American Society of Engineers of Indian Origin (ASEI)
Shantaram S. Pai
(440) 734-1830

American Federation of Muslims of Indian Origin (AFMI)
Zahid Siddiqui
(440) 238-3736

Arts Without Borders
Antara Datta
330-419-3335

Association of Indian Physicians of Northern Ohio (APIPO)
Dr. Dharmesh Mahia
(440) 228-1168

Bengali Cultural Society
Kingfisher Das
Chinmay Mission, Cleveland
Hema Suresh
216-526-3917

Cleveland:
Meyy Meyyazhagan
440-899-6394

(440) 315-8352

Antara Datta
330-419-3335

Association of Indian Physicians in Ohio (AIAWJO)
Jayashri Bidari
440-867-0849

www.aiaowo.com

Dr. Surinder Singh Raina
Guru Nanak Foundation:
(440)243-8439

Women in Ohio (AAIWO)

Vedanta Center of Cleveland:
(330) 319-5006

www.neota.org

Viji Vijay
440-610-5719

Sewa USA.org
Sushila Mohanka
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N-E Ohio Tamil Sangam:
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Dr. Subinder Singh Raina
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Arts Without Borders:
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Asian-Indian community Bulletin Board
216.791.3422

Westlake
Ph: 440-777-0116

n  Grocers & Gifts
Parle's – Indian Bakers

Patel Brothers
North Randall
Ph: 216-662-0072

Indo-American Foods

Akron 330-664-0689

Ekal Vidyalaya Foundation
Shri Shiva-Vishnu Temple
7733 Ridge Rd, Parma,
Phone: (440) 888-9433

Shree Bankey Bihari Temple
4406 Brecksville Road, Richfield,
Ph: 440-576-5626

BAPS Swaminarayan Temple
2915 Laurel Rd, Brunswick,
Phone: (330) 220-4020

ISSO Swaminarayan Temple
13534 Pearl Rd, Strongsville,
OH 44136

Phone: (440) 238-2222

Jain Temple (Jain Center) 3226
Boston Mills Rd, Richfield,
OH 44286

Phone: 330-659-0832

Gurdwara - Richfield
Ph: 440-576-8410

Sikh Temple of Cleveland
4301 West 150th, Parma Heights,
OH 44130

Phone: 440-279-3562

International Commission for Human Rights (ICHRRF)

Indian Flame
North Royalton
440-842-3555

Jaipur Junction
Cuisine of India
Aurora
330-562-5334

Chapati
Aurora
330-562-5334

Cleveland Heights
216-371-8500

North Olmsted
440-734-0500

Cleveland
4220 Broadview Road, Richfield,
OH 44286

Gurdwara - Richfield
Ph: 440-576-8410

Sikh Temple of Cleveland
4301 West 150th, Parma Heights,
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Bombay Chaat
Downtown Cleveland
216-442-4598

Bamboo Garden
North Olmsted
440-734-0500

Bombay Grill
Akron 330-664-0689

Cafe Tandoor
Cleveland Heights
216-311-8500

Westlake
440-835-7999

Ann Arbor: 313-952-3334

Chappal
University Circle
216-505-5470

Cuisine of India
Parma
440-735-5607

Indian Delight
Cleveland 216-651-4007

Julip's
North Royalton
440-325-3555

Hudson 330-653-6640

Indian Flame
North Royalton
440-842-3555

Saffron Patch
Shaker Heights
216-295-0400

Akron 330-835-7777

Taste of India
Woodmere
216-450-1711

INDIAN origin Aftab Pureval has been elected as the first ever person of Asian heritage to be elected as the Mayor of Cincinnati, OH, while Sam Joshi becomes the first Indian-American and Tibetan, of Edison, the 5th largest municipality in New Jersey, during the elections held on November 2, 2021.

At 39, Pureval will replace longtime mayor John Cranley, who is term-limited from running again this year. Pureval defeated David Mann in his acceptance speech on Nov 9, Pureval thanked Mann for his service in public service.
The son of Indian and Tibetan immigrants, Pureval becomes the first Indian-American and Tibetan, in fact, the first Asian to be elected Mayor of the City. Currently, he is Hamilton County Clerk of Courts, a position not held by a Democrat for more than 100 years.

Words can't express how honored and excited I am to be the next Mayor of Cincinnati. Tonight, we made history! Let's get to work!" Pureval tweeted as the result became public.

Congratulations poured in from the likes of former Secretary of State and presidential candidate Hillary Clinton and U.S. Sen. Sherrod Brown. The district had supported Pureval.

"C o n g r a t u l a t i o n s t o @aftabpureval on your victory. He represents the future of Cincinnati and will fight for all workers and families in the Queen City," Clinton tweeted.

Born and raised in Ohio, Pureval is an attorney and former prosecutor. He has been awarded the NAACP Theodore Berry Award for Service and has been recognized by the Business Courier as one of their 40 under 40.

Pureval is seen as a rising star in the Democratic Party.

Edison: With 100% of precincts reporting, Joshi was well in front as one of their 40 under 40.

Joshi had 10,930 votes, while Hahn had 9,459 and Makropoulos, 301. The race was to replace Democratic Mayor Thomas Lankey whose term ends Dec. 31. Lankey did not seek reelection.

When sworn in on Jan. 1, Joshi, 43, will become the township’s youngest mayor and the first South Asian-American to hold the position. Previously Bun Choi, the township’s first Asian-American mayor, was the youngest to serve in the post.

"I am honored and humbled to be elected as the next mayor of Edison Township," Joshi said in a Facebook post.

Joshi’s popularity was evident in June this year, when during the primaries, he defeated another Indian-American aspirant Mahesh Bhagia by 63 percent of the votes to 34 percent, despite Bhagia being the municipal chair of the Democrats.

