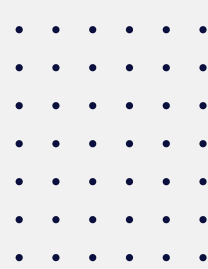


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Heal your Mind,  
Body & Soul

## Letter from the Founder



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

With the summer here in the UK and lots of events happening worldwide, we shall share a few interesting ones.

We are passionate about our mission to provide you with the most up-to-date news and information on the topics that matter the most to you.

This month is Pride month, a time to celebrate the LGBTQ+ community, commemorate progress made, and reflect on what still needs to be done. Father's Day is also celebrated this month, a day that honours fatherhood and paternal bonds. International Yoga Day is celebrated on June 21st every year, aiming to raise awareness worldwide

of the many benefits of practising yoga.

World Environment day was also observed this month with many organisations teaching their children the value of growing fruits, vegetables and plants in a fun-filled manner to understand the impact our actions have on the environment.

I also had the pleasure to attend the 1st Charter of our London St.Johns Wood Lions Club, which was sponsored by my own club under the leadership of Lion Vijay Jain, a true humanitarian and hardworking individual.

I also had the pleasure to volunteer with Council Chairperson Alastair Joel and his partner Gemma and many other volunteers including Disney officers from Hammersmith to help our athlete delegation on their journey to Berlin for the Special Olympics.



Wishing them good luck for the future, we shall cover this in the next issue elaborately. I was impressed with their dedication and excitement.

I had the pleasure of attending the 23rd Charter anniversary and Handover celebration of the Lion Club of Kenton. I would like to express my sincere gratitude to LP Vivien Raggett for all her hard work despite her health. The warm welcome by all the members and fun-filled evening was truly appreciated. I had the opportunity to meet some wonderful people and I am grateful for the experience. I would like to congratulate the new Lion President Aisha Hussain for the position and wish her good luck.



The Lions Club of Kenton

It was wonderful to attend Ghoomer 2023, Charity for Education event organised by Rajasthan Charitable Trust at Feltham, London on 18th June.

It was a celebration of Rajasthan's rich culture that showcased the state's music, dances, and art in all its glory.



With Mr. Sharad Bhansali and Mr. Joshi

We hope to cover this in the next edition with more details.

I would like to wish our Vice Chair Minakshi Koch all the best for her upcoming walk and fundraising events. I would urge our readers to be a part of the Autism project by either donating or signing the petition. <https://www.justgiving.com/crowdfunding/minakshi-koch>. <https://chng.it/fjwqtqZ8G>

We hope you enjoy reading our magazine and find it useful. We also look forward to getting your feedback and suggestions.

## Letter from the Chief Editor



Minakshi Koch  
 Vice CEO, IGC

It has been lovely reading all the articles that we have received for the month of June. I am sure all our readers shall enjoy them as they are a combination of experience, knowledge and information. We would love to keep receiving articles from you, as this not only connects the world but also enriches us with a wealth of wisdom. Reading is the next best way of learning something. The first is by living it!

I take this opportunity to thank all our IGC Chairs who have come together to form a network, to help each other reach their goals and aspirations and make the cause they support a success. I am grateful to everyone who is helping this network grow and putting an effort to help someone else.

I am elated that we are reaching our goals in the Autism project. The emails, texts and phone calls asking for help and thanking us in the last few months

speaks volumes. I am excited to do the WALK FOR AUTISM!!! I am taking up the Orwell Challenge to create awareness and inclusion for Autism. If you feel that my efforts will help frame a better future for children in the autism spectrum then please back my fundraising page - <https://www.justgiving.com/crowdfunding/minakshi-koch>. I also request you to sign a petition which is to change the way autistic children are being treated. They too have a right to equal opportunities and a successful life - <https://chng.it/fjwqtqZ8G>. Help me! Shout with me! Shout Autism!! #autismawareness #autismparents #diversityandinclusion #IGC #shoutautism

Finally, thank you readers and writers for your efforts. We are grateful for your time and commitment. I request our aspiring writers to please send us your articles and our readers to please send your feedback. Your comments are valuable and we would love to make the magazine better for you. Email- [ishkama.igc@hotmail.com](mailto:ishkama.igc@hotmail.com)



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# Mindset Matters: Growth Perspective



**Precious Nyarambi**

An excerpt from the book: Thriving Entrepreneurs  
[https://www.amazon.com/dp/B0B34YK2MR/r ef=cm\\_sw\\_r\\_apan\\_BZ33ZAHTA7MORXA1KX5M](https://www.amazon.com/dp/B0B34YK2MR/r ef=cm_sw_r_apan_BZ33ZAHTA7MORXA1KX5M)

A growth mind-set, that which allows us to grow and see opportunities everywhere is pivotal to our success. As people, we are meant to grow, desire to learn, and not remain stagnant. We mainly grow according to our desire and exposure. One of the reasons why my business could not grow at the rate

I anticipated was because of me, I was not growing, and I became a hindrance to the growth of my business. Sometimes it was due to personal and emotional attachments to my organization that affected the growth. When my mental capacity grew, my business began to grow.

I remember one day when a business mentor was trying to highlight some truths and wisdom to me, and I could not properly perceive the message. The mentor was speaking from a good place of heart and meant well but I was emotional about the business, and I failed to grasp the lessons. It took me time to understand and implement those lessons. My mind wasn't ready and open to appreciating the wisdom at that time.

As I became more exposed and enlightened, I realised that my mentor was right, and it was unfortunate that I had to take a long road to grasp it. The mind must continuously be renewed and open to learning new things. The business environment is not stagnant but versatile and one must always be pragmatic to remain relevant.

There is often that notion that you write the vision down and make it plain, the interesting thing for me is that after you map out your vision, you must then work backward and do things that will feed into your end goal i.e.: your vision. The vision remains something to be achieved within the given timelines. Success is no accident. Hard work and smart work, perseverance, sacrifice, and most of all, love and passion for what you are doing or learning to do.

When you align purpose, vision, and growth mindsets in your entrepreneurial journey, and factor in "The Power of Yet", it leaves room for continuous personal growth and in turn business growth. 'Yet' puts a fixed mindset statement into a growth mindset context of learning over time. Yet is a little word with potentially big powers of motivation. This is the power of "not yet according" to Carol S. Dweck. Not yet gives confidence, a different perspective, and a bigger picture and empowers the mindset. The mindset will direct the habit and attitude. If you don't have it figured out yet, keep at it. One day it will come together.

It is important for entrepreneurs and social entrepreneurs to understand market gaps and community needs so that all efforts are integrated. Needs analysis normally helps in identifying required knowledge and community gaps, it helps to prepare and identify areas that need prioritising and the urgent needs that must be addressed. I remember one time I took a solution to a community because I felt that was what the community needed. Instead that exercise, as much as it trained me in every sense to put it together, became futile.

The needs analysis then matches the community gaps or needs because they are tailor-made for that particular problem. Few would deny the need to address poverty in the desperately poor rural villages of Bangladesh and other impoverished communities. In his search for ideas that might respond to this need, economics professor Muhammed Yunus and his students spent significant time in these villages. They found that many women generated income for their families by operating small businesses, but these women could not get credit on affordable terms to develop and expand their operations, limiting their income potential.

This is so relatable to me on so many levels as it's difficult to secure funding without collateral and most women do not have collateral. I have had some projects put on standby due to a lack of funding. At the same time, I am confident that I can repay a loan if I secure one. To most funders, your word is not enough.

They consider the viability of the business and collateral; hence many projects or businesses are stagnating because of that even though they have the potential to scale up and do better.

Thus, while investigating the broad need to reduce poverty, Yunus through the Grameen Bank, identified a more specific need for access to affordable credit, especially for women. Based on his analysis and understanding of this need, he generated the idea to create a bank that would serve this market, using an innovative approach of peer-group lending.

Though many traditionalists in Bangladesh objected to his focus on the economic empowerment of women, Yunus had confidence that he would be able to persuade a sufficient number of others, both in and out of Bangladesh, that he was responding to a legitimate need. It is important to pursue legitimate needs that need addressing, it saves time, resources and one from frustrations. Thus, a promising and ultimately very successful idea was born out of researching an unmet need. While it is important to ground new venture ideas in a plausible diagnosis of social needs, there is a danger of over-emphasizing the negative. Yunus pursued a genuine and legitimate need, he pursued his conviction to solving a societal problem of economic empowerment for women.

Some argue that the social sector concentrates too much on needs and that better ideas emerge out of a focus on assets. North-western University's John McKnight worries that emphasizing needs can lead us to see people and communities as "deficient." He contrasts the concept of a 'neighbourhood needs map' that focuses on problems such as unemployment, gangs, illiteracy, crime, child abuse, and homelessness with a 'neighbourhood assets map,' that replaces the

above problems with local businesses, community groups, schools, police departments, health centres, available real estate, and more.

Balance of both worlds of pursuing the needs and the assets is an ideal solution. The two ultimately feed into each other. Social enterprises are on the frontline of communities: meeting basic needs, connecting people to resources, advocating for policy change, and providing programs the government and the private sector cannot accomplish.

The latter presents the community in a new light and may inspire creative new ideas that would not be visible if social entrepreneurs looked at needs alone. For instance, in researching the Bangladeshi villages, Yunus and his students found assets, such as the entrepreneurial spirit of village women, which helped them generate the core idea behind Grameen Bank.

While the idea-generation process should not be constrained by the resources readily available, understanding the tangible and intangible assets in a community can lead to the development of promising ideas. Though both McKnight and Yunus are primarily concerned

with neighbourhood or village development, the concept of asset mapping can be applied more broadly to fields of activity, communities of practice, and even specific organisations.

For instance, Community Wealth Ventures (CWV) is a consulting firm that specialises in helping non-profits find new sources of earned income. CWV encourages organisations "to think about their assets in a new way - as valuable commodities that can be leveraged to create wealth."

In the instance of Yunus, going through the challenge of a lack of support for women's small businesses in India led to the formation of a bank through thorough research and community engagement. He needed researchers to assist him to empower women. All efforts combined to bring about a positive change in the community. Our breakthroughs bring about ripples of opportunities for us and the communities around us. We begin to light each other's candles and grow from them.

