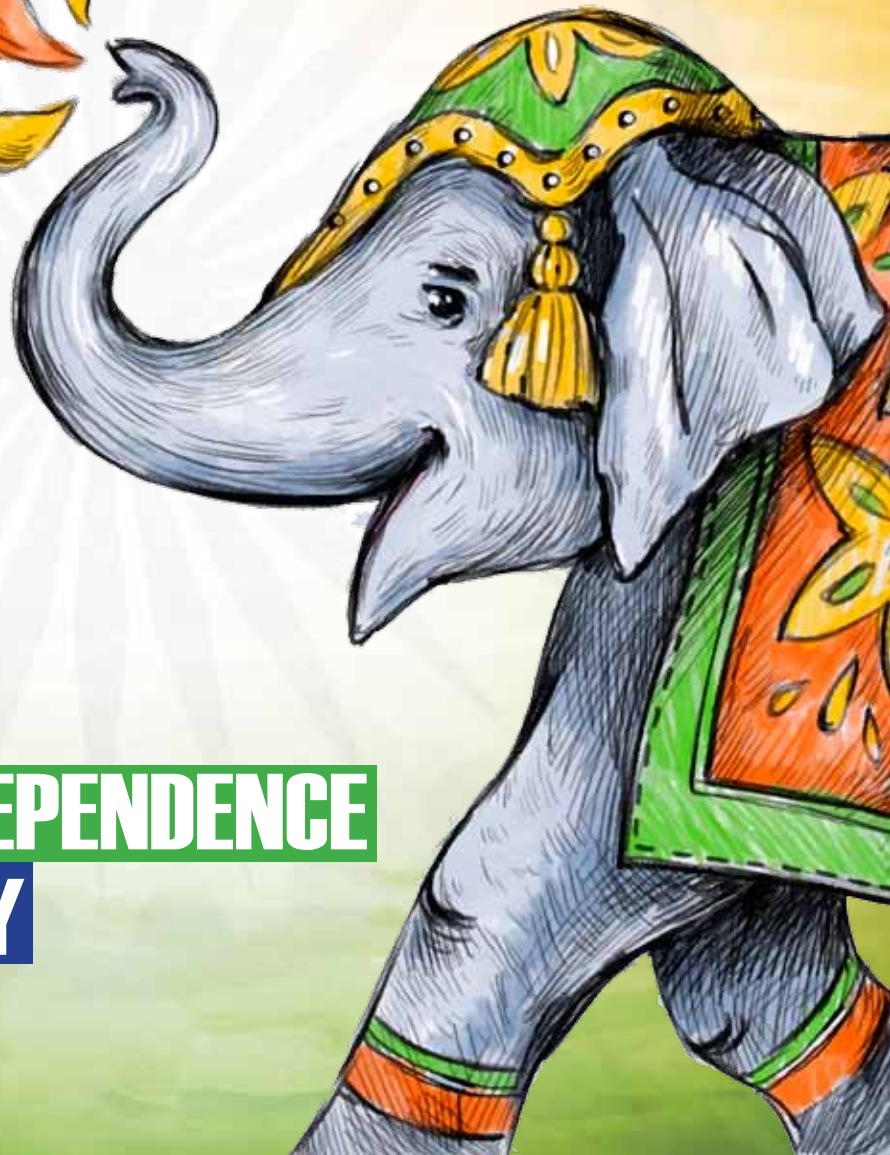


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Happy Independence Day



Gladys Berejiklian MP
Premier of New South Wales



Warmest Wishes to the Indian Community of South Australia and worldwide for a Happy and Safe Indian Independence Day!

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Hello Everyone,

Hope you are all well and safe.

With the beginning of August we have number of festivals and celebrations on the way, but as the number of Coronavirus cases continue to rise around the globe, there will be minimal celebrations in person.

This though has not brought the spirits of people down and we can see people finding new ways of virtual celebrations through zoom and web.

People are trying to get used to the new norm as the road to recovery seems too long. In these difficult times let's ensure that we stay connected with our loved ones as one phone call can lift someone's spirits and can also save a life.

We hope you enjoy reading



Arti Banga
Editor-in-Chief

this edition as we covered the Desi happenings around Australia.

Let's keep doing the 3 and stay COVID free - Wash our hands, maintain 1.5m distance and stay home if unwell & get tested.

Wishing all our readers the best of health.

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Looking after your mental health during the Covid-19 lockdown



By: *Sanjana Suryawanshi*

In 2020, mental health is a topic that is trending across all social media platforms and news regularly. Each of us have probably also opened at least work email that has alluded to it. I have sent emails, Skype messages and text messages to friends and colleagues in Australia and around the world asking how they were going. I slept peacefully knowing that almost everyone had sent a message back saying they were coping and asked the same of me.

Then one night I couldn't sleep. I couldn't sleep for the next few nights. I had been rattled by the news that the prominent Bollywood actor Sushant Singh Rajput had committed suicide. The question that plaguing me was "what must you really be thinking to take that step?"

Now, I have never considered myself to be the sort of person who would be affected by the passing of a prominent person, even if I happened to be a fan. The fact that I was affected was surprising for two reasons: I have never watched any of his movies and it happened in an industry which I do not admire or care for much.

The hardest part to believe was that it was a suicide. But why be so bothered with the death of someone I didn't admire? It finally struck me at midnight as I was tossing and turning. It was because he was so young and his possibilities endless. It was because all I had seen was a smiling face and not even his family knew his struggles. It was because it finally made me question whether I would have known if someone close to me was going through similar issues.



As uncomfortable and confronting as it was, I had to ask myself - did I genuinely care? Were the messages I had sent, the brief polite calls I had made even meaningful? Did they help? Would my friend or family member be comfortable enough to share and ask for my help?

And shamefully the answer was probably not. Not because we don't have a relationship, but because I had become lazy, a little uncaring and honestly a little introspective. Even the calls and messages 'checking in' were to make myself feel like I had done my bit.

So now what? Do I make more phone calls, or probe, or just leave it?

It can be hard to understand how to genuinely care for people without crossing boundaries, especially in this pandemic where face to face time is limited. It can be especially hard with a professional relationship or if the person is in another country.

But all is not at an end. Experience, professional advice (and some experimentation) has shown that people generally reciprocate when they sense sincere compassion. Humans are social creatures that rely on a sense of community and while it can be awkward or embarrassing to send the first text or always be the person to check in, always remember a small action goes a long way.

Do not limit yourself to your personal and professional life. In this time of isolation a small smile at someone in the supermarket, a small thank you, or even just letting someone go first can go a long way

at brightening someone's day.

We all hear the stories of a small smile or a chat with a stranger having prevented someone from taking their life. While they sound clichéd there a grain of truth to it. They have become the clichés because it does work. It is tried and tested.

So, the next time you check in with someone do it because you genuinely care. The next time you go shopping, smile and ask how someone's day was while you are waiting in the line at the checkout (1.5m apart of course) and keep doing it despite the gesture not being reciprocated.

But most importantly remember to look after your own mental health. Take some meditation time where you put away all distractions and think about how you are feeling. Take a break or talk to a close friend or a relative if you are stressed or upset. Talking about how you are feeling helps you rationalise your own thought processes and understand what you are feeling.

There is absolutely nothing wrong in seeking professional help. At times, it is even better to get an unbiased opinion. Living in Australia, most of us are fortunate enough to be able to access professional help discretely and either inexpensively or for free. Beyond Blue (Ph: 1300 224 636) and ReachOut (Ph: 1800 737 732) are an excellent organisations to reach out to if you have been feeling low or are having suicidal thoughts. If you are not comfortable talking to someone over the phone, you can reach out digitally via Live Chat on their website or by downloading their app. Both organisations are discreet and have trained staff that can help you understand and deal with your emotions in real time. The Blag Dog Institute (13 11 14) is another organisation specifically for men who have been struggling with mental health. With options like phone calls, walk-ins or digital contact, there is always someone men can reach out to in times of need.

India takes the lead in Australia



Approximately over 2,00,000 people have pledged their allegiance to Australia and have acquired citizenship in the past 12 months.

In Australia, an Oath of Allegiance or an Affirmation of Allegiance are oaths of allegiance required to be made to the monarch of Australia in some situations.

In the 2019-20 financial year, 204,817 people were conferred Australian citizenship – a 60 per cent increase on the previous financial year and the highest number on record.

This includes 38,209 migrants from India. The Indian community has played a significant role in the Australian community for generations.

Seven out of 10 Australians support pledging allegiance to Australia and its people, rather than to the Queen, suggesting republican sentiment remains strong even though the movement for change has stalled.

Acting Minister for Immigration, Citizenship, Migrant Services and Multicultural Affairs Alan Tudge said citizenship was an important part of Australia’s success as a socially cohesive, multicultural nation.

“Becoming an Australian citizen means more than just living and working here – it’s a

Country of nationality

India
 United Kingdom
 China
 Philippines
 Pakistan
 Vietnam
 Sri Lanka
 South Africa
 New Zealand
 Afghanistan
 Other

Total

No. of people

38,209
 25,011
 14,764
 12,838
 8,821
 6,804
 6,195
 5,438
 5,367
 5,102
 76,268

204,817

pledge of allegiance to our nation, our people and our values,” Mr Tudge said.

“When someone becomes a citizen, they make a pledge to uphold Australia’s rights, liberties, laws and democratic values. It represents a willingness to integrate into our successful multicultural nation.”

“Being an Australian citizen is an immense privilege, which brings both rights and responsibilities. I congratulate all those who have taken this important step.”

The Government moved quickly to start online ceremonies when COVID-19 restric-

tions forced in-person ceremonies to stop and to date more than 60,000 people have been conferred citizenship in this way.

Small in-person ceremonies resumed on 3 June. Online ceremonies will also continue for the foreseeable future for councils unable to host in-person ceremonies in a COVID-safe way.

The Department of Home Affairs has also resumed citizenship interviews and testing, in line with COVID-19 health advice. Small numbers of appointments have begun in Perth and Sydney and more will be rolled out in other locations as soon as possible.



Champion of Greenway “Michelle Rowland” completes her 10 years in Parliament



By Poonam Naik

Michelle Rowland has recently completed a decade in Australian Parliament serving the local multicultural community of Greenway in north West Sydney. Since 2016 she was also appointed the Shadow Minister for Communications. Prior to entering Parliament she was a senior lawyer specialising in competition and regulation in the telecommunications, media and technology sector. Michelle has served as a Councillor and Deputy Mayor of Blacktown City Council, Chair of Screen NSW and a Director of the Western Sydney Area Health Service.

We had the opportunity to talk to Michelle and know a bit more about her.

1) How’s your journey been so far as a woman parliamentarian in Australian politics?

