

# VOICE OF THE ASIAN COMMUNITY!

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## Letter from the Founder



Dr(Hon) Abhnash K Bains  
 CEO and Founder- IGC/  
 Ishkama Ltd

Thank you for your continued support and I hope you enjoy the articles on a variety of topics that we covered. We have got great content from our wonderful writers on a variety of topics that we think you all will enjoy reading. Inside you will find articles on everything from health, science, finance to inspiring stories from people who are making a difference in their communities.

I had the pleasure to attend the Lions club of Southall at the invitation of Lion President Jatinder. She and her team did an amazing job in providing a good atmosphere.

Their work in supporting the local community is truly commendable. I had the pleasure to attend the Charter and Handover event of my own club Lion club of London Central Host which was the first one to be set up in the UK. At the event, Lion President Dr. Raj handed over the presidency to Lion Soniya. I would like to congratulate Lion Soniya on becoming the new Lion President.



Lion Superna Patel, DG Kavaljit , Parmjit, LP Ranjit Mudhar, Inderpal Mudhar , LP Jatinder , Lion Mark Harvey

Many events were celebrated this month including Canada Independence Day on July 1st, which marks the formation of the country in 1867. On July 4th, we celebrated the Independence Day of the United States, commemorating the Declaration of Independence in 1776. We also recognized World Population Day on July 11th, an event established to raise awareness of global population issues. On July 7th, we observed Global Forgiveness Day, a day dedicated to increasing goodwill among people and promoting healing and letting go of negativity. Nelson Mandela day was celebrated on 18th July, a man who fought for freedom and equality, his legacy lives on

through our actions, let us make the world a better place.

Northern India has been hit by severe flooding due to heavy rains, resulting in the loss of many lives. This disaster, along with other recent extreme weather around the world, highlights the growing concern over the impact of climate change which forces us to think about the critical need for immediate action. It is our collective responsibility to take meaningful steps towards a more sustainable future.

Recently, I lost a very good friend of mine, Avtar Singh Lit. He was the owner and Chairman of Sunrise Radio, a pioneer in giving Asians a voice and was recognised as one of the most powerful Asians in British Media. His achievements and contributions to the industry are remarkable and we should not forget it was because of him that so many Asian Radio Stations are in the UK. To me, he will always be remembered as someone who truly cared for others. When I was Vice Chairperson of the single parent group in Hounslow, where we dealt with women who had suffered domestic violence and abuse and were no longer wanted by their families, one year we had just finished our meeting and we were advising our clients that we are closed during the Christmas period. Then one of the mothers spoke up and said they have nothing to celebrate as there is no food or toys for their children. When I mentioned this to Avtar, he went on air appealing to radio listeners for food and toys. It was the best Christmas day for children and their mothers and some still remember this.

We hope this issue inspires you and helps you stay informed about the things that matter most to you.

I would like to express my gratitude to our readers and writers for their ongoing support and contributions. As always, your feedback and ideas have been



invaluable in shaping the magazine so please keep sending your articles.

I also extend my thanks to all IGC chairs for their continued efforts in bringing positive change to people's lives and to the larger community.

IGC Chair Sowmya Chinnam did a Health Awareness talk for ladies in Ipswich. She specialises in Pharmacology and gave away several tips to remain fit and healthy and discussed the red flags that women need to look out for.

## Letter from the Chief Editor



Minakshi Koch  
 Vice CEO, IGC

It has been a wonderful month and I have really enjoyed editing the July issue. It is so inspiring to read about success stories from all over the world. It just gives an insight on how much can be achieved if one is determined and puts all their effort in building their dreams. Most of the time people do not even chase a dream, they simply work for others and their lives get tracked in that direction. Editor's choice covers such a story, of a young but courageous girl who dared to dream and live it. Circumstances can be most discouraging but it is how

we "face our fears and wipe our tears"

Every story in this issue has its own charm and has to be felt. Imagine yourself in the author's shoes to feel the pain and happiness. Autism is a subject very close to my heart and I am very passionate about creating awareness and inclusion. When I read about another person with the same compassion, it makes me feel elated. Please follow the Autism Page to know more.

I would like to thank our readers for their support and feedback, especially for the lovely messages and encouraging words. I am very grateful for your support towards the autism project and shall continue working for it. My special thanks

to our volunteers who continue to help without any expectations. My special thanks to the volunteers in the autism walk organised by Orwell challenge and volunteers in the henna stall of the Indian mela organised by Ipswich & Suffolk



From right- Bhakti Sankhyan, Savi Mittal(7 years), Sakshi Kasurde, Padma Swetha Kolishetty, Bhargavi Guvvala, and Minakshi Koch

Indian Association (ISIA).

It gives me immense pleasure to share that my first book on autism is now available on amazon. STAR AUTISM MUMS: TEACH THEMSELVES <https://amzn.eu/d/eKiSfj>

I hope that this book makes the lives of autism mums a little easier. It has all the answers a parent seeks once they get a diagnosis or are awaiting one. It is helpful for early intervention and later.



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# Voice of the Asian Community!



## Avtar Lit: A Radiant Star of Sunrise Radio

In the vast landscape of the media industry, certain individuals rise to prominence, leaving a lasting impact on their respective fields. One such shining star is Avtar Lit, a trailblazing entrepreneur and broadcasting mogul. As the driving force behind Sunrise Radio, Avtar Lit has played an instrumental role in shaping the landscape of British Asian radio, leaving an indelible mark on the airwaves and the hearts of millions.

### A Visionary Beginnings:

Avtar Lit's journey to success is one defined by perseverance, determination, and an unwavering vision. Born in Punjab, India, Lit moved to the United Kingdom at a young age and quickly became aware of the lack of representation for the South Asian community in British media. Fuelled by a desire to bridge this gap, he set out on a mission to create a platform that would give a voice to the underrepresented.

### Sunrise Radio: Illuminating British Asian Airwaves:

In 1989, Avtar Lit's vision came to fruition with the establishment of Sunrise Radio. Initially launched as a pirate radio station, it quickly gained popularity among the British Asian community for its vibrant and culturally relevant content. Despite facing various challenges in its early days, including legal issues related to its pirate status, Sunrise Radio emerged as a legitimate and fully licensed broadcaster in 1989.

Under Lit's astute leadership, Sunrise Radio became the go-to destination for South Asian listeners across the UK. The station's unique blend of music, news, talk shows, and entertainment programs catered to the diverse tastes and interests of the British Asian diaspora. It acted as a beacon of cultural connection, allowing listeners to stay in touch with their roots while embracing their new identities as British citizens.

### Avtar Lit's Role:

Avtar Lit's influence as the mastermind behind Sunrise Radio extended far beyond just being a founder. As the CEO, his visionary leadership and business acumen paved the way for the station's incredible success. He was not only deeply involved in the station's day-to-day operations but also instrumental in shaping its long-term strategy and growth.

Lit's ability to identify and understand his audience played a pivotal role in the station's success. He recognized the importance of representing various aspects of the British Asian community, from the traditional to the contemporary, and skilfully curated content that resonated with a wide spectrum of listeners.

### Beyond Radio:

Avtar Lit's vision extended beyond just radio broadcasting. He saw the potential for Sunrise Radio to become a full-fledged media conglomerate, and under his leadership, it diversified into other platforms, including television, events, and digital media. This expansion allowed Sunrise Radio to reach an even broader audience and cemented its position as a dominant player in the British Asian media landscape.

### A Legacy of Inspiration:

Avtar Lit's journey from a young immigrant with a dream to a pioneering media mogul is nothing short of inspirational. He shattered barriers, defied odds, and championed the cause of diversity and representation in the media world. His relentless dedication to promoting the cultural richness of the South Asian

community and fostering a sense of belonging among the diaspora has left a lasting impact on the lives of countless individuals.

Beyond his achievements in the media industry, Lit's philanthropic endeavours have further solidified his legacy. He actively supports various charitable causes, particularly those related to education, healthcare, and community development.

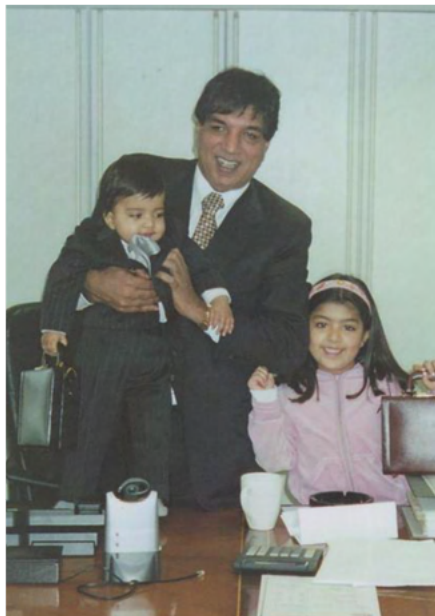


Avtar Lit's story is a testament to the power of passion, vision, and hard work. As the driving force behind Sunrise Radio, he not only revolutionised British Asian broadcasting but also empowered an entire community through meaningful representation. His journey inspires us to dream big, break barriers, and create positive change in the world around us. Avtar Lit will forever be remembered as a radiant star who illuminated the British Asian airwaves and continues to shine brightly in the hearts of those he touched.

He passed away on 27th June, 2023 after a brief illness, family by his side.

### Avtar Lit's family statement:

It read: "On behalf of the Lit family, it is with deep sorrow that we inform you of the passing of the radio and broadcasting pioneer Dr. Avtar Singh Lit.



"Avtar was a visionary. He created electronic British Asian media with the launch of Sunrise Radio, the first 24-hour independent and greatest commercial Asian radio station in the world. Avtar entered broadcasting to give the British Asian community a voice, which he indisputably achieved and far more.

"We are incredibly proud of his legacy which has given much joy and opportunity to so many. Avtar is survived by his mother, five children, Surjit (51), Tony (50), Bobby (49), Serena (24), and Robbie (19), and his five grandchildren. He was a much-beloved son, father, and grandfather.



# Mental Capacity and Legal Implications!



**Pavan Nagori**  
Senior Estate Planning & Probate Advisor

Planning for the future is an essential part of our lives, especially when we can use proper planning to protect our interests and assets. However, as individuals age or face unexpected circumstances, such as accidents or illnesses, the loss of mental capacity can significantly impact their ability to make sound decisions. In this article, we will explore the implications of losing mental capacity, particularly in relation to wills, and the importance of implementing Lasting Power of Attorney (LPA) as a solution.

**Understanding Mental Capacity:** Mental capacity refers to an individual's ability to make informed decisions and understand the consequences of their actions. It encompasses the cognitive and functional abilities necessary to comprehend and evaluate information. However, mental capacity can be affected by a variety of factors, including ageing, dementia, brain injuries, or other cognitive impairments:

- **Ageing:** As individuals get older, there is a natural decline in cognitive abilities. Conditions such as dementia, including Alzheimer's disease, are more prevalent among older adults and can result in a progressive loss of mental capacity.
- **Illness or Injury:** Certain illnesses, such as stroke, traumatic brain injury, brain tumours, or neurodegenerative disorders can cause sudden or gradual cognitive impairments, leading to a loss of mental capacity.

