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# Understanding Mental Health in Our Community



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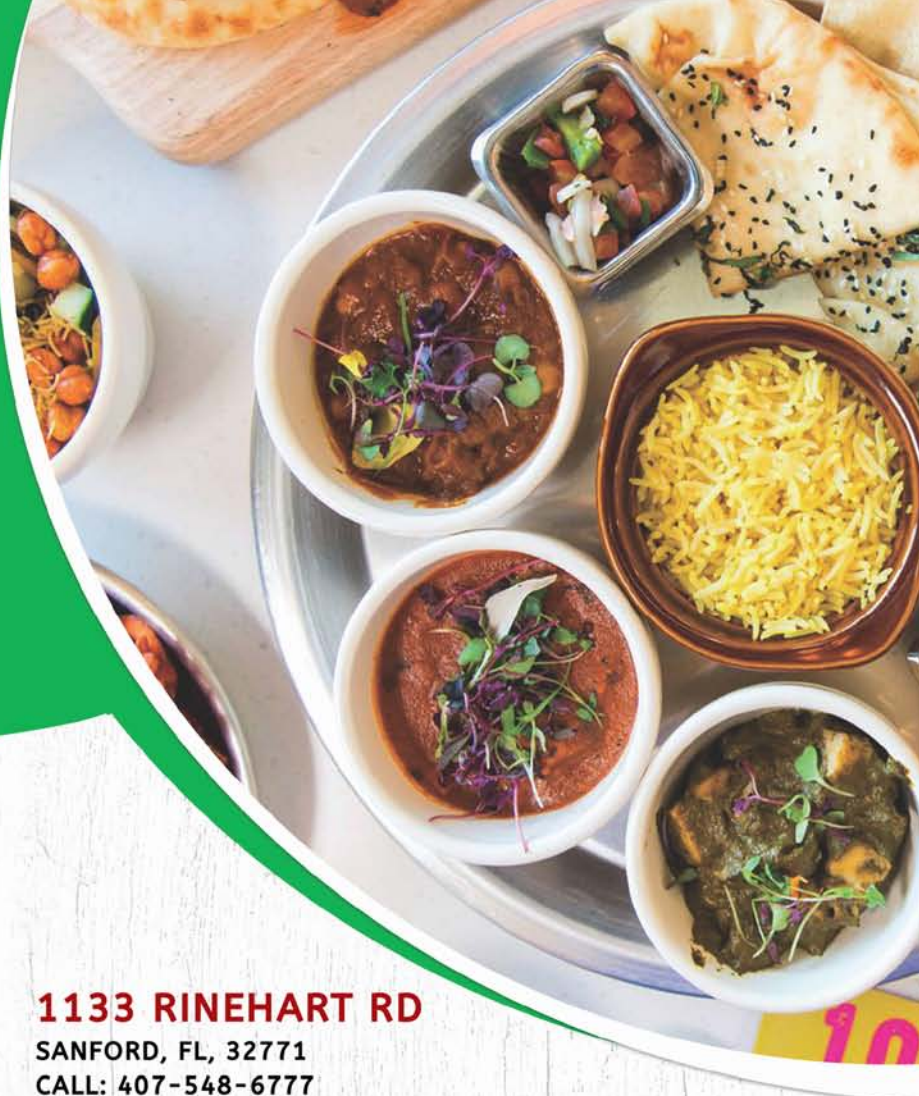
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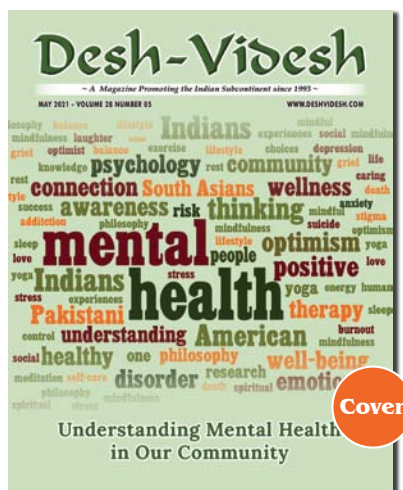
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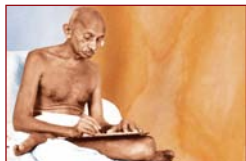




## Understanding Mental Health in Our Community 16

Did you know that ONE in every FIVE Indians may suffer from depression? The World Economic Forum reported a study conducted in 2015 by the World Health Organization that found one in every five Indians likely struggles with depression throughout the course of their life. That is 20% of the population, out of which only 10-12% seek out support. Given the current population, that would mean that even though one in five Indians are suffering, only one in fifty seek out help.

**Faced with today's crisis, what would Gandhi do?** 24



The current global crisis is multilayered. The COVID-19 pandemic, economic recession, and global warming are compounded by the void of political and moral leadership. Faced with the present crisis, what would Gandhi do?

## Why is Ramadan called Ramadan? 30



1. Why is Ramadan called Ramadan?  
 Ramadan is the ninth month of the Islamic lunar calendar, and lasts either 29 or 30 days, depending on when the new crescent moon is, or should be, visible. The Arabic term Ramadan connotes intense heat.

## Copper Immunity 36



Acharya Charaka, author of *Charaka Samhita*, wrote about many metals that are beneficial to the body. There are two ways to get these metals into your body: by utilizing utensils made from these metals or directly through food. In pre-Vedic times, copper, silver, and gold were often incorporated in daily routines and rituals.

## Why stories matter for children's learning 42



Ever wondered why boys and girls choose particular toys, particular colors and particular stories? Why is it that girls want to dress in pink and to be princesses, or boys want to be Darth Vader, warriors and space adventurers? Stories told to children can make a difference.

## Young Indian Americans Rising to the Top 48



There is no doubt that Indian Americans represent a segment of the United States population who make mammoth contributions across a variety of fields, whether in business, politics, entertainment, and many others.

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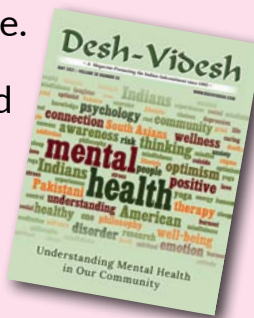
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To serve and support members of the Indian subcontinent community with an inspirational and educational magazine and to empower readers with an awareness of local, national and international news, events, and social happenings.

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# Editor's View

Dear Readers,

I hope all of you are as excited as I am with the wide variety of articles featured in each issue of *Desh-Videsh* and the May issue is even more interesting.

First, let me wish all our Muslim friends and readers a Happy Ramadan. Over the years, I have been reading and hearing from my college roommate Iqbal about Ramadan, but when I read the article by Professor Khalil "Why is Ramadan called Ramadan?," it really shed some more light about this important occasion including a few facts that I did not know. I hope all of you, especially young kids, learn the real meaning of Ramadan.

Now let me turn to another important topic, Mental Health in Our Community. When Shivani Patel, a graduate student at the University of Florida (Go Gators!) approached me about writing an article about the importance of mental health awareness in our community, it gave me a bit of pause. Mental health in South Asians? But when she gave me some stats about mental depression in South Asians, I was very much convinced that it is high time we bring awareness to our community about this silent killer disease. Rewinding my own life, while I was fighting with cancer, I went through mental depression myself. But I was lucky. With the help of family, friends and my extended family of *Desh-Videsh* readers, I came out of it, not only with mental depression, but a deadly disease called cancer. What Shivani tells us in her article is that we should be aware of it, accept the illness as any other illness and get proper help.

Now let me talk about my lifelong hero, Gandhi ji. These days a few radical people in the Black Lives Matter group are using violence to spread hatred against this 'Great Soul' by vandalizing his statue and labeling him as a "racist." As I said before, I consider Gandhi ji my hero, mentor and guide. I can assure you, some of these radical people do not even know one word about Gandhi ji. His non-violent fight against the British empire in South Africa began when he was only 23. How many 23-year-old young men do you know who raised their voice against brutal governments in foreign countries? I remember when I came to this country in 1970, I was also 23 years old. Forget about raising a voice against brutal governments, I could not raise my voice against my landlord. To understand more about Gandhi ji's principles in detail, please read the articles "Faced with today's crisis, what would Gandhi do?" and "Words to Live By - Non-Violence."

At *Desh-Videsh* we always love to talk about young people and their success. So in this issue rather than talking about the over 50 crowd of Indian-Americans, we are changing the focus to the younger generation, CEOs who fall into the below 40 group as well as younger school-age Indian Americans who are winning notable prizes and awards.

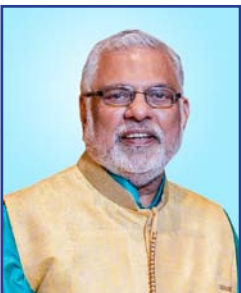
As they say, there is always a silver lining on a dark cloud. For the last year and a half, we have been cooped up in our house because of Covid -19. The silver lining I see is that a lot more people and especially young kids have developed an affinity for reading books. Please do not forget to read the articles "Why stories matter for children's learning" and our expanded Must Read Books section.

After taking a short break, our young writer Chahna Tailor is also back with another very informative article on Copper immunity. As always, her tips are wonderful for those who seek to follow the Ayurvedic tradition.

As you know, we always want to listen to what you have to say about the articles we cover and the articles we do not cover. If you like any of the articles especially written by our young writers, please encourage them by giving us feedback.

Until next time, Be safe and Be well!

**Raj Shah**  
**Managing Editor**





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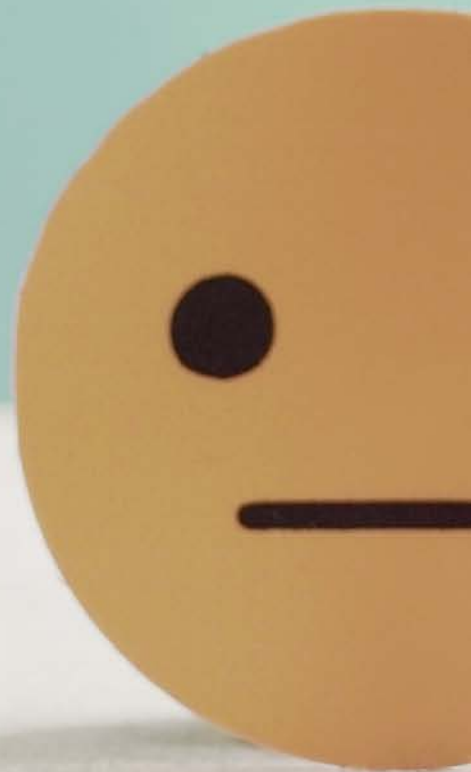
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# Understanding Mental Health in Our Community

By Shivani Patel, Graduate Student, University of Florida









**D**id you know that ONE in every FIVE Indians may suffer from depression? The World Economic Forum reported a study conducted in 2015 by the World Health Organization that found one in every five Indians likely struggles with depression throughout the course of their life. That is 20% of the population, out of which only 10-12% seek out support. Given the current population, that would mean that even though one in five Indians are suffering, only one in fifty seek out help. That's 2% of the population - 2% of 1.36 billion. So, why is there such a discrepancy between the number of Indians that experience mental health issues and the number that actually receive support or treatment? The culprit is the stigma South Asians have towards mental illnesses and the importance of taking care of our mental health.

This month is National Mental Health Awareness Month, which is dedicated to celebrating the importance of mental health and wellness of members in our society, an awareness that has been acknowledged in the United

States since 1949. Mental Health Awareness Month not only focuses on commemorating those in recovery from mental illnesses, but it also raises awareness of possible traumas and the effects of them on the physical and mental well-being of the members of our community.

## Mental Health Awareness in South Asians

Being one of the fastest growing ethnic groups in America, amongst the Asian American communities, our

South Asian community is also one of the largest. Our community consists of a variety of different languages, religions, and cultures that make for an incredibly rich and multifaceted population.

Growing up Indian, one is able to see how we are an integrative country with deep cultural roots tying back to ancient times. Historically, India has made an immense number of contributions to society and is actively still doing so. Albert Einstein once said, "We owe a lot to

the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made." Ancient India has helped lay the foundation for modern day science and technology with many groundbreaking contributions.