A ‘son of the soil’, Joshi was born and raised in Edison. Joshi was elected as an at-large Councilmember at 27 years old, making him the youngest elected official in Edison’s history.
The Association of Indian Physicians of Northern Ohio (AIPNO) Annual Gala

The Association of Indian Physicians of Northern Ohio (AIPNO) held its 38th annual gala and the 30th fundraiser “Chirag” along with the 9th Research Showcase at the Renaissance hotel in Cleveland on October 30, 2021. The event was attended by medical students, doctors in training, academic faculty members, community leaders, medical practitioners, hospital executives and donors.

AIPNO board of trustees Chair Dr. Beepjiji Mukunda and the current AIPNO President Dr. Dharmesh Mehta provided an overview of all the work done during the year. This was followed by an address by the incoming President, Dr. Vinni Makin. The Keynote address was delivered by Dr. Kiran Patel, community leader, philanthropist and entrepreneur who has dedicated his life to advancing healthcare facilities to the poor and needy all across the world, says an AIPNO press release. Senator Niraj Antani, of the 6th US district also addressed the audience and lauded the dedication of medical professionals during the hard times of COVID. Mr. Gary Robinson, the CEO of the CDC and the presenting sponsor for the gala spoke about his long association with AIPNO.

A highlight of the evening was a virtual research showcase presented by high school, undergraduate, medical students, residents and fellows. Abstracts were submitted in three categories –Basic Sciences, Quality Improvement, and Clinical Research. For their commitment and hard work, the top researchers were awarded a monetary gift and acknowledged at the Gala. The Physician of the Year Award was presented to Dr. Ravi Krishnan for his exemplary work. The Lifetime Achievement Award was given to Dr. Raj Shekhar, who has been one of the foundational cornerstones of AIPNO. The Research Keynote address was given by Dr. John Langell, MD, PhD, MPH, MBA, who is the current president of NEOMED. The Past Presidential Award was given to Dr. Rupesh Raina for his work in moving AIPNO forward in 2020 during the pandemic.

The beneficiaries for the fundraiser were Facing History and Ourselves and Akron Children’s Hospital.

India News

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Discipline is the bridge between goals and accomplishment.

—Jim Rohn

Have you ever wondered which hurts the most: saying something and wishing you had not, or saying nothing, and wishing you had?
President Biden, world leaders,icons greet Indians, India diaspora on Diwali

WASHINGTON/LONDON: A slew of political leaders, including US President Joe Biden and UK Prime Minister Boris Johnson, and other prominent personalities took to social media on Thursday to extend their greetings to Indians celebrating Diwali, the festival of lights.

Diwali or Deepavali is a five-day festival that marks the victory of good over evil, light over darkness and knowledge over ignorance. The festival of lights Diwali reminds us that from darkness there is knowledge, wisdom, and truth. From division, unity. From despair, hope,” President Biden’s office said in a tweet.

In a joint statement President Biden and First Lady Jill Biden said in the wake of the COVID-19 pandemic, the year’s Diwali carries even a deeper meaning.

“IT is our honor to be the first president and first lady to light a diya together in the White House to celebrate Diwali, the Festival of Lights that is observed by more than one billion Hindus, Jains, Sikhs, and Buddhists in the United States, India, and around the world. We believe that mutual understanding fosters friendship, harmony and peace. America is a beautiful mosaic of many cultures and faiths. All Indian-American newspapers are proud Americans and believe in American values – freedom, equality and respect for each other. Amid all its diversity, we aim to uphold and preserve the unity. E pluribus Unum (Many uniting into one).

India News International upholds the basic human values – values that are above religion and politics. We believe in universal brotherhood! India News International seeks to promote friendly relations between the United States and India, the two largest democracies. It also seeks to help preserve and promote the precious Asian-Indian culture, heritage and values. And it seeks to uphold the pride and prestige of Asian-Indian Americans!

India News International is a secular and independent news paper — a newspaper that doesn’t belong to any religious, political, social, cultural, group. An Indian-American newspaper that’s truly independent. It aims to create a better understanding between Asian-Indian Americans, other ethnic groups, and the mainstream American society. We believe, in the simple act of lighting a diya, to those in need as we wish a “joyous Diwali” to everyone.

Happy Diwali to everyone celebrating the Festival of Lights in the US, India, and around the world. @SecondGentleman and I extend our warmest wishes for a holiday filled with light, love, and prosperity,” she wrote in a tweet.

Prime Minister Narendra Modi said: “Happy Diwali! We all believe, even during the pandemic, we know this year’s Diwali carries even a deeper meaning. To those who have lost loved ones, we hope this sacred time provides comfort and purpose in their memory. To those who celebrate here in America, we are grateful to you for making the traditions of Diwali part of America’s story. "As an occasion of religious devotion and cultural expression, Diwali is a rich and enriching feature of our nation’s culture and enlivens diversity. It is also an occasion on which we acknowledge the timeless history that binds our nation to other parts of the world," he added.

Prime Minister of Israel Naftali Bennett wished his "friend" and Indian counterpart Narendra Modi, "Happy Diwali to my friend Narendra Modi and to all the people celebrating in India and around the world," he said in a tweet. Israeli President Isaac Herzog and Foreign Minister Yair Lapid also extended their Diwali greetings.

"Happy Diwali, to all our Indian friends and Hindus worldwide! May the spirit of Diwali remind us that out of darkness there is light in knowledge, wisdom, and truth. From division, there is unity in common bonds of empathy and compassion. From isolation, there is community in the connections we share as we look out for one another and hope, dream, and believe in possibilities."

President Biden and the First Lady lighting a diya in the White House on the occasion of Diwali.
Congressman Raja Krishnamoorthi (Illinois Democrat) submitted a statement in the House of Representatives Sept. 30, 2021, on recognizing October as Hindu Heritage Month.

The statement is now part of the U.S. Congressional Record, the official daily record of proceedings in Congress. (His statement can be found in the Congressional Record Vol. 167, No. 172 of Oct. 1.)

