiding Indian association in organizing the largest ever gathering for Mr. Modi in China.

The session was moderated by IA President, Mukesh Sharma and it was attended by IA Board members, sponsors and it was live streamed on IA Face book channel as well.

The session started by reliving the past memories of PM Shri Narendra Modi Ji's visit to Shanghai and sharing some anecdotes which were exchanged with Shri Ram Madhav Ji during preparation of event and his last visit to Shanghai in April 2015.

The book contains discussions around the philosophy of Shri Deen Dayal Upadhyay, Integral humanism and non-western world view. The book also contains important questions of cultural integration such as Ram Janam bhoomi, Kashmir and idea of Hindutva.

It was an intriguing discussion centered around human centric development, minorityism , supreme court verdict in 1990 on definition of Hindu –that it's not a religion but a way of life. The discussion around the Gandhian socialism vs Gandhian approach to solving socio economic problems in post pandemic work attained a lot of attention during the discussion.

He also talked about how to make democracies successful and opined that India has a great future as a largest democracy. His favorite chapter of the book is the last one on Women empowerment, where he mentions that respect of women in any society is paramount however that does not mean we need to worship women on daily basis.

In the end he greatly appreciated ia's efforts towards integrating the Indian community in shanghai and mentioned that while there could be several regional groups celebrating their local festivals , however ia shall always focus on creating PAN india events and keep improving the brand India

About Ram Madhav

•Ram Madhav is an Indian politician, author and thinker who is the Former National General Secretary of the Bhartiya Janata Party (BJP). He is a Member of the Board of Governors of India Foundation, a New Delhi based premier think tank. He also serves as a Member of the National Executive of the Rastriya Swayamsevak Sangh (RSS).

•A renowned author and thinker, Mr. Madhav has over 200 publications to his credit. He has authored several books in English and Telugu with the most recent one being "The Hindutva Paradigm – Integral Humanism and the Quest for a Non-Western Worldview". He is a regular contributor on platforms like The Indian Express, Hindustan Times, and OPEN Magazine amongst others. He has also been the editor of Bharatiya Pragna, a monthly magazine in English published by Pragna Bharati, and associate editor of Jagriti, a Telugu weekly.

•Widely regarded for his contributions in the field of strategic thinking, political philosophy and India's foreign policy, Mr Madhav has travelled widely and addressed forums like the Shangri-La Dialogue in Singapore, Raisina Dialogue in India, Halifax Security Forum in Canada, Sochi Eurasian Integration Forum in Russia, BRICS Political Forum in China, and the World Peace Conference in Thailand.



 **Ram Madhav**  2h · 

Interacted with members of the Indian Association in Shanghai on my latest book "The Hindutva Paradigm - Integral Humanism and the Quest for a Non Western Worldview".









Dandiya Night

Indian Dance Festival

Indian Association organized Dandiya Night 2021 on 15th October, 2021. Dandiya, which is known as Indian Dance Festival, witnessed over 230 participants. Everyone participated with full zeal and enthusiasm.



The event begun with Maa Durga's Aarti, followed by multiple rounds of Garba and Dandiya. A special Gujarat stall was also setup as Dandiya is symbol of Gujarat State in India. Hon'ble CGI, Shanghai Dr. N. Nandakumar along with his family attended the event.

Scrumptious Indian food was served reminding special authentic dishes from India. DJ Shrikant Swamy played amazing music that was enjoyed and praised by everyone.

Best Dancing Couple, Best Dancing Male and Best Dancing Female were awarded with gift vouchers.



शंघाई में हिंदी-अभ्यास

"हिंदी हमारे राष्ट्र की अभिव्यक्ति का सरलतम स्रोत है" सुमित्रा नंदन पंत जी की ये पंक्ति मुझे तब चरितार्थ होती दिखाई दी जब मैं भारत से चीन २०१८ में आयी। विदेश में अपनी पहचान अपने देश की गौरवपूर्ण संस्कृति से स्थापित होती है और भाषा हमारी संस्कृति का एक पहलू ही तो है। विदेशी मानते हैं की सभी भारतियों को हिंदी आती है और विदेश में रहनेवाले भारतियों के लिए हिंदी एक ऐसी डोर की भांति है जो सभी भारतियों को जोड़ती है। यह सच है कि हम भारतियों को अपनी भाषा, हिंदी में अपनत्व का बोध होता है लेकिन यह भी सच है कि विदेश में रहने के कारण अपनी ही भाषा बोलने के अवसर ज़्यादा नहीं मिलते और इसी लिए कहीं न कहीं हम प्रवासी भारतीय अपनी संस्कृति से दूर होते चले जाते हैं। चुनौती का अनुभव तो तब होता है जब हमारे बच्चे हिंदी समझने और बोलने में असक्षम होते हैं।



भारत में जहाँ मैं बच्चों को सामाजिक सेवा केंद्र में सभी विषय पढ़ाती थी, वहाँ हिंदी भाषा को बाकी विषयों के समान महत्व दिया जाता था। चीन में आकर एहसास हुआ की हिंदी भाषा एक विषय नहीं अपितु एक मनोभाव है जिसे किसी परीक्षा में अंक लाने के लिए नहीं बल्कि अपनी मातृभूमि और जीवन के बीच संयोजन स्थापित करने के लिए सीखना आवश्यक है। श्री कमलापति त्रिपाठीजी ने बड़े ही सरल शब्दों में हिंदी भाषा की संधि भारतीयता से की है - "हिंदी भारतीय संस्कृति की आत्मा है"। संपूर्ण विश्व भारतीय संस्कृति एवं परंपरा से उत्प्रेरित है और हिंदी भाषा हमारी सभ्यता का प्रकाशस्तम्भ है। इसी प्रज्वलित भाव ने मुझे शंघाई में भी ढूँढ ही लिया और फलस्वरूप मैं शंघाई में 'इंडियन एसोसिएशन' से हिंदी प्रशिक्षक के स्तर से जुड़ गयी। इसे मैं अपना सौभाग्य ही समझूँगी कि इस शहर में हिंदी भाषा के माध्यम से भारतीय



संस्कृति के अनुक्रमिक अनावरण में मेरा भी योगदान रहा।

शंघाई में रहने वाले भारतीय, जिन्हें अपनी भाषा, देश की संस्कृति और पारम्परिक मूल से लगाव है या वे लोग जिन्हें भारत व भारतीयता के प्रति रुझान है, यहाँ हिंदी सीखना चाहते हैं और अपने बच्चों को हिंदी भाषा की सुंदरता से रूबरू करना चाहते हैं। इसी आकांक्षा को जीवंत करने के लिए शंघाई के इंडियन एसोसिएशन समुदाय ने भारतीय वाणिज्य दूतावास की सहायता से हिंदी भाषा की कक्षाएँ प्रबंधित कीं। इन कक्षाओं की समन्वयिका के रूप में मैंने शिक्षण मापदंड व नवीनतम संशिक्षा प्रणाली स्थापित करी जिससे हिंदी भाषी विद्यार्थी अधिकतम लाभान्वित हो सकें। वार्तालाप गतिविधियाँ, श्रव्य - चलचित्र शिक्षण अंश व नियमित पुनरावृत्ति हमारी हिंदी कक्षाओं का अभिन्न अंग हैं। हर कक्षा की शुरुवात ध्यानाभ्यास से होती है।



हर कक्षा की शुरुवात ध्यानाभ्यास से होती है और हर कक्षा में बीती हुई कक्षाओं का पुनः अवलोकन किया जाता है। निर्धारित दिनों में परीक्षा होती है और अगली कक्षा में परीक्षा - संशोधन किया जाता है। हर परीक्षा के बाद विद्यार्थियों का प्रगति-पत्र उनके साथ साझा किया जाता है। सभी विद्यार्थी बड़ी उत्सुकता से कक्षा में भाग लेते हैं, एक दुसरे से सीखते हैं और निष्ठा से सम्मिलित होते हैं। अपनी भाषा के प्रति उनके इस श्रद्धा भाव को देख मुझे अपार प्रोत्साहन मिलता है। हर एक शिक्षार्थी के उत्साह से कक्षा को ऊर्जा की अनुभूति होती है। मुझे आशा ही नहीं पूरा विश्वास है कि इन अध्येताओं की हिंदी सीखने की लगन और मेहनत शंघाई में भी इन्हें अपनी संस्कृति से जुड़े रखने में सहायक होगी।

प्रसून सिंह
हिंदी भाषा समन्वयिका



COVID-19 RELIEF FUND. SUPPLY OF OXYGEN CONCENTRATORS

As the second deadlier wave of COVID-19 infections swept India and overwhelmed its health care system, Indian Association Shanghai reached out to its community members to seek help in any way it can. As it always happens, the spirit of India was at full display in the Indian community in Shanghai and IA managed to collect ~ 30 Lakhs rupees in a span of a month. IA team then identified potential suppliers, transportation freight partners, negotiated specifications, cost, tested the products before delivering it to Red Cross India. Team ia delivered one batch of 50 5L Oxygen concentrators to Red Cross India on 28th May 2021. We worked under guidance of CGI Shanghai office, Indian Embassy in Beijing, Niti Ayog in India. The Oxygen concentrators were then allocated to different states in India by Niti Ayog and Ministry of Health.



Team IA thanks to the community members for their generosity to provide support in difficult times. Our sincere thanks to Indian Embassy/ Indian Consulate Nitin Ayog & Qatar Airways for arranging the pro-bono air-freight through Qatar Airways. IA has donated balance amount to Prime Minister's National relief fund.

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143 COUNTRIES OF OPERATION

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Your Safety
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TELEGU ASSOCIATION OF CHINA



The years 2020 and 2021 have changed and challenged our lives in more ways than we ever imagined. The pandemic has given rise for technological advancement, but the personal touch remained a distant possibility.

Families remain separated from their kith and kin. This was the first time that we could not meet our loved ones for a long time. Many of the community members have not been able to meet their parents, siblings and in some cases spouse and children.

To come out of the continued emotional problems, Telugu Community in Eastern China had an opportunity to re-connect after

a gap of 21 months. The Telugu Community living in eastern China region gathered to share their thoughts and experiences. The gathering was addressed by the Hon. Consulate General of India, Shanghai, Dr. N. Nandakumar. The children had an opportunity to showcase their talents through reciting shlokas and giving dance performance.







**Wishing You a
Very Happy Diwali
and a
Prosperous New Year.**





“PHIR MUSKURAYEGI DUNIYA” – VIGHNAHARTA GANESHA RETURNS IN PERSON TO SHANGHAI IN 2021...

Arguably, no other Indian festival evokes as many emotions as possible in a Maharashtrian's mind like the Ganeshotsav festival. The month of September is eagerly looked forward in India for the arrival of Ganpati Bappa, where idols of Bappa arrive at our homes for a period ranging from 1.5 to 10 days. During this time the festive atmosphere and the cultural celebrations are a hallmark of Maharashtra and the passion in the celebrations be it for the idols at different mandals, to the aartis to prasad of modaks is for all to see. Once a Maharashtrian person leaves India, this is one festival that the person really aches for!

Shanghai Marathi Mandal (SMM) has not missed Ganeshotsav in Shanghai for the past 15 years. This year was the 15th year of Ganeshotsav celebrations at Shanghai. This year also marked the return to in person celebrations of the festival compared to the online celebrations which was forced in 2020 due to the Covid-19 pandemic. Incidences of Covid-19 cases in several parts of China earlier this year closer to September had forced SMM to plan for an online



event to celebrate Ganeshotsav. However, closer to time, the core team of SMM boldly evaluated a return to in person celebrations. This meant last minute changes to look for convenient venue, accommodating many persons at the venue while making sure we adhered to the changing regulations from the local Government to tackle COVID19. This year's Ganeshotsav with the theme of “Phir Muskurayegi Duniya” was organized by the

Shanghai Marathi Mandal to spread positivity, joy, and happiness and to recognize and appreciate the tremendous efforts extended by the unsung warriors of Covid19 - a humble tribute to all the frontline workers for their relentless efforts for a better tomorrow. The event organized at the Beijing Hall of the Shangri-La Hotel at Pudong in Shanghai, displayed the diverse talent within the Indian community which was showcased in several cultural items which were put up at relatively short notice. The event was kicked off with an amazing and energetic display of Lezim performance by the participants. The President of Shanghai Marathi – Rahul Bagde welcomed all the guests. This was followed by the customary welcome and introduction of new families by the Shanghai Marathi Mandal, by Shilpa and Tushar Bhanushali. While this welcome helps in introducing new families in Shanghai to the Indian community in general, it also helps amalgamate the new families into the social fabric of Shanghai Marathis.

The Master of Ceremony (MC's) for the event Subodh and Dhanashree Joshi walked the audience through the events while keeping them engaged with their salt and pepper exchanges. The cultural extravaganza was started with the invocation of Lord Ganesha by Anuja Dorle and Parag Pujare with their melodious renditions of "Tuzhaa Magato mi aata" and "Ekadantaya Vakantundaya Gauri tanayaya Dhimahi" to leave the audience spellbound. Several performances like Ganesh Mahima, Muskurayega India which featured performances by kids were online contributions, as also the Kathak dance from Indians in Beijing and of course, the contribution from Shanghai Adda, our Bengali brethren, given the

short timeline for transition from an online to in-person event. Several others were in person performances by kids showcasing their enthusiasm and talent including their homage to Covid warriors. Song and poem recitals by Ritika Singh Kumar and Girish Baddur were the icing on the cake. A unique addition to this Ganeshotsav event was testing the general knowledge about Ganeshotsav via a quiz using the Kahoot format conducted by Darshana Hegde and Pradyumna Ingle, which saw enthusiastic participation from the audience. The last performance event was the high voltage Lezim play event drawing the cultural event to a befitting close. The event was wound up in true Indian style with the chanting of Atharvashirsha Stotra followed by Aarti and slogans of "Ganpati Bappa Moraya, Pudhchya Varshi Lavkar Ya" marking a hopeful wait for the next Ganeshotsav in Shanghai.

The Honorable Consul General of India in Shanghai, Dr. N. Nandakumar and Mr. Mukesh Sharma, President, Indian Association Shanghai graced the occasion and encouraged the participants.

The tremendous contributions both in front of the screen as well as behind the scenes by the Shanghai Marathi Mandal core team as well as several volunteers ensured that the Ganeshotsav function was a resounding success, thereby trumping the COVID-19 pandemic.

Dr. Darshana Hegde & Dr. Deepak Hegde on behalf of Shanghai Marathi Mandal.





SHANGHAI ADDA

Durgotsav



Durga puja is the most celebrated festival in West Bengal. Durgotsav holds a cultural and social significance towards the expat Bengali community from India, the desire to return home intensifies as the event approaches. However, due to existing commitments going back home is not an option. So, the determined Bengalis decide to bring the festivities are brought alive in the city of Shanghai, far away from home.

An attempt is done, now, each year to make Durgotsav as glorious as its counterparts in India, not only by Bengalis but also by other communities irrespective of their faith. This event was started in Shanghai many years ago, when a bunch of determined and enthusiastic people came together and dared to dream and made Shanghai Durgotsav possible.

As this festival has a religious aspect to it, which require sacred items in the rituals, items not available outside of India. So, a dutiful performance of the pujo poses unique challenges, yet the determined community overcomes this by ensuring that all items required are made available for the pujo, imported from India. An idol of Maa Durga is also arranged from India, which reaches in time, overcoming many obstacles. Their only motivation is to recreate the essence of the festivities in Shanghai, their second home.

Shanghai is such a place, where people cannot expect to live permanently due to many reasons. The faces are ever changing, but Durgotsav continues with the divine blessings of Maa Durga. Each year, the grand event also consists of many cultural programs like skits, dances, and other performing arts.

Every year, the event is faced with many challenges, which Shanghai Adda overcomes with zeal. In this two-day event, everyone comes together crossing all social and religious boundaries, like a large family making it a grand success. This also helps a lot of people to beat the blues of their hometown pujo celebrations.





We The Shanghai Rajasthani's.....

By Ashish Kabra.

We are a vibrant group of throbbing Rajasthani's here in Shanghai, blended in this city's Culture like the feathers of a Peacock.....

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

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

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

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

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







GURU TEGH BAHADUR: SRISHTI DI CHAADDAR



His own life is an exemplary example of astounding belief in Guru Nank's egalitarian ideology: equal human rights for all, including Freedom of Worship. The prerogative of practicing one's own religion without fear of persecution is elemental to human dignity. His supreme sacrifice against fervent proselytization and a tyrannic Mughal regime was termed by Guru Gobind Singh as unique in the history of martyrdoms for worthy causes (Guru Gobind Singh, Bachittar Natak):

ਠੀਕਰਿ ਫੇਰਿ ਦਿਲੀਸ ਸਿਰਿ ਪਰਭ ਪੁਰ ਕੀਯਾ ਪਯਾਨ ॥
ਤੇਗਬਹਾਦਰ ਸੀ ਕਿਰਆ ਕਰੀ ਨ ਕਿਨਹੂੰ ਆਨ ॥
ਤੇਗ ਬਹਾਦਰ ਕੇ ਚਲਤ ਭਯੋ ਜਗਤ ਕੈ ਸੋਕ ॥
ਹੈ ਹੈ ਹੈ ਸਭ ਜਗ ਭਯੋ ਜੈ ਜੈ ਜੈ ਸੁਰ ਲੋਕ ॥

He burst the bonds of mortal clay and went onto the abode of God.

No one ever performed an act as noble as did Tegh Bahadur.

With the departure of Guru Tegh Bahadur the world was stricken with sorrow, a wail of horror rent the earth, a victor's welcome by the dwellers of heaven

May 1, 2021, marks the 400th Prakash Purab of Guru Tegh Bahadur Ji. Many are reminded of the Gurudwara Sri Sis Ganj Sahib and Gurudwara Sri Rakab Ganj Sahib in Delhi when we hear his name. But few outside the Sikh

fraternity know about the life and sacrifices made by the Guru. Never in the annals of human history, has a leader of one religion given his life to secure the religious freedom of others.



Guru Tegh Bahadur Ji (1621-1675), the ninth Guru of the Sikhs was born in 1621 to Guru HarGobind (6th Sikh Guru) and Mata Nanaki at "Guru ka Mahal" (situated near Golden Temple, Amritsar) in the early hours of April 1. When Guru Hargobind Singh Ji saw his son for the first time, he bowed to him and named his son "Tyag Mal" (Master of Renunciation) prophesizing that his son would not only be bestowed with Guruship, but also be known for bearing the pain of the oppressed as well as the helpless and would be called the "Great liberator".

Tyag Mal Ji received martial training from the revered Baba Buddha Ji and was well versed in the art of sword fighting, archery and horse riding. At the age of 14, in the year 1635, Guru Hargobind Ji's army defeated the Mughal forces in the Battle of Kartarpur. Tyag Mal Ji exhibited impeccable swordsmanship thus earning the name "Tegh Bahadur" from his father, meaning "Brave Master of the Sword". From then on, Tyag Mal Ji came to be known as Tegh Bahadur.

As instructed by his father, soon after his demise, Tegh Bahadur Ji moved to the village of Bakala along with his wife, Mata Gujri Ji and mother, Mata Nanaki Ji in early 1644. During his time at Bakala, he undertook long

preaching tours to spread the message of Guru Nanak far and wide in India making him the most traveled Guru after Guru Nanak Dev Ji. His daily routine was pious, with most of the time being spent meditating on Satnam while also discharging his familial responsibilities and hunting. Numerous devotees from within India and abroad visited him for darshan. While touring the north-east, Tegh Bahadur Ji and Mata Gujri Ji were blessed with a son, Gobind Rai on 18th December 1666 at Patna Sahib. He is also the founder of the city of Anandpur Sahib (previously known as Chakk Nanaki, named after his mother) by the banks of the Sutlej river in 1665.

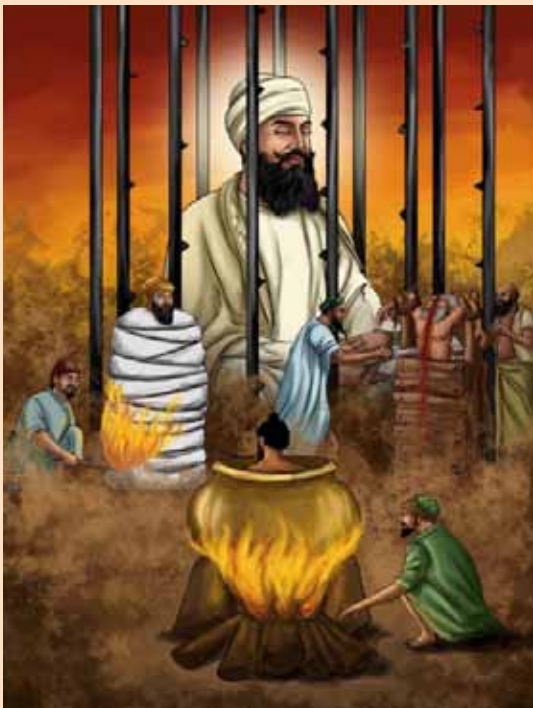
A day before passing away, Guru Harkrishan Sahib Ji (8th Sikh Guru) announced to the sangat that the next Guru resides in the village of Bakala while stating "Baba basahe graam Bakaale, bann Gur Sangat sagal sambhale" while holding 5 paise and a coconut in his hands. Acting on the command of the 8th Guru (and keeping in mind the forecast made by the 6th Guru), a delegation led by Mata Nanaki Ji including Bhai Ghadiya Ji and Bhai Dwarkadas Ji, formally anointed Tegh Bahadur Ji as Guru Tegh Bahadur Ji on 11 August 1664 in the presence of some well-known Sikhs. Despite being consecrated with Guruship, Guru Tegh Bahadur Ji (henceforth referred to as Guru Ji in the rest of the article) preferred keeping in isolation and in private, never publicly advertising this fact. Taking advantage of 8th Sikh Guru's last words and the detachment of Guru Ji, 22 kins of the Sodhi clan rushed and set camp at Bakala, each claiming to be the rightful heir to the Gurgaddi. The role played by a devout Sikh trader, Makhan Shah Lubana is pivotal in unveiling and revealing the true Guru's name to the world. Makhan Shah was a wealthy trader who had the Mughal administration's authority to keep a contingent of armed men with him. During a voyage, owing to a strong sea storm, his ship got marooned near an island and got stuck in sand. His men worked hard and tirelessly for many days to get the ship to move but failed. Helpless, Makhan Shah now sensed that no one but the Guru can save the vessel. He prayed to Guru Nanak's Jyot (light) and pledged to donate 500 mohars (the time's denomination) to the Guru. Answering his prayers Guru Ji saved his ship. A few days later, he along with his family and troops, reached the village of Bakala to fulfill his promise and thank Guru Ji but was referred to the 22 self-claiming Gurus! He started offering small presents and 2 mohars to all 22 of them with a resolve in his heart that the true Guru would himself know what he had promised and therefore would question him on the change in the donation amount. When none of the 22 asked Makhan Shah for 500 mohars, disheartened, he inquired about any other member of the Sodhi family who he might have missed to meet. It was then that he was directed to Guru Tegh Bahadur Ji. He repeated the same process – first offering 2 coins. Guru Ji calmly questioned Makhan Shah and reminded him of his commitment to donate the amount that he pledged. That's when the trader revealed with happiness upon finally meeting with the true Guru. He humbly implored the Guru Ji on behalf of all Sangat to embrace Guruship and act as an anchor to the strayed Sikhs who were being misled by imposters. Guru Ji accepted the supplication and that's when Makhan Shah

declared “Guru ladho re” (we found the Guru) to the sangat.

The emperor ruling India at the time was Muhi Ud-din Muhammad Aurungzeb (also called Nauranga in Sikh history) who had waded through a river of blood to come to power. He imprisoned his sick father Shah Jahan and killed all his siblings to seat himself on the throne. To quote author Harbans Singh “The consciousness of this guilt only sharpened his [Aurangzeb’s] religious prejudice, and it drove him to the harshest measures he could devise against the non-Muslim population. By this policy he wished to please the Muslim orthodoxy and win reprieve for the crimes he had committed to gain the crown.” He ordered a complete stop to religious practices and teaching of Hindus, razed down temples, ultimately resorting to forceful conversion of non-Muslims to Islam and killing those that resisted. He principally targeted the Kashmiri Brahmins who were at the apex of the Hindu caste system so that others would follow. The then Kashmiri governor, Iftikhar Khan is said to have presented Aurangzeb with one maund (an ancient unit of measure) and a quarter in weight of Janeus (sacred thread worn by Brahmins) every day from all over the country.

An excerpt from “P.N.K Bamzai’s: A History of Kashmir” reads “Some pious men amongst the Pandits then met and decided to go to Amarnath and invoke the mercy of Siva there for deliverance from the tyrannies of the bigot. At the Amarnath cave, one of the Pandits saw Lord Siva in a dream who told him to go to Tegh Bahadur, the ninth Sikh Guru, in the Punjab and ask for his help to save the Hindu religion. He spoke to his companions about the revelation. About 500 proceeded to Anandpur where Guru Tegh Bahadur was living.” The Kashmiri emissaries gave a full account of their agony to Guru Ji and petitioned for a solution. A young Gobind Rai who was playing nearby, aged 9 years, stated that Guru ji is the bearer of Guru Nanak’s sacred Jyot and the worthiest to confront the bigoted emperor and defend the persecuted. The cause of freedom, when upheld by an invincible soul like him would awaken the spirits of the ordinary man. The solution was to let the emperor know that if he could persuade the Guru that his policy of converting India to Islam was the right one, and thereby convert him to Islam, then others were likely to follow him as the champion of their cause. On the other hand, if Aurungzeb failed in doing that he should return to a moderate rule and allow people to follow their own diverse religious paths. Nauranga accepted the message and waited for an audience with Guruji.

Guruji set course for Delhi from Chakk Nanaki accompanied by 5 Sikhs - Dewan Mati Das, Sati Das, Dayal Das, Bhai Udhay and Bhai Gurditta Ji. On the way, he camped at several places blessing the sangat and spreading the message of Guru Nanak. On the other hand, Nauranga’s patience was wearing thin, and he dispatched soldiers all over India to arrest Guru Ji, but they only ended up chasing Guru Ji’s delegation and hearing that



“they left a little while ago” at all places. It wasn’t unless Guru Ji himself facilitated his arrest in a garden in Agra that the soldiers could detain the group. Upon reaching a park in Agra, Guru Ji summoned a poor goat herder who was passing nearby and asked him to use his own diamond studded ring to buy some sweets from the city (its important to note that this was a task the Guru’s Sikhs could have easily accomplished. Taking the herder’s help was a purposeful act of the Guru). He also gave him his expensive robe to cover the sweets in. When the cattleman tried to purchase sweets from a local confectioner, he was handed over to the police on the suspicion of thieving. This led to the police verifying the identity of Guru Ji at the garden and the group was apprehended at the Agra fortress until an army of 12,000 horsemen was sent from Delhi to escort Guru Ji and his companions to Delhi.

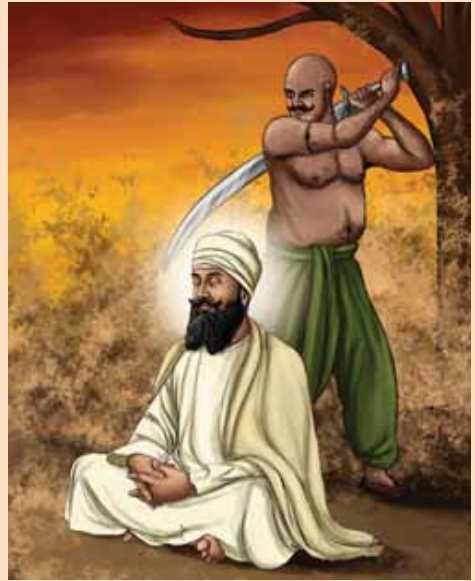
Nauranga and his courtiers employed many tactics to persuade the Guru to convert to Islam. He first asked Guru ji to spend a night alone in a mansion haunted by a phantom hoping that this would either force the Guru to perform a miracle or for the ghost to kill him by daylight. Later on, Aurangzeb himself debated with the Guru and Guru Ji proved the futility and impossibility of the realization of his dream of abolishing the Hindu religion (and establishing Islam as the only true religion) with an example. He

asked the emperor to arrange for 5 maunds of black pepper (Kaali Mirch) to be burnt to ashes for 24 hours and for the ash to be sieved. The directive was followed, and the result was that 3 whole Kaali Mirch were preserved in their original state (unburned and unsquashed). The inference of the chore was to prove that until now there

were two major religions: Hinduism and Islam, now a third one will come into being: Sikhism and this is the will of God. Everybody is entitled to practice, defend and love their own religion. Those who choose to oppose God's desire meet a dismal end. The calm and fearless refusal of Guru Ji to accept Islam only determined the emperor to resort to deceptive means. Guru Ji was kept hungry and under watchful imprisonment and on one occasion was offered a cauldron of pig's meat to eat. All plans kept getting foiled.

The Mughals now tried to utilize fear and torture to convince the Guru. Guru Ji was shifted from the prison to a bespoke cage which barely had space to stand or move. He was made to witness the public execution of three of his loyal Sikhs at Chandni Chowk, Delhi. Bhai Dayal Das was lowered into a cauldron of boiling water. Dewan Mati Das Ji was tied between two posts and his body was sawn into two as he recited Japji Sahib. Onlookers could hear Japji Sahib recited till completion from both sawn halves of the body. Bhai Sati Das was wrapped in cotton and set ablaze alive. All 3 Sikhs were offered the option to convert to Islam; they happily accepted death over betraying the Guru. All 3 Sikhs attained martyrdom. Dhan teri Sikhi dhan tere sikh (Blessed is the Sikhi way of life and the ones that tread on it). Realizing that the time for him to head to heavenly abode is about to arrive, Guru Ji wrote a letter to his family to console them and accept God's will. This letter is recorded in Sri Guru Granth Sahib Ji as Shalok Mahalla 9. Guru Ji passed on Guruship and the spiritual light of Guru Nanak into his son Gobind Rai by sending a coconut and 5 paise to him via a Sikh messenger.

Nauranga now questioned Guru Ji about the validity of his name and to prove that he actually stood true to it if he were a real spiritual leader. Guru Ji asked the emperor to prepare for his strongest swordsman to yield his sharpest, best sword with a small piece of paper tied with feeble thread onto it. Such a sword (tegh), when used to attack Guru Ji's body (another sword, Tegh Bahadur) would fail to even pierce the paper tied to it. On 11th November 1675, Guru Ji was released from his cage, and he bathed at a small well (which still stands in Gurudwara Sis Ganj Sahib) near the prison. He recited Japji Sahib and instructed the executioner to strike once he bows his head down. The moment arrived and the headsman raised his arms to attack Guru Ji, but before his sword could even reach Guru Ji's neck, his head separated from his body and landed in the arms of devoted Sikh Bhai Jaita Ji (as was pre-arranged). A violent windstorm ensued which caused the onlooking crowd to disperse in confusion. Taking advantage of the dust and confusion, a courageous Sikh, Bhai Lakhi Shah carried Guru Ji's body in his tanda (cart driven by oxen) by concealing in large quantity of cotton to his house 5 miles away. He cremated Guru Ji's body by setting his house alight. Gurudwara Rakab Ganj Sahib bears testimony of this brave act. In the meanwhile, Bhai Jaita Ji covered Guru Ji's severed head and headed towards Anandpur Sahib on foot. His heroic deed was acknowledged by Guru Gobind Singh by calling him "Guru's True Son".



ਤਿਲਕ ਜੰਝੁ ਰਾਖਾ ਪਰ੍ਭ ਤਾਂਕਾ ॥
ਕੀਨੋ ਬਡੈ ਕਲੁ ਮਹਿ ਸਾਕਾ ॥

He protected the forehead mark and sacred thread of the Hindus which marked a great event of the Kaliyug. It is very well known that on the one hand, Guru Nanak Dev Ji himself didn't don the janeu (sacred thread) against his will, while on the other hand, Guru Tegh Bahadur Ji himself laid down his life to protect the same janeu. Sikh gurus have always courted equitable rights and freedom for everyone, and Guru Tegh Bahadur Ji's ultimate sacrifice was the final nail in the coffin that catapulted the downfall of the Mughal regime. In "Understanding the sacrifice of Guru Tegh Bahadur", Dr. Kehar Singh contends that long before the concepts of liberty, equality and fraternity were professed in political discourse, the Sikh Gurus were already promoting and practicing these ideas in daily life in the 15th and 16th centuries. Thus, we should call Guru Tegh Bahadur Ji's not only "Hind di chaddar", but in fact "Srishti di chaddar" (Protector of the universe).

Shanghai Sangat



Shanghai Kannadigaru

Shanghai Kannadigaru get-together Cultural, Colourful, Kannada. ಶಾಂಘೈನಲ್ಲಿ ಕನ್ನಡಿಗರ ಸ್ನೇಹ ಸಮ್ಮೇಳನ ಸಾಂಸ್ಕೃತಿಕ, ವರ್ಣರಂಜಿತ, ಕನ್ನಡ.

Shanghai ಕನ್ನಡಿಗರು (Kannadigaru) established to promote Kannada & Indian culture, upholds Kannada Language amongst the community. By hosting cultural programs & providing platform to our young and old members to explore & express, we instill Kannada tradition across time zones. Shanghai ಕನ್ನಡಿಗರು group represents rich Karnataka heritage of great Indian diaspora in China. We believe in voluntary service, with no formal posts in the group.