It has been a privilege to serve my community as the Member for Greenway over the past decade. By working constructively with local residents and stakeholders, we’ve managed to deliver incredible outcomes. We’ve shone a light on the infrastructure deficit facing North-West Sydney, campaigned for better schools and hospitals to improve our quality of life, fought against local privatisation agendas and presented a positive vision



for our community.

It’s not been without its challenges. While being away from my family during Parliamentary sittings can be tough,

I always remember that I do what I do to provide a better future for my daughters’ generation and be an example for young women everywhere. Young girls can’t be what they can’t see.



2) According to you what is women empowerment in the modern context?

I think it comes down to respect.

We need to begin by recognising that Australian women face unique challenges not experienced by their male counterparts. On average, women still earn less than men over the lifetime of their careers and are more likely to retire with a smaller superannuation

balance. Women are also more likely to suffer family and financial abuse in the home, and more likely to face discrimination in the workplace. It's only by talking about these issues that women in these circumstances can feel like they are not alone, and they shouldn't be afraid of speaking up.

I think it is incumbent on all Australians to address these issues. It's about respecting the important contribution that women make and

calling out discrimination when we see it.

3) What's your vision for the next 10 years as a woman parliamentarian in Australian politics? How can we increase representation of indigenous and ethnic women leaders in the Parliament?

It's important to give women of all backgrounds a stake in the game. If a person has little faith in the process to deliver outcomes for their community, they will not engage. To engage women from diverse backgrounds, all parliamentarians should be listening genuinely to their concerns and working constructively to deliver positive outcomes. Lip service is not enough.

Our Parliament needs to represent all Australians, including women and people from diverse backgrounds. But I think it's important to acknowledge you don't need to be in public office to make change. Some of the most influential women I have worked with have been in small business and the not-for-profit sector. Changing attitudes and bringing positive change isn't just dependent on political leadership.

5) What are the challenges you have experienced as a woman parliamentarian?

I think it's important to acknowledge that every career has its challenges. Working and balancing young children is a challenge and I wouldn't be able to do my job without my supportive husband Michael and my extended family. Throughout my career, I have been fortunate enough to have people encourage me, both in the private and public sector, for which I am incredibly grateful. It is important however to acknowledge that there are people who do it much harder than I do.

6) What's your advice to new woman aspirants who wants to get into politics?

Trust your instinct! It is unfortunately the case that women in all fields can often have their opinions ignored or views overlooked. If deep down you know something to be right, make the case and stick to your beliefs.

Politics can be very rewarding, but you



need to approach it with open eyes. It's a 24/7 job and there are sacrifices that you will need to make.

7) How do you strike balance between your political career and family life balance?

I never think you reach a point of equilibrium where you've successfully balanced the two, and I think the stress of trying to do so can cause a lot of harm. I've discovered I can be both a better MP and mum by also taking care of myself and making time for wellness by eating well and exercising. It's important to look after yourself too, and if you're not coping, to speak to a professional.

AUSTRALIA POST JOB LOSSES

1) Australia Post has issued a statement saying it needs its workers more than ever to help deliver the increasing parcel volumes. What's your response to that?

In April 2020, the Australian Government announced its decision to reduce service standards for Australia Post, which placed the jobs of 1 in 4 postal workers at risk.

Labor was very concerned by this development, particularly as evidence emerged that forced and voluntary redundancies were being considered to reduce the size of the Australia Post workforce across delivery, processing and transport. Labor's strong view was the parcels

boom arising from COVID-19 should be an opportunity to preserve and grow jobs, not to reduce jobs.

That is why the unions launched a national campaign, and why Labor placed significant pressure on the Government in the Senate and in Parliament.

2) So what are you actually proposing Australia Post should do to shore up the jobs of workers?

To begin with, we need honesty from Government and a commitment to jobs.

The Morrison Government should not have attempted to use COVID-19 as cover to scale back postal services and reduce jobs, especially during an economic recession.

That is why postal unions launched an aggressive national campaign, and Labor forced a vote in the Senate to establish a public inquiry. We acted in order to protect jobs.

One day before questioning at the public Inquiry was due to begin, Australia Post reversed its position and signed an agreement to provide certainty on jobs and wages until August 2021. This agreement is a welcome development, and should have been the approach of the Government from the beginning.

Parcel volumes and overall revenues are increasing, and Labor considers this is an opportunity to preserve and grow jobs, not cut jobs.

MEDIA ISSUES

1) Let's turn to the media sector now, where NewsCorp is set to axe dozens of jobs across its metropolitan bureaux, and of course it comes after it announced more than 100 local and regional newspapers will become digital. And of course, it comes at a time when the news cycle is busier than ever. What do you think needs to be done to keep this profession economically viable into the future?

These closures are a loss for workers, communities, small businesses and democracy. It is essential that media outlets get a return on their investment in public interest journalism. A range of revenue streams are needed to achieve a sustainable media sector, including subscriptions, ad revenue, value exchanges and direct funding in some cases. We need to ensure that a range of revenue models are being facilitated, including by ensuring we have the right tax deductions in place, for example.

We also want diversity – local and independent voices are important. Multicultural communities trust their local voice and it is even more important during the current pandemic to ensure that health information is disseminated in-language.

There have been a range of recommendations made to the Federal Government. Unfortunately, many of these policy proposals have been ignored, and the Government's financial support is, in many cases, too little, too late and isn't working.

CREATIVE HUB

1) Australia is still far from being an international creative hub for production houses and media and creative spaces even though we have lots of potential to be? Will the recent Creative media stimulus save the industry in the long run?



Labor has been vocal in our belief that the creative economy provides an opportunity for jobs and GDP growth, including in outer metro and regional areas. Australians are great innovators and thinkers, and governments should be supporting our local creative economy to deliver a strong financial return by way of more jobs. Thousands of supply jobs are impacted when the creative industries aren't supported.

I look forward to hosting Labor's Creative Economy Summit later in the year to discuss these important issues.

As it currently stands, much of the Federal Government's economic stimulus in this area has come very late, fallen short and too many creative workers have missed out. The stimulus program is tied up in loans that are just not feasible for businesses in the sector.

NSW AND LABOR

1) Labor's economic and jobs agenda for NSW? We need a new definition for Western Sydney. What's your defining boundary on this issue?

I've watched our local population grow over the past decade. Areas that were once empty paddocks are rapidly becoming housing estates, and I think that presents an opportunity for economic growth and jobs. State and Federal Governments should be looking at ways to incentivise the private sector to base their operations in Western Sydney.

I think it's also important to acknowledge

that people are working different due to COVID-19, and access to reliable and affordable broadband is more important than ever. The experiences of the last few months and of the economic recovery ahead will make people more entrepreneurial and innovative, but Western Sydney small businesses will need reliable broadband to do so.

2) Population and resources are still not well distributed in NSW. What's government take on this? Currently Sydney and suburbs are becoming like concrete jungles. Won't it be a great issue if the regional areas are equally developed so population is enticed to move in regional areas too?

Regional areas need more government investment to improve the quality of life for local residents. It's the case that in some areas of regional Australia that broadband access is unreliable, which can make it difficult for entrepreneurs to successfully manage their businesses. Better connectivity makes geography less important, and the Government has an important role to play here. Incentivising a tree change by offering reliable internet can go a long way to increasing the economic productivity of our regions.

FUN QUESTIONS

1) What's the fun part of working, living and representing a hugely multicultural

parliamentary seat?

It's fantastic to meet so many different people. Over the years, I've learnt that the best food and company is often experienced in the home. With restrictions lifting, I'm looking forward to again visiting the homes of local community members, including the family of my dear friend, the late Sneha Joshi, for a delicious home cooked Indian meal.

2) Did you happen to cook or try any Indian dish during the isolation period?

I made Nigella Lawson's cauliflower and cashew nut curry – it was delicious!

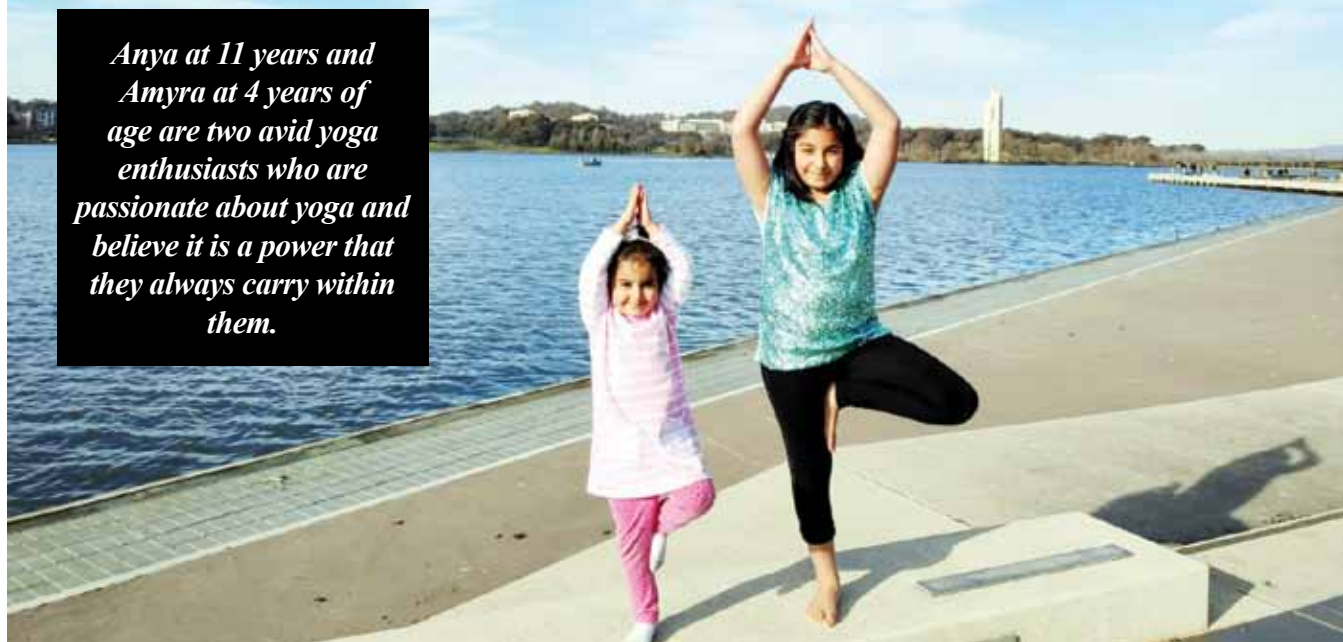
I do also want to give a shoutout to Radhe Chatpata House in Blacktown. I visited Radhe once restrictions were lifted and, as always, the food was exquisite. The restaurant is very COVID-19 safe and the staff were as hospitable as ever.

3) What are some of the words or phrases you know from the Indian dialects you must have learnt from representing the seat of Greenway?