Rep. Krishnamoorthi, who heads the Adopt-A-State Coalition, said he joins the many Hindu faithful in the United States in recognizing October as Hindu Heritage Month.

Several Hindu organizations in the U.S., including Vaisheva Hindu Parishad of America (VHPA), have declared October as Hindu Heritage Month, and several states including New Jersey, Delaware, Ohio, Texas, Florida, Nevada, North Carolina, Minnesota, Virginia and Massachusetts have proclaimed October as Hindu Heritage Month, according to the website hindumonth.org, as have several cities like Dallas, TX, and La Palma, CA.

The Congressman, who represents the 8th Congressional District in Illinois, said his constituency “is home to many followers of this uniquely pluralistic religion, and I wish to celebrate the Hindu community’s valuable contributions to my district and to our state and country.”

“I believe this acknowledgement is especially timely, given the disturbing rise of prejudice and racism in the country,” the Congressman said, “including Hinduphobia as manifested in hateful speech and violent acts perpetrated against Indian-Americans and Hindu houses of worship.”

Vivekananda

Noting how Hinduism dates back millennia and may have “profoundly” influenced both ancient and modern cultures, Krishnamoorthi said: “It’s the message of religious tolerance, non-violence, and the universality of the human experience was introduced to this country in 1893 by Swami Vivekananda in his landmark address at the World Parliament of Religions.”

Vivekananda’s spiritual influence on Mahatma Gandhi was profound, the Congressman said, and Gandhi “inspired the important work of one of our nation’s most revered leaders, Martin Luther King, Jr., to advance the cause of civil rights in the United States.”

Hindus in US

Rep. Krishnamoorthi went on to say: “The Hindu faithful in our country include physicians, lawyers, scientists, economists, philosophers, artists, academicians, business leaders, government officials - and Members of Congress,” who are inspired by Vivekananda’s call to service and respect for all religions and people.

October is Hindu Heritage Month

"Madame Speaker, I know all Americans of goodwill share these beliefs, and today I would like to celebrate the work of the Hindu faithful in building bridges of understanding between all Americans, for their important contributions to our economy and our cultural and civil life, and for the part they play in creating our wonderful and distinctively diverse American experience," Krishnamoorthi said.

On Sept. 5, 2021, the “Hindu Heritage Month” which has an eponymous organization (hindumonth.org) announced, “Today, Dharma-based organizations including those of Hindu, Sikh, Buddhist and Jain traditions from around the world, are pleased to announce the addition of another major festival, indeed an entire month of festivals, in October as the Hindu Heritage Month.

It goes on to say, “Hindus represent one of the newest and the fastest growing immigrant communities in the United States and Canada. Backed by a rock-solid family structure and love for education, they are fully integrated into every aspect of their adopted society, enriching it with not only outstanding professional contributions but also rich cultural heritage. From the elegant ethnic ensembles to delicious food to festivals like Holi and Diwali, their diverse and rich culture has impressed all in the Western world.” Various Indian organizations of Hindu, Sikh, Buddhist and Jain traditions announced Oct. 7 that the month of October has been designated as “Hindu Heritage Month.”

The celebration of Hindu Heritage Month will be a showcase for the diversity that is so fundamental to Hindu civilization, said a press release, adding that each participating organization will decide the manner as well as the schedule of their events.

Citations

"The old Hinduism can only be reformed through Hinduism, and not through the new-fangled reform movements." - George Bernard Shaw

"We Hindu must believe that we are the teachers of the world." - Swami Vivekananda

"Hindus have to learn a little bit of materialism from the West and teach them a little bit of spirituality." - Swami Vivekananda

"You can’t be brave if you’ve only had wonderful things happen to you." - Mary T Moore

"It’s beauty that captures your attention; but personality that captures your heart." - Elliott Smith

"Courage is like a muscle. We strengthen it with use." - Ruth Gordon

"We believe you can and you’re halfway there." - Theodore Roosevelt

"If we did all the things we are capable of, we would literally astound ourselves." - Thomas A. Edison

"He is the happiest be he king or peasant, who finds peace in his home." - Johann Goethe

"No matter what we are, but know not what we may be." - William Shakespeare

"If you dare to dream we can do anything." - Henry Ford

"Life isn’t about finding yourself. Life is about creating yourself." - George Bernard Shaw

"We who dares nothing need hope for nothing." - Johann Goethe

"I believe you can and should know what you are capable of, and I believe you can and should know what you are capable of, and I believe you can and should know what you are capable of." - William James

"Life isn’t easy. You just get better." - Ruth Gordon

"Playing it safe is the most popular way to fail." - Elliott Smith

"We know what we are, but know not what we may be." - William Shakespeare

"If we did all the things we are capable of, we would literally astound ourselves." - Thomas A. Edison

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"If we did all the things we are capable of, we would literally astound ourselves." - Thomas A. Edison

"He who dares nothing need hope for nothing." - Johann Goethe
Shahnaz Husain: the amazing success story of beauty & ayurveda
50 years of promoting Ayurvedic beauty care

“Shahnaz Husain is a name to reckon with. To her exclusively goes the credit of bringing the therapeutic values of herbs out of the mists of antiquity and legend, and combining them with scientific research and practice. Shahnaz Husain has done so much for India’s image abroad that she truly deserves the sobriquet of India’s Beauty Ambassador.”

– The Washington Post

Shahnaz Husain, pioneer and leader of the herbal beauty care movement, based on Ayurveda, has acquired unprecedented international acclaim for taking Indian herbal heritage worldwide with a crusader’s zeal.

Today, as CMD of the Shahnaz Husain Group of Companies, she heads the largest organization of its kind in the world with a global network of franchise salons, spas, beauty training academies, retail outlets, as well as 375 formulations for beauty and health care.