- **Mental Health Conditions:** Some mental health conditions, such as severe depression, bipolar disorder, or schizophrenia can impact an individual's cognitive functioning and capacity to make informed decisions. It's important to note that the loss of mental capacity can vary in its severity and progression. Some individuals may experience mild cognitive impairment, while others may face significant challenges in decision-making and day-to-day functioning.

Legal systems in various jurisdictions have criteria to establish whether an individual has the requisite mental capacity to make legal decisions, such as creating or modifying a will. These criteria generally assess an individual's understanding of relevant information, the ability to weigh options and consequences, and the ability to communicate their decisions.

- **Government Angle:** When an individual loses mental capacity and is unable to make decisions for themselves, the government or local council may step in to provide support and make decisions on their behalf. The specific actions taken by the government or council can vary depending on the situation, but here are some common measures in place:

- **Safeguarding the Individual's Interests:** The government or council has a responsibility to protect individuals who lack mental capacity from harm, exploitation, or abuse. They may have safeguarding measures in place to investigate and address any concerns related to the individual's well-being, financial exploitation, or neglect.

- **Appointment of a Legal Representative:** In situations where an individual lacks mental capacity, the government or council may appoint a legal representative, often referred to as a deputy or guardian, to act on their behalf. The legal representative is responsible for making decisions in the person's best interests, such as managing their finances, making healthcare decisions, or determining living arrangements.

- **Public Guardianship or Public Trustee Services:** Local councils may appoint public guardianship or public trustees. These entities act as legal representatives for individuals who lack mental capacity. They ensure the person's interests are protected and decisions are made in their best interests.

- **Court Proceedings:** In some cases, if there is a dispute or if there are complex

decisions to be made, the government or council may initiate court proceedings to determine the most appropriate course of action for the individual. This may involve seeking guardianship or conservatorship orders, which grant legal authority to manage the person's affairs.

- **Implications for Wills:** A will is a legal document that outlines an individual's wishes regarding the distribution of their assets after their death. However, when someone loses mental capacity, it raises significant challenges concerning the validity of their will. If a person's mental capacity is in doubt at the time of drafting or amending their will, it can lead to potential disputes and legal complications.

- **Lack of Testamentary Capacity:** Testamentary capacity is a legal requirement for creating or modifying a will. If the person is unable to understand the nature of their estate, the beneficiaries, or the implications of their decisions, the will may be deemed invalid.

- **Undue Influence:** Losing mental capacity can make individuals more vulnerable to the influence of others. Unscrupulous individuals may try to take advantage of this situation by exerting pressure on the person to modify their will against their true intentions.

- **Intestacy:** If an individual loses mental capacity and does not have a valid will in place, their estate may be subject to the laws of intestacy. In such cases, the distribution of assets will follow a predetermined legal framework, which may not align with the person's wishes.

**The Role of Lasting Power of Attorney (LPA):** To address the potential challenges associated with losing mental capacity and losing control of your finances and well-being to the state, individuals can establish a Lasting Power of Attorney (LPA) before any cognitive decline occurs. An LPA is a legal document that grants authority to a trusted person, known as an attorney, to make decisions on the person's behalf when they become mentally incapacitated.

**There are two types of LPAs:**

- **Property and Financial Affairs LPA** - This grants the attorney the authority to handle financial matters, such as managing bank accounts, paying bills, or selling property. It ensures that someone trusted and knowledgeable can manage the person's assets and financial obligations effectively rather than council/state.

- **Health and Welfare LPA** - This empowers the attorney to make decisions regarding the person's healthcare, medical treatments, living arrangements, and other personal welfare matters. It ensures that the person's preferences and best interests are considered in critical decision-making processes.

Benefits of LPA:

- **Ensuring Personal Wishes:** With an LPA, individuals can specify their preferences in advance, ensuring that their wishes are respected even if they lose mental capacity. This includes decisions about medical treatments, care options,

and asset management.

- **Avoiding Legal Disputes:** By appointing a trusted attorney through an LPA, the potential for disputes among family members or other interested parties is minimised, as the appointed attorney acts in accordance with the person's predetermined instructions.

- **Peace of Mind:** Having an LPA in place provides individuals with the assurance that their affairs will be managed by someone they trust, alleviating concerns about financial mismanagement or decisions that do not align with their values.

**Conclusion:** The loss of mental capacity can have significant implications for individuals' ability to manage their affairs and ensure their wishes are upheld. To mitigate the risks associated with losing mental capacity, it is crucial to consider implementing Lasting Power of Attorney (LPA) for both financial and healthcare decisions. By taking proactive steps to plan for the future, individuals can safeguard their interests and maintain control over their affairs even during challenging times.





# Navigating the Storm: Overcoming Financial Challenges in the UK



Priya Kainth

The passage continues to present a compelling message about overcoming financial challenges and achieving financial well-being. It highlights the need to be prepared for unexpected events in life and emphasises the desire to be able to spend on desired things without constant financial worry.

The UK's economy is described as being in a state of turmoil due to various pressures, including rising living costs, fluctuating interest rates, Brexit implications, pandemic repercussions, geopolitical tensions, and

changing tax landscapes. The sudden surge in interest rates to 5% is mentioned as a concern, particularly for younger generations struggling to enter the housing market. Businesses also face unprecedented challenges, with some being forced to shut down due to economic strains.

As a financial guide reinforce the message of empowerment and understanding of financial well-being. My expertise offers individuals, families, SMEs, and corporate entities to help people regain control over their finances and navigate the economic storm. The passage mentions various financial aspects that I can assist with, such as budgeting, investment insights, risk management, and debt relief, all tailored to each individual's circumstances.

The passage promotes hope and optimism even in the face of financial difficulties, encouraging readers to consider me as a trusted partner to secure a better tomorrow amid the current economic landscape.

The emphasis on financial well-being and happiness is reiterated, suggesting that being happy and comfortable with financial choices at every stage leads to becoming wealthier. The idea is presented that a happy and wealthy individual has the opportunity to be even happier and wealthier for longer, and can also help others achieve the same.

The passage also highlights my gratitude for the opportunity to contribute expertise in financial independence and building a personal brand. It mentions engaging with individuals and businesses to discuss strategies for success, overcoming challenges, and promoting diversity in business.

Overall, the passage effectively communicates the importance of being financially prepared and seeking guidance to navigate economic uncertainties. It promotes the idea that with the right financial strategies, individuals and businesses can achieve stability, happiness, and wealth in the face of challenging economic conditions.

The current topic being discussed almost everywhere is the cost of living, interest rates, property prices and the Ukraine/Russia war.

There is no denying at present there is a compelling message about how to overcome the financial challenges and achieve financial well-being. This highlights the need to be prepared for unexpected events in life and emphasises the desire to be able to spend on desired things without constant financial worry.

Businesses are also facing unprecedented challenges, with some being forced to shut down due to economic strains. Everyone is feeling the strain and need some form of guidance/direction.

## Benefits of being a first-time buyer

- You have nothing to sell first, which is a good situation to be in, as this could potentially speed up the process.
- You could get help from the government, IF you qualify for certain schemes, subject to their criteria
- You may pay less tax IF you qualify, subject to their criteria
- Pay less stamp duty, currently you pay NO stamp duty up to £425,000, until 31st March, 2025

Buying your first home is an exciting time, and it is important to get everything in place so it is not so daunting.

Well done if you have got past the first hurdle: saving for a deposit – that's a BIG step. FYI - deposits can be gifted by family members as long as they confirm in writing that they do not wish to have any interest, (financial or otherwise) in the property. When purchasing your new home, your solicitor would take care of this for the lender and you. ALWAYS REMEMBER: Your home is at risk if you do not keep up repayments on a mortgage or other loan secured on it."

## Step by step guide:

1. Understand what you can afford
2. Save for your new home's deposit
3. Check your credit report and see IF it needs improving
4. Understand the type of property you are looking for
5. Get a Decision in Principle
6. Choose the right home and make an offer
7. Visit a mortgage advisor and apply for a mortgage
8. Instruct a solicitor who does conveyancing
9. Your lender will instruct a valuation, (however you can do these independently)
10. Once all documents have been checked and valuation report received by lender
11. Your solicitor/conveyancer will do checks/searches on the property and draw up contracts
12. Exchange contracts and agree a completion date

## Remortgaging your property

If you are already a property owner and you wish to remortgage your existing property this can be done, below are different types of remortgaging.

If you choose to stay with your existing lender then this is called a product transfer, we can do this for you.

If you wish to remortgage your existing property, and find a new lender we can source this for you to help you potentially find a better deal. You would need to provide information about your personal and financial circumstances, as well as details of your current mortgage. Make sure you have documents to prove what you earn and the paperwork for any loans or other credit commitments, we can help you with this.

If you have a property with NO mortgage, (Unencumbered) this can be remortgaged, subject to how much equity you wish to keep into the property will dictate the loan to value and the monthly payments accordingly.

As well as specialising in Residential and BTL properties, we also specialise in bridging loans, commercial, semi-commercial and development loans.

We look forward to helping you on your property journey. Your home may be repossessed if you do not keep up repayments on your mortgage.

## How does remortgaging work?

1. Firstly, we can do your research
2. Consider any remortgaging costs
3. Get a DIP (Decision in Principle) or AIP (Agreement in Principle)
4. We can source a deal for you and apply for your remortgage
5. OR you can stay with your existing lender (Product Transfer)
6. Instruct a solicitor who does conveyancing
7. Review your offer
8. Completion

We can give you plenty of examples regarding purchasing a property for investment or residential purposes. However, we are ALL different and so are our needs.

## INVESTMENT PROPERTY/BTL

Who can apply?

When applying for a buy-to-let mortgage, you should make sure that:

1. You have owned and are living in your current home for at least 6 months
  2. Your minimum annual salary is £25,000 (this is excluding rental income)
  3. Your maximum borrowing does not exceed 75% loan to value
  4. Your annual rental income should be at least 125% of your mortgage payments, subject to what you are as a taxpayer. If ALL mortgage applicants are lower-rate tax payers. Or, if any applicant is a higher-rate tax payer, your annual rental income should be at least 145% of your mortgage payments
- The above is some guidance and by no means set in stone.

## AS A FINANCIAL EDUCATOR/COACH, WHAT WE CAN OFFER?

- We help our clients to set and achieve their financial goals.
- We assist in creating budgets and managing cash flow effectively.
- We provide guidance on debt management and reduction strategies.
- We offer advice on saving and investment options to build wealth.
- We are helping our clients to plan for a secure retirement.
- We educate clients on personal finance topics and empower them to make informed decisions.
- We assist in modifying bad financial behaviour's and developing positive habits.
- We assess insurance needs and recommend appropriate coverage.



# Hounslow Business Chamber- Helping Companies Grow!

Alan Rides

I am very proud to have won a "Thank you" award from the outgoing Mayor of Hounslow last month, for my work at the Chamber over the past year, which I accepted on behalf of the Chamber team.

It has been a year in which we have fully stamped International on our Chambers activities, both for export growth and inward investment. We should not forget that London is the 3rd richest city globally, the UK has the 6th largest GDP and the world's 10th largest exporter; not bad for a small island at the top of Europe with a population of 65 million. By comparison to other much larger countries we punch well above our weight. And how much is this worth? Our Business and Trade Minister announced last week that this is now worth £864bn, up 22.8% and set a target of £1 trillion by 2030.