Following are the glimpse of Shanghai Kannadigaru events:

65th Kannada Rajyotsava - Nov 2020:

Continuing the tradition of the past two years, 'Shanghai Kannadigaru' celebrated the 65th Kannada Rajyotsava on 1st November 2020 at Indian Kitchen's MinSheng Road location. On this special occasion, about 60 Kannadigas came together from Shanghai and nearby cities for the celebration. Online web streaming was arranged to webcast the event to outside members. It was wonderful to see many familiar faces from among relocated members of Shanghai Kannadiguru join in.

The lighting of the lamp by Dr. J. Arvind (Acting CGI SH) and several group members marked the start of the Kannada Rajyotsava 2020 celebration. Shanghai Kannadigaru group felicitated special invitees traditionally with garlands and silk shawls. Dr. J. Arvind addressed the gathering and conveyed his best wishes in Kannada.

On this occasion, Mr. Arun Kumar Panwar inaugurated the website '<https://shanghaikannadigaru.com/>' and highlighted the importance of cultural programs' in making the younger generation aware of their rich heritage and in bringing Indians together. The website captures group celebrations & memorable events and connecting members in China.

While cultural programs were the focus, there were plenty of opportunities for fun and prizes as well. This year's event added another memorable page to our lives. The wonderful cultural event achieved Shanghai Kannadigaru's mission of showcasing the essence of Karnataka state while also displaying the talent of its members. In the vote of thanks speech Dr. Arvind, Sri Arun Panwar and all the Consulate officials were appreciated and thanked for their continued support to fellow citizens living in and around Shanghai during these difficult COVID-19 times.



Chongming Island trip- Jan 2021:

Shanghai Kannadigaru team organized a day trip to Chongming Island in January 2021. Volunteers served tasty breakfast comprising of uppittu (upma) and Shira for the excited yet hungry travelers in the bus. First stop was a strawberry farm, just 30 minutes' drive in the Changxing Island. Kids of all ages enjoyed the strawberry picking experience. Next up was the Orange picking place, where the group was delighted with Orange tasting and clicking pictures. And then, it was all the way to the Chongming Island. On the way, the group was thoroughly engaged with a game of Tambola Housie. Arriving at the main resort, guests were directed to lunchroom, where delightful food had been spread across the various tables. After the lunch, volunteers kept the "josh" continued with individual and team games for everyone. After a while, it was time to fly the kites, while the taste buds enjoyed the Churmuri (puffed rice) masala. The evening got darker, and it was time for bonfire, with fried ambode and fantastic tea. Everyone got around the fire (it was getting quite chilly now), and had great time singing songs,



dancing, talking and some just relaxing. Walking back from the resort up to the bus parking lot, folks were treated to great walk under the starry night sky. Returning to Shanghai, everyone voted for a dinner together. Although not part of the original plan, the volunteers managed to arrange a great dinner at the Indian Kitchen restaurant in Pudong. Dinner was delicious mix of sambar, rice, and lot of other items, marking it a very successful get together for the well-knit Kannadigaru group in Shanghai.

Yugadi (Lunar New Year) Celebration - Apr 2021:

Having served as the end point for the previous get together, Indian Kitchen at MinSheng road would again welcome Shanghai Kannadigaru for the Yugadi celebrations on 17th April 2021. Breakfast started off at 8am, with guests delighted with Idli sambar and Chutney. The atmosphere felt like an Indian marriage occasion, with the jingle of ornaments, ladies and gentlemen clad in traditional outfits, the melodious instrumental songs played in the background, fantastic breakfast, and the enthusiastic volunteers. The venue was well decorated, and everyone now gathered at the upper hall for the cultural events. Chief guest Dr.N.Nandakumar, the Consul General of India at Shanghai, soon arrived with his family to grace the occasion. The gathering would serve to promote the Shanghai Kannadigaru's mission to protect our Naadu (state), Nudi (Language) and Nade (Culture). After the Chief guest of the day, Dr. N. Nandakumar and others lit the lamp, the fantastically gifted Kannadagiru members showcased their talents, one after another. Wonderful mix of devotional songs, dances, speeches, and musical performances captivated the audience. It was finally the lunch time. Traditional banana leaves were placed on tables and then the items arrived one by one: Shavige payasa, salt, pickle, Kosumbari, Palya, Sagu,



Puri, Paapad, Puliogare, Mirchi Bhajji, rice, Sambar, Rasam, Karchikai/Kadabu, curd, and finally the good old buttermilk was served. It was a feast fit for a king. Whoever wrote “the way to a man’s heart is through his stomach” was spot on, everyone looked content. Volunteers served the lunch in so much enthusiasm and order. After lunch, the group got together for some casual chatting, and then slowly dispersed. Another fantastic get together for the Shanghai Kannadigaru thus came to an end, what a wonderful Kannada group we have got here in Shanghai

Participation in IA events:

- IA Cycling event, Mar 2021: It was an exciting moment for the Shanghai Kannadigaru team as most of the volunteers of the event were from our own volunteer’s team.
- IA Cricket tournament: Shanghai Kannadigaru Cricketers (SKC) team was formed and participated in IA arranged cricket tournament in May 2021. SKC players displayed a gritty show in all three matches played, winning 2 and finishing 2nd place in group stage.

Achuth Kamath and Sandeepshastri Kashikar



SHANGHAI SANGAMAM

Like old wine that ages well and gracefully, Shanghai Sangamam, a South Indian based association set up in 2004 in Shanghai, has weathered many a storm, including the overwhelming COVID-19 pandemic, to emerge even stronger, with fierce determination and loftier ambitions.

With the world grappling with the deadly novel coronavirus outbreak over the past two years, it has been a tough time for everyone and every organization, be it a business or activity group. This, however, has not deterred the human instinct to naturally take on and overcome all manner of adversities. As life regains a semblance of normality, especially in China and more so in Shanghai, where the pandemic is well under control, despite mini outbreaks from time to time, various organizations have tried to find their footing again.

And Shanghai Sangamam, which currently boasts nearly 300 members, has been doing its best to give the Indian community, and, as an extension, local residents, a taste and warmth of India and feeling of joy and happiness.

Apart from the usual Pongal, Tamil New Year and Vinayagar Chathurthi celebrations, which are held every year, and were even organized during the height of the pandemic in China last year, this year the group has made a special effort to contribute to the wellbeing of people and environment in India.

A tree-planting initiative was launched in India, starting from the Tamil New Year this year, with the target of planting 1,000 trees by the next Tamil New Year in 2022. So far, Shanghai Sangamam has managed to plant around 330 trees and the group plans to announce the final achievements by the Tamil New Year next year.

In addition, this year, when India was swamped by a deadly second wave of the COVID-19 pandemic, when scores died and much more were infected, Shanghai Sangamam decided to do its bit to ease the situation for fellow Indians.



***“From India,
with love”***

Amid the direst of situations back in India, in May, the group donated 10 pieces of oxygen concentrators and 200 pulse oximeters to the International Society of the Red Cross in Chennai, southern Tamil Nadu state. The total expenditure of USD7,000 incurred for the purchase was collected from Shanghai Sangamam members. Undoubtedly, this was an important contribution during an especially tough time for India, where many livelihoods were destroyed.

Last year, at the height of the pandemic, in its natural process of funding natural relief funds during emergencies in India through a few reliable charity organizations, Shanghai Sangamam supplied rice to the needy amid the virus-induced lockdown.

And this year's Tamil New Year and Vinayagar Chathurthi celebrations were more special because

the chief guest was the honorable Consul-General of India in Shanghai, Dr. N. Nandakumar and his family. His presence made for a wonderful festive occasion, with the usual array of activities and traditional Indian delicacies on offer. All those assembled, including those who are not members of the association, had a great time and went home with happy memories and after having a pleasant time. "This has been an excellent get-together," one of the guests gushed. "It allowed us to forget the fact that we are away from home and enjoy the comfort of Indian traditional food. It is something I could appreciate even better in these trying pandemic times."

It is pertinent at this stage to look at the brief history of Shanghai Sangamam and its contribution towards Sino-India collaboration and synergy.

Essentially an association of South Indians but certainly not limited to them, Shanghai Sangamam was founded on April 14, 2004, which, coincidentally was the South Indian New Year, generally harvest time in India. The 20-person group had modest ambitions: observe Indian festivals, celebrate Indian culture, bring Indian families together and do something positive as well as help newcomers to Shanghai. An important goal, however, was also to interact and contribute to local communities while fostering a community feeling.

Most of the so-called office-bearers of Shanghai Sangamam are expats from India, including professionals, small businessmen and local workers.

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

It has set up community groups that help the Indian community in Shanghai in various aspects, including education, guidance to adapt to local lifestyles, and moral support to newcomers.

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

Foremost among the festivals the association marks and espouses are the South Indian New Year, followed by Deepavali. These festivals are very auspicious and joyful occasions that are marked with a spectacular gathering of people, replete with cultural programs,

Indian food served in a traditional manner, prayers to the deities, and chanting of holy songs and mantras. Recreating the essence of India is but a small part of Shanghai Sangamam's basic role.

Other important and holy occasions are also celebrated by the association, usually at the Indian Kitchen restaurant on Hongmei Road, which has a shrine for Lord Ganesha, the elephant god. Like every year, traditional pooja and all traditional rituals were performed there during Vinayagar (Ganesha) Chaturthi as well as Pongal (harvest festival) this year.

The delicious and traditional Indian food and sweets as well as greetings and general

bonhomie created a festive and homely atmosphere, bringing much relief to a populace still suffering from the vagaries of the pandemic, despite the virus being effectively brought under control in China, and especially Shanghai.

At such times, it does feel like Shanghai is a home away from home for Indians, most of whom have not been able to visit India due to the pandemic. Not to forget the scores of Indians who are stuck back home as travel restrictions between the countries continue to be in place. It is Shanghai Sangamam's ardent wish that such families can be reunited, which will obviously ensure that the organization will become stronger.



Following the Vinayagar Chaturthi Pooja, Shanghai Sangamam has already begun plans for the upcoming Diwali festival, with a grand celebration planned for November 2021. There are plans for other activities and functions before the year 2021 ends.

Meanwhile, at the general level through its various programs, the association also ensures that Indian children, growing up in Shanghai, do not get deprived of their culture and tradition. The cultural programs during the South Indian New Year and Deepavali festivals give these kids a chance to display their talents via songs, performances, dances, and other activities, bringing out their “Indianness”.

That is not all, however. Shanghai Sangamam has its roots in Shanghai, nourished as it has been by the vitality and open nature of the throbbing metropolis. As a result of which the association tries to give back



through cultural exchanges with local residents. The big Sangamam gatherings almost always feature Chinese talents performing Indian songs and dances, not just limited to Bollywood. While local talents perform, they also imbibe the joyful atmosphere and the delicacies on offer. Such gatherings are a perfect example of cultural symbiosis, something that warms the cockles of many a Shanghai Sangamam member and justifiably so.

Shanghai Sangamam is working for the wellbeing of not just fellow Indians but for all those in need. Anyone can approach the group and it is a given that Shanghai Sangamam will stretch out its hands and give comfort to and embrace what comes its way. There are miles to go on this journey.





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The Legoland discovery

My daughter's summer vacation was still on, and we haven't ventured much out this year thanks to COVID19. Shanghai and almost all of China was now coming back to normalcy and touring around this majestic city was always a pleasure. I took a day off on a Monday to take my daughter around Shanghai. However, there was this other factor, heat! Temperatures soaring to 38-39 degrees, and the feels like much more than that, we could not get out in the open, so no parks, themed or otherwise. Shanghai though has amazing options for indoor theme parks. One such park is in the Joy City Mall of Changning, the Legoland Discovery. My daughter has been watching the Lego movie repeatedly, and somehow enjoyed it very much, so she was very excited about this trip.

We started from our home at around 10:30, took metro to Loushanguan Rd station on Line 2. Out of exit 4, and a short Didi taxi ride brought us to the Joy city mall. By the time we showed our Green health code and joined the queue for ticket purchase, it was around 11:25pm, and I heard the staff there talking about lunch already. All kids above 1 metre need full ticket, which is around 200RMB. There was this summer package which included two tickets + chocolate Cake + caramel popcorn + wafers + Lego red box for 430 RMB, I went for that hoping the lego box contained some lego souvenirs. We went in, and a lady tried to explain to me that we need to book time slots for some shows. The first room you get is some introduction thing, probably just to get you in the Legoland mood. Apart from this, the entire setup did not do much. After this we entered a ride with a moving cabin to shoot down the villains (basically point the gun towards the red dots in front of these figurines). It was decent experience and took around 5-10 mins. Once out of this ride, we went to a room with a lot of buildings and stuff built from lego's. At the center was the majestic Shanghai skyline, on the periphery there were interesting designs like the Shanghai Art museum, Buddhist temples, Chinese monuments.

The whole setup would evolve into day and night experience, with lights getting dimmer and brighter, really a great experience. Aishani loved it very much. We went out of this, and as the lady at entrance had advised us, we booked for the



art class and the 4D theatre. Aishani played with the lego's for a while, and then moved to the Merlyn's ride, basically a bicycle which gets elevated as you keep pedaling. Decent ride I must say, after which we went for the art class. There was this instructor, who provided a box of lego's to all the kids, and instructed how to keep joining the lego's, little by little, all the kids managed to build a cow.

We went for lunch after this, I had bought the summer package, apart from this we bought pasta for 35RMB which Aishani liked very much. She also enjoyed the Chocolate cake. The lego box, however turned out to be empty, bit disappointing.

There was some time for Aishani to play at the Police soft play area, for which we had to wait for 15 mins. Then she played for around 15 mins, by then it was almost 2:30 PM, and we had to run for the 4D movie. By the time we went the central seats had already been taken, we had to sit at one of the corner seats. The movie was entirely in Chinese and centered around the lego people going around saving the world. Overall experience was decent, we liked it anyways as it had been a while, we didn't watch any movie in theater, let alone 4D. After the movie, we went around to see if we missed out anything. Having confirmed we experienced all that there was, we ventured out from the exit, which took us straight to Lego shop, a typical tourist trap found all over China.

As I had struck a deal with Aishani on not buying anything at this store, I managed to pull her out and leave by around 3 PM. We must have spent around 3.5 hours at this Legoland, it was something my daughter enjoyed well. Although the price is bit high, I think it is still a good experience for 5 to 7-year old's, probably once, to have a unique lego experience in Shanghai. One of the many indoor things to be done in this magnificent city.

About Author

Mr. Achuth Kamath has been working in Shanghai for more than 5.5 years. He lives in Pudong with his wife and their lovely 8-year-old daughter. He enjoys writing travelogues and poetry. Also he likes to travel around, make new friends and experiences.



Xinchang Ancient town

– Pudong's answer to Qibao



I read somewhere about this quintessential ancient water town on the Pudong side, dubbed to be Pudong's answer to Qibao. Well, it was quite a surprise as I hadn't expected a water town in Pudong. I decided to explore it today, as part of my Pudong exploration program. I took Line 2 to Longyang Road station, from there transferred to Line 16. Another 6 stops & 30 minutes of time brought me to the Xinchang road station. I didn't see many folks getting down at this station, I guessed probably most of them are visiting the Wild Animal Park, which was the next station on this line. We need to take exit 2 and walk down to take a public bus, without any number. The board is marked in Chinese but based on the Chinese Amap application and with my pattern matching abilities, it was clear that it was the bus to take. The Xinchang ancient town is just 3 stops away on this bus.

A few meters walk, and you know for sure you are around a Watertown with a bridge and canal. I took the left here where it was marked as Hongxi Lu, and walked in. It felt like the welcome we got at the TongLi water town when we entered from side path, with not so busy shops. The marketplace looks like any water town we

have visited, the usual trinkets, souvenir shops, street food & drinks. After walking along this street, then I took a right, and there was the ancient townish bridge and canal, finally. The bridge & canal, although was small in size, was no less in beauty. It was as beautiful as any water town we had been so far. I kept walking along the same direction after getting down on the bridge, but there were just the usual suspects of shops.

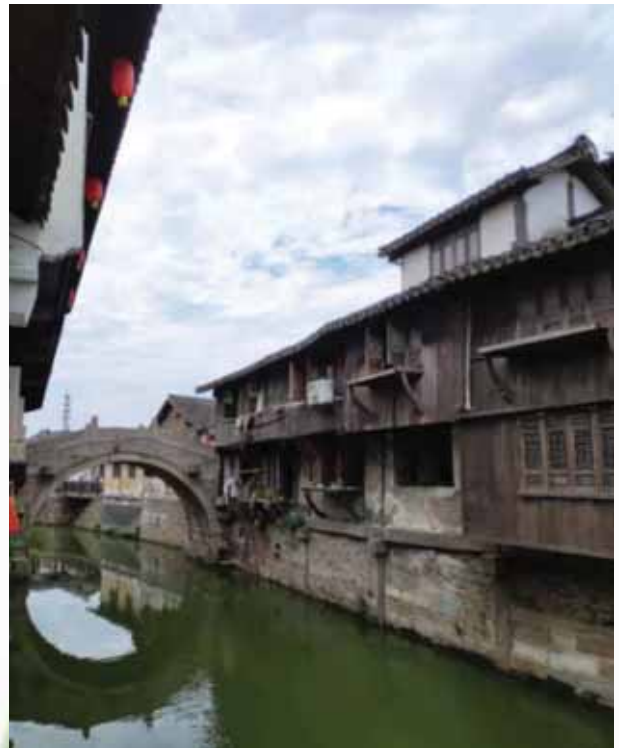
I then returned and walked along something marked as Shancheng food/bar street. This street is well and truly the best part of this water town. I sat on the bench along the way, and simply admired the beautiful canal flowing through the well-maintained ancient houses and restaurants, the trees also added their own to this grandeur, it was quite picturesque. The street is lined up with plenty of restaurants, all of which have the seemingly relaxing seating arrangement on the outdoor besides the water body.

It was well past lunch time, so it was quite deserted, apart from few oldies who seemed to have all the time in the world to just spend. After the food street, there was

another small bridge, which looked stunning thanks to the undergrowth of creepers.

After taking the bridge, we go on the other side of the canal opposite to the food street, this one looked more deserted, albeit few shops sprinkled around here and there. Then I took right near to the first bridge and kept walking. Well, it appeared that you could only walk say 100 meters in one direction and would get out of this town. After supposedly exploring whole of this little town, I went back to the Shangcheng street to have a final glimpse and take some rest. I relaxed near the water body, by which time a boat passed with two gentlemen, one busy rowing the boat, another busy using his net to take out all the thrash out of this lovely water body. It was quite peaceful.

I must have spent around 1 hour around this town, and I really liked the place. Although not big in size, it compensated with beautiful canal & peaceful streets. I took the same route back to the bus station and should have waited for 15 minutes before the Chinese marked bus came along and took all of us back to the Line.16 Xinchang station in 10 minutes. It was another 30 minutes back to Longyang road. It was a good experience, definitely. I don't think it's a must visit for every tourist, I would still prefer taking my guests to the Zhujia-jiao ancient town due to the bigger scale and experience. However, about the Pudong's answer to Qibao part, well this is smaller in size compared to Qibao, but better in terms of cleanliness & beauty. Of course, the crowd is way too less compared to Qibao due to its distance from the downtown.





Roads made for each other

Here stood two paths amongst her
Both having the same colour of leaves on the trees
Oh, the left path...
The leaves are falling

One step closer to the left path
The right side's leaves have fallen
What does she choose?
Then a glance at the right path and she is on.

Ah, these two paths
Which one should he choose?
Right path is where he moves
Just as if he got some clues

Oh Hi there Ma'am
Oh Hi there Sir!
I see you have taken the same path as me
Good to see you as I couldn't find any

Years go by,
The path remains the same,
Winds of love has blossomed
It's time to say, "I do"

About Poet:

Advika Baddur is 12 years old and lives in Shanghai.



ARTICLE

MASTER ARUL MESHAM
SCIS Pudong



Master Arul Meshram is a 11 year old, sixth grader studying in SCIS Pudong. He has completed 4 years in Shanghai. He has many hobbies including playing soccer, swimming, creating artworks, reading etc. His favourite one among them is creating artworks. Why is it his favourite? That's because he can express his feelings through artwork. He has been doing this since he was 3 years old. He feels content when he takes a look at completed artwork.

Author on Mickey Mouse Doodling

As you see this Mickey Mouse artwork, you might be having many thoughts in your mind like "Why has it been coloured like that?" or "What's with the faces and the objects inside the Mickey Mouse?" Right? Well this is a different type of artwork that you might not see much often. It is called doodling but in a different style. I got inspired to create this artwork by multiple images that I've seen before on internet. In this artwork I tried to push my limits by adding different shades of colours and employ my imagination to the fullest. I have added many gradients of each colour that I utilized. I attempted to add ink blots, drops of ink falling from his hand on his shoes, that gave a unique effect to the artwork. I have also given an illusion effect on his shins that says 'Mickey Mouse'. I concluded the artwork with a quote of Mickey Mouse that stood out the most among the others "If you keep on believing, the dreams that you wish will come true". I had a wonderful time and I enjoyed the whole process of creating this artwork.





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मोहला सा लड़का फल वाला

फल वाला ट्रक में फल लेकर आता था, कैसा था और क्या इसका फ़ैसला मैं पढ़ने वालों पर छोड़ती हूँ। मैं तो सिर्फ़ उससे जुड़े हुए कुछ प्रसंग ही लिख रही हूँ। जिसके कारण वह शंघाई से चले जाने के सालों बाद भी मन से कभी गया नहीं।

जब उसने हमारे कैम्पस के गेट के पास फल बेचने आना शुरू किया बस यही खुशी थी कि फल खरीदने मार्केट में ज़्यादा दूर नहीं जाना पड़ेगा।

पहले-पहले जब भी फल खरीदने जाती, वह बाक्री ग्राहकों को भुगतकर फिर मुझे फल देता, पहले मुझे खीज हो आती, बाद में समझ आया कि वह मुझसे भारत के बारे में बातें करना चाहता था इसलिए रोके रखता था। बच्चों के साथ भी यही हुआ, बच्चे अकेले फल लेने जाने से मना करते कि वह बहुत समय बातें करने में लगा देता है, हमें देर हो जाती है। पर बाद में बच्चों की भी उससे दोस्ती हो गयी।

हाथ का इतना साफ़ कि बच्चों को भेज दो तो भी तसल्ली रहती कि वह खुद छॉट कर बढ़िया फल ही देगा और एक पैसा तक फ़ालतू नहीं लेने की भी पूरी तसल्ली थी। गर्मी हो या बारिश पूरे साढ़े चार बजे ट्रक गेट के आगे खड़ा हो जाता था। समय की पाबंदी चीनी लोगों के व्यवहार में ही आ चुकी है।

मुझे याद है जब भी कभी उसके पास कोई ग्राहक नहीं होता तो वह चुपचाप बैठकर कोई न कोई किताब पढ़ता रहता। किताब पढ़ते हुए वह अक्सर उसी में डूबा नज़र आता। एक बार वह किताब पढ़ रहा था, मैं उसके पास खड़ी हो गयी, उसे पता न चला, मेरा भी मन न हुआ उसका ध्यान भंग करूँ, बिल्डिंग का वॉचमैन देख रहा था उसने पीछे से आवाज़ दी तो वह हड़बड़ाया माफ़ी माँगते हुए फल दिखाने लगा। मैंने उससे पूछा कि जब पढ़ना उसे इतना अच्छा लगता है तो उसने फल बेचने का काम क्यों चुना तो वह थोड़ा गम्भीर हो गया, बोला, "अपनी मर्ज़ी से कोई फल बेचता है क्या?" इसके आगे वह नहीं बोला, न मैंने कुछ पूछने की ज़रूरत समझी।



जब कभी भी उसके पास से गुज़रो, फल लेने हों या नहीं मुस्कुराकर हाथ हिला देता। मुस्कुराते हुए उसकी आँखें भी ज़रूर मुस्कुरातीं। यही बात मुझे उसके व्यक्तित्व की पहचान लगने लगी। घर में यह बात की तो दोनों बच्चे एक साथ बोल पड़े कि मुझमें लेखक की तरह बात करने की आदत हो चली है, आँखों से कोई कैसे मुस्कुरा सकता है भला! बच्चों के बार बार ज़िद्द करने पर नेट से तस्वीरें डाउनलोड करके उन्हें दिखानी पड़ी जिनमें मुस्कुराहट में आँखें भी शामिल थी। पहले पूरी तस्वीर दिखाकर फिर नीचे का आधा मुँह ढककर उन्हें दिखाई तो वे दोनों समझ गये और हैरान भी हुए।

मिड-ऑटम फ़ेस्टिवल पर हमने उसे मून-केक का डिब्बा दिया, मेरे साथ बच्चे भी गये बधाई देने तो वह इतना हर्षित हुआ बयान करना मुश्किल है। बार-बार धन्यवाद देता रहा और कहने लगा, "चिय-चिय (बड़ी बहन) आपने शंघाई शहर को बेगाना ना रहने दिया। मन उदास हो रहा था, सारा परिवार गाँव में है मैं यहाँ अकेला पर अब अकेला हूँ, ऐसा नहीं लग रहा।" किसी को भाव कितना समझ में आता है पता नहीं पर उसकी बात सुनकर मुझे भी याद हो आयी जब शंघाई आने के बाद त्योहार आते थे हम दोनों और बच्चे भारत में सपरिवार मनाए हुए त्योहारों की रौनक को ही याद करते रहते थे। धीरे-धीरे शंघाई अपना सा होता गया, त्योहार भी भले लगने लगे।

लगभग तीन महीनों बाद उसकी पत्नी भी आने लगी, उसने अपनी पत्नी से मिलवाया, बताया कि वह गाँव से आयी है अब शंघाई में ही रहेगी। मैंने बच्चों के बारे में पूछा तो उसने बताया कि एक लड़का है वह दादी के पास रहेगा। उसकी पत्नी ने कहा कि गर्मी की छुट्टियों में आएगा हमारे पास। गर्मी की छुट्टियों में उसका बेटा आया, छठी कक्षा की परीक्षा देकर आया था। दो महीने बाद सातवीं कक्षा शुरू होनी थी फिर भी उसे जब भी देखा किताबों में डूबा ही देखा। वहीं ट्रक के

पास लकड़ी के एक छोटे से स्टूल पर बैठा ध्यानमग्न हो पढ़ता रहता, ग्राहक आ रहे या जा रहे उसे कोई खबर न होती। उसकी तारीफ़ उसके माँ-बाप से की तो माँ कहने कि वह चाहता है कि उसे कभी फल न बेचने पड़ें इसलिए बहुत मेहनत से पढ़ता है। अपनी कक्षा में अक्वल रहता है। सुनकर मन खुश हो गया।

उसकी पत्नी ने पास की एक मार्केट में एक रेस्टोरेंट में शाम का पार्ट टाइम जॉब ढूँढ लिया। अब शाम को वह रेस्टोरेंट में काम करती और फल वाला फल बेचकर रात को घर जाते हुए उसे ले जाता है। मैंने उसे जब कहा कि यह तो बहुत अच्छा हुआ। वह कहने लगा कि वह दिन में जहाँ बैठता है वहाँ भी उसकी पत्नी को एक दुकान पर कुछ घण्टे का काम मिल गया है, अब हम दोनों की कमाई अच्छी हो जाती है। बताते हुए उसकी आँखें चमकने लगी। उसका खुश होना बरबस ही पास खड़े व्यक्ति को भी उल्लास से भर देता था।

एक दिन तय किया कि प्लास्टिक के लिफ़ाफ़े नहीं बरतेंगे, लेकिन यह इतना भी आसान नहीं था, घर में कोई थैला ना था। सो मैंने तय किया कि जो लिफ़ाफ़े अच्छे हैं उन्हें ही वापिस ले जाकर, उन्हीं में फल लेते रहेंगे, जब तक कि वो फट न जायें। अगले दिन उसके पास फल लेने गई तो पाँच-छः लिफ़ाफ़े संग ले गई। देखकर वह हैरान सा होकर कहने लगा, "पुराने क्यों? नए लिफ़ाफ़ों में फल डाल दूँगा। आपके बच्चे भी कल लेकर आए थे मैंने फिकवा दिए थे। ये सारे आप फेंक दो।" मैंने कहा, "फेंकने होते तो घर में ही फेंक देती, इन्हें तब तक नहीं फेंकूँगी जब तक ये चलेंगे, जब तक फटेंगे नहीं।" वह हँसने लगा, मज़ाक़ करने लगा। मैंने बताया प्लास्टिक सारी धरती को खराब करता है। वह फिर हँसके कहने लगा, "एक आपके ऐसा करने से क्या हो जाएगा।" मैंने जब कहा कि धीरे-धीरे और लोग भी ऐसा करेंगे, जो इस बात को समझेंगे वो ऐसे ही करेंगे" सुनकर वह सीरीयस हो गया, पूछने लगा, "आपके बच्चे भी मान गए आपकी बात, मैंने कहा कि नहीं, बल्कि बच्चों ने हमें सिखाया है, हमने उनकी बात समझी और मानी भी।" वह दोनों हाथ जोड़कर झुक गया।

जून में माँ भारत से शंघाई आयी। उन्हीं साथ ले फल लेने गयी तो उसने माँ से मिलने की खुशी जतायी, माँ को उसकी भाषा भले ही समझ न आयी लेकिन उसकी खुशी का माँ पर भी प्रभाव हुए बिना न रहा। घर आकर माँ ने न जाने कितनी बार कहा होगा, बड़ा ही मोहला(मोह लेने वाला) लड़का है। थोड़े दिन माँ कभी मेरे साथ कभी बच्चों के साथ फल लेने गयी फिर अकेले भी जाने लगी। एक दिन काफ़ी देर लगा कर आयी तो हमने पूछा कि देर क्यों हो गयी तो माँ कहने लगी कि थोड़ी बात करने लगे इसलिए देर हो गयी। बच्चे माँ की बात सुनकर हँसने लगे कि ना तो नानी को चायनीज़ आती है ना उसे हिंदी फिर बात कैसे की? माँ हँसकर कहने लगी, "प्यार की भाषा अलग होती है।" सच प्यार जताने के लिए शब्द किसे चाहिए होते हैं।

अगस्त में माँ वापिस चली गयी। जब हम माँ को एयर-पोर्ट छोड़ने जा रहे थे, शाम का वक्त था, फल वाला आ चुका था। माँ के साथ सामान देखकर समझ गया। माँ ने पास जाकर विदा ली तो कहने लगा इतनी जल्दी वापिस जा रही हैं हमारे देश में इनका दिल नहीं लगा। जब तक माँ का सामान टैक्सी में सेट कर रहे थे इतनी देर में वह दो बड़े बड़े लिफ़ाफ़े फलों के भरकर लाया और माँ को देने लगा। माँ के बार-बार मना करने पर भी वह न माना। मैंने कहा कि एक लिफ़ाफ़ा दे दो पर उसने एक न सुनी, दोनों लिफ़ाफ़े माँ की गोद में रख हाथ जोड़ खड़ा हो गया। माँ तो अभिभूत हो उठी, कहने लगी कि पराए देश में परायी जगह पर कोई इतना प्यार देगा यह तो कभी सोचा ना था। एयर-पोर्ट पहुँचने तक टैक्सी में रास्ते भर माँ कामवाली आयी और फल वाले के बारे में बातें करती रही। दोनों से काफ़ी लगाव हो गया था माँ को। भारत पहुँचकर माँ से बात हुई, हम ख़ैर-खबर पूछ रहे थे लेकिन माँ बताती रही कि इतने प्यार से दिए हुए फल जहाज़ में ही छूट गए। माँ के साथ-साथ मेरी बेटी जो माँ के साथ ही भारत गयी थी उसे भी पहली बार किसी चीज़ के छूट जाने का अफ़सोस था। वरना उसे किसी भी चीज़ गुम हो जाने या टूटने का कभी अहसास तक नहीं हुआ, हमेशा कहती, "चीज़ ही है, और आ जाएगी।" सच प्यार से दी हुई सौगात थी, अफ़सोस वाजिब था।

साल बाद उसने हमारी बिल्डिंग के आगे खड़े होना बंद कर दिया। उसने हमें फ़ोन करके बताया कि अब से वह यहाँ नहीं आएगा फल बेचने। जब उससे पूछा अब वह कहाँ फल बेचेगा, हम ख़रीदने वहीं पहुँच जाएँगे, उसने बताया कि जगह दूर मिली है सो यह सम्भव न होगा। हमारी बातचीत हुई, हमने एक दूसरे का हाल पूछा और फिर मिलने का वादा किया।

दो महीने बाद ही जब मेरे पति महीने के लिए मैक्सिको गये हुए थे मुझे पीट दर्द की प्रॉब्लम हो गई। डॉक्टर ने मुझे हिलने से मना कर दिया। बच्चे स्कूल से रात को आठ बजे घर आते, थक जाते, मार्केट भेजने का मन न होता। सबज़ी तो सबज़ी वाला फ़ोन करने पर घर दे जाता लेकिन फल की समस्या थी। तब इंटरनेट पर ख़रीदना शुरू नहीं हुआ था। मैंने उसी फल वाले को अपनी समस्या बतायी, वह मदद करने को मान गया। रात को घर जाते हुए इधर से होकर हमें फल पकड़ाकर जाता। दस दिन तक जब मेरे पति वापिस नहीं आए वह बिन नागा आता फल पकड़ाने फिर भी उसने कभी भी फल के दाम ज़रा से भी बढ़ाकर नहीं लिए। उसका धन्यवाद करते हुए मेरे मनसे आशीर्वाद की झड़ी लग गयी।

एक-दो बार उससे फ़ोन पर बात हुई। फिर एक दिन उसका फ़ोन आया कि वे दोनों वापिस गाँव जा रहे हैं। उससे मिलकर जाने को बोला किंतु जाने की जल्दी में वे आ नहीं पाए। नए साल पर सबको नव वर्ष का संदेश देने के लिए फ़ोन करते हैं, उसे भी फ़ोन किया लेकिन उसका नम्बर बदल चुका था। बिल्डिंग के वॉचमैन से भी उसकी काफ़ी बनती थी सो उससे भी पूछा उसके फ़ोन नम्बर के बारे में। उसके पास भी नया नम्बर न मिला। फिर कभी उससे बात नहीं हुई लेकिन आज भी बातों-बातों में उसकी बात चलती है तो एक हँसता हुआ चेहरा सामने आ जाता है।

नोट:

मैं अनीता शर्मा अपनी रचना को कथेतर साहित्य संकलन में प्रकाशित करने की स्वीकृति देती हूँ।

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ARTICLE

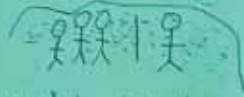
ARYAN B.