Shahnaz Husain has marketed India’s 5,000-year old ancient civilization in a jar and created an international market for Ayurvedic beauty care.

No commercial advertising

It is not only her franchise-based enterprise, but also her marketing strategies that are truly unique. Even at a time, when the demand for the product is sustained through advertising, she does not rely on commercial advertisements.

In fact, she was invited by Harvard Business School to speak on how she established an international brand without commercial advertising. Subsequently, she became a Harvard Case Study for brand creation. Now she is a Subject at Harvard for “Emerging Markets” and part of the Business History curriculum for management students.

According to Harvard Professor Geoffrey Jones, “We felt compelled to include Shahnaz Husain in Harvard Business School’s Creating Emerging Markets project, both because of her entrepreneurial role in creating India’s natural beauty market and her strong belief in the importance of corporate social responsibility. In both regards she is a pioneer and a role model, and we were delighted and humbled that she was willing to spare her time to help the project succeed. We anticipate that the interview will be widely used by educators and researchers, and by many others interested in seeing how she became so successful and impactful.”

Shahnaz has lectured to students at the University of Oxford, London School of Economics and MIT in the USA, and has also spoken on Brand India and Ayurveda in the House of Commons and the House of Lords in the British Parliament.

Therapeutic products

Apart from general beauty care, Shahnaz Husain is known for her therapeutic products and treatments for specific skin and hair problems. She has also formulated the Chemoline range to alleviate the effects of chemotherapy and radiation on the skin and hair. The Chemoline products are given free of cost to cancer hospitals, as part of her CSR activities.

Her premium luxury ranges like 24 Carat Gold, Diamond, Pearl, Plant Stem Cells and Platinum Range have taken international markets by storm. The Shahnaz Husain Group’s international presence gained further momentum when the sale of her products was launched at Lloyds Pharmacy at Selfridges, the famous London store, touching record breaking sales.

The Shahnaz Husain franchise is at the core of the success of the Shahnaz Husain brand. The fast paced extension of the Shahnaz Husain salons and other ventures is due to her unique franchise system. Apart from strong branding, the franchise offers an established business model with proven success rate of five decades.

Signature Salons

The Shahnaz Husain Signature Salons have become internationally known for path-breaking treatments and innovations. The formulations, comprising highly specialized products for general care and specific skin and hair problems, contain herb, flower and fruit extracts, essential oils, precious minerals and gems. Shahnaz Husain has received three prestigious international awards in London, including the “Pioneering Ayurveda Worldwide” Award and the Excellence Award in the British Parliament. She was honored with an Award for Excellence for her Chemoline Range for cancer patients.

She also received the World’s Greatest Woman Entrepreneur Award from Success, the U.S. based Business Magazine, as well as the Padma Shri Award by the Government of India for exceptional service to the country and distinguished achievement in her chosen field.

Shahnaz Husain has also received the “Pioneering Ayurveda Worldwide” Award and the Ayurveda Excellence Award in the British Parliament. She also spoke at the Ayurveda Conference at India House, London, organized by the Indian High Commission in the U.K.

Shahnaz Husain is an international pioneer of vocational training in beauty in India. She started her beauty training academy, over forty years ago, when only apprentice-ship training was available. It is in keeping with international standards.

Woman empowerment

Woman empowerment and humanitarian activities are close to her heart. She encouraged ordinary housewives to open salons in their own homes, to provide them the opportunity to pursue a career and attain financial independence. She has even physically challenged through her free beauty training courses for the speech, hearing and visually impaired, as well as acid attack survivors. One of her beauty books has been put into Braille.

Shahnaz has tied up with Government skill development projects in beauty and wellness. Her beauty academy has trained and certified over 40,000 underprivileged women, distributing Tool Kits for home-based businesses.

Over the last five decades, the Shahnaz Husain name has become synonymous with beauty. Her name has become the brand and has gone from strength to strength. Today, Shahnaz Husain is an international beauty icon, while her achievements are a magnificent expression of her dreams, hopes and aspirations. (-Prakash Sinha)
India celebrates festival of lights under shadow of Covid-19

India was lit up in a dazzling display of light and color, as millions of people celebrated the Hindu festival of Diwali. But it was celebrated amid concerns over the coronavirus pandemic and air pollution.

A time for feasts, prayers and fireworks, Diwali is one of the most important festivals in India. It is known as the festival of lights as people illuminate oil lamps or candles to symbolize the triumph of light over darkness and good over evil.

The symbolism seems particularly meaningful at a time when coronavirus continues to disrupt people’s lives. Although cases have fallen considerably over the past month, India is still one of the world’s worst-hit nations, officially recording more than 35 million cases and over 450,000 deaths.

For some, Diwali marks the beginning of a new year. It is also the social highpoint for Indians as a time to attract the goodwill of spirits. The public health crisis has largely subsided — the country has been recording around 10,000-12,000 daily cases, down from 400,000 in May. But experts have repeatedly cautioned against complacency, saying a third wave of infections is inevitable.

Like last year, the coronavirus pandemic has brought many Diwali traditions to a halt. The government has pleaded with people to avoid large gatherings and stay away from crowded areas. And many have opted for low-key celebrations, with temples even streaming prayer sessions online to discourage gatherings.

But in the capital city of Delhi, massive crowds thronged markets ahead of the festival. Such actions, officials say, could cause another dangerous resurgence in infections that could overwhelm India’s healthcare system.

At the peak of India’s Covid crisis in April and May, India experienced scenes of chaos as hospitals were overwhelmed with patients amid a crippling shortage of oxygen, medicines and crucial equipment.

The public health crisis has largely subsided — the country has been recording around 10,000-12,000 daily cases, down from 400,000 in May. But experts have repeatedly cautioned against complacency, saying a third wave of infections is inevitable.

But Covid is not the only issue. The use of firecrackers during the celebrations worsens pollution levels every year.