Do that which resonates with your spirit and heart. There is that thing that burns within you which yearns to come out and be released. That thing that leaves you anxious and feeling empty because it has not been done and rightly met. That very thing that keeps you passionate and alive. Dare to step up, step out and pursue it.





# Economic Hot Air: Exploring Inflation



Adnan Alam

a healthy growth of opportunities, affordable cost of living and growth of Gross Domestic Product (commonly known as GDP) as well. But, in the past one year inflation has soared between 11.1% in Oct, 2022 and 8.75 in May, 2023.

Food item	Price rise (%)
Sugar	47.4
Olive oil	46.4
Other food products (inc yeast, baking powder, stock)	37.8
Eggs	37.0
Sauces, condiments, salt, herbs and spices	33.9
Low fat milk	33.5
Frozen vegetables (except potatoes)	31.0
Cheese	30.6
Flour (all types)	30.0
Liver	28.4

Source: Y charts on UK inflation last year trend (2022-2023)

## Reasons for High Inflation?

Below are the primary reasons for high inflation:

- Brexit**, yes the ghost of Brexit is still haunting the English economy. Since Brexit supply chains for consumer products are not yet fully restored causing costlier raw materials and produce which directly impacts the pockets of a common citizen.
- Strikes and worker shortages**, English economy has a shortage of 330,000 workers and on top of it, regular strikes causing lesser productivity have directly impacted inflation.
- Energy Costs**, since England imports most of its energy and its price rise due to Russia Ukraine conflict has a direct impact on our pockets.
- Rising Bank Rates**, central banks to curb inflation increase the lending (borrowing) rates to encourage saving and discourage spending. This approach has not worked due to the first three factors causing inflation to remain at a higher limit.

## Yearly increase of prices of groceries.

Groceries which are consumed in every household have been severely hit by the high cost of inflation, especially because of the Russia-Ukraine conflict. The first shocker was the abrupt halt of grain supply which comes from Ukraine, especially wheat. This had a cascading effect on the supply chain of other food items resulting in high prices across the spectrum of groceries and its heat is still felt by the households.

The hardest hit items are Sugar, Olive Oil, Eggs, Meat and Flour which are consumed across every household.



Source: Office for National Statistics, April 2022 to April 2023

## What is Inflation?

As per Bank of England's definition, "Inflation is a measure of how much the prices of goods (such as food or televisions) and services (such as haircuts or train tickets) have gone up over time." As an example: If a bottle of milk costs £1 but £1.05 a year later, then annual milk inflation is 5%.

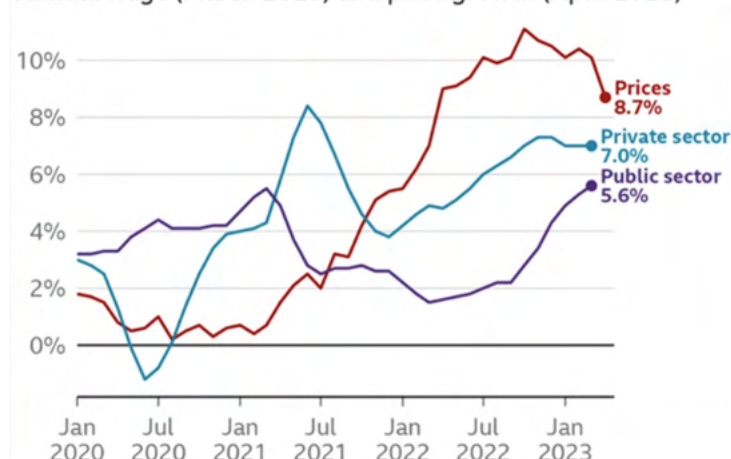
## Current Inflation Rates?

All the central banks of major economies aim to keep the inflation at 2% for a

## How are salaries matching up with inflation and price rise?

The salaries in general have not increased in the same period at the same rate as inflation has increased and which has caused the households across England to cut back on vacations, eating out at restaurants, get together with friends and family and other social events. As per BBC, the average salary increase across the UK over the past year is a meagre £3 a month.

## Annual wage (March 2023) and price growth (April 2023)



## What is being done to tackle inflation by the UK Government?

The Bank of England with its limited tool at hand is trying to curb the inflation by increasing the lending rates. This makes borrowing (taking loans) more expensive and makes savings more lucrative. With less money to spend, people will buy less things which in turn will ease pressure on the prices.

The Conservatives on their part have brought schemes such as "Cost of Living Payment", "Support with energy bills", "Help with child care costs", "Income Support", "Travel costs support" to name a few to reach out to the most vulnerable section of society to tackle this once in a generation financial crisis.





# Legal Maze? Find Clarity



Reina Menezes D'costa

"A lot of startups tend to work based on trust and spoken agreements," says Reina D'costa, founder and managing director of business and legal consultancy Bizlaw U.K. But without written documents, problems can arise.

For example, one of her clients agreed to a sum of £10,000 to find a property for a restaurant. The work was agreed over the phone. But once the job was done, the restaurateur decided that he didn't want to pay £10,000 anymore, he wanted to pay £5000 only, and that too in two instalments.

"If he went to court the client wouldn't even recover solicitors fees this would fall under a small claim. Had he approached us prior to doing the work we could have offered guidance to prevent him from losing out like a proper contract on what was agreed before work begins but the sooner you catch these issues and sort them out, the better. Once it goes to court it's often too late," she explains. Our motto is thus "Prevention is better than Cure."

## Flexible working for lawyers, flexible advice for businesses

Bizlaw U.K. a 5-star rated legal and business consultancy connects clients to experienced freelance lawyers and over 200 vetted business advisors. There are specialists in a range of areas, both for business and personal matters, such as setting up a business or buying a business, getting investment, buying a property, and rights support for a special needs child or family divorce. Commercial expertise includes business-to-business and business-to-customer contracts, registering a UK trademark, advising on a dispute pre-litigation, supporting a business's growth, and expanding an international business into the UK.

"Our lawyers practice independently, just like a doctor might be attached to many different hospitals," she says. "A lot of lawyers are now becoming consultants and getting out of the rat race of the city and pursuing models where they are their own boss and they can practice the way they like."

Bizlaw UK enables lawyers to find work and businesses to find the proactive, practical, and personalized guidance they need. Clients can go to Bizlaw UK for a specific reason or simply avail of a free legal health check, which will establish any gaps that need to be filled. "We have a proactive approach rather than a reactive approach, literally like their in-house lawyer but without the overheads. Clients can WhatsApp me at their convenience or organize a zoom call so they don't have to go out and meet me. It saves us and them a lot of time compared to the traditional model which is very formal. You end up paying for all the frills." Most clients use Bizlaw UK on a pay-as-you-go basis with fixed fee quotes so it is transparent and it is not a law firm.

Bizlaw U.K. is proud to be endorsed by the UK inward investment business directory as an advisor for international businesses expanding into the UK and also be chosen to be the legal partner to London Business Partnership on their offer, supported and fully funded by Harrow Council (Greater London) to scale up 80 start-up businesses in Harrow in 2019-2020.

## Guidance for businesses

Reina Menezes D'costa qualified as a solicitor in the UK in 2000 and was General Counsel to a multinational, gaining commercial perspective from the inside. She's gained experience working both with individual clients and businesses,



especially startups and owner-managed businesses which are on the rise, and being an entrepreneur herself understands their needs better. She set up Bizlaw UK in 2012. She's the Managing Director and has her own clients too after having started from scratch and now grown to hundreds of clients so is constantly busy. She is also well-connected and was voted by LinkedIn as being one of the top 5 connected women in the Legal sector for International Women's Day 2015.

Her expertise is in the business and media sector. She can advise on content, film, and TV creation and distribution contracts, Ofcom compliance and licensing to launch an international TV channel in the UK, marketing laws, brand compliance, or advertising rules. For example, high-sugar or high-fat products often can't be scheduled around children's programs. She also has experience in scrutinizing misleading claims, especially when it comes to health or donations to charity.

She often advises clients about UK trademarks. "Register before you launch your business or work on a website," she says. "When you've invested so much energy in that whole exercise of building your brand and somebody else starts using your trademark, you can't do much. Moreover goodwill is valued when selling your business too".

Further advice for starting a business includes making a business plan, looking fully into the business name and at competitors, and establishing your Unique Selling Point (USP). Most importantly documenting any agreed commercial terms with customers or suppliers in contracts to avoid future disputes. She also encourages businesses to think about funding, whether that's from personal savings, third parties, loans, or family and friends. "Be practical and do your research before you leave your day job. Be flexible to tweak things along the way. And don't beat yourself up from any mistakes you make - you only learn from your mistakes." She also advises listening to podcasts from inspirational business leaders or industry experts and believes your net worth is your network.



Supporting women as well as carers is also part of why she set up a business that encourages flexible working. "I've always been an advocate of flexible working but even more so after I had my own kids. In law firms and large companies, it was a mindset you had to change in 2012. If you didn't ask, you wouldn't get it and you had to be bold to ask and not worry about career prospects," she says. With Bizlaw U.K., working remotely at the hours you want is the default. "You don't need to be crammed into the tube-like sardines. It's all about having the choice to do it your way and robust HR systems to monitor output, especially for experienced workers while younger generations may prefer more face-to-face interactions." If the Government is serious about climate change and mental health, encouraging remote and part-time working where possible in all businesses will be the way forward as it is only mindset holding us back and the younger generation is open to new methods now that technology allows it. Hopefully, our model appeals to young entrepreneurs who want quality and speed as well as good customer service, rather than formality.

Bizlaw U.K. is happy to offer a free up to 30 phone and email legal health check by one of our experienced solicitors, to any business that is part of the network or quotes this article. This may be claimed by emailing [help@bizlawuk.co.uk](mailto:help@bizlawuk.co.uk) to fix a time quoting "offer"

Find out more about Bizlaw UK through <https://linktr.ee/bizlawuk>.