## Twin Town

Last year we strengthened our ties with our Twin Town of Issy Les Moulineaux which is a Paris

suburb. Reciprocal visits both from and to Issy to commemorate 40 years of strong ties. Companies visited in Hounslow by the inward mission were Enjoy Work, Pernod Rocard, JCDeceaux, Gunnersbury Museum, The Music Museum, High Street Quarter, Treaty Centre, and Bedfont Lakes. Our outbound mission included local Hounslow companies and the local authority. Bilateral trade links were improved and lessons learned for Tourism, Sport and construction.

The Chamber has also established strong ties with other twin towns of Ramallah with an MOU signing, but a planned visit had to be called off at the last minute. We have also signed an MOU with Lahore Chamber on the back of the Twin Town links and have received two trade missions to be met by an invited reception of 50 companies.

The last of our Twin Town agreements is with Jalandhar in India which is work in progress, but we have put on two trade with India events, the last with 60 attendees including some visitors from India coming for this event only and being received by our local MR Ruth Cadbury who is part of Labours shadow international trade team. A follow up India event is organised at HSBC HQ in Canary Wharf next month showing the importance of this market.

## Other International trade links

We have also now established trade links with MOU's being signed with Chambers from Tripoli

and have received two inbound missions. We have organised an event on Trade with Morocco and will sign an MOU shortly and most recently we received a Ministerial led trade mission from Kurdistan region of Iraq as attached.

Additionally, we have MOUs with 3 Chambers in Lebanon and later this summer we are planning an environment and New Zealand trade promotion event, so we are fully putting West London and Hounslow on the map.



This has resulted in export growth and Foreign Inward investment which is easier to measure. We now have companies that have joined our chamber and set up in our areas from Italy, Iran, Portugal, USA, Morocco, Iraq, India, Pakistan, Egypt, Taiwan and Nigeria to name a few. They all take part in our regular events including Business Breakfasts, International trade seminars, sector summits, Golf Charity afternoon, West London Festival of Business and West London Chambers business awards meaning that we are now delivering an event every week to help local companies grow.

# Universal Adoption of Peace in the Whole World



Assem Mousa

On Adam's Day Every Year, let us all remember that we are all his children so we are brothers and sisters, be at peace with each other, and not harm or kill each other. We must all have peace, harmony and tolerance.

It is now time for humanity as a whole, regardless of religion, colour, gender, country of origin or language, to unite to achieve peace in the world as a whole, eliminate racism, injustice, ignorance and violence, and start opening a new era after Corona 19 And the Union of all the world as one individual in resisting the past and uniting efforts in the coming period to achieve the sustainable development goals of the United Nations 2030 and to hand over the world to future generations in a better state in all fields of education, health, energy, etc and to fight the Coronavirus and on the dissemination, and adoption of modern technology, the cloud of everything and its circulation in the world as a whole, which is the technology of the twenty-first century.

We all must have the Mentality of Abundance not the Mentality of Scarcity.

## Abundance mindset:

It is to believe that there are enough opportunities for everyone and good enough for everyone in this world. You do not need to lose anyone or harm anyone until you gain something good enough for everyone.

## Scarcity and scarcity mentality:

It is to believe that good and opportunity are limited (the bite is either for you or someone else to eat);

And there must be one losing. The whole life is a struggle and a competition.

The question is: Which mentality can make you live in peace and tranquillity? (The mentality of abundance for sure) Goodness exists in everyone.

## Who thinks of a scarcity mindset?

Those who are afraid that others will succeed are afraid to praise others. He does not share information or knowledge, because he thinks that if someone succeeds, he is a loser. Afraid that people will know how he succeeded and how he developed.

## Who is thinking of the mentality of abundance?

The success of others does not threaten him. Rather, he praises them and shares his experiences, knowledge and information.

**In short:** There are people who think of the "abundance" mentality and others who have been occupied by "scarcity" and you find them in constant anxiety and tension.

In simple terms, this peace will only be achieved by giving everyone his right, regardless of the difference in religion, colour, gender or origin. It will not be achieved except by equality and deterrence of any aggression by others against the rights of the other, such as economy, education, health, etc. It will not be achieved except by the interaction of each individual in society to apply the above in a positive manner and to eliminate the negativity of the individual in complacency as long as he acquires his full rights and ignores the rights of others. We must unite on the principle of equality and justice in rights to achieve peace.

Then comes the role of equality in a global adoption of modern technology, the technology of the cloud of things, the technology of the twenty-first century, which fights the spread of Covid 19, which helps to fight poverty, disease, violence and mismanagement, which helps achieve the sustainable development goals of the United Nations. In 2030 AD in the world as a whole.

This is the last chance for our generation to hand over the world in a better state to the next generation, as we, the current generation, wished to receive from the previous one.

Finally, I would like to conclude my speech with peace Quotes-

I prefer peace. But if trouble must come, let it come in my time, so that my children and new generation can live in peace.

Establishing lasting peace is the work of education; all politics can do is keep us out of war.

We do not need guns and bombs to bring peace, we need love and compassion.

Peace is always Beautiful like a smile.

Peace is its own reward, Go in the direction of where peace is coming from.

If you are depressed you are living in the past, if you are anxious you are living in the future, if you are at peace, you are living in the present.

We must restore hope to young people, help the old, be open to the future, spread love peace.

Every breath we take, every step we make, can be filled with peace, joy and serenity.

When the power of love overcomes the love of power, the world will know peace.





# The Silent Journey: Complementing Mental Health Care with Technology



Vijay Garg

Mental health is an increasingly prevalent concern, affecting millions of people worldwide. In the United Kingdom alone, approximately four million individuals endure the daily challenges of mental health problems. The journey from a small anxiety to a full-blown mental health issue can be gradual and insidious. Unfortunately, mental health issues often remain invisible until someone finds the courage to open up and seek help. Even in the 21st century, mental health problems are frequently ignored or swept under the carpet, leading to isolation and fear of integration with society.

## The Hidden Burden:

Mental health issues, unlike physical ailments, are not always immediately apparent. The invisible nature of mental health problems often leaves individuals suffering in silence, unable to receive the support and understanding they need. Over time, a small seed of anxiety can grow into a debilitating condition that affects various aspects of a person's life, including their relationships, work performance, and overall well-being. The gradual progression of these issues makes it imperative to recognize and address mental health concerns at their earliest stages.

## The Impact of Stigma:

One of the major obstacles to seeking help for mental health problems is the prevailing stigma surrounding these issues. Deeply ingrained in society, this taboo prevents many individuals from acknowledging their struggles or discussing them openly. The fear of judgement and rejection often forces people to conceal their difficulties, leading to further isolation and exacerbation of their mental health condition.



As a result, individuals may suffer in silence, unaware of the potential avenues like Ishkama for support and treatment that could significantly improve their quality of life. Regrettably, the impact of mental health issues can be devastating, leading to an alarming increase in suicide rates in the world. Breaking the stigma and encouraging open discussions about mental health remains a pressing need.

## The Power of Early Intervention:

While the stigma surrounding mental health remains a significant challenge, technological advancements have provided new opportunities for individuals to assess and address their mental well-being. This accessibility is especially crucial for individuals who may face barriers to seeking in-person mental health services, such as stigma, limited mobility, or geographical constraints.

The advent of self-assessment tools and applications offers a way for people to monitor their mental health proactively. One such platform, Patient on the Go app, has developed a link that enables users to self-monitor mental health indicators such as anxiety and stress.

Using validated scoring systems like the Patient Health Questionnaire (PHQ-9) and Hospital Anxiety and Depression Scale (HADS), individuals can assess their mental health and generate reports to share with healthcare professionals

when necessary. This self-monitoring mechanism allows for early identification of potential issues, serving as a warning sign to seek timely interventions and professional assistance. By catching mental health problems early, individuals have a better chance of integrating successfully into society and preventing the escalation of their condition.



## Complementing Traditional Care:

Mobile mental health tools can complement traditional mental healthcare services. They can be used as standalone self-help resources or as adjuncts to therapy or counselling. Mobile apps and tools can reinforce the strategies and techniques learned in therapy sessions, allowing individuals to practise and apply them in their daily lives. They can also serve as a bridge between therapy sessions, providing ongoing support and reinforcement of mental health goals.

Mobile health apps often provide a level of anonymity and privacy that can reduce the fear of judgement or stigma associated with seeking help for mental health concerns. They have created an online platform where individuals can openly discuss their mental well-being, share coping strategies, and seek advice.

Mental health issues affect a significant portion of the UK population, with four million individuals grappling with these challenges daily. The hidden nature of these problems, coupled with the prevailing stigma, often leaves people isolated and hesitant to seek help. However, the rise of technology has brought about a promising opportunity for early intervention. Self-assessment tools like Patient on the Go app empower individuals to monitor their mental health, providing crucial insights into their well-being. By identifying potential issues early on and accessing timely support, individuals can navigate their mental health challenges more effectively and strive for better integration into society. As we continue to break down the barriers surrounding mental health, it is essential to encourage open conversations and promote accessible resources that foster well-being and support for all.





# Youth and the 2030 Agenda: SDG 4, 8



Dr. Anne Marie Ortega

July 15th as World Youth Skills Day  
Skilling teachers, trainers and youth for a transformative future

In 2014 the United Nations General Assembly declared July 15 as World Youth Skills Day, to celebrate the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship.

The theme of World Youth Skills Day 2023 is "Skilling teachers, trainers and youth for a transformative future". It highlights the essential role that teachers, trainers and other educators play in preparing young people for their transition to the labour market.



Technological advances and changing labour markets require flexible and versatile skills. It is crucial that we empower youth so that they can successfully face these changes. Technical and professional education and training is in good condition to respond to these demands by reducing the barriers to access the world of work; ensuring that the skills acquired are relevant.

On World Youth Skills Day, let's unite to recognize young people as catalysts for change and commit to providing them with the skills and opportunities they need to build a prosperous and sustainable world for all.

Together we can build a better future where no young person is left behind!

Another important day to celebrate will be August 12th: International Youth Day

## Who Are the Youth?

There is no universally agreed international age definition of the youth group. For statistical purposes, the UN, without prejudice to any other definitions made by Member States, defines 'youth' as those persons between the ages of 15 and 24 years. This definition, which arose in the context

of preparations for the International Youth Year (1985) (see A/36/215), was endorsed by the General Assembly in its resolution 36/28 of 1981. All UN statistics on youth are based on this definition, as is reflected in the annual yearbooks of statistics published by the UN system on demography, education, employment and health.

This statistically oriented definition of youth, in turn for children under the age of 14. Worthy of note, however, is that Article 1 of the 'United Nations Convention on the Rights of the Child defines 'children' as persons up to the age of 18.

Many countries draw the line on youth with regard to the age at which a person is given equal treatment under the law...This age is commonly 18; so that once a person attains this age, he or she is considered to be an adult.

But the operational definition of the term 'youth' varies from country to country, depending on relative sociocultural, institutional, economic and political factors.

## State of the World's Youth

By 2030—the target of (SDGs) that make up the 2030 Agenda—the number of youth is projected to have grown by 7 per cent, to nearly 1.3 billion.