While I don't know very many words or phrases, I have heard the Indian national anthem so many times that I often feel like I can sing along!

Meet the Award Winning Yoga Girls from Canberra

Anya at 11 years and Amyra at 4 years of age are two avid yoga enthusiasts who are passionate about yoga and believe it is a power that they always carry within them.



In the words of Amyra, “In yoga I can be strong like a lion, alert as a cat and calm as the sky” and Anya, “Yoga is like a good friend – it makes you feel good and is always by your side”.

The sisters have been making waves amongst children and adults alike by their evident passion for yoga. Their journey along yoga began when they were mere toddlers under the guidance of their mother Rajni Ghai Malhotra - a yoga and mindfulness consultant. She believes that Yoga is like any other science or art form, “One only learns the theory of yoga on the mat. How we implement the techniques of yoga, the calming of breath, the ability to stay balanced in any situation, the focus and flexibility we carry within ourselves - that’s yoga in actual practice. One cannot be a true yogi if they carry rigidity in thought and action”.

The sisters, along with other yoga students are making news in Canberra and in India with performances of yoga-zing - a blend of yoga and dance movements designed and



made popular by their mother to encourage children to find an interest in yoga and view it as something that can be just as enjoyable as another artform while also helping children acquire important skills of yoga. Through yoga-zing, they try to showcase the actual application of controlled breath-work and balance of yoga in real-life. They are known for mesmerising performances of yoga-zing at the Royal Canberra Show, National Multicultural Festival, Independence Day of India, Diwali Melas to name a few. They have also been invited by schools and childcare centres to engage with children of all ages.

More recently, the girls were part of the MyLifeMyYoga contest hosted by Ministry of AYUSH (India) and organised by the High Commission of India, Canberra. They were the proud winners from Australia. Anya was the first prize winner and Amyra was awarded third across Australia. The girls are elated and more firmly walking the spirit of yoga.

Meet Anya

Anya, now 11, started learning yoga as a toddler. “Often I find just calming my breath and doing silent Aums helps me to find balance when I am feeling upset or worried



about something.” says Anya.

I have a little mantra that always works for me:

- ▶ When you're sad - yoga
- ▶ When you're mad - yoga
- ▶ When you're fit - yoga
- ▶ When you're feeling low - yoga
- ▶ When you're alone - yoga
- ▶ With your friends - yoga.

“I feel that yoga defines me. It has given me the ability to choose how I react in a situation - I am able to pause, reflect and then respond. Yoga also helps me feel good about myself. It gives me opportunities to challenge myself to do better and better because everyone has their own journey on the path of yoga. And most importantly, yoga helps me to stay sharp and alert.

During the time that schools were shut down, the first few days were fun but soon I started feeling bored and restless at home. It was then that we started doing yoga

everyday and it was so much fun. We would try all kinds of new poses, do yoga to music, in the park - it helped us feel happy and connected”.

Meet Amyra:

Amyra, 4 years loves yoga. She has grown up watching and accompanying her sister and mother in yoga and follows the poses naturally. For her it is a daily routine before going to school in the morning and before bed-time.

How often do they do yoga?

Anya: I do yoga almost every morning with my sister. I also engage in practice with my friends on Zoom two or three times every week - it is a wonderful and positive way to connect with friends.

When I was little, I remember doing yoga only for fun or if my mum asked me to. But as I am getting older and learning more about yoga I find that I can use it to stay fit and healthy and also to keep myself calm and

mindful.

Amyra: I do yoga in the mornings to fill myself with energy and at bedtime to sleep better and anytime when I want to feel happy. I even dance in yoga.

Their favourite poses:

Anya: My favourite pose is the Tree pose (Vrksasana) and the Sun-salutations (Suryanamaskar). I do the routine every single morning. I feel flexible, strong and full of energy after doing the Sun salutation.

The tree pose is a beautiful calming pose that helps me to be grounded, firm and at the same time, be flexible. I feel immediate serenity and calm when I do the Tree pose - my favourite spot to do it is at the Arboretum where I can see the beautiful Canberra landscape. I feel this is what the trees at the arboretum must feel like in the breeze just watching over our beautiful city.

Amyra: My favourite poses are Tree pose (Vrksasana) and Downward facing dog pose (Adho Mukha Śvānāsana). In the tree pose I can sway like a tree by the lakeside. Tree pose is a balancing pose so when I do ballet it helps me to balance on tippy-toes too! When I do the dog pose I can see the world upside down and it looks funny and nice. I love to do yoga in the park and at the beach.

Besides Yoga:

Both Anya and Amyra are artistically inclined. Anya likes to express her thoughts through poetry and illustrations and is training in kathak (an Indian classical dance form). Amyra finds expression through dance and music.

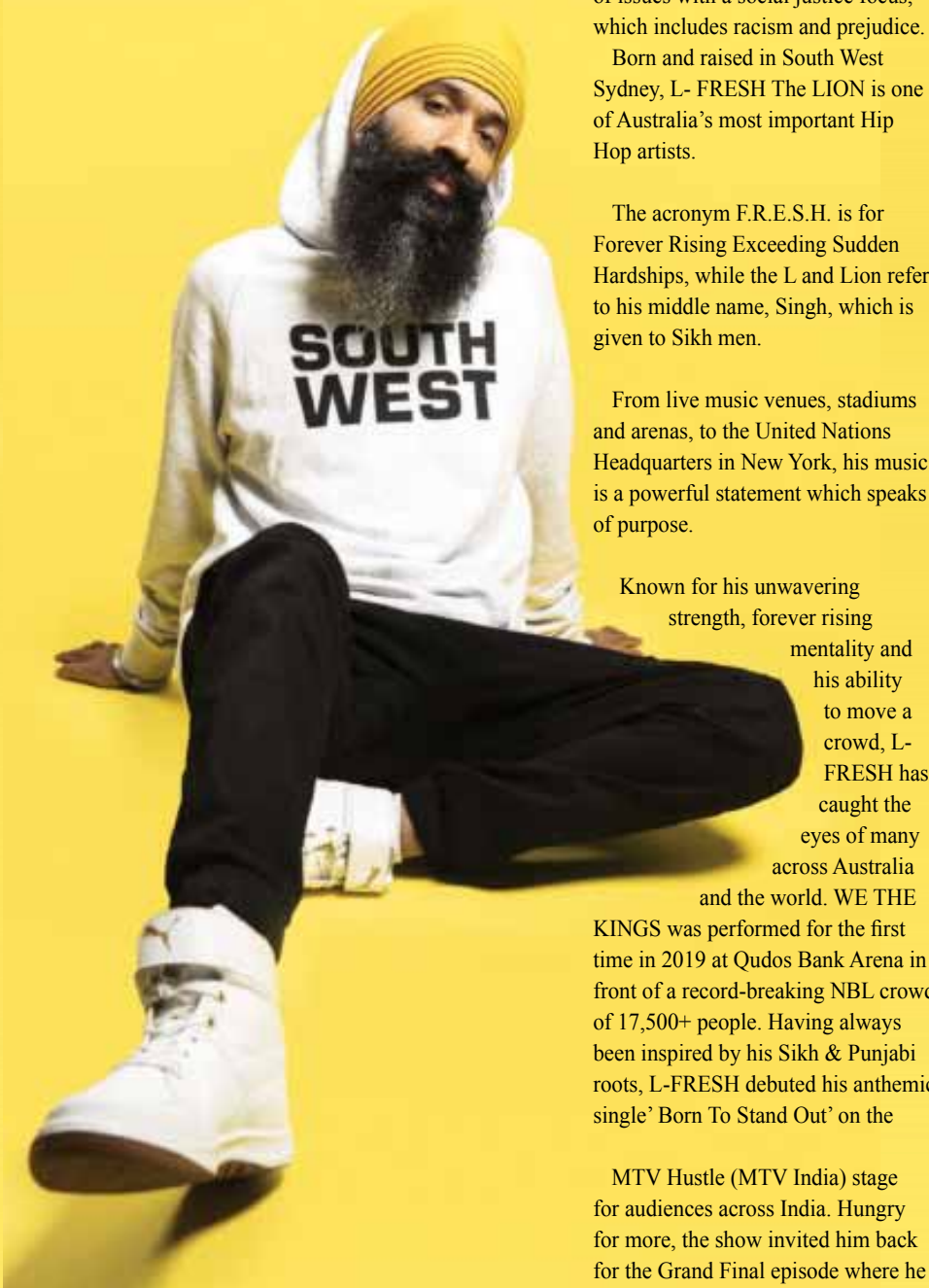
The young ladies are a shining example of how yoga and mindfulness can give children the confidence to face challenging situations and strive for balance in a calm manner. Not only that, they bring out the fun in yoga.

In the words of their mum Rajni, “It’s a soulful experience for me, as a mother, to see my girls navigate themselves with grace and maturity in any situation. Yoga is their guiding light making them less reactionary, more thoughtful and more balanced than is customary for children their age, proving the truth of the famous words of Jigar Gore - Yoga is not about touching your toes, it is about what you become on the way.”



Sydney's SOUTH WEST on World Stage

L-Fresh the Lion



Sukhdeep Singh Bhogal is better known as L-Fresh the LION is an Australian hip hop artist from Sydney Australia. His music covers a range of issues with a social justice focus, which includes racism and prejudice.

Born and raised in South West Sydney, L- FRESH The LION is one of Australia's most important Hip Hop artists.

The acronym F.R.E.S.H. is for Forever Rising Exceeding Sudden Hardships, while the L and Lion refer to his middle name, Singh, which is given to Sikh men.

From live music venues, stadiums and arenas, to the United Nations Headquarters in New York, his music is a powerful statement which speaks of purpose.

Known for his unwavering strength, forever rising mentality and his ability to move a crowd, L-FRESH has caught the eyes of many across Australia and the world. WE THE KINGS was performed for the first time in 2019 at Qudos Bank Arena in front of a record-breaking NBL crowd of 17,500+ people. Having always been inspired by his Sikh & Punjabi roots, L-FRESH debuted his anthemic single 'Born To Stand Out' on the

MTV Hustle (MTV India) stage for audiences across India. Hungry for more, the show invited him back for the Grand Final episode where he

performed fan favourite, 1 in 100,000.

On 17th July, L-Fresh The LION shared his long-awaited third studio album, 'South West'. The album features the previously released singles 'Mother Tongue', 'Oh My', 'Alchemy' and 'Born to Stand Out'.

'South West' follows on from L-Fresh The LION's previous albums 'One' and 'Become', released in 2014 and 2016 respectively.

Speaking about his new album on social media earlier this week, L-Fresh said that "the record is empowerment music."