One would think that a country filled with such brilliant individuals would be able to recognize the significance of a variety of important topics. While this could be true, there seems to be a lack of initiative to raise awareness

to one of the most essential topics, related to our health, to which our collective attention should be drawn. This is something that we must protect and something that affects us at every stage of our life. What is that? The importance of taking care of our mental health and recognizing mental health disorders.

In comparison to other groups, South Asian communities are under-educated about mental health and mental illnesses, as well as preventive care and treatments for both. Instead of being able to receive help



**In comparison to other groups, South Asian communities are under-educated about mental health and mental illnesses, as well as preventive care and treatments for both.**







(What will people think?) constantly runs through our minds. Many South Asian households attempt to either disregard or hide problems related to mental health for fear of judgement from family and community members.

The way in which our society labels and then shames individuals with mental illnesses is appalling to say the least. Individuals who need help regarding a mental illness or taking care of their mental health face an overwhelming amount of judgement that creates a massive roadblock for

them to get the critical treatment they need. If you don't think you need to take care of your mental health, why are you preventing others from receiving the help? Why are we being so critical? What good is it to judge someone for something they have no control over? It's not to say that all of us agree with these negative views or fall into this way of thinking. It's important to identify that there are some who thoroughly understand and are taking action and there are some who understand at a grassroots level. Unfortunately, this is not enough.

According to the American Psychological Association, based on national suicide rates from 2007, the second leading cause of death in Asian Americans ranging from 15-34 years of age, is suicide. A study supported by the National Asian Women's Health Organization (NAWHO) reported that due to culture, Asian American women do not speak up even after they have seen depression amongst members in their family. From 2008 to 2018, the rate of mental illnesses nearly doubled in the Asian Americans and Pacific Islanders community (AAPI).

In spite of these startling facts, many of us still focus on what others may think and, therefore, shame mental illnesses and the idea of seeking help from a professional.

One would go to a cardiologist for a heart problem, a dentist for teeth related issues, and a physical therapist to help reduce pain and improve mobility after an injury. We even go to a mechanic for maintenance and preventive care for our cars. Why not preventive care for ourselves? Why not a mental health professional for mental health related issues? Our mental health has an impact on how we think, behave, feel, handle stress, and connect with others. If one consistently neglects it, this could lead to other health complications such as high blood pressure,

obesity, heart disease, and an overall weakened immune system. For this reason, it is vital for us to protect our mental health as it has the potential to negatively influence major areas in our lives if not properly cared for. Our mental and physical health are both instrumental parts of our wellbeing and should be treated with equal importance.

It is remarkable and alarming to see the silence surrounding such an imperative topic in our

Indian community. There are also numerous studies regarding mental health issues in South Asian immigrants that have found that we experience higher rates of mental health related issues than other demographics. It is likely that immigrants may be predisposed to experiencing psychological distress due to various factors related to immigration and their need to assimilate into a drastically different culture while combating the stress of providing for their families. According to the National Alliance on Mental Illness (NAMI), children born in the United States to immigrant parents have even higher rates of mental illness than their parents. The generational gap and integration of two disparate cultures may pose as a barrier for communication between immigrants and their children.



**It is vital for us to protect our mental health as it has the potential to negatively influence major areas in our lives if not properly cared for. Our mental and physical health are both instrumental parts of our wellbeing and should be treated with equal importance.**



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Indians, along with most other South Asian groups, are typically known to prioritize the needs of their family over their own. We pride ourselves on having close-knit familial relationships, which is unarguably admirable and extremely important. At the same time, we need to make sure that we are open to understanding and communicating how each individual feels. Emotions must be discussed. What if your child has been experiencing stress? What if they are suffering?

South Asian children who are born and raised in America are raised in a conservative, collectivist culture at home while they are simultaneously exposed to an individualistic culture in other areas of life. The integration of two cultures, the generational gap and a lack of communication with parents creates a lot of opportunity for confusion and can lead to struggles with developmental issues. This is a pressing, yet an all too common, issue for American-born South Asian children. These children may be experiencing guilt or stress due to wanting to move towards a more western way of life while still upholding the traditional aspects that are expected from their families.

## Resources

A common misconception is that individuals think that they have to have a mental illness in order to get help. We should not view seeing a professional as shameful, but rather as an admirable act as it is about taking care of yourself and being healthy. These processes are not about admitting defeat, but about learning and growing. We just need to focus on opening our minds to seeing the idea of therapy and counseling as something for our growth and development.

When finding a mental health professional, it is imperative to understand that it is normal to see multiple professionals until

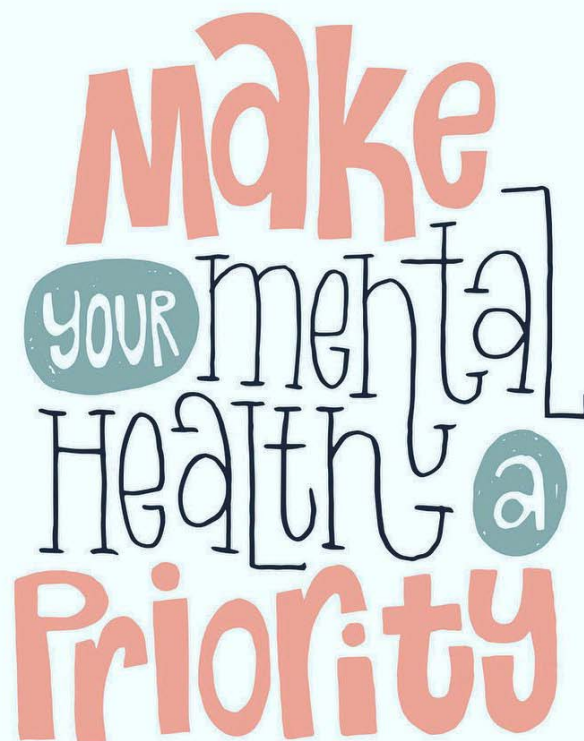
you have found the one that you are most comfortable with. Please, don't be discouraged if it does not work out with the first professional you see. There are different types of professionals (psychiatrists, counselors, therapists) and correspondingly, there are also different types of therapy (cognitive behavioral therapy, emotionally focused therapy, etc). It is strongly encouraged that you conduct some research to find the professional who is an expert for your particular issue. As South Asians, we may benefit from seeing a South Asian therapist or counselor or we can see someone who has experience working with multicultural backgrounds so that they are better equipped to understand our needs.

Our world is rapidly evolving and is accompanied by the substantial growth in the number of technological advances we have made. If you are struggling with a mental health illness and cannot afford or don't have access to receiving psychotherapy or psychological counseling-although strongly recommended - please don't lose hope. In this case, it is evident that the technological advances in our society have reaped many benefits. There is a plethora of resources that we have access to anytime, anywhere, and in most cases, at no cost to you. The internet is filled with different advantageous tools of which we just need to be aware.

How to find these? Honestly, it's as simple as searching "online emotional support" or "online mental health support."

The good news is there are a wide range of websites, many of which have substantial resources and information that are available to users for FREE.

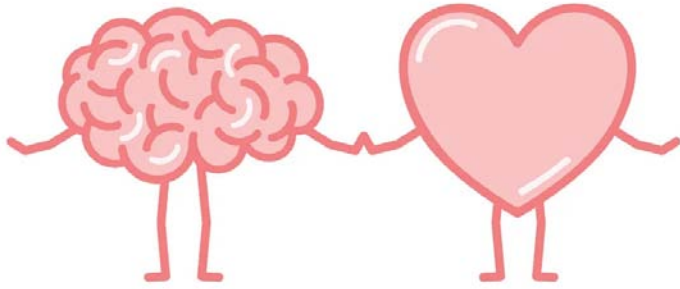
There are confidential and informative helplines such as the National Suicide Prevention Lifeline, Crisis Text Line, and Substance Abuse and Mental Health Services Administration's (SAMHSA's) National Helpline that offer resources regarding mental health and substance use disorder, in addition to a referral service.



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There are non-profit organizations that have recently been created in order to advocate for mental health awareness or provide additional resources catering to our South Asian community. SASMHA (South Asian Sexual and Mental Health Alliance), SAMHIN (South Asian Mental Health Initiative and Network) and Dil to Dil are a couple that have been brought to attention. Again, all of these organizations are just a few search words away making them easily accessible.

## What should we do?

As South Asians, we are proud to be a part of a close-knit community. Let's continue to uphold that unity

and use it to uplift one another in matters related to mental health. Let us move forward with a will to be open minded. Let us be willing to change, educate one another, and fight to break the barrier for South Asians and the stigma associated with mental health.

## About the Author



Shivani Janaki Patel is an advocate for mental health in the South Asian community. She graduated from the University of Central Florida with her Bachelor of Science degree in Psychology and a minor in Medical Sociology. She is pursuing both a Master's degree and an Education Specialist degree in Marriage and Family Counseling at the University of Florida, and plans to become a dual licensed Marriage and Family Counselor and Mental Health Counselor. Additionally, she aims to become an adjunct professor of psychology, start a nonprofit with the mission of raising awareness for mental health in the South Asian community, and connect with like-minded individuals through her podcast Students of The Game.

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# Faced with today's crisis, what would Gandhi do?

By Abhay Bang



**T**he current global crisis is multilayered. The COVID-19 pandemic, economic recession, and global warming are compounded by the void of political and moral leadership. Faced with the present crisis, what would Gandhi do?

His solutions would have some common features. First, he would not merely preach, he would act and practice himself. That is why he could make that audacious statement: “my life is my message.” We cannot. Second, he would begin action locally, not chase the world to change it. He was known to be able to see the Earth in a grain of sand. Third, he would begin with actions that initially looked small and silly. Picking a fistful of salt, for example, that eventually changed history.

This thought experiment, as to what Gandhi would do, yields a nine-point action programme.

Freedom from fear: we are gripped more by the virus of fear than by the coronavirus, and this fear pandemic has paralysed the whole world. Gandhi would ask us to first shed this fear, as he asked the Indians to shed the fear of the British. The fear, being unreal, would begin to melt away.

## Care of the sick



Caring for the sick was his natural instinct, expressed on innumerable occasions, from the Boer War, World War I, and during the epidemics in India, to his nursing of the sick in ashrams, including the leprosy patient, the late Parchure Shastri. Hundreds of people sick with COVID-19 need physical care, nursing, and medical care. Gandhi, without fear, would personally nurse them. He would be fastidious about hygiene, cleaning, hand washing, and mask use. Since medical science does not have a single proven effective treatment for COVID-19 anyway, Gandhi's use of the so-called Nature Cure, letting the body recover with nature's healing power, would make sense in most cases.

Many patients with other illnesses who also need medical care are being unattended because COVID-19 has crowded them out. The medical industry's supply of health care has proven inadequate. Gandhi's emphasis on healthy lifestyle, empowerment for self care, and care in the community would make perfect sense.

## New Dandi March

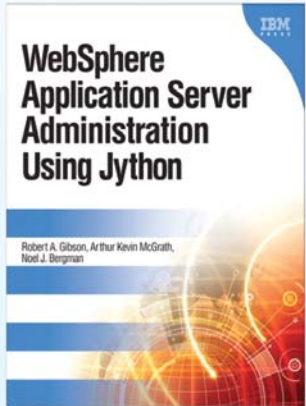
His talisman to guide us to our duty—the most helpless and wretched human being that you ever saw—is amazing. It is quick and intuitive. It is specific to you. That one person, the symbol of the whole humanity, is your duty. Who would be Gandhi's talisman today?