This is particularly bad in Delhi, where air pollution rises to hazardous levels and a thick blanket of smog envelopes the city. The air quality further worsens in November and December as farmers in the neighboring states of Punjab and Haryana burn crop stubble to clear their fields.

Studies around the world have linked air pollution to higher Covid-19 case numbers and deaths. A Harvard University study shows that the use of firecrackers during the Diwali celebrations could cause a 1% increase in the Covid-19 death rate.

India today, it has been lit up in a dazzling display of light and color, as millions of people celebrated the Hindu festival of Diwali.
**Spirituality and stress relief: Making the connection**

**TAKING THE PATH less traveled by exploring your spirituality can lead to a clearer life purpose, better personal relationships and enhanced stress management skills.**

Some stress relief tools are very tangible: exercising more, with friends. A less tangible — personal relationships and to a clearer life purpose, better can be found in nature, music, a higher power. For others, it prayer, meditation or a belief in form of religious observance, for meaning in life.

**What is spirituality?**

Spirituality has many definitions, but at its core spirituality helps to give our lives context. It’s not necessarily connected to a specific belief system or even religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system, and your search for meaning in life.

**How can spirituality help with stress relief?**

Spirituality has many benefits for stress relief and overall mental health. It can help you:

- Feel a sense of purpose: Cultivating your spirituality may help uncover what’s most meaningful in your life. By clarifying what’s most important, you can focus less on the unimportant things and eliminate stress.
- Connect to the world: The more you feel you have a purpose in the world, the less solitary you feel — even when you’re alone. This can lead to a valuable inner peace during difficult times.
- Release control: When you feel part of a greater whole, you realize that you aren’t responsible for everything that happens in life. You can share the burden of tough times as well as the joys of life’s blessings with those around you.

**Expand your support network:** Whether you find spirituality in a temple, church, mosque or synagogue, in your family, or in nature walks with a friend, this sharing of spiritual expression can help build relationships.

**Lead a healthier life:** People who consider themselves spiritual appear to be better able to cope with stress and heal from illness or addiction faster.

**Discovering your spirituality**

Uncovering your spirituality may take some self-discovery. Here are some questions to ask yourself to discover what experiences and values define you:

- **What are your important relationships?**
- **What do you value most in your life?**
- **What people give you a sense of community?**
- **What inspires you and gives you hope?**
- **What brings you joy?**
- **What are your proudest achievements?**

The answers to such questions help you identify the most important people and experiences in your life. With this information, you can focus your search for spirituality on the relationships and activities in life that have helped define you as a person and those that continue to inspire your personal growth.

**Cultivating your spirituality**

Spirituality also involves getting in touch with your inner self. A key component is self-reflection. Try these tips:

- Try prayer, meditation and relaxation techniques to help focus your thoughts and find peace of mind.
- Keep a journal to help you express your feelings and record your progress.
- Seek out a trusted adviser or friend who can help you discover what’s important to you in life. Others may have insights that you haven’t yet discovered.
- Read inspirational stories or essays to help you evaluate different philosophies of life.
- Talk to others whose spiritual lives you admire. Ask questions to learn how they found their way to a fulfilling spiritual life.

**Pursuing a spiritual life**

Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Your personal concept of spirituality may change with your age and life experiences, but it always forms the basis of your well-being, helps you cope with stressors large and small, and affirms your purpose in life.

(–By Mayo Clinic Staff)

**UK releases new Mahatma Gandhi commemorative coin to mark Diwali**

The UK Chancellor unveiled a new 5-pound commemorative coin. The special collectors’ coin features an image of a lotus alongside one of Gandhi’s most famous quotes My life is my message.

**LONDON:** A new 5 pound coin to commemorate the life and legacy of Mahatma Gandhi was unveiled by Chancellor Rishi Sunak to mark the Hindu festival of Diwali.

Available in a range of standards, including gold and silver, the special collectors’ coin was designed by Heena Glover and features an image of a lotus, India’s national flower, alongside one of Gandhi’s most famous quotes — “My life is my message.”

Building on the enduring relationship and cultural connections between the UK and India, it is the first time that Gandhi has been commemorated on an official UK coin with the final design chosen by Sunak, who is the Master of the Mint.

“This coin is a fitting tribute to an influential leader who inspired millions of people around the world,” he said.

“The UK coin commemorating the life and legacy of Mahatma Gandhi. The UK and India, it is the first time that Gandhi has been commemorated on an official UK coin with the final design chosen by Sunak, who is the Master of the Mint.”

The coin, which goes on sale, is part of the Royal Mint’s wider Diwali collection, which includes 1g and 5g gold bars in henna-style packaging, and the UK’s first gold bar depicting Lakshmi — the Hindu Goddess of wealth.

The 20g gold Lakshmi bar was designed in partnership with the Hindu community in South Wales, where the Royal Mint is based.

The Mint will join the celebrations at the Shree Swaminarayan Temple in Cardiff, where worshippers will offer prayers to goddess Lakshmi and lord Ganesh for the coming year.

Chief Customer Officer for The Royal Mint, Nicola Howell, said: “As we approach Diwali celebrations, we are delighted to unveil the first official UK coin commemorating the life and legacy of Mahatma Gandhi. The beautiful design builds on the enduring relationship and cultural connections between the UK and India.”

The announcement comes as India is celebrating its 75th year of Independence this year. Last year, the Chancellor commissioned the new “Diversity Built Britain” 50p coin following discussion with the ‘We Too Built Britain’ campaign, which works for fair representation of minority communities’ contributions across all walks of life.

Around 10 million of the coins, which recognise and celebrate Britain’s diverse history, went into circulation in October 2020.
Recent violent attacks against Hindus have reopened old wounds for religious minorities in Muslim-majority Bangladesh. Rights groups say these attacks often are forgotten by the legal system and go unpunished.