# A Global Problem That Takes Different Forms



Dr. Annemary Ortega

In my last article in November 2022, titled: **“ELDER WOMEN: THE SILENT VICTIMS OF GENDER VIOLENCE, THE CORRUPTION, AND IMPUNITY”**, I explained the connivance among public servants and the Judicial Branch.

I would like to start my article this month, by giving my tribute to my elder aunt María Angélica Ortega who died on **12 June 2014, at the age of 87**. For many years, she was a victim in Argentina, of different kind of violence: patrimonial, emotional, and physical, perpetrated by Public Servants, politicians, and the Judicial Power in connivance with other operators, who appropriates heritages of vulnerable women through diverse illegal mechanisms, and procedural scams, and then, these properties are auctioned in a Public Bank (Banco Ciudad) to obtain black money for financing their political campaigns.

Elder Women get ill and then taken to death, because they do not resist all the violence.

Her case allowed my husband, who is a Criminal Lawyer, and me to discover a big matrix of corruption and gender violence against older women in the Autonomous City of Buenos Aires.

This case was presented at the Inter-American Commission on Human Rights, linked with the OEA in Latin America, and with much influence- traffic, it was illegally closed in October 2019 meanwhile my family has been suffering different intimidation for unmasking illegal businesses holding political power and the Court of Justices, Nation and Province of Buenos Aires.

Last year, in an opportunity to commemorate **World Elder Abuse Awareness Day, United Nations for Ageing**, I was invited by the Organization **Women Leaders of America**, as an analyst about **“The Iron Generation”**.



In that opportunity I explained that violence against elder women can not only be from the private sphere, but also by the public sector perpetrated and tolerated by States.

In January 2023 I was interviewed by a Radio from Spain and I explained the importance of Agenda 2030 of the UN especially the SDG 16: Peace, Justice and Strong Institutions.

My elder aunt M. Angélica Ortega died without justice and peace. She has been my inspiration to investigate and to raise my voice in order to create more awareness, eliminating our fears to denounce any act of corruption or violence. A woman who has no access to JUSTICE, has no peace.

To my beautiful aunt, María Angélica, other victims like my mother and other women, all my respect, solidarity and action to remove gender violence and elder abuses.

The World Elder Abuse Awareness Day happens each year on June 15th. It was officially recognized by the **UN General Assembly in its resolution 66/127**, December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

It represents the one day in the year when the whole world voices its opposition to the abuse and suffering of our older generations.

## Definition

**Elder abuse** can be defined as “a single, or repeated act, or **lack of appropriate action**, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. It is a global social issue which affects the Health and Human Rights of millions of older persons around the world, and an issue which deserves the attention of the international community.



In many parts of the world abuses occur with little recognition or response. Until recently, **this serious social problem was hidden from the public view and considered mostly a private matter**; continues to be a taboo, mostly underestimated and ignored by societies across the world.

**Elder abuse is a problem that exists in both developing and developed countries yet is typically reported globally.**

Urgent: the need to combat the diverse forms of violence against older persons, a widespread phenomenon that includes discrimination in the public sphere, linguistic and employment discrimination, lack of access to JUSTICE, financial exploitation, physical and psychological, etc.

Violence against older persons **is a global phenomenon**. It takes many different forms and occurs in all types of settings, including within families and in homes, the workplace, care institutions, public spaces, the media, and emergency settings. In addition, it can be perpetrated by family members, caregivers, legal guardians, health professionals, government workers, and financial representatives. Such violence and abuse often go unnoticed.

**The lack of reliable information and data is one**

**of the obstacles** to effectively addressing violence against elders.

**They are rarely any parts of surveys on violence**, and indicators used may not be suitable for detecting all manifestations of violence.

**The WHO estimates that one in six people over the age of 60 years experienced some form of abuse in community settings.**



Older victims of violence and abuse may not be able to access adequate protection because of inappropriate and inaccessible reporting and protection mechanisms; the lack of information about rights and how to file a complaint.

On the other hand, the vast majority of countries have legislation, information, data and International instruments to protect and defend elders, nevertheless, this is theory and not practise, and many public servants are committing every single day human rights violations and nobody take actions.

**The World Health Organization** describes elder abuse as a violation of human rights and a significant cause of illness, loss of productivity, isolation, and despair. (WHO 2002 Active Ageing Policy Framework). As such, it is an issue that affects not only the person who is impacted directly but also the broader community.

**Older persons have the right, just like people of all ages, to live safely free from harm, abuse, and exploitation. Any actions that breach this right are a form of abuse.**

**It is absolutely important to combat ageism and this implies first recognizing this problem and then the necessity that governments take proper public actions. Ageism must be on the public Agenda and citizens should be educated to prevent and to take concrete actions.**

**Elder abuse has been shown to affect women and men, people from different cultural backgrounds, people with different levels of education and wealth.**

The incidence of abuse is predicted to increase as many countries experience rapidly aging populations. Although the extent of elder abuse is unknown, it is nonetheless a global social issue that affects the health and human rights of millions of older persons around the world, and an issue which **deserves the attention of the international community.**

Experts around the world join their efforts and voices in reaffirming the urgency to address violence and abuse against older persons on **World Elder Abuse Awareness Day** commemorated every year on 15 June.

**Resource:**

**UN, DESA and World Health Organization- Ageing/World Elder Abuse Awareness.**



# Sambal Foundation



Lion Kam Kalra

Sambal Foundation seeks to ensure equitable development for both rural inhabitants and poor urban dwellers, especially women and children. Strengthening and empowering through skills / not just giving the needy food and shelter but also enhancing them with self-dependent skills so they can fend for themselves / gather appropriate resources to empower them to fulfill our vision.

Sambal Foundation also offers assistance to various orphanages, and old age homes in India and is working towards the eradication of Hunger.

Sambal Foundation has collaborated with educational universities like Amity University, JECRC University, Marwadi University, SIRT University, Bansal Medical College, etc. Sambal Foundation intends to raise empathy in the youth through its project called "KARUNA", where children are sent to various charitable organizations & NGOs as part of empathy awareness campaigns and are encouraged to engage in social service activities.

Sambal Foundation has been involved in various charitable projects including running a hunger awareness campaign in remote villages of India. In this particular location (photos above) in Jharkhand and in collaboration with a local charity, 150 to 200 needy and underprivileged people are fed with nutritious food every day. Even during Covid, over 5000 people were distributed food during times of need.

The directors and the members of the Sambal Foundation personally contribute towards this worthy cause. After successful running of this project, we intend to start more food distribution centres to remote villages in India. Sambal Foundation intends to raise funds to support and sustain such projects. Your contribution & generosity would offer a meal and shall ensure that one less person would sleep hungry.



## Hunger Facts:

- As many as **828 million** people were affected by hunger in 2021 – **46 million** people more than a year earlier and **150 million** more from 2019.
- After remaining relatively unchanged since 2015, the proportion of people affected by hunger jumped in 2020 and continued to rise in 2021, to **9.8%** of the world population. This compares with **8%** in 2019 and **9.3%** in 2020.
- Around **2.3 billion** people in the world (**29.3%**) were moderately or severely food insecure in 2021 – **350 million** more compared to before the outbreak of the COVID-19 pandemic. Nearly **924 million** people (**11.7%** of the global population) faced food insecurity at severe levels, an increase of **207 million** in two years.
- The gender gap in food insecurity continued to rise in 2021 – **31.9%** of women in the world were moderately or severely food insecure, compared to **27.6%** of men – a gap of more than 4 percentage points, compared with 3 percentage points in 2020.
- Almost **3.1 billion** people could not afford a healthy diet in 2020, up **112 million** from 2019, reflecting the effects of inflation in consumer food prices stemming from the economic impacts of the COVID-19 pandemic and the measures put in place to contain it.

- An estimated **45 million** children under the age of five were suffering from wasting, the deadliest form of malnutrition, which increases children's risk of death by up to 12 times. Furthermore, **149 million** children under the age of five had stunted growth and development due to a chronic lack of essential nutrients in their diets, while **39 million** were overweight.
- Progress is being made on exclusive breastfeeding, with nearly **44%** of infants under 6 months of age being exclusively breastfed worldwide in 2020. This is still short of the **50%** target by 2030. Of great concern, 2 in 3 children are not fed the minimum diverse diet they need to grow and develop to their full potential.
- Looking forward, projections are that nearly **670 million** people (**8%** of the world population) will still be facing hunger in 2030 – even if a global economic recovery is taken into consideration.

(Ref: FAO, UN / IFAD / UNWFP & WHO).

## Hunger in the UK

4.7 million of these people live in severely food insecure homes. This means that their food intake is greatly reduced and children regularly experience physical sensations of hunger.

UN figures also show that 5.6% of people aged 15 or over struggle to get enough food. A further 4.5% report that they have been a full day without anything to eat.

Research shows that 46% of people accessing the services of our charity partners have gone a whole day without a proper meal in the last month. Figures from FAO UN, Voices of the Hungry, 2016 3.6 million tonnes of food is wasted by the food industry every year in the UK.

## Food waste in the food industry:

By "food industry" we mean all businesses involved in the supply of food. It includes everyone from farmers and growers to manufacturers and processors to wholesalers, retailers, and food service companies. Over 2 million tons of food that goes to waste each year is still edible. That's enough for 1.3 billion meals.

## Surplus food in the supply chain:

We call food that isn't going to be sold, but which is still edible, surplus food. Food becomes surplus for simple reasons such as over-production, labeling errors or short shelf-life. Surplus food occurs everywhere in the supply chain from the field through to the fork. Here's a breakdown of where it occurs and how much:

- Farms: 2,000,000 tonnes
- Processing and manufacturing: 52,000-160,000 tonnes
- Wholesale and distribution: 80,000-120,000 tonnes
- Retail: 47,000-110,000 tonnes

(Ref: Figures from WRAP, Food waste in primary production in the UK, 2019).

It is a legal requirement for UK companies to operate according to these principles- Feed people first:

The waste hierarchy sets out five steps for dealing with waste, ranked according to their environmental impact. It states that surplus food should be used to feed people first before it is sent to animal feed or energy.