" When the kids get flaky-fied "


Three kids on the edge of the island,
Runnin' everywhere in different directions,
While playing a battle game.

They halted for a moment,
Screeeeech!



Suddenly, the opponent came and battled,
And the kids rattled.

Then a loud sound flew over them,

Everyone's stems  Shaked.

Flakes flew from the sky,

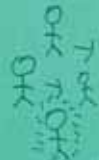


slowly landing on their hairs,

Magically turned it white,

moved them right,

tuned them light,



buzzed them bright,

pulled them up up up to the magic plane!

Rain rain rain on the way up to the magic plane.

The flakes lost it's power,

And the kids dropped, landing in the ocean!

By Aryan



Aryan is a Grade 6 Student at SCIS Puxi. During lockdown he dreamt of being back with friends and on the soccer field with this team.



परीक्षा वाली ज़िंदगी

जब से परीक्षा वाली ज़िंदगी ख़तम हुई है ,
तब से ज़िंदगी की परीक्षा शुरू हो गयी है...,
आज मुझे एक नया अनुभव हुआ,
अपने मोबाइल से
अपना ही नम्बर लगाकर देखा..
आवाज़ आयी...

The number you have called is busy ..

फिर ध्यान आया , किसी ने क्या ख़ूब कहा है ..
औरों से मिलने में दुनिया मस्त है,
पर खुद से मिलने की सारी लाइनें व्यस्त है ...,
कोई नहीं देगा साथ तेरा यहाँ ,
हर कोई अपने में ही मशगुल है ।
ज़िंदगी का बस एक ही उसूल है यहाँ..
तुझे गिरना भी खुद है
और संभलना भी खुद है ।
दोस्तों दुनिया की रीत ही यही हैं ।
जीना है तो ज़िंदादिली से जीयो....
कल किसने देखा हैं.. ।

बीना

मेरे मन की आवाज़ लिख रही हूँ । गलती हो तो पहले से क्षमाप्रार्थी हूँ



ARTICLE

CHHAYA CHAUDHARI



Who would have thought that posting an Indian Dish on a social networking (WeChat) platform would change a life of a house wife and a mother of two, who had never dreamt about the leaps and bounds of success she could receive in past one year.

A Person who became Chef from Chula-Chauka Grahani.

This tale seems to be unbelievable but bounds to be true.

Let the story begin, the story about Mrs. Chhaya Chaudhari journey, how she managed to be a Household Brand name in Shanghai Food Communities and seems not to be stopping soon.

It was in the year 2016 that I moved to Shanghai like a typical Indian family to support my husband and my family of two kids, little did I know of what Shanghai had in store for me. Unfortunately, our generation went through the worst ever pandemic the world has ever seen and me, like everyone else had to face this situation by being virtually locked down at home not being able to catch up with the social life which had become a distant dream to all of us. I must say it was by god's grace that I stumbled upon a Chinese food group where fellow food enthusiasts like me shared their recipes that kept me engaged and curious letting me experiment the new dishes on my family! Turns out, my family loved it every bit, the inquisitive mind of mine got me thinking why not an Indian food group that would help our fellow Indians and Indian food lovers try out new recipes? Yes, that's how the Indian food group on WeChat (My brain child) was born. I couldn't keep myself from posting out the recipes that my mother had passed on to me right from my childhood! The group members loved the very concept and found it encouraging for them to try out the recipes shared across. Soon the group started growing exponentially and in no time the numbers were in hundreds with all our members contributing the Indian recipes with fellow other home cooks, that's where I stumbled upon Mr. Frank the founder and man behind Zrou a plant-based meat. I still wonder how the universe always finds a way to connect the dots. To my surprise, I got a call from Mr. Frank asking me if I would like to get my hands on their Zrou meat to bring out some Indian dishes. How can the foodie in me say no? I went on with a big YES! Apparently, I was the first one to cook their Zrou meat. Then came in the samples, I went on to create our very own desi dishes with all my heart. It was then that Mr. Frank being impressed with the taste of our Indian cuisine introduced me to their head chef. This time they were like "Chhaya why don't we make an event for you?" that's when I cooked biryani, kheema and samosa all by myself for crowd of 150 people. I went on to explore new paths in cooking – this time "KETO with

people. I went on to Zrou", a plant based high protein low carb cuisine for another batch of 100+ people. Then there was no looking back! Thanks to Zrou, by now I was known as Fusion recipe expert to quite a few restaurants in Shanghai where I would go and help them to understand



how to cook and create fusion recipes with Zrou. Well, it was time for me to pass on this knowledge to other fellow cooking enthusiasts like me. I collaborated with Ciecacas, a renowned Chef training institute in the heart of Shanghai to conduct workshops to teach the art of cooking fusion Indian cuisines to Indians and non-Indians alike. I also had the privilege of organizing pop-up events at Green Friday, a restaurant specialized in modern fusion dishes. How can I tell my story and miss out this one event that is so close to my heart! Holi, our own Indian festival of colors. How can Holi be complete without our lip smacking desi food? Yes, I organized a Holi party to treat those Indian taste buds longing for



HOMEMAKER TO CHANGEMAKER



authentic Indian food. Likewise, introduce to non-Indians the blast of desi flavors along with the joy of colors and fun that Holi brings in. Ever wondered what would it feel like to cook for 700 people? Sounds crazy right? Yes, that's what I thought as well when I received an invitation to take part in the biggest Chilli cook off event in Shanghai facing 10 professional chefs running their own restaurants. It would be lying if I said I wasn't scared! But thankfully I'm blessed with my ever-supportive family, my husband Ravi said "Chhaya, don't worry you can do this!" without thinking twice. I started my preparation weeks ago making desi papdis which would go and catch the attention of every tongue asking for more! I made Kholapuri chilli a fusion Indian Chilli dish that was made with 18 different types of chillies (You know we Indians take our chilly seriously 🌶️).

Happy tears dropped down my eyes when I learnt that I was chosen unanimously by the judges as a winner against the big names in Shanghai food industry! All those days of efforts and toiling had finally spoken for itself. It got me so much confidence, a humble housewife could win against professional chefs in Shanghai. Yes, that's the ultimate truth I have learnt, no matter what! put your heart and soul into something then success will knock your doors automatically.

Now that I knew the potential of a home cook, it was time for me to bring out this talent from our fellow Indians to showcase their talent. With the help of Hao food, another plant-based meat I was able to organize the first ever Indian cook off competition at Ciecias Shanghai where several home chefs from our own Indian food group participated and created wonderful dishes. This time apparently, I was promoted!! From being a participant myself earlier, I was asked to do the honors of being a judge! It was like a dream come true; it was my own extended family of Indians competing giving me a small satisfaction that my humble attempt at giving back to our community was a success.

As I write this article, I want to share the news of me being offered the privilege to be a part of "New food: Sustainable Dining and Cooking summit" to be held at Hangzhou by the World Chefs Organization. Never had I dreamt that I would represent as a guest chef alongside the biggest chefs in the world. Yes, I pinched myself to check I'm not dreaming! When I look back today, I can't help but wonder, the incredible things that can happen in one's life in such a short span of time. Today what started as a small group of home cooks has turned out as a large group of 250+ members. I will keep learning, I will keep inventing, I will keep improving as a wife, as a parent, as a chef! If you are wondering, where can you try my creations? you can visit the nearest Kebabs On Grille restaurant to try out my Zrou menu.

Signing off!
Your's Chhaya.



LEGACY WE LEAVE BEHIND: WORLD FULL OF HEARTS (LOVE)

About Artwork:

Inspiration: Heart to Heart Shanghai. Heart to Heart is a special fund of Ren De Foundation. They are a Shanghai based charity which provides corrective surgery for Chinese children from all over China with congenital heart disease (CHD) whose parents are unable to afford the surgery. The surgeries not only save their lives, but transform the lives of their families. Heart to Heart is proud of the fact that they are and always have been a 100% volunteer organization. They have no paid employees. They also have a \$0 operating budget which means that 100% of donations are spent for surgeries. <https://www.h2hsh.com/>

Disclaimer: The artwork is my way of paying tribute and being inspired by different artists who have created seemingly simple artwork with profound meaning. I am fortunate enough to have managed to incorporate a few of those individual pieces into my vision.

Picture's name: Legacy we leave behind: World full of hearts (Love)

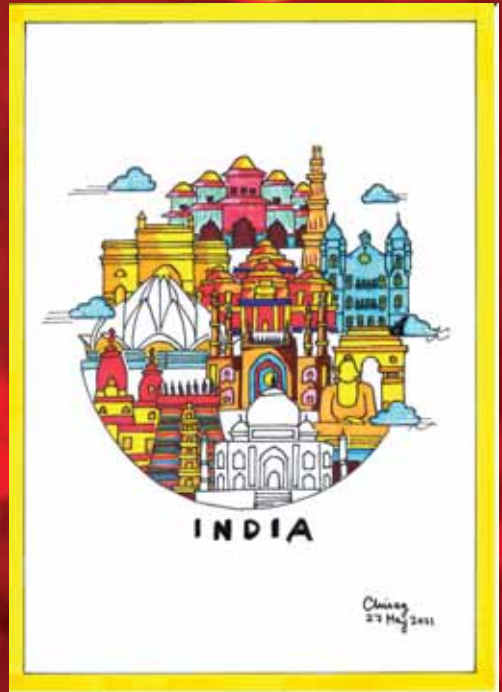
Themes:

1. Nature is Fighting Back: In these modern times, humanity's selfishness, greed, and lack of respect for Mother Nature have led to global warming. Slowly but surely, Nature is fighting its way back and inch by inch claiming back what has always been rightfully hers.
2. Love: Love is the most important, beautiful, and powerful feeling in the world. Spread love. Help people around you. Show respect. Do your bit to make the world a better place. There is no place for differentiating or judging people by their race, colour, culture, wealth

Learn from nature...It has thrived for millennia before mankind and will continue to do so, with or without our help. Everything in nature thrives in harmony, every flora or fauna has evolved to live in balance with its environment, not destroying each other as mankind does. As humans let us learn to respect nature, learn to live harmoniously with each other and our natural surroundings. Mankind loving and living as one with nature, heart to heart, will be our one true legacy.

The human figures in black represent all humans without any discrimination of colour, class, religion, country, background, wealth etc. That is the reason they are depicted in black so no one can understand who they are.

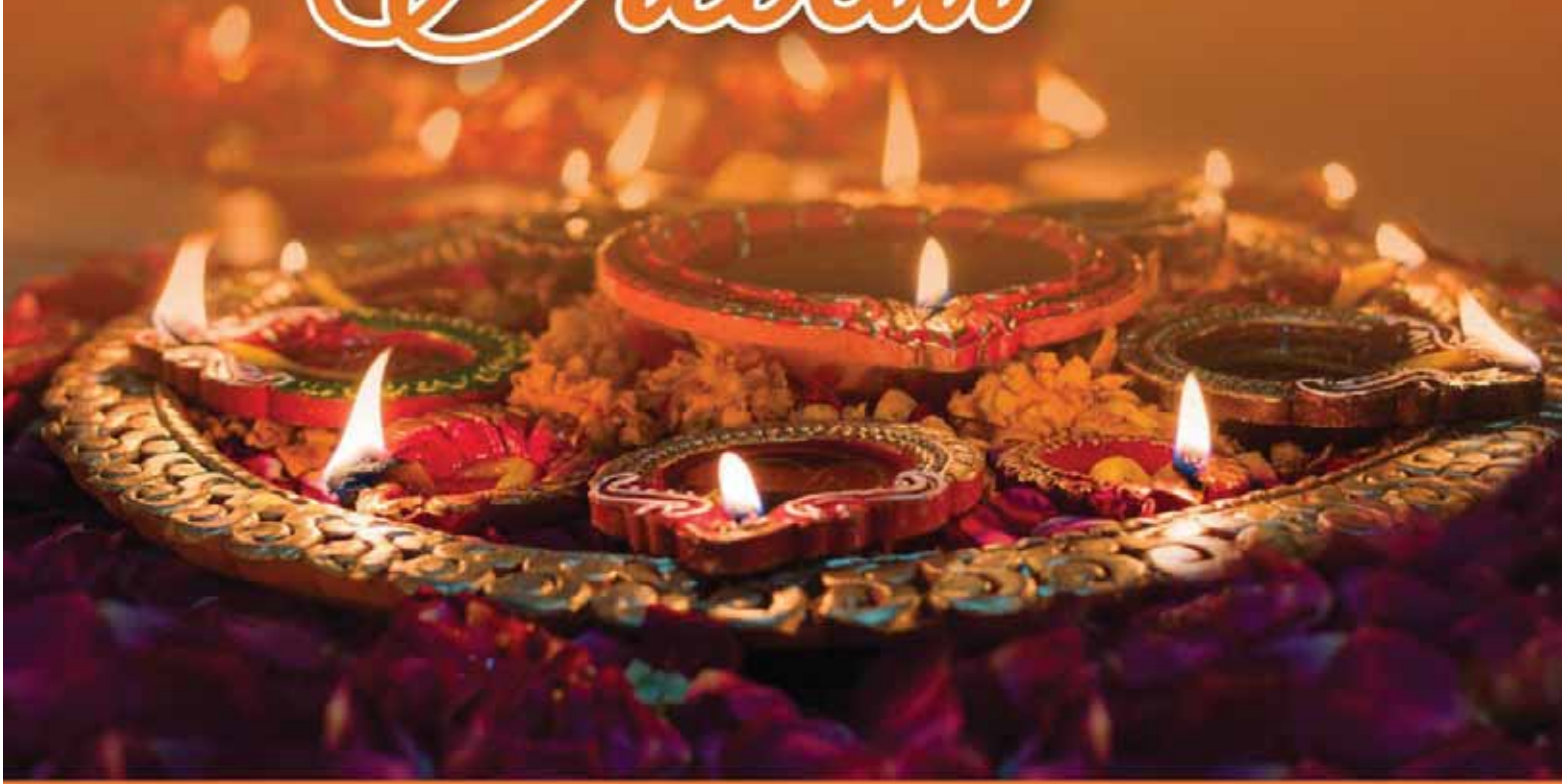
Artwork Size: A3 (paper size 420 mm x 297 mm = 16.5 inches x 11.7 Inches)






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

Happy
Diwali




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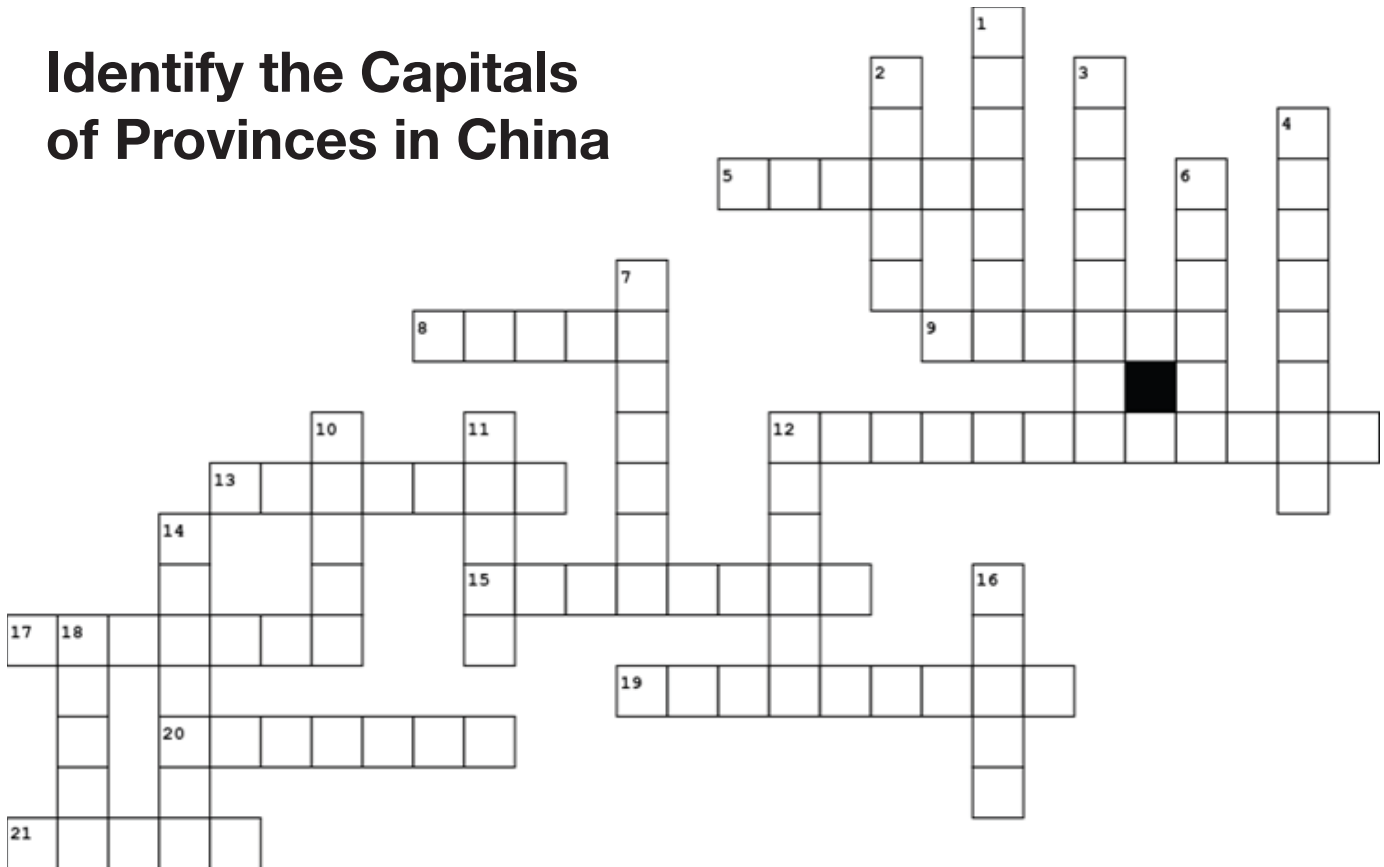
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Identify the Capitals of Provinces in China



ACROSS

- 5. - KUNMING
- 8. - SHIJIAZHUANG
- 9. - FUZHOU
- 12. - HARBIN
- 13. - XINING
- 15. - JINAN
- 17. - XIAN
- 19. - GUANGZHOU
- 20. - GUIYANG
- 21. - CHANGCHUN

DOWN

- 1. - NANJING
- 2. - CHANGSHA
- 3. - SHENYANG
- 4. - HANGZHOU
- 6. - TAIYUAN
- 7. - CHENGDU
- 10. - HEFEI
- 11. - LANZHOU
- 12. - HAIKOU
- 14. - NANCHANG
- 16. - ZHENGZHOU
- 18. - WUHAN



NIDHI SHARMA
Parenting Group - Founder

EVENTS & WORKSHOPS BY PARENTING GROUP (2020 - 2021)



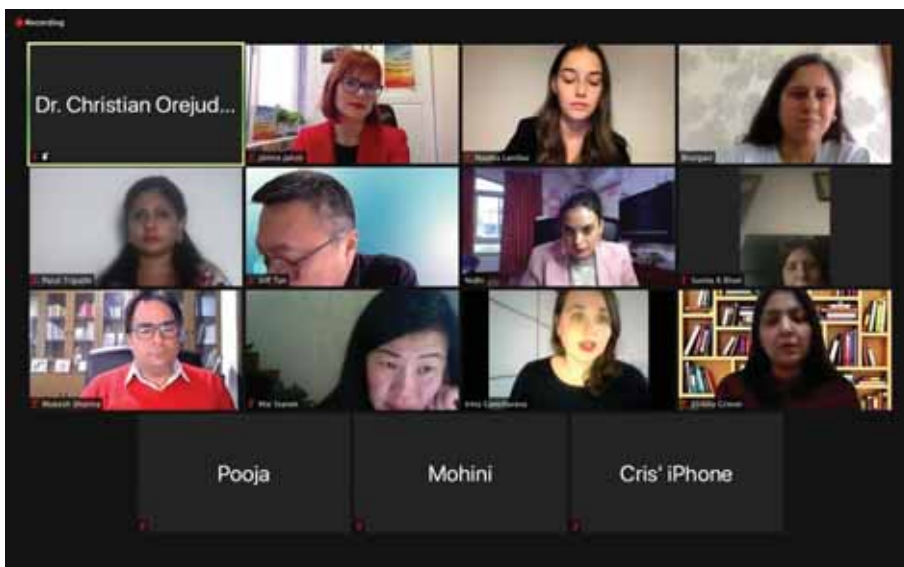
1) ART OF COMMUNICATION WORKSHOP

Art of Communication Workshop was conducted for students globally in the month of July-August 2020 by Nidhi Sharma. The whole program consisted of 4 sessions. The topics covered in each session were 'Process of Communication, Brief History of Communication,

Interpersonal Communication, and Meta Communication'. Each session was run in two batches with a total number of 24 participants per session. Students from Russia, Saudi Arabia, China & India attended the workshop enthusiastically. The highlights of workshops were the Interactive Activities which was thoroughly enjoyed by students.



2) YOUTH ENVIRONMENT SUMMIT



Parenting Group successfully executed 5th YES 2020 (online) on 28th November. The event started at 3:00 PM and finished at 6:00 PM. It opened with the welcome speech by Nidhi Sharma followed by keynote speech by Mr. Michel Paul De Vriendt.

The students participated from four International schools (SSES , SSIS , Dulwich and SCIS) .

Event included keynote speech, presentations by



students, workshop conducted by Mr. Michel and students, quiz conducted by students.

The whole event was impactful and there is a group of further action plan created.

3) INTERNATIONAL WOMEN'S DAY

International Women's Day executed successfully on 6th March 2021.

Enriching, engaging,

engrossing speeches by Speakers followed by panel discussion. Topic of discussion was " Why Women Go into Identity Crisis?"

Attended by women & men globally !!

4) DEBATE COMPETITION

Debate Competition was successfully conducted on 2nd May by Parenting Group. 13 students participated from various International Schools. The efforts of the students were exemplary and impressive. They brought strong points in favor / against online learning. The content of the speech was backed by good research & evidence.



5) KIDS SUMMER FUN



Debate Competition was successfully conducted on 2nd May by Parenting Group. 13 students participated from various International Schools. The efforts of the students were exemplary and impressive. They brought strong points in favor / against online learning. The content of the speech was backed by good research & evidence.

6) 3D MODELING WORKSHOP

The professional 3D Modeling Course held last week succeeded its expectation and added to this world 10 new 3D modelers. These 10 students, ranging from 9 years up to 14 years joined the session with absolutely no prior experience in 3D modeling, and walked away with a strong ability to



model hundreds of things in SketchUp.

7) PUBLIC SPEAKING WORKSHOP

The Public Speaking Workshop is successfully conducted which was attended by 9 students.

In this course students learnt a set of very rare techniques that can make anyone engaging and charismatic on the stage. They were also taught how to make PowerPoint presentations that capture the highest attention and prevent the audience from

getting bored. And lastly, they watched and analyzed the videos of speakers like Obama and Steve Jobs during the lesson to analyze their body language

8) INVITED AS A GUEST SPEAKER AT ROTARY

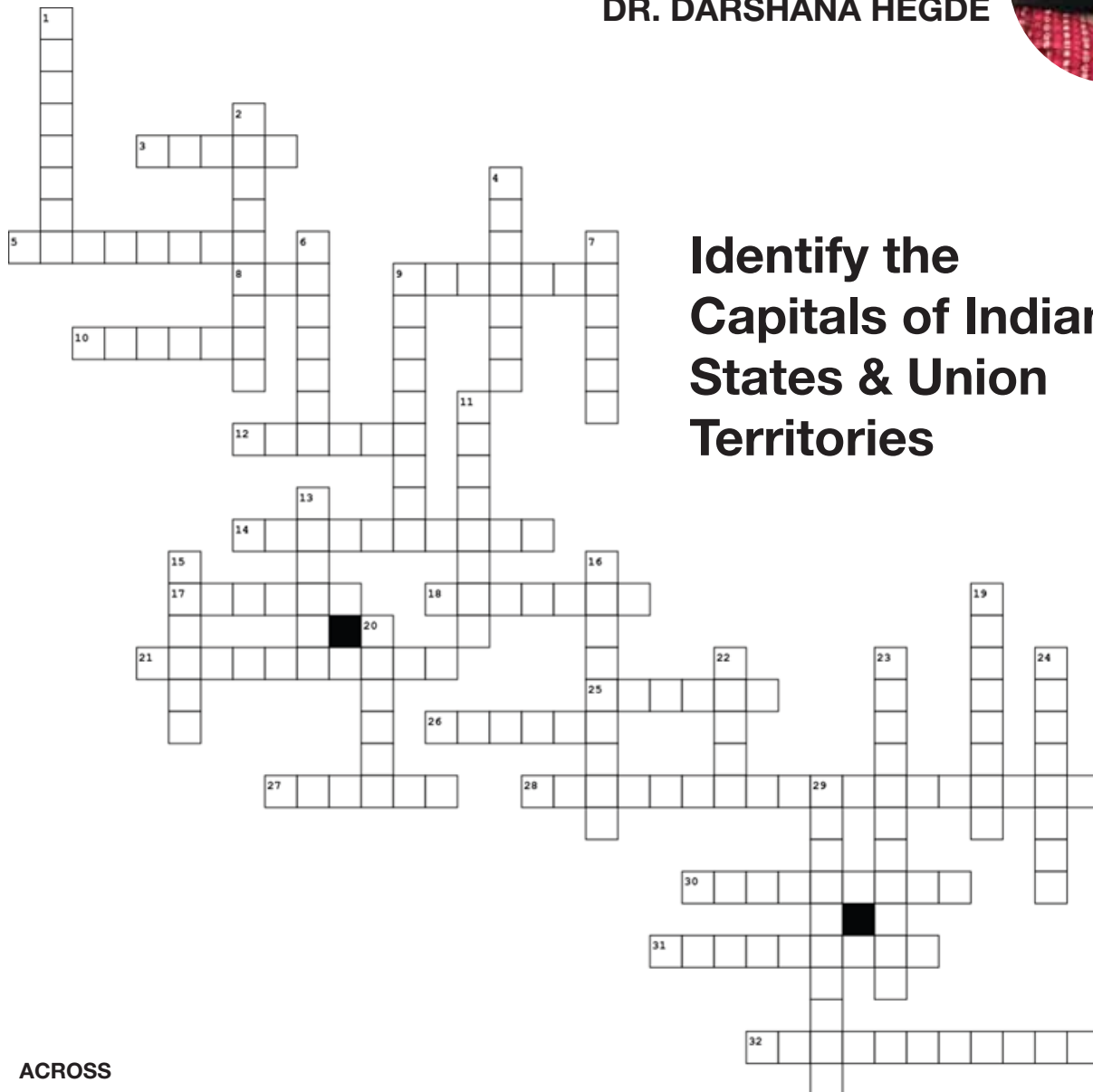
Nidhi Sharma, Founder of Parenting Group was invited by Rotary Club Shanghai as a Speaker to talk about 'Conscious Parenting'.

The highlights of the talk were:

- How Conscious Parenting is different from Mainstream Parenting?
- What are the different Parenting Styles and its impact on Child's overall nurturing & growth.
- Why is Conscious Parenting helpful in building a strong bond between parent & child
- How Life Skills and Conscious Parenting are connected?



President of Rotary Club Ms. Rita honored Mrs. Sharma by presenting a beautiful piece of work done by an artist.



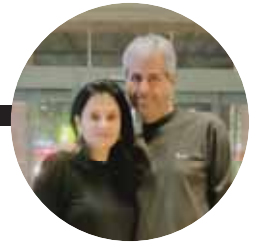
Identify the Capitals of Indian States & Union Territories

ACROSS

- 3. DADAR NAGAR HAVELI
- 5. TRIPURA
- 8. LADDAKH
- 9. WEST BENGAL
- 10. ASSAM
- 12. HIMACHAL PRADESH
- 14. HARYANA
- 17. MAHARASHTRA
- 18. SIKKIM
- 21. PUNJAB
- 25. MADHYA PRADESH
- 26. MIZORAM
- 27. NAGALAND
- 28. KERALA
- 30. ANDHRA PRADESH
- 31. TELANGANA
- 32. ODISHA

DOWN

- 1. MEGHALAYA
- 2. KARNATAKA
- 4. UTTAR PRADHESH
- 6. TAMILNADU
- 7. RAJASTHAN
- 9. LAKSHADWEEP
- 11. ARUNACHAL PRADESH
- 13. GOA
- 15. MANIPUR
- 16. ANDAMAN AND NICOBAR ISLANDS
- 19. UTTARAKHAND
- 20. JHARKAND
- 22. BIHAR
- 23. GUJARAT
- 24. JAMMU KASHMIR
- 29. CHHATISGARH



2021 is Revival of Bharat Mahotsav in this Century

Good News From India

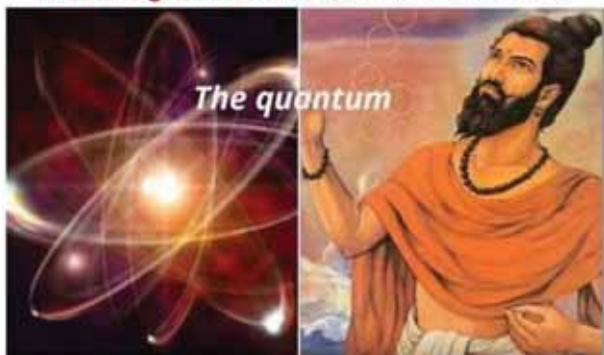
1. Till End Sep , Around 90 crore People Have Been Vaccinated and by the time of Publishing crossing of 100 crore = 1 Billion
 2. India Became 6th largest economy by GDP and the third-largest by purchasing power parity (PPP).
 3. BSE stock exchange Crossed 60000 Mark.
 4. India is leading the real-time (Digital) payments market.
- * India Became 1st Country and approved a new COVID-19 vaccine that uses circular strands of DNA to prime the immune system against the virus SARS-CoV-2., and many other DNA vaccines might soon be hot on its heels.
 - * Highest Medals, Till now in Two Biggest Sports Event
 - * Won 1 Gold, 2 Silver, 4 Bronze in Tokyo Olympics,
 - * Won 5 Gold, 8 Silver, 6 Bronze in Paralympics

* Change in Education System

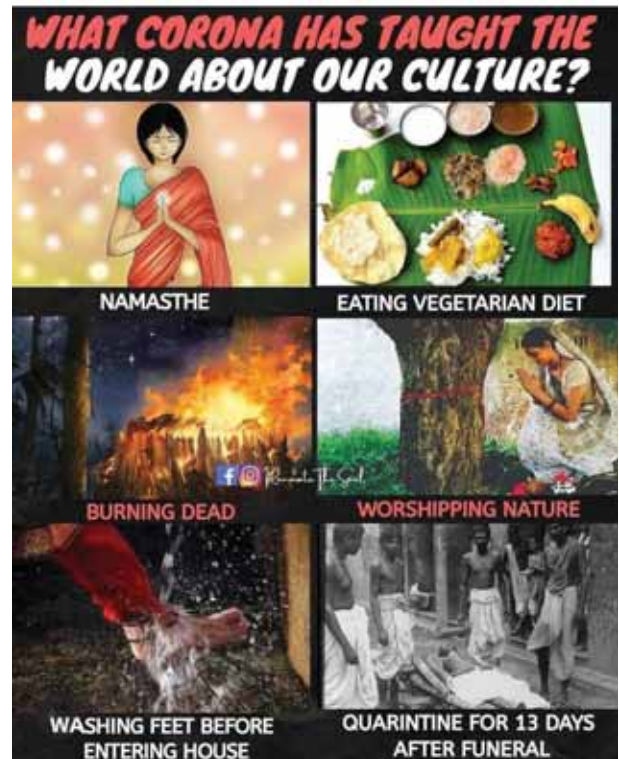
The Cabinet Committee of the Central Government recently approved the "New Education Policy 2020-2021 (नई शिक्षा नीति NEP)". Which will return two crore school children to the mainstream. A new 5 + 3 + 3 + 4 curriculum started with 12 years of education and 3 years of Anganwadi/Preschool.