Who are we? And where do we come from? As a multicultural nation, there is an ongoing discussion about what it means to be Australian today. Sukhdeep Bhogal AKA L-FRESH the Lion is leading conversations on Australian identity through his music, his work within his own community, and just by being himself; your typical Aussie Sikh hip hop artist.

L-FRESH The LION releases his third studio album SOUTH WEST, a love letter to the place that raised him and continues to inspire him, South West Sydney. Dedicating the album to his 13-year-old self, the record is a collection of lessons FRESH wished he had known as a kid; lessons on how to be confident in yourself and hold pride in your culture.

"I'm reminding my younger self to have confidence in where I come from & to appreciate & learn from that rich cultural, Sikh tradition; to not be brought down and devalued by society around me."



With features from rising stars OKENYO and Mirrah, the record succeeds in its big hooks, authentic lyrics, unique beats, and heartfelt messages.

Drawing from lessons learnt growing up in his hometown and his experiences with discrimination and racism, SOUTH WEST is a definitive album by one of Sydney's most cutting edge hip-hop artists.

In the time since his ARIA nominated album BECOME was released (2016), L-FRESH The LION has taken his music to the world. Head dressed the United Nations Headquarters in New York in late 2018 and was selected an ambassador for YouTube's Creators For Change global initiative, with his resulting video RACIST / OUR

WORLD premiering at the Tribeca TV Festival in New York. Breaking ground and exceeding expectations is a recurring theme of this South West Sydney artist, having performed alongside hip hop icons such as Nas, Talib Kweli, Dead Prez, and even the legendary Sir Elton John.

SOUTH WEST sees FRESH at his most honest, penning stories of his experience as a second-generation migrant kid existing between two cultures and the ongoing effects of Australia's inherently racist culture. A personal take on the process of decolonisation, SOUTH WEST is both a listening and a political experience.

Sampling an infectious Punjabi hook, praised single 'Alchemy' forms the foundation for the album. 'Werk' speaks to the spirit of the Western Sydney and the hustle that L-FRESH The

LION celebrates in himself and the com-

munity that surrounds him. The feature track 'Strength' is a nod to the many talents who've come out of Western Sydney. Acknowledging the power of the collective, the chorus rings "it ain't winning unless we all winning".

Hard-hitting tracks 'Forever Rising 2.0' (dedicated to the late, highly revered Western Sydney filmmaker Vanna Seang who directed the music video 'Survive ft. MK-1), 'Village Boy' and 'Aim Higher' start to bring the album to a close. Recent single 'Mother Tongue' dives deep into the shame, grief and disconnect L-FRESH has felt losing not only his connection to his first language of Punjabi but to the roots of his culture.

It's 'Peace and Light' that sees L-FRESH at his rawest. A reference to his birth name Sukhdeep, meaning 'peace and light', the track speaks to the importance of not only decolonising this land but also our minds. "My survival lessons were infused with turmeric and some cumin seeds" recalls conversations with his parents as they were cooking dinner about keeping safe in the face of racism and violent attacks after other Sikh kids were being attacked with their turbans ripped off.

L-FRESH The LION on SOUTH WEST

"My aim for SOUTH WEST was to create music that my 13 year old self would be proud to listen to not only because the beats knocked but the stories represented him and related to him. I was lost back then. The messages on this album are what I wish I knew back then.

On the first listen, SOUTH WEST will sound confident because what I needed as a kid was confidence in myself and my culture. On second & third listen, you'll peel back the layers and feel the heart of the record, which is decolonization, and in particular decolonizing my own mind. This is an empowerment record."

The release follows on from his ARIA award-winning album Become and a string of big wins, including performances on MTV Hustle in India, addressing the United Nations Headquarters in New York in late 2018, and being selected as an ambassador for YouTube's Creators For Change global initiative with his

resulting video RACIST / OUR

WORLD premiering at the Tribeca TV in New York. FRESH has performed alongside artists such as Nas, Talib Kweli, Dead Prez, and even the legendary Sir Elton John.

Serving up nothing but honesty, the listener is privileged to be brought into the inner workings of FRESH's heart and mind, with an opportunity to connect to both the pain and empowerment of his story.

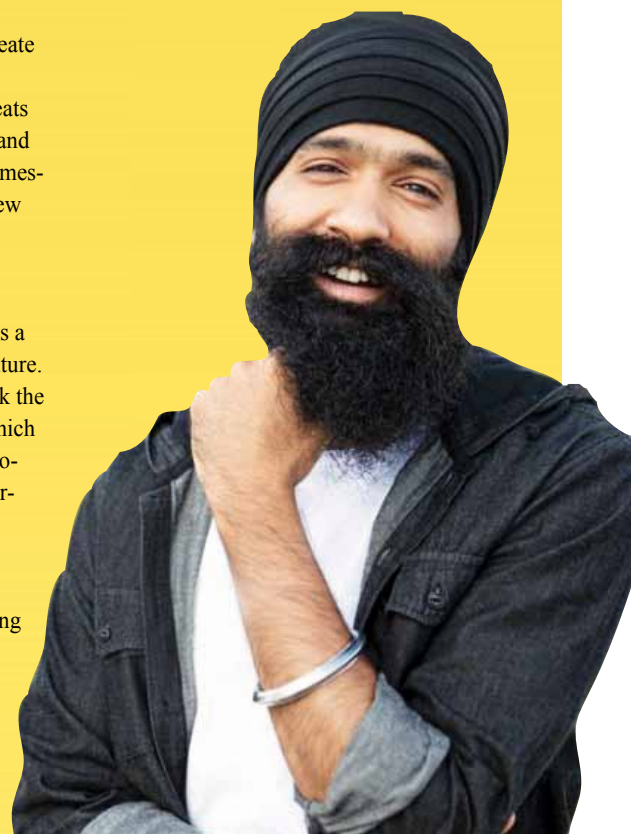
Like many kids born to migrant parents, Sukhdeep Singh — better known as rapper L-FRESH The LION — grew up oscillating between languages.

Punjabi at home; English in the playground.

"Growing up as a kid in south-west Sydney ... if you spoke another language, or had an accent, that wasn't cool," he told RN Soul Search's Meredith Lake.

"That was something that was made fun of, not celebrated." The pressure to conform — to "be cool" — had an impact.

The release of SOUTH WEST sees L-FRESH The LION levelling up in every way.





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Michelle Rowland MP
FEDERAL MEMBER FOR GREENWAY

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CITY OF PARRAMATTA

HAPPY INDIAN INDEPENDENCE DAY

On behalf of the City of Parramatta,
I would like to extend my best wishes to
everyone celebrating Indian Independence Day.

City of Parramatta
Lord Mayor Cr Bob Dwyer

cityofparramatta.nsw.gov.au



Celebrating Independence in lockdown-what does the future hold?



By: *Sanjana Suryawanshi*

Indians are known as strong patriots, celebrating the Independence Day and all our national heroes with gusto and pride. One only has to look at movies like *Uri*, *Razi* and *Gold* to see that this sense of patriotism is alive and active even today.

Growing up in suburban Mumbai, I remember schools, housing societies, social clubs and political parties hosting functions on the day to commemorate the great struggle that has made us an independent country today. Practises for these functions start weeks in advance and there is a sense of joy and pride of nationhood that is very hard to find in other countries. It is the one day we put aside our prejudices and state borders and come together as Indians and it is truly a site to behold.

India would have celebrated 73 years of freedom this year and the celebrations would have been just as spectacular, but with most of the country in lockdown, it is

hard to see how Indians will celebrate this year. Since our independence, the country has fought many epidemics – the 1974 smallpox epidemic, the 1994 plague and 2009 swine flu pandemic just to name a few. These have been a massive learning curve for Indians in not only fighting and over coming pandemics but how to deal with weakened economies and mass migrations in their aftermath. According to Raghuram Rajan, the former Governor of the Reserve Bank of India, India has always improved post a crisis period and gives examples of the 1991-992 and the 1996-1998 financial crisis out of which India came out stronger economically.



However, recovering from Covid-19 seems a feat that the is almost impossible to even the most astute and optimistic financial advisors.

Arvind Subramanian, a former chief economic advisor to the Finance Ministry of India hopes that India can do so again after the Covid-19 crisis which has seen world economies cripple. However, there are

many sceptics about this. The extensive country wide lockdown has seriously crippled national consumption which accounts for 56% of the Indian economy as people loose jobs and reduce average spending. The hardest hit are the local businesses who depend on local demand to keep alive. The severe lockdown has hit everyone hard, especially daily wagers who earn and spend day to day. As a large section of the population end up jobless, the spending is reduced, further crippling the economy. Previous pandemics that have gripped the countries have been different in nature as they have been concentrated in certain states or geographic borders. With Covid-19 spread nationally, those hit the hardest do not even have the option to migrate to another part of the country to earn a wage. It almost seems as if India is back in the 1950s struggling post independence to provide for its citizens as the country battles with poverty, unemployment and corruption.

Corruption and mismanagement are another pandemic gripping the country that is further compounding the problem. News reports of mass movement of people, travelling on foot for thousands of kilometres, unavailability of proper medical care and general lack of government (state and federal help) has become a reality for millions of people. Add the highly televised coverage of Bollywood stars as they battle Covid-19 in their luxury hospital suits while the natural disaster in Assam barely gets a mention, Indians in the country and abroad are left wondering what will happen to the country and if we can make it out of this crisis intact.

The times almost seem apocalyptic, where the rich and powerful seem to have access to the best of medical care, food and basic essentials while the majority of the population who keep the economic and social cogs of the country moving are left to fend for themselves. Many people have not been shy to bemoan the state of the country. Many have taken to social media and quiet a lot of parodies, tweets and images saturate the space highlighting the plight of the country and its citizens. Yet no easy solution seems to be on the horizon. The government has been slow if not almost uncaring in their approach to the crisis gripping the country. With a crippling economy, growing unemployment and high inflation rates, one is left to wonder if India can really pull off a miracle as we have been in every crisis period since our independence or will be left even worse off than what we started off as.

This independence day, let us reflect what we can as citizens do to support our fellow Indians. Let us remember compassion, kindness and helpfulness, looking after those that have been the hardest hit. Let us practise our civic rights to vote and veto government decisions and policies. Let us demand a better response to this crisis for we are uniquely placed as a young country to not only survive this pandemic but make changes that will improve the economic and social condition of the country. Many freedom fighters have fought valiantly for our freedom. Let us be the 21st century freedom fighters, fighting against all the prejudices, corruption and decisions that has hindered our growth as a country and see a new dawn for India.



Busting the myth of working from home



By: *Sanjana Suryawanshi*

Morning jogs, a healthy brunch and an active day is what most of us desk sloths were excited about once working from home was mandated.

Weight gain, acne and dark circles is the reality for most of us despite the extra hours we now have in the day that we aren't spending travelling. How did it come to this and where have the weeks gone? We wonder as we down another cup of coffee at our home desks.