- Current estimates are that nearly 690 million people are hungry, or 8.9 percent of the world population – up by 10 million people in one year and by nearly 60 million in five years.
- The majority of the world's undernourished – 381 million – are still found in Asia. More than 250 million live in Africa, where the number of undernourished is growing faster than anywhere in the world.
- In 2019, close to 750 million – or nearly one in ten people in the world – were exposed to severe levels of food insecurity.
- An estimated 2 billion people in the world did not have regular access to safe, nutritious, and sufficient food in 2019.
- If recent trends continue, the number of people affected by hunger will surpass 840 million by 2030, or 9.8 percent of the global population.
- 144 million children under age 5 were affected by stunting in 2019, with three-quarters living in Southern Asia and sub-Saharan Africa.
- In 2019, 6.9 percent (or 47 million) of children under 5 were affected by wasting, or acute undernutrition, a condition caused by limited nutrient intake and infection.

(Ref: <https://www.un.org/sustainabledevelopment/hunger/>)

## Give, Your Way

No matter which way you choose to give, we're grateful for your kindness and support.

Each donation is crucial to our mission of global humanitarian service.

Thank you!

# Autism Spectrum Disorder, Family Health History, and Genetics



If someone in the family has autism spectrum disorder (ASD), it is more likely to have a child with ASD. ASD varies from person to person, so taking a careful family health history can be important for early diagnosis. Early screening and diagnosis of ASD also ensures that children receive early intervention.

## Autism spectrum disorder

Autism spectrum disorder (ASD) is a developmental disorder. Someone with ASD may have difficulty with social interaction, communication, and behavior. For example, the earliest signs of ASD are that children may not make eye contact with their parents and may not be aware when someone is talking to them. About 30% of people (about 1 in 3) with ASD have an intellectual disability.



## Causes of autism spectrum disorder

Although the cause of ASD is known in some people and not known in others, genetics, biology, and environment are all important factors. Having older parents, a difficult birth, or infections during pregnancy are all examples of factors that might increase the risk for having ASD. Beyond these factors, certain people are at higher risk than others. For example, ASD is four times more common in males than females.

People with certain genetic disorders, such as fragile X syndrome, tuberous sclerosis, and Down syndrome, are more likely to have ASD.

## Why is it important to know if you have a family health history of autism spectrum disorder?

Having a family health history of ASD makes you more likely to have a child with ASD, or to have ASD yourself. If you have a child with ASD, you are more likely to have another child with ASD, especially if you have a daughter with ASD or more than one child with ASD. Your other family members would also be more likely to have a child with ASD.

If you are pregnant or planning a pregnancy, tell your doctor if you or your partner have a family health history of ASD. This information can help your doctor determine how likely you are to have a child with ASD.

When collecting family health history information,

- Include your and your partner's children, parents, sisters, brothers, grandparents, aunts, uncles, nieces, and nephews;

- Include anyone with a diagnosis of ASD
- learning disorder, intellectual disability, schizophrenia
- epilepsy/seizures, personality disorder
- or attention-deficit/hyperactivity disorder (ADHD);
- Note if anyone had genetic testing and the results of that testing;
- Include anyone with a genetic disorder that can cause ASD, such as fragile X syndrome or Rett syndrome
- Be sure to include anyone who received a diagnosis that is no longer used, such as Asperger syndrome or mental retardation; and
- Consider including older family members who have or had signs of ASD, even if they were not diagnosed with ASD, as ASD diagnoses were less common in the past and might have been missed.

Be sure to share your family health history of ASD with your child's doctor and other family members.

## What might the doctor recommend for your child if you have a family health history of autism spectrum disorder?

Knowing about your family health history of ASD can help your child's doctor better care for your child. The doctor may check your child more closely for early signs of ASD and might refer your child to a specialist for further evaluation. When a child is closely monitored, signs of ASD can sometimes be noticed at 18 months or younger. A reliable diagnosis of ASD is more common around 2 or 3 years of age and usually made by a developmental specialist. If a child is diagnosed at a young age with ASD, treatment is more effective. Also, a diagnosis of ASD is important for tailoring children's education once they start school. Learn how early intervention leads to better outcomes for children with ASD.



If you are pregnant or planning a pregnancy, your doctor might recommend carrier screening if you have a family health history of a genetic disorder, such as fragile X syndrome.

## Genetic testing and autism spectrum disorder

If your child is diagnosed with ASD, the doctor might refer your child for genetic counseling and

testing. Genetic testing looks for causes of ASD but cannot be used to diagnose ASD. Some people with ASD have syndromic ASD, meaning that they have other specific features in addition to having ASD, such as looking different from other people in the family or having birth defects. Most people with syndromic ASD have a genetic cause for their ASD. Genetic testing is more likely to find a genetic cause for ASD if

- Your child or another family member has syndromic ASD;
- A family member has an ASD-related genetic change found through genetic testing; or
- Multiple family members have ASD.



The most commonly ordered test for people with ASD is called a chromosomal microarray (CMA). This test looks at chromosomes to see if there are extra or missing parts that could cause ASD. CMA finds a genetic cause in 5% to 14% of people with ASD who have the test.

In addition, children with ASD should be checked for genetic disorders that can cause ASD, including the following:

- Fragile X syndrome: This disorder is one of the most common causes of intellectual disability. Fragile X syndrome affects about 1 in 7,000 males and about 1 in 11,000 females. About 0.5% of people (1 in 200) with ASD have fragile X syndrome. Testing for fragile X syndrome is recommended for all people with ASD.
- Rett syndrome- This disorder mainly affects females. About 4% of females with ASD have Rett syndrome. Rett syndrome testing should be considered for females with ASD.

If CMA and genetic testing do not find a cause for ASD, whole exome sequencing might be recommended. Whole exome sequencing looks for genetic changes in the parts of DNA that act as instructions for making proteins. Whole exome sequencing finds a cause in 8% to 20% of people with ASD who have the text.

After genetic testing, genetic counseling is important to help you understand the test results and what they mean for your child and family. Genetic testing results can give doctors useful information about how to treat your child with ASD and which family members might be more likely to have a child with ASD.

Even if you don't have a family history of ASD, talk to your child's doctor if you have concerns about your child's development.

Content source: National Center on Birth Defects and Developmental Disabilities, Office of Genomics and Precision Public Health; Page last reviewed: May 18, 2022





# Sabrina Hewitt: Girls in the Shadows



Sabrina Hewitt

Many people believe that gangs are made up of boys and young men, usually from disadvantaged backgrounds.

The reality is very different.

There's very little official data on gang-associated women and girls, but figures analysed by the children's commissioner's office suggest that girls account for as many as 34% of the children aged under 17 in England assessed by councils as being involved in gangs.

Sadly, girls and young women who have been groomed have the illusion that love is carrying a knife or drugs for their boyfriend. They believe the more useful they are to their 'boyfriends' the more it shows how much they love him. The majority of these girls are vulnerable and have already experienced complex trauma and have abandonment and attachment issues. They are eager to please these boys / men who show an interest in them. Often these girls and young women are already broken.



Relationships, reputation and protection are often the reasons girls end up in gangs. However, it's mostly through relationships. These so-called relationships leave these young women and girls at serious risk of exploitation and abuse. They are at risk of sexual, as well as physical violence.

Girls and young women are being groomed with gifts and empty promises. They are given a nice handbag, a nice pair of trainers and money to get their nails and lashes done. They believe this to be confirmation of his love for them. Fast forward a few days and she is now being asked to hold large quantities of drugs in her nice new handbag, she is asked to jump on a train to a coastal area with the drugs in her handbag. And sadly, she does this so willingly because she now believes she is so important to him "Out of everyone around him" that he chose her.

She has no idea of the reality awaiting her at the other end of the Trainline.

On the train these young girls feel they have hit the jackpot; their 'boyfriend' finally trusts them enough to run such an important errand. In her nice new handbag he bought for her just days earlier, now sits a carefully wrapped package of Class A drugs. All she has to do is drop off the package, collect the money and jump on the train back to her 'boyfriend'.

The truth of her situation isn't as easy as she believes it to be.

On arrival at the station, she is met by a male crackhead, who insists he's been sent to pick her up. He urges her to get into his car. She texts her 'boyfriend' and gets no reply. The crackhead is becoming agitated and further insists she get in his car. As a child she was taught about 'Stranger Danger' and told never to get into a car with anyone she didn't know. At this moment that had all left her mind. All she would be thinking about is how impressed her 'boyfriend' would be with her. She gets into the car without a clue where she was being taken or who she would be meeting.

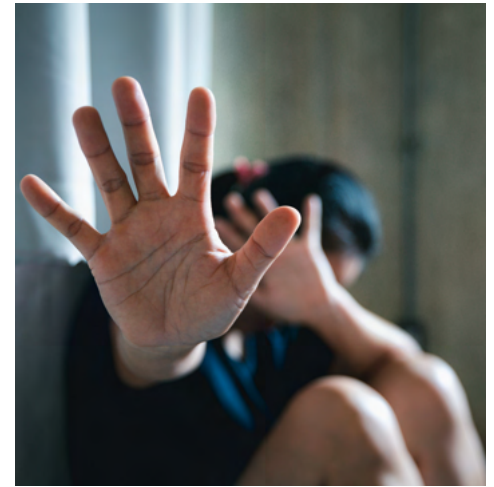
Many of these girls and young women are so desperate for the approval of these so-called boyfriends, they consent to doing things, even if they know they are wrong or will put them at risk. Their self-esteem and self-worth left them a very long time ago. Their need to please and to therefore be accepted are the only things that matter to these girls and women. By now, they have been let down, rejected and abandoned by so many different people in their lives, they will now cling onto this person who has taken the time to show an interest in them. She will pour her heart out to him about the terrible things she's experienced in life, not knowing he would be storing this information to his advantage later on down the line. For now, he will tell her he's experienced the same. They will start to bond over their shared traumas. In her confused mind, this trauma bonding is a sign that they are meant to be together. No one else will ever understand her experiences the way he does. It is at this point she will be willing to do absolutely anything for him. It is at this point her life will change forever. It is at this point he will abuse and exploit her for his own gain.