Covid Has Helped Indians Know About Rich Culture and Reservoir of Wisdom, Through Social Networking Sites instead of School Books.
Treasures Such As

Maharishi Kanada invented atomic theory at least 2500 years before John Dalton, before 600 BC



He stated that the smallest indivisible form of matter is parmanu. He even explained the dimensions, motions and even the chemical reactions of parmanu and its compound forms



Democracy = India is Oldest & Largest in The World. Sanskrit Language, Which is called Mother of Many Languages is Taught in European Countries , Cause it also helps in Computer Software Development. Indian Govt has made App to learn Free. Ahimsa = Non Violence / Compassion for Sentient Beings. Ayurveda = Wholistic and Natural Health Care, Not Using Animal Parts Stone Art = Hundreds of Mandirs in South of India, are existing proof Sustainability = Conserving Trees, Organic Farming.

Personal Benefits During Covid : Put in Action my Desires of long time

- * Giving Time for Vipassana Meditation
- * Avoiding Aluminum Cookware, Pressure Cooker, Microwave

Helping My Wife, Who

- * Baked the Snacks Instead of Frying them like Gujarati FaFda, Pakoda / Fritters, Dahibala, Falafel, Saboodana Tiki and more.
- * Boiled the Veggies & add Healthy dressing, instead of Cooking in Oil
- * Made Meat Alternate From Soy, Peanut Protein, Jackfruit Which Looks Nice and Taste Better Than Non Veg



* Made Thick Yogurt From Peanuts to Enjoy as Lassi, Raita, Chaas, Dahivada, Dahi Kadi and More, Which was missing from Several Years after i become Vegan in 2009
 * Omelette from Green & other bean, Rich in Protein, Not Giving Bad Smell to Utensils.
 * Used Millets, Buckwheat Flour instead of Maida & Atta to Make Roti

Good News From China

1. Country with Most Vaccinated Population
2. Rise in Local Brand /Companies Producing Plant based Meat & Dairy Alternative and Healthy Too.
3. All the Major Fast Food and Café Are Serving Vegan Option like Starbucks, KFC, McDonald, Luckin, Costa, Even Ikea etc
4. Pani Puri Has Become Hot Item with Local Population
5. Indian Restaurants have seen the Rise of Local Customers enjoying Indian Cuisine with Family and Friends
6. Few Relaxation for Indians to Return Back Via 3rd Country.

Vasudhaiva Kutumbakam (the world is one family)



आयाम

मानव स्वभाव में ही है अपने देश, संस्कृति, साहित्य व संस्कारों के बारे में जानना और उससे जुड़े रहने की इच्छा भी बनी रहती है। यह इच्छा और प्रबल हो जाती है जब हम अपने देश से दूर होते हैं।

15 सालों से शंघाई में रहते हुए मैंने बहुत सारे सांस्कृतिक साहित्य कार्यक्रम भारतीय सांस्कृतिक कार्यक्रमों में शामिल हुए। शंघाई दूतावास और इंडियन असोसिएशन और भारतीय कम्यूनिटी के द्वारा बहुत सारे सांस्कृतिक कार्यक्रमों का आयोजन होता रहा है। उन कार्यक्रमों का आनंद लेते हुए मुझे कई बार ऐसे लोग भी मिले जिनसे मिलकर लगा के उन्हें अपनी संस्कृति, साहित्य और अपनी भाषा में बहुत रुचि है। मैंने सोचा ऐसे सभी लोगों का एक समूह बनाया जाए और 'वी-चैट' में 'राइटरज़-क्लब' इसी उद्देश्य से बनाया गया ताकि सभी भारतीय अपनी-अपनी भाषा में अपने विचारों का इज़हार कर सकें। अपनी कविता या लेख कोई भी रचना को यहां रहने वाले भारतीय लेखक या साहित्य में रुचि लेने वाले एक-दूसरे के साथ साँझा कर सकें।

लेकिन पिछले 2 सालों से कोरोना के आने के बाद पूरे विश्व में वेबिनारों की एक बाढ़ सी आ गई। कवि-सम्मेलन आदि सब कुछ तकनीकी सहायता से ऑनलाइन होने लगा। पढ़ाई भी और यहाँ तक कि कीर्तन और जागरण भी ऑनलाइन होने लगे। मैंने भी इसी तरह के कई कार्यक्रमों के लिए अलग-अलग देशों में हो रहे वेबिनार में उपस्थिति दर्ज की। यह देखकर मुझे लगा कि यह एक कदम हो सकता है जिससे चीन में रहने वाले भारतीय और उनके बच्चे घर बैठकर भी अपनी संस्कृति अपने संस्कारों और भाषा से जुड़ सकते हैं। इसी उद्देश्य से 'आयाम' मंच बनाया गया, इसके द्वारा आयोजित वेबिनार के ज़रिए भारतीय संस्कृति व भाषा को चीन में एक नया आयाम मिलने की भी सम्भावना बढ़ जाएगी। साल में दो बार तीन बार सांस्कृतिक कार्यक्रम होते हैं। उसमें भी कोरोना के कारण कई बाधाएं आ गईं। वेबिनार के ज़रिए सब घर बैठे-बैठे अपने विचार ज़्यादा लोगों के साथ साँझा कर सकते हैं। अपने बच्चों को भी साथ में लाकर उन्हें उत्साहित कर सकते हैं। अपनी भाषा से अपने साहित्य से जोड़ने के लिए अच्छी रचनाओं का पाठ कर उन पर चर्चा कर सकते हैं। इस तरह अपनी भाषा में अपनी संस्कृति के बारे में अच्छे कार्यक्रम हर महीने होने से सबको एक साझा मंच मिल जाएगा। चर्चा होगी तो उस चर्चा जो भी जुड़ना चाहेगा उसका स्वागत होगा। यह मंच इसी उद्देश्य से बनाया गया है कि हमारी भाषा हमारी संस्कृति हमारे संस्कारों को नया आयाम मिले। इस प्रकार से देश से बाहर रहते हुए हम लोग महीने में एक बार अपने बड़े परिवार के साथ जुड़ेंगे, चर्चा करेंगे। दूसरे इस मंच का उद्देश्य यह भी होगा कि चीन के जो विद्यार्थी हिंदी के प्रति समर्पित हैं उनको भी साथ में जोड़ा जाए। यहां पर जो भारतीय हैं, उन्होंने इतने सालों से रहते हुए चीनी संस्कृति के बारे में जितना जाना है उसके बारे में भी चर्चा हो और जो चीनी विद्यार्थी भारत में रहकर आए हैं उनसे भारत की संस्कृति के बारे में चर्चा होगी। लोगों को करीब लाने का रास्ता मिलेगा। धीरे-धीरे और बहुत कुछ जुड़ता जाएगा।

यह मंच एक साझा मंच बन सके, पूरे चीन में रहने वाले भारतीयों के लिए, बच्चे, बूढ़े और जवान सबको जोड़ने का प्रयास होगा। इस बार हिंदी दिवस के अवसर पर आयोजित कार्यक्रम में माननीय कौंसल जनरल साहब ने कहा था कि यहां पर रहने वाले भारतीय जो हिंदी को समझते हैं, जानते हैं वह हिंदी के प्रचार-प्रसार के लिए यज्ञ में आहुति डाल इसे आगे लाने का प्रयास करें। यह कदम उस यज्ञ में योगदान देगा यही आशा है।

आयाम का पहला वेबिनार अक्टूबर की तीन तारीख को सफलता-पूर्वक सम्पन्न हुआ उससे हम और भी आशावान हैं कि इसके ज़रिए हमारी भाषा और संस्कृति को नए आयाम दे सकेंगे।



मैं हूँ एक अदना सा कागज
मेरी भी है एक विचित्र सी कहानी
खाली पड़ा रहूँ तो कोई नहीं पूछता
भर जाऊँ तो कोई नहीं छोड़ता

कोई प्यार से मुझे चूम लेता है
तो कोई कुचल कर फेंक देता है
कोई गर्व से दीवार पर टांग देता है
तो कोई मुझे जूते से रगड़ देता है

जन्म-सिद्ध करने के लिए है मेरी ज़रूरत
और मरणोपरांत भी होती है मेरी ज़रूरत
मुझ अकेले से दो दिल जुड़ भी जाते हैं
बिछुड़ने पर भी मेरा ही उपयोग होता है

मुझे मोड़कर, बना एक नाव पानी में बहाते हैं
तो मुझ से ही बाना एक पतंग आकाश में उड़ाते भी हैं
लाखों करोड़ों का हिसाब मुझ पर लिखा जाता है
अनेक घोटलों का कच्चा-चिट्ठा भी मुझ पर ही छापा जाता है

मुझे बनाने के लिए पेड़ों को काटा जाता है
इस बात को भी मुझ पर ही लिख कर बताया जाता है
गर बात को रखना हो गुप्त तो मुझी पर छिपा कर लिखा जाता है
उस बात को करना हो गुम तो मुझको फाड़ भी दिया जाता है

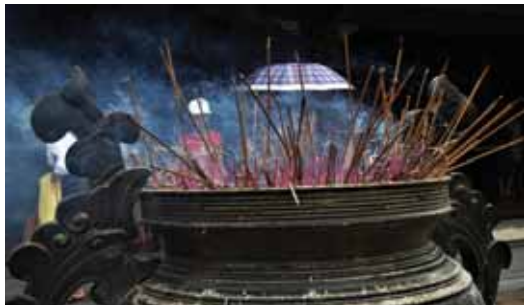
मैं तो हमेशा से एक अदना सा पन्ना रहा हूँ
पर मुझे किसी से परिचय क्या चाहिए
किसी का परिचय, कैसा भी क्यों न हो
वह भी मुझ पर ही तो लिखा जाता है

बात एक कागज की

PAINTINGS AND PHOTOGRAPHY



GOUTAM SEN
Artist & Photographer



PHOTOGRAPHY

Goutam Sen is a teacher in higher secondary divisions of international schools and offers visual arts under International Baccalaureate Diploma Programme for 25 years in different part of the world. Apart from painting in a professional manner, Goutam is a singer and photography, and poetry are his passion.

Being a consistent practitioner of Tagore songs, Goutam often brings music on his canvas to play Holi with colours. He has been trying to blend the two forms of ancient mythological art and individualizes his innovative style. His works do allow the viewer to re-examine the threshold between illusion and reality, between waking and dreaming. Lyrical, religious yet romantic, Goutam's canvases usually portray a calm ambiance based on Gandharan mythological characters and feelings. Though the works are majorly portraits and figurative, an element of fantasy also emerges. Goutam's works are proudly collected for personal and private sector's display in Mumbai, Bangalore, GOA, Kolkata, USA, Indonesia, Singapore, South Africa, Botswana, UK to name a few.

PAINTINGS





About Artist:

Hansini Motiani is 17 years old. She lives in Guangzhou, China.



75 Years Of India's
Independence



-Insha Ayat
8 years
Shanghai



Geeta In My Life



CHAPTER 2, VERSE 19

य एनं वेत्ति हन्तारं यश्चैनं मन्यते हतम् |
उभौ तौ न विजानीतो नायं हन्ति न हन्यते ॥19 ॥

जो इस आत्मा को मारने वाला समझता है तथा जो इसको मरा मानता है, वे दोनों ही नहीं जानते क्योंकि यह आत्मा वास्तव में न तो किसी को मारता है और न किसी द्वारा मारा जाता है।

I love reading Geeta and especially this sloka. Here it is fitting contextually with the world. The covid has changed our planet, really? There is no change in the planet it's just in the way we think. As you know only humans were affected. We believe, the whole world has changed, our lives changed, our behaviors got changed, some businesses doomed and some thrived, some people failed, and some succeed, some people lost

loved ones, and some enjoyed family time during lockdowns.

I wonder, who caused it... is it a virus? Is anything got changed for any species other than humans? Humans are nothing but one of the millions of living species on this planet and one species has a minor impact on their day-to-day life. That happened to be us this time.

You would have heard, many species in the animal kingdom turn extinct, many plans which use to be growing are no longer there... but this time we felt pain because it was human. How strange, we cannot empathize till it comes to us. Still, many people are not understanding that planet is beyond human and let's protect it.

Krishna is telling every one of us including Arjuna – if we are emotionally touched by Maya, then we see people are killed but is routine and nothing is happening if we are “Sthitpragya” and do not get disturbed by anything. Like we never felt pain were lives of other species were changing.

I want to end up my thoughts by adding my translation of one poem, one. Trust you can relate to that. Even if something has touched you emotionally, just move ahead leaving all feelings of pain, guilt, and anger behind... as no one is killing or no one is getting killed. It's just the impact of Maya...

As sloka said, no one is killing, or no one is getting killed – it is just nature taking turns. Many life-changing events are happening every day for one country or other, one species or other, one family or other – we do not feel till it knocks on our door.



About Author:

Jaytirth is 12 years old studying in Shanghai Community international school in Grade 8. He loves reading different books on Indian mythology, English literature as well as science fiction. He also run social media channel to promote Geeta spirituality - “Jay Geeta - Sweet Side”

Translated from One art - Elizabeth Bishop

खो खो के जीते रहना, सीखना कोई मुश्किल नहीं है
चीजें खो जाने के लियाबनी हुई होती हैं
उन खो जानेपर कोई मुसीबत नहीं आती है

हर रोज़ हमकुछ खोत हैं, खो खो को जीते रहना कोई मुश्किल नहीं है
खो चीजें, खो बैठो जल्दीसे: स्थान, स्थल, नाम, और जहानी
तुम सफर करने जाना चाहता था, खोते हुए में कोई मुसीबतना आएगी

मैं मा की घडी खो बैठा, और देखो, मेरा आखिरी या हमसे पहला तीसरा घर मैं खो बैठी,
याद आती है उनकी मुझे लकिन मैं फिर भी जिंदा रहती हूँ

और तुम कोभी खो बैठी, तेरी मजाकी बातें,
मैं झूठन बोलूंगी, साफ साफ है ये के खो जाने का तारिका कोई मुश्किल बात नहीं है।
हलां के मुश्किल लगता है, ये भी कोई मुश्किल नहीं है।
हर रोज़ हमकुछ खोत हैं, खो खो को जीते रहना कोई मुश्किल नहीं है, खो बैठो जल्दी से



Scan the QR Code to receive Geeta classes every week on every single sloka.
WeChat ID: TuJoshi



ॐ सवर्मगल मांगल्ये शिवे सवार्थर् साधिके । शरण्ये त्र्यंबके गौरी नारायिण नमोऽस्तुते ॥

Durga puja is the most celebrated festival in West Bengal. Durgotsav holds a cultural and social significance towards the expat Bengali community from India, the desire to return home intensifies as the event approaches. However, due to existing commitments going back home is not an option. So, the determined Bengalis decide to bring the festivities are brought alive in the city of Shanghai, far away from home.

An attempt is done, now, each year to make Durgotsav as glorious as its counterparts in India, not only by Bengalis but also by other communities irrespective of their faith. This event was started in Shanghai many years ago, when a bunch of determined and enthusiastic people came together and dared to dream and made Shanghai Durgotsav possible.

As this festival has a religious aspect to it, which require sacred items in the rituals, items not available outside of India. So, a dutiful performance of the pujo poses unique challenges, yet the determined community overcomes this by



ensuring that all items required are made available for the pujo, imported from India. An idol of Maa Durga is also arranged from India, which reaches in time, overcoming many obstacles. Their only motivation is to recreate the essence of the festivities in Shanghai, their second home.

Shanghai is such a place, where people cannot expect to live permanently due to many reasons. The faces are ever changing, but Durgotsav continues with the divine blessings of Maa Durga. Each year, the grand event also consists of many cultural programs like skits, dances, and other performing arts.

Every year, the event is faced with many challenges, which Shanghai Adda overcomes with zeal. In this two-day event, everyone comes together crossing all social and religious boundaries, like a large family making it a grand success. This also helps a lot of people to beat the blues of their hometown pujo celebrations.



It's OK to be Not OK

Ah !!! strange title isn't it. Of course, when it comes to mental health people in general don't talk openly as to how they feel, and react instead of responding to the situations. Since ages human beings are considered to be a social animal, that being said even if we don't like to be amidst the crowd, have to abide by the informal rules of the society to be among the public in various occasions or situations.

At times different life experiences or situations like the current pandemic does test our limits. While some of us are strong enough to accept the reality and move on sooner, not many have the strong will power to move on by ignoring the past. It's the necessity of these individuals to seek attention of someone whom they can speak openly and try to help themselves which most don't do assuming 'what others think about ourselves'. It's that thought which holds them back from accepting the situation or reality and does put a pause to their overall growth.

What should one do in such situations?

There are several ways to help yourself at difficult times.



Talk:

You can reach out to any mentor if you have, or anyone close to you either in your own family or in your circle of social friends and gatherings whom you can trust and be honest about yourself. This openness can help you bring out the negativity in your thoughts and help you relieve yourself.

Hobby:

Develop or cultivate a hobby which can help you derail negativity from your mind and free yourself to think differently.



Get a pet:

Yes, pets are amazing companion. They don't expect anything but love. They give an immense pleasure of celebrating life.

Travel:

Travelling helps you to think differently, perceive things in a different way and also helps you to meet people from different places with different thought process.



Read:

Yes, reading anything you like or enjoy will help you take yourself away from the surroundings and be joyous.

Take care of self:

Be it spending time for watching a movie you like or going for a facial or a massage or pedicure or manicure or cycling or a long drive what not, the list is unlimited.



Smile:

The most precious gift one can give is the smile without any expectation. It's contagious. It changes the way you look at life.

The list is unlimited. What is important is to do things that make YOU happy. Because only when you are happy and content, you can make sure the people around you are happy.

The changes one can see recently due to the pandemic especially if you are working is enormous. The work from home concept has changed the way world perceives how things can be done without being together physically but can be delivered being together virtually. This change has brought few positive and negative impacts. If we look at the positive side, it gives us more time to be around our family and most importantly the stress of rushing to the office in the morning be it self-drive or taking a public transport can be forgotten. While you work you can enjoy a cup of tea or coffee from your mom or wife or husband. At your free time maybe, you take your time to talk to your kid or play with your pet. One thing you may miss out in the short run is meeting your colleagues daily and having a discussion over a cup of coffee at the pantry or in a meeting room which of course you still can do it while being online, just that its virtual.

Finally, the take away! Be yourself, learn to seek help when required, take a break. Life is here to celebrate, so enjoy your time doing what you love.



PERSONAL ACCOUNT OF TEACHING IN CHINA AS FEMALE BRITISH INDIAN

Exposure to different Mandarin traditions as well as interesting Chinese facts made my teaching journey soothing and meaningful.

Who does not love to visit different countries? I grew up in London with a dream to visit different countries and explore the cultures.

Who am I?

I studied well at school but my circumstances at the time were different, so I was not able to attend university after leaving school. I got a job and joined night school as I wanted to continue my studies and obtain a degree. Fortunately, my company allowed me one day off from work so I could attend university. It gave me a chance to complete my degree. Finally, I achieved my degree even though at times it was challenging with work, other commitments including family.

However, I felt there was a gap in my life, things changed, and I got a job offer to teach in China which made me think OMG China! I was a little apprehensive about it, so I turned down the job. Few months down the line another offer of a job came up in China, so "I thought it must be my lucky day another job."

My family supported me and encouraged to explore new experiences of different culture.

My Professional Entry to China

I made one of the biggest decisions of my life leaving everything behind, coming out of my comfort zone. At 2AM on a freezing night I arrived in Hangzhou. The unfamiliar environment scared me because I did not speak a single word of Mandarin, everyone including the customs were helpful. I was grateful to the person who came to pick me up from the airport and took me to my hotel.

Next day the Education Department of Jiangsu informed me, that I have a job to teach at a school in Suzhou. In fact, my teaching experience is innately intertwined with how I experienced the country's culture. There are restrictions about dress code in China and as a teacher what we would find modest in the West like showing a little cleavage is not allowed but truly short skirts are fine. The freedom of going out anytime you want, feeling safe. One time a friend and I got a train from Wuxi to where we live at 3 AM without any hiccups. China is a safe place, there are strict rules, which everyone abides by. I missed that when I use to go back to England during the summer holidays until COVID-19.

In the beginning I noticed a difference in treatment compared to white British people from English speaking countries.

Exposure to Diverse Stereotypes

I did come across odd looks like OMG she is brown, and she is meant to be from England. I would go on to explain that my parents were Indian, and I grew up in London. Sometimes they would like to know more about my life to find out why my parents moved to England. So far in my experience life in China has been an amazing journey, meeting wonderful people from all over the world and everyone here is friendly regardless of their nationality.





Interesting facts to discover about China

China is also a cashless society: no one uses card or cash here. It is all done by mobile phone just scanning the QR codes even the small stall holders have QR codes. The food here is cheap and majority of the times you do get high quality food and service. The best thing is you do not need to give tips to anyone at first, I tried but they refused by saying it's their job.

The Journey Still Goes On

However, I have survived, and I am still here in 2021. For the past three years I have been living in Changzhou, Jiangsu province.

Once you give up on the all the hang ups and stop thinking about how things should be, and "Just start enjoying the way things are. Chinese people are friendly and helpful in my experience."

The respect you get as a teacher is amazing, I really do have so much fun with my students and I have even managed to visit few students' hometown.

I hope you have enjoyed reading my experience, for me it was an amazing experience, especially about freedom (in China?) I highly recommend teaching here, and I hope you decide to do it too!





Rainbows after the Storm

Life brought me to China at a much later stage. I was born in India and spent a good 30 years living and working in Scotland, I had no idea that the Land of Mian was on the cards. Only when I came to Shenzhen (to live with my husband who runs a Business) I realised how British I had become! In my behaviour, my thinking and even food habits. It takes time to learn new things for sure. Important thing is I am celebrating my life in this city, enjoying every aspect of the Chinese culture.

During my years in Edinburgh, Scotland I studied and worked with big companies - British telecom, and Scottish Widows, before I decided to take early retirement. I did not plan to work in China, but wanted to network and enjoy social gatherings.

Cooking is one of my passions. It came in handy when I reached out to make new friends here. I have received such warmth and positive response through my cooking workshops and at times I help my friends to create delicious curries when they want to entertain guests. It is a great way to connect to people, old or young. Food helps us to drop cultural barriers and mingle together. My son is being exposed to Chinese culture. It makes us very happy. In fact, India and China share so many common things - our rich history, struggles, also behavioural aspects like how we respect our elders, how we pamper our kids. I come from a generation which valued family and relations and had strong loyalty towards the county. Even my mother participated in the fight for freedom, she wore Khadi sari for Quit India Movement when she was just sixteen. When it was my mom 's 80th birthday I called Ms. Pratibha Patil, the then President of India, asking her to call my mom and wish her happy birthday. Which she did. Both grandparents were freedom fighters, and my dad's father Pt. Chandramani Vidya Alankar was head of Gurukul, and he translated Ramayana in Hindi.

What I have realized is that all the exposure and learning through family and outside builds our character. And we, as a family feel privileged to live and learn so much in China.

In the coming months, I will be publishing my biography, which is a narrative of all the struggles and learnings that I have been through, and how It has shaped my personality, as well as my future. It is called 'Rainbows after the Storm'.



About Author:

Purnima Gangam hails from Dehradun, India. She has lived and worked in Edinburgh, Scotland, UK. She lives in Shenzhen, China with her family. She pioneered Vegetarian cooking at her sons school and it was a great success , since then she has been teaching vegetarian cooking , doing charity work for captivating China. She has travelled a bit , made friends from all over the world, and is now writing a book about her life journey, India , Edinburgh and now China, Rainbow after the Storm.



About Artist :

Riyaan Kartik Raj is 5 year old and studies in Zhongban in Shanghai. He is very creative and has helpful nature, loves to sing, dance and bake. He enjoys reading books and narrate stories.



This is what I said excitedly to my husband, one evening in December 2019, "Hey! I have an idea! Let us go to Xian for CNY this year. The temperature is going to be low but not as low as Harbin! Little did I know I would receive a phone call just a couple of weeks later informing me that we had lost my father-in-law. And instead of flying to Xian in February we rushed back home in January. This is just one example from my life regarding CHANGE!!!!

The most recent pandemic has brought us face to face with change in a fuller sense. But have we ever considered that we have actually lived with change since the day we were born? The first change that a child encounters as a baby is to come out of the comfort zone of their mother's womb and get acquainted with the outside world. A very big adjustment and alteration to their surroundings!!!! Not only that, as time progresses there are physical changes that begin to occur – the baby grows up, starts to crawl, and eventually walk. Next, along come the cognitive changes when they start to develop the receptive language and eventually begin to talk.

The next BIG change in the life of a child is when they step out of the comfort zone of their homes to enter School. Do you remember what your first day of school was like? Was it any different from your child's, if you are already a parent who has sent their child to school! I am sure, there would be similarities and differences between the two generations. Though there would undoubtedly be similarities, the main idea here is, everyone has or will experience this change at some point in life prior to this very moment now. This change continues in the form of physical and cognitive development as the child grows. And the level of complexity increases as they go from one stage of life to another. However, as adults, I guess the wiring in our brains becomes more rigid over the course of time, resulting in the fact that it becomes hard to accept change that compels us to step out of our comfort zone. We tend to cling to feelings of comfort and control that accompany stability and predictability. This steady state makes us feel efficient, secure, and more importantly - it gives us the feeling of I know how to do this! I got this! Everything our brain captures is run through a filter. Behind the scenes, we have the mind, which adds inputs from our senses. It, then, emphasizes some perceptions and ignores others, creating a story. As per the norm, we tend to gravitate towards stories that show us to be smart, brave, insightful, and strong. So, we selectively capture and interpret information that reinforces our desired narrative. Having said that, the bitter truth is, CHANGE messes with our story. It removes us from the place of being smart, brave, insightful, and strong and makes things chaotic for us. This results in us trying to distance ourselves from that change and the feelings it evokes, which in turn raises the probability of us manipulating people and/or circumstances to keep our egos undisturbed and remove the discomfort brought on by agitation and fear. Over the years, the mind, that we have trained to accept all that validates our ego, ignores anything and everything that doesn't give meaning to this ego. It tries to influence the elemental forces to perpetuate the story, to hold it together. This friction between our desire for predictability and mutability of life makes us feel a little lost.

**CHANGE
IS THE ONLY
CONSTANT**



To quote the famous author of Frankenstein, Mary Wollstonecraft Shelley, “Nothing is painful to the human mind as a great and sudden change.” Although, we are very familiar to the phenomenon of change in the form of changing of seasons, weather, moments, wins or losses, as mentioned before, our mind tends to live all the happy memories over and over again. In the same way, we tend to repeat a traumatic incident in our brains as well, without giving it a thought that it is only the past that is playing with our heads. The past isn't here anymore, the future cannot be seen and the only thing permanent is the present moment and nothing else. Everything is a result of change. Everyone was living a normal life. And then came the Pandemic which has still taken the world by a storm. For the last several months, everyone we know has been pushed beyond their comfort zones by persistent, extraordinary change. I would like to aptly quote one of my favorite authors, Charles Dickens, from A Tale of Two Cities,

**‘It was the best of times, it was the worst of times,
It was the age of wisdom, it was the age of foolishness,
It was the season of light, it was the season of darkness,
It was the spring of hope, it was the winter of despair.’**

Who knew the world would come to a standstill, with economies coming crashing down, thousands of people rendered jobless, hundreds of families separated, closed schools and universities, empty supermarkets. All this is a result of the massive change that occurred in the whole world sometime in the beginning of 2020. COVID19 has made us more familiar with the feelings of anxiety, defensiveness, and uncertainty than we ever thought we could handle. Despite virus created, cope. Families they saw a ray form of VBMs return to their after being stuck Bhoomi for together. They in the form of celebrations centralized



the havoc the we still learnt to rejoiced when of hope in the and they could Karma Bhoomi in their Janma months found little joys birthday while under quarantine.

The tables when none of us to enjoy the king this summer. difficult to children over the did not dampen had creative of Richa Sharma

turned again could go back of fruit – AAM Parents found it engage their holiday. Yet, this their spirits. We minds like those who conducted

art workshops to give wings to children's creativity over the summer. Also, a big thank you to our very own Nidhi (Aunty) Sharma who organized a fun filled day for our little enthusiasts in the form of Kids' Summer Fun it seems so easy for young adults to adapt and mold themselves according to the situation, isn't it?

Well, this was the scenario for those fellow countrymen who were able to return and establish a sense of routine in their lives. Nonetheless, there are people who are still stuck back home are waiting for that spring of hope when normalcy will be restored. Students are eager to get back to their schools to get on with their academic life. In a nutshell, people are anticipating change for the better.

To handle changes in your life, you need to accept what is beyond your control and focus on your own internal transition to the new reality. Remember that feeling apprehensive about change does not mean that change is bad – what seems frightening in the beginning may well turn out to be for the best. A good maxim to keep in mind would be, as Socrates said, “The secret of change is to focus all of your energy not on fighting the old, but on building the new!!!” Rather than rail against change, the key is to broaden our view by becoming less self-focused, less ruled by our ego. Change the input and you can change the story. This shift occurs when we deepen the level of our consciousness, meaning we start practicing mindfulness. To be mindful simply means making the choice to

slow down and notice what you are thinking and feeling without judgement. Let's say you have a strong negative reaction to something that is happening around you and you start thinking, "Gosh! Why is my attitude so bad? What is wrong with me?" So, all in all you feel something negative and to top it up, you judge yourself for the way you feel.

When you practice mindfulness, it means, it is OK to have a negative feeling about something, let it happen – it doesn't mean something is wrong with you, but this mindfulness makes you more aware of what is taking place inside and around us and this helps us to respond first with acceptance. Then we choose our reaction towards this change and adapt to the shift. The result? We become less reactive and as we become less reactive, we move to a new level of consciousness deeper than that of our change-fearing ego.

Another virtue to think about when dealing with change is Curiosity. It is said that 'Replace the fear of unknown with curiosity'. Here, the unknown we are talking about is Change. Cultivate knowledge about the change itself by seeking to better understand why, what, how and when things are going to happen. Gaining knowledge about something will often make it less daunting. Curiosity also sparks courage. During times of great change, having courage isn't necessarily about being confident or in control. It is about being willing to speak up or ask questions, reach out for help, support or even reassurance. Courageous people are those who know how to take action that helps them feel more optimistic.

Top Global Thinker, Jamais Cascio, once said, "Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive." Resilient people focus on what they can control and let go of what they cannot control. Personally, I had, for a while, stopped following the news headlines a few months ago as I found it hard to focus on the things which were beyond my control. I just focused all my energy on the phrase - This too shall pass. According to my personal experience, RESILIENCE is also one of the driving forces that helps embrace change. Finally, to sum it all in a nutshell, I would like to remind all of us of one of the many lessons that Shrimad Bhagavat Gita has taught:

**Whatever has happened, has happened for good.
Whatever is happening is also for good.
Whatever will happen shall also be good.
What belongs to you today,
Belonged to someone yesterday
And will be someone else's tomorrow.
Change is the law of The Universe!!!**

Change is a fact of life. Choose to face it head on by practicing mindfulness, demonstrating curiosity, speaking up with courage and following through with resilience. The more change-adaptive we are, the better we will be able to meet each change that comes our way. Remember!!!! Change is difficult! Not changing is fatal!

About Author:

Niharika Vadgama is a very happy wife and mother to two lovely children and has been living in Shanghai for over 10 years. A Teacher Mentor by profession, she has been lucky enough to experience life in its various colours here in Shanghai. She feels grateful to experience the chance of interacting with and learning about different personalities in this multi-national city, buzzing with life.





MY JOURNEY INTO THE WORLD OF ART.



I have always believed in the saying “go with the flow”, but didn’t know that as I kept saying this, it would take me into a journey I never ever dreamt of.

When I was a teenager, art came to me easily, drawing still life was very appealing to me. And I especially loved stippling.

Whats this? It’s a sort of art where dots are used; for shading and filling up spaces.

Somewhere deep in myself, I wanted to pursue in this field, but other things took over and art slowly faded away.

Present moment: In the year 2020 while interacting with my students on the topic of pattern, a video notification pops up in my face with something that took my interest. And the above is what I created with the help of some links, just on pattern making.

Of course now when I look at this, it definitely has a beginner’s hand.

The biggest hand that led me into this world was Insta. It’s a social media that can make and break you. I decided to use it to make myself.

With nothing on my mind and no direction, I flowed into the river and learnt other skills that were not just plain drawing but drawing with a purpose.

I found that India has a diverse art culture that intrigued my saliva glands in my BRAINS. So, I ventured to look into some: Warli, Saura, Madhubani, Gond and Mandana were just a few I experienced. Here are some of my creations.

Each of these art forms have a history about their style, colors used, and how they were created in the past and in the present day. Each of them has a long and interesting story to tell. The history also tells the ways these arts were created using natural colors from the plants and vegetables. Some of the known artists have passed down their legacy and skills to their children and now it’s them who are taking the initiative to get these styles known in the present time. Some have received national awards but still struggle to keep unto the pace of life.

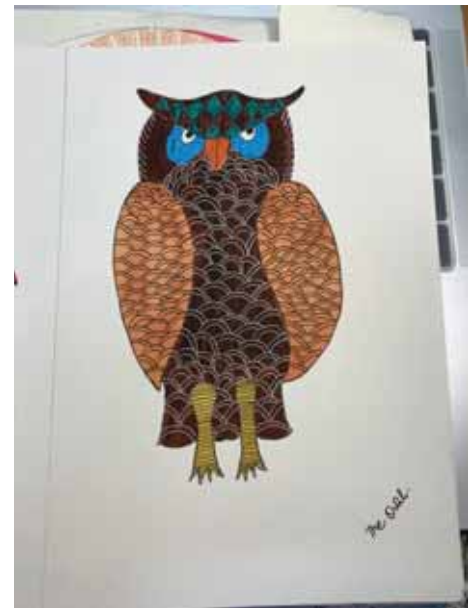
I won’t be going into must details about them here, if interested, you can look them up on internet.