Working from home is tough and it's about time we accept that this is going to be the new work norm. Stress, long working hours, isolation, and irritability are going to be our new colleagues as we sit closeted at home. Things only get tougher, especially for those of us that have kids, pets or live in shared housing,



as the strain of managing multiple aspects of our lives at the same press down on us. So, is this the end of simple work-life balancing? Is there no hope, no light at the end of the tunnel?

I would like to think not. Acknowledging that this new 'privilege' of working from home can be stressful is the first step towards bringing some semblance of control. The next step is to identify the factors causing or adding to your daily stress. Is the dog always barking? Are the kids always crying or you simply cannot focus? Identifying these stress points is the key to designing steps to addressing them.

Do not let these make you feel guilty. You are not a bad parent or pet owner or friend, you are only human, and this is not your normal work environment. It is okay to want some quiet time or space to think and get some crunch time.


The last step is to set clear boundaries and expect those around you (at work or home) to respect them. Have a clear 'work' time and 'home' time and set expectations on what you can and cannot do during this time. Clear, open communication with those around you is the key. People at work must respect that you need down and those at home must come to terms with the fact that focus time is a thing.

While it sounds idealistic to set these expectations with those around you, it is easier said than done. The only way to do so is to be disciplined and consistent. It will allow you to structure your days and be more productive that you are currently. And don't forget to be productive with your non-office hours too because if not now, when?


Remember that you are not on-call during the day simply because it's easy to log onto the computer or read that email. Set boundaries, stick to them, and ensure your sacred time off isn't being eroded away. If you're having trouble, maybe even speak with a colleague to see what they have done.



I would like to wish the Indian community a Happy Independence Day. *- Anne Stanley MP*



Anne Stanley MP
 FEDERAL MEMBER FOR WERRIWA
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Authorised by Anne Stanley MP, ALP, 7/441 Hoxton Park Rd, Hinchinbrook, NSW 2168

Happy Indian Independence Day



From Jodi McKay and your State Labor MPs
 We wish you and your family a Happy Indian Independence Day!

JODI MCKAY MP
 LEADER OF THE OPPOSITION
 SHADOW MINISTER FOR MULTICULTURALISM
 & MEMBER FOR STRATHFIELD



Prue Car MP
Member for Londonderry

Jihad Dib MP
Member for Lakemba

Daniel Mookhey MLC
Member of the Legislative Council

Stephen Ball MP
Member for Blacktown

Julia Finn MP
Member for Granville

Hugh McDermott MP
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COVID- 19 Toughest challenge faced by Society

There are true Leaders ,good Samaritans like Hon Steve Georganas MP reaching out community with much needed help for vulnerable.



Daljeet Bakshi

The COVID-19 pandemic is the toughest challenge we have faced as a society. It has been a frightening and uncertain period, and the situation continues to disrupt our lives and our economy. It has also highlighted the plight of those people in our society who were already doing it tough, and the pandemic has only increased their predicament, while the number of people applying for unemployment benefits has doubled since December.

From March when the lockdown started, people suddenly found themselves without a job overnight. Four months down the track, we continue to live with the possibility of new restrictions, especially given what we are seeing happening in Victoria.

Thank God, there are good Samaritans within our beloved community, who are always there, stand together wether celebrat-



ing together or tough times like this phase of Covid-19. The pandemic has also allowed us to witness examples of true kindness and generosity in our community. People wanting to help in any way they can, giving their time, money and goods to help those less fortunate. It's our pleasure always to share the stories about these community gems that make whole community proud.

With immense pleasure we would like to acknowledge and thank Hon Steven Georganas, Federal Member (labor) for Adelaide, for the exceptional & exemplary work he has been doing tirelessly for the community. Hon

Steve has always taken a lead raising community concerns and helping out the members of community as well as various NGO's, charities reaching out to vulnerable.

Recently, I met Hon Steve Georganas MP, and discussed about the community concerns and the support actions during this pandemic.

Hon Steve said," For me, as a local member of parliament, I also wanted to help in any way I could. I distributed around 400 gift packs of Arnott's Tim Tam biscuits to people working on the frontline during the peak of the pandemic, including nurses, doctors,



paramedics and emergency workers and volunteers. It was a small way I could say thank you to essential workers putting their lives in danger to keep us all safe”.

Hon Steve adds up further, “What has impressed me most is the number of people and organisations in our community doing amazing work to help those facing truly difficult and challenging times. And while there are too many to list here, I would like to highlight the work of Sister Catherine from the Sisters of Mercy Order as one example of the great work being done throughout the community. Sister Catherine has been running the Croydon Conference of the St Vincent de Paul Society for years. She maintains a pantry of groceries to distribute to people in need”.

It’s worthwhile to mention here that when Hon Steve heard that Sister Catherine was struggling to purchase groceries as usual at the beginning of the pandemic, he put out a call through social media and through his networks, asking for help. The response was immediate. Sister Catherine was overwhelmed with donations from a range of people and organisations. According to Hon Steve , “Would like to thank the wonderful staff at Nonna’sCucina, who provide Italian meals for the elderly and disabled, and organised a personal collection for Sister Catherine’s pantry. I would also like to commend the members of the Lion’s Club of Hellenic Inc. who also so generously collected food, as well as my Labor Party colleagues and members for their kind donations. In particular, I thank the Australian Sikh Support group who also kindly donated many goods for the pantry, and also offered to cook meals”.

Overwhelmed witnessing such kindness and generosity of spirit has been a real highlight during these difficult times, and He extended his of thanks all the organisations who assist the homeless and people facing financial difficulties.

According to Hon Steve,” we are likely facing a long period of economic turbulence and, as a society and as Members of Parliament, we must ensure that people get the support they need. And, while I welcome the COVID-19 payments and supports that have been put in place such as Job Keeper and Jobseeker, there are still too many people who are falling through the cracks and not receiving support. These include employees in certain sectors such as aviation and



universities, casual workers, and temporary visa holderwho cannot return to their home country, including skilled migrants, seasonal workers and international students who still cannot access Jobseeker and other social security payments”.

And the big question remains: how will the Government support these workers who are currently falling through the cracks? And what will happen when the Government stops Job Keeper and Jobseeker or reduces the rates?

On top of this, if the Jobseeker rate is reduced back to what it was before the pandemic, it is estimated that around 650,000 people would be pushed into poverty, including 120,000 children. The consequences for these people are likely to be devastating and long-term.

Further, during discussion Hon Steve said,”There are many people in our community who are trying to support people doing it tough. The Morrison Government has the moral responsibility to do the same. What our society needs now is clear leadership, and continued support for the millions of people facing unemployment and underemployment. Otherwise, the cost to people’s lives and livelihoods, and our society as a whole, will be dire if this Government support ends or is severely reduced in September”.

What we have observed during discussion that there is so much happening at back end as a support in his office. Hon Steve Georganas



is a true leader, wonderful person, Politician with expertise, with a very supportive and hard working team of professionals, Georgia, Trian, Rosa, Michele.

We would like to extend our sincere wishes for the Hon Steve and his whole team.

Stay Safe.





The State of South Australia takes lead in managing COVID 19 crisis

Well balanced approach of Government, Health Department, and Police Department.



Daljeet Bakshi

South Australia has taken a lead in Australia while handling COVID 19 crisis. South Australia was the first state to be COVID free. South Australia was first to implement strict restrictions and lift the restrictions. It had highest numbers of Covid 19 tests done. South Australia based pharma company Vaxine in collaboration with Flinders University Researchers launched successful first ever Human trial of potential covid 19 vaccine Covax 19 in Australia with 40 volunteers. And as per the latest information, the first trial was successful and 2nd trial with 100 plus volunteers will be taken up in September and hopefully vaccine may come within 3 -4 months.

It's really worthwhile to mention that Government of South Australia, SA Health, SA Police, Opposition and people of South Australia did remarkable work to restrict any outbreak of virus.

When South Australia Government announced the uplifting of restrictions and further approval of travel for South Australians within State, sudden negative remarks by Hon Premier of Victoria for South Australia infuriated almost everyone in South Australia. Despite this, when second wave of Covid 19 was seen with spike in cases, South Australia Government sent contract tracing specialist team of South Australia Health to Victoria to help Victoria Health. Also first batch of 50 Nurses was sent to help out Victoria health staffs who were exhausted with handling spike in cases particularly within aged care services.

After the sudden surge in cases interstate, South Australia announced stricter border restrictions and upon registering few positive



cases from interstate, borders were closed for interstate travellers and then even for south Australians too. Only essential workers with permission were allowed on the condition for self quarantine for 14 days. South Australia Police deployed additional resources at interstate borders and ADF personnel too were deployed to check any cross border breach. But still, there were many cases reported of breach, but timely action of SA Police and ADF helped catching them and sending back.

To help neighbour state Victoria which has launched strict lockdown after surge in positive and community transmission of covid cases, South Australia government took the load of 2 international repatriation flights from India landing in Adelaide and approximate 300 passengers of those flights were taken in two CBD hotels in Adelaide for quarantine.

During this tense situation, South Australia

official transition committee for covid 19, headed by Premier Hon Steven Marshall, Health Minister Hon Stephen Wade MLC, Prof Nicola Spurrier Chief Public Health Office & Mr. Grant Stevens Police Commissioner did remarkable work for the safety of people of South Australians. We would like to mention that Hon Jing Lee MLC, Assistant Minister to Premier of South Australia did remarkable work updating the South Australia community of latest updates through her social media posts.

During this pandemic and these days of restrictions, South Australia based NGO's Australian Sikh Support, Khalsa Aid, Gurudwara Allenby Gardens and few others lent their helping hand to the effected and vulnerable. Australian Sikh Support South Australia team in association with Chahat Restaurant Adelaide, upon receiving request from passengers of both international flights contacted the Hotels and arranged the complimentary veg lunch meals for them. Likewise Gurudwara Allenby Gardens also pumped in resources to provide 3 days meal to the passengers who requested from one of the hotels.

Hope this crisis finishes now and everyone enjoy the normal life free of restrictions.

Pics sources : SA Health , SA gov, SA Police

Social Media is playing pivotal role during pandemic crisis

Facebook pages and, whatsapp groups are key instrument in making a strong communication network.



Daljeet Bakshi

An outstanding bond of sharing and caring has been noticed in Victoria during the tough times. Being on top two of World's most liveable city, Melbourne is always abuzz with full on activity and party culture and imposing restrictions was really like a bumpy road to drive. Wider community participation, corporate work culture and daily events make Melbourne a vibrant happening place to be. But during the current pandemic situation, no doubt it has been impacted a lot but it was and is much needed to prevent the surge in community transmission of virus.