Violence started during one of the most popular Hindu festivals – Durga Puja

Hindus in Bangladesh, India and many parts of the world protested.
Travel to India during Covid-19: What you need to know before you go

If you’re planning to travel to India, here’s what you’ll need to know and expect if you want to visit during the coronavirus pandemic.

The basics

India is finally emerging after a devastating few months. But the threat of a new wave of the pandemic, which brought the country’s healthcare system to its knees, remains close to collapse. The Delta variant, which is now sweeping the world, started here.

The country swiftly closed its borders at the start of the pandemic, banning all scheduled international flights in March 2020. However, restrictions have started easing, with tourists allowed in from November 15.

The question is: What isn’t on offer in India? This vast country has an astonishing variety of landscapes, architecture, cultures and religions. Most first-time visitors stick to the “golden triangle” of Delhi, Agra and Jaipur, but other big attractions include the Taj Mahal, the white sandy beaches in Goa and Munnar, and the world’s most thrilling cities.

Entry requirements

Entry for group tourism using charter flights commenced October 15, and from November 15 individual travelers will be allowed in. Arrivals must possess a tourist visa or e-visa granted after October 6, 2021. Those granted previously but not used are not currently eligible for entry. However, you cannot use a land border to enter on a tourist visa. Arriving at an airport, all arrivals are screened. Anyone showing symptoms will be taken to a medical facility.

Foreign travelers must upload a self-declaration form on the Air Suvidha Portal, as well as a negative PCR test taken within 72 hours of the journey. Fully vaccinated arrivals do not have to quarantine. Others must self-isolate for seven days, test on day eight, and continue to monitor their health for another week.

US CDC travel advisory:

Level 2: Moderate Risk

Remove from list on August 16

Make sure you are fully vaccinated before traveling to India.

There have been over 34 million infections and over 459,000 deaths till November 15.

US opens to foreign tourists

After nearly 20 months of closure, India finally has opened its borders to fully vaccinated foreign tourists. Foreign tourists can enter India from November 15 on fresh Tourist Visas, said a statement from the Home Ministry. No tourist visas were issued since March 2020 when Prime Minister Narendra Modi’s government shut the borders to rein in the coronavirus pandemic.

Under the new guidelines, all tourist visas issued before 15 October will be invalid. This means that travelers coming to India will have to get fresh visas. However, the authorities are yet to spell out the testing, vaccination, and quarantine rules for travelers.

The decision to allow fully vaccinated foreign tourists, announced last month, comes at a time when India’s daily Covid cases have been falling. The easing of restrictions on foreign travel also coincided with the onset of India’s peak travel season, sparking hopes of revival of the beleaguered tourism industry.

With its rich geography and history, India offers a large number of tourist attractions such as the Taj Mahal, temples and forts, the snowy mountain peaks of the Himalayas and the white sandy beaches in the west and south.

According to government data, India attracted just 2.74 million foreign tourists last year—down from 10.93 million in 2019—as the pandemic upended lives and businesses. Less than 3 million foreign tourists visiting India in 2020 was a decline of almost 75% compared to the previous year. The government plans to issue 500,000 free visas to boost tourism, which is expected to incentivize short-term travelers to visit India.

Tourism contributes almost 7% to India’s GDP and is also responsible for millions of jobs in the hospitality sector. With the economy struggling like never before, India cannot afford to lose out on the precious foreign exchange that tourism brings.

Government data shows that international travelers brought in $3 billion in foreign exchange in 2019. After the pandemic and resulting lockdown, earnings fell by over 75%, down to around $7 billion in 2020.

Travel industry looks forward to reopening

India’s travel and tourism industry had been deeply impacted by the pandemic. With travel now opening up, people working in the sector are optimistic about business picking up pace.

“Unlike other markets, which are thriving ever since the lockdown was lifted, shopkeepers here [at Paharganj market in Delhi] have no business at all, as 80% of the business in the market depended on foreign tourists,” Subhash Vija, president of the Paharganj traders’ body told the Indian newspaper Hindustan Times.

The market is usually frequented by backpackers and budget travelers.

India opens for international travel

India has opened up for travelers and has allowed commercial flights from November. While the travel industry is expecting a surge in visitors, medical experts fear a surge of a different kind.

India vaccinated 1 billion against Covid

India completed the administration of 100 crore doses of the Covid-19 vaccine on October 21, 2021, in just about nine months since the start of the vaccination drive. PM Narendra Modiweeted: “The journey from anxiety to assurance has happened and our nation has emerged stronger, thanks to the world’s largest vaccination drive.”

Prime Minister Narendra Modi on Oct 22 cautioned people to remain vigilant and urged them to continue wearing masks.

Addressing the nation, the Prime Minister said, “Yesterday, on October 21, India has achieved the difficult but extraordinary target of 1 billion vaccine doses. Behind this achievement is the power (karyaayashakti) of 130 crore countrymen; so the success is the success of India, the success of every countryman.”

“When the biggest pandemic of 100 years came, questions started arising about India. Will India be able to fight this global pandemic? From where will India get the money to buy so many vaccines from other countries? When will India get the vaccine? Will the people of India get the vaccine or not? Will India be able to vaccinate enough people to stop the pandemic from spreading? There were various questions, but today the 100-crore vaccine doses are answering every question,” the Prime Minister said.

There was only one mantra that if the disease does not discriminate, then there cannot be any discrimination in the vaccination. Therefore, it was ensured that the VIP culture did not dominate the vaccination campaign.”

There are some among us who only trust foreign brands, even for simple everyday necessities. However, when it came to something as crucial as the Covid-19 vaccine, the people of India unanimously trusted “Made in India” vaccines. This is a big paradigm shift.