On one hand I was practicing the Indian Art and then Mandala fell into my basket as well.

Upon learning about Mandalas from various artists, they all had their own ways to portray the history, but all had a common ground and that is, it’s completely meditative, helps one to build patience, helps to build focus and helps to get the mind stay calm. In one word it’s THERAPEUTIC.

Currently, some artists have come up with various styles of mandalas and I also observed that artists from different countries drew their mandalas in different way.

My first independent drawn mandala:





Now when I look back at this, I see many flaws, but at that time, it was my biggest achievement. Who knew that it would take me further and deeper into this sea of art.

Mandala are made from concentric circles. These circles are further divided into equal grids. Inside each grid box, a pattern is drawn repeatedly. By repeating a pattern continuously, at the initial stage the focus is just on drawing and getting the next pattern done neatly and in perfection. As you continue this, it takes you into a trance, your mind releases all the negative thoughts and this leads you to relaxing your shoulders, and just bringing you the present moment, taking you into the mindful meditation state.

This isn't bad. While you perform yoga, your mind is never steady and acts like a

monkey-jumping and swinging from branch to branch. But creating a mandala (on a daily basis), it brings that monkey mind to calm down, and just makes you feel the present moment and nothing else; past or tomorrow doesn't matter.

The concept of the mandala creating is always the same: circles and more circles, dividing these circles into equal parts and filling the grid boxes with different patterns on every layer of the circles. But there are different styles of mandala:

Again, I must say, that these are just a drop of ideas in the sea of mandala learnings I have encountered. If I were to post the pictures of my works, 2 pages wouldn't be enough.

Each mandala drawn has a theory that needs to be heard by experts only. I am still learning and continue to pursue this.

I am currently looking into Geometric Mandala. This art concept has many names, but it's most commonly known as the Islamic Pattern Illustration.

WHY?

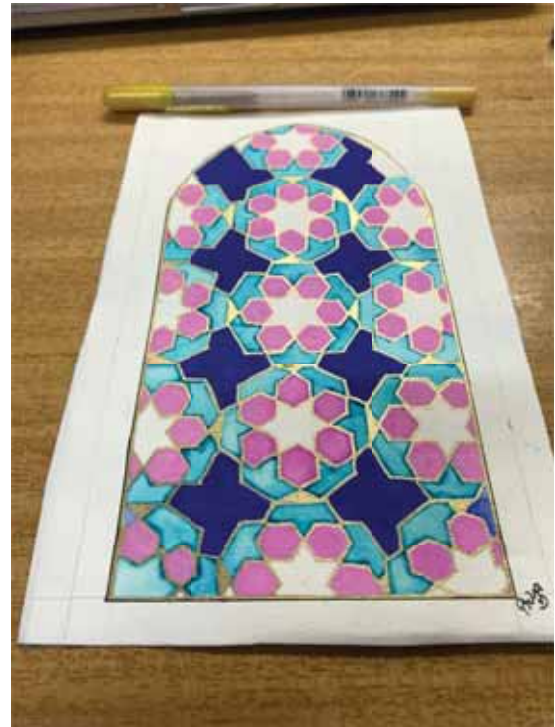
Because its mostly found on walls from the Mediterranean region of the world. That said, it is also found on the walls and roof of Taj Mahal and all other olden monuments

and buildings and castles, that were once owned and lived by the Persians in India. They brought it into the country when there was the invasion period. They had their own designers and hence constructed their homes with these styles. These designs are so intricate with lines running in all directions and forming a pattern which are so amazing to look and wonder. If you ever saw them, you would definitely think how they cut, measure and form them on walls and wooden frames with the correct and almost precise measurements. Here are a few styles I am still learning.

About Author:

Priya (aka Jenny) Mahtani lives in Ningbo with her family. She believes learning any new skill, enhances learning experiences and it comes into our lives to teach us something. She says, "these various art forms have thought me to be myself, accept myself and live by my heart's desire. Do what you would like to do, but not to harm and jeopardize your mental state of being but find that "something" that will touch a cord in your heart and allow it to give you a direction- in a good and beneficial way. Stay happy'.







Palate and Palette – Bakes and Shades

"Doing what you love and loving what you do is a superpower"

I have been in love with the craft of baking for over a decade now and have been into creating art on canvas for much longer.

Growing up, I was always more interested in arts & crafts. Always found it more engaging and creative. I spent my childhood in small towns with hardly a bakery around, watched my mother making cakes for our birthdays. I think it started somewhere there; I still have my (now) dogeared diary with all the recipes handwritten - It's fun referring back to that now with so much of information being just an internet search away.

I had been experimenting with desserts and baked things all through the years but really was sometime in 2012, with lot of encouragement from friends and family I dabbled in to baking for others. I find it very satisfying to bake with kids and making those moments special for everyone with thoughtful and meaningful bakes that suit different occasions.

My love for colours and brushes made me a hobby artist as I grew into a young adult. I started painting during my college days. Before moving back to Shanghai in 2019, I had been taking hobby classes for kids and adults to help them learn (and relearn) the art of creativity.



In a way both baking and arts are a great outlet for creativity, makes one spend time in a way that amounts to something and is a wonderfully relaxing. Getting in the zone or a "flow" is the best thing to experience.

Very thankful to Shanghai's community, where I could restart my passion and have been able to continue it for over a year now. Being in Shanghai also helps me share my creations of bakes and paintings beyond the cultures and borders I had grown comfortable with. I love doing eggless, vegan, fusion, and bake friendly for the health conscious. Rasmalai cakes are super hit specially with Europeans while all our India community devour them with lots of nostalgia and fondness.

With the travel reducing due to the pandemic and kids growing up there is much more time at hand. I have also been able to invest time into painting traditional folk art from India like Pichwai, Madhubani and am constantly expanding on my repertoire. This has been an amazing journey and exploration of Bakes and Shades in Shanghai and I hope to continue this for times to come.

About Author:

Richa Sharma is a full-time homemaker, turned home baker and a hobby artist. She enjoys every bit of it. She has been in Shanghai for 6+ years in last 12 years. Shanghai is like second home to her now, with a very large and supportive family of Indian community. She looks forward to continuing her journey and creating memories in Shanghai.

***"Doing what you love
and loving what you
do is a superpower"***





Achievements and Challenges after 2020 Tokyo Olympics.

Every four years, there occurs a very predictable event which ends up being the main topic of discussion for at least 2-3 weeks and then subsequently dies down.

No, I am not talking about leap years.

I am talking about India's helplessness to win more than a handful of Olympic medals during the Summer Olympics.

India had won a total of 7 Olympic medals at the 2020 Summer Olympics in Tokyo, we got 48th rank despite the fact that it has world's second largest population.

Here is the most surprising part, we as Indians seem to always clamour to be on the same playing field as our BRICS counterparts: Brazil, Russia, and China. In fact, we want to be on the same playing field as the rest of the world. But when it comes to sports, we don't stand anywhere near our BRICS counterparts and lag in comparison to most of the countries.

During the 2012 Olympic games, Russia ranked 4th with a total of 81 Olympic medals, Brazil ranked 22nd with a total of 17 Olympic medals, and China came in 2nd place with a total of 88 Olympic medals.

You might be wondering, what does a country winning Olympic medals have to do with its economy? If you dig deep enough, the truly astonishing facts appear.

Sports, culture, and their economic impacts on a country There is no debating that India is a cricket-crazy nation. It is a part of our culture and in many ways, is one of the few things that unifies the entire nation. From "gully cricket" to the official Indian cricket team, cricket is to India what football is to Brazil. But this has not stopped Brazil from winning Olympic medals.

Brazil, Russia, China, and dozens of other countries have been able to promote more than one sport in their respective countries. Why has the development of other sports been stunted in India, and what's its economic impact on India? The irony is, if sports were promoted the same way we promote education, there is no doubt about the positive impact it would have on India's youth and, consequently, the economy as a whole. The potential is truly limitless.

In a comprehensive study done titled "Promoting the Benefits of Sport", a group of researchers found that encouraging sports from a young age has a tremendous impact on not only the individuals, but also on the country overall.

Educational Benefits of Sports

Right from elementary (primary) education, all the way through university level, numerous studies have shown that there is a direct correlation between engaging students in sports and their development in education. The most important aspect doesn't come from a physical standpoint, but more from a self-esteem and self-awareness standpoint. Due to higher levels of self-esteem and confidence, children

are less likely to miss school, are more likely to do their homework and earn better grades.

Many students entering high school have a hard time managing to fit in sports into their schedule. However, taking part in sports can have a tremendous impact on their education.

It's shown that "extra-curricular sport participation throughout high school is a good predictor of having a job with a future and a job with autonomy at the age of 24." In other words, high school students who manage to play extra-curricular sports on a competition level are more likely to be employed by the age of 24.

A common problem occurs when students enter universities. Sports become a lower priority while education takes on a higher priority. However, it has been shown, "Students who participate in interscholastic sports are less likely to be regular and heavy smokers, drug users, and are more likely to stay in school and have good conduct and high academic achievement."

Health benefits of sports

Few would disagree that sports leads to better health. Physical activity, especially from a younger age leads all sorts of health benefits. However, one common problem faced in India is a lack of competitive sports leagues. For example, outside of cricket it is difficult for an average student to find a competitive league to play sports such as basketball and football, which require little money to play (as opposed to sports like tennis, golf, field hockey, etc.).

Finding basketball courts is in itself a challenging task in most cities, let alone vacant football fields. And so, gully cricket becomes the de-facto sport of choice. This leads to sports being associated as a recreational hobby versus an intense, competitive activity.

Social benefits of sports

When one thinks of sports, the societal benefits it brings would probably not immediately come to mind. And yet, it has been shown again and again through studies that societies which encourage sports have lower crime rates, lead to empowerment of women, leads to a decrease in poverty, and brings families and communities together. The reasons are quite simple when one thinks about it: most sports are team oriented. When a cricket team is formed, a bond is automatically made among teammates. The same applies to football, basketball, field hockey, etc.

As a result of children being involved in sports, crime rates drop, and communities become safer. Women are empowered because, through sports, their self-esteem improves, and confidence grows. India already faces some glaring inequalities between men and women across all segments of society; why can't we empower women through sports and lower that gap? Movies like Chak De India,



featuring women's field hockey and Bhaag Milkha Bhaag, featuring the real-life story of sprinter Milkha Singh, brought a sense of patriotism to millions across India; yet how many students do you know that competitively participate in these sports?

Economic benefits of sports

And last, but not least, we get to the economic benefits of sports on a country.

Here's an interesting statistic. We know that Australia has a competitive cricket team, just like us. And yet, Australians annually spend more than 7 billion British Pounds on sports consumption. That translates to approximately 70,000 crores annually. It is almost a sure-fire guarantee that India does not spend anywhere close to that amount in sports consumption. The reason Australians spend so much on sports is not simply a function of their spending potential. India's population is 50 times the size of Australia's population. The reason is that Australia is heavy promoter of cultivating sports into its culture. Rugby, cricket, traditional football, Australian football, tennis, basketball- are all encouraged and intertwined into Australia's ecosystem. The result is that the public is willing to spend 70,000 crores annually on sports consumption.

In another study, it was shown that in the United Kingdom, the consumer expenditure relating to sport was 10.4 British pounds, making sport activity a critical factor in raising its economy.

The bottom line is quite simple, when a society actively promotes sports into its culture, encouraging kids to not only play sports as a hobby or as a recreational activity but to compete actively, intensely - it benefits the society from not only an educational, health, and societal level- but benefits the country's economy.

"This study considered the factors behind the poor

performance...a number of factors were investigated; governmental policies are likely to have only a limited effect on the actual number of medals won. In contrast, an increasing cultural focus on sport offers some potential for increasing Olympic performance."

A way forward

The above paragraph, in a nutshell describes our attitude perfectly when it comes to explaining how and why we fail to garner more Olympic medals. The default blame goes towards the government; but what if looked at the picture a little differently? Instead of playing gully cricket as a recreational activity, what if more kids were playing competitive football or competitive running? Competitive sports not only bring about more discipline, but benefit the country from an economic, societal, and educational standpoint.

And maybe by laying the foundation correctly, right now- instead of the usual chatter, people will be talking about India's remarkable turnaround 10 years from now at the 2024 Olympic Games.

Although this year's performance 2020 summer Olympic and Para-Olympic 2020 our sports team showed very positive effort, we need to hire more foreign coaches who can improve Quality of skills.

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Concept Talk

Concept Talk

It's good news that we are fine and healthy in China, and I pray that wherever your loved ones are, remain healthy and fit.

As we all know, this COVID19 problem has spread among all nations and majority of the government failed to manage this Pandemic situation despite efforts made. In this article I will try to explain some of the topics which could give us more understanding and awareness in the present situation.

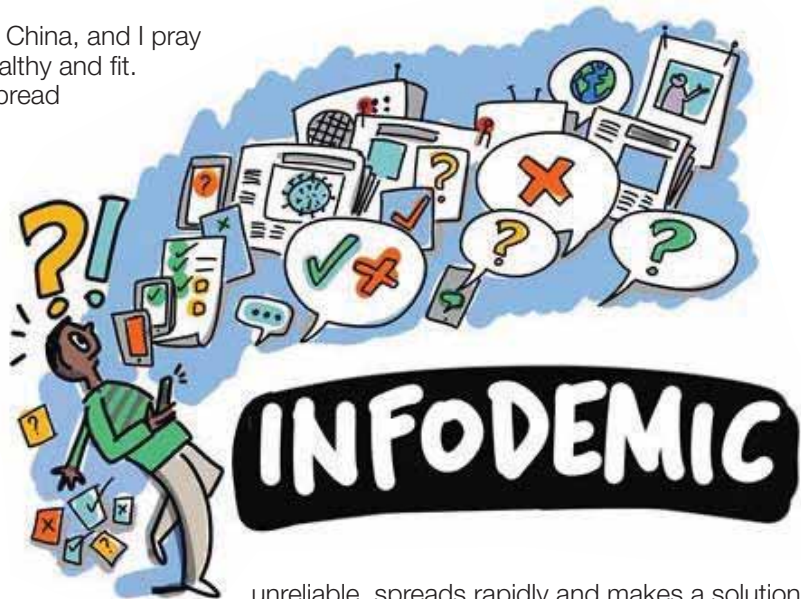
1. When will the Covid-19 Pandemic end?
2. Herd Immunity
3. Endemic
4. Vaccination

Pandemic and Infodemic

A Pandemic is an epidemic that's spread over multiple countries and continents.

Infodemic is an excessive amount of information about a problem that is typically more difficult to achieve. A good example is without knowing the fact we forward which causes more fear in society. We see several examples like putting lemon in the nose, Mantra jap, 5g trials and other wrong information which spreads in India. If you are not smart enough without validity you will forward it to others, and it creates panic and death.

This is not the first time Pandemic has happened. One hundred years ago, Spanish flu which was termed as (Bombay flu) in India has already killed millions of people. There were similar viruses which came not only once, twice, and thrice and they were noted having noted the same pattern as this time.



unreliable, spreads rapidly and makes a solution WhatsApp, whatever information we received in the nose, Mantra jap, 5g trials and other wrong information which spreads in India. If you are not smart enough without validity you will forward it to others, and it creates panic and death.

Understanding Stages of a Pandemic and how do see it as Pandemic?

1. Outbreak is a sudden increase in occurrences of a disease when cases are more than normal expectancy for the location or season. It may affect small and localized group or impact upon thousands of people across an entire continent.

2. A pandemic is an epidemic of an infectious disease that has spread across a large region, for instance multiple continents or worldwide affecting a substantial number of people. In all three things must be included:

✓ Novel Pathogen - which means disease is spreading micro-organism it could be anything like virus, bacteria, fungus, and parasites.

✓ It should be contagious.

✓ Rapid spread - as per WHO guidelines we should remember now a days that the world is Global and in globalization anyone can go anywhere. It means that diseases are also global and it's hard to control or prevent because of transportation.

Stages of Control over Pandemic (Four Stages of Control)

1. Control – In previous months it was uncontrolled because our capacity of beds was limited and because of the sudden increase of patients it was hard to manage. A very good example of this control stage was the successful controlled number of cases of people getting sick with Tuberculosis. It was not eradicated but it's controlled by number of cases.

2. Endemic – regularly found among particular people or in a certain area. For this we don't need to worry because our health Infrastructure is sufficient to handle this situation as if now fourteen diseases are counted as endemic.

3. Elimination – the complete removal which means zero. For example, in TB as per WHO guidelines, if there is 1

case in a million, then it is considered Elimination. Polio is the best example for this stage.

4. Eradication – the complete destruction of cases, example is smallpox, to achieve that zero-case government must work continues effort.

When will this COVID - 19 end?

The answer is it's not going to end at least another 10 years. It's true, that the number of cases will decrease but it will not be completely eradicated. Why? The reasons are:

1. There is no worldwide cooperation and effort.
2. We don't know how long will vaccine give immunity, probably six to eight months.?
3. Vaccine production capacity.
4. Children's vaccine are not available, only in some few countries.
5. Lack of interest in getting vaccinated.
6. Lack of Infrastructure especially in small villages.
7. Super spreader activities.
8. Religious values.

These are some of the reasons why we can't eradicate the cases, yet we can control if we improved on all above factors. The most practical possibility is if we can turn it into Endemic.

What is Herd Immunity

This means resistance to the spread of an infectious disease within a population that is based on pre-existing immunity of a high proportion of individuals as a result of previous infection or vaccination. A very good example is Measles in 1930.

How can Herd Immunity be developed?

1. Reduced probability of an individual becoming infected when it is the part of vaccinated population.
2. The chance of becoming infected in a population decrease with increasing density of individuals being vaccinated.
3. Protection by herd immunity applies to vaccinated as well as unvaccinated individuals.

India – Herd Immunity through Vaccination

Population of India in 2021

Age Group Percentage Population

0-18	33% vaccine not available
18- 45	42% vaccination in process
45-60	15% vaccination in process
60 +	10% vaccination in process

When can we travel normally to India?

It's difficult to say because cases are increasing and also the possibility of 3rd wave cases. Hopefully when things get normalize by December 2023 or 2024 it would be possible.

Conclusion:

Teacher of the Year goes to COVID19. It taught us that life is all about SIMPLICITY and SPIRITUALITY + UNCERTAINTY, but let's not lose hope :)

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Deepanjali's Artwork

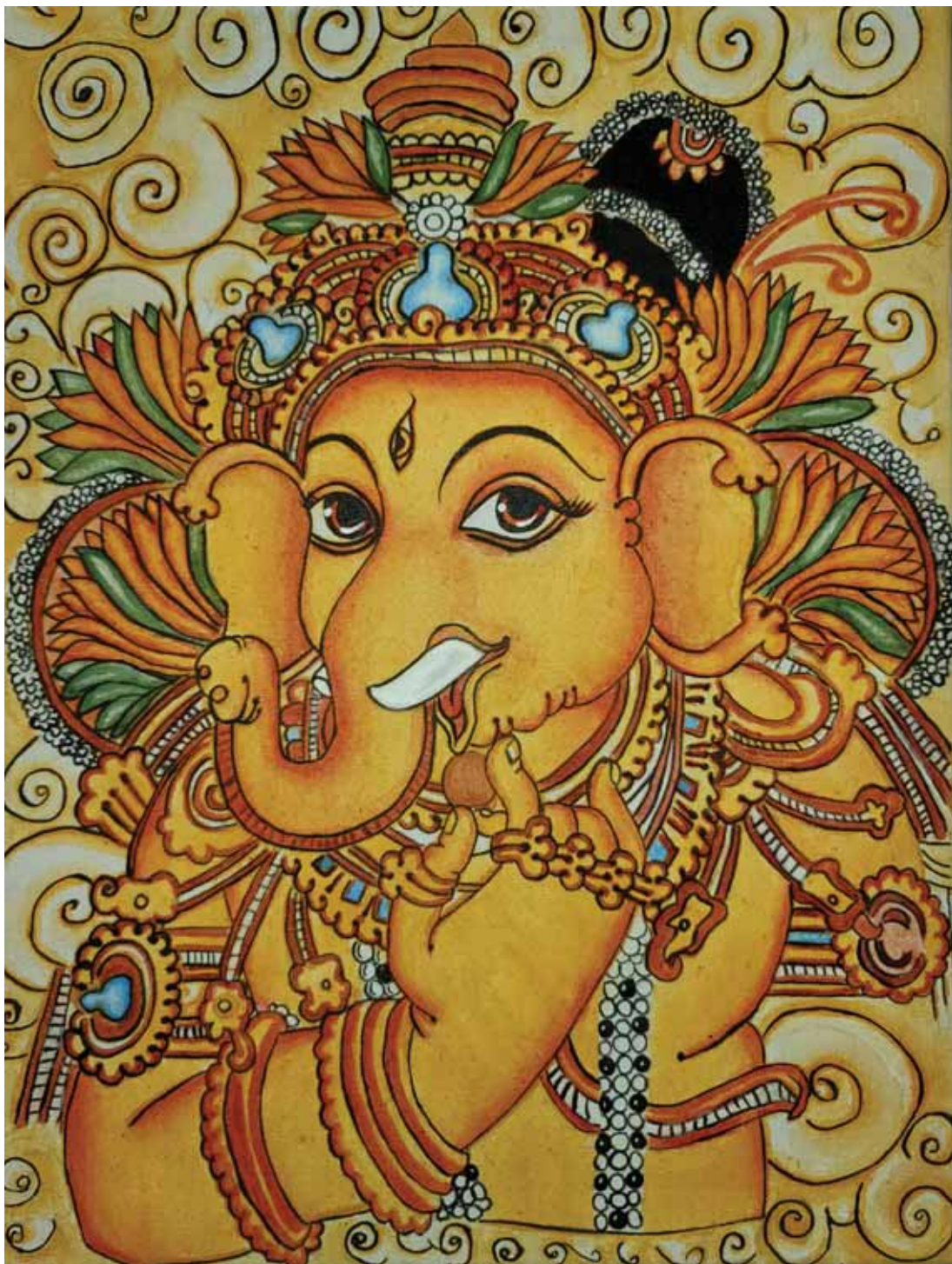
About Artist:

"Art Enables us to find ourselves and lose ourselves at same time" - Thomas Merton.

Ms. Deepanjali Shirgurkar is a grade 9 student at SMIC Private School, Pudong, Shanghai. Art has been part of her life right from her childhood. Her art works have been published in different magazines and she has won Eco-Future Art Competition.

About the Painting:

This is a traditional Kerala Mural Painting of Lord Ganesha. It was painted on the Canvas using water colors.



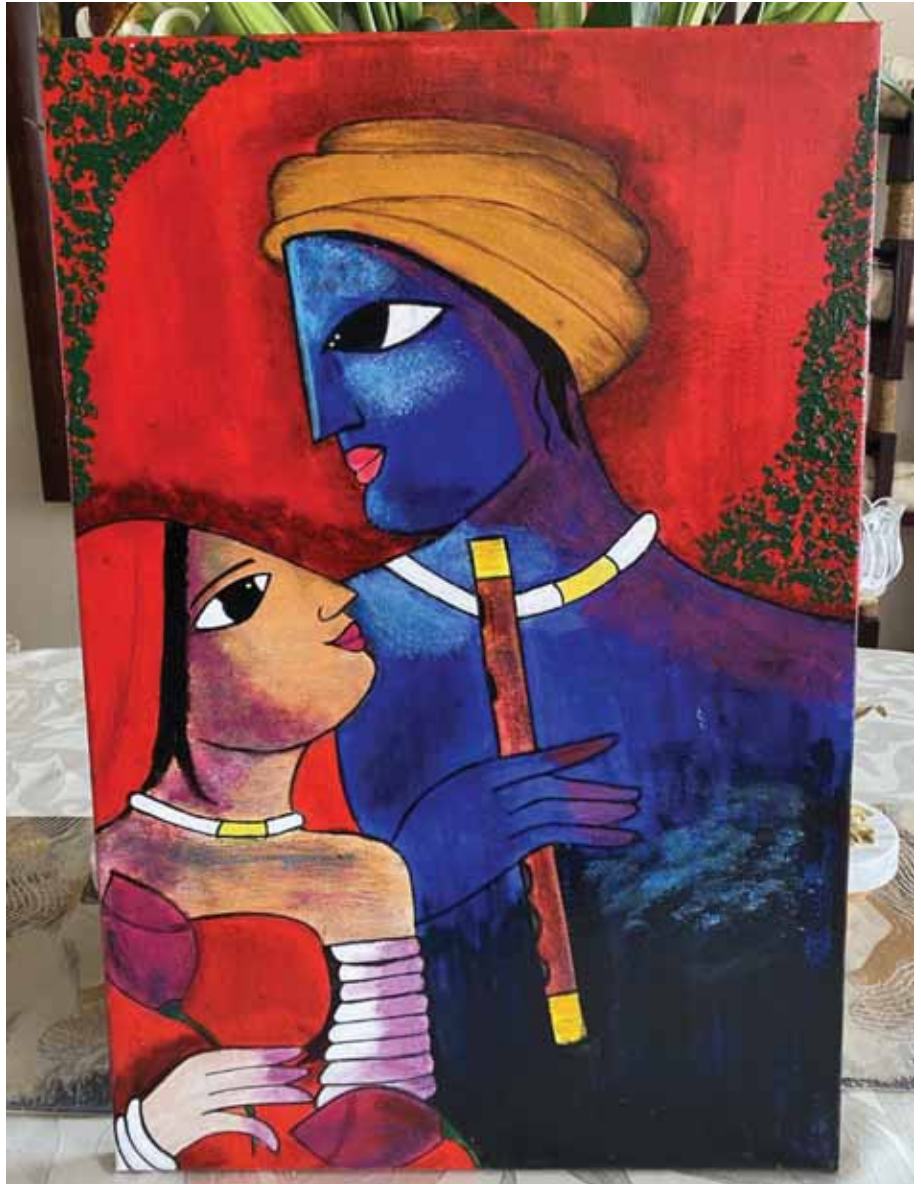


Passion Has No Borders

Life right now has constrained most of us within borders. However, there is one thing that solely belongs to you, will be there with you no matter where you are, that no one can take away from you and that is your PASSION.

When you find something you genuinely just love to do for the sake of it, it will always feel good. You won't need money or instant gratification for it to have any value. Every person has gifts and talents. Very often we don't utilize them to our fullest potential, or we don't make time to pursue them. Although money is great and can buy us the things that will temporarily make us happy, it can't buy time -our most valuable asset and something we should spend wisely. We all know that an idle mind is a devil's workshop- keep it engaged in an enjoyable activity.

You may be blessed with a happy family, a great job and financial stability, but you will always need something that relaxes, recharges, rests your brain and replenishes your energy. That is your passion. When you find a hobby or passion, that is yours, nobody can take that away from you. Through all of life's ups and downs, a passion is always an outlet you can turn to, a stress reliver, something that will always be there. When my family was stuck in India for eight months, I turned to my passion for art, to create something out of my imagination every now and then, be it painting, mosaic or even learning a new form of art like creating products using resin. It truly lifted my spirits and my mood and relieved me of anxiety. This year, I decided to share my passion and interests with others by hosting sip and paint classes and teaching mosaic.



Taking time out for your hobby or passion, be it golf, singing, cooking or reading, is truly a soul-searching experience because it is about YOU, what you care about, what brings you joy, something that is part of you, something you own, no matter what! So, let's try and take a little break from social media, the commotion and hecticness of life and find time for what truly makes us happy.

About Author:

Shiru Gulani is an elementary school teacher. She also teaches painting and mosaic.





I would love to share something very important thing that we all should adopt in our lives, especially after this pandemic when we all are facing so many problems and are mentally disturbed as most of us have already lost their near and dear ones, lost their jobs, are unable to meet our families from last two years. Even after so many issues we are still safe and healthy so we should be grateful to God and must thank him everyday.

What is Attitude of Gratitude?

An attitude of gratitude allows you to be thankful for all the blessings you receive each day, despite having challenges or setbacks in life. It means that you can always express your appreciation for all the opportunities you get in your life.

Grateful people give thanks for everything in their lives, even on the days when it feels like nothing is going right. To turn an attitude of gratitude into a sustainable habit, your foundation for feelings of gratitude must be independent of your circumstances.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion to clarity."

Why is Gratitude Important?

Studies show that if you express gratitude, it raises your happiness by 25%. When you take a moment to give thanks for what you have, instead of ruminating on what you don't have, it fills you up.

Psychologists have found that negative events have a greater impact on our brains than positive ones, referred to as the negative bias. As a result, a lot of people tend to move farther away from gratitude, which is an essential precursor to happiness.

"If you concentrate on what you have, you'll always have more. If you concentrate on what you don't have, you'll never have enough."

Benefits of Developing Attitude of Gratitude

More self-confidence and self-esteem

Those who experience the desire of wanting something feel like they're missing out. Instead, if you feel an attitude of gratitude, you'll feel a sense of abundance, resulting in greater self-confidence and higher self-esteem.

More happiness

By taking some time to feel grateful for having what you do in your life, you'll feel happier because, at this moment, you'll know you still have a lot going on for you. If you're disgruntled because you feel like you don't have as much as you should, your negative thoughts will prevent the happiness you could feel.

Less stress and worry

When we want something, we tend to work harder to get it. More success and more money often require more work. But is life about work, or is it about living? People often forget what their true goal is and get stressed by the climb instead of taking the time to enjoy life.

Increased feeling of abundance

An attitude of gratitude can help you feel abundance. Feeling like you have a lot or a little often comes down to your mindset.

Are you a pessimist or an optimist? Your life is ever-changing. Over the years, you'll gain more and lose more, and while some of it is within your control, not all of it is. So, if you have something important in your life, remember that not everyone has what you have.

AN ATTITUDE OF

Gratitude

Live every day with an attitude of gratitude.

Better relationships

Those who've developed an attitude of gratitude are more likely to have better relationships. When you're grateful for the people in your life, you tend to experience more positive relationships with them. You'll praise their accomplishments, recognize all the good deeds they do for you, and enjoy spending time with them.

Less comparing yourself to others

Comparison can create a ton of envy. And envious people don't feel an attitude of gratitude. When we constantly look at what our neighbors have, we feel a sense of lack, which creates a desire for more. And it's this desire, which prevents our happiness. Gratitude helps you stop comparing yourself to other people.

How to develop an attitude of gratitude

Keep a Gratitude Journal

If someone were to ask you right now what you're grateful for, would you be able to answer, without overthinking?

We often experience things that we should be grateful for, only to forget about them the next day. Therefore writing down what you are grateful for is a good idea. By doing so you are rewriting your brain to focus on the good.

Gratitude journaling is the habit of recording and reflecting on things (typically three) that you are grateful for regularly.

When it comes to practicing gratitude, consistency is key. Get into a routine of writing in your journal daily, preferably in the morning. This is a great way to start your day with a grateful heart.

Express Your Gratitude

Once you have developed an attitude of gratitude, you are free to share that love with others. How often do you take the time to tell people in your life how much they mean to you?

Research shows that on the days that individuals strive to express their gratitude, they experience more positive emotions and are more likely to report helping someone and to feel connected with others.

Think about the people in your life who have made a positive impact on you. Reach out and tell them how much you appreciate them. There are plenty of ways to express your gratitude.

Start writing thank-you notes to anyone who has helped you along your journey, give out meaningful compliments, and celebrate the joys of others as if they are yours, too. Now, more than ever before, we need to uplift and inspire one another.

Celebrate the Small Things

We are conditioned to focus on and celebrate our big achievements, instead of our small wins. However, if you fail to ignore the small things and keep rushing from one thing to the next, you will quickly become demotivated.

Who you become isn't determined by the end goal. Rather, it's determined by the person who you become along your journey to success.

When you celebrate the small things, what you're doing is celebrating your habits. Take time to pause, slow down and savor the small things. Instead of obsessing about the future or dwelling on the past, be more aware of the present moment. It's all you've got. Relish in it.

Meditate on Gratitude

Meditation is a powerful practice in self-awareness. The goal isn't to silence your thoughts. Rather, it's to become an active observer of them. The process of meditation is all about allowing the mind to do its thing and accept it as it is.

I've always struggled with meditation. Sitting in silence for long periods of time isn't my cup of tea. However, once I started combining meditation with gratitude, the game changed.

I began the process of transforming my inner and outer world. Through meditation, we can build up areas of our brain and rewire it to enhance positive traits like focus and decision making and diminish the less positive ones like fear and stress.

When you master the mind, you master your emotions. All of a sudden, everything in your life flows with more ease. You become less reactive and are better able to handle life's challenges with grace.

The beauty of a gratitude meditation is that you can practice it anywhere. Take a few minutes out of your busy schedule each day to reflect upon the things and people whom you are grateful for.

Conclusion

It's never too late to start cultivating an attitude of gratitude.

What are you grateful for? Give thanks for whatever that is every single day. Life is beautiful. Take the time to stop and appreciate it. Gratitude has the power to transform your entire life.

About Author:

Shweta Bansal Raj has been living in Shanghai for the past 6 years with her family and is blessed with a 5-year-old son, Riyaan. She works as a Business Manager in a Consultancy company and has a master's degree in Bioinformatics and MBA.