Girls and young women are often pipped out to settle drug debts.

Although county lines are being talked about more and criminal exploitation is being recognised, and a lot of money has been put forward for interventions and support, sadly these are mainly aimed at boys and young men.

"Sex object" is a common stereotype of female gang members, it is perceived that they partake in sexual activity willingly. This is rarely the case. These girls and young women are often forced and coerced into sexual activity with a number of different men. It is often the 'boyfriend' who is exploiting them with either emotional blackmail or with threats of violence. The wider peer network can also exploit these females as part of an initiation or as a punishment or warning. The threat of violence, be it physical or sexual is always the underlying message, although it may not be verbalised it is almost always implied. These sexual acts are now often filmed on a smartphone and threatened to be distributed among peers. The fear of these videos being seen by others, tightens the grip held on these females by their exploiters. They are used as leverage to get the females to do exactly what they want them to do. Sadly,

these videos are sent around anyway in most cases.



Rape and sexual assault are also used as a way to send a warning to rival gangs.

While it's relatively easy to recognise men and boys involved in gangs- they have usually suffered a violent injury such as a stabbing or been arrested with a large quantity of drugs / money. It's a lot more difficult to spot the signs that a girl may be gang-affected. This contributes to a high percentage of female victims being missed and therefore not offered the support they need. To put it bluntly, girls in gangs are being failed.

Youth violence, knife crime, gangs and county lines are spoken about and discussed with the narrative suggesting these are not issues involving females.

Professionals need to be able to spot the signs of a gang affected female and offer them the right support. Services specific to young women and girls with staff who have an in-depth knowledge of their situation and circumstances are essential. Being able to understand the individual's personal journey is crucial when supporting gang affected girls and young women.





# TRAVEL DIARIES FOR CANADA



**Deepali Mahale**

I travelled to Toronto, Ontario and it's not that bad at all here and quite manageable. Also being from Mumbai, India, one of the hottest cities, seeing so much snow for the first time in Canada was all worthwhile and we enjoyed it to the fullest.

In this 1 year we visited some very beautiful places and enjoyed each season of Canada i.e summer, spring and winter.

Let me tell you about some of the beautiful places you can visit in Canada in the Ontario Province. The first one to start with is the famous NIAGARA FALLS.

## NIAGARA FALLS:

Niagara Falls, the famous waterfall in Canada, Ontario province is linked with the U.S. by the Rainbow Bridge. Its site on the Niagara River's western shore overlooks the Horseshoe Falls, the cascades' most expansive section. Elevators take visitors to a lower, wetter vantage point behind the falls. A cliffside park features a promenade alongside 520-ft.-high Skylon Tower with an observation deck.

The best time to visit is in the summer where you can get to do the boat cruise but let me tell you even in the month of October to December it's very beautiful. I visited it both during the summer and winter months. I live in Mississauga so it's just barely a 1.5 hours' drive from my place. Since it is a famous tourist location it's always full of people.

You can take a 20-minute Voyage to the Falls boat tour which will take you on the journey of a lifetime! Enjoy breathtaking views of the Niagara Gorge, American Falls and Bridal Veil Falls, and come face-to-face with the famous Canadian Horseshoe Falls. Feel the thunderous roar and incredible power of one of the world's most stunning natural wonders.

You can also visit the colourful Clifton Street located just one block to the Horseshoe Falls along the Niagara River, the Street of Fun is a must-visit for families, couples and sightseers.

## Niagara Falls Cruise tours:

### Famous Skywheel at Niagra Falls



## VISIT TO THE FAMOUS FARM

We are so lucky in Ontario, that we have a variety of activities and attractions for the kids as well as the entire family to do in summer. It has some of the very best farms you can visit and many of them also have opportunities to pet some of the farm animals and get an experience to feed them.

Some of the best and biggest farms I visited is the Chudleigh's farms

## CHUDLEIGH'S FARM:



Chudleigh's farm was first opened to the public in 1967. It's based in the Milton, Ontario area. There are Play areas and farm animals like goats, chickens, pigs, sheep, alpaca, peacocks, duck, deer and more. You also get an opportunity to pet and feed some of the farm animals. You can take a beautiful nature walk trail exploring an open countryside that brings you closer to your nature. The farm is famous for APPLE PICKING in summer. They grow almost 22 varieties of apples which we can pick ourselves. They have over 47,500 trees across 60 acres and the pick season is in September and October. You can also get a tractor ride to the farm. You can also visit their local shop and buy some yummiest Apple pie and honey.

There is also live music entertainment in summer. Experience a unique ambience and enjoy the warm summer evening on the farm in the backyard listening to live music and eating delicious food.





# World Environment Day: Celebrating Our Planet's Resilience

In a world full of deadlines, meetings, and digital distractions, it's easy to forget the breathtaking beauty and remarkable resilience of our planet. But on this special occasion of World Environment Day, let us delve into some of the world's significant industries and explore their actions toward the environment.

## The Automotive Industry:

The automotive industry, a major contributor to greenhouse gas emissions, is gradually transforming its practices. Many companies are investing in electric and hybrid vehicles, reducing carbon emissions and promoting sustainable transportation options. Additionally, manufacturers are exploring eco-friendly materials and implementing recycling programs for end-of-life vehicles.

## The Fashion Industry:

The fashion industry has gained notoriety for its environmental impact, primarily due to fast

fashion's harmful practices. However, an increasing number of fashion brands are adopting sustainable approaches. From utilising organic fabrics to embracing circular fashion models, some companies are striving to minimise waste, water usage, and pollution in their supply chains.

## The Energy Sector:

The energy sector plays a vital role in mitigating climate change. While traditional fossil fuel-based energy production still dominates, there is a significant shift toward renewable energy sources. Investments in solar, wind, and hydroelectric power are growing, reducing reliance on carbon-intensive fuels and providing cleaner energy alternatives.

## The Technology Industry:

Technological advancements have the potential to revolutionise sustainability efforts. The technology sector is actively involved in developing energy-efficient devices, promoting data centre

sustainability, and fostering innovation for environmental conservation. Companies are investing in renewable energy for their operations and developing products that encourage eco-conscious behaviours.

## The Food and Agriculture Industry:

The food and agriculture industry faces the challenge of feeding a growing global population sustainably. Sustainable farming practices such as organic farming, regenerative agriculture, and precision agriculture are gaining traction. Efforts are being made to minimise the use of pesticides, conserve water, and promote biodiversity in agricultural landscapes.

On this World Environment Day, let us reflect on our own impact on the environment and strive to make a difference, as a healthy planet is essential for the well-being of current and future generations.



## Desertification Day Dilemmas!

Once upon a time, in a not-so-distant land, people woke up to a world gone bonkers on World Day to Combat Desertification and Drought. This unusual yet thought-provoking occasion served as a timely reminder that our planet is turning into a desert faster than a herd of camels racing to a mirage.

Picture this: if we ignore the call to action, brace yourselves for a wacky world without water! Say goodbye to swimming pools and hello to sand-filled amusement parks. The only "splash" you'll experience is a bucket of sand on your head instead of a refreshing water balloon fight.

Oh, did I mention the fashion trends? Forget about stylish clothes; you'll be sporting sand-coloured jumpsuits with cacti hats! The new mantra will be "Stay hydrated, and accessorise with succulents!" Want to visit the beach? Well, you'll be making sandcastles with actual sand because the oceans will have evaporated into thin air, literally. Sunbathing will involve sitting in front of a giant

fan while someone throws sand at you to recreate the authentic beach experience.

The dating scene won't be spared either. "Dinner and a movie" will be replaced with "Scavenging for water and watching tumbleweeds roll." Romance will bloom under the moonlit sky, accompanied by the melodious sound of... silence, as there won't be any water left for serenading frogs or crickets.



Gardening enthusiasts, rejoice! Your backyard will be filled with thriving plants like cacti and tumbleweeds. Don't be surprised if your vegetable

patch sprouts tiny sand sculptures instead of carrots and tomatoes. Remember to water them with a can of jokes because laughter will be our only source of hydration.

Finally, our precious animals will have to adapt too. Picture cows munching on cacti, goats trading their favourite snacks for sand sandwiches, and birds chirping through their makeshift beaks made of twigs and straws. Let's hope they develop a taste for dessert delicacies!

In all seriousness, though, the World Day to Combat Desertification and Drought is a reminder that we must act now to protect our planet from turning into a comedy club without a punchline. So, let's join hands, raise awareness, and take action to preserve our blue and green wonderland, ensuring a future where we can all laugh, splash, and dance under the shower of life-sustaining water. After all, a world without water is no laughing matter, no matter how many cacti hats you wear!

## Reflecting on the Indian Ocean's Unique Challenges

As the world celebrates World Ocean Day, it is crucial to shed light on our majestic Oceans and the specific threats they face. Spanning vast coastlines and hosting a diverse range of marine life, the oceans are a vital ecosystem that plays a significant role in the global climate system. Yet, while the oceans bestow us with abundant gifts, they are also facing unprecedented challenges.

Talking specifically about the Indian Ocean, one of the most pressing threats it faces is plastic pollution. With rapid urbanisation and industrial growth in the region, plastic waste is finding its way into the ocean at an alarming rate. This pollution not only damages marine life through entanglement and ingestion but also affects coastal communities that rely on the ocean for their livelihoods.

Overfishing is another major concern. Unsustainable fishing practices, including illegal, unreported, and unregulated fishing, are depleting fish stocks and disrupting the delicate balance of the

marine ecosystem. This has severe consequences for local economies and food security, as many communities in the Indian Ocean rely heavily on fishing as a source of income and sustenance.

Climate change exacerbates these threats, with rising sea temperatures and ocean acidification having detrimental effects on coral reefs in the Indian Ocean. Coral bleaching events have become more frequent and severe, leading to the loss of biodiversity and the collapse of entire reef ecosystems.

Another significant concern is oil spills. The Indian Ocean is a vital shipping route, and accidents involving oil tankers or offshore drilling operations can lead to catastrophic spills. These spills not only harm marine life but also damage fragile coastal ecosystems, leading to long-term environmental and economic consequences.