The displaced urban labourers, hungry and humiliated, walking towards the villages they once left but dying on their way, would unquestionably be his talisman. Gandhi knows enough about their misery from his final days spent among the millions of displaced victims of the partition of India. How we continue to generate similar tragedies! Shunning the limelight of Delhi, Gandhi would rush to them. He would arrange for food, shelter, and medicines, but most importantly, he would help preserve their dignity and hope. Finally, he would join the walking bands of displaced labourers as a symbol of unity with

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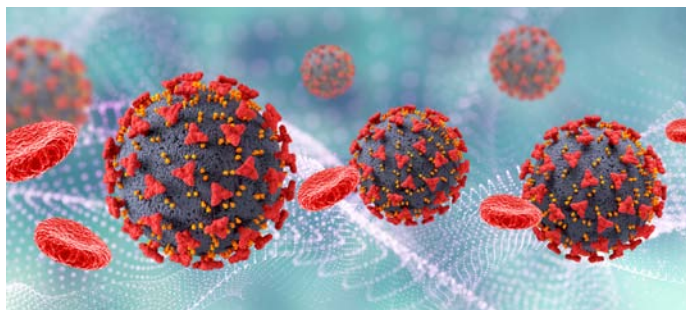
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them and protest against the government apathy and irresponsibility. That would be his New Dandi March.

## Inter-faith and social unity

This was the last but incomplete cause of Gandhi's life. He was deeply wounded by how Hindus and Muslims turned against each other with hatred and violence, leading to the partition of India. When severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was knocking on India's doors, some leaders were busy stoking communal hatred. They then blamed one religious sect for the spread of the infection. This communal division would be the foremost cause for Gandhi. He would try to unite Hindu, Muslim, Christian, Untouchables, and Tribals by living with them in their colonies, serving the sick among them, and sending them as volunteers to serve in each other's areas, even if such efforts to unite would risk his second assassination.



## My neighbourhood is my responsibility

Fear of SARS-CoV-2 and the strict lockdown have forced people to shut their doors and shut the contact with neighbours. Gandhi would not approve this. He would say, "I am responsible for my neighbours. That is my Swa-dharma, my duty—to love and serve them—especially in this hour. How can there be a neighbourhood without contact, and a community without neighbourhood?" I suspect Gandhi would even go to the extent of launching a Satyagraha or civil disobedience by challenging the ghettos created by lockdown. It takes Gandhi to take such a moral position. And when he does that, the veil is suddenly removed; one then sees clearly the depth of alienation the pandemic and fear have led us to. They have made everyone an Untouchable!

## Himalayan blunder

He would be truthful, ready to accept his mistakes. He had the courage to admit that he committed a Himalayan blunder in launching a national movement against the British in 1920, believing that India was ready to practice nonviolence. India was not. It was entirely his error of

judgement, he said. He owned it and withdrew the national movement—even if it meant the whole world turned away from him.

Faced with the threat of the COVID-19 pandemic, the global and national leadership has committed several blunders and changed the goalposts repeatedly, from no infection, to containment, to increasing the doubling time, to the present—learning to live with SARS-CoV-2. Without knowledge about a new disease the errors of judgement are natural, but where is the honest admission of failure of the chosen strategy? Today, it is missing. Gandhi would do that. And, surprisingly, that would make people trust him even more.

## Gram-Swaraj, the economy of small scale

In the past 12 years, from the recession of 2008 to the economic crisis of 2020, we have seen that a globalised economy is too fragile. It crumbles in the face of local tremors like the real estate scam in the USA or the emergence of a new virus in Wuhan. Gandhi would remind us of the humaneness and stability of local production, local consumption, and local community of relationships. He called it Gram-Swaraj. Such change in economy would invariably be accompanied by the decentralisation of political power. Globalisation has produced authoritarian political leaders everywhere. For Gandhi, the true democracy, responsibility, and relationship can be better practised locally.

## There is enough on this Earth

"What about our needs?" Some modern consumers of the giant global production system would ask. Gandhi would explain that this unlimited desire to consume, the insatiable demand for the 24 h titillation and sensory pleasures, is not a need but an artificial, unnatural habit implanted in the mind. How many of these are true needs? Gandhi would say that there is enough on this Earth for everybody's need, but not for greed. The ability to discriminate between need and greed, the ability to provide for everybody's need, but the self control and socioeconomic design to minimise the greed—this is what Gandhi would lead us to.

If we would limit our greed, excessive production, unnecessary consumption, hedonistic travel, and mad transport, the smoke and dust would start clearing. Life would become peaceful. Skies and rivers would turn clean and blue. We would realise that we can happily live without several excesses of modern society. We have seen glimpses of this in the past 2 months, while the world has stood still.



And lo and behold. Global warming would start receding!

## Prayer

The final act he would advise us is prayer. At the end of each day, after we have made our best efforts and completely exhausted our options and energy, sit quietly, reflect, and submit yourself. Submit to whom? That is your choice. Submit to God, to Life, to Nature, to Truth, to History. Submit and surrender. You have done all you could. Now do not continue to carry the burden on your back. That will make you a donkey. Realise the tininess of your efforts in this infinite cosmos. Now leave it to Him. They will be done. Insha-Allah. Hay Ram—his last words when the bullets hit him.

We should not be waiting for Gandhi. We should be acting on what he would have done.



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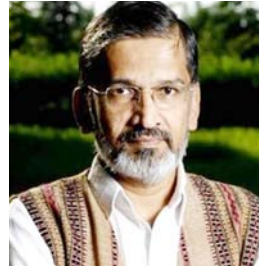
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## About the Author



Dr. Abhay Bang was raised in Gandhi ji's Sevagram Ashram. Inspired by the life of the Mahatma, he was driven by the idea of serving the people of rural India at a very young age. After completing a post-graduation degree as MD in Medicine, he along with his wife Dr. Rani, desired to engage in impactful

public health service and research in Indian villages. This led them to attend Johns Hopkins University in the United States. Upon their return, they decided that research is to be conducted where the problems are, and not where the facilities are. In their joint quest to find effective ways of solving the biggest healthcare challenges in the community, they realised the power of community based research.

Dr. Abhay Bang is the Chairman of the Expert Committee for Tribal Health, appointed by the Government of India to frame the first Tribal Health Policy and recommend the design of Tribal Healthcare in the country. He is Advisor to the state level task force that has been constituted under the chairmanship of Chief Minister Devendra Fadnavis, to effectively implement the ban on alcohol and tobacco, and create awareness. He is also a member of the Central Health Council, the apex body of the Ministry of Health and Family Welfare, Government of India.



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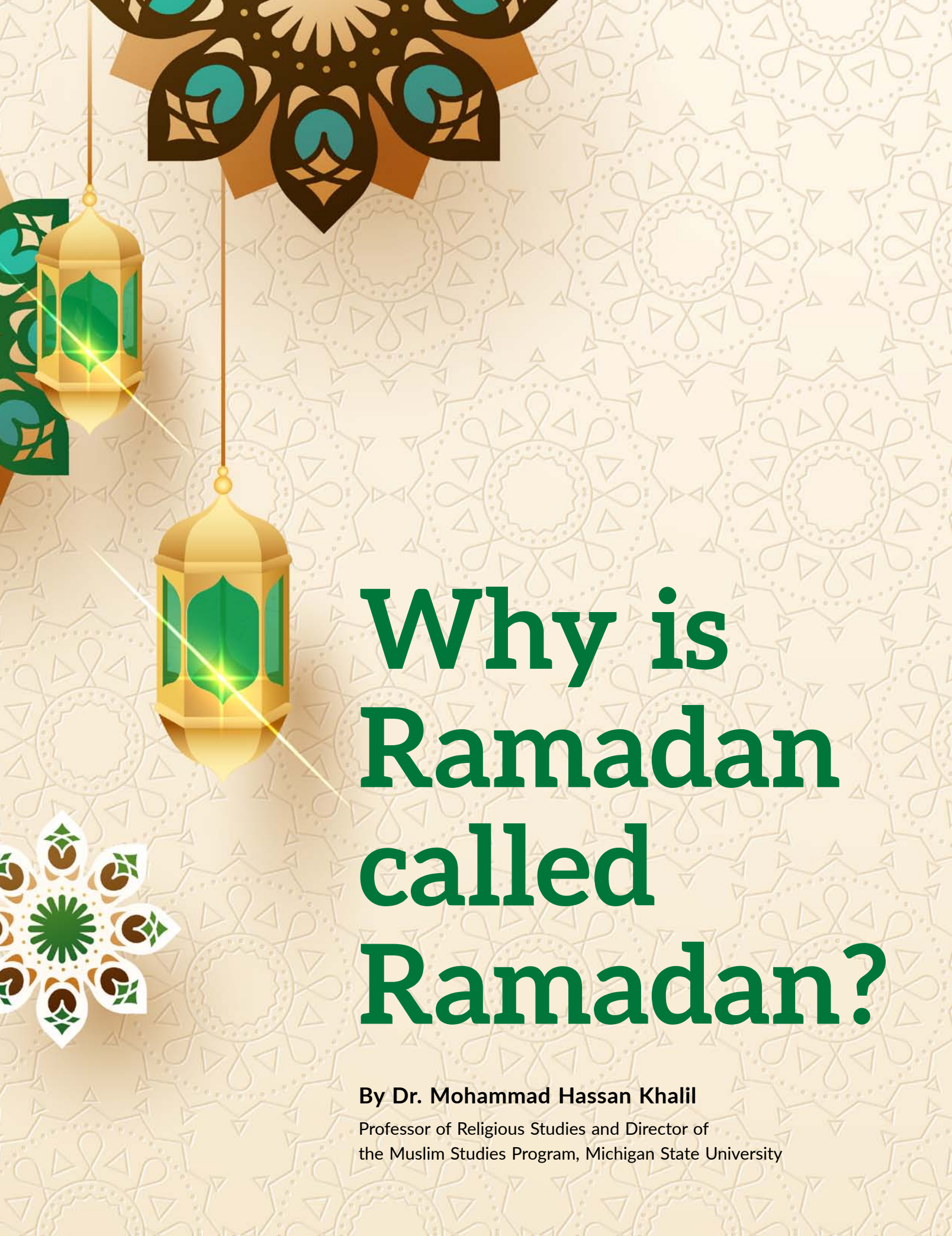
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# Why is Ramadan called Ramadan?

**By Dr. Mohammad Hassan Khalil**

Professor of Religious Studies and Director of  
the Muslim Studies Program, Michigan State University



رمضان كريم





**Editor's note:** Mohammad Hassan Khalil, associate professor of religious studies and director of the Muslim Studies Program at Michigan State University, answers six questions about the significance of the Muslim month of fasting.



## 1 Why is Ramadan called Ramadan?

Ramadan is the ninth month of the Islamic lunar calendar, and lasts either 29 or 30 days, depending on when the new crescent moon is, or should be, visible.

The Arabic term Ramadan connotes intense heat. It seems that in pre-Islamic Arabia, Ramadan was the name of a scorching hot summer month. In the Islamic calendar, however, the timing of Ramadan varies from year to year. This year Ramadan begins in most places on April 13. An Islamic year is roughly 11 days shorter than a Gregorian year.



By fasting over an extended period of time, practicing Muslims aim to foster certain attitudes and values that they would be able to cultivate over the course of an entire year.

Ramadan is often likened to a spiritual training camp.

## 2 What is the significance of Ramadan?

Ramadan is a period of fasting and spiritual growth, and is one of the five “pillars of Islam.” The others being the declaration of faith, daily prayer, alms-giving, and the pilgrimage to Mecca. Able-bodied Muslims are expected to abstain from eating, drinking and sexual relations from dawn to sunset each day of the month. Many practicing Muslims also perform additional prayers, especially at night, and attempt to recite the entire Qur’an. The prevailing belief among Muslims is that it was in the final 10 nights of Ramadan that the Qur’an was first revealed to the Prophet Muhammad.

## 3 What is the connection between soul and body that the observance of Ramadan seeks to explain?

The Qur’an states that fasting was prescribed for believers so that they may be conscious of God. By abstaining from things that people tend to take for granted (such as water), it is believed, one may be moved to reflect on the purpose of life and grow closer to the creator and sustainer of all existence. As such, engaging in wrongdoing effectively undermines the fast. Many Muslims also maintain that fasting allows them to get a feeling of poverty, and this may foster feelings of empathy.