Youth are demanding more just, equitable and progressive opportunities and solutions in their societies such as access to education, health, employment and gender equality.

## History of Youth at the UN

The UN has long recognized that the imagination, ideals and energy of young people are vital for the continuing development of the societies in which they live. Member States of the United Nations acknowledged this in 1965 when they endorsed the Declaration on the Promotion among Youth of the Ideals of Peace, Mutual Respect and Understanding between Peoples.

Two decades later, the UN General Assembly observed 1985 as the International Youth Year: Participation, Development and Peace.

In 1995, the United Nations adopted an international strategy: the World Programme of Action for Youth to the Year 2000 and Beyond.

In Dec 1999, in its resolution 54/120, the General Assembly endorsed the recommendation made by the World Conference of Ministers Responsible for Youth (Lisbon, 8-12 August 1998) that 12 August be declared International Youth Day.

With a different focus each year, International Youth Day helps bring youth issues to the attention of the international community.

To coincide with the 25th anniversary of the first International Youth Year, the UN Assembly, in December 2009, adopted resolution 64/134 proclaiming the year commencing 12 August 2010 as the International Year of Youth.

In 2014, the United Nations General Assembly declared 15 July as World Youth Skills Day, to celebrate the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship.

In 2015, the Security Council unanimously adopted resolution 2250, which encouraged States to consider setting up mechanisms that would enable young people to participate as peacebuilders to prevent violence and generate peace around the world.

In 2018, in resolution 2419, the Council reaffirmed this need.

Themes: celebrated each July 15th, Youth Skills Day. 2019: Learning to learn for life and work

2020: Skills for a Resilient Youth

2021: Reimagining Youth Skills Post-Pandemic

2022: Transforming Youth Skills for the Future

2023: Skilling teachers, trainers and youth for a transformative future

## Youth and the SDGs

A central principle of the 2030 Agenda is the assurance that "no one will be left behind." The Sustainable Development Goals are meant for all nations, all peoples of all ages and all societies and youth should be considered across all Goals and targets.

Youth are specially mentioned in four areas: youth employment, adolescent girls, education and sports for peace. Also, young people are recognized as agents of change.

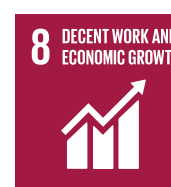
## Youth and SDG 4: Quality Education



Education is a fundamental right for youth everywhere. Sustainable Development Goal 4 calls for inclusive and equitable quality education and the promotion of lifelong learning opportunities for all. To achieve

this, there is a need for concerted efforts to ensure that young women and men have access to free, equitable and quality education, as well as targeted training opportunities. The most recent statistics suggest that there are profound global disparities in education, leaving universal secondary education a tenuous aspiration for many, especially those in poorer nations.

## Youth and SDG 8: Decent Work and Economic Growth



Sustainable Development Goal 8 contextualises the call for decent work. For young people, the issues of unemployment, underemployment and poor job quality have proven to be persistent and daunting. Youth

are three times more likely to be unemployed than adults.

Many young people are engaged in low-paying, precarious or informal work. Thus, decent work is even more serious and complex for vulnerable and marginalised youth, including young women, those living in humanitarian settings, youth with disabilities, migrant youth, and lesbian, gay, bisexual and transgender youth.

The adoption of the 2030 Agenda represented the culmination of an extensive three-year process involving Member States and civil society, including youth organisations, in the development of specific goals and targets.

Young people have been at the forefront of activities and initiatives of the 2030 Agenda.

## Resources:

- Secretary General's Reports
- World Youth Report
- International Youth Day
- World Youth Skills Day
- Unesco.org
- [www.un.org/es/global-issues/youth](http://www.un.org/es/global-issues/youth)





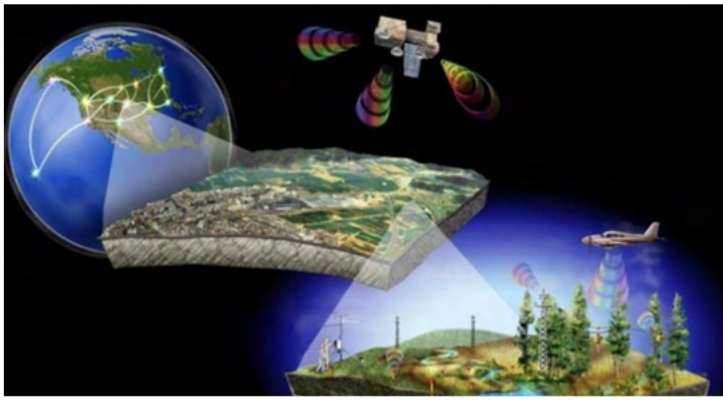
# Remote Sensing and GIS - Indispensable Components of Geospatial Technology



**Aarathi Aishwarya**

destination virtually in Google Maps.

But how is this possible? How does it work, and which science and technology is transforming the way we learn about the Earth? Remote Sensing and GIS (Geographic Information System) is the answer.



## What is Remote Sensing and GIS?

Remote sensing involves the collection and analysis of data acquired by sensors that are not in direct contact with objects, areas, or phenomena for the purpose of determining their properties. In essence, remote sensing is a multidisciplinary field involving optics, spectroscopy, photography, computers, electronics, and telecommunications. GIS is the acronym for Geographic Information system. It is a computer system that collects, analyses, stores geographic information for use by different entities for smart decision making.

Remote sensing technology has numerous applications in various fields, including environmental monitoring and assessment, natural hazards assessment and management, transportation and infrastructure planning, urban planning and development, agriculture and food security, archaeology and heritage preservation, climate change studies, water resource management, mining and mineral exploration, marine and coastal studies, wildlife management and conservation, public health studies, and humanitarian aid efforts. Remote sensing and GIS work well together as powerful technology to deliver accurate and efficient geospatial solutions.

## Applications of Remote Sensing and GIS

Jack Dangermond, President of ESRI (Environmental Systems Research Institute), states that the application of GIS is limited only by the imagination of those who use it.

Satellites roaming around the earth have enabled a number of innovations, such as remote sensing and they play an important role in developing a number of technologies, such as world mapping and GPS, city planning and so on. Following are some major fields in which remote sensing and GIS can be used for-



## Meteorology

Weather forecasting involves the application of geospatial technology to predict the atmospheric conditions of any given location at a future time. The weather simulation is carried out by collecting as much data as possible about the current state of the atmosphere, like humidity, wind, and temperature, and using the understanding of atmospheric conditions to determine weather conditions for the future.

## Forestry

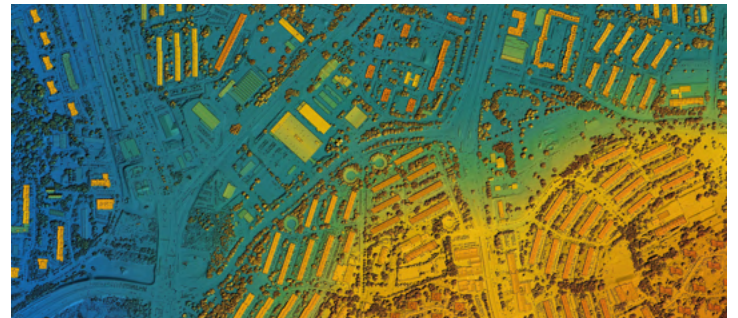
Remote sensing and GIS help to keep track of forest resources and the ways to manage them. Day-to-day surveillance of the forests is very crucial for determining the potential risks and overall forest health. Climatic changes and their impact on the forests are easier to monitor when conducting remote sensing forest surveillance. All this helps to support forest management and conservation in various parts of the world plagued with environmental issues.

## Agriculture

Agriculture provides raw materials, fuel, fibres, and food (of course!) to humanity. The application of remote sensing in agriculture can help the evolution of agricultural practices facing different types of challenges by providing information related to crop status at different scales all through the season.

## Land Use/Land Cover Changes

The rapidly changing face of the world's land use is having a profound effect on the environment and human society. Satellite remote sensing is an invaluable tool for monitoring these changes, providing detailed data on land use, land cover, and the environment. Recent advances in satellite technology have enabled scientists to observe land use/land cover changes more accurately and with greater detail than ever before. These observations can be used to understand how land use affects the environment, identify areas of land degradation, and track changes in land use over time. Satellite remote sensing can be used to monitor a variety of land use changes, including deforestation, urban expansion, agricultural intensification, and infrastructure development. This information can be used to inform land use decisions and to manage environmental resources more effectively. For example, satellite remote sensing can be used to detect deforestation, providing detailed information on the amount of forest cover lost and the amount of vegetation currently in a given area. This data can help to identify areas that need to be protected or areas that may be at risk of further deforestation. In addition, satellite imagery can be used to monitor the impact of human anthropogenic activities on the environment.



## Biodiversity

The world's biodiversity is under threat like never before, with climate change, habitat loss, and human activities contributing to the decline of species at an alarming rate. To tackle this global crisis, we need innovative and effective solutions. Biodiversity conservation is critical to maintaining the delicate balance of our ecosystem. However, monitoring and managing biodiversity can be a challenging task, especially in large areas. Remote sensing has proven to be an effective tool for biodiversity conservation.

## Scope of geospatial technology

Technological advancements have made remote sensing and GIS work in synergy to provide unobtrusive and systematic processes for many applications. Numerous industries continue to adopt these technologies and expand their capabilities towards safety, sustainability, and data-driven decision-making. Now-a-days the field of Remote Sensing and GIS has become exciting and desirable with rapidly expanding opportunities and provides vital tools which can be applied in the various levels leading to decision making toward sustainable socio-economic development and conservation of natural resources.



# Rising Above Adversity!



**Danielle Signe**

I am Danielle Signe aged 21 years, born in Bamendjou in the west region of Cameroon. I am a young economics student at the University of Yaounde II Soa, CEO of Scdswear, event coordinator, Cameroon Country Chair of the leadership and entrepreneurial education wing of the G100. G100 being an NGO with their main aim to empower women of different categories and sectors all over the world and also children to guarantee a healthy and peaceful society as pillars of today for tomorrow. As an African youth,

I've always dreamt of a society where both women and men work together without discrimination with the only objective to develop and preserve our society as pillars of today and leave a solid legacy for the pillars of tomorrow. I've always believed that the most important thing in our society and the lives of each of us is the work and the impact we have on each other. But while growing up I saw another reality, far from my dream. I saw a society almost in darkness, a contagious darkness due to lack of faith and struggle to live life to the fullest. I faced several challenges in almost every part of my life, in a society hostile to youths like me. Having almost no support from my relatives due to a lack of understanding of who I am and what I want to do. At a certain point in my life, all I was doing was struggling to be what my relatives wanted me to be. I was struggling to be normal for them as they made me believe I was not normal, because they are such respectful individuals and I greatly trust their care and love for me. All the tears I ever shed during my long journey were for them and because of them. But unfortunately, because of my quiet nature towards adversity, they considered me to be problem-free and thus showed less interest in my problems. They considered me strong enough to carry any burden. Every time I accomplished something, they were mostly surprised, openly blaming me for wanting to be amongst "the chosen", considering everything I try to accomplish as "MAGIC" and making me lonely.