Till today, only a handful of countries have developed their own vaccines. More than 180 countries are dependent on an extremely limited pool of producers and dozens of nations are still waiting for the supply of vaccines.
**HUMOR**

**There’s life without Facebook and internet? Really? Send me the link.**

When I was a boy

Revelation

When I was a boy, I could hardly stand to have the old man around. But when I got to be 21, (I was 21, I know) the old man had learned in seven years.

-Mark Twain

**Prayer**

Harry prays to God:

"Dear Lord, please make me win the lottery.

The next day Harry begs the Lord again: Please make it so I win the lottery, Lord!

The next day, Harry again prays: Please, dear Lord, make me win the lottery!

Suddenly he hears a voice from above: Harry, would you kindly go and buy a lottery ticket.

**The First**

Patient: Oh doctor, I’m just so nervous.

This is my first operation.

Doctor: Don’t worry. Mine too.

**Request**

A priest asks the convicted murderer at the electric chair, “Do you have any last requests?”

“Yes,” replies the murderer.

**How many trees**

Daddy, what is an alcoholic?

“Do you see those 4 trees, son? An alcoholic would see 8 trees.”

“Um, Dad – there are only 2 trees.”

**Sons at College**

Two women were talking about their sons who were off at college. “My son is so brilliant,” the First woman said, “every time I get a letter from him I have to go to the dictionary.”

“Your lucky,” the other replied. “Every Time I get a letter from my son, I have to go to the Bank.”

**Names**

George goes to the Birth Registration Office to register his newborn son.

The man behind the counter asks the name he wants to give to the boy, and the father replies: “Euro.”

The man says that such a name is not acceptable, because it’s a currency.

Says George: “What? There weren’t any objections when I called my first two sons Mark and Frank.”

There’s a fine line between a numerator and a denominator. (…Only a fraction of people will get this clean joke.)

**There’s life without Facebook and internet? Really? Send me the link.**

**Don’t object to marriage, except to an object**

A t any given moment, there are probably millions of people around the world who are dreaming of wedding ceremonies. They have a strong desire to dress up in wedding finery and make a lifetime commitment in front of friends and relatives.

Many of these single people are dreaming of marrying a particular person, perhaps a boyfriend or girlfriend or someone whom their parents have selected. But others do not yet have a specific person in mind: they are still searching, hoping, praying, and dreaming.

Some of them are so intent on getting married, wearing a bride’s dress or groom’s suit, that they just go ahead and do it. “Why should I keep waiting for the perfect person?” they ask themselves.

That’s what an Indonesian man named Khoirul Anam recently did. He asked himself an important question: “Who has provided me with rice for the last few years?”

After contemplating this question, he dressed up in his traditional wedding attire and got married in a private ceremony to his rice cooker.

According to news reports, Anam draped a sheer white veil on the rice cooker, giving it the appearance of a bride. He shared pictures of the wedding on social media, including one photo in which he’s kissing his bride, and another in which he’s signing the official wedding papers. He revealed his reasons for marrying the rice cooker in a caption, saying she was “fair, obedient, loving and good at cooking.”

He did not share any details about the wedding night. We can only guess that he plugged in the bride and had a steamy night.

No details about the honeymoon were revealed either. Perhaps the newlyweds took a boat ride to a nearby island. Perhaps the bride, in a romantic gesture, sat on the groom’s lap the whole time.

Unfortunately, the marriage did not last. Four days after tying the knot, Anam announced that he was divorcing his wife. His reason was good at cooking rice but could not cook any other dishes.

This is, of course, a common problem in marriages: one partner expects the other to change.

Anam: “Rice, rice, rice. All you keep cooking is rice. I’m tired of rice.”

Cooker: “Stop pushing my buttons! You keep pushing my buttons!”

Anam: “What else can I do, but push your buttons and hope you can cook something else?”

Cooker: “If you had wanted your wife to cook something else, you should have married an Instant Pot. But the Instant Pot can’t fail and obedient, is it?”

The lesson for all single people is clear: do not marry a rice cooker and expect it to suddenly turn into a bread maker.

If you want a bread maker, then marry a bread maker.

It’s always sad when a marriage ends in divorce, especially when it has a big impact on statistics.

As far as I know, the divorce rate in human history when a man marries a rice cooker is 100 percent. I’m not sure, however, what the divorce rate is for all marriages involving humans and objects.

Yet in cases you are wondering, Anam is not the first human to think of marrying an object. On one occasion, a British woman married a duvet (a type of blanket); another Brit married a chandelier; and an American woman married an entire train station.

Not all of these marriages are legally binding, of course. Anam’s marriage to the rice cooker was merely a publicity stunt, but thanks to him, perhaps fewer people will object to marrying humans.

**Groom’s father:**

“Good news. My son has changed his mind. He will marry your daughter, Priya, after all.”

**Bride’s father:**

“That’s wonderful! We were praying for such an outcome. What made him change his mind?”

**Groom’s father:**

“I told him to make a choice. I said, ‘You must either marry a rice cooker like Priya or a rice cooker.’ He made a good choice.”

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About Melvin Durai:

Melvin Durai is an Illinois-based writer and humorist, author of the humorous novel ‘Baba Takes the Plunge.’ A native of India, he grew up in Zambia and has lived in North America since the early 1980s. Read his humor blog at www.mailvindurai.com. Email: melvin@melvindurai.com
NEW DELHI: Myanmar, Bangladeshi, Nepal and Iran have been the first recipients of rescued vaccine exports from India almost eight months after they were halted due to rising cases of Covid-19 in India.

The government had stopped vaccine exports as the brutal second wave hit India in April-May this year. It’s only after India had administered close to a billion doses of vaccines did the government relax restrictions. Commercial contracts were also kept in abeyance as production was procured for domestic use.

India resumed its exports to the Cox’s Bazar facility with the first lot of doses landing in African countries. Aditya Mody, head of Serum Institute of India, was quoted by Anis news website as saying that by this week, he expected Covishield doses to land in African countries.