## 4 Can Muslims skip fasting under certain conditions? If so, do they make up missed days?

All those who are physically limited (for example, because of an illness or old age) are exempt from the obligation to fast; the same is true for anyone who is traveling. Those who are able to do so are expected to make up the missed days at a later time. One could potentially make up all of the missed days in the month immediately following Ramadan, the month of Shawwal. Those unable to fast at all (if they are financially able) are expected to provide meals to the needy as an alternative course of action.

## 5 What is the significance of 29 or 30 days of fasting?

By fasting over an extended period of time, practicing Muslims aim to foster certain attitudes and values that they would be able to cultivate over the course of an entire year. Ramadan is often likened to a spiritual training camp.



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Besides experiencing feelings of hunger and thirst, believers often have to deal with fatigue because of late-night prayers and predawn meals. This is especially true during the final 10 nights of the month. In addition to being the period in which the Qur'an was believed to have been first revealed, this is a time when divine rewards are believed to be multiplied. Many Muslims will offer additional prayers during this period.

## 6 Do Muslims celebrate the completion of Ramadan?

The end of Ramadan marks the beginning of one of two major Islamic holidays Eid al-Fitr, the "festival of the breaking of the fast." On this day, many Muslims attend a religious service, visit relatives and friends, and exchange gifts

### About the Author

Mohammad Hassan Khalil is a professor of Religious Studies, an adjunct professor of Law, and Director of the Muslim Studies Program. Before returning to his hometown of East Lansing, Michigan, he was an assistant professor of Religion and visiting professor of Law at the University of Illinois. He specializes in Islamic thought and is author of *Islam and the Fate of Others: The Salvation Question and Jihad*, *Radicalism*, and the *New Atheism* editor of *Between Heaven and Hell: Islam, Salvation, and the Fate of Others* and *Muslims and US Politics Today: A Defining Moment*.



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# Copper Immunity

By Chahna Tailor

In a few of my previous articles, I have mentioned that copper is highly beneficial. I've suggested using a copper tongue scraper and drinking from a copper cup.

## But why?

Acharya Charaka, author of *Charaka Samhita*, wrote about many metals that are beneficial to the body. There are two ways to get these metals into your body: by utilizing utensils made from these metals or directly through food. In pre-Vedic times, copper, silver, and gold were often incorporated in daily routines and rituals.

*Charaka Samhita* states that copper can be used for rejuvenation, hiccups, respiratory distress, poison, skin disorders, abscesses, and even eye disorders. Some simple ways to introduce copper is by using copper utensils such as tongue scrapers, cups/containers, or even as an enema nozzle.

Copper is said to play a strong role in purifying drinking water because of its ability to eradicate microbes that can be fatal to our body. Current science is also supporting these findings. In the old days, it was a common practice to leave a copper tumbler filled with water at the bedside, so that the water can be consumed immediately upon



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waking up. This was a way to remove toxins from the body. My uncle's father, until his very last day, purified his water in a copper lota, drank from a silver cup, and ate with a silver spoon. He lived a very long life!

Copper is also known to be one of the elements that can help the body produce red blood cells as well as contribute to the absorption of iron. Bill Keevil of the University of Southampton, United Kingdom, performed a live experiment where he placed MRSA (staphylococcus aureus) bacteria on a copper surface and demonstrated how the bacteria died immediately. On the other hand, the same bacteria lived for weeks when placed on a stainless steel surface (*Telegraph India*).

These days, we use glass to hold our water and stainless steel for our tongue cleaners. When it comes to a tongue cleaner specifically, *Charaka Samhita* mentions it "should be made of gold, silver, copper, tin, or brass, and should be non-sharp and



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curved, so as not to injure the tongue." If current science is also supporting that stainless steel allows bacteria to live on its surface, is it a good idea to use it for something we use every day (sometimes twice a day) in our mouths?

In case a copper tumbler or copper tongue scraper is not readily available or you simply cannot incorporate them in your daily routine, certain foods can also be a great source. For example, foods such as spirulina, shiitake mushrooms, almonds, cashews, sesame seeds, spinach, kale, swiss chard, and even dark chocolate are a rich source of copper.

Ayurveda is said to be endless, ananta; our Vedic history is filled with such rich knowledge. Just a simple switch of adding some copper tools into your daily routine can provide you with some healthy benefits. So, what do you think? Ready to incorporate it?

## About the Author



Chahna Tailor, a certified yoga instructor, has a background in occupational therapy and health science & administration. Chahna deepened her yoga practice by training in Rishikesh, India, where she studied the science behind yoga as a whole. Chahna provides yoga, pranayama, and meditation

services through her company Namaskar To You. A volunteer for Ekal Vidyalaya, Chahna also Registered Yoga Teacher with Yoga Alliance. She is currently pursuing a doctoral degree in Ayurvedic Medicine while continuing her self-studies in yoga.



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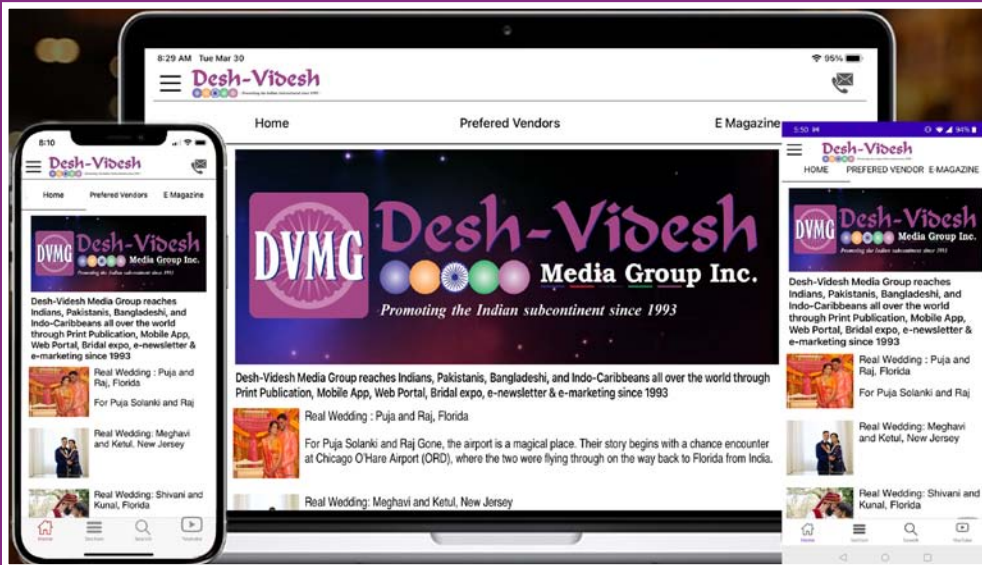
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# Why stories matter for children's learning

By Peggy Albers, Professor, Georgia State University





*Stories do not just develop children's literacy; they convey values, beliefs, attitudes and social norms which, in turn, shape children's perceptions of reality.*

Ever wondered why boys and girls choose particular toys, particular colors and particular stories? Why is it that girls want to dress in pink and to be princesses, or boys want to be Darth Vader, warriors and space adventurers?

Stories told to children can make a difference.

Scholars have found that stories have a strong influence on children's understanding of cultural and gender roles. Stories do not just develop children's literacy; they convey values, beliefs, attitudes and social norms which, in turn, shape children's perceptions of reality.

I found through my research that children learn how to behave, think, and act through the characters that they meet through stories.

So, how do stories shape children's perspectives?

## Why stories matter

Stories – whether told through picture books, dance, images, math equations, songs or oral retellings – are one of the most fundamental ways in which we communicate.

Nearly 80 years ago, Louise Rosenblatt, a widely known scholar of literature, articulated that we understand ourselves through the lives of characters in stories. She argued that stories help readers understand how authors and their characters think and why they act in the way they do.

Similarly, research conducted by Kathy Short, a scholar of children's literature, also shows that children learn to develop through stories a critical perspective about how to engage in social action.

Stories help children develop empathy and cultivate imaginative and divergent thinking – that is, thinking that generates a range of possible ideas and/or solutions around story events, rather than looking for single or literal responses.

## Impact of stories

So, when and where do children develop perspectives about their world, and how do stories shape that?

Studies have shown that children develop their perspectives on aspects of identity such as gender and race before the age of five.

A key work by novelist John Berger suggests that very young children begin to recognize patterns and visually read their worlds before they learn to speak, write or read printed language. The stories that they read or see can have a strong

influence on how they think and behave.

For example, research conducted by scholar Vivian Vasquez shows that young children play out or draw narratives in which they become part of the story. In her research, Vasquez describes how four-year-old Hannah mixes reality with fiction in her drawings of Rudolph the reindeer. Hannah adds a person in the middle with a red X above him, alongside the reindeer.

Vasquez explains that Hannah had experienced bullying by the boys in the class and did not like seeing that Rudolph was called names and bullied by other reindeer when she read *Rudolph the Red-Nosed Reindeer*. Vasquez suggests that Hannah's picture conveyed her desire not to have the boys tease Rudolph, and more importantly, her.

My own research has yielded similar insights. I have found that children internalize the cultural and gender roles of characters in the stories.

In one such study that I conducted over a six-week period, third grade children read and discussed the role of male and female characters through a number of different stories.

Children then reenacted gender roles (eg, girls as passive; evil stepsisters). Later, children rewrote these stories as “fractured fairy tales.” That is, children rewrote characters and their roles into those that mirrored present-day roles that men and women take on. The roles for girls, for example, were rewritten to show they worked and played outside the home.

Subsequently, we asked the girls to draw what they thought boys were interested in and boys to draw what they thought girls were interested in.

We were surprised that nearly all children drew symbols, stories and settings that represented traditional perceptions of gendered roles. That is, boys drew girls as princesses in castles with a male about to save them from dragons. These images were adorned with rainbows, flowers and hearts. Girls drew boys in outdoor spaces, and as adventurers and athletes.



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For example, look at the image here, drawn by an eight-year-old boy. It depicts two things: First, the boy recreates a traditional storyline from his reading of fairy tales (princess needs saving by a prince). Second, he “re-mixes” his reading of fairy tales with his own real interest in space travel.

Even though he engaged in discussions on how gender should not determine particular roles in society (eg, women as caregivers; men as breadwinners), his image suggests that reading traditional stories, such as fairy tales, contributes to his understanding of gender roles.

Our findings are further corroborated by the work of scholar Karen Wohlwend, who found a strong influence of Disney stories on young children. In her research, she found that very young girls, influenced by the stories, are more likely to become “damsels in distress” during play.

However, it is not only the written word that has such influence on children. Before they begin to read written words, young children depend on pictures to read and understand stories. Another scholar, Hilary Janks, has shown that children interpret and internalize perspectives through images – which is another type of storytelling.

## Stories for change

Scholars have also shown how stories can be used to change children’s perspectives about their views on people in different parts of the world. And not just that; stories can also influence how children choose to act in the world.

For example, Hilary Janks works with children and teachers on how images in stories on refugees influence how refugees are perceived.

Kathy Short studied children’s engagement with literature around human rights. In their work in a diverse K-5 school with 200 children, they found stories moved even such young children to consider how they could bring change in their own local community and school.

These children were influenced by stories of child activists such as Iqbal, a real-life story of Iqbal Masih, a child activist who campaigned for laws against child labor. (He was murdered at age 12 for his activism.) Children read these stories along with learning about human rights violations and lack of food for many around the world. In this school, children were motivated to create a community garden to support a local food bank.

## Building intercultural perspectives

Today’s classrooms represent a vast diversity. In Atlanta, where I teach and live, in one school cluster alone, children represent over 65 countries and speak over 75 languages.



*Scholars have also shown how stories can be used to change children’s perspectives about their views on people in different parts of the world. And not just that; stories can also influence how children choose to act in the world.*

Indeed, the diversity of the world is woven into our everyday lives through various forms of media.

When children read stories about other children from around the world, such as “Iqbal,” they learn new perspectives that both extend beyond and also connect with their local contexts.

At a time when children are being exposed to negative narratives about an entire religious group from US presidential candidates and others, the need for children to read,

see, and hear global stories that counter and challenge such narratives is, I would argue, even greater.

This article is republished from The Conversation, a nonprofit news site dedicated to sharing ideas from academic experts.