World Ocean Day serves as a reminder that the health of our oceans is intrinsically linked to our own well-being. By raising awareness about the

specific threats faced by the Indian Ocean, we can inspire collective action to protect and preserve this invaluable resource for future generations. It is through collaboration and a shared commitment that we can ensure a sustainable and thriving Indian Ocean ecosystem for years to come.





## Celebrating The Child Within

Hey there, grown-ups! Did you know that International Children's Day is just around the corner? It's the perfect time to embrace your inner child, let loose, and have a barrel of laughs! So put on your silliest socks, grab a handful of candy, and get ready to celebrate this whimsical day in style. Here are some fantastic and quirky ways for adults to commemorate International Children's Day:

- Pillow Fort Extravaganza:** Remember the days when you built epic pillow forts and pretended to be mighty warriors? Well, it's time to relive those glorious moments! Gather all the pillows, blankets, and couch cushions you can find, and construct a majestic fortress right in your living room. Don't forget to decorate it with fairy lights and unleash your imagination within its cosy walls.
- Costume Party Time:** Who says costumes are just for Halloween? Channel your inner superhero, pirate, or princess and throw an impromptu costume party with your adult friends. Let your creativity soar as you transform into characters from your childhood dreams. The more outlandish the costumes, the better! Bonus points for face

paint and wacky accessories.

- 3. Playground Olympics:** Revisit your childhood playground and turn it into an Olympic arena! Organise silly competitions like the swing race, monkey bar challenge, or slide sprint. Get your friends involved and award gold medals for the most daring manoeuvres or the highest swing jumps. Prepare to unleash your competitive spirit and laugh until your stomach hurts!
- 4. Movie Marathon Magic:** Create a cosy movie theatre in your own home and indulge in an epic movie marathon of your favourite childhood films. Whether you're a fan of animated classics, action-packed adventures, or magical fantasies, there's a treasure trove of nostalgia waiting for you. Prepare a bucket of popcorn, get snuggled up under a blanket, and let the movie magic transport you back to simpler times.
- 5. Art Attack:** Unleash your creativity and dive into an arts and crafts session that will bring out your inner Picasso. Set up a DIY painting station, make quirky sculptures from recycled materials, or try your hand at origami. Let your imagination run wild,

and don't worry about perfection—remember, it's all about having fun and embracing your inner child!

- 6. Epic Game Night:** Gather your friends for an unforgettable game night filled with laughter and friendly competition. Dust off those classic board games like Monopoly, Clue, or Twister, and prepare for some intense battles of strategy, luck, and good old-fashioned fun. And don't forget to crown the ultimate champion with a handmade construction paper crown!

So there you have it, folks! Let loose, get silly, and celebrate International Children's Day with all the exuberance of your younger self. Remember, age is just a number, and the joy of being a child at heart knows no bounds. Embrace the whimsy, rediscover the magic, and create memories that will make you smile for years to come. Happy International Children's Day!



## Liberating Little Hands

In the depths of our global society, a grave injustice persists, casting a shadow over the innocent and the vulnerable. The heartbreaking reality of child labour is a cruel practice that deprives millions of children worldwide of their childhood, education, and basic human rights.

Every year on June 12th, the international community observes World Day Against Child Labor, raising awareness about the plight of millions of children engaged in exploitative labour worldwide. This day serves as a reminder of the urgent need to protect children's rights and promote their well-being. While governments and organizations play crucial roles in eradicating child labour, individuals also have the power to make a significant impact. Here are some meaningful ways individuals can contribute to the cause:

- 1. Educate and Raise Awareness:** Individuals can educate themselves about the issue of child labour

and spread awareness within their communities. By sharing informative articles, organising discussions, or giving presentations, individuals can help debunk myths, challenge misconceptions, and promote a deeper understanding of the causes and consequences of child labour.

- 2. Support Ethical Consumption:** Purchasing products from companies that adhere to strict labour standards and do not exploit child labour is an effective way to contribute. By researching and choosing ethically produced goods, individuals can create demand for child-labour-free products and encourage businesses to adopt responsible practices.
- 3. Engage with Responsible Brands:** Engaging with companies and brands through social media platforms, emails, or direct communication can have a ripple effect. By encouraging brands to uphold ethical sourcing policies and demanding

transparency, individuals can exert pressure for change and promote a more responsible business environment.

- 4. Donate to Organisations:** Supporting organisations that work tirelessly to combat child labour is crucial. Individuals can contribute financially or volunteer their time and skills to NGOs and charities that provide education, rehabilitation, and vocational training to rescued child labourers.
- 5. Be a Responsible Consumer:** Responsible consumer choices extend beyond avoiding products associated with child labour. Individuals can also promote fair trade practices, which ensure that producers receive fair compensation for their work. By working together, we can create a world where every child has the right to education, safety, and a childhood free from exploitation. Let us take action today to build a better tomorrow for the children of our world.

## Kicking the Habit



The clock is ticking as the world unites in a resounding chorus against the menace of drug abuse and illicit trafficking. Every year on the 26th of June, the International Day against Drug Abuse and Illicit Trafficking sheds light on the dark underbelly of substance abuse and the global networks that perpetuate this destructive cycle. It is a day to reflect, engage, and take action, igniting a collective spark of innovation and resilience.

In the battle against drug abuse, creativity becomes our sword and shield. We must step beyond traditional approaches and explore uncharted territories of prevention, treatment, and rehabilitation. The fight demands fresh ideas, innovative interventions, and cutting-edge research. It is in this crucible of creativity that we discover new strategies to dismantle the scaffolding of drug trafficking networks that span continents.

Engagement is the heart and soul of change. Communities, governments, and organisations come together on this significant day to initiate conversations, organise awareness campaigns, and promote education. The power of engagement lies in its ability to shatter stigma, foster empathy, and create a supportive environment for individuals struggling with addiction.

Let us embrace the captivating force of storytelling, using narratives to convey the realities of addiction and the consequences of drug trafficking. Stories have a unique ability to touch hearts, break down barriers, and inspire action. They create empathy by weaving a tapestry of shared experiences, urging us to stand up and make a difference.

Innovation becomes the compass that guides us on this arduous journey. We must leverage technological advancements, data analytics, and artificial intelligence to identify emerging trends, trace illicit supply chains, and disrupt the market.

The International Day against Drug Abuse and Illicit Trafficking is not just a day; it is a catalyst for change. Together, let us shape a future where addiction is met with compassion, and the illegal drug trade is nothing but a distant memory.



# Unleashing the Power Within: World Brain Tumour Day

On this World Brain Tumour Day, we embark on a journey to shed light on the silent warriors who confront this formidable foe every day.

**1. A Stealthy Foe:** Brain tumours, often described as the “invisible enemy,” pose a unique challenge due to their complex nature. They manifest silently, undermining our physical and cognitive well-being, and affecting individuals of all ages.

**2. Empowering Voices:** From survivors and caregivers to medical professionals and researchers, their narratives weave a tapestry of resilience, hope, and determination. By amplifying these voices, we create

a global support network that fosters understanding, empathy, and unity.

**3. Innovative Breakthroughs:** World Brain Tumour Day not only raises awareness but also encourages pioneering advancements in treatment and care. The day serves as a catalyst for collaboration between researchers, clinicians, and healthcare organisations.

**4. Education and Empathy:** Raising public awareness is paramount in combating brain tumours. On this day, initiatives are launched to educate communities about risk factors, symptoms, and prevention strategies. World Brain Tumor Day serves as a

beacon of hope, uniting individuals worldwide in their determination to conquer this formidable adversary. Through awareness, compassion, and innovation, we can empower those affected by brain tumours and work towards a future where the battle against these silent invaders is won. Together, we unleash the power of knowledge, solidarity, and hope.



## Yoga – Is it just Asanas / Posture?



Bhavya P

should be proud of the contribution of Yoga for the betterment of Humanity.

Yoga is derived from Sanskrit word Yuj – means union, to join. Yoga helps for the integration and harmony (union) of body, mind and soul. Yoga allows a person to develop and evolve, which is the key to life...through culturing the mind. Maharishi Patanjali in Yoga Sutras gives the essence of the philosophical path in 196 aphorisms / Sutras. These 196 Sutras are divided into 4 Padas/chapters – Samadhi Pada (51 Sutras), Sadhana Pada (55 sutras), Vibhuti Pada ( 56 sutras ) and Kaivalya Pada (34 sutras ). Patanjali gives a detailed description of the path of yoga for beginners in Sadhana Pada. Sadhana Pada gives the description of Kriya Yoga and Astanga Yoga for those who aspire to start their Yogic Life.

Kriya Yoga is the preparatory phase. It is both preliminary and practical. It is preliminary because it has to be taken up in the beginning; it is practical as it gives a practical test for the seeker to prepare himself to begin the practice of Yoga. The first shloka of Sadhana Pada goes like this

**तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः ॥२.१॥**

tapahsvadhyayeshvarapranidhanani kriyayogah  
//2.1/

Developing passion, self - study, to embrace and be guided by eternal divine is Kriya yoga. Widely the above practices are misinterpreted as self sacrifice (Tapha), study of scriptures (Svadhyaaya), Surrender to God (Isvara Pranidhana). Tapha is related to will power , Svadhyaaya is related to intellect and Isvara Pranidhana is related to emotions of the aspirant. It involves the act of self -purification, self -observation and evolving self-awareness. This helps in the all round and balanced growth of the Individual to evolve as a better version.

Patanjali speaks of Kleshas or causes of pain as below -

**अविद्यास्मितारागद्वेषाभिनिवेशाः क्लेशाः ॥२.३॥**

avidyasmitaragadveshabhiniवेशah kleshah  
//2.3//

Yoga for many is just twists and bends, but Yoga is actually a way of living! Yoga is a Philosophy. Yoga on mat is just a small part, but yoga beyond mat is very vast. India is the birthplace of Yoga and every Indian

Ignorance, egoism, attachment, aversion and clinging to life - are the five Kleshas.