The whole community is suffering because of some people who disobey the instructions. Even violent attacks on Police officers and protest meetings during night curfew were noticed and reported.

During all this, good thing which came in limelight was wonderful community spirit of helping each other, caring and sharing. Where many organisations and Samaritans came along with government emergency manage-



ment services to provide helping hand as assistance during crisis.

Communication and connectivity through social media has been pioneer for quick exchange of updates and reaching out to the vulnerable. Particularly, face book pages, whatsapp groups were instrumental in collaborations, planning and execution of relief services. Even individuals came along through their networks raising money to help those affected by this pandemic.

Since ,the onset of these crisis , incredible work is done by Victoria based organisations , Australian Sikh Support , Sikh Volunteers Australia, Khalsa Aid ,Gurudwara Baba Budha sahib ji Pakenham, Dal Baba Bidhi Chand Ji Khalsa Shaouni, Plumpton. They

have been delivering their assistance in terms of grocery and essential kits , providing fresh vegetarian meals to the needy and people who remained in isolation and this all is still on. The volunteers of these organisations were approached by few government agencies as well to provide assistance in terms of food for people in isolation during towers lockdown.

No one knows how quickly these crisis are going to over ,but one thing is sure that it's time for no blame games and un-reasonable behaviour , it's time to come along ,help each other and follow the instructions as defined by agencies of law .

Let us all be responsible citizens and pray for good time to prevail soon.

Pics sources : independent,visit victoria



Distanced, Yet Connected

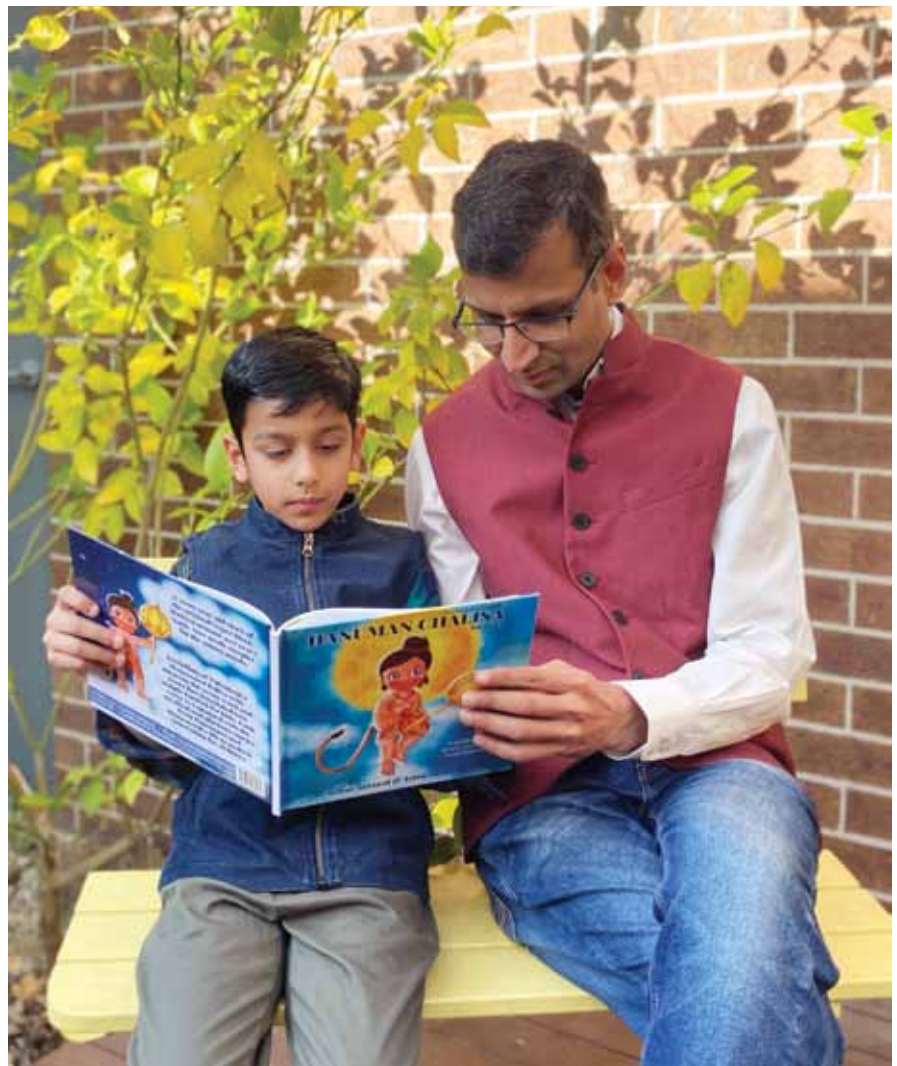


Rahul Agrawal from Melbourne translates Hanuman Chalissa in English for kids.

The Hanuman Chalisa is a Hindu devotional hymn addressed to Lord Hanuman. It has been authored by the 16th-century poet Tulsidas in the Awadhi language. The most popular hymn in praise of Lord Hanuman, Hanuman Chalisa is recited by millions of Hindus every day across the globe. It is a very popular belief that chanting the Chalisa invokes Hanuman’s divine intervention in grave problems.

IT Consultant by profession, Rahul Agrawal lives in Melbourne. He belongs to the state of Jharkhand in India where he grew up reciting Hanuman Chalisa.

Rahul says “When we think of Hanuman ji, we think of strength as he can fly, can jump over oceans and can even lift the mountains, but at the same time there is abundant scope to learn humility from him. Despite all the powers he had, he was the biggest devotee of Sri Ram.

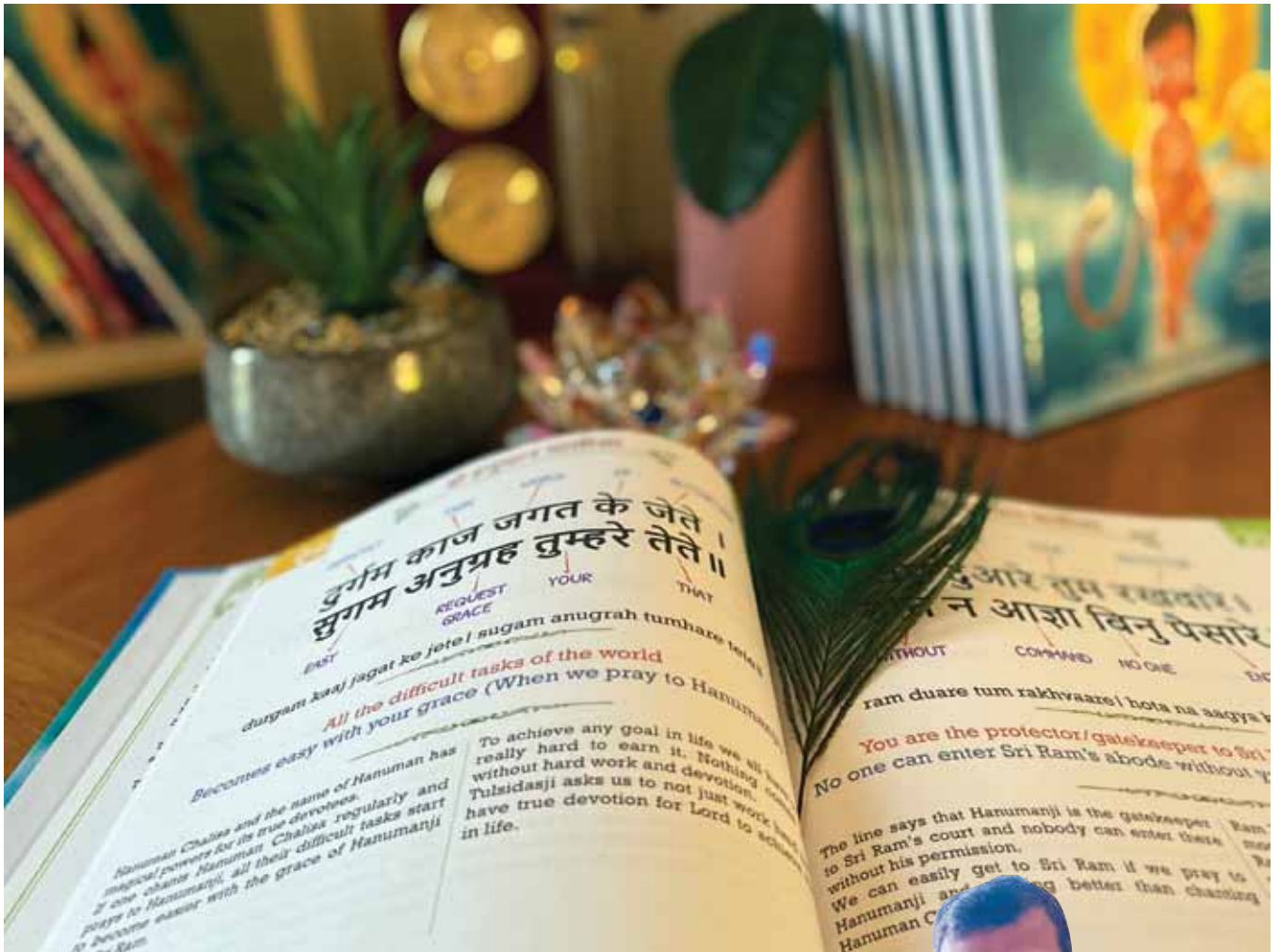


Hanuman ji was also very knowledgeable and was an expert in all four vedas. He is an ocean of knowledge and wisdom.”

Rahul wanted to teach the same to his son Arjun as he felt this was certainly one of the ways to keep Arjun connected to his origin, culture and tradition. Born and brought up in Australia, like a number of other kids in this age group, Arjun was not able to understand Hindi well. When Rahul saw that his son’s interest grew

in learning more about the content of hanuman Chalisa, he made every effort to explain each word to his son in English by using a Whiteboard and making it interesting for him so he does not lose interest.

Soon Arjun started listening to Hanuman Chalisa all the time even while driving with his dad and now he can recite all the lines of this hymn with an ease that would evoke anyone’s admiration.



Rahul decided to share his explanations and interpretation of the verses in the chant with his friends in case their kids wanted to learn too. He received a positive response and decided to publish the book himself as it'd hard to find similar books in the market that could explain Hanuman Chalisa to young kids in English.

After six months of online research and gaining some knowledge from his elders, Rahul sought help from family and friends with the illustrations as well as design and the book was ready to be published.

The Book "Hanuman Chalisa for Kids" was launched on 5th Aug, coinciding with the auspicious day of Bhoomi Pujan of Ram Mandir in Ayodhya.