### About the Author



Peggy Albers is a professor of language and literacy education at Georgia State University in the Department of Middle and Secondary Education. Albers is a Fulbright Specialist who conducted literacy-based work in Colombia, and is a Fulbright finalist with focused work in South Africa with children’s literature and literacy.

Albers is the author of five research and practitioner books, has published approximately 110 journal entries, and has delivered nearly 200 keynote and conference papers and workshops at international and national conferences. She has also authored and/or co-authored five books on the integration and practice of the arts in teaching including her most recent book (2017) published by Routledge, *Global Conversations in Literacy Research: Critical and Digital Literacies*.



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# Young Indian Americans Rising to the Top







There is no doubt that Indian Americans represent a segment of the United States population who make mammoth contributions across a variety of fields, whether in business, politics, entertainment, and many others.

In a recent conversation with NASA scientists after the historic landing of the rover Perseverance on Mars, even the President of the United States of America, Joe Biden had acknowledged this fact and remarked, “Indian-of-descent Americans (sic) are taking over the country. You (Swati Mohan), my Vice President (Kamala Harris), my speech writer (Vinay Reddy).” The 46th President of the United States is indeed qualified to make this statement having himself appointed at least 55 Americans of Indian descent to key roles in his new administration.

It has also been noted in the US that among the various minority groups residing in the country, those of an Indian origin are thought to be a “model” group due to their high levels of success.

## Indian Americans:

- **Are highly educated.**

In 2019, 75 percent of Indian Americans above the age of 25 held at least a Bachelor’s degree, while adults from other immigrant groups as well as from those who were American born totaled 33 percent.

- **Hold jobs across industries.**

Indians and Indian Americans account for a sizable proportion of the US labor force as opposed to other immigrant groups. In addition, Indians are employed in a variety of industries including management, science, business and arts as compared to both US-born and foreign-born populations.

- **Are more affluent than many other immigrant populations.**

Indian Americans are known to hold jobs that pay well. A greater share of job holders of an Indian origin earn

an average salary of \$132,000 per year as opposed to \$64,000 for other immigrants and \$66,000 for US-born populations respectively.

- **Hold influential positions in the fields of both politics and business.**

According to a report in the *Los Angeles Times*, Indian Americans “have contributed more than \$3 million to 2020 presidential campaigns – more than the coveted donors of Hollywood.”



**In 2019, 75 percent of Indian Americans above the age of 25 held at least a Bachelor’s degree, while adults from other immigrant groups as well as from those who were American born totaled 33 percent.**

## Indian immigrant population growing in the United States

Statistics provided by the Migration Policy Institute state that from the year 1980 to 2019, the population of Indian Americans in the United States has increased by nearly thirteen times. As of 2019, the number of Indian immigrants residing in the country was almost 2.7 million.

For people of Indian origin, the United States is the most popular choice for settling down after the United Arab Emirates (3.4 million).

Other popular choices include Saudi Arabia (2.4 million), Pakistan (1.6 million), Oman (1.3 million), and Kuwait (1.1 million), according to estimates provided by the United Nations Population Division released in mid- 2019.

## Indian immigrants are younger and of a working age

Additional data gathered by the Migration Policy Institute indicates that the average age of Indians who live in the US is less than other immigrant populations and also those that are native born. While the median age for all other immigrants was 46 years and 37 years for US-born natives, for Indians the average was 40 years.

This gives Indians an upper hand as when it comes to falling in the working age bracket (18 to 64 years). The higher numbers – about 81 percent of all Indian Americans fall in this category – as opposed to 78 percent of the overall foreign-born population and 59 percent of the US – born population.



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**CEOs of Indian descent account for 8 percent of the total number of founders of some of the most high-tech companies as well as one-third of technology startups in Silicon Valley.**

## CEOs of Indian descent

Even though Indians comprise just 1 percent of the total population of the United States, they account for 8 per cent of the total number of founders of some of the most high-tech companies there as well as one-third of technology startups in Silicon Valley.

Some of the big names include Microsoft's Satya Nadella, Alphabet's Sundar Pichai, IBM's Arvind Krishna, Adobe's Shantanu Narayen to name a few. Others include Ajaypal Singh Banga - CEO, Mastercard, and Indra Nooyi who was the CEO of PepsiCo.

However, apart from these world renowned names, there are several other Indian Americans who have made significant accomplishments in their respective fields. The younger generation is now doing their part to carry the torch forward, achieving top positions, breaking barriers and involving themselves in solving global issues.

## Remarkable Indian Americans

### Business

#### Sarita James

Named a 40 under 40 achiever, James is the CEO of Embark, an education technology company based in New York that assists young scholars to process applications to colleges and universities.

An Indian American from Indiana, James is a computer science graduate from Harvard University and earned an MBA from Oxford. She was a White House Fellow in 2008. Her career first began in product development at Microsoft. She is also a board member of the Asian American Writers' Workshop.



#### Gurinder Sangha



Also among Indians under 40 is Gurinder Sangha, a serial entrepreneur and attorney. The founding director of Intelligize, a software company empowering legal and financial professionals with technology that assists in production of reports and documents in a cost-effective fashion.

An economics and commerce graduate from the University of Toronto, Gurinder Sangha is a member of the New York State Bar Association and also worked for a while as a capital markets attorney for Sherman & Sterling in New York City before he moved into entrepreneurship.

#### Kal Vepuri

Yet another from the 40 under 40 list, Vepuri is the founder and chairman of Brainchild, an investment firm. He has invested in about 100 companies to date and since the year 2014, his company has served as the launching pad for three businesses. He is a triple major in electrical engineering, computer science and economics from Duke University.



### Politics

#### Sumona Guha



Indian American Sumona Guha was named by President Biden to become the next Senior Director for South Asia at the National Security Council. Her previous experience includes serving as co-chair of the South Asia foreign policy working group on the Biden-Harris campaign.

A graduate of Johns Hopkins and Georgetown University, Guha also served as a senior vice president at Albright Stonebridge Group, and she was special advisor for National Security Affairs to then Vice President Biden during the Obama administration.





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## Sonia Aggarwal



Sonia Aggarwal was the recipient of a national award from the U.S. Department of Energy in 2019 for her leadership in clean energy advocacy, and she was named on the Energy News Network's top 40 under 40 list. She holds a B.S. in astronomy and physics from Haverford College, and an M.S. from Stanford University in engineering, focused on energy.

She is the Senior Advisor for Climate Policy and Innovation, Office of Domestic Climate Policy, before which she was the Vice President of Energy Innovation, a San Francisco-based energy policy firm that provides research and analysis to help put in place policies that reduce greenhouse gas emissions.

## Science

### Pawan Sinha

A Cambridge-based scientist who won the Presidential Early Career Award for Scientists and Engineers, Pawan Sinha has contributed in experimental and computational approaches to studying human visual cognition.

Sinha is also the founder of Project Prakash that combines cutting edge visual neuroscience with a humanitarian objective - eye-care camps in some of the most habitually underserved regions of India, and since 2003 gives free eye-health screenings to more than 700 functionally blind children who are treated without charge.



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## Parag A. Pathak

A recipient of the Presidential Early Career for Scientists and Engineers by the White House Office of Science and Technology Policy, Pathak was educated at Harvard University where he received a Bachelor's and master's degrees in Applied Mathematics (summa cum laude) and PhD in Business Economics in 2007 with the support of The Paul & Daisy Soros Fellowships for New Americans.

He joined the MIT faculty in 2008, and was voted tenure in 2010. At MIT, he also co-founded and served as Director of the School Effectiveness & Inequality Initiative, a group of economists who study the economics of education and the connections between human capital and the American income distribution.

## Swati Mohan



Born in Bengaluru, Karnataka, Mohan studied Mechanical and Aerospace Engineering at Cornell University, before completing her master's degree and Ph.D. in Aeronautics and

Astronautics at Massachusetts Institute of Technology.

She works at NASA's Jet Propulsion Laboratory in Pasadena, California, and is the Guidance & Controls Operations Lead for the Mars 2020 mission. Mohan joined the Mars 2020 team in 2013, soon after the team was formed. Her role included responsibility for ensuring the spacecraft that carries the rover was properly oriented during its travel to Mars and during its landing on the surface of the Red Planet.

She announced "Touchdown is confirmed," after which the JPL Mission Control Center rose in celebration.

## Entertainment

### Aziz Ansari

American actor, producer, director and comedian, Aziz Ansari has been nominated in four categories at the Emmys for his show *Master of None* on Netflix. He also won the Emmy for



"outstanding writing for a comedy series" for the "Thanksgiving" episode in the first season.

At the Golden Globe Awards as well, Ansari has received nominations for "best actor in a TV series, comedy," "best TV movie or limited release" and "best TV series, musical or comedy" and was the first Indian American to host *Saturday Night Live* in January 2017.

### Mindy Kaling



Mindy Kaling, originally Vera Mindy Chokalingam, is an American actress, comedian, writer, producer, and director. She rose to stardom after her role as Kelly Kapoor in the NBC sitcom *The Office*, where she also served as a writer, executive producer, and director.

She was nominated for a Primetime Emmy Award for Outstanding Writing in a Comedy Series and five times for Outstanding Comedy Series. She then went on to create, produce and star in the Fox comedy series *The Mindy Project* (2012–2017).

She created the NBC sitcom *Champions* (2018), appears in five episodes, the Hulu miniseries *Four Weddings and a Funeral* (2019), and the Netflix comedy-drama series *Never Have I Ever* (2020).

Kaling's film career includes voiceover work in *Despicable Me* (2010), *Wreck-It Ralph* (2012), and *Inside Out* (2015). She has worked in comedies, such as *The Night Before* (2015), *A Wrinkle in Time* and *Ocean's 8* (both 2018), and *Late Night* (2019).

Kaling has also written *Is Everyone Hanging Out Without Me? (And Other Concerns)* (2011) and *Why Not Me?* (2015), which made it to *The New York Times* Best Seller list.

### Kal Penn

Kal Penn, born Kalpen Suresh Modi, is an American actor who has also been a White House staff member in President Barack Obama's administration.

Penn is best known for his role portraying Lawrence Kutner on the television program *House*, as well as the character Kumar Patel in the *Harold & Kumar* film series. He is also recognized for his work in the film *The Namesake*.

Kal has taught at the University of Pennsylvania in the Cinema Studies Program as a visiting lecturer.





## The Next Generation

### Gitanjali Rao

Born in 2005, Gitanjali Rao is an Indian-American inventor, author, scientist and engineer, and also a science, technology, engineering, and mathematics (STEM) promoter. In 2017, she won the Discovery Education 3M Young Scientist Challenge, made her way to the *Forbes* 30 under 30 list for her innovations and was named *TIME* Top young innovator in 2020 for her innovations and “innovation workshops” she conducts across the globe.

On December 4, 2020 was featured on the cover of *TIME* magazine and named their first “Kid of the Year”.

Rao has also said she is interested in studying genetics and epidemiology and has spoken up about the gender pay gap. She is conducting research at the University of Colorado.



### Angel More

Angel More, from California, is an award-winning long distance swimmer. She became the youngest swimmer to have successfully finished the California Triple Crown of marathon swimming: the Anacapa Channel (12 miles), the Catalina Channel (20 miles), and Lake Tahoe (21.3 miles).

Her passion for swimming and zeal for philanthropy has resulted in significant fundraising for Children International, a Kansas City-based non-profit that provides necessary resources for underprivileged children to learn and grow.

More is the youngest swimmer to have covered a distance of six miles from the Golden Gate Bridge to the Bay Bridge. She aims to raise \$100,000 for Children International.



### Anuva Shandilya

Teenage runner and Founder of Chance for Sports Non-profit, Anuva Shandilya from Naperville, Illinois, works for underprivileged children in developing countries like India with refurbished sports equipment. She believes that sports are transformative experiences that can make one confident and fearless.

Shandilya believes it is not fair that many children stay off the playing ground because they can't afford to buy sports equipment due to high prices. She, along with her younger brother, started the project by collecting used sports equipment from people in her neighborhood.