Unfortunately, in some African societies, successful people are seen to be magicians and not just humans with greater ability.

But what is actually that magic behind "SUCCESS"? Is it really "magic" as they say? Why is it called magic? That magic is simply and humbly "HARDWORK". No, it's not magic because considering "HARDWORK" as magic is a sign of pure laziness. Considering "HARDWORK" as magic is like considering tears as magic. We all agree the fact that we all cry, tears are vital elements to our growth and development since the day we were born. Not forgetting "FAITH" which is the main reason why success is considered magic because it requires much "FAITH" for "HARDWORK" to become "SUCCESS". No matter what you want to do in life, to make your dreams come through, don't stop working for it and trusting in your work, don't ever stop having "FAITH" in your dreams and abilities. We should take care of the way we cry with all our heart and attention. Because we cry in different ways and for different reasons. Some cry when they are sad, others when they are happy, some when they are stressed and others like me who cry for anything that attack their feelings be

it happy or sad. I distinguish two types of tears that is; internal and external tears. External tears mostly in the form of a liquid secreted by our eyes, is internal before being external. Internal tears manifest through actions such as; desire to be lonely, violence, sexual drive, alcohol addiction, games addiction, amongst others. Our personality plays a great role in determining our way of crying. Some people are highly sensitive and open so they have no difficulty showing off their feelings and crying openly.

Thus, they show more external tears, while others are less open and introverted, believed to be dry and very hard on feelings. But the truth is, all of us are sensitive and capable of having feelings of all types. We have the right to feel and protect our feelings by not showing off, it's not a sin to be shy or introverted. Nonetheless, it doesn't give people the right to treat us more harshly than others because we never complain. As members of the same societies we should learn to understand each other. Understand our character differences, understand our sex differences and most importantly understand that we all have the duty to develop our societies, no stranger will come to develop our societies for us. Our society is just like our family, a big family where we are considered brothers and sisters. As brothers and sisters from the same family, our duty is to respect and protect each other. We are parented by the government, and you never asked yourself why the English government is designed to be "she". Why? Just because the government plays the role of a mother to our society, taking care of our societies, checking out different problems we face in the societies, and looking for solutions to those problems in order to ameliorate our standards of living. Here we can now see how important is the role of our mothers in our lives, she's the one who gives us our first thought pattern about the world, she's the one in charge of teaching us how to be citizens in our society, she's the one who introduces us to the world. She's a citizen and human being, very sensitive but with a great burden and responsibility. But most of the time she's left over to her responsibilities, abandoned to her own feelings and we forget about her well-being, and we blame her for sharing experiences with us youths, who know nothing about the world in which we are. Because of technology many youths consider their parents to be too old to understand them. Yes of course the world has rapidly evolved with great technological innovations, which most of our parents do not master but we shouldn't forget to protect our cultural background and identity which is the main reason behind our existence. This is the root of my main activity Scdswear, which is an African fashion house with the aim of promoting our beautiful cultures and guaranteeing the wellbeing of our clients irrespective of the revenue. Because we all have the right to dress well and be comfortable with our body, I am proud to share happiness through my activities.





# Plastic Bags? Just Bag it!

Guys, we know the world is overrun by clingy, crinkly culprits known as plastic bags, it's time to ditch the dull and embrace the extraordinary! As we gather 'round to celebrate the International Plastic Bag Free Day, prepare yourself for a whimsical journey into the land of bag-less brilliance. Buckle up, folks, because we're about to embark on an adventure that will make your eco-conscious hearts skip a beat!

**The Bag-o-nator Contraption:** Imagine waking up to a contraption straight out of a mad scientist's laboratory, sitting on your kitchen counter. With the flick of a switch, it morphs into a miraculous bag-making machine! Simply feed it old clothes, curtains, or even your Aunt Bertha's tacky floral tablecloth, and voila! Out pops a unique, one-of-a-kind bag that will have everyone asking, "Where on Earth did you get that?" Your reply? "Oh, you know, I just invented it myself!"

**The Bag Swap Extravaganza:** Gather your friends, neighbours, and even that peculiar lady who lives down the street, because it's time to organise the ultimate bag swap party! Everyone brings their unwanted plastic bags, and through the power of creativity, you transform them into fabulous fashion statements. Turn those pesky bags into

chic handbags, funky backpacks, or even stunning couture dresses! Who says saving the environment can't be a fashion-forward affair?



**The Bag-Free Challenge:** If you're someone who thrives on a healthy dose of competition, then the

Bag-Free Challenge is for you! Rally your friends and family to see who can go the longest without using a single plastic bag. Get creative with your solutions. Carry groceries in a mini wheelbarrow, balance your essentials on your head like a circus performer, or enlist the help of your pet turtle to transport your shopping. The possibilities are endless, and the laughter will be guaranteed!

**The Bag Monster Parade:** Prepare yourself for a spectacle like no other—a parade of colourful characters parading down the streets, all dressed as bag monsters! Embrace your inner artist and transform ordinary plastic bags into outrageous outfits and with head-turning accessories. Strut your stuff as you march, dance, and boogie your way through town, raising awareness about the plastic bag menace. Who said saving the planet couldn't be a fabulous affair?

As we celebrate International Plastic Bag Free Day, remember that saving the world doesn't have to be a tedious task. Embrace the quirky, unique, and amusing in your quest to cut out plastic bags from your everyday life. So, let's wave goodbye to those clingy culprits and embark on an extraordinary adventure where imagination and sustainability collide!

# Surprising Everyday Activities Harming Mother Nature

World Nature Conservation Day is a momentous occasion that reminds us of the vital importance of protecting and preserving our natural world. While we are well aware of the prominent environmental issues such as plastic pollution, deforestation, and carbon emissions, there are numerous lesser-known activities that silently contribute to the degradation of our precious ecosystems.

**Artificial Light Pollution: The Hidden Disruptor**  
While artificial light enables us to work, play, and navigate safely after dark, it also disrupts the natural patterns of wildlife. Bright city lights can confuse migrating birds, leading to disorientation and collisions with buildings. Similarly, coastal lighting can disorient sea turtle hatchlings, causing them to stray away from the ocean and become vulnerable to predators. By adopting low-intensity outdoor lighting and switching off unnecessary lights, we can mitigate this overlooked harm and protect our nocturnal friends.

## Unconscious Water Waste: A Drip Becomes a Torrent

Water, the elixir of life, is often squandered due to unconscious wastage. Leaving the tap running while brushing our teeth or indulging in long showers are habits that contribute to excessive water consumption. This strains natural water sources, disrupting aquatic ecosystems and depleting freshwater reserves. By embracing simple behavioural changes like fixing leaky faucets, practising mindful water consumption, and implementing water-saving technologies, we can take significant steps towards conserving this invaluable resource.

## Laundry Lamentations: The Hidden Price of Cleanliness

The impact of our laundry routines on the environment is seldom considered. Washing clothes requires both water and energy, while the use of chemical-laden detergents and fabric softeners releases harmful substances into the water supply. By opting for eco-friendly laundry detergents, washing clothes in full loads, and harnessing the power of air-drying whenever possible, we can minimise the ecological consequences of our cleanliness habits and achieve a more sustainable approach to laundry.

## Microplastics Menace: The Invisible Threat

Plastic waste is a well-known environmental concern, but there is an insidious contributor that often goes unnoticed – microplastics. Synthetic fibres from our clothing release tiny particles called microplastics into the water systems every time we do laundry. These minuscule fragments end up in oceans, posing a significant threat to marine life. Choosing clothing made from natural fibres, utilising laundry bags designed to capture

microplastics, and embracing a conscious approach to fashion consumption are effective ways to combat this invisible menace.

## Sneaky Single-Use Plastics: Unveiling Hidden Culprits

While progress has been made in reducing single-use plastics like straws and shopping bags, there are still hidden culprits we often overlook. Individually wrapped candies, disposable cutlery, and excessive packaging on everyday items all contribute to unnecessary plastic waste. By opting for reusable alternatives and supporting businesses that prioritise sustainable packaging, we can make a tangible difference and reduce the burden of single-use plastics on our environment.

As we commemorate World Nature Conservation Day, it is crucial to recognize the lesser-known activities that harm nature through our everyday actions. By shedding light on these hidden threats and making conscious choices, we can collectively mitigate their impact and work towards a sustainable future.



# Celebrating The Child Within



**Gita Choudhary**

I like to see a smile (happiness) on people's faces. Whenever I see them smiling, I smile automatically. It makes me feel happy. Do you feel the same? If yes, then why not spread smiles to people around us together?

That is why my aim is to spread smiles on people by fulfilling their dreams, understanding them and providing a platform to boost their self-esteem. My love for leading inclusive society in diverse communities started, across the globe, when I looked up and met people with special needs, common interests and an intense purpose to bring positive changes in people's lives. As an educator, community leader, founder of I'm possible family, founder of Autistic and Complex Needs family and environmentalist; I make sure that my work is inclusive and must bring positive change in wider communities. I strongly believe in "Vasudhaiva Kutumbakam" is a Sanskrit phrase mentioned in Indian scriptures, it means the whole world is one (my) family. "So, I am self-motivated to continue to meet my goal, to work for a diverse and inclusive community globally, to make a positive difference in neurodivergent and neurotypical unique people around me and around the world.

When I arrived in the UK in 2002, I worked hard to achieve my dreams in a diverse community. In 2004, I worked in one of the special schools, in an extremely challenging behaviour environment, I succeeded well in that environment and the head teacher told me that Gita you will thrive in this kind of environment. Although financial incentives were below average, I worked for my passion to make positive changes in lives. In addition, a colleague from the school also told me that this school's experience will be valuable in my career for the rest of my life. That statement was said by experienced professionals and from their noble hearts. So, I started to focus only on a Special Needs Teacher as this work gave me job satisfaction, rewarded feeling that I made a positive change in young people's lives.

In 2005, I attended a Local Authority meeting. They mentioned clearly that the number of Autistic young people were increasing day to day. We do not have enough special Autistic schools so now it is time to support them in mainstream classrooms as much as possible, so that we could train ourselves to support neurodivergent individuals and their families. I accepted that challenge so seriously that I started to research more on Autism and started to work as an Autistic specialist teacher and that

journey never stopped. Each and every Autistic young person is unique. Whilst working in the specialised Autism schools, I learned that these Autistic young people have pure hearts, they do not hate, they do not care about religious differences, and they enjoy themselves in their own world so happily. I decided to be around these innocent-hearted young people to make their life easier in our world, so they can fit into it with ease.

Working with different stakeholders motivated me even more. In 2015, one of the external agency professionals told me that Gita you did an amazing job with this young man. I am going to write to the head teacher about how you have made an incredible positive change in this child's life and with the family too. A compliment from several years' experience in a valuable industry mentions that it was awarded for me. I strongly believe that I have that God gift where I can make a positive connection with Autistic and complex needs children.



By communicating with parents, I felt that it is very hard and challenging to work 24/7 round the clock with family and especially with special needs children. So, I started to listen to these parents as a freelance consultant. Parents have appreciated my moral support from the bottom of their heart. So, I have established I'm possible family group where I can provide a platform to all family members to achieve what they would like to achieve practically. Such as, a mum wanted to dance on stage and continue with her passion for choreography. I have connected her with the group and mum got a chance to dance on stage. Meanwhile, she was practising her stage performance, mum told me that Gita, I feel like I got my life back. And her statement filled my heart with satisfaction that I did something positive for someone and I got blessings from the heart.