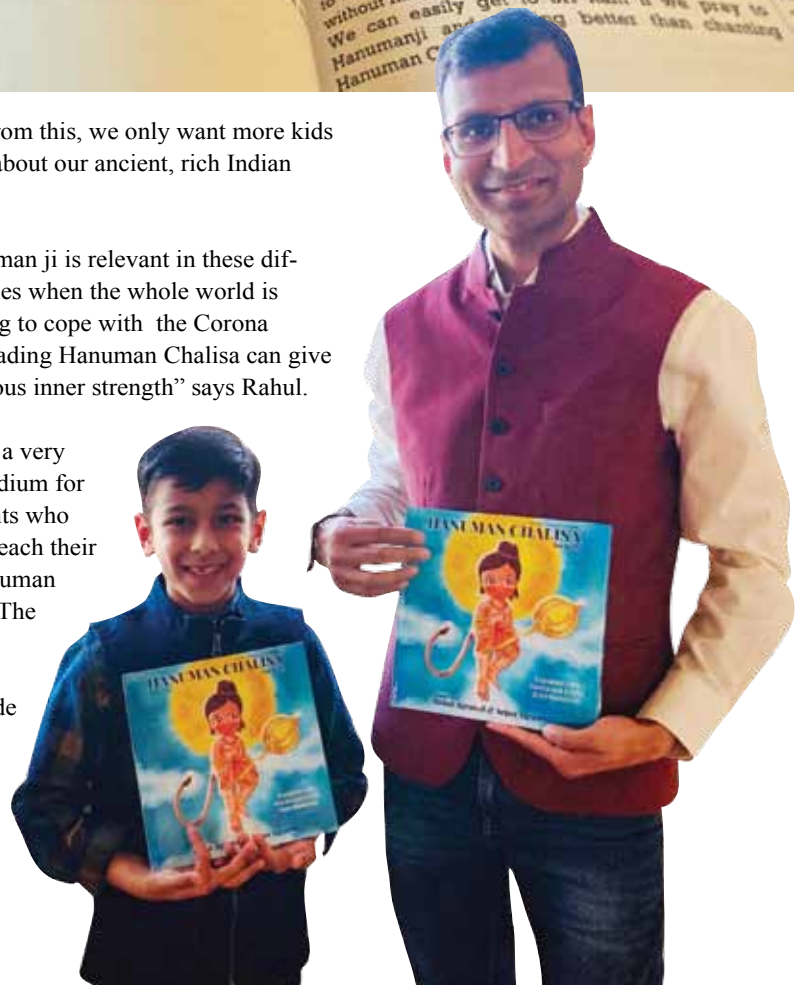
The book has been promoted on Facebook and has received a great response from parents.

Rahul says "we do not want to make

money from this, we only want more kids to learn about our ancient, rich Indian texts,"

"Hanuman ji is relevant in these difficult times when the whole world is struggling to cope with the Corona Virus, reading Hanuman Chalisa can give tremendous inner strength" says Rahul.

This is a very good medium for the parents who want to teach their kids Hanuman Chalisa. The book is available worldwide on Amazon.com.





IDY 2020

at the High Commission of India, Canberra



By: Rajni Ghai Malhotra

The 6th International Day of Yoga (IDY2020) was celebrated at the High Commission of India, Canberra on the International Day of Yoga 21 June 2020 amidst the easing restrictions of COVID-19 in the ACT.

The High Commissioner of India, H.E. Mr Gitesh Sarma alongwith his wife Mrs Ratnamala Sarma, diplomats and guests of the mission participated in the yoga and meditation session led by Ms Rajni Ghai Malhotra on the pristine grounds of the Chancery. The event commenced indoors with the invitees watching a relay of the address by the Prime Minister of India Shri Narendra Modi on the occasion. H.E. Mr Gitesh Sarma addressed the gathering noting the popularity and practice of Yoga in Australia followed by a few words by the Deputy High Commissioner of India Mr P S Karthigeyan.

It was a chilly Canberra morning but the spirit of yoga kept everyone warm.



Photo Credit: Rajni Ghat Malhotra



“The opportunity is now!

We must develop closer relations with India” - clarion call by business and government leaders at AIBC panel discussion to reinforce bilateral partnership

On 17 July 2020 during a first-of-its-kind webinar, distinguished speakers discussed the implications on bilateral business and economy of June’s virtual Australian and Indian Prime Ministers summit, during which nine Comprehensive Strategic Partnership (CSP) agreements were signed, with the unanimous message being ‘the time is ripe now’ for bilateral engagement.

The high-profile panel, organised by Australia India Business Council Ltd (AIBC), the peak body facilitating bi-

lateral trade and investment between Australia and India, included High Commissioner of India to Australia, His Excellency Mr Gitesh Sharma; High Commissioner of Australia to India, His Excellency Hon Barry O’Farrell AO; Ambassador Anil Wadhwa; Business Council of Australia CEO, Jennifer Westacott AO; Export Council of Australia Chair, Dianne Tipping; Event Partner Tata Consultancy Services Country Head Australia New Zealand, Vikram Singh; Consul General of India NSW – Manish Gupta; AIBC National

Chair Mr Jim Varghese AM; AIBC Chairman Emeritus Neville Roach AO; AIBC National Vice Chair, Sanushka Seomangal; and moderator Sheba Nandkeolyar, Immediate Past National Chair of AIBC, Reference Group Member of IES 2035 and Chair of AIBC Women in Business.

Jennifer Westacott said: “To set the foundations for another three decades of uninterrupted growth in Australia and to lift living standards across the world, a stronger relationship with India will be crucial. We support the comprehen-



sive partnership agreement with India, and we must continue to build on that foundation, getting that right will mean getting the best structures in place. The Business Council looks forward to working with the AIBC to forge a path ahead for our two business communities.”

Dianne Tipping said: “We need to broaden our horizons in exporting. Covid 19 has emphasised a need for global supply chains. With MOUs very strongly aligned, there are huge opportunities in many sectors in India.” Jim Varghese said: “Today is a milestone in terms of capturing business opportunities among key players in the industry and government. As Minister Simon Birmingham put it – ‘No single market offers more growth opportunity for Australian business than India out to 2035’. I am pleased to announce that a task force will be set up to facilitate and nurture relations, and AIBC will publish a discussion paper highlighting this initiative to fast track opportunities.

AIBC’s Digital Exchange Forum will provide valuable benefits to members, partner organisations, stakeholders and additionally now to BCA and ECA after today’s webinar.”

HE High Commissioner Sarma said: “This is a wonderful initiative by AIBC. The Comprehensive Strategic Partnership (CSP) adds new flavour to the bilateral relationship, which is changing from a strategic partnership to a comprehensive and strategic partnership. This means our vision is long-term and cooperation can be in almost any sector. The spirit of the relationship is captured in the CSP. Indeed, the environment has changed in India and opportunities are immense. Working together, partnering and upscaling will boost our economic engagement. India is ready for such cooperation. That is the spirit of the virtual summit.”

HE High Commissioner O’Farrell said: “The CSP covers all important sectors. All the MOUs are enabling mechanisms and deepen our mutual economic interests. I consider MOUs on critical minerals, water and vocational education and training are particularly important.”

Ambassador Wadhwa said: “The Australia Economic Strategy is being revised due to Covid and there are key opportunities for Australian companies engaging with India in 20 areas including minerals,

mining, energy, defense, space, ship-building, vocational training, cyber security, infrastructure, online education technology, water resources, large scale supply chains, sports, technology, and textiles.”

Vikram Singh said: “IT is a key enabler and major differentiator in today’s challenging times. It will accelerate innovation for business growth and social good and empowers greater access, equity, and inclusion in society. The trends for the future are self-reliance in manufacturing and supply chain distribution, focus on digitisation and rebooting



sustainability. TCS has also invested in Australia in cyber security, data driven analytics, research and innovation and is looking forward to broadening further areas of collaboration.”

Neville Roach said “The sun has risen. I urge businesses to take advantage of this time and do something. People to people communication often results in strong commitments. I appeal to Business Council of Australia members to consider spending more time in India, which will make big difference to the bilateral trade.”

Consul General Gupta urged attendees to take the relationship forward by engaging with bilateral businesses in key sectors through trade programs like Access India by NSW Government.

AIBC National Vice Chair, Sanushka Seomangal said: ‘The panel discussions were very engaging. There is so much traction now. AIBC will lead and facilitate bilateral engagements.

In conclusion Sheba Nandkeolyar said: “The time is ripe, and the time is now. There is strong, positive momentum in the bilateral relationship. The two Prime Ministers have set the agenda and it is heartening to see AIBC as well as government and industry stakeholders coming together at this webinar to bring to life the agenda going forward.”

YouGo with Rajni Let's Be Mindful Series

Part 23: Essentials of mindfulness during the pandemic

As you rise with the morning sun, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.

~Marcus Aurelius



-Mindful Monday @ YouGo Yoga with Rajni



By: **Rajni Ghai Malhotra**

Ah, the pandemic. It has given us much to think about. During the past few months, each one of us has reflected on our lives, on the how and why of our lifestyles and where it is all headed. We have all experienced moments of despair, anxiety, doubt, stress and panic. If there is any positive out of this – it is that each one of us has had to give thought to what we deem essential.

Today, let's focus on the absolute essentials during this time of crisis.

Mind your breath

Without your breath you really aren't you. In fact without it, you are not!

In these times of stress, anxiety, of not-knowing what the next day will bring – your

breath can be your single, most powerful tool to navigate this tide of uncertainty.

Make mindful breathing your anchor

As many times as possible in a day – make it a conscious habit to take deeper, fuller breaths and with each breath guide your awareness to the present moment – to wherever you are and whatever you may be doing. If you are drinking your tea, driving, walking, doing the laundry – anytime is a good time to slow down your breath and focus on the space and action you are engaged in.

And, as you focus on your breath, you could use any of the following words to navigate your emotional state and re-establish a balanced centered you.

- Inhale peace, exhale stress.**
- Inhale happiness, exhale worries.**
- Inhale confidence, exhale doubt**
- Inhale calm, exhale chaos.**

Gratitude

An absolute essential during pandemic times, gratitude is what shines tiny rays of light that can help us find our way through this dark tunnel. The attitude of gratitude

allows us to shift our focus from what we 'don't have' to what we 'do have'.