Today, having distributed over 3500 pieces of sports equipment, electric scooters and bicycles to over 1000 children, Chance for Sports is a 501 (c) 3 non-profit organization and has a team of 70 volunteers.



### Mehaa Amirthalingam

Mehaa Amirthalingam was one of the five Indian American students among the 10 finalists of Discovery Education Network's 3M Young Scientist Challenge 2018.

A resident of Sugar Land, Texas, Amirthalingam has built an innovative water-saving toilet flushing system that uses recycled water and not only cuts water consumption in households but also helps deal with water scarcity.

The 8th grader wishes to be a patent-holding engineer by the time she is 30 and strongly believes that innovation should not degrade humanity for the sake of personal gain.



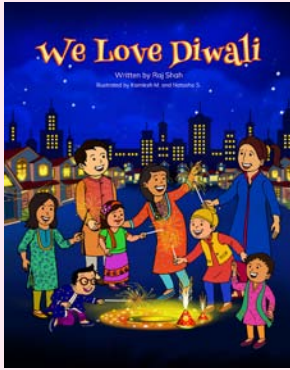
### Karina Jadhav

This top ranked golfer in the United States, also the 4th ranked in the world in her age group, finished near the top of the leaderboard in the IMG Junior World Championships when she was 8 years old.

A student of Huntington Beach Pegasus School in Orange County, she showed an interest in playing golf, especially driving at the age of 4. Currently with her ability to drive the ball beyond 160 yards, she finished third for driving distance in the 'Drive Chip and Putt' local tournament where she participated in the 9-year-old girls' category.

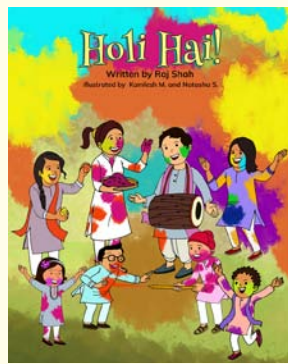


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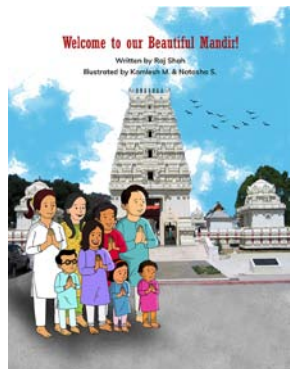
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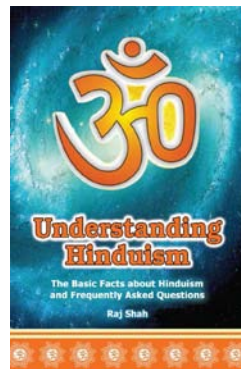
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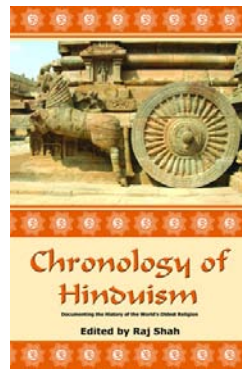
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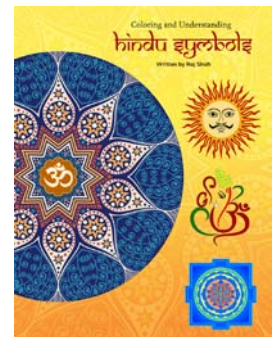
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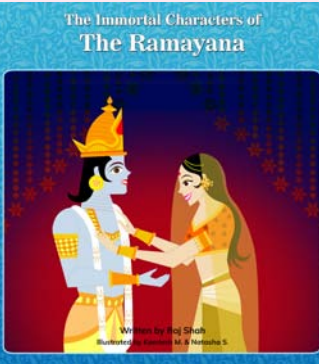
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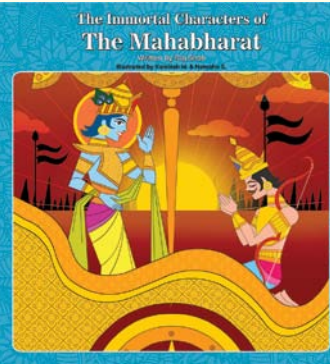
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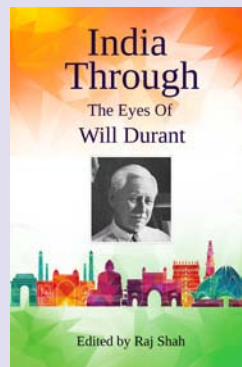
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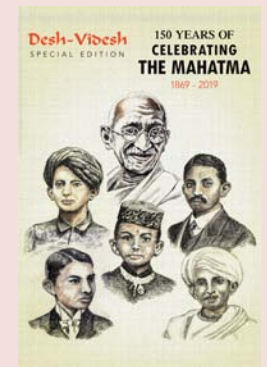
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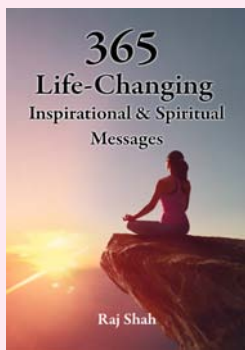


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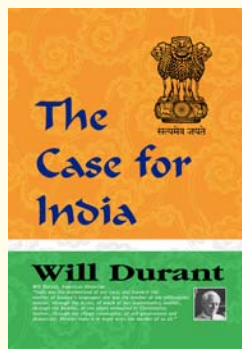
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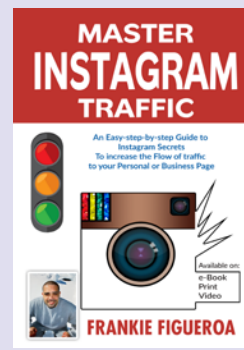
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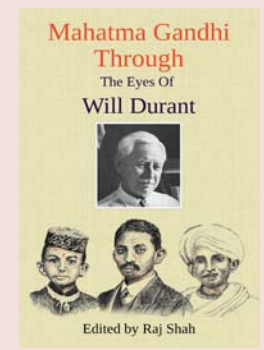
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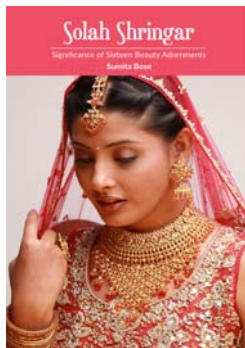
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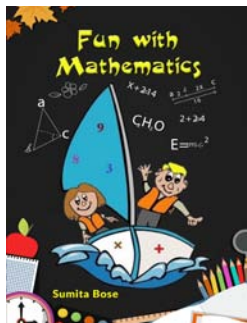
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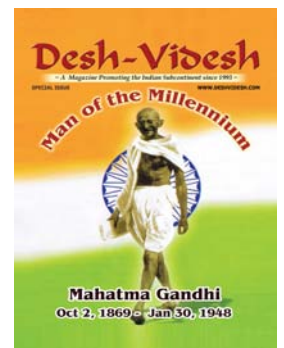


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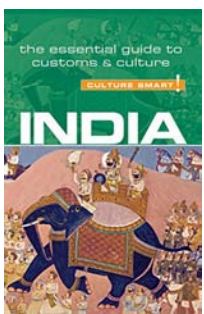
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## India - Culture Smart!: The Essential Guide to Customs & Culture

By Becky Stephen



India's huge population of 1.2 billion is as varied and colorful as the spice markets of Old Delhi. Each region, caste, and community has its own culture, reflecting unique histories shaped by conquest, creativity, and religion. Steeped in ancient traditions, exceptionally fatalistic, and intensely passionate about their culture, the Indians are also ingenious, creative, and

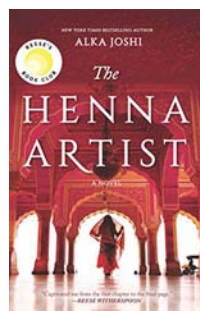
world leaders in cutting-edge science and technology. Show interest in their country and it will be reciprocated with genuine warmth and friendship.

*Culture Smart! India* will make you aware of the essential values and behavioral norms, show you how to navigate often profound cultural differences and build relationships, and offer invaluable insights into this great, endlessly fascinating land.

## The Henna Artist: A Novel

by Alka Joshi

Escaping from an abusive marriage, seventeen-year-old Lakshmi makes her way alone to the vibrant 1950s pink city of Jaipur. There she becomes the most highly requested henna artist—and confidante—to the wealthy women of the upper class. But trusted with the secrets of the wealthy, she can never reveal her own...



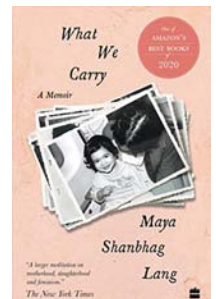
Known for her original designs and sage advice, Lakshmi must tread carefully to avoid the jealous gossips who could ruin her reputation and her livelihood. As she pursues her dream of an independent life, she is startled one day when she is confronted by her husband, who has tracked her down these many years later with a high-spirited young girl in tow – a sister Lakshmi

never knew she had. Suddenly the caution that she has carefully cultivated as protection is threatened. Still she perseveres, applying her talents and lifting up those that surround her as she does.

## What We Carry: A Memoir

by Maya Shanbhag Lang

Maya Shanbhag Lang grew up idolizing her brilliant mother, an accomplished physician who immigrated to the United States from India and completed her residency all while raising her children and keeping a traditional Indian home. Maya's mother had always been a source of support—until Maya became a mother herself. Then the parent who had once been so capable and attentive became suddenly and inexplicably unavailable. Struggling to understand this abrupt change while raising her own young child, Maya searches for answers and soon learns that her mother is living with Alzheimer's.



Unable to remember or keep track of the stories she once told her daughter—stories about her life in India, why she immigrated, and her experience of motherhood—Maya's mother divulges secrets about her past that force Maya to reexamine their relationship. It becomes clear that Maya never really knew her mother, despite their close bond. Absorbing, moving, and raw, *What We Carry* is a memoir about mothers and daughters, lies and truths, receiving and giving care, and how we cannot grow up until we fully understand the people who raised us. It is a beautiful examination of the weight we shoulder as women and an exploration of how to finally set our burdens down.



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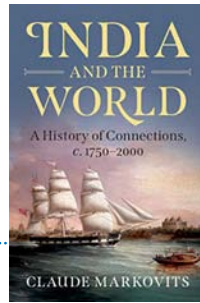
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## India and the World

by Claude Markovits

In this pioneering history of modern India, Claude Markovits offers a new interpretation of events of world importance, focusing on the multiplicity of connections between India and the world. Beginning with an examination of India's evolving role in the world economy, he deals successively with the movement of people out of and into India, the role played by Indian soldiers in a series of conflicts from the mid-eighteenth to the late twentieth century, the place of India in the global circulation of ideas and cultural productions and the relationships established between Indians and others both abroad and at home. Challenging dominant state-centred histories by focusing on the lived experiences of people, Markovits demonstrates that the multiple connections established between India and other lands did not necessarily result in mutual knowledge, but were often marked by misunderstanding.

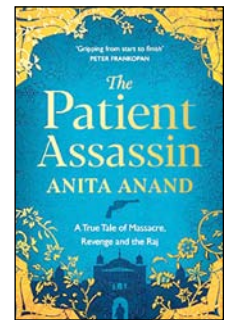


and Indian archaeologists. Today, after almost a century of excavation, it is regarded as the beginning of Indian civilization and possibly the origin of Hinduism. The Indus: Lost Civilizations is an accessible introduction to every significant aspect of an extraordinary and tantalizing "lost" civilization, which combined artistic excellence, technological sophistication, and economic vigor with social egalitarianism, political freedom, and religious moderation. The book also discusses the vital legacy of the Indus civilization in India and Pakistan today.