From late last year to this, I have decided to provide a concrete platform to showcase their passion, hobbies and talents on stage as well as in community in front of professionals. Both our charity organisations achieved well by delivering several community programs.

Mid this year, I have been awarded as "Inspired Women Icon 2023" at the House of Lords in our UK parliament for my outstanding work in diverse communities and for inspiring multicultural community, women and family.

I have decided to set up both charities to fulfil the life of families as they deserve the best in the world. We are all unique, we are different but we all have an equal right to live life. I am determined to raise acceptance and create more and more job opportunities to neurodivergent so they can live independently, confidently and contribute positively to the community. It is a huge relief for the parents who can stop worrying about "What if I'm not there for my child?"

I feel satisfied whenever I hear positive words about our organisation and about our team members from different families. Their praise, blessings and thankful words just tell me that Gita keep it up!!!

As a human being, we have to live our life for others not for itself. This world is a family. It is our family. So, let's work together to achieve the aim of International Autistic & Complex needs family are:  
 Together we Accept the differences  
 Together we Educate ourselves about Autism  
 Together we can & we will Care for different abilities

### **A young person's statement.**

I am passionate to raise awareness about Autistic and Complex needs young people outside the four walls of the classroom and the schools that I work with. I have been invited into the community as a guest speaker to provide Autism and Complex Needs awareness to adults in the wider and diverse community. For example, I have attended Jal Tarang's Sangam-Confluence of Diversity program on 5th November 2022. Where I educated parents, young people and professionals. Furthermore, in the UK Parliament, I have raised concerns about Autistic people and their anxiety. And suggested strategies on how to manage their anxiety by applying Indian Science on 7th November 2022 during Ayurveda Day meeting. The meeting in Parliament was attended by nearly 100 people, including two MPs and three high commissioners (India, Uganda and Mauritius), distinguished academics and doctors. A further 150 were connected online via Zoom.

All professionals, politicians and audience agreed to my suggestion and Mr. Bhamra has requested the curriculum panel on the spot to put a proposal to the Department of Education to include discussed topics and raise concerns into the UK's National Curriculum.





# Awesome Assam!



**Rajni Shah**

Assam is rich in cultural heritage. Its breathtaking landscapes, and unique biodiversity makes it a travel destination for many people across the globe.

It is located in the northeastern part of India. Assam is known for its tea estates that produce some of the finest teas in the world. The charming aroma of freshly brewed Assam tea is truly a delight for the tealovers across the globe. The mighty Brahmaputra River, which flows through the picturesque valleys provides the water resources

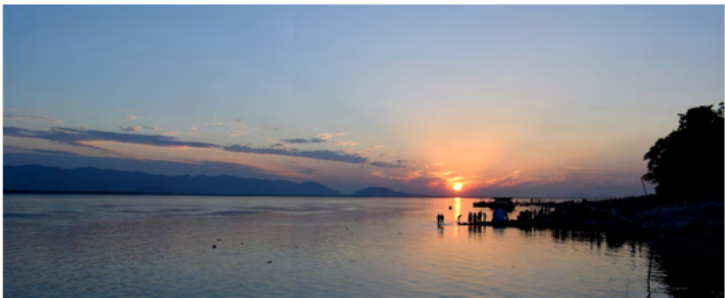
to the people of Assam. It is also considered as one of the major sources of living for the people of Assam. It is also the abode of many aquatic species.

Not only river Brahmaputra, the wildlife found in Assam's national parks and wildlife sanctuaries are incredible and mesmerising. Kaziranga National Park, a UNESCO World Heritage Site, is renowned for the endangered one-horned rhinoceros. It is truly a treat to the eyes of the visitors.



Assam is also famous for its diverse cultures. At every step, the people of Assam shall surprise you with their brotherhood and unity. The people of Assam are known as Assamese but it has a unique heritage that is a blend of indigenous tribes, Bengali settlers, and influences from neighbouring countries like Bhutan and Myanmar. The festivals celebrated in Assam, such as Bihu shows the vibrant culture but Durga Puja and Eid are also at par.

The breathtaking Majuli Island is located in the Brahmaputra River. This is the fascinating, largest river island in the world, also being a hub of Vaishnavite culture and spirituality. It was captivated by the serene atmosphere and the holistic life of the devotees of Lord Vishnu.



Assam is full of greenery and it has been believed that there are many unsolved mysteries in the hills of Assam. The famous Kamakhya temple is located in the Nilachal Hill where the vagina of Goddess Sati is being worshipped every year and the famous Ambubachi mela is being organised as the devotees from different corners of the world come to visit Kamakhya. It is believed that every year Goddess Kamakhya bleeds for 3 days and whoever worships her after her cycle receives good energy.

Assam is also famous for monuments and temples. Rang ghar, Talatal ghar of Sivsagar, Agni garh of Tezpur, etc proves that the Assamese kings and warriors are also fond of art and culture.

Assam is a land of scenic beauty and it becomes more beautiful when nature showers on it.



The transportation is quite convenient as it connects easily with the different regions of India. Assam tourism also welcomes tourists and the people here are very hospitable. People should try to visit Assam and explore its heavenly beauty.

One of the key assets of Assam is its oil and natural gas reserves. The state has several oil fields, including the historic Digboi Oilfield, which has been in operation since the late 19th century. Assam produces a significant portion of India's domestic oil and natural gas. The extraction and refining of these resources contribute to employment generation, infrastructure development (including pipelines and refineries), and revenue generation through taxes and royalties. Assam's oil and gas industry has played a crucial role in meeting India's energy demands and reducing dependence on imports, thereby enhancing the country's energy security.

Assam's tea plantations are globally renowned and contribute significantly to India's economy. The region's unique climate and fertile soil are ideal for cultivating tea. Assam tea, known for its strong and malty flavour, has a high demand both domestically and internationally. The tea industry in Assam provides employment to a large number of people, especially in rural areas. The sector supports various ancillary industries, including packaging, logistics, and transportation. Moreover, the export of Assam tea contributes to India's foreign exchange earnings, helping to stabilise the economy and mitigate trade imbalances.

Agriculture is another crucial asset of Assam that has contributed to India's economy. The state's fertile plains, coupled with abundant rainfall, facilitate the cultivation of crops like rice, jute, pulses, and fruits. Assam is also a major producer of bamboo, which finds wide applications in the construction and handicraft industries. The agricultural sector in Assam provides livelihoods to a significant portion of the population, contributes to India's food security, and reduces dependence on food imports. Moreover, surplus agricultural produce is traded within the country, enhancing inter-state trade and strengthening the agricultural value chain.

Assam's hydroelectric power potential has been instrumental in contributing to India's energy mix. The state has several hydroelectric power projects, harnessing the power of its numerous rivers. These projects generate clean and renewable energy, reducing dependence on fossil fuels and promoting sustainable development in the country. Assam's hydroelectric power sector not only fulfils the state's energy requirements but also contributes to the national power grid, thereby enhancing overall energy security and stability.

Assam's vast biodiversity and scenic landscapes have made it a popular tourist destination. The state boasts several national parks, wildlife sanctuaries, tea gardens, and cultural sites that attract tourists from within India and abroad. Tourism in Assam has witnessed significant growth over the years, contributing to job creation, infrastructure development (including hotels, resorts, and transportation), and revenue generation through foreign exchange earnings. The sector also promotes local handicrafts, traditional arts, and cultural preservation, thereby facilitating sustainable development and preserving Assam's unique heritage.

In conclusion, Assam's assets, including oil and natural gas reserves, tea plantations, agricultural productivity, hydroelectric power generation, and tourism, have all played a crucial role in shaping the economy of India. These assets have contributed to employment generation, infrastructure development, revenue generation, energy security, food security, foreign exchange earnings, and cultural preservation. By leveraging these assets effectively, Assam has made significant contributions to India's economic growth and development.



## Why Rustic Wisdom?



Latha Balne

Every New year, thanks to our resolutions, the gym annual subscription numbers hit the peak! No wonder we can't find a parking space near a gym in the first 2 weeks of the year. Third week onwards, we can park in a place of our choice!

Or we think it is a lack of equipment and we buy a treadmill. And we end up using it more for drying our towels than for work outs. One more grave reminder of a weak will power! The truth is, willpower is always limited. When we pull the pendulum towards one side and leave, invariably it is going to swing to the other side by the same distance. There is a yin and a yang. When we use our will to follow a diet and exercise regime that we don't enjoy following, we would be subconsciously counting the days left for the program to get over. Our unpredictable work schedules and hugely demanding lifestyles also contribute to the problem.

Why should being healthy and vibrant even be a question?! Especially when every cell in our body is working tirelessly towards our well-being.

In the last 50 years we have unconsciously made few changes in our food habits and lifestyle that are not serving us well. In the marketplace, non-stick pans, refined oil and microwave ovens were considered to be very useful scientific inventions before their ill effects were researched. Scientific community keeps changing what they said last

year, based on today's research.

Manoj Kumar Ganesan, founder of health and wellness company Rustic Wisdom, found the answer to all the above questions in Yoga and various Yogic diets. What kind of food is conducive for the human system was established in India with absolute precision by yogis by observing their own system about 15,000 years ago and they have, never once, gone back on it ever since.

Rustic Wisdom used the distilled essence of thousands of years of a rich culture and wisdom and designed a lifestyle program that has helped 20,000+ people across 60+ countries to live a pill free life.

If only we re-look at every aspect of how we live, how we eat, breathe, sit, sleep and go about our everyday living, we can live disease-free. We can live at the peak of our physical and mental capabilities through our old age, just like our forefathers did.

The structured approach includes Healthy diet, Right lifestyle and Adequate activity without any deliberate use of will power. This leads to sustainable weight loss which can be maintained in the long term.

If we can learn some simple yogic practices of eating and living right or at-home workouts that can be flexibly accommodated in our packed calendars and even during vacations, all we need would be a 6 feet space to sustain it!

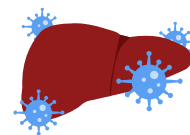
Only question is, are we willing?!



For more information, you can connect with Rustic wisdom on

- Instagram: [www.instagram.com/rusticwisdomin](https://www.instagram.com/rusticwisdomin)
- Website: <https://rusticwisdom.in/>

## A Global Call: World Hepatitis Day



Every year, on July 28th, the world unites to observe World Hepatitis Day, a momentous occasion that aims to raise awareness about the silent menace known as hepatitis. While it may not have the spotlight of other well-known diseases, hepatitis affects millions of people worldwide, lurking in the shadows and silently attacking the liver. Join us as we delve into the world of hepatitis, uncovering its secrets, and shedding light on this global health challenge.

Hepatitis, derived from the Greek word "hepar" (meaning liver) and "itis" (meaning inflammation), is a viral infection that targets the liver. It comes in different forms, creatively named as hepatitis A, B, C, D, and E. Each type has its own unique characteristics, but all of them have one thing in common: their mischievous nature.