NUAKHAI JUHAR

All must be wondering what's the title of this article. Well, the literal meaning of Nuakhai is 'Nua' means new and 'khai' means eating. Juhar is basically namaste or pranam. It is used to show respect to Gods and elders. On this day to greet each other, we say Nuakhai Juhar. Its offering the newly harvested crops to God and praying for health & wealth for family-friends & celebrating the day with joy, taking blessings from elders. It's the festival of reconnecting family. Odisha is a land of 13 festivals in 12 months, out of which Nuakhai is a Sambalpuri festival that is highly popular in Western Odisha, India. The area is densely populated with tribal people whose main occupation is agriculture and this is the reason they celebrate Nuakhai. The newly harvested crops are worshipped, and people celebrate it by eating the first rice of the harvest together with their family.

Celebrated a day after Ganesh Chaturthi every year, this year, September 11th was marked as the harvest festival of Nuakhai. Unlike last year, this year it was celebrated with little more joy amongst people. The fear



of this pandemic put few distancing between all. Still, we saw people enjoying a little more this time, compared to last year.

Nuakhai Juhar is sharing gifts with your dear ones, wishing them on the occasion, and coming together as a family symbolizing unity. People leave behind differences and begin a new relationship ahead. In the evening, people greet each other by seeking blessings from elders. This demonstrates the kind of unity and bonding; the festivals have it in our culture. The festival finishes with folk songs, dances, drama expressing local culture and tradition of the various folds of the society.

Objective:

The objective of this festival is to celebrate social bonding and accelerate family ties. This day is celebrated by the farmers a day after observing Ganesh Chaturthi. People who reside in different parts of the country come to their native places on this day to celebrate the festival by wearing new clothes, offering prayers, and preparing special food.

Historical background:

This festival has been a tradition since the 12th century AD. People celebrate this festival with joy and



happiness. The king understood the importance of agriculture in the economic development of the state. So, he made sure to change the practice of hunting and gathering to an agrarian way of life in western Odisha.

Significance:

The Nuakhai festival gives learning to the current generation about the relevance of agriculture and the role of farmers in the development of the country.

Nuakhai celebration:

The preparation begins two weeks before the actual beginning of the festival. This festival has many rituals. On Nuakhai, people welcome the new rice of the season. Even as traditional rituals were followed, the festivities were subdued this year due to the pandemic. People from western Odisha now living outside the state also celebrated the festival at their locations amid the heartbreak of not being able to return home due to different restrictions amid the pandemic. Notable celebrations happened in Bengaluru, Bhopal, Chennai, Hyderabad, Kolkata, and Mumbai. Not only within the country, abroad also like Dubai, Singapore, London, Japan & US, its celebrated in full enthusiasm named as "Nuakhai Bhetghat" (reunion with family friends and on

new crop day). The colorful festival, marked by people wearing outfits made of Sambalpuri fabric.

This ritual is popular, and it is observed to eat the new crop after offering it to the deity, followed by dancing and singing. Maa Samaleswari has also a very important role in this festival. People used to take blessings from Maa on this auspicious occasion. As per the schedule, Nabanna, the newly harvested rice, is offered to Goddess Samaleswari.

Shree Shree Samaleswari, the presiding deity of Sambalpur, is a strong religious force in western part of Orissa. On the bank of the river Mahanadi, the mother Goddess Samaleswari is worshipped from ancient times as Jagatjanani, Adishakti, Mahalaxmi and Mahasaraswati. The region in which the temple is situated has a rich cultural heritage.

I tried to sketch a glimpse of Maa. It took me almost 2 weeks to finish this sketch. Hope I have done justice with this image.

To conclude, Nuakhai is not only a festival, but also the identity of our art, culture and tradition. This festival always keeps us motivated to move forward. We should be always optimistic in our lives and always be happy. It brings happiness to everyone's life. Due to this festival, social unity remains in the people even today. It's a symbol of cultural and social harmony. This festival enriches the friendship and feeling of brotherhood. It not only brings people together but provides the purpose, meaning and hope through the use of rituals and celebrations.

About Author:

Sonia Jain loves writing, sketching and painting in her free times.



ARTICLE

SYED AARIB



Syed Aarib is 5 years old. He believes his country is free like a kite and it should always fly high.



रोज़ाना की जिंदगी पर आधारित, हर दिन की समय सूची में जो मैंने देखा, सोचा आप सब को भी सुनाऊं। जब से कोरोना काल शुरू हुआ, सारे बच्चों कि मौज ही हो गई थी। अब धीरे-धीरे क्लासेस शुरू होने लगी और टीचर्स ने हमें बताया कि हम बच्चों को रोज कुछ न कुछ बताएँगे, समझाएँगे और सिखाएँगे। प्रतिदिन एक घंटे की क्लास होगी और आप सभी को अपने बच्चों की सहायता करनी होगी। मन में विचार तुरंत आया ये तो बहुत ही अच्छी बात है, बच्चे सारा दिन उधर-उधर घूमते रहते हैं अब थोड़ी देर ही सही पर कुछ तो सार्थक करेंगे। आज सोमवार से क्लासेस शुरू होनी थी और दोपहर के एक बज चुके थे और मैं जल्द से जल्द भोजन करके अपने किचन का सारा काम समेटने में लगी थी तभी कला, जो हमारे घर के कामों में सहायक थी, ने पूछा- भाभी आज इतनी हड़बड़ी क्यों है? कहीं जाना है क्या? तो मैंने उसे बताया कि आज से बच्चों की ऑन लाईन क्लासेस शुरू होने वाली हैं तो अभी बच्चे को सुलाना है, फिर चार बजे उसे क्लास के लिए तैयार भी करना है मेरी यह बात सुनते ही वह भी थोड़ा प्रेष्यान हो गई। कला के भी दो बच्चे थे। उसने कुछ कहा तो नहीं पर उसके अंतर्मन में चल रहे द्वंद्व को मैंने देखा कि मेरे बच्चों का क्या होगा? यह बात उसके चेहरे से स्पष्ट हो रही थी। उसे देख कर मेरे मन में विचार आया कि मैं तो अपने बच्चे की क्लास ऑन-लाईन करवा लूँगी पर जो जो रोज खाने-कमाने वाले हैं, उनके बच्चों का क्या कुसूर? वे बच्चे आज के इस कठिन कोरोना काल में पढाई-लिखी से वंचित हो गए। काश मैं कुछ ऐसा कर पाती कि कला और उनके जैसे रोज-कमाने खाने वालों के बच्चों भी अपनी पढाई पूरी कर पाते।

उस दिन अचानक शाम को बहुत तेज बारिश हुई और बादल ऐसे जमके बरसे कि सारा शहर जलमग्न हो गया। रात दस बजे घर के दरवाजे की घंटी बजी तो देखा कला अपने बच्चों के साथ दरवाजे पर खड़ी थी। दरवाजा खुलते ही उसने कहा - भाभी एक-दो दिन के लिए पीछे के बरामदे में जगह दे दो बस्ती का पानी उतरते ही अपने घर चली जाऊँगी। मैंने अपनी सासू माँ से पुछा तो उन्होंने भी सहर्ष हामी दे दी। कला आपने सामान और बच्चों के साथ पीछे के बरामदे में चली गई।

दूसरे दिन सुभ से ही मैं अपने कामों के साथ कला और उसके बच्चों की दिनचर्या को बहुत करीब से देख रही थी। तपती धूप में एक घर से दूसरे घर नंगे पाँव दौड़ती कला के माथे से टपकती पसीने की बूँदें ऐसी प्रतीत हो रही थी मानो किस्मत ने जैसे उसकी जिन्दगी में कष्टों और दुखों की स्थायी लकीरें ही बनाई हैं, उसके मन में कई अनसुलझे सवाल साफ़ दिखाई देते थे पर किससे शिकायत करे, किससे कहे? पर आज काम करते हुए कला बहुत ही उदास थी और शायद यही सोच रही थी कि सबके बच्चे पढाई कर रहे हैं बस मेरे ही बच्चे पीछे छूट रहे हैं। और धीरे-धीरे बड़बड़ा रही थी - सुबह से काम पर निकलती हूँ, सबके घर का काम करके शाम ढले घर पहुँचती हूँ, सुबह जो बच्चों को थोड़ा चाँवल, जिसे रात में पानी में डुबोया था, देकर आती हूँ। मैंने कला से पूछ ही लिया क्या बड़बड़ कर रही है? तो उसने सहज ही कहा कुछ नहीं भाभी। पर इस कुछ नहीं में ही सारा कुछ छिपा रखा था कला ने। रात मैंने देखा उसके चूल्हे से आती मद्धम रौशनी में अपने दोनों बच्चों के लिए खाना पकाते हुए भी अपने बच्चों के भविष्य की चिंता उसे सतत सता रही थी। बच्चों को खाना खिलाकर उन्हीं की जूठी पत्तल में उसने भी खाना खाया और सोने की तैयारी करने लगी तभी कला के बड़े बेटे ने कहा माँ तुम रोज इतने सारे घरों में काम करने जाती हो तो वहाँ हमारे जैसे बच्चे भी तो होंगे न। कला ने कहा- हाँ, है तो। उसके बेटे ने कहा- माँ तुम बहुत थक जाती हो इसलिए हम तुमसे नहीं कहते कहानी सुनाने, पर यदि पुरानी किताबें माँगकर लाओ तो मैं और मुन्नी एक दूसरे को कहानी पढ़कर सुना देंगे। भाई की बात सुन कला की बेटी मुन्नी के चहरे पर मधुर स्मित मुस्कान थी। यह सुनकर कला ने कहा चलो अभी सो जाओ कल भाभी से पूछूँगी। कला ने अपनी आँखें पोछते हुए उन्हें सुलाया और न जाने किन् विचारों में गुम हो गई। यह सब देख मेरी आँख भी नम हो गई थी।

अलसुबह कला अपने बच्चों के जाते हुए मुझे बार-बार धन्यवाद दे रही थी और मैं अपनी धुन में थी कि इन बच्चों की पढाई के लिए कुछ करूं। सो एक पुरानी पुस्तक कला के बच्चों को दे दी और कहा जब यह पढ़ लो तो मुझे बताना मैं और कहानी की पुस्तकें दूँगी। उन बच्चों की खुशी देखते ही बनती। दोनों बच्चे आखों ही आँखों में एक-दूसरे से बहुत कुछ कह रहे थे। उन्हें देख मैं भी गुन रही थी कुछ। अब मानों कला के बच्चों और मेरे सपनों की उड़ान शुरू

जिन्दगी ऐसी ही एक-दूसरे के सपनों को पूरा करते हुए यदि हम बिताएँ तो सारी सृष्टि में सुख होगा। सर्वे भवन्तु सुखिनः कि कामना के साथ..... अपनी लेखनी को आज यहीं विराम ॥

सोनिया जैन

सपनों की उड़ान



One sport that has made a space in every household in India is Cricket. Very rarely you will find any home where someone is not following up cricket in India. It is now a sport that women have taken up and now competing at the world stage. Cricket is no longer a gentlemen's game, it has reached a stage where recently the word batsman was changed to batter in Marylebone Cricket Club rule book, the holder of Copyright of Law of Cricket.

I was no different and was not far away from the game of Cricket. My dad was an active sportsman. He has represented state of Kerala for Javelin and was a good wicket keeper batsman during his playing days. I was crazy about the game since my childhood; however, I had no opportunity to play cricket ball (made of leather) till the age of 13. Baroda (today known as Vadodara), the place from where I grew up, has a very strong base of good clubs to the extent that the city has its own Ranji (India's premier cricket league) team. I was thrilled that after my 10th board I got a chance and permission to go far from home and play at one of the prime clubs in Baroda called Hindu Gymkhana. While I remained passionate about cricket, however but could not pursue further after my college days.

Post education I started working in Baroda and then came to Shanghai. While very skeptical moving to China for work however was at an age where I could take the risk. To my major surprise, Shanghai China was opposite a vibrant, safe and a fantastic place to live. Today I am glad I took the risk.

The mother of surprises, one Sunday afternoon I found a group of people wearing whites and playing the game I love so much in the heart of city in Jinqiao. Without second thoughts I directly entered the ground and introduced myself to the closest individual who coincidentally was from Pakistan, who then introduced me to their captain and was asked to come for nets the following Sunday. I was thrilled to see the facility. Back in India, 20 years ago we played in a dust bowl. There was not a single patch of green, here in Jinqiao at

Dulwich college we had a lush green outfield. Without any thoughts I joined the club and was amazed by uniqueness of its name Hot Dogs (lol – ya it's from our first sponsor business of selling sausages). The club was/is a mix of players from different countries India, Pakistan, Sri Lanka, Australia, Malaysia, UK, etc. and is vibrant and multicultural club.

It was like a dream come true to be able to play and also be able to socialize, something that we miss in India.

As I got involved learned how the cricket is organized in Shanghai – under Shanghai Cricket Club (SCC).

The Club has a history which is dating back to 1858.

Since the first game was played between a team of officers from HMS Highflyer and a

howzat?

CRICKET IN SHANGHAI

Shanghai 11 in 1858, cricket has had a home in Shanghai. Following a 45-year dormancy after the establishment of the People's Republic of China in 1949, the club was re-established in 1994 by expatriates living in the city and has since grown to over 300 members. The Shanghai Cricket Club administers a three-division league in which eight member clubs and associate teams play. The SCC also hosts an invitational sixes tournament and plays annual matches with Hong Kong Cricket Club, a revival of the original Interport matches from the turn of century. I was fortunate to have played many international sixes alongside some of the greats of Cricket - Sir Ian Botham, Merv Huges, Ian Healy, Dean Jones, Chris Lewis, Phil Simmons to name some.



There are two representative teams of SCC – SCC Dragons and SCC Pirates.

The Dragons are the Shanghai Cricket Club's representative team. Drawn from the best cricket players in the city, the Dragons tour throughout Asia and host international teams in Shanghai. The Dragons have also participated in most of the major tournaments on the Asian Cricket Sixes Tour, winning in Shanghai, Hong Kong, Manila and Phuket and is today supporting the Chinese cricket team to prepare for the Asian Games

Founded in Hong Kong in 2005 for the Hong Kong Cricket Sixes Festival, the Pirates are comprised of representatives of all eight member clubs and associate teams in Shanghai and regularly join the Dragons on tours throughout Asia. The Pirates are the Shanghai Cricket Club's social side and a heavy focus is placed on social activities and touring. Shanghai Community Sports Club



The SCSC hosts the majority of the Shanghai Cricket Club's games. It features two pitches, nets for training, and a clubroom with restaurant and a bar. The SCSC is located in Waigaoqiao in Pudong, right next to the Wuzhou Avenue Metro Station on Line 6. Wellington College International Wellington College International in Pudong began hosting Shanghai Cricket Club games at the end of 2014 and began hosting SCC Leagues games in 2015.

The league starts mid-March once the cold weather plays down and ends

around October. Division 1 is the elite division and constitutes of 40 Over games. Division 2 is amateur level division and constitutes of 30 over games and Division 3 is more of social level cricket and constitutes of 25 over games. Spirit of Cricket has not dampened post COVID19 also, games were played both during 2019 and 2020 but with a curtailed league since many of the players were not able to return to China.

The SCC while is a social club – we try to run it professionally (honorary posts), which comprises of Club President, League Director, Club Captain, Marketing Managers, Secretary and also, supported by the Presidents of the founding clubs comprising of Bashes Cricket Club, Daredevils Cricket Club, DPR HotDogs Cricket Club, Pudong Cricket Club. I have had the pleasure of serving in many capacities such as League Director & Club Captain.

Personally, over the years while be able to play, have met people from diverse countries and work backgrounds and have made some very solid friends, some who continue to be here in Shanghai and many have gone back to their home countries or elsewhere (we still keep in touch).

I will strongly encourage if you have the passion to come join us and am sure you will not regret the same.

** Picture Courtesy SCC Website & Thanks Manojit Dhar for proofreading ☒



About Author:

Vikas Laxman living in Shanghai for the past 15 years and working with Tata Consultancy Services, China. If you are a cricket enthusiast and excited to be part of SCC league, please reach out to us at vikas@shanghaiacricet.com



A Healthy Earth is the Best Inheritance for Future Generations

This is one of the best quotes I have read about sustainability so far. Sustainability is a lifestyle, which we as Indians, do not need to be taught. We have lived and learnt it from our ancestors. So, why this whole talk? Why do we need to discuss it now? It is because we're facing the dreadful consequences of our actions, we are witnessing them right now, be it COVID, typhoons or floods.

Another reason is, as we got more purchasing power, we started buying unnecessary things even when we did not need it. Why? We don't need to think a hundred times before buying anything anymore unlike our parents and grandparents. Now we buy as many things as we want because we have money. We are forgetting our roots of simplicity, mindfulness and environmental awareness. Our future generations will have to pay a heavy price for our actions. So, let's decide today, let's act today, let's pass on the best heritage that we can to next generations.

What can we do for them? We don't need to pass on money, real estate and jewelry because they're capable enough to earn it themselves; we need to pass on a 'Healthy Earth' to them so they can go on exotic vacations, so they can eat healthy food, so they can live their life joyfully!

Here are some practical things we can do easily in our daily life to help Mother Earth breathe better. If you're doing any of the things below, you're already an eco-warrior in my eyes.

1. Plant as much as you can.

You don't have to be a gardener. I just bought some pots and soil from B&T and planted the seeds of fruits and veggies I ate. I have 10 pipa plants in my garden now ☺! I also use the pots and pans or anything that can be used as a planter.

2. Use soap bars instead of liquid soaps to reduce plastic packaging.

We found soap bags really useful because they make foam.

3. Buy in bulk.

Costco and Metro are great supermarkets to buy in bulk.

4. Swap things with our friends and relatives, be it books, household equipment or clothes.

5. Use the clothes till they tear.

We literally wear each other's clothes in my family sometimes. You can also think of making a tote bag or quilts from your old clothes or give them to a person who needs them.

6. If something is broken, try to repair it, be it clothes, electronics or any other household things.

7. Consume different kinds of drinks instead of just cow milk.

You can try making soy and almond milk at home, it's super easy.

Just soak them overnight, mix it in the mixer next morning. I bought a Midea mixer and it makes hot soy milk in just 30 minutes!

Juices, coconut milk and smoothies are some other great options.

8. Carry a steel straw and your own water bottle when you go out.

9. Carry your own shopping bag so you don't have to take one from the supermarket.

10. Encourage local businesses that use sustainable materials. Buy from the artists that make beautiful things from used materials.

11. Make compost at home.

It's not that difficult, just make layers of soil, dry leaves, twigs, and fruit and vegetable peels in a big pot and leave it in your balcony for 3 months.

12. Last but not least,

Don't get addicted to the shopping websites, you know which ones I'm talking about ;)!

And the list goes on. The important thing is to try because:

"The greatest threat to our planet is the belief that someone else will save it." – Robert Swan

So, it is US who have to do whatever little we can. Let's pledge today that we will look around our home before we buy anything new. We will think whether we really need it or not. We will see if we can find any use for the things we think we want to throw away. We will ask friends if they need anything we don't anymore because a 'Healthy Earth' is the best inheritance for our future generations!

"The most sustainable thing is the thing we did not buy."

Viral Soni is an English teacher living in Shanghai with her family for more than four years. She has a Masters in English Literature and a Postgraduate Diploma in Education. She has worked in international and bilingual schools with a variety of curricula, IBPYP and American to name a few, for 10 years and has a strong passion for education. She loves cycling, fresh fruit juices and parks in Shanghai. She misses Hong Kong hikes and beaches sometimes though! Having lived there for 8 years, Hong Kong is her second home after India! She loves nature and likes to spend time in serene places. She is also part of a sustainability group from her son's school and loves learning how to live an ecofriendly life from the other members while sharing her own thoughts and habits with them.



*I'm afraid
Of men and women
In florid fabrics,
Tinted metals and
Slapped on paint
Posing for this masquerade,
Temporary and flake.*

*The Lady in red
Offers embellished abundance
Her soft eyes, her gentle demeanor,
Her voice like honey, lures:
"We'll be happy, this will all be yours
Marry me, for I'm the king of all"*

*Men and women with ease enticed:
"Oh! her bed so soft! Comforts unheard of!"
Whispers: "I want, I want"
"No! I can't" said the voice inside
I'm afraid, afraid it's a trap
I succumb and I fight, I strangle between the two
Forces of the Red Lady, too powerful
Bang! enters Wealth, striding on Fame
Whoosh! follows Greed with a smirk on his face
Inside's a battlefield. Outside? A pretty portray
Who'll win and who'll lose is hard to say.*

*Wouldn't it be wonderful?
Endless gardens and lakes and riches and cakes
Wonderful it might be, I'm afraid is all I say
How can I sell myself to a place I don't belong?
How can I be the thing they want?
To be bound, to be held,
To be confined by another's hand
One might own it all, for how long? I ask.*

*Most of all, I'm afraid I'm a part of it too
I wear fancy watches, fancy shoes, and fancy drapes
But temporary is pleasure and no promises are made
No providence is sought, and pain simply lasts
Trapped in this circle I lose my sight
Time and time again I'm in a fight
Turmoil and tribulations like waves appear
What do you choose?
When you don't know what the future holds
But you know what your heart smells.*

I'm Afraid

Yashpreet Kaur Came to China after completing her high school and has been living here for the past 10 years. She keeps herself busy with her varied interests and hobbies including learning languages, crocheting, doing Kirtan and writing. Visit www.sikhgirlinchina.com to read more of her poems and essays.



MY LIFE IN CHINA AFTER COVID

These words are more relevant now, in the COVID19 era, than ever before. Last year, the pandemic made everyone stop in their tracks and analyse their lives in a totally new perspective. It brought along a total shift in the paradigms of almost everyone.

In April 2020, while my kids and husband were working from home, me a stay-at-home mom was confined to the social media which was so overwhelming with negative sentiments. To avoid all the negativity around I started looking for other ways to keep myself busy and sane. I have been an avid reader all my life, but this time couldn't concentrate on any book. So, rummaging through one of the cupboards I came across a box of ribbons, collected over the years. I started exploring the internet to see how I can use this ribbon collection. That's how I was introduced to a total new realm of ribbon embroidery. Watching videos of ribbon embroidery to make roses was very intriguing. Coming from a science background, embroidery was never my cup of tea, so I was a little hesitant initially. But the beauty and elegance of the ribbon embroidered roses fascinated me so much, that I finally cut a piece of cloth, mounted it on a hoop (from my child's past projects) and thought I will give it a try!

The process was so engrossing, it took me to another world. It was like a creative meditation. Just a few stitches and it creates a beautiful rose. After making the first few roses, I realised it would need to be a pattern to keep it as a decorative embroidery hoop on the wall!

This embroidery world was very new for me, which I was discovering as a curious child. Each day I would watch a few more videos to add some more to my embroidery. Within a week I had a beautiful piece of work. It was something I never knew I could create. The joy it brought to my heart was beyond words.

When I shared it on WeChat moments and other social media platforms, I got an overwhelming amount of appreciation. And many of my friends wanted to know how to do it. Had I been following a single video I could have shared a link, but that was not the case. In the era of social distancing,

some suggested I should make a video tutorial. I agreed. Never realising that making a video of myself doing embroidery is not a walk in the park. It wasn't a STEM project that I place the phone at a distance and film it. Since the kids were back to school by now, asking for their help wasn't an option either. So, I made a 'Jugaadu phone stand'- mounting a selfie stick on a flower vase. (I wasn't aware of the existence of tripods then, as the videos never show behind the scenes stuff!). I started the embroidery, juggling and focusing the camera every few minutes. Looking back, it seems like a comedy of errors. Nonetheless, I completed the embroidery piece in just 5 hours. The happiness of this achievement was very short lived. Life is like a game with each level bringing new challenges and the moment you want

to thrive on an accomplishment, you realize the next level is ready. I now realized that video editing is another skill I had no clue about! So, I learnt to edit and made videos on how to embroider a ribbon rose, which in itself was a herculean task for a novice like me.

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





explored the Taobao (which I had downloaded now, after 2 years of staying in Shanghai) & the internet to learn how to frame embroideries in different styles. The happiness, each finished embroidered frame brought, was a motivation to try something new in the next. I had now a collection of beautiful embroideries, each a unique piece spreading happiness within me in the gloomy times around.

As they say: 'In vain you have acquired knowledge if you have not imparted it to others' - Deuteronomy Rabbah.

Having spent all my life in teaching science and sharing knowledge, it was natural for me to share the newly acquired skill. I decided to volunteer to teach ribbon embroidery in the school parent's group. We were to meet a few times per term over coffee and embroider together. That was an amazing experience. Years of lesson planning came handy in organising the classes - from choosing a design to preparing the embroidery kits. Meeting new people is always fun and sharing a new skill was the icing on the cake. And it's rightly said, 'Sharing enriches everyone with more knowledge'.

With each lesson I was learning something new myself. Later, I made ribbon embroidered brooches, have sold them at exhibitions, took embroidery CCA in the school and have been conducting embroidery classes. Some of my embroideries are now kept as souvenirs at a few homes.

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

This skill of ribbon embroidery made me step into another area of creativity. I had always bought designer Rakhis for my kids. In August 2020, as we couldn't go to India, I thought I should try making them myself. As now I was more confident in needle & thread work, I embroidered spiderman & an 'arc reactor core' rakhis for my kids on their special demand, besides making a few in traditional styles. This brought so much happiness in my family. Then just 2 days before Rakhi someone posted in a group that she needed to buy rakhis for her kids. I could relate with her and thought I should offer help. I was confident I could make the rakhis but the catch being, I didn't know how to courier them. So, I called up a few friends and learnt to courier with the help from my daughter. Then contacted the lady and made 6 customised rakhis overnight, which included one embroidered spiderman too. Each time I was surprising myself and the feeling of being able to bring smile on someone's face, filled the heart with so much positive vibes. She suggested that I should be making and selling them as people will love handmade rakhis. That moment I just took it as her way of appreciation, and then the year rolled on.

This year in July, we were to shift our house and I set out to make rakhis for my kids a little early lest I forget later when I would be too busy packing & unpacking. While I was making rakhi, my kids suggested I should make a few extra, otherwise I would be waking up all night to help someone one day before rakhi!

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

Such was the enthusiasm that I was making rakhis even while





shifting homes. Height of it was that the day we were to shift home, Typhoon struck Shanghai. After loading a few boxes in the truck, the movers announced they can't move the stuff that day and will be moving 2 days later, after the typhoon is over. We had to stay in the packed-up house for 2 days with all the stuff inside the boxes. 'When life gives you lemons, make lemonade!' We were struck in the house with typhoon outside and I thought it was perfect time to finish my rakhi orders. A very adventurous rakhi making session that was! I continued making rakhis while setting up the new house. As the courier connectivity here is so good, I ended up making rakhis for fellow Indians in Shenzhen, Suzhou & Shanghai. The most emotional moments were when sisters could send the rakhis back home. It was such a humbling experience to be the means to the celebrations in a few homes, while I wasn't able to tie rakhi to my brother this year, there were many

brothers who could tie my handmade rakhis. Now, as I look back into my life in the covid era, it's been a learning journey in which I have been learning something new every day. Thanks to Almighty, I am enjoying each phase of this



learning journey.

About Author:

Surbhi Gupta has been living in Shanghai for 4 years. She has a M.Sc.(honours) in Chemistry, B.Ed. (Science & Maths). She has done Global Career Counselling Certification, UCLA and Green Belt Certification in Career Counselling, Univariety, Singapore. Her hobbies include reading, writing, creating sustainable art & crafts, and learningQ new things. She speaks multiple language including English, Hindi, Punjabi, Gujrati, Mandarin (cleared HSK2) and Thai.



Celebration of a Lifetime: Commemoration of 75 Years of Indian Independence

Azadi ka Amrit Mahotsav commenced on 12th March 2021, which started with a 75 - week countdown to the 75th anniversary of Independence and will end post a year on 15th August 2023.

ये हमारा सौभाग्य है कि समय ने, देश ने, इस अमृत महोत्सव को साकार करने की जिम्मेदारी हम सबको दी है... एक तरह से ये प्रयास है कि कैसे आजादी के 75 साल का ये प्रयोजन, आजादी का ये अमृत महोत्सव भारत के जन-जन का, भारत के हर मन का पर्व बने

नरेन्द्र मोदी
भारत के प्रधान मंत्री

Overview

Every year on 15th August, Indians all over the world celebrate its Independence Day – the day that commemorates the end of 190 years of British rule in India. On this day in 1947, India was declared a free country after years of struggle by our great freedom fighters.

For any country, its Independence Day is always memorable – the day to rejoice in the glory of what their country has been able to achieve but also a day to remember the contributions, battles, and sacrifices of all the people who helped achieve it. Indians celebrate this day taking the opportunity to remember our heroes while also paying due recognition to all the people who helped us move forward from 1947 to the present day and become one of the most powerful countries in the world – politically, militarily and economically.

To honour and commemorate India's 75th year of Independence and celebrate our freedom struggle and achievements, the Government of India has launched a program termed as "Azadi Ka Amrit Mahotsav" on 12th March 2021, which also marked the 91 years of Dandi march.

"Azadi Ka Amrit Mahotsav" is an embodiment of all that is progressive about India's socio-cultural, political and economic identity. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister's vision of activating India 2.0, fuelled by the spirit of Atmanirbhar Bharat.

Official logo of "Azadi ka Amrit Mahotsav"



Understanding the meaning of "Azadi ka Amrit Mahotsav"

"Azadi" is a Persian word meaning freedom, but "Azadi" as such is rich in significance and connotation, ranging from freedom, liberty and independence, to progressive, liberal, emancipatory ideas, to amplitude, capacity, space, and openness, to a more technical

sense of manumission, enfranchisement, release from slavery.

In the medieval Indo-Islamic ecumene, “azadi” frequently had that last sense in which a born or acquired slave could be set free by his or her master for services rendered or as an act of supreme generosity.

“Amrit” means elixir, ambrosia, or nectar. Its secondary denotations include substances traditionally considered highly beneficial, ranging from water, ghee, boiled rice, gold, buttermilk, milk, sweets, to anything agreeable, desirable, beautiful, and life-enhancing. But the literal meaning of the word is simply “not dead.” “Amrit,” thus, is that which makes us immortal, indestructible, eternal.

The commonly understood meaning of “Maha” would be great or magnificent, as an additional and amplificatory, whereas “Utsav” refers to a celebration, festival, jubilee, or fete. But its more literal sense is elevation, rising, height, enterprise, undertaking, beginning, or blossoming.

Putting these words all together, we have the phrase “Azadi ka Amrit Mahotsav” which is India’s great freedom festival to commemorate the 75th anniversary of Indian independence.

Objective of “Azadi ka Amrit Mahotsav”

- ❖ To encourage the participation of the citizens so as to start ‘Janandolan’ which signifies that the changes at small level will ultimately help in achieving the national goals.

- ❖ ‘Ek Bharat Shreshtha Bharat’, the Mahotsav is intended to promote understanding among the citizens by means of several activities.

- ❖ The glorious history of our country is to be highlighted in the Mahotsav.

- ❖ India will take the ‘Shatabdi Sankalp’ which will guide India for the next 25 years.

- ❖ The Mahotsav will highlight the development of India in different sectors since independence. The graph of India’s development will bring a sense of joy among people and will make an individual proud.

- ❖ Every state, every language is another objective which will highlight the positive aspects of the different regions, as India is culturally a diverse country.

Five Pillars of the Mahotsav

The struggle for freedom, the new ideas for the progress of the nation on the occasion of the 75th anniversary of Independence, the achievements achieved on the 75th anniversary of independence, the steps to be taken on the 75th anniversary of independence and the resolutions you made as a citizen of the country on the 75th anniversary of independence.

Let’s unite and celebrate

The Government of India has decided to start celebrating 75 years of Indian independence 75 weeks before 15th August 2022. The festival aims to create a vision for India 2047. Various social and cultural programs will be organized in this festival along with demonstration of technical and scientific achievements.

The Mahotsav is a defining moment in life of each one of us. We are embracing the legacy of our ancestors, our rich cultural heritage and the efforts of the immortal souls, our heroes who fought the restless fights to make our country independent. Today we are democratic, have freedom to choose and spirit to reach the heights, it’s all the credit of the unsung heroes. We have to continue on the progressive path and with constant effort to build a new India. An India, where every sector will be equally empowered. “Azadi ka Amrit Mahotsav” should be made successful with mass participation of the people in various social and cultural activities

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About the author:

Zaheer Abbas resides in Changzhou, Jiangsu province from past 2 years. He holds a master’s degree in Pharmacy from Rajiv Gandhi University of Health Sciences, Karnataka, India. He has more than 12 years of experience in Formulation Research and Development of Solid oral dosage forms. Currently, he is working as a senior formulation scientist at Changzhou Pharmaceutical Factory. His hobbies include listening to music, travelling and reading scientific manuscripts.

POEMS



ZAINAB NOORAIN

A PRAYER

Dear god please pass a decree
Call on the deadly corona to flee
we all want to walk mask free
Our kids want to climb up the wisdom tree
Sure it's gonna happen you all agree
For all the wrong we did,
nature has taken its fee
Let us bend down our knee
And pray to God to set us free!!

About Author:

Zainab Noorain is a teacher at JinCai international School, Shanghai. She is inclined towards literature and art activities. She loves to be actively involved in our society, for she believes it has given her immensely and now its her time to pay back.