Kleshas can be defined as a negative mental state which blurs the thinking process of the individual. They are the impediments in the path of evolving, yogic practices like breathing techniques , pranayama help in overcoming Kleshas.

Ignorance is not having the knowledge of your true Self within. Egoism is thinking of the physical, mental, emotional aspects of the body -mind to the True Self. Attachment is the desire for material things, status, power, etc. Aversion is the repulsion for unpleasant things, experiences, people, etc. Clinging to life, desire to live long along with miseries, fear of death. All the Kleshas can be diminished by right knowledge and discriminating between the Real and the Unreal.

Patanjali's sutra on ashtanga yoga

**यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयोऽष्टावङ्गा  
नि ॥२.२९॥**

yamanyamasanapranayamapratyaharadharanadhyana  
anasamadhayo-a-shtava angganii//2.29//

Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi; are the eight limbs of Yoga.

Astanga yoga is also called Raja Yoga; it is the path of Willpower. It comprises 8 limbs which are interdependent, they are divided into Bahiranga Yoga and Antaranga Yoga. Bahiranga Yoga is to gain mastery over the mind using indirect techniques; it includes the first 5 limbs. Antaranga Yoga is direct mastery over the mind; it includes the last 3 limbs.

Bahiranga yoga consists of Yama, Niyama, Asana , Pranayama and Pratyahara . Yamas are guidelines to interact with the outer world, the social disciplines. Yamas are restraints , they are five – Ahimsa ( non-violence ) , Satya ( truthfulness ) , Asteya ( non-stealing), Bhramacarya ( celibacy ) and Aparigraha ( non-covetousness ) .

Niyamas are the self-regulations, helping us maintain a positive environment to grow from within. Niyamas are observances, they are five – Saucha( purity ) , Santosa ( contentment ) , Tapas ( self-purification), Swadhyaaya ( self -study ) , Isvara Pranidhana ( eternal divine contemplation )

Asana or physical postures uses body to gain health and mastery over the mind.

**स्थिरसुखम् आसनम् ॥२.४६॥**

sthirasukham aasanam //2.46//

Posture (asana) is to stay in position with ease.The three stages in Asana – Sthira, Cira, Sukha. Sthira



makes the asanas more stable, here lot of effort, willpower is used to achieve the right posture and maintain it for short time. Cira, the right posture is maintained slowly, steadily for longer time with ease. Sukha is a stage of Bliss; posture is maintained effortlessly with relaxed state.

Asanas starts from the body level and move towards muscular level, then the breathing level, the mind or emotional level to maintain the balance and calmness of mind. One achieves the ideal state of body and mind by consistent practice of Asanas.

Pranayama is a bridge between body and mind, mastering over the breathe.

**तस्मिन्सति श्वासप्रश्वासयोगतिविच्छेदः प्राणायामः ॥ २.४९॥**  
tasmin sati shvasaprashvasayorgatavichchedah  
pranayamah //2.49//

Controlling the motion of the exhalation and the inhalation once accomplished in Asana, is pranayama.

Pranayama is using breath to control the mind. Prana is the vital force or basic fabric for entire creation, Ayama means to extend the gap between inhalation and exhalation. Pranayama brings all lobes of lungs into action, increasing the lung capacity. Breathing becomes uniform, continuous and rhythmic. Pranayama is always a blissful practice.

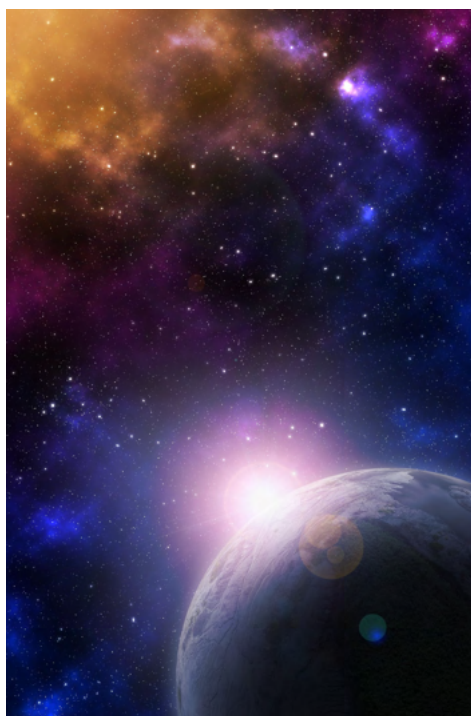
Pratyahara is the withdrawal of senses from their objects. Slowing down is the key for Pratyahara. Using senses to gain mastery over the mind. We are sublimating and not suppressing, otherwise the mind becomes rebellious. When the mind is withdrawn from the sense objects, the sense organs also withdraw themselves from their respective objects.

Thus, the five limbs of Bahiranga Yoga help to eliminate the external causes of mental distractions and prepares the Aspirant for the inward journey. Yama, Niyama checks on the uncontrolled emotions and desires. Asana and Pranayama eliminate the disturbances arising from the physical body. Pratyahara detaches senses -organs from the mind, mind is free of impressions of the outer world. Antaranga Yoga consists of Dharana (Focusing) Dhyana (Defocusing or Meditation) Samadhi (Super - conscious state). Patanjali states these three limbs are continuous steps, together known as Samyama. Samyama should always be on - Eternal self for Self- realisation.

Thus, yoga is not just a physical discipline but a way of living- a rich philosophical path. Yoga is a celebration, an inward journey to evolve.

# Exploring the Cosmos

In the vast expanse of our universe, an ever-present danger looms silently: asteroids. Picture this: You're enjoying a peaceful afternoon in your backyard, sipping lemonade and pondering life's mysteries, when suddenly, a massive asteroid whizzes by, turning your serene moment into a cosmic game of dodgeball. While this scenario may seem like a scene from a quirky sci-fi movie, the truth is that our planet has encountered its fair share of close calls with space rocks. Hence, get ready to witness an astronomical extravaganza unlike any other because today, we gather to celebrate International Asteroid Day! This isn't your average event; it's a cosmic carnival that combines the wonders of science with a dash of humor and quirkiness. It celebrates these celestial marbles, blending science, humor, and a reminder that Earth's cosmic dodgeball game is very real! So, strap on your space helmets, adjust your telescopes, and prepare for an enlightening journey through the cosmos!



## The Cosmic Game of Dodgeball

Welcome to International Asteroid Day, where we honor the captivating dance between Earth and asteroids on the grand cosmic stage. But before you frantically seek shelter under your bed, let's delve into the intriguing world of these interstellar projectiles.

### Asteroids: Nature's Game of Marbles

Imagine an immense collection of celestial marbles spinning through space. These are asteroids—rocky fragments ranging in size from pebbles to colossal boulders. They are remnants of the early Solar System, surviving billions of years of cosmic chaos. Every so often, these marbles decide to pay us a visit. These celestial visitors played a vital role in shaping our planet's history, leaving behind clues about our origins and the development of life. But fear not, fellow Earthlings, for International Asteroid Day is not about dodging boulders; it's a day dedicated to unraveling the mysteries of these space rocks

and understanding their impact on our existence.

### The Cosmic Census Bureau

Like cosmic accountants, scientists have been diligently tracking these wandering entities. They have cataloged thousands upon thousands of asteroids, providing us with an inventory of potential cosmic troublemakers. Thanks to their efforts, we can anticipate near-Earth objects and prepare accordingly.

### Enter International Asteroid Day

International Asteroid Day serves as a wake-up call, reminding us of the importance of asteroid awareness and planetary defense, and to take these interplanetary jokers seriously. Scientists diligently monitor the skies for any potential threats, and they've even compiled a "risk list" of asteroids that could potentially collide with Earth. However, let's not panic just yet! The chances of a catastrophic impact are quite low, and statistically speaking, we're far more likely to be struck by a bolt of lightning than by an asteroid. And, of course, fear not! We won't simply inundate you with tales of impending doom. Instead, we'll infuse this cosmic journey with a healthy dose of humor.

### Asteroid Fashion: Trendy and Tectonic

Move over, Earth's fashion trends—asteroids have their own unique style! Did you know that some asteroids boast groovy craters, while others flaunt extravagant ridges? It's like a cosmic runway show, complete with fabulous geological accessories. Milan, make way for these celestial fashionistas!

### Gravity and Intergalactic Tug-of-War

When an asteroid ventures close to our planet, it becomes a cosmic tug-of-war. Earth's gravity tugs at the asteroid, attempting to pull it in, while the asteroid's momentum and orbital path push it away. It's a celestial game of cat and mouse, with Earth always hoping to emerge victorious. Remember, asteroids, we have an abundance of pizza and chocolate—something no other planet can match. Stay jealous!

### Asteroid Day Parties: Cosmic Celebrations for Everyone

In celebration of International Asteroid Day, various organizations, science enthusiasts, and perhaps even a few extraterrestrial beings (yes, we're open-minded) come together to host epic space-themed parties. Imagine asteroid-shaped piñatas, rocket-shaped cakes, and a dance floor that mimics the gravitational pull of celestial bodies. It's the perfect opportunity to let loose and shake your asteroid!

### The Cosmic Neighborhood Watch

While we may not yet have a galactic neighborhood watch program, initiatives like the B612 Foundation and the Near-Earth Object Observations (NEOO) program diligently track and study these interstellar intruders. Scientists collaborate to develop early warning systems, devise asteroid deflection strategies, and safeguard Earth from becoming the ultimate cosmic bullseye. It's like a game of "kick the can" on a cosmic scale, where the can represents a potentially hazardous space rock hurtling through the void.

### The Day the Dinosaurs Lost the Lottery

Asteroids have played a vital role in shaping Earth's

history. Approximately 66 million years ago, an asteroid about 6 miles (10 kilometers) in diameter collided with what is now Mexico's Yucatán Peninsula. This catastrophic event set off a chain of events that led to the extinction of the dinosaurs. Talk about having a rough day!



### The Mission: Asteroid Deflection

If a dangerous asteroid were to pose a threat today, scientists are exploring various methods to deflect it. From altering an asteroid's reflective properties with a fresh coat of paint (because a stylish asteroid is a well-behaved asteroid) to launching spacecraft to nudge it off course, these unconventional ideas demonstrate that science can be both practical and creative. Let's hope we never have to put them into action!