Imagine hepatitis as a crafty burglar, quietly breaking into the liver without setting off any alarms. It remains undetected for years, stealthily wreaking havoc on its victim's health. But fear not! World Hepatitis Day is here to expose this cunning intruder and inspire action against it.

Let's start with Hepatitis A, the prankster of the group. It spreads through contaminated food or water, making people sick with flu-like symptoms. While it may seem like a mischievous trick, proper sanitation and hygiene practices can swiftly thwart its plans, rendering it powerless.

Next up is Hepatitis B, the persistent troublemaker. This viral bandit can be transmitted through blood, sexual contact, or from an infected mother to her newborn. Fortunately, we have vaccines to shield us from its schemes. By ensuring widespread vaccination, we can outsmart this formidable foe.

Now, meet the elusive Hepatitis C, the undercover agent of the gang. It silently infiltrates the liver through blood-to-blood contact, often unnoticed for years. The absence of early symptoms makes it difficult to detect, but advancements in medical science have introduced revolutionary treatments that can now eliminate this shadowy operative.



Hepatitis D, the sidekick, relies on Hepatitis B to wreak havoc. It can only affect individuals already infected with Hepatitis B, making it a unique accomplice. By preventing and treating Hepatitis B, we weaken the grip of this sneaky duo. Lastly, we have Hepatitis E, the "black sheep" of the family. It primarily spreads through contaminated water in areas with poor sanitation, often leading to outbreaks. Though it's usually a temporary nuisance, pregnant women must take extra precautions as it can be life-threatening for both mother and child. So, how can we contribute to the fight against hepatitis? It's simple yet impactful. Get informed about the disease, spread awareness among your friends, family, and community, and support vaccination campaigns. Regular health check-ups can help diagnose hepatitis in its early stages, allowing for prompt treatment and preventing long-term complications.

Remember, the power to eradicate hepatitis lies within each of us. By uniting on World Hepatitis Day, we can expose the tricks of this stealthy enemy and bring hope to those affected by its grip.



## A Divine Feeling!


**Latha Balne**

uphold you" (Dharmo Rakshati Rakshitah).

Acharya Mohan Prasad Saklani Ji (OSK), Head Priest of Mauritius Hindu Sanatan Dharma Temples Federation, visited us this year to spread awareness on Hinduism with his awakening and proficiency speeches. He performed Devi Bhagwat Katha (Durga Mahima) pooja in Colchester and Shri Ram Katha in Ipswich. This is a combined effort from Acharya ji and Mr & Mrs Premchand Pandit, to unite Hindus in Colchester and Ipswich, spreading love, affection, social gathering and the message "If you uphold Dharma, dharma will



The UK Hindu Adarsh Samiti (UKHAS) was formed and coined by Sri Acharya Mohan Prasad Saklani Ji (OSK) with Sri Premchand last year. Mauritian Head Priest of the Mauritius Sanatan Dharma Temples Federation, acharya Mohunprasad Saklani is serving Hindu community for more than 3 decades as a priest and a great speaker known for his discourse on Sanatana Dharma. Pandit Premchand Ji from Colchester has been serving the Ipswich temple for many years and performing various poojas like Satyanarayana puja, housewarming, Havan, etc. Both keep their soul and mind fully dedicated to Hinduism activities and UKHAS. Their main intention is to spread Hinduism and provide a healthy environment for Hindus. Their selfless devotion and dedication are unmatched. Without expecting much in return, they have been carrying out all the rituals for the UKHAS. They are not just volunteers but contribute regularly to the UKHAS.



To make both Devi Mahima pooja in Colchester and Shri Ram Katha in Ipswich events successful, many people came forward and provided their helping hands. Ipswich Hindu Samaj (IHS), UK Hindu Adarsh Samithi, Essex Hindu society, Witham Hindu society, Hindu families from: Croydon, London, Southend-On-Sea, Clacton-On-Sea, Colchester, Ipswich, Woodbridge, Lowestoft gave their unconditional support.

All devotees are very grateful for the Devi Bhagawat Katha (Durga Mahima) pooja in Colchester - It is a big feast for all attendees that included Kalash pooja, Vidhi, katha, Kirtans, Bhajans, Maha Yaj and Arti followed by Maha Prasad. My mother-in-law Sathyavathi Mudiyaala, being a sole Telugu speaking lady, still enjoyed all the pooja and speech given by Acharya Ji. She said it was a very nice 5 hrs time spent in serving Goddess Durga maa.

### Met a noble person who did Phd in Sanskrit from Suffolk!

I met one beautiful and devoted couple visiting from a long distance to see the Durga maa pooja and Acharya ji. He is so humble and recited all the mantras and kirtans by Acharya ji. I was very impressed and went to introduce myself and learn about him. Felt privileged and honoured to meet the Revd. Dr Stephen Peter Thompson (M.Phil, Ph.D, Dip Min. FRAS). Dr Stephen is a Sanskrit teacher for all levels across different locations in Middlesex University. After obtaining degrees in Sociology and Theology, Dr Stephen completed a four-year degree in Sanskrit at the School of Oriental and African Studies in London, followed by an MPhil and PhD at the Centre for Advanced Sanskrit Studies at the University of Poona.



### Shri RAM Katha in Ipswich at Murrayside Community Centre

Shri Ram Katha (Durga Mahima) in Ipswich - It was a good social gathering in Ipswich that included Kalash pooja, Vidhi, katha, Kirtans, Bhajans, Maha Yaj, Arti and followed by Prasad. Many devotees were enjoying and laughing with his knowledge and were surprised by the way Acharya ji recited the Shri RAM Katha. Regular visitors of Acharya ji gatherings were facilitated with shawls.

Special thanks to Acharya Mohan Prasad Saklani ji for travelling all the way from Mauritius to the UK and performing various activities in Colchester and attending many pooja events in Colchester, Ipswich, and London. Thanks to Premchand ji and UKHAS for hosting these events and providing a home to him during his visit.

Shri Acharya Mohan Prasad Saklani and Shri Premchand ji only requested all devotees to kindly visit the Hindu events around nearest places. He invited everyone to welcome the whole community and not just Hindus. He believes that peace and happiness in a pooja is for all, one does not have to be a Hindu for that.



## Stripes That Roar



Every year, on the 29th of July, the world unites in celebration of our magnificent feline friends on International Tiger Day. These majestic creatures, known for their unparalleled beauty and awe-inspiring presence, captivate our hearts with their distinctive stripes. Today, let's uncover the utterly unique secrets behind their extraordinary patterns.

**The Fashionistas of the Jungle:** Tigers are undoubtedly the fashion icons of the animal kingdom. Their stripes have become the envy of fashion designers everywhere. Imagine the scene in the tiger's dressing room as they meticulously decide which stripe combination will be the next trend. Rumour has it that some tigers even hold secret runway shows, showcasing their striking

patterns and competing for the coveted title of "Best-Dressed Tiger in the Jungle."

**The Stripe Conspiracy:** Have you ever wondered why each tiger has a different pattern of stripes? It turns out there's a tiger stripe conspiracy. They've formed a secret society dedicated to ensuring no two tigers have identical stripes. They hold covert meetings to discuss stripe distribution techniques and pass on the secrets to the next generation. It's their way of maintaining individuality and bamboozling researchers who try to tell them apart!

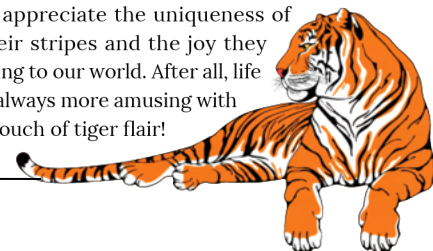
**The Camouflage Shenanigans:** Tigers may have stripes, but they aren't necessarily the best at hide-and-seek. Picture this: a tiger hiding behind a lamppost, convinced it's invisible due to its stripes. Unfortunately, the stripes don't magically make them disappear, no matter how much they believe they do. These comical attempts at camouflage often lead to endearing encounters with bemused gazelles, who politely pretend not to notice the magnificent orange and black creature clumsily blending into the background.

**Tiger Fashion Police:** Tigers are notorious for their impeccable sense of style, but they are also known for their tiger fashion police force. These fashion-forward felines take it upon themselves

to critique the attire of their fellow tigers. If they spot a fashion faux pas, they pounce into action, reprimanding the offending party until they conform to the latest tiger trends. It's a cutthroat industry in the jungle, but it keeps everyone on their toes (or paws).

**A Case of Identity Crisis:** With their unique stripes, tigers sometimes struggle to recognize themselves. It's not uncommon to see a tiger catching a glimpse of its reflection in a pond and leaping back in surprise, thinking it's encountered a rival. These moments of self-doubt make for entertaining encounters, as the tiger engages in an epic battle with its own reflection, only to realise it's been fighting a losing battle with its own striking reflection.

From fashion-forward trends to hilarious camouflage fails, tigers provide us with endless amusement and wonder. So, the next time you spot a tiger (though that is rare!), take a moment to appreciate the uniqueness of their stripes and the joy they bring to our world. After all, life is always more amusing with a touch of tiger flair!



## The Epic Journey to the Moon

In the vast expanse of the cosmos, where stars twinkle and planets dance, lies a celestial body that has captivated humanity for centuries—the Moon. There are indeed remarkable times of extraordinary stories of human ambition and ingenuity—the quest to reach the Moon. This is the story of how, against all odds, a handful of remarkable individuals dared to dream of stepping foot on that distant, mysterious orb and how their collective efforts forever changed our understanding of the universe.

The Moon, Earth's nearest cosmic companion, has long been a source of fascination and wonder. Its radiant presence in our night sky has stirred the human imagination and inspired countless legends and myths. For millennia, humans pondered its enigmatic nature, unaware of the secrets it held.



In 1961, President John F. Kennedy electrified the world with his historic proclamation: "I believe that this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the Moon and returning him safely to the Earth." These words sparked a tidal wave of enthusiasm, setting in motion a series of monumental achievements.

On July 20, 1969, the dream became a reality. The Apollo 11 mission, led by Commander Neil Armstrong, Lunar Module Pilot Buzz Aldrin, and Command Module Pilot Michael Collins, captured the world's attention as millions watched in awe. The Apollo spacecraft hurtled through the void of space, leaving Earth behind as it embarked on an unprecedented odyssey.

The journey to the Moon was one of meticulous planning, groundbreaking engineering, and incredible courage. The astronauts faced numerous challenges along the way, from the bone-rattling vibrations of the Saturn V rocket's launch to the terrifying descent onto the lunar surface. Yet, despite these hurdles, they persevered.

Finally, after days of anticipation, Neil Armstrong took his historic "one small step for man, one giant leap for mankind." The entire world held its breath as Armstrong's foot made contact with the Moon's dusty soil, marking a defining moment in human



history. The Moon, once an unattainable dream, had become a tangible reality.

The Apollo missions continued, with a total of six successful landings on the Moon between 1969 and 1972. Each mission brought new discoveries, pushing the boundaries of human knowledge and paving the way for future space exploration. However, as time passed, the world's attention shifted, and human missions to the Moon ceased.

But the legacy of those remarkable journeys lives on.

The Apollo missions united humanity in a shared vision of exploration and discovery, reminding us of the boundless potential within each of us. They also sparked a scientific revolution, fuelling advancements in technology, materials, and knowledge that continue to shape our world today.