India now has a long list of vaccines — Covavax, Corbevax, ZyCoVd, Genovax’s mRNA vaccine — all awaiting regulatory approval. The first 50 million doses of SII-produced Covaxin will make its way to Indonesia this week though the vaccine is yet to be approved by India’s DCGI, the WHO or US FDA.

While the government is focusing on domestic production, the second jab, it’s clear that suppliers are no longer a constraint. Vaccine manufacturers are chomping at the bit, because they need to go out to the world with their experiences.

However, there remain fears about a third wave and a repeat of the restrictions during the second wave as well as uncertainties about production volumes and requirements from manufacturers. Here, government sources say they were hobbled by the slow rollout of Covaxin by Bharat Biotech. Without the SII doing the heavy lifting (over 88% doses were Covishield), India would not have been able to ramp up its vaccinations as rapidly as it did.

Until mid-October, Bharat Biotech had only supplied around 110 million doses compared to the 400 million promised by the government to the Supreme Court. Sputnik V, the vaccine developed by Russia, India, stopped production because Russia just could not supply enough. Until mid-October, they had supplied only 45 lakh against the 10 crore promised. In fact, global stocks have promised one billion vaccines, but hasn’t been able to provide more than 5 million.

The major players are parts of Africa, Latin America and even Asia remain unserved. China is moving aggressively to capture markets, even though their vaccines have been shown to be well below par. Indian vaccine manufacturers are well-positioned to take a global lead on this.

With the developed world going in for boosters and scientific evidence tilting towards giving vulnerable populations boosters after 6-8 months, it won’t be long before India too has to take a call on them. For government regulators, this is all the more reason to hold on to vaccines for Indians.

Riddles answers
1. Answer to this riddle is simple — the man is my son.
2. Nothing to know.
3. Incorrectly.
4. Stop imagining.

India resumes vaccine exports

Air India: Tata Sons regain control of the iconic maharajah

The story of Air India began in 1932 when JRD Tata, the 28-year-old scion of a well-known business family, took off for Bombay in a small aircraft.

The Puss Moth — one of the two that Tata purchased from England — was beginning a modest weekly mail service.

The plane cruised at 100mph (160km/h), battling headwinds in what was a “bumpy and hot flight”. It flew into the cabin and had to be killed.

After a refuelling stop — a bullock-cart ferried fuel to the airline in Ahmedabad — the plane landed on a mud flat in Bombay (now Mumbai) and taxied into the late afternoon.

After offloading some of the mail, the second, waiting plane took off with the remainder of it for two cities in southern India.

No radio communication

The planes had to be started up by swinging the propeller by hand, flew without a tinny-earfed in landing aids, and had no radio communication.

The crew took off from the mud-flat near the beach in Bombay where the “sea was below what we called ‘sea-airfield’ and during the high tide of the monsoon, the airfield was at the bottom of the sea.” Tata recounted later.

When the place got flooded, the airfield — two planes, three pilots and three mechanics — moved to a small airfield in the city of Poona (now Pune), 150km to the south-east.

“Scarcely anywhere in the world was there an air service operating without support from the government. It could only be done by throwing on the government a financial risk. Tata Sons were prepared to take the risk,” Sir Frederick Tytymas, the then chief of civil aviation in the region told a newspaper in 1934.

Mail service

Over the years, the mail service expanded to other cities. A lone passenger was also accommodated. In 1937, two Tata planes began a service between Delhi and Bombay, each plane carrying 3,500 letters and one passenger.

Within six years of starting up, the airline owned 15 planes, an equal number of pilots and three dozen engineers. It claimed a punctuality of 99.4%.

“It took Tata pilots some time to get accustomed to a human riding in the seat behind them,” the tycoon’s biographer, Russi M Lala, noted. “One day a skipper consuming a leg of chicken is reported to have thrown the bone out of the cockpit. It was carried by the wind into the lap of his startled passenger.”

An aviation buff — he had flown his first solo flight as a 25 year old — Tata had always wanted to build a global airline. In the early 1940s, he spoke presciently about the impending “air age” and how air travel would become “as wide as available as railway and steamers facilities today”.

By 1948, his flying airline was carrying one of every three passengers in India and owned nearly half of the roughly 50 planes operating in the country.

Goes International

Two years later, Air India went international. A brand new Lockheed Constellation plane christened the ‘Malabar Princess’ took off from Bombay on a flight to London. Tata told the BBC that the plane would enable India to take off from Bombay on a flight to London. Tata told the BBC that the plane would enable India to

For the next three decades Air India continued to shine. The diminutive maharajah, the airline’s world-famous mascot, became one of India’s most recognisable symbols. In bright destination-driven promotional posters he appeared as a Brit with a bowler hat and umbrella; a Frenchman with a beret; and a rudely, alpine climber from Switzerland.

The planes were named after royalty and Himalayan peaks. By the 1970s Air India had 10,000 employees in 54 countries. Even in the 1980s it was a brand to reckon with. It was one of the few Indian organisations at that time with a global footprint. It had an aura of glamour and excitement, noted Jitender Bhargava, a former executive director of Air India and author of the book, The Descent of Air India.

Things began to go downhill from the 1990s. Competition became fiercer. Air India began making heavy losses after merging with the state-owned domestic operator Indian Airways in 2007. It relied on taxpayer-funded bailouts to stay operational, and became the butt of jokes.

Losses

The carrier was making a loss of nearly $2.8bn a day and was racked by debts worth more than $8bn. The airline still had some of the best pilots, but its on-time performance plummeted and service deteriorated.

Over the years India has returned to the Tata Group, India’s biggest conglomerate. In an emotional note, Ratan Tata, chairman emeritus and cousin of JRD Tata, said the airline under JRD had “gained the reputation of being one of the most prestigious airlines in the world”.

“Tatas will have the opportunity of regaining the image and reputation it enjoyed in earlier years,” he said. Fasten your seat belts!