DAD

Your absence has brought this silence
My hearts crys in violence
Oh I wish I could take your guidance
You had such abundant experience
You were the epitome of elegance
I got from you my confidence
Now all I have is your remembrance
Well, life is not about convenience
So let me show my resilience!

WOMEN

When she tried to retrace
She found she was always a disgrace
She never tried to fit in the right place
Someone told that in her face
No matter how much one tried to deface
She finally took up her case
She knew she could resurface
All she wanted was someone to embrace
Things did change and luck started to chase
The world is now stunned by her glace
People are trying to keep up with her pace



आसमान की थाली

आसमान की थाली
 सजाए सूरज की लाली
 चिड़ियाँ गाए गाना
 निकली ढूँढने अपना दाना
 गुन-गुन करता भँवरा
 देता फूलों पर पहरा
 डाल-डाल पे खिली है कालियाँ
 जाग उठी है सारी गलियाँ
 उठ जा अब तू भी यारा
 देख तो दिन है कितना प्यारा

उलझन

हवा भी है पानी भी,
 लेकिन मेरे शहर जैसी सरगम नहीं ।
 पैसा भी है रुतबा भी,
 लेकिन मेरे शहर जैसी मोहब्बत नहीं ।
 दोस्त भी है हमराही भी,
 लेकिन मेरे शहर जैसा याराना नहीं ।
 क बच्चे भी हैं हमसफर भी,
 लेकिन मेरा बिता हुआ बचपना नहीं ।
 बहुत सोचती हूँ लौट चलने को,
 लेकिन अब इस कदर दूर हूँ मैं अपने शहरसे,
 के लौटने पर वहाँ मेरी कोई पेहेचान बाकी नहीं ।
 काल तक बुलाते थे मिझे सभी मेरे नामसे,
 आज कहते हैं, उसकी बहु- इसकी बेहेन के नामसे ।
 अब न यहां सुकून है, न वहां से राब्ता ।

BILLION DOLLAR LESSONS

Insights, experiences & challenges
of surviving 2020.



UrbanOffice: Transforming Restaurants/Bars into Co-working spaces



UrbanOffice has transformed the way people look at the Co-working Industry. Started with a simple idea of making use of underutilized Urban Spaces, UrbanOffice now has over 30 locations across Shanghai and growing.

Working from home or from coffee shops may seem like a cheap alternative to a co-working space in Shanghai, but we all know that costs can quickly add up. Order a cup of coffee, a snack and before you know it, you have already spent a ¥ 100 plus, just to work for a couple of hours. It can be hard to find an affordable, quiet space with reliable Wi-Fi and plenty of power outlets in prime areas around the city.

UrbanOffice capitalizes on restaurants/bars that are normally idle during the day, by turning them into co-working spaces and meeting rooms. All amenities required for a working space are included in the price (Comfortable desk, coffee, tea, reliable Wi-Fi connection, quiet and serene working environment) .

By joining Urban Office, members are not only able to work at prime locations around Shanghai, but also have access to exclusive events, perks, happy hours and community benefits throughout the city.

UrbanOffice is a web-based booking service, that lets you book Desk Space or meeting Rooms at various locations throughout the city. Log on to their website, book a table at a participating restaurant, cafe, or office space, lay down between 30rmb-60rmb, and you get a working space in a high-end venue for a day or half a day, with (mostly) unlimited coffee and / or tea (depending on the specific venue) .



Navigating the COVID-19 pandemic as a trusted partner



Who we are:

Tata Consultancy Services is an IT services, consulting and business solutions organization that has been partnering with many of the world's largest businesses in their transformation journeys for over 50 years. TCS offers a consulting-led, cognitive powered, integrated portfolio of business, technology and engineering services and solutions.

A part of the Tata group, India's largest multinational business group, TCS has over 500,000 of the world's best-trained consultants in 46 countries. The company generated consolidated revenues of US \$22.2 billion in the fiscal year ended March 31, 2021 and is listed on the BSE (formerly Bombay Stock Exchange) and the NSE (National Stock Exchange) in India.

TCS has been operating in China for close to 19 years. In 2002, TCS pioneered the entry of the Indian IT industry into China, becoming the first Indian wholly owned foreign IT Company in the country. In 2005, the

Chinese government invited TCS to form a joint venture aimed at creating a large-scale global off shoring base in China. TCS China continues to be recognized for our delivery excellence, achieving high customer satisfaction, and becoming a top employer of choice in China and APAC, by various domestic, regional, and multinational trade organizations. We continue to enrich our capacity with advanced certifications in all industry and our partner's associated technologies

Challenges forced by pandemic

The global economy is facing one of the gravest economic challenges in recent human history. While COVID-19 continues to spread around the world, many countries have been able to curtail the spread with vaccination and strict measures being implemented. Global organizations continue to face implications on several fronts with forced lockdowns, supply chain disruption in addition to unique challenges faced by their employees and customers.

Given that TCS is responsible for running, managing and maintain a large number of critical business applications and operations, it was imperative for us to be there for our clients and partners during this difficult time.

TCS teams round the world have been working tirelessly with respective client teams in bringing in greater resiliency and predictability across the entire value chain, while also focusing on driving the clients' growth agenda at the same time.

The challenges that unfolded during this period were unique and unforeseen, for both our clients and us.

While a number of broad based initiatives were undertaken over the past months to address the challenges, we believe, three key aspects significantly helped to resolve the situations for our clients in China.

1. Ability to appreciate the Client's unique challenges
2. Understanding of the dynamic COVID situations outside China
3. Helping our clients balance investments between efficiency vs growth

Ability to appreciate the client's unique challenges

For our clients the situations were unique, dynamic and full of unknowns with limited or no reference point to go by. Our teams were better placed due to our customer intimacy, contextual business knowledge and our ability to bring cross industry references and best practices. This gave us an opportunity to explore innovative solutions for unique problems. For one of our clients, a global manufacturing conglomerate, certain businesses of its China operations were at threat. This was because physical presence of its field engineers at client site was at the heart of their operating model. The engineers were forced to work from home while the physical devices installation was needed to be carried out in their client's manufacturing plants or laboratory facility. TCS helped developing a technology solution by which the field engineers could configure devices from home. The software also enabled capabilities for many-to-many collaboration which was one of its kind.

Dynamic COVID situations outside China

Impact of COVID outside China has been quite dynamic. While we in China enjoyed the privilege of coming to office without interruptions, that has not been the case for the rest of the world. Our regional operations teams were exposed to restrictions on physical access to offices/ client facilities, however our worldwide operations and robust remote working model (Secure Borderless Work Spaces TM) ensured no impact on client commitments. On many occasions our China operations led the show for rest

of world. This was very similar to what we saw happening in our client organizations too. We have seen our client organizations choose China as a country to pilot initiatives, where they saw uninterrupted business operations. We stepped up to provide support all possible ways to make these initiatives successful. Many of the best practices emerged out of our experiences in China were socialized for rest of world operations.

Help our clients to balance investment between efficiency vs growth

During this pandemic period, we have seen our clients taking pragmatic steps towards technology investments. Rightfully the investments aren't limited to just short-term cost efficiency gain. We have seen many initiatives focused on growth and accelerating business transformation where technology was an essential component. We in an advisory capacity helped our clients to prioritize their investments to balance between operational efficiency gain vs new business growth. For e.g., post-acquisition of one of our manufacturing clients we advised them on their technology strategy and future roadmap with an objective to optimize total cost of ownership while having core operations in harmony with acquirer company.

Conclusion

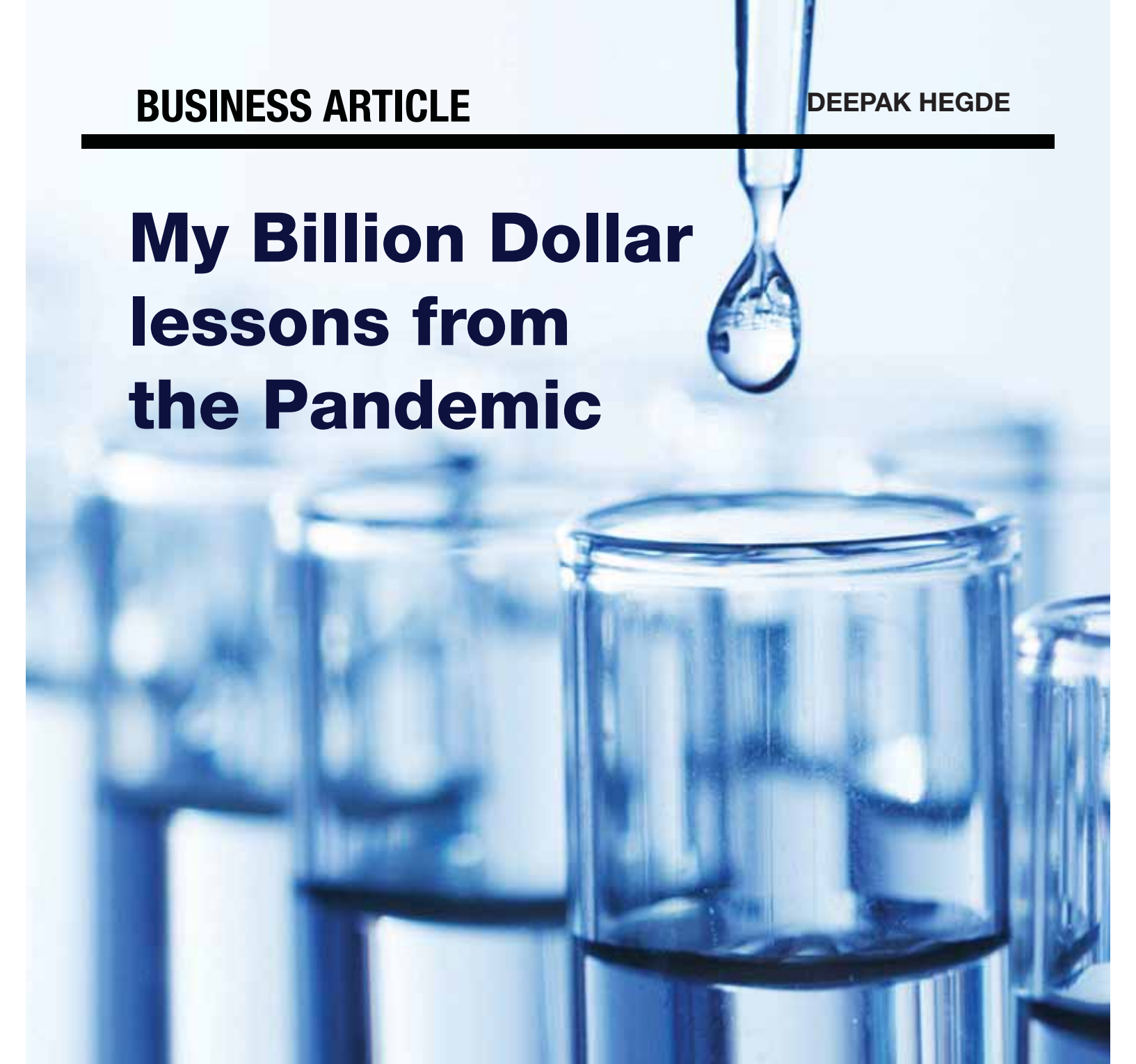
China carries the advantage of having had minimum interruptions due to the pandemic. While the rest of world businesses are still at different stages of coming back to normalcy, China businesses have been running business-as-usual all through. Companies with global operations are leveraging their China presence and are investing more in their China operations, bringing R&D in this biggest consumer market. Some who don't have businesses in China are expanding their footprint through M&A's. We are also seeing more and more Chinese companies going global by expanding operations in other regions. In summary China will continue to be a strategic market for the global companies, for those who already have their presence in China and many more will come here in near future.

Author:

Bopdeb Mondal

Tata Consultancy Services

Head of Consulting and Business Development



My Billion Dollar lessons from the Pandemic

My organization, EOC Pharma, a pharmaceutical company founded in 2015, and a spin out from Eddingpharm, leading specialty oncology pharmaceutical company in China. we have an integrated product platform encompassing research, development and commercialization capabilities. In terms of our business model, we maintain an independent discovery and development platform focused on innovative oncology compounds and we In-license unique molecules by leveraging ex-China data to accelerate domestic clinical trials. We have products acquired from established players including Syndax in US, Immutep and Sanofi (Abylnx) , in Europe and Shionogi in Japan. In

terms of capabilities, we focus on optimization of registration paths progressing multiple trials from Phase 1 to Phase 3 in parallel, including global studies. In last 5 years, EOC Pharma successfully advanced multiple Class 1 new drugs into clinical stages including Phase 3 stages as we completed 4 Phase 1/Phase 2 studies and processing a total of 7 clinical studies in parallel including Phase 3. We have a cGMP manufacturing facility based in China Medical City at Taizhou which covers Active Pharmaceutical Ingredient (API) and all dosage form production lines. We leverage our parent company Eddingpharm's rich oncology commercialization experience for launching our products in China. Our Vision is to become a

leading, fully integrated Chinese pharmaceutical company sitting at the forefront of discovery, development and commercialization of oncology medicines addressing major unmet medical needs.

Challenges from the Pandemic

COVID-19 has had a disruptive effect on several sectors and the pharmaceutical industry has been no exception to this. Unexpected upheavals have occurred in the pharmaceutical industry over the timespan of the Covid-19 pandemic. This article explores some of the challenges we faced in our organization and how we evolved to a new normal.

a. Disruption of supply chains - China was the first country to shut down due to COVID-19 and the pandemic exposed the over reliance of pharmaceutical supply chains on low-priced source of Key starting materials (KSM's) , intermediates and Active Pharmaceutical Ingredients (API's) , there was a concern about increasing the potential risk of drug supply shortages.

EOC pharma, in addition to manufacturing supplies of products for clinical trials on our own, also works with Contract Drug Manufacturing Organizations (CDMO's) for manufacturing of clinical supplies. At the outbreak of the pandemic, these CDMO's faced the risk of sourcing these KSM 's for API manufacture as certain provinces which have the concentration of these manufacturers of KSM's were closed. Transportation across provinces in China was also disrupted due to restrictions imposed from lockdowns.

b. Disruption of ongoing clinical trials – Ongoing clinical trials of new drugs got disrupted badly as the focus shifted to the Covid-19 and investigators were forced to reprioritize the clinical focus. This led to non-enrolment of patients on ongoing clinical trials as well as patients dropping out from ongoing trials leading to non-compliance of study protocols. This was a major hit as the clinical trials of oncology drugs often span many years depending on ongoing phase of clinical trial. Any noncompliance of study protocols is a major risk, as it raises questions on the outcome of the clinical trials- whether it is due to noncompliance or because the drugs are not working as intended.

c. Neglect of patients with chronic illnesses-

Another major consequence of the Covid 19 pandemic was that the doctors were forced to focus on COVID-19 -19 patients and the situation deteriorated rapidly across different provinces because of which patients having other chronic illnesses which required medical attention got neglected badly. Illnesses other than Covid-19 were deprioritized to a lower level

Learnings from the Pandemic

China controlled the pandemic relatively better and faster as compared to the rest of the world, however, there are still a lot of learnings for us as to how to navigate through such possible Black Swans by being better prepared.

a. Rebalancing of supply chains – Prior to the pandemic, the singular focus for pharmaceutical companies used to be on cost control by having one or two strategic partner CDMO's. The pandemic exposed the undue risks of such a strategy and brought home the need to ensure the safety and reliability of supply chains to ensure uninterrupted clinical supplies for clinical trials.

While the situation in China was relatively well controlled, the global Pharma industry experienced disruption of global supply chains for clinical trials, some of which are still struggling to get back on track. While the trauma of patients specially in case of cancer, where they sometimes do not have an alternative to the new drugs being tried (leading to a life-or-death situation for them) cannot be quantified and only imagined, not to mention the monetary loss of billions of dollars due to these disruptions.

b. Realigning clinical trial designs - The COVID-19 pandemic forced sponsors to implement remote trial operations to ensure clinical trials continuity. Pharmaceutical and biotechnology companies are now leveraging cloud-based and software as a service (SaaS) solution allowing for patient centric trials that reduce risk and timelines while increasing quality, efficiency, and safety.

The average number of hospital visits for patients enrolled in clinical trials of cancer drugs can be time consuming as the number of activities, such as toxicity assessment, physical examination, vital sign measurements, patient-reported outcome monitoring, blood tests, treatment administration contribute to long hours in the cancer centre. Some of these tasks could be

reduced or assessed at home or in a nearest institution. Local health centres could be engaged in trials for clinical assessment or diagnostic examinations, where research teams should receive proper training, incentives, and be considered co-investigators, under the supervision of the main research team.

These measures can bring several advantages: (i) patient comfort, (ii) access to research and financial incentives to local/regional centres, (iii) increase of recruitment of patients, and (iv) decrease of the workload pressure at the main institution center. The EMA guidance for clinical trials during the pandemic accepted, exceptionally, laboratory examinations, imaging, or other diagnostic tests to be performed locally, outside the research center. There are good reasons to keep this practice beyond pandemic times, including the lack of evidence supporting the superiority of central over local testing, at least for routine procedures. Nowadays, many diagnostic examinations can be performed under the same conditions in different institutions with proper certifications without undermining the quality of data. This patient-friendly policy may reduce disparities in access to clinical trials for patients living remotely. For all these clinical and laboratory pathways, there must be an agreement between patients, research centres, and the sponsor, with scientific and financial incentives provided for local and regional centres by the latter.

For laboratory examinations, it should be formally certified that the same methodologies and units are used, and data are easily interoperable, accessed, or sent to the main research centre. Imaging modalities may also be decentralized, provided a standardized protocol is used for image acquisition, all examinations are digitized, stored securely, anonymized, and easily accessed by the main research centre. Only essential study procedures, such as biomarker assessments or tumor biopsies, should be validated centrally for good scientific reasons. In addition, in many countries and hospitals the delivery of cancer medication to patient's home expanded to more patients, clinical conditions, and drugs as a response to the pandemic. While not yet generalized in clinical trials, this could be considered in future for some oral treatments, after setting up proper protocols for drug delivery, accountability, and

compliance monitoring. Current clinical trial protocols are strict with face-to-face visits and do not consider remote appointments, despite provisional permission of telemedicine use during the pandemic. Reducing the number of appointments and converting some physical visits into telephone or video consultations (e.g., for safety reporting; clinical assessment) was a positive experience during the COVID-19 era, with high satisfaction rates reported from both clinical trial participants and investigators. Telemedicine could be contemplated in future clinical trial protocols,

Roadmap ahead for the pharmaceutical industry in China

The pharmaceutical industry in China is a vibrant industry and during my 14 years in China, I have seen the transformation of the industry from a generics-based industry to an innovation-based industry. The Govt is focusing on getting the innovative products onto the market to give Chinese patients access to the best medicines at competitive process. The "Made in China 2025," as well as other plans, target life sciences for global leadership. China is taking a range of steps, including regulatory changes, funding of biomedical research and venture capital (VC), restructuring of the industry to eliminate many smaller producers, expanding medical tourism, and expediting listings on the Hong Kong exchange, to propel China to become a major global biopharma competitor.

ABOUT THE AUTHOR

Deepak Hegde, Ph.D., M.F.M, is an industrial pharmacist by training. He has been involved in development and commercialization of both innovative and generic drugs from a very early phase of development to technical transfers for commercial manufacturing sites, for the past 25 years. During his career, he has worked for Rhone Poulenc, Novartis (Sandoz), USV Ltd., WuXi AppTec and GSK. He is currently working with EOC Pharma as Chief Technology officer.



Communication and Collaboration are vital in navigating through COVID-19 Crisis Survival Story of a Textile Professional from Shanghai

Hwear Limited, is an Indian company which was founded in Shanghai in 2003, currently our annual turnover is 100million USD and 170 people are working in our Shanghai and regional offices in China. We focus on exporting the apparel fabrics to various garment manufacturing facilities in South East Asia,

Indian Subcontinent countries, which are nominated by our customers like Gap Inc, Ann Taylor, Tommy Hilfiger, Kohls, Marks and Spencer, H&M, Mango, etc. and those garment facilities produce the garments and ship out to our customer's specified warehouses in USA or Europe. We are a global company, having operations in China, India, Sri Lanka, Bangladesh, Indonesia and USA.

Like other businesses, we too had encountered tremendous pressure and challenges in running our business for the past 2 years post-COVID due to the uncertainty in the global markets and interruptions in the supply chain.

I would like to share with you all on how we challenged ourselves and our problems during and post-COVID, from the perspective of an overseas textile convertor located in China.

Potential Challenges:

- 1) Travel Ban to visit our overseas clients in US, UK & Europe and, supply chain partners in various countries.
- 2) Tougher Financial management with extended payment terms and order cancellations from our

panicked customers.

3) Shortage of overseas talents and change in mindset of our local staff.

Our Strategies against these challenges:

1) Communicate Powerfully and Closely:

With our customers: We personally talked to each level of employees and leadership teams of our customers to make sure that we were been updated on their company's financial situations and we volunteered to extend our payment terms for certain period to give our mutual support during their tough times. This strategy helped us to recover our money even though when the orders got cancelled by our customers and goods were shipped out to their garment vendors.

With our supply chain partners: We set personal meetings with each and every supplier to convey the current situation with our customers and their financial situation. We also requested their support to extend their payment terms with us and guaranteed their money is safe with us. Whoever agreed for our new terms and agreements were considered as our reliable partners, which also helped us to narrow down our business partners in China. Of course, it's much better to have a control on our business discussions and quality control when we work with limited and reliable sources than diverse and arguing sources.

With our employees: Treating all employees as vital assets of the organization is important for us at this point of time and all our decisions were backed by strong reasoning and mutual understanding with the employee representatives of our company. We made sure that everyone is on board with the message and there is transparency at all levels of employees.

Most importantly we have promoted and given more responsibilities to the local staffs with salary hikes and made sure that our organization not only prioritizes expat staff, but also equally recognize the local staff, so the bond became stronger between the staff and our company. Trust comes when they learn to make progress and solve problems together.

2) Foster Innovation:

Since our overseas travel were banned or restricted due to local restrictions and customer's own safety protocols, we decided to bring up our web portal with digitalizing our product portfolio and making it easier for our customers easier to review and do product selection in their own free time, wherever they are and whenever they need.

This is one of our long-term strategies which finally got executed during this COVID crisis time. We made it convenient for our customers to select the product what they want in a user-friendly way.

When we have innovative solutions that solve our customer problems by making their lives a lot easier and saving them more money, it did have a positive impact on our business during this crisis.

3) Focus on Customer service:

We stay with the principle of "Never Say No to

Customers "when it is doable and when we don't lose money (even we don't make profit is ok at certain times) .

We ensured our customers are able to visualize the new product developments and production submits for approvals by our digital presentations and Zoom calls.

We offered competitive prices for the cancelled order goods to our other clients.

We have increased our frequency of communication with our customers and didn't miss out an opportunity of grabbing the new programs from them irrespective of the size of the order and price, but with only one principle that we shouldn't lose money.

We hired the local staff in USA, Indonesia, Sri Lanka, and Bangladesh in these 2 years (2020 and 2021) to have more fast, frequent and humanized communications with our customers and garment manufacturing partners.

We have increased our initiatives and sourcing on Sustainable and Ethical Raw materials and Partner facilities, to witness that we prioritize the Triple Bottom line (People, Planet and Profit) in our business.

4) Inspire, Motivate and Invest on People:

Our employees are the biggest assets of our organization, because being a converter our main strength is our people.

When some of the companies were reducing their employee's salaries, we had a reverse strategy to increase our employee's salary and other feasible allowances to give them confidence that our company can do better than others as well as to give them moral and financial support during tough times.

We haven't terminated any single staff during tough times unless they leave on their own reasons.

We empowered them to take decisions for the company, to create the next leaders of our company.

We are proud to say that we have got aspiring employees and talents who can run the show in any critical circumstances.

Our Future Predictions and Plans:

- We strongly believe that in a course of 6-8months, the business travel will get back to normal as the vaccination drive across the world is moving at a great pace. So, we are hoping to re-start our business travel soon to meet our customers face to face (keeping our fingers crossed) . For sure, they are also waiting to meet humans from other continents, after all we are social animals.

- Our business is set to have a positive growth y-o-y because we know that those who managed to survive any economic crisis like COVID, 2008 US Recession (Note that Uber and Airbnb were launched in 2008) , etc. were the fortunate ones and Sky is the limit for them.

- China's global production market will continue to stay even though there are temporary hustles like

COVID-19, Power Shut-down concerns, Carbon emissions, etc, because of their capacity, speed, lower MOQs and attractive product developments.

- Companies who focus and integrate strategies about Sustainability, Renewable Energy, and Carbon Neutrality initiatives towards a positive impact will have long term growth.

- We estimate more and more Chinese textile companies would involve in Automation and Smart production technologies to cut down their costs, improve efficiency and reduce labour shortage pressures.

- We are planning to expand our employee wellbeing trainings & practices like Yoga, Family Outings, Volunteering for a Cause, Sustainable Living, etc from next year onwards, because the business mathematics says Happy Employees = Happy Customers.

Conclusion:

Winston Churchill once said, "Never let a good crisis go to waste", because the crisis is a good time to accelerate changes that are already under way and pushes us to do things that could have been postponed in good times. I would say that we used

this COVID crisis as one of our biggest opportunities in terms of reforming our digital strategy, employee culture, extra-ordinary relationships with our customers and supply chain partners, etc to make us one of the strongest survivors of the COVID crisis.

We, as a company, believe in a famous quote "If you want to go faster, go alone. But if you want to go far, go together". We prepared ourselves, our employees and our Chinese business partners with a ready to change mindset in a positive note instead of the resistant mindset, which for sure will help us in strategizing our long-term business collaborations and adopting to new business practices.

Thank you and Stay Positive. This too will pass, and our businesses will get better soon, because hard work never fails. Cheers.

About Author:

Mr. Gopinath Thangavelu has been living and working in the textile industry in Shanghai for past the 17 years. He heads Marketing and Business Developments for Hwear Limited and is a also part of the leadership team of the company in key decision making.

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A Pragmatic Approach

Founded in 1905, Thakral group is a Singaporean homegrown conglomerate with operations spanning 25 countries in various business segments. Amongst the various entities in the group is Thakral Corporation Ltd, listed on the SGX Mainboard since December 1995. The Group's core business today comprises a growing real estate investment portfolio in Australia, Japan, and Singapore. Its investments in Australia include the development and management of over-50s lifestyle resorts under the GemLife brand, a joint venture with the Puljich family. Its Japanese investment portfolio comprises landmark commercial buildings and business hotels in Osaka, the country's second largest city.

The Group's Lifestyle Division includes the management of leading beauty, fragrance and lifestyle brands in China, Southeast Asia, and India. With leading brands, including Maison Margiela, Viktor &

teams motivated and effective. "The secret of crisis management is not good vs. bad; it is preventing the bad from getting worse." Likewise, many other corporates faced immense challenges during the initial phase when China & the world was under lockdown.

The main challenges for us were:

- How to sustain supply chain for our residential projects in Australia & Canada
- How to infuse pragmatism within teams
- A transformation imperative

The supply chain was a big challenge for us in early 2020 when most of our manufacturing partners were working on half of the capacity; ports were not fully operational, warehouses were not fully functional.

We were fortunate the construction at our residential sites in Queensland, Australia, were allowed to continue and not effected by lockdowns. The next goal was to remain on schedule and finish the project on time to avoid delay penalties; we had to adapt quickly to the changing situation and approved a business continuity plan where we identified significant risks and action roadmaps to maintain the smooth operation in the most trying of circumstances.

Our group's 'people-first' tenet is an integral part of our corporate culture and allowed the team to feel sufficiently empowered to explore various options. We came up with the idea of Unit wise Packaging & Stuffing containers, i.e., Each container contains all the products required to furnish one Unit/house. It allows our Site managers to park the containers at the construction site (removing warehousing, offloading & dispatching) . This exercise saved us time and helped us reduce warehousing/dispatching costs at the destination, which later compensated for increased shipping freights. This change would not have been possible without a pragmatic approach, which arises while facing challenges during the Pandemic. Our team got great learning on how to think out of the box. Those of us who remember the book "Who moved my cheese" know that the sooner you adapt to the new situation, the sooner you succeed and benefit from the new reality.

Another challenge for us was to embrace transformation as a strategic differentiator. So we

"The secret of crisis management is not good vs. bad; it is preventing the bad from getting worse."

Rolf, Ralph Lauren and Diesel amongst other brands.

Within the Lifestyle Division, we are the exclusive distributors for DJI Drones & accessories for India and South Asian markets focusing Consumer, Industrial and Agricultural drones, we also manage other product lines not limited to Smart Devices, and a wide range of Interior furnishing products are the essential export products from China/HK.

This Pandemic has created a business environment with brand-new challenges. Over the past 18 months, we have all had to be very nimble, resourceful, and adaptable to deliver for our clients and keep our



started looking for strategic partnerships & investments beyond just selling, Focus on the Services, brands & products that can create a social value, Focus on SAAS-based products/services that do not need a physical movement of goods & which should not get affected by any pandemic challenges. So now it is an ongoing practice & part of KPI for each BU head to look for transformation, resulting in social/economical/digital conversion.

Here are a few points for Traders & Export house to consider when navigating 2021

Be Flexible

Adopt New Tech, buy what sells, increase market reach, explore new markets both for supply & sales, explore new selling platforms.

Challenge Everything

Try questioning things internally within our team. For example, are we doing something because it is the best way or because it is just the way it has always been done in the past?

Chart The Course, But Rely on Your Crew

There are always a thousand choices that can be made, and paths taken, but the absolute worst thing for a company during a time of turmoil is uncertainty.

As a leader, your team needs to trust that you will do everything in your power to navigate them through the storm but do not be a micromanager.

Extract cash and cost from your supply chain. Drive a step-change in your supply chain cost structure and working capital profile by focusing on SKU rationalization, procurement spending reduction, logistics, and warehouse optimization, and manufacturing productivity. Reduce working capital via supply chain segmentation, refreshed inventory planning parameters, and changes in payment terms.

Embrace the New Reality

Leaders should now focus on the extraordinary and creative things that their companies accomplished in response to the Pandemic and codify them into new ways of working that will make their companies less bureaucratic and more agile, creative, diverse, innovative, productive, collaborative, and impactful on a societal scale.

Gurmeet Singh
 VP – Export Div.
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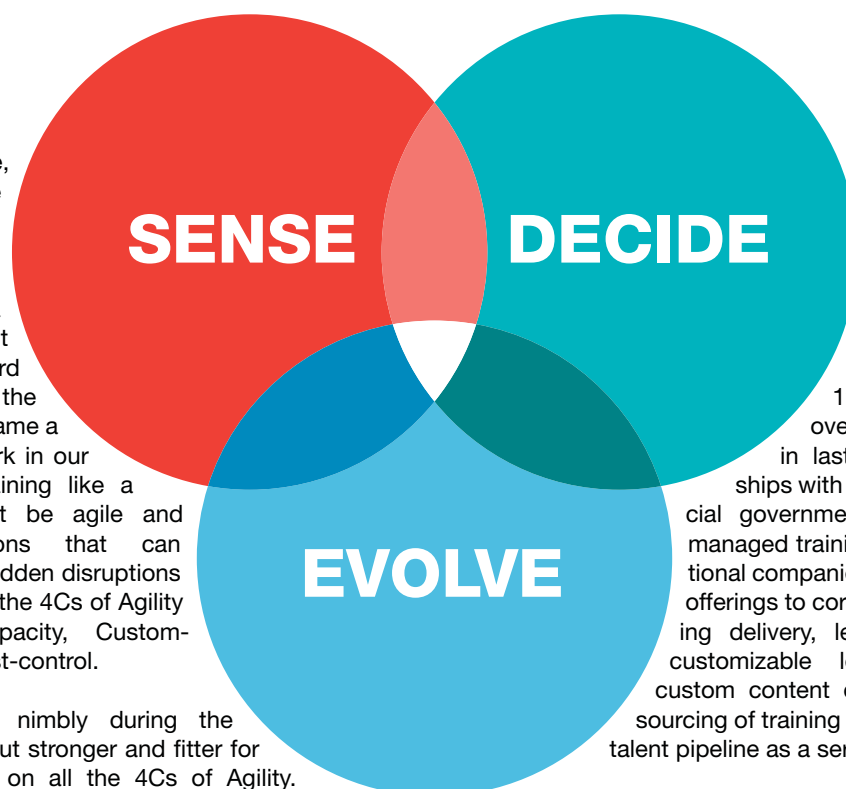
Why are Adaptive Learning Organizations better placed to succeed in the future?

For many years, we, at NIIT, have embraced and implemented the idea of “Running Training Like a Business”, first detailed by Edward Trolley in a book of the same title which became a seminal piece of work in our industry. To run training like a business, you must be agile and elastic. Organizations that can respond nimbly to sudden disruptions display what we call the 4Cs of Agility - Capabilities, Capacity, Customer-centricity, and Cost-control.

We at NIIT acted nimbly during the pandemic to come out stronger and fitter for growth by focusing on all the 4Cs of Agility.

Testimony to this fact is an asset light NIIT that is digitally transformed with over 90% of our retail B2C training delivery globally moving to online virtual instructor-led digital formats instead of in-person classroom-based training, within 30 days when pandemic started. This is also true for our corporate customers who shifted from in-person classroom-based training events to more virtual online model and seeking our unique customized learning technology solutions to enable anywhere anytime learning & development for their workforce.