As we commemorate International Moon Day, let us not only celebrate the bravery and ingenuity of those who dared to reach for the stars but also reignite our collective imagination. The Moon, with its timeless allure, calls upon us to dream big and strive for the impossible. Who knows what extraordinary adventures await us in the vastness of space? One thing is certain: the journey to the Moon is not yet over; it is merely the beginning of an extraordinary odyssey that will carry humanity to even greater heights.





# World Population Day: An Unusual Perspective on Our Global Gathering

Every year on July 11th, people from around the world come together to celebrate World Population Day. It's a day dedicated to acknowledging the sheer magnitude of humanity and the incredible diversity it brings. While some might question the need for such a celebration, we'll take a different and amusing approach to explain why we mark this occasion and why it's worth embracing the festivities.

## Embracing Our Global "Crowd"

Imagine a massive party where every single person on Earth is invited. It would be a grand gathering, full of excitement, and more importantly, a perfect opportunity for networking! World Population Day is a microcosm of this imaginary party, reminding us that we're all part of the same global crowd.

So, what better way to celebrate than by embracing the uniqueness

that each individual brings? From diverse cultures and languages to a wide array of perspectives and talents, our planet's population is a mosaic of brilliance. We can use this occasion to appreciate the beauty of this global tapestry.

## Breaking the Ice... berg

While the world population continues to grow steadily, World Population Day offers a chance to address the topic with a lighthearted touch. Let's face it; talking about over 7 billion people can sometimes feel overwhelming. But hey, isn't laughter the best way to break the ice...berg?

We could organise a "Guess the Population" contest, where participants try to estimate the number of people on Earth without consulting Google. The closest guess wins a prize, and everyone learns

something new about our world's population. Trust me; the answers might be more surprising than you think!

## Global Celebrations - A Cultural Potluck

World Population Day also presents an opportunity to indulge in culinary delights from various cultures. Organise a "Population Potluck" where participants bring dishes representing their heritage or a country they find fascinating. From spicy Indian curries to mouthwatering Italian pasta, the event becomes a gastronomic celebration of diversity.

To make it even more fun, encourage people to exchange recipes, forming global culinary connections. Who knows, your next favourite dish might come from a country you've never even heard of!

World Population Day offers a delightful opportunity to celebrate our collective humanity. Rather than feeling overwhelmed by the sheer number of people on our planet, let's embrace the beauty, diversity, and quirkiness that come with it.



# The Power of Multiple Skills for Today's Youth

Gone are the days when focusing on a single skill was enough to secure a successful future. In a world that moves at lightning speed, where technological advancements redefine industries overnight, and where the job market is more competitive than ever, equipping the youth with a diverse range of skills is no longer just an option—it's a necessity. As we celebrate World Youth Skill Day, it's crucial to recognize the immense benefits of cultivating multiple skills. Gone are the days when specialisation was the key to success. Today, it's the Renaissance spirit that paves the way for innovation, adaptability, and endless possibilities.

**Adaptability: The Skill of the Future:** In this rapidly evolving era, adaptability reigns supreme. The ability to learn and master new skills quickly is invaluable. By exploring multiple disciplines, the youth develop

a nimble mindset that enables them to seamlessly transition across different fields, effortlessly adapting to emerging trends and opportunities.

**A Playground for Innovation:** Boundaries between industries are blurring, giving rise to new and exciting hybrid professions. Having proficiency in multiple skills opens doors to creative solutions and innovative problem-solving. The synergy between seemingly unrelated domains often sparks groundbreaking ideas that can revolutionise entire industries.

**Enhanced Employability:** In a fiercely competitive job market, versatility is a distinguishing factor. Employers seek individuals who possess a diverse skill set and can bring a fresh perspective to their organisations. A young professional equipped with an amalgamation of

skills not only demonstrates adaptability but also showcases a proactive mindset and a willingness to learn.

**Personal Growth and Fulfilment:** Beyond the professional realm, nurturing multiple skills enriches personal growth and fulfilment. Exploring different disciplines nurtures curiosity and self-discovery, empowering young individuals to pursue their passions and lead more meaningful lives.

By equipping themselves with a diverse skill set, young individuals become adaptable, innovative, and highly employable.

Moreover, the journey of skill acquisition becomes a transformative process that leads to personal growth, self-discovery, and a deeper connection with the world.

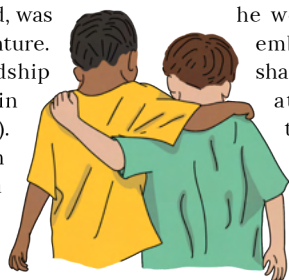


# Krishna and Sudama: The Ultimate Friendship Goals!

Friendship is a bond that transcends time, distance, and even divine realms. As we celebrate International Friendship Day, what better example to explore than the legendary friendship of Lord Krishna and Sudama?

In a little village, there lived Sudama, an ordinary fellow with extraordinary dreams. He had a childhood friend, Krishna, who happened to be the supreme God of the universe (no big deal). Krishna, with his charming smile and mischievous nature, was always up to some witty pranks. Sudama, on the other hand, was always hungry (literally) for adventure.

Krishna and Sudama's friendship blossomed during their days in Gurukul (an ancient Indian school). While Sudama struggled with complex equations, Krishna found joy in stealing butter from neighbouring houses (a food thief with a golden heart). Despite their



differences, their bond grew stronger with every laugh and mischief.

Fast forward to the day when Sudama decided to visit Krishna, who had now become the mighty ruler of Dwaraka. Sudama, poor and humble, took a small pouch of beaten rice as a gift for his friend. He hoped to ask for help but felt shy about it.

As Sudama approached the grand palace, he was greeted by guards adorned with gold and jewels. He felt a mixture of awe and embarrassment. "Is this where my butter-loving buddy resides?" he wondered. To his surprise, Krishna embraced him warmly, ignoring his shabby appearance. Sudama marvelled at the luxurious surroundings, thinking, "My friend went from stolen butter to a butter palace!"

Krishna, with his keen wit, teased Sudama about his gift. "Is this how you've grown rich? Beaten rice empire, huh?" he chuckled.

Sudama blushed, but the teasing only deepened their camaraderie. Over a sumptuous meal, they laughed, shared stories, and relished the simplicity of friendship.

Krishna, being omniscient, understood Sudama's unspoken worries and secretly placed a bag of jewels amidst the beaten rice. Sudama, unaware of this divine act, bid farewell and returned home empty-handed. But as he opened the pouch, he was astonished to find the treasure. Sudama's humble gift had been rewarded with unimaginable wealth!

The story of Krishna and Sudama stands as a testament to the power of true friendship. It teaches us that friendship knows no boundaries and that true friends cherish each other regardless of wealth or status. So, on this International Friendship Day, let us celebrate the quirks and laughs we share with our own Sudamas and Krishnas, appreciating the magic that lies within every friendship, be it divine or ordinary. Remember, a true friend is worth more than all the butter in the world!



# Monthly Horoscope for August 2023



Speculating about how the month of August 2023 is going to treat you? Let's take a glance at the horoscope for all zodiac signs for the month of August 2023.



**Aries:** The Sun and Venus will govern prospects. There will be emotional and imaginative relationships. There is no harmony in family matters. The health will be excellent and chronic illnesses will be in check. The Arian career may experience difficult times, and harmony will not be present at work. Investment returns may be negative. There will be a burden on the finances. Travel-related profits will be negative.



**Taurus:** The good times will come from Jupiter and Mars. Through diplomacy, married life can be made more enjoyable. Love partnerships won't progress for singles. There will be encouraging health. For job advancement, planets are beneficial. Make no speculative investments at all. Excellent academic progress will be made by the students. Traveling will promote business expansion.



**Gemini:** Mars and Saturn aspects have a tendency to be depressing. By the conclusion of the month, marital connections will be harmonious. Singles will have luck finding romantic connections. Family matters may experience volatility. There will be amazing health. Progress in your career might be challenging. The financial situation will be favourable thanks to strong investment returns. Travel-related businesses will be profitable.



**Cancer:** Being opportunistic can help single people find romantic companions. The atmosphere in the family is one of harmony. Your health will be excellent. There is assistance available to advance your career. Career possibilities will improve with a job change. The financial sector will make good money. It's time to expand projects. Students will succeed academically. Travel may not be advantageous.



**Leo:** There are many options for people to advance in life. To ensure happiness in your marriage, exercise diplomacy. Single people will have luck finding love at the conclusion of the month. Conflict in the home can have a bad impact on the kids. Pregnancy and good health can both benefit from planetary assistance. Professionals will have difficulty advancing in their careers. It is possible for students to struggle with their academic work. Travel-related businesses will prosper.



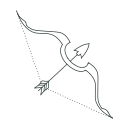
**Virgo:** Love affairs might not develop very much. If singles are willing to compromise, they can find true love. For the family to be in harmony, star assistance is needed. Children won't make any progress. Health outlooks can be depressing. The development of your career will be delayed by toxic workplace connections. Financial stress will result from insufficient returns. Travel plans are not expected to generate any revenue.



**Libra:** Venus and the Sun will add pleasure to life. The marriage will be extremely amicable. Singles will find compatible love partners. The atmosphere in the family will be joyful. The academic progress of kids will increase. Health won't have any issues. Harmonious connections will be a great help in career advancement. Aim for returns on investments. During instructional activities, students may experience difficulties. Travel arrangements are lacking planetary assistance.



**Scorpio:** Your ability to make decisions will be slowed down by Mercury retrograde in August 2023. More time spent together will strengthen romantic connections. Being friendly can help singles find their true love. The harmony in the home is aided by the planets. Expect to be in excellent health. Financial rewards will come along with career advancement. Business chances are not improved by travel.



**Sagittarius:** Negative planetary effects have the potential to hinder progress. Venus will improve the quality of marital life. Singles will be fortunate to find true love. There will be strain on family relationships. Expect to be in excellent health. The planets will have a detrimental effect on career advancement. The state of the finances will improve greatly. Excellent academic progress will be made by the students.



**Capricorn:** Jupiter will encourage positive life advancement. Conflicts will make a marriage unhappy. People who are single will find their true love. The assistance of the planets will increase family happiness. Health won't have any issues. Professionals will advance in their jobs with financial benefits quite well. Negative returns will impede financial advancement. Students struggle to achieve good academic progress.



**Aquarius:** Expect intermittent small issues during the month. More commitment can stimulate interest in getting married and getting pregnant. Suitable romantic partners will find singles. A lot of stress will come from family matters. Health-related issues won't be a concern. Financial matters could encounter some issues. Due to planetary perturbations, students will perform poorly in their academics. Plans for travel will be successful and advance the company.



**Pisces:** Jupiter will accelerate personal improvement. The marriage won't be in harmony. The lovers they chose can be single. The atmosphere in the family will lack peace. Health will be impacted by persistent illnesses. Career advancement will be hampered by planetary alignments. Profits from financial investments will increase. Students do not advance in their academic endeavours. One cannot anticipate any advantages from travel.

That's all folks! Wish you a wonderful August. Stay connected for more astrological updates.

Mr. Kapil Luthra  
Consultant: Astrology, Gems, Spiritual  
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JULY 2023

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