## The Patient Assassin: A True Tale of Massacre, Revenge, and India's Quest for Independence

by Anita Anand

When Sir Michael O'Dwyer, the Lieutenant Governor of Punjab, ordered Brigadier General Reginald Dyer to Amritsar, he wanted Dyer to bring the troublesome city to heel. Sir Michael had become increasingly alarmed at the effect Gandhi was having on his province, as well as recent demonstrations, strikes, and shows of Hindu-Muslim unity. All these things, to Sir Michael, were a precursor to a second Indian revolt. What happened next shocked the world. An unauthorized gathering in the Jallianwallah Bagh in Amritsar in April 1919 became the focal point for Sir Michael's law enforcers. Dyer marched his soldiers into the walled public park, blocking the only exit. Then, without issuing any order to disperse, he instructed his men to open fire, turning their guns on the crowd, which numbered in the thousands and included women and children. The soldiers continued firing for ten minutes, stopping only when they ran out of ammunition.

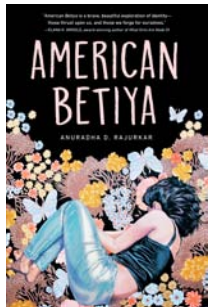


According to legend, nineteen-year-old Sikh orphan Udham Singh was injured in the attack, and remained surrounded by the dead and dying until he was able to move the next morning. Then, he supposedly picked up a handful of blood-soaked earth, smeared it across his forehead, and vowed to kill the men responsible.

The truth, as the author has discovered, is more complex—but no less dramatic. Award-winning journalist Anita Anand traced Singh's journey through Africa, the United States, and across Europe until, in March 1940, the young man finally arrived in front of O'Dwyer himself in a London hall ready to shoot him down. *The Patient Assassin* "mixes Tom Ripley's con-man-for-all-seasons versatility with Edmond Dantès's persistence" (*The Wall Street Journal*) and reveals the incredible but true story behind a legend that still endures today.

## American Betiya

by Anuradha D. Rajurkar



Rani Kelkar has never lied to her parents, until she meets Oliver. The same qualities that draw her in—his tattoos, his charisma, his passion for art—make him her mother's worst nightmare.

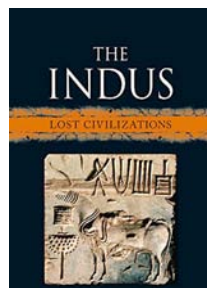
They begin dating in secret, but when Oliver's troubled home life unravels, he starts to ask more of Rani than she knows how to give, desperately trying to fit into her world, no matter how high the cost. When a twist of fate leads Rani from Evanston, Illinois to Pune, India, for a summer, she has a reckoning with herself—and what's really brewing beneath the surface of her first love.

Winner of SCBWI's Emerging Voices award, Anuradha D. Rajurkar takes an honest look at the ways cultures can clash in an interracial relationship. Braiding together themes of sexuality, artistic expression, and appropriation, she gives voice to a girl claiming ownership of her identity, one shattered stereotype at a time.

## The Indus: Lost Civilizations

by Andrew Robinson

The Indus civilization flourished for half a millennium from about 2600 to 1900 BCE, when it mysteriously declined and vanished from view. It remained invisible for almost four thousand years, until its ruins were discovered in the 1920s by British



## Eat So What! The Power of Vegetarianism

by La Fonceur

A new diet trend catches fire every other day but these diets are far from being a healthy diet, they can provide a temporary solution to health issues, whether it is obesity, diabetes, or other diseases. But, in order to stay healthy, you must have an in-depth knowledge of the foods you eat, what is the actual purpose of the various foods, and how nutritious they really are.

A vegetarian diet can protect you from many diseases, it adds valuable and healthy years to your life. Plant-based healthy vegetarian foods can be the solution to most of our daily health problems. Many diseases can be prevented with Food Therapy.

### Understand Your Food Scientifically

In *Eat So What! The Power of Vegetarianism*, research scientist, and registered pharmacist La Fonceur helps you understand your food in a scientific and real way so that you are not misled by any random diet.

### No Supplements! All Natural

When you include the right nutrients in the right amount in your diet, you don't need supplements. Learn how you can practice vegetarianism all naturally without any man-made supplements. Learn how you can prevent anemia, vitamin B12, and protein deficiency with vegetarian foods naturally. Now you no longer need to depend on man-made dietary supplements.



## Get rid of nutritional deficiencies

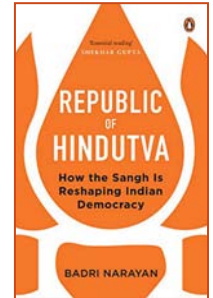
*Eat so what! The Power of Vegetarianism* is the nutrition guide for weight loss, disease-free, drug-free, and healthy long life. The book also includes some healthy and tasty vegetarian recipes.

## Republic of Hindutva

by Badri Narayan

For many years, the Rashtriya Swayamsevak Sangh has been working towards social reconstruction in India, which is then used by the Bharatiya Janata Party for political benefit. Contrary to popular understanding, the RSS has transformed to become more technologically savvy and socially inclusive, making the message of Hindu nationalism appealing to a large section of Indians. It has been actively mobilizing Dalits, tribals and other marginalized communities to assimilate them into the Hindutva metanarrative. Instead of wiping out caste from electoral politics, the RSS plays up the identity of disadvantaged groups, which translates into votes for the BJP.

Drawing on extensive field research in the heartland of Uttar Pradesh, this path-breaking book shows how through well-planned strategies of appropriation and social work, Hindutva forces are radically reshaping Indian democracy.





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# Where to Start When Creating an Estate Plan

- By Supal Vora, Private Wealth Advisor

**T**he COVID-19 pandemic has made Americans even more aware of the importance of planning for the unexpected. While no one knows exactly what's in store for the future, one thing you can do for your loved ones is create an estate plan that expresses your wishes in the event of incapacity or death. If you're like a lot of people, you may not know where to start, but here are five documents that can form the foundation of a well thought out estate plan:

## 1 Last will and testament

This is the primary document that defines how you want your property and other assets to be handled. It also assigns guardians for minor children and even pets and it provides a place where you can name your executor, the person who will manage the dissolution of your estate. Your will can also include directions regarding your funeral arrangements, such as whether you prefer to be buried or cremated.

## 2 Power of Attorney (POA)

This legal document identifies an "agent" or person who can act on your behalf. You can choose to be very specific or very broad in the authority you assign to the POA. In some cases, a different family member may be POA for finances and/or personal property while another person is assigned to make decisions regarding medical care.

## 3 Living will

Also known as an advanced health care directive, a living will conveys your wishes regarding end-of-life medical care. It spells out the extent of life-extending care you want to receive in case you are unable to communicate these preferences yourself. For example, you can request that medical personnel perform invasive life-saving procedures such as resuscitation or tube feeding as needed. Alternatively, you can put in place a Do Not Resuscitate (DNR) order and request only comfort care.



While no one knows exactly what's in store for the future, one thing you can do for your loved ones is create an estate plan that expresses your wishes in the event of incapacity or death.

## 4 Beneficiary designations

Beneficiary designations identify who you wish to receive a particular asset. These designations typically are made within the financial asset itself, such as a life insurance policy or an investment account. It's important to keep your beneficiary designations up-to-date following a life change such as marriage, divorce, death of a spouse or birth of a child.

## 5 Inventory of key documents and contacts

Once you have the top four legal documents in place, it's prudent to think about how your loved ones will access your accounts once you're gone. A document that lists everything from mortgages and other bills to bank accounts, insurance policies, real estate deeds and other legal proof can be very helpful. Your executor will need passwords for online accounts and may need physical copies of birth, marriage, divorce and Social Security records. Lastly, provide complete contact information for relevant parties such as your banker, lawyer, financial advisor and insurance agent.

Although conversations about estate planning can be difficult, they're critical to leaving the legacy you want. Talk with a trusted financial advisor who can review your entire financial picture and determine what steps you need to take to safeguard your estate.

### About the Author

Supal Vora, AAMS®, APMA® CRPC® is a Private Wealth Advisor Chief Executive Officer with Pahal, Vora and Associates a private wealth advisory practice of Ameriprise Financial Services, LLC. He specializes in fee-based financial planning and asset management strategies and has been in practice for 18 years. Visit [www.pahalvoraandassociates.com](http://www.pahalvoraandassociates.com) or call 904.571.1495.



  
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### Importance of Meditation for a Family

When: 05/03/2021, 8:00 PM (EST)  
Contact: 630-955-1200  
Email : contact@sos.org  
Host: Science of Spirituality

### Webinar on Global Trends in Digital Infrastructure

When: 05/06/2021, 1:00 PM  
Email: ani@usaindiabusinesssummit.com  
Host: USA India Business Summit

### Acrobat Poems By Nabaneeta Dev Sen

When: 05/08/2021, 8:00 AM (EST)  
Contact: 212-609-5078  
Email: info@iaac.us  
Host: Indo-American Arts Council

### Meditation Beyond Mind

When: 05/08/2021, 11:45 AM (EDT)  
Email: bhargava.potukuchi@gmail.com  
Host: Sahaja Yoga

### Hindu Milan - Ages 26 to 47

When: 05/08/2021, 3:00 PM (EDT)  
Contact: 202-368-8427  
Email: dezidreamz2@gmail.com  
Host: Desi Dreams

### IRCC Solo Singing Competition

When: 05/08/2021  
Contact: 954-543-1539  
Email: cultural@irccflorida.com  
Host: Indian Regional & Cultural Center

## Diwali Dinner

When: 10/30/2021, 4:00 PM (EST)  
Where: Hyatt Regency Grand Cypress  
1 Grand Cypress Blvd., Orlando, 32836  
Contact: Jiten Patel  
Email: info@gujaratisocietycfl.com  
Host: Gujarati Society of Central Florida

### Vasanthotsavam Vocal concert

When: 05/08/2021, 9:30 PM (EST)  
Email: info@southindiafinearts.org  
Host: South India Fine Arts [SIFA]

### Abhijeet Banerjee in conversation with Nandana Dev Sen

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Contact: 212-609-5078  
Email: admin@IAAC.us  
Host: Indo-American Arts Council

### Love - Devotion and Meditation

When: 05/10/2021, 8:00 PM (EST)  
Contact: 630-955-1200  
Email: contact@sos.org  
Host: Science of Spirituality

### Kathak - Kathak Premiere

When: 05/15/2021, 7:00 PM (EST)  
Contact: 732-580-2093  
Email: info@navatman.org  
Host: Navatman

### Hindu Matrimony Event 25 - 45 yrs old

When: 05/15/2021, 6:00 PM (EDT)  
Contact: 202-368-8427  
Host: NEHA

### Vocal concert by Vidwan Sri Krishna Parthasarathy

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Email: info@southindiafinearts.org  
Host: South India Fine Arts

## Hindu Heritage Day 2021

When: 05/22/2021, 6:00 PM (EDT)  
Contact: 508-789-3548  
Host: Vishwa Hindu Parishad Of America: New England

### Jyoti Bajaj Live - The Tarot Whisperer

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Contact: 212-725-7833  
Email: stardustmagna@gmail.com  
Host: Stardust

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### Annual Karagam Puja

When: 05/28/2021, 4:00 PM  
Where: Shree Mariamman Devi Temple  
6311 Palm River Road, Tampa, 33619  
Contact: Chris 813-494-2317  
Email: shreemariammandevitemple@gmail.com  
Host: Shree Mariamman Devi Temple

## Georgia

## Atlanta Metro

### Yugal Kunj Summer Camp

When: 05/31/2021, 8:00 AM  
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Contact: 678-920-6669  
Email: info@yugalkunj.org  
Host: Yugal Kunj

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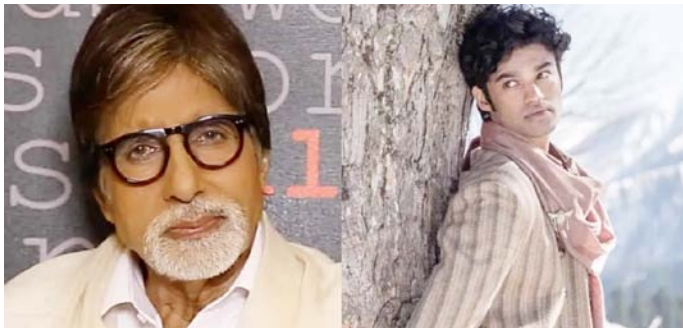
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## Amitabh Bachchan Praises Anvita Dutt Guptan Film *Qala*



**T**he living legend superstar Amitabh Bachchan highly praised the upcoming Netflix original film *Qala* directed by Anvita Dutt Guptan. The film also marks the debut of Babil Khan, the late actor Irrfan's son. Big B was extremely impressed by the glimpse of the making of *Qala* and expressed his pleasure and best wishes to the director.