A brief on NIIT for those less familiar - We are one of the global leaders in skills and talent development, offering multi-disciplinary learning management and training delivery solutions to corporates, institutions, and individuals in over 30 countries. Over 70% of our global revenues comes from managing training as a service for corporates and remaining 30% comes from our universities and individual customer segments where we help young adults acquire



IT, finance and banking skills that either help them to get their first job or to grow in their careers if they are already working. NIIT has been in China since 1997 and have trained over half a million learners in last 24 years in partnerships with universities and provincial governments. We also provide managed training services to multinational companies in China. Our service offerings to corporates include - learning delivery, learning administration, customizable learning technologies, custom content development, strategic sourcing of training through vendors and IT talent pipeline as a service.

Last year was a transformational year not only for us, but many of our customers globally. I'll share some key insights from research we did last year among corporates to understand how adaptive learning organizations evolve and stay ahead of the curve, especially during volatile, uncertain, complex, and ambiguous (VUCA) times like we experienced last year.

In a world where profound changes are occurring rapidly, a deep understanding of customer needs and commitment to delivering world-class customer experience seamlessly is vital.

Disruptions cause surges in demand, and the reality to flex organizational capacity up and down in response to rapid changes in demand become critical.

Massive learning organizations often carry huge, fixed costs which go back as allocations to businesses struggling to

manage volatility. It's never been more important to not just reduce learning and development costs but also move fixed costs to variable and implement "pay-for-what-you-use".

Our initial research indicated that Adaptive Learning Organizations (ALOs) outperform other organizations in both business and talent outcomes.

We found that ALOs share a common set of learning practices. They are far ahead of their peers in digital design and delivery strategies, learning in the flow of work, highly targeted programs, learner experience, collaboration, personalization, and understanding the future of work. These firms have capability to sense market changes and fix learning structures, operating models, planning, and resources to serve the learning needs of the business quickly, efficiently, and effectively.

The external world will continually change and disrupt businesses and employee capabilities that are required to perform in the new environment. The Covid-19 pandemic was obvious in its disruptiveness and impact on learning, however change is always occurring, whether its economic recession, technology upheaval, or climate change, the ability to adapt is a key requirement for businesses and the learning function.

Adaptive Learning Organizations (ALOs) have three characteristics of adaptivity that enable a proactive and fluid learning ecosystem. They SENSE, DECIDE and EVOLVE better than their peer organizations.

The first characteristic of "Sensing" requires a whole new way of thinking and tools and practices that are looking forward at the beginning and not backward as we have traditionally thought of learning measurement.

The second characteristic of an Adaptive Learning Organization is its ability to make highly relevant decisions quickly and plan, accordingly, knowing that the initial plans will change over time. In other words, when things happen, it is prepared to make quick sense of the changing world and leverage the resources already in place (capabilities, processes, skill sets, technologies, budgets, etc.) to adapt to the new conditions.

The next characteristic of ALOs is their ability to evolve and sustainably transform their existing ecosystems. In other words, they are continually advancing their capabilities and practices. To do this well, ALOs build highly efficient, agile, and scalable operating models that anticipate and enable shifts in priorities and learning needs.

Additionally, the research looked at four different kinds of organizations including - Fragmented, Reactive, Cohesive, Adaptive which gave further insights on maturity model of what differentiates adaptive learning organization from others.

We found that L&D organizations in the Reactive or Fragmented states typically were either highly decentralized, entrenched in outdated learning models, or lacked a

viable governance structure to communicate across the enterprise, to learn from each other, and to adjust to broader and scalable changes in unison. They had disjointed technology ecosystems, a high degree of duplicative resources, traditional structures and learning solutions, and despite being well aligned with the businesses that they served, had a general lack of leadership culture to enable enterprise L&D transformation when it was needed. They tended to be risk averse or played a 'wait and see' game with the future. Often when enterprise transformation is attempted in these types of organizations, it loses momentum and falls flat, as the disparate groups continue their own practices and leadership cultures.

As L&D moves up the ALO maturity model, good things happen. L&D organizations within the Cohesive and Adaptive levels gain technology and analytical prowess, and an openness to explore, share, and communicate across L&D groups and with the business. They are increasingly seen as a 'trusted advisor' to business leaders and HR, as they bring insights and solutions that map directly to changing talent and capability development requirements.

We found that more mature learning organizations have both the digital capability and the ability to personalize learning to the learner's needs through intelligent recommendations. This asset enables more of a consumer-grade experience, presenting highly relevant micro and macro learning opportunities at the point of need. Mature learning organizations also rely heavily on external partners to help guide, shape, and do the heavy lifting during transformational times, as well as provide scalable day-to-days solutions and forward-thinking market insights.

Enhancing the adaptability quotient of learning organization requires implementing a combination of learning transformations. Throughout discussions with ALOs, we found that building adaptability is a journey and the time and investment required to enhance adaptability increases with the size of the business organization.

While the research focused on Learning and Development (L&D) function within large organizations, the three characteristics of adaptivity, viz. the ability to Sense, Decide and Evolve to stay ahead of peers is relevant for any organization, irrespective of size or industry.

If you want to learn more Why Adaptive Learning Organizations Spend Less and Get More, download the complete report by going to www.niit.com.cn or get in touch with madhav.sharma@niit.com.cn or me at kamal.dhuper@niit.com.cn. We will be happy to share.

By Kamal Dhuper,
President, NIIT China.

The Story of TheBuyHive.com



Introduction: BuyHive (TheBuyHive.com) is a B2B tech-enabled sourcing platform that connects buyers and suppliers using the world's best sourcing experts and technology. BuyHive integrates the advantages of e-commerce with specialized, tailored sourcing services, through its vast network of professional sourcing experts spread throughout Asia.

It's well known in the sourcing industry that the dominant (sourcing) solutions available in the market are inadequate to meet the changing needs of buyers worldwide. As an example, popular online sourcing platforms (like Alibaba.com) limit themselves to being listing / advertising platforms, but the buyer must

subsequently fend for himself after he finds a supplier. The failure rates are high – shipments with wrong goods, delayed or even missing shipments is far too often the outcome.

Then we have traditional sourcing agents and trading companies that continue to operate on a high-cost and opaque service model, which has not evolved with the buyers and their changing needs.

Finally, the retail industry is today increasingly dominated by online eCommerce platforms like Amazon.com & Shopify. While the hundreds of thousands of independent sellers on these platforms know how to sell, often they don't

know how to buy – especially directly from overseas suppliers.

BuyHive was conceived to fill these clear gaps in the market by leveraging technology and gig economy principles to provide a transparent and efficient global sourcing solution that better suits the needs of today's medium and smaller-sized buyers.

Challenges in the year of the pandemic : We began operations on 1st January 2020, without any idea about Covid and what it would bring in store for us, the biggest challenge for us was that we had planned to launch our services during the April 2020 Trade Show season, which completely got disrupted, and no International Buyers travelled for China / HK Trade Shows, this made us Pivot our complete business model, and launch phase 2 of our plan before Phase 1, after having invested time and money in Phase 1. Also the type of products we had planned to launch with had to be completely altered and we had to launch with Covid related products, rather than Gifts & Premiums and Home Products as per initial Plan. The Type of customers we were to go after also had to be altered.

Learnings : The biggest learning for us is to be ready, willing and able to pivot and make quick changes will define the existence and success of your company, the future is going to be unpredictable and only organisations that pivot quick and often and adapt to the markets will succeed. We were able to generate 20 M USD in revenue in the first 20 months of operation, only because we accepted Covid as an opportunity and adapted quickly to the market needs.

Outlook : The retail and sourcing industry both are going through massive changes, Covid has acted as a catalyst to speed up the changes, be prepared to see the entire sourcing industry be disrupted

Inviting all interested parties with interest in collaborating with us for sourcing projects at ceo@thebuyhive.com

Author : Minesh Pore
CEO & CoFounder
BuyHive



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“

Being Comfortable With The Uncomfortable

”

As a Corporate innovation coach, trainer and executive change facilitator with China experience for over 16 years - Nishtha designs, facilitates and delivers digital innovation capabilities acceleration for corporate workplaces with the purpose to manage uncertainties, change management, and co-create new business / new service model innovation pipeline and intrapreneur culture.

Program offerings are across 4 key pillars of growth and impact - a) Frame, b) Immerse, c) Train and d) Develop. Done both physically or/and virtually (remotely). And format ranges from team/1:1

coaching, stakeholder engagement sessions, offsite retreats, workshops, co-creation accelerator programs, custom training workshops to prototyping hackathons and market learning expeditions.

Client partners range from the Fortune 500 companies across different industries – Beauty, Sports, Lifestyle, F&B, FMCG, Health Tech, IoT, New Retail. Likes of: Unilever, Bosch, L’Oreal, Pernod Ricard, Starbucks, Philips, Reckitt, Hansgrohe, Wyeth Nutrition, Allergan et al and agency networks like WPP, Omnicom, IPG – both on country level and cross region level.

“One thing that has been a constant over the years for me has been the quest to be a continuous learner and not settle for being in my comfort zone. Business environment in China is extremely fluid like none other, given the speed of digitalization and rate of consumer adoption. 16 years ago, in 2005, when I found myself too comfortable in my Corporate job in Mumbai, decided to gain new skills and experience from a new market like China. Then again, exactly 10 years ago, in 2011 July, when I found myself getting too comfortable in my corporate job in Shanghai, I moved this time, to explore the world of entrepreneurship with the passion to enable the same in others. While managing uncertainties with different organizations is a huge part of my role over the decade, 2020-2021 pandemic year has definitely shaken me up to truly accept and practice being ‘comfortable with the uncomfortable’. Being a working mum like many who are reading this, tested me even more during this period.



Top 3 challenges I faced:

1. Dealing with remote clients and remote teams. For much of 2020, 90% of my clients and teams were a 'distributed' network— in 3 different continents with crazy different time zones
2. Dealing with budget cuts on the innovation and capability side of the scope, as it was seen as 'nice to have' and not 'must have' priorities for many
3. Dealing with a different kind of schedule, ways of working where home-work balance seemed chaotic, second guessing a lot of what clients and teams actually mean when relying more on distant and non-visible communications



My biggest learning in the past year and how I coped with it:

The biggest learning navigating through these challenges has been to 'set healthy flexible boundaries unapologetically'. Especially as working women, we often feel guilty or apologetic or defensive. While I was used to always putting my work and family/ kid as top 2 choices everyday and then with any leftover hours - focusing on myself. Pandemic year helped me to discover and validate that with better self care, I can be a better caregiver at home and an even better colleague at work. So what does setting healthy boundaries unapologetically mean? Stop, Start, Continue frame.

I. STOP- Don't compartmentalize work, home, kids, health. As it's all blended whether we like to accept it or not. Adapted my new schedules around these pillars with the importance it deserves and advance block in calendar. Example – exercise routine is now fixed in my daily calendar instead of waiting when I get free time; my son's homework support and work concalls co-exist sometimes when no other choice and I set expectations positively during those calls so there are no surprises or apologies

II. START—Ongoing upskilling commitment. I finally took the plunge to kick start my 2 year old pending goal ☑ and start studying again. This time to go through the training and accreditation process by International Coach Federation (ICF) which takes up 15% of my average weekly time

III. CONTINUE –Community volunteering. Be it for the startups mentoring, young students or for our Indian community. A very recent example being "A Breath for India" initiative with our Shanghai friends to raise funds for covid relief, which saw over 15 nationalities coming together to volunteer under 20 days and raise valuable funds for our people back home

By Nishtha Mehta

Corporate Innovation Coach | Collaborative Leadership Trainer | Change Facilitator
CollabCentral Consulting, Inc

Be comfortable with the uncomfortable. What do you want to stop, start and continue to accelerate your own personal and professional growth?

THE WORLD’S FOOD NEEDS ARE EVOLVING AND WE PARTICIPATE IN PROMOTING USE OF SUSTAINABLE TECHNOLOGY AT GRASSROOT LEVEL

By 2050 nearly 10 billion people could live on Earth, according to the UN Food and Agriculture Organization (FAO) . But the pitfall of a swelling population has already come into focus.

With more mouths to feed will soon have to balance the meeting the natural needs of maintaining safety and food decreasing the impact of the environment. There has demand for sustainable food innovation ever been so food system. Forward reengineering their developing new technology farming practices

Farmers all over the world willingness with new seeds, machinery, and methods.

To overcome the impact of higher food quantity, impact of global warming and need of healthy soil, healthy water, food safety & quality, government, scientists, researchers and food procurement, supply chain / food chain agencies are looking forward to amalgamation, adoption & promotion of three key technological areas with traditional farming Agriculture 4.0 platform. 1) Artificial Intelligence (AI) & leading to Decision Support planting seeds, cultivating humidity, temperature, time. 2) Biotechnology – Bio abiotic stress, salinity foods, Better seeds through sequencing. 3) Robotics – insecticide application, Aerial Vehicle) , GPS guided reducing waste through post-harvest shelf life,

We at Acadian Seaplants Limited and Canadian multinational are focused on introduction to ways of biotechnology to overcome abiotic stress on crop productivity driven by vagaries of nature and global warming on weather patterns. I Prashant Kharwadkar drive this initiative in Asia pacific region as Regional Business Director -Asia Pacific based in Shanghai.

Three challenges faced in year of Pandemic:



than ever before, the world competing pressure of billion more people while quality standards and increased production on never been a greater resources, nor has important to safeguard our –looking countries are agricultural industries by and adopting sustainable

have historically shown

methodology under Precision Agriculture – Internet of things (IOT) System (DSS) for planning crops, soil quality, sunlight, spraying fertilizers in real stimulants targeted at tolerance, soil health, safes CRISPR, genome Target specific herbicide or Drones & UAV (Unmanned unmanned tractors, and innovative sprays for





•Lack F2F customer interaction for commercial team, particularly in Covid -19 resultant era of Optimum household consumption and reduced industrial market consumption which resulted in lower commodity prices particularly in fruits &vegetable was one of the main challenges in last two years.

•Domestic Lockdowns and travel blockages resulting disruption of logistics & supply chain coupled with international border closures / ports closures.

•Disruption in financial / Cash circulation in rural sector resulting in reduced stocking & just in time procurement in retail market.

What Learnings we had and how we are coping with these challenges:

•Market mapping and heavy reliance on frequent virtual interaction with customers through various digital tools has partially helped to achieve business growth.

•Close monitoring of logistics by supply chain group to make sure consignments are not stuck en-route. Digital connectivity has enabled more transparency and visibility in this segment.

•Financial sluggishness is still hampering the business, unless the neo-normal trend set up changes in opening of restaurants and mass dining, the commodity prices are unlikely to move upward in many countries of Asia pacific particularly for food sector.

What roadmap we see ahead for companies in our sector in China:

•China being a net importer of agricultural commodities, there is ever increasing focus of china government on increasing productivity and harnessing genetic potential of plant /crop variety in alignment with reduced chemical load in farming operations. This provides opportunity and potential for growth to introduce biologically derived crop productivity tools in next few years. Consumer focus for safer, hygienic, high-quality food is also become a part of new normal culture due to advent of e marketing and increased usage of online business apps for food shopping.

•In a changed world order, Chinese agriculture is also modernising and using non man technology, robotics, biotech initiatives for crop cultivation practices. The unorganised market statistics indicates that China is heading toward lead position in deployment of AI in agriculture.

•The new normal post pandemic will drive china to adopt technological solutions faster than rest of the world. We see a great future for Acadian Seaplants in China going forward.

Prashant Kharwadkar
Regional Business Director – Asia Pacific |
Acadian Plant Health Division | Acadian Seaplants China Limited

Our Vision Is To Be An Icon

UPL is the largest Indian agrochemical company and 5th largest agrochemical company in the world. UPL an Indian MNC has now become global leader in global food systems With a revenue of US\$5,040 Million, presence in 138+ countries having market access to 90% of the world's food basket and purpose on ushering growth and progress for the complete agricultural value chain including farmers, it's distributors, suppliers and innovation partners. In our story everyone wins.

Our Purpose Revolves around and involves the entire world and its 7 billion people. A number that is set to grow to 9 billion by 2050 and then 11 billion before the close of this century.

The challenge is 11 billion people who will eat 33 billion meals a day. And The true heroes of our story are 500 million farmers who will face this challenge.

World has also has other big challenges. Post COVID, while demand is rising and more food is required, the global supply chain industry is facing many challenges. Weather impact on eastern coasts which has disturbed & shifted demand to China, while Chinese Government in last three years has been focusing on pollution crackdown initiatives, elimination of over capacities, consolidating companies & recently taken drastic measurements in reducing energy consumption to reduce carbon emissions; Globally Manufacturing PMI index has reduced.

During this challenging period, Indian chemical industry has done remarkable work; transforming itself from net importer to next exporter. UPL has been leading in production and exports continuously.

UPL has new models to cope up with such challenges; Our Vision Is To Be An Icon

For Technology Growth and Innovation. Our Mission is to Change the game & to make every single food product more sustainable.

Idea of Nurture. Farm model is to enable farmer to be more resilient and to be more profitable. Farmers partnership with Nurture farm is guaranteed outcome! Already partnered more than a million farmers and covered approx. 11 million MU farmland (1.8 million acre) . Like this there are many more reimagining sustainability ideas being developed to directly work with & for growers.

Smart technologies model - UPL's smart climate technology can change the face of agriculture in challenging environments. We provide product & solution " Zeba" to farmers which takes care of their water scarcity issues. Product when applied saves 11 - 20% water

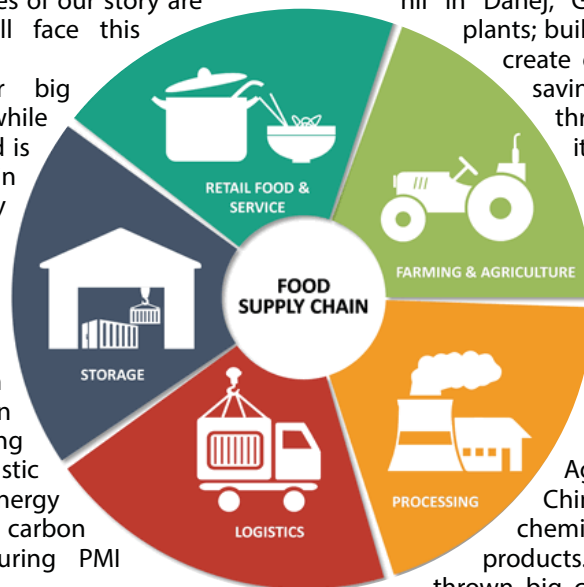
per ton of potatoes grown, improved product yield and quality bringing Reduction of environmental impact: Zeba also reduces the leaching of nitrates, which makes more nutrients available to the plant.

OpenAg Model- build an Open Agriculture - Open Access To Agriculture Network Around The Globe- An agriculture network that feeds sustainable growth for all. No limits, no borders. A model that brings together all the different players in the food system – from farmers to food producers to supermarkets to consumers – with a new purpose. network that changes the way a whole industry thinks and works. Opening it all up, to new ideas, new ways, new answers.

Project Independence model- UPL is investing \$ 1.5 USD nil in Dahej; Gujrat ; chemical manufacturing plants; building world class plant which will create opportunities for 10000 people , savings of forex 1.2 b and earn forex through export 1.2 billion , making its own specialty Chemicals and it will be growth driver for Indian auxiliary industry too ; committed to develop neighboring villages as part of of our csr too. UPL also has engaged many more other partners in India developing chemicals reducing its dependencies on china.

Agility culture China contributes to 30% of global chemical base & 70% of crop protecting products. China supply shortages have thrown big challenge to global producers. In this situation it's very important to be strategically Agile. UPL lives culture of "Agility"; instead being panic; we took focused proactive actions sensing market alerts much more In advance, being ahead of competition, creating New production lines in India or at our global locations; shifting of specific manufacturing between locations; building core teams with curiosity, creativity & courage which can act & implement faster. We have core values close to our heart are - Always Human, One team one focus, Agility, nothing impossible & Win win win".

Road Map ahead, it's going to me more tough for companies scouring from china however I strongly thinks it brings Huge opportunities for Indian manufacturing Industry to contribute to global supply chain; convert this challenges to opportunities, explore new options, run lot of experiments, bring ideas to Indian Governments attention; attract global partnerships, gain more tech know how, take benefits of Indian government various initiatives like PLI develop Indian production sustainable independent ecosystem.



POST-COVID PLAYBOOK

SMARTFACTORY4U is a tech driven fashionsourcing company founded by Soumen Biswas, a fashion enthusiast with 20 years of experience in fashion business. Headquartered in Singapore, the company helps online retailers and brands to transform their visions into reality, providing with high-quality solutions, with maximum flexibility to meet their needs. The company founded in 2016 in Singapore. Extremely glad to share that we have won the S M E EXCELLENCE BUSINESS AWARD and TOP BUSINESS SERVICE AND QUALITY AWARD 2021/2022 in Singapore. Hopefully, if border opens, we can attend the award ceremony in April 2022.



2. In the global fashion industry, brands typically pay their suppliers weeks or even months after delivery, rather than upon order. This means that suppliers usually pay upfront for the materials or fibres used to make the products brand buy from them. In response to the pandemic, many major fashion brands and retailers cancelled orders and stopped payments for orders already placed, even when the work has already been done, taking no responsibility for the impact this has on the people working in their supply chains.

3. This situation accelerated the shift to greener, more sustainable supply chains, which will not only be decisive for businesses, but also impact

COVID Challenges

The COVID-19 outbreak led to production stops in China first, followed by closures of shops elsewhere around the world. As the world faces this pandemic in unified isolation, the fashion business has been changed the way it used to perceive.

1. Retailers are shutting their doors around the world, encouraging their customers to shop online instead. Yet the reality is that as we are forced to stay in our homes many of us are financially burdened by layoffs and the desire to buy new clothes feels like a distant dream.

the future of the fashion industry as a whole.

The post-pandemic period was a kind of a 'green' wake up call for all of us. Starting for the pressure of going online, revising contracts and most importantly, what we have experienced made us realize that everything in nature is interconnected, and this is something we need to remember from now on. Consumers now want to be reassured that the products they buy are made responsibly throughout every step of the process, from the raw materials down to the final product.

POST-COVID playbook

1.The one and only thing I understood that if I need to stay in the business, need to invest more on tech. We did so. In 2020, we launched our B2B website and encouraged our clients to place orders from our B2B website. We invested heavily on design Tech. Now all our designing is done through 3D technology and retail analytics. First, we analyse the sales data and then do designing. A tech driven approach. It gives a precise analysis and offeringsto our clients and help in faster decision making process.

2.Most of the retailers are finding it difficult to work with existing partners as everyone like to amend contracts. We also negotiated with our clients and managed to get better terms for future business.

3.Most of the retailers are now focused on sustainable fashion. Sustainability impact is imposed on products as well as supply chain. The demand of recycled fabric is in its peak. Reducing the size of orders can help to ensure the stability of the supply chain. In both the cases, we have strong hold.

We @ smartfactory4u are very ambitious on the fashion business model we adopted. We are solving the pain of online retailers working with start-up mind set , keeping things online, offering small lot productions and endorsing sustainability which are the key of fashion sourcing business for next 10-15 years.



Cipla
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Since 1935

“The old order changeth, yielding place to new..... an exporter’s view”

"The old order changeth, yielding place to new,
And God fulfils himself in many ways,
Lest one good custom should corrupt the world."

These lines from the famous poem 'The Passing of Arthur' by Alfred, Lord Tennyson have rung in my ears now for over a year. King Arthur is on his deathbed and advises his last knight Sir Bedivere not to take comfort in the past. These words rang true for most exporters once the pandemic struck.

Since the start of the pandemic most of us thought of timelines like three months/six months/after the winter when 'normalcy' would return for us to get back to executing our pre-pandemic corporate strategies, it is now certain that those plans are consigned to trash cans!

Now, every business has to face the 'new reality' and is challenged to re-evaluate it's purpose, it's market, it's strengths/weaknesses and most importantly it's value proposition to its client/consumer. Eventually Profit=Value of Service Provided!

My company is a vendor to retailers and brands in the "travel retail space". These companies retail on cruise ships, airports and other travel destinations.

I will share some of the challenges faced and steps we've taken to survive and ride 'the new order'.

Travel retail sinks

Cruise companies cancelled most sailings for 2020 and large part of 2021 along with this, restricted air travel meant closure of many travel retail stores at airports. This spelt 'disaster' as our major market segment came to a grinding halt. There was an immediate need to diversify and yet not fall into the trap of "let's wait for the market to recover".

A quick survey showed that the only growing retail segment was 'Online' thus even in the long run it would be worthwhile to have a presence there. Multiple presentations and Zoom meetings resulted in netting a client with a growing 'Online' presence.

We were able to package our travel fashion line for 'Online' sales and clear our stocks and get some cash flow going.

It also forced us to diversify our product offerings and focus on developing a new client in a new segment. Objective is to grow this segment even once travel retail opens.

Logistics

Supply chain has seen one of the biggest upheavals in living memory. Cost of shipping a 40' container from China to the USA has seen a eight fold increase. A forty foot container that cost US\$ 2,800 now costs a whopping US\$ 21,000! To add to this there is a shortage of truck drivers in the USA and inland freight services cost 20% more than pre-pandemic days.

With this being the 'new normal' changes had to be implemented on a war footing.

-Developed vacuum packing



It was imperative to shrink wrap products to minimize shipping 'air' and maximize space utilization in the container. Space utilization has increased by 25%. It's not good enough to make up for the increased freight but reduces the 'loss'!

-Palletize at destination

All goods are delivered to the warehouse on pallets and in pre-pandemic days all goods would be exported on pallets. With increased freight we decided to maximize space and ship without pallets. Goods are now palletized at destination and then trucked to the warehouse; it was very important to develop this capability at destination in record time.

-New Product Categories

We need to develop new products that are compact in packing and of more value to the retailers. Low value bulky goods are not feasible in the current scenario. We need our team to be more nimble and creative and this will be the differentiator if businesses have to survive.

I wish King Arthur would have added another piece of advice to Sir Bedivere that... "the old order does change and there is but one constant in our lives and that in itself is change."



There was an immediate need to diversify and yet not fall into the trap of "let's wait for the market to recover".

Vivek Arora is the CEO of Kagari Limited and he is also founder and past President of Indian Association, Shanghai. He is actively engaged within business communities, and social/charity activities.

Billions of Dollars Lessons by Head of Raymond China Operations



BACK GROUND OF RAYMOND LTD

Raymond limited is 2 billion USD Indian conglomerate with interest primarily in Men's Fashion Garment Segment (accounts for 70% of Indian men suiting market) and also biggest player in India in Files/ Hand tools/Power tools under brand of JK FILES AND TOOLS. Raymond has 3000 own retail shops and 20,000 points of sales in India. Raymond has established a Representative office in Shanghai back in 2000 and we are primarily sourcing raw materials for our respective businesses in India and UK and also selling Suiting's and Files in China from India.

Main challenges faced during pandemic

- Business dropped India by 90% in matter of 15 days during first lock down imposed in India from March 2020 to June 2020. Raymond Business model primarily depends on retail sales arising from celebrations of weddings/parties/get-togethers etc. So, we were worst affected. We needed to immediately revise all budgets and slash cost in China/India as per changing environment.
- In China I needed to reduce Chinese Manpower with required compensation and needed to reduce

perks and salaries for myself and retained staff. It was the most difficult impact of covid.

c) I was stuck in India for 7 months and I was lucky to catch Vande Bharat Mission flight and landed in Ningbo on 10th Sep 2020 with family. Those 7 months I struck in India under lock down living under constant fear of COVID-19 and about uncertain future took a big toll on my mental health and my family's. Luckily, we made it back to China.

Learning's from this Pandemic

a) Main learning is bit spiritual, we cannot take things granted in Life and anything can change anytime, so we should enjoy every moment in Life and enjoy small things in life and always be hopeful and positive.

b) We should always keep business cost under control by visualizing the worst-case scenario, Normally when business is good, we let cost go up drastically, but when down trend comes, it becomes very painful to reduce cost especially man power cost. So always adopt a middle path.

c) Never stop trying under any circumstances; sometimes a small positive step can bring very positive big results. So, keep trying always.

Road map of textile/garment industry in China

This sector is primarily a labour intensive and lower in value chain in China's industrial map, but it is still one of the basic pillars of China's Industrial map. I see below trends in coming times in China

a) Economic growth during the past 20 years has led to a rapid increase in wages in China, leading to unavailability of cheap labour (about 1000-1300 USD/month average) . Its leading to Garment production moving away to lower cost countries where average labour cost is 200-300 USD /month.

b) As this is labour intensive industry, future availability of labour will be less and less and skill sets will not be at par with current labour due to changing population demography, where entry of new labour is less, and exit is more with importance being to education.

c) Fibre/Yarn /Fabric production going hi-tech with less use of labour and more mechanization.

d) Moving away from production of basic fabrics/yarns to more innovative fabrics/yarns.

e) More dominance by bigger players

f) As profits are smaller in textile industry as compared other hi-tech industries, many businesses will graduate to more profitable businesses like ecommerce, tech-based industry etc.

Never stop trying under any circumstances; sometimes a small positive step can bring very positive big results. So, keep trying always.

Indian Banking in China

The growth of Chinese economy attracted foreign Banks to enter China in the late nineties and early years of the decade in 2000. To test the Chinese waters, Indian Banks started establishing Representative Offices.

The Saga of Indian banking in China started in 1993 with attempts to set up a representative office. Finally, State Bank of India could successfully set up its representative office in 1997. ICICI Bank has its presence in China since 2003. Several other Indian Banks set up representative offices between 1997 and 2007. In order to cover the whole country, each Bank had its own strategy and set up representative offices in Shanghai, Beijing, Guangzhou, Shenzhen and Tianjin.

One of the key conditions stipulated by Banking regulator in China during the material time was that a foreign bank should establish a representative office first and after completing two years can apply for a branch license. The process of converting a representative office to a branch used to take about 2-3 years from the date of application till complying all regulations for a branch.

Few factors are looked at by Indian Banks before setting up a branch in a foreign location.

1. Following the Indian Diaspora in the foreign country
2. Business Potential available for Indian Banks
 - a. Indian investment in China
 - b. Trade & Investment between the bilateral countries

With setting up of diplomatic relations and further agreements / understanding between the two governments, Indo China Trade started growing at a faster pace when compared with other countries. From USD 264 million in 1991, the trade grew by more than 10 times to reach USD 2.9 billion in 2000. The upward trend in the bilateral trade continued during the next decade to reach USD 20 billion by 2005 and USD 70 billion by 2010. The current bilateral trade figures keep fluctuating between USD 80-100 billion. Despite challenges, China remains one of the top Trading partners for India.

This has attracted many Indian Banks to set up a base in China. By 2010, there were about 4 Indian Bank branches and 9 representative offices in China. However, change in overall business and economic situation resulted in some of the Indian Banks taking a different view resulting in closures. Currently the number of Indian Banks operating in China are reduced to 2 (ICICI Bank Ltd & State Bank of India) in Shanghai, China and 2 Chinese Banks (ICBC and Bank of China) in Mumbai, India.

Although the business has been growing, there are challenges faced by Indian Banks in China.

1. Availability of Branch Network: China is one of the largest countries by size and the Indian Banks have only



one branch each to cater to whole country. It's a challenge to cover the entire country.

2. Capital intensive: Each Branch of a foreign Bank has to maintain a separate Capital for the branch.

3. Banking Products: Some of the Banking Products are unique for China that are not in India and Vice-Versa.

4. Language Barriers:

a. Correspondence / Regulatory reporting: All correspondence with the regulators is in Chinese and the correspondence with Head office is in English. Every circular / regulation needs a translation / interpretation.

b. Dealing with Chinese / English Name for same Company: This is unique for China. All companies are registered with a Chinese name but do foreign Trade with an English Name. The challenge lies in finding the Chinese Company corresponding to the English name.

Despite above visible and many invisible challenges faced in my 12 years career in China, it has been an exhilarating experience to successfully start and build a base for two Indian Banks in China.

Challenges during COVID 19: It all began in January 2020 when our staff already left to visit their families during spring festival and some of them have gone abroad. As the news of the virus spread and the government extended the 7-day holiday into a 17-day lockdown, the challenges increased further. As Banks are backbone to any economy, we had to open the branch for regulatory reporting even during the extended holiday. When the Branch finally opened on February 10th, it had to operate on skeletal staff. Even some of the staff who returned from outside Shanghai were not able to attend office due to quarantine. Those of us who were working in the branch had to perform our duties in freezing cold as the Central Air Conditioning was switched off. There was huge pile up of documents due to the extended holiday and the existing staff struggled to clear the backlog. There was a constant fear to handle the documents being received from various places as there was no clear communication on how the virus was spreading.

Further to have a business continuity, it was decided to split the existing staff into two teams. One team started working home and the second one from the Bank premises. As a Tech savvy institution, the Bank purchased additional computer systems and provided connectivity facility for the individuals so that the staff were able to operate seamlessly from home.

It took more than a month to restore normalcy. Overall, it has been an excellent team effort that helped us to overcome all the challenges from unforeseen circumstances.

My stay in China has been a great learning curve. The only mantra to survive and move forward is patience and perseverance.

Phani Kiran
Chief Executive, ICICI Bank Ltd, Shanghai

One of the key conditions stipulated by Banking regulator in China during the material time was that a foreign bank should establish a representative office first and after completing two years can apply for a branch license.

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