International Asteroid Day is a celebration of the scientific study of these enigmatic celestial bodies. It's a day when scientists dive headfirst into the mesmerizing world of asteroid research, utilizing telescopes, satellites, and even spacecraft to gather valuable data. By studying asteroids up close, we can unlock secrets about the formation of our solar system, the origins of life, and the potential for extraterrestrial habitats. The more we learn about these cosmic wanderers, the more we uncover the mysteries that have captivated our minds for centuries.

As we celebrate International Asteroid Day, we're reminded of the wonders and eccentricities of our universe. From cosmic fashion shows to parties that would make ET himself bust a move, this day is about more than peering through telescopes—it's a celebration of science, humor, and our ongoing quest to comprehend the cosmos. So, raise a glass of cosmic lemonade and toast to the magnificent dance between Earth and asteroids. May we continue to dodge these celestial marbles with grace, laughter, and an ever-growing sense of cosmic curiosity!



# Pedalling Towards a Sustainable Future



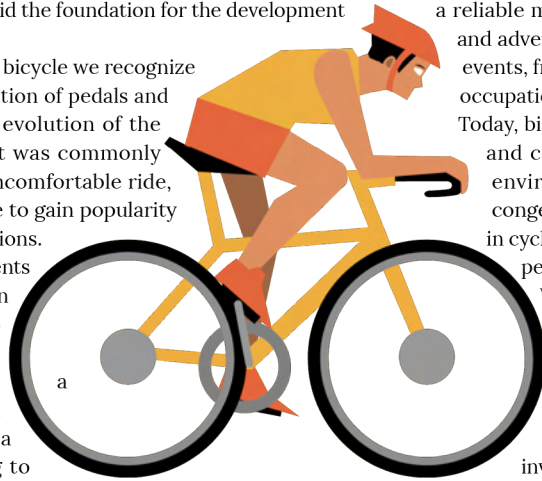
Pedals spinning, wind in your hair, and the world whizzing by. It's World Bicycle Day, a celebration of the two-wheeled wonder that has captivated hearts and minds for generations.

The history of the bicycle dates back to the early 19th century when German inventor Karl Drais introduced the "Draisine" in 1817. This wooden contraption, also

known as a running machine or hobby horse, had two wheels aligned with a simple handlebar, allowing the rider to push themselves along with their feet. While it lacked pedals, the Draisine laid the foundation for the development of the modern bicycle.

Fast forward to the 1860s, and the bicycle we recognize today began to take shape. The addition of pedals and a crank mechanism propelled the evolution of the "boneshaker" or "velocipede," as it was commonly known. With its iron wheels and uncomfortable ride, the Boneshaker was the first bicycle to gain popularity and set the stage for further innovations.

In the late 19th century, advancements in technology led to the introduction of the high-wheel bicycle, also known as penny-farthing. This peculiar-looking bicycle featured large front wheel and a small rear wheel. Although it offered a smoother ride, it was challenging to



mount and control, limiting its widespread adoption.

It wasn't until the 1880s that the safety bicycle, with its equally-sized wheels, chain drive, and pneumatic tires, revolutionised cycling. This innovation made cycling more accessible to a broader population, including women, who were finally able to enjoy the freedom and independence that bicycles offered.

Since then, the bicycle has become an integral part of our lives, serving as a reliable mode of transportation, a tool for exercise, and a source of joy and adventure. Bicycles have played significant roles in various historical events, from the suffragette movement to the liberation of countries from occupation.

Today, bicycles continue to play a crucial role in promoting sustainability and combating climate change. With zero emissions and minimal environmental impact, bicycles are seen as a solution to urban congestion and pollution. Many cities around the world are investing in cycling infrastructure and bike-sharing programs to encourage more people to embrace pedal power.

World Bicycle Day reminds us of the incredible journey of the bicycle, from its humble beginnings to its remarkable impact on society. It celebrates the freedom, joy, and endless possibilities that come with cycling. So, whether you're commuting to work, embarking on a cross-country adventure, or simply enjoying a leisurely ride, take a moment to appreciate the remarkable invention that is the bicycle. Happy World Bicycle Day!



# World Refugee Day: Embracing Resilience and Hope



In a world often marred by conflicts and crises, a day stands as a testament to the indomitable human spirit—World Refugee Day. On this poignant occasion, we unite to honor and support those forced to flee their homes due to persecution, war, or violence. It is a day that calls upon us to extend our arms, hearts, and minds to embrace the stories of resilience and hope that emerge from the plight of refugees.

As we commemorate World Refugee Day, it is essential to recognize the invaluable contributions that refugees bring to our societies. From artists to entrepreneurs, athletes to academics, refugees enrich our cultures, economies, and collective humanity. Their journeys are a testament to the boundless strength of the human spirit and the potential that exists within each one of us to overcome adversity.

This year's World Refugee Day theme, "Embracing Resilience," encourages us to reflect on the challenges faced by refugees and the unwavering courage with which they confront them. It prompts us to acknowledge their resilience and applaud their determination to rebuild their lives despite unimaginable hardships. It is a call to action to foster inclusivity and create opportunities for refugees to thrive in their new homes.



Innovation plays a crucial role in transforming the lives of refugees. It is through innovative solutions and compassionate initiatives that we can support their integration, education, and livelihoods. Whether providing vocational training, access to quality healthcare, or ensuring the inclusion of refugee children in education, innovative approaches are key to empowering refugees and helping them regain control over their lives.

World Refugee Day is not just a day to raise awareness but an opportunity to inspire action. It urges us to challenge stereotypes and prejudices, to stand up against discrimination, and to advocate for the rights of refugees. It is a day to amplify the voices of those who have been silenced and to foster an environment of compassion and understanding. Together, we can create a world where every individual, regardless of their origin, finds safety, dignity, and the chance to rebuild their lives.

As we mark World Refugee Day, let us remember that our actions, no matter how small, can make a significant impact on the lives of those forced to flee. Let us be the change that ensures a brighter, more inclusive future for refugees and for all of humanity.



# Monthly Horoscope for July 2023



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



**Aries:** With the resolution of obstacles, romantic partnerships will be peaceful. Family connections can become contentious. Health will be perfect and trouble-free. Harmful interactions with co-workers might hinder career advancement. The financial situation is dire. A lack of planetary support will hamper activities involving education. Plans for a trip could not work out.



**Taurus:** Your life will advance thanks to Jupiter. There will be fun in love. Taurus singles will find true love. Family interactions should be pleasant. The outlook for health is fantastic. The careers of professionals will advance. The finances will experience issues. Students might experience difficulties with their education. Traveling will be advantageous.



**Gemini:** Swinging emotions will impact one's progress in life. There will be friendly love connections. During social activities, single people will find their soul partners. Family matters will be quite upsetting. The picture of health is positive. Expectations for career progression will not be met. There will be a financial profit. Students don't make progress in their academics. Expectations for travel-related activities should not be excessive.



**Cancer:** Jupiter and Mars will control life. Married life can be difficult. Singles have a natural knack for love. Family matters will be peaceful. No health issues are anticipated. Career development will continue to be modest. Financial problems will arise. Stars will have a negative effect on academic progress. Travel may not be very advantageous.



**Leo:** The planets will increase Leo's self-assurance. For singles, enticing the other sex is no trouble. If you want to have children, married life will be wonderful with plenty of room for conception. There will be unrest in the family. Planets improve physical circumstances. Professionals will experience issues with career advancement. Investments will result in profits. Students don't advance in their academic endeavours. Travel results in significant improvements.



**Virgo:** Planets in turmoil will have an impact on life progress. There will be ups and downs in marriage. Love can be found by singles with more effort. There will be issues with family ties. Prospects for health are difficult. Hard labour does not result in a successful career. The financial situation will be excellent. On average, students should make improvements in their academic pursuits. Travelling may not be successful.

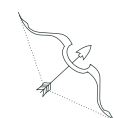
**Libra:** Social contacts will help Libra folks succeed in their endeavours. Family harmony is guaranteed by star positions. With no recurring illnesses, health will be pleasurable. The improvement that kids achieve in their activities will be good.



Be prepared for certain obstacles to job advancement. There will be a large cash flow. Students can get A-star assistance for their academic development. Travel-related activities will benefit businesspeople.



**Scorpio:** Jupiter's influence makes life's happiness guaranteed. Be prepared for changes in romantic relationships. When picking a romantic companion, singles should trust their gut. There will be unrest within the family. Health will be challenging. Professionals can advance in their jobs with hard work. Investment returns rarely result in substantial profits. Scorpio students' academic performance may decline as a result of the planets' adverse aspects. Travel-related activities are useless.



**Sagittarius:** A happy existence is promised by astrological forces. Marriage calls for additional consideration. Love will find singles with luck. Family harmony will be put under pressure. Health will be provided by the planets. Star impacts will impede career advancement. To minimise financial losses, stay away from risky investments. It will be difficult for students to advance in their academic work. Plans for travel will be advantageous for both business and leisure.



**Capricorn:** You'll become more assertive thanks to Mars. Negative astrological aspects can bring strife in romantic relationships. Singles shouldn't be afraid to form romantic relationships. Family matters will be enjoyable. Health-related issues won't be a concern. The financial situation will be difficult, and you might need to withdraw funds from savings. Star assistance is not available for travel-related activities.



**Aquarius:** There may be dissolution in romantic relationships. There will be turmoil in married life. Singles will have luck finding romantic relationships. Negative planetary factors that will complicate the family environment. Expect to be in excellent health. There is no star help for professional advancement. The returns on finances fall short of expectations. Students don't make progress in their academics. Travel will be rewarding and fun.



**Pisces:** Mars will make life more challenging. The love life will be difficult and sad. During official gatherings, single people will find their true love. In a family setting, harmony will reign. There won't be any issues with your health. Star power impedes the development of professionals. Be prepared for business losses. There won't be any issues for students during their educational activities. Limit your travel plans to prevent losses.

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

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**JUNE 2023**

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