On Twitter, Bachchan praised Anvita Dutt Guptan and said the film looked quite different and he felt good to see the making of the film. Along with his words of praise, he also shared a clip of the making of the film. Big B worked previously with Babil's father Irrfan in the film *Piku* directed by Shoojit Sircar.

*Qala* is produced by Anushka Sharma and her brother Karnesh's production company Clean Slate Films and the cast includes Babil Khan, Tripti Dimri and Swastika Mukherjee in lead roles. Babil Khan is also very excited about his debut film and shared a clip of the making of the film on his Instagram account. Tripti Dimri was the lead actor in Netflix's film *Bulbul*, which was also produced by Anushka's production house and directed by Anvita. After the success of *Bulbul*, they are happy to announce their second production with Netflix.

*Qala* is a story based on a mother-daughter relationship, where a daughter struggles to get her mother's love. Babil is a bit doubtful about the tag of 'getting launched' that has been placed on him. In his opinion, viewers should launch off their seats while watching *Qala*, the film, instead of any specific actor.

## Lovebirds Ranbir Kapoor and Alia Bhatt Leave for Maldives

Lovebirds Ranbir Kapoor and Alia Bhatt went on vacation in the Maldives on April 19. Both recently recovered from Covid 19. At first, Ranbir tested positive and quarantined himself. After a few days, Alia also tested Covid positive. She later tested negative on April 14.



Janta curfew has been implemented now in Maharashtra with a total embargo on film shootings. Perhaps that is the reason behind the couple's vacation to the latest Bollywood vacation hotspot - the Maldives. In addition, the couple is in the perfect mood to celebrate their recovery from the deadly virus.

Both of them looked cool and casual in their airport attire. Ranbir Kapoor, the ever handsome hero, wore a white T-Shirt with blue jeans. Blue sunglasses, white sneakers and a black mask further added to his glam quotient. Along with these, he carried a white backpack.

Alia too looked super cool and fashionable in white flared pants teamed with a yellow crop top and a white jacket. She wore Black sunglasses and black mask and carried a tote bag for the vacation. Alia's hair was tied in a bun.

However, the couple has been trolled by the people on the Internet for going on vacations at such a crisis time in the country. Some of them heavily criticized them for leaving the country during this critical time. They lashed out at the couple terming them 'shameless' and said instead of spreading awareness or donating plasma, they are leaving the country to enjoy the holidays while also advising the common man to stay at home.



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## Prachi Desai Unplugged on Casting Couch



**P**rachi Desai, the cute and sober Bollywood actress, recently revealed some unpleasant truth about the casting couch. In an exclusive interview, she said that she was asked for sexual favors to be cast in a big film. Prachi however refused the proposal, but the director of that 'big' film contacted her, even after she turned

down the indecent proposal. Her answer was a clear 'no' again. As a result, she lost the film offer.

Prachi's claim to fame was the television serial *Kasamh Se* that became a super hit in 2006. After that, she left television in 2008 as she got the offer to be cast in Farhan Akhtar's *Rock On*. This was followed by hit films like *Once Upon a Time in Mumbai*, *Bol Bachchan*, and others like *Azhar*.

According to her, the majority of stars have a terrible experience with the casting couch. She joined films when she was only 19 and hence was spared the ordeal. However, with time she learned to handle such things and cleared her to stand.

Is this the reason she appears less in Hindi movies? Prachi said it was not so. She was offered roles that were typecast. A similar type of role in films would not add to her credential as an actress. That is why she refused to do such films.

Prachi's recent film is *Silence....Can you Hear It?* Apart from her, the film stars Manoj Bajpayee, Arjun Mathur, and Sahil Vaid.

## Sanjay Leela Bhansali Refused to Direct *Draupadi*

**S**anjay Leela Bhansali has refused to direct Deepika Padukone's film! Sounds very unlikely however it is true. The *Padmaavat* director declined to direct Deepika Padukone's dream project as producer and lead actor *Draupadi*, a novel interpretation of the epic *Mahabharata* through the eyes of Draupadi.



The big canvas and grandeur of such a film needs to be directed by a competent director. Deepika considered Bhansali to be the most eligible director for this film and therefore offered him the responsibility of the director. But, the offer was rejected citing his busy schedule with his upcoming projects *Gangubai Kathiawadi* and *Baiju Bawra*.

This is something very unusual and hard to believe. Bhansali and Deepika have been close friends for a long time. Many of her blockbusters were directed by Bhansali such as *Ram Leela*, *Bajirao Mastani*, and *Padmaavat*. Bhansali is often termed as the mentor of Deepika.

Then what went wrong? Deepika was not cast in SLB's *Gangubai Kathiawadi*. The role was given to Alia Bhatt. Perhaps that was the reason she refused to do a special song in *Gangubai*. Not only that, but she also declined the offer to act in Bhansali's web series *Heera Mandi*.

Sources close to the director and the actor have also said that both of them are professionals busy with their respective projects. There is no question of any rift. Future collaboration between the two talents cannot be ruled out and that might happen in *Baiju Bawra* also, the cast of which is yet to be decided.

## Kartik Aaryan Out of *Dostana 2*

**K**artik Aaryan is no longer a part of the film *Dostana 2* produced by Karan Johar's Dharma Productions and directed by Collin D'Cunha. On April 16, 2021, Dharma Productions stated on social media that they are going to recast *Dostana 2* soon. Another striking point in the statement was that it mentioned they have decided to maintain a 'dignified silence' due to professional circumstances.



So, what went wrong? Some sources say that Kartik opted out of the film due to 'creative differences.' Another thing that is heard is the constant delay of the actor in completing the film. *Dostana 2* was announced in 2019

with the cast Kartik Aaryan, Jahnvi Kapoor and debutant Lakshya. However, due to the Covid 19 pandemic in 2020, filming could not begin.

In the rescheduling of filming, it is reported that Kartik has been making delays that jeopardized everyone's schedule including Jahnvi Kapoor. It has also been learned that Karan Johar decided not to cast Kartik in any of the films produced by Dharma. His constant delays and unprofessional approach has made Dharma apathetic towards him.

Netizens in large numbers including *Queen* actor Kangana Ranaut smell foul nepotism in this matter. Kangana in her social media statement lashed at Karan Johar and said that Kartik has come so far on his own. She further said that Karan and his nepotism team should leave him alone and not force him to commit suicide like Sushant Singh Rajput.



## Parth Samthaan's Bollywood Debut Opposite Alia Bhatt



Famous television star Parth Samthaan will have his Bollywood debut opposite none other than Alia Bhatt. In an interview, the actor confirmed the news and said that filming will start later this year. He said the film is in pre-production stages and he is keeping his fingers crossed.

Parth is extremely excited about his Bollywood debut. However, he mentioned carefully that it is very difficult for an outsider to come to this point and wanted everything to be perfect. According to him, this is a huge opportunity for him and he wants to give his 100% on this project.

Previously it was rumored that Parth would make his Bollywood debut opposite Alia Bhatt in the upcoming film *Gangubai Kathiawadi*. However, no

confirmation was made regarding this news.

Parth's debut performance was in *Gumrah: End of Innocence*, where he played the role of Siddharth. He also appeared in serials like *Best Friends Forever?*, *Saavdhaan India*, *MTV Webbed*, and *Yeh Hai Aashiqui*. He achieved success with his role as Manik Malhotra in *Kaisi Yeh Yaariyan*. He played Anurag Basu in *Kasautii Zindagii Kay 2*. His digital debut was with *Kehne Ko Humsafar Hain 2*. He will also be seen in *Me Hero BolRaha Hu* where he plays a gangster.

According to reports, Parth's Bollywood debut film is titled *Piharwa* directed by Resul Pookutty based on Baba Harbhajan Singh being martyred at the Sino-Indian war.

## Broken But Beautiful 3: Sidharth Shukla-Sonia Rathee Love Story Coming Soon



Television's super hit hero Sidharth Shukla is making his web series debut through the third season of the hit rom-com *Broken But Beautiful*. He will be paired with the debutant Sonia Rathee.

*Broken But Beautiful* is a rom-com by Ekta Kapoor's Balaji Telefilms. The first season was based on the romance and breakup of couple Veer and Sameera played by Vikrant Massey and Harleen Sethi respectively. It received a very good response from the audience. Hence the production house is ready to bring audiences season 3 of the series.

It is reported that the filming of season 3 is complete and is now at the post-production stage. Though no exact date has been finalized, it

is expected to be released sometime in mid-May.

Sidharth Shukla became a heartthrob of television audiences after his portrayal of Shiv in the famous soap *Balika Vadhu*. His fame and popularity further peaked after winning the Season 13 of *Bigg Boss*.

*Broken But Beautiful* marks the digital debut of Sidharth. Here he will be in love with 25-year-old Sonia Rathee who is the sister of Ankur Rathee. Sidharth's character, Agastya Raw, is a theatre director, and Sonia will be portraying Rumi.

Based on some of the scenes from the upcoming series that were leaked to social media, Sidharth is seen intensely romancing Sonia. Even kissing scenes have been leaked. Fans of Sidharth are eagerly waiting to watch their beloved hero on a web platform.



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## Kapil Sharma Show's Sugandha Mishra to Marry Sanket Bhosale



Co-stars and co-hosts of the *Kapil Sharma Show* Sugandha Mishra and Sanket Bhosale have decided to become life partners. They recently got engaged and got married April 26, 2021. The couple shared the exciting news on social media.

Sugandha shared an intimate picture with her beau Sanket with a ring and heart sign emojis. She looked pretty in a lavender-colored satin gown with a matching necklace and ring. While the groom-to-be was dashing in his black attire. Sugandha announced the big day as 26.04.2021 in her Instagram post along with love-filled hashtags like love, life, soulmate, getting married, hitched forever, blessed and power couple.

Sanket too shared a similar picture in his post. He called his would-be wife and long time lover, his

'sunshine.' Sugandha also thanked her well-wishers for showering love and blessings on her. The news of their engagement and marriage became viral in no time and congratulations came pouring in.

Celebrities like Neha Kakkar, Mahhi Vij, Gauahar Khan and Tony Kakkar congratulated the couple on social media.

The multi-talented Sugandha Mishra is a comedian, playback singer and television presenter. She began her television career with the *Great Indian Laughter Challenge* in 2008 and appeared in the *Kapil Sharma Show* as a teacher Vidyavati. She is from Jalandhar.

Sanket Bhosale, a doctor from Mumbai, was also a part of *The Kapil Sharma Show*. He was famous for copying Sanjay Dutt and Sunil Shetty. The couple began dating in 2017.

## Anusha Dandekar's Note on Ex-boyfriend Karan Kundra



A strange war of words has cropped up between ex-lovers Anusha Dandekar and Karan Kundra who broke up last year after a long term relationship. The VJ and actor were in a relationship for more than three years and often called "the ideal couple" by their fans.

However just like all good things come to an end, their love story also ended last year, with Anusha accusing Karan of cheating on her. She also said that her self-esteem was hurt in this relationship.

This accusation was completely denied by Karan in his recent interview. He said that all that Anusha said about him was false. He never cheated on Anusha. He further said that they shared a very good relationship, and he had great respect for Anusha as well as her family. He also learned a lot from Anusha.

Karan said that he was surprised by the timing of such accusations because these were made when his professional front was having some significant developments. Moreover, no one from his past ever accused him of such serious things.

Soon after Karan's interview, Anusha shared some notes on her Instagram profile that said people who are mad at someone for speaking the truth are the people who live in a lie. One should never stop telling the truth.

On another note, she said that it was unfortunate that people believe their lies and their made-up stories. Though the name Karan was not mentioned, it seemed that her words were targeted towards him.

Anusha has moved on in her life and is now in a relationship with model Jason Shah, while Karan is still single.



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