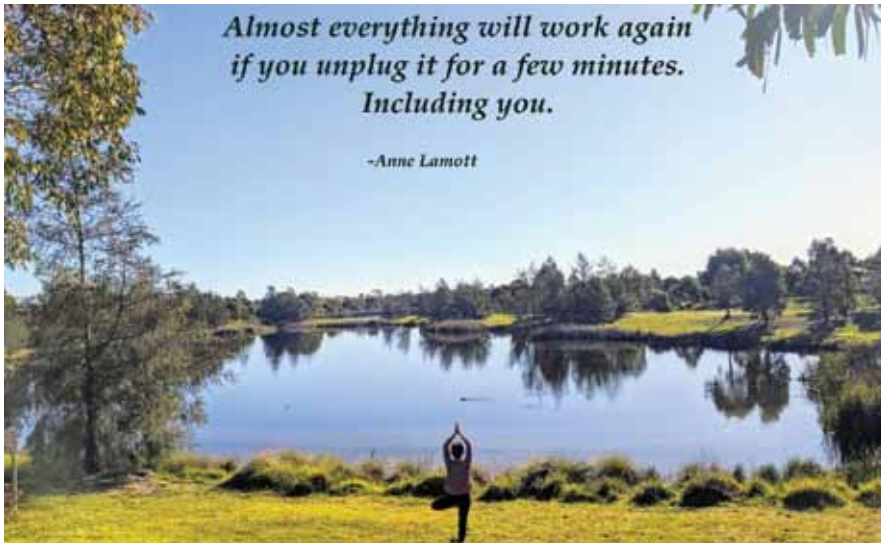
A useful tip is to make and read a gratitude list regularly or every morning, starting the day by spending a few minutes reflecting on the many things we still enjoy or feel happy about. Even on days when all seems lost, gratitude for being healthy and for this breath we take - that could be enough reason to fold our hands in gratitude.

Shut down time

As we adapt to the changing lifestyle during the pandemic, our dependence on technology and digital devices has increased drastically. The new normal of physical distancing relies heavily on connections at work, school and social engagements, all on the airwaves. With an increase in screen time comes a need for increased down time as well. The words "Shut down, Log off, Recharge" serve a sharp reminder to us to disconnect and refresh.

Get Moving

In any shape of form, exercise is the need of the hour. If you, like many others, are guilty of sitting around, eating and snacking more



yourself a few mindful minutes every day to de-stress while engaging in this activity.

Create your ‘calm space’ – within the confines of your abode, in the backyard, a room or a corner in a room by the window, by the fireplace - anywhere you feel easy to retreat for a few minutes. Spending a few mindful moments in your calm space every day will help still your thoughts and reconnect with yourself.

Compassion

“We can’t heal the world today, but we can begin with a voice of compassion, a heart of love and an act of kindness” Mary Davis

These are stressful times and we need to be mindful that everyone is doing the best they can. So, let’s make a pledge to be kind, tolerant and patient towards others and towards ourselves.

Yours mindfully,
Rajni

Follow Rajni on Facebook
@YogaWithRajni

during the pandemic, it is absolutely necessary that you consider an exercise routine.

Try yoga, walking, running, gym (if you can safely use gyms where you are) – anything that will get you up and moving. Exercise is essential not only for your fitness but the happy hormones exercise generates go a long way in supporting your mental wellbeing.

Create your own calm

Now, more than ever, is a need to create that calm for yourself where you are able to unwind, to disconnect with the flow of anxiety and Just Be.

Identify your ‘calm activity’ – meditate, walk, sing, dance, read, write, cook, paint (or anything you like that may be undertaken within the current constraints). Allow

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*All workshops now delivered in a physically distant, socially connected manner.

Ayurveda way of relieving Seasonal Allergies



Dr Naveen Shukla

Conventional seasonal allergies can be a result of an adverse reaction to food, medicine, your surrounding environment and cosmetics. Often doctors recommend antihistamines for immediate relief to seasonal allergies and avoid the allergens that cause the reactions.

It is said in Ayurveda that allergies originate from an imbalance of the doshas (bio-energetic principles) which are responsible for the function of our body and mind. Rather than treating the symptom, treating the origin is the key to achieving long term benefits and relief. It is also essential to boost internal immunity through a healthier diet, lifestyle, some common herbs and certain rejuvenating treatments.

Balancing the Doshas

Your primary dosha type can often predict which allergy symptoms will manifest, so it's important to understand your dosha type as well as your current imbalances. Dosha types include Vata, Pitta and Kapha. Each of us has a combination of these three doshas within us and can, therefore, experience imbalances in any of the doshas. Different types of allergy symptoms represent imbalances in different doshas. By noticing this, we can more specifically guide the treatment of relieving seasonal allergies.

Kapha Allergy Symptoms

The accumulation of the Kapha Dosha in spring can lead to congestion, a runny nose, watery eyes, and sneezing. This dosha is made up of earth and water elements. It creates a heavy feeling and excessive mucus in the head and sinuses. Some other symptoms include sluggishness and tiredness.

To relieve this, you can try the traditional yogic nasal cleansing system known as Jalneti. This self-practice involves clearing

the nasal passages with saltwater with a Neti Pot, which looks like a miniature teapot with an elongated spout. This helps to regulate pressure in the head and although it may seem not easy or uncomfortable at first, with a little practice it's easy to do, and highly effective.

The use of pungent and bitter (astringent) herbs and spices to reduce Kapha, including ginger, cayenne, pepper, basil, cumin, cardamom, sage, turmeric, and cinnamon may also be effective methods for reducing symptoms. An easy remedy is drinking hot honey water or ginger lemon tea. The herb trikatu, which can be taken daily, is also an herb that is considered effective. In addition, treatment should be geared toward lightening the body in other ways, such as daily exercise and use of a dry sauna.

Pitta Allergy Symptoms

The underlying source of allergy symptoms in summer is often an imbalance in the Pitta dosha. Pitta is governed by the elements of water and fire, and in the summer, excess heat can produce inflamma-

tion in the respiratory tract or skin. These symptoms include rash, headache, burning or red eyes, and inflammation in the sinuses and airway (sinusitis, bronchitis).

Ayurveda recommends ingesting cooling herbs, such as coriander and cilantro to pacify Pitta and the resulting allergy symptoms. In addition, herbs such as Guduchi, Amalaki, and Neem may be helpful. Ingestion of clarified butter, or ghee, as well as aloe, can calm the inflammatory reaction that is typical of Pitta imbalance. From a biochemical perspective, these herbs contain healthy anti-inflammatory and antioxidant properties that support our immune system.

Vata Allergy Symptoms

When Vata is out of balance, the allergic symptoms one may face include headache, wheezing, sneezing, and generalized muscle aches. These are typically seen in the fall as the air generally becomes cold and dry. This is due to the accumulation of the lighter elements of space and air in the mind-body physiology. Other manifestations of this Vata imbalance include dry cough, restlessness, and dry eyes. It is important to stay hydrated and drink warm liquids, such as ginger tea with honey. To bring Vata back into balance, use calming herbs such as ashwagandha, which is also an immune modulator that calms the immune system's response to allergens. Another useful tool in calming Vata is performing a self-massage or getting abhyanga treatment.

Natural Ways of Relieving Seasonal Allergies

One of the best ways to relieve seasonal allergies is to eat light, warm and cooked food. Warm, cooked vegetarian foods, made with a little bit of clarified butter (ghee) helps the body to bounce back. Eating warm, cooked foods gives the digestive fire a chance to rest. When the digestion is low (and hence the fire is low), it can't access the nutrition stored in raw foods, and the poorly digested food creates toxins. When you know that your digestion is up to par (especially in summer), enjoy raw greens and salads.

Reduce or avoid dairy

To reduce the symptoms related to mucous and allow the body to get rid of the toxins naturally quickly, reducing or



avoiding dairy is very effective.

Do gentle exercise and practice pranayama

Yoga poses along with the practice of pranayama, or breath techniques will help reduce most imbalances. These basic and easy practices can help not only on a physical level but also on a mental and spiritual level, bringing calmness and tranquillity into your life.

Herbal supplements and spices

to support the digestive fire use warming spices in cooking such as ginger, cinnamon, turmeric, cumin seeds, coriander, garlic and black pepper.

When our Agni (fire) is restored we maintain the balance of our doshas and are hence less likely to experience ill health, such as seasonal allergies. Instead of seeing our environment as a threat, we can begin to calm the excitability of the immune system and, instead, experience our connection to the external world as nourishing. Ayurveda provides us with the tools required to experience this connection and move closer to our natural state of health and balance.

Get instant relief with a Nasya face and head massage at Nature Care Ayurveda

Nasya helps relieve congestion and allergies and is a unique nasal treatment that includes the face and neck. It involves a soothing pressure point face massage,

a head and chest massage with a steam treatment. Drops of specially formulated rejuvenating herbal oils are applied to the nose and used to provide relief for sinus problem and congestion. These oil drops form a protective layer on the nasal tissues and stop allergens from directly attaching themselves to nasal membranes.

Nature Care Ayurveda Yoga Detox & Rejuvenation is the only Sydney based Ayurvedic centre where you can experience a complete range of Ayurvedic therapies like Panchakarma, Shirodhara, Detox, Abhyanga Body massage and consultation from experts. The team is highly professional and working under the direction of Director Dr Naveen Shukla (Representative Australasian association of Ayurveda for NSW), Dr Nikhila Venugopal (Marma & Gynae specialist), Dr Urmila Anil Kumar (specialist in Panchakarma and skin care) & Dr Vishal Sharma (Member International Academy of Ayurveda).

Nature Care Ayurveda & Desi Australia in synergy focused to spread the word of Ayurveda in the community and promote wellbeing as

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How to calculate your Attitude Number!



By Sanjivani Kalsi

Numerology :

How to calculate your Attitude Number!

Your general attitude towards life, and how you appear when people first meet / talk you

Attitudes are mirrors of the mind. They reflect thinking.

You're at of thinking. The way you act and react, your considerations for others attitude and how others perceive you.

In the numerology chart, a persons birth year number does have a significant influence in their life. Every person has a birth year number. The numerology birth year number reveals attitudes or desires people are likely to have and things they're likely to do.

First impression is the last impression.

The attitude number comes from the month and day you were born.

ATTITUDE NUMBER :

Attitude number is different from destiny number and it reveals the real attitude of the person. Your attitude is that impress the people. Attitude number is calculated by adding by month and birthday together. For instance someone born on 18th April then the attitude number will be as follow :

18th April = 18 + 4 = 9 + 4 = 13 = 4. 4 will be the attitude number.

How to Calculate Your Attitude Number?

Answer is: Add your birth month and day together until you get a Single number.

1. Example:

Born on July 28th
07, 28
 $0+7+2+8=08$ (the 8 Attitude)

2. Example:

Born on January 20th
1, 20
 $1+2+0=3$ (the 3 Attitude)

The Attitude Number 1:

You are completely self-motivated.
You doesn't like to ask for help.
That usually have issues with their self esteem.
You are truly a born leader.

The Attitude Number 2:

You are kind, sensitive, thoughtful, emotional and very good observer.

You do have compassion for people and are fascinated with people's stories. You are rarely bored with those.

They are easy going people.

The Attitude Number 3:

You have a sense of humor and are charismatic. You are an excellent teacher.

You have good communication skills and outgoing personality.

You have a talent for self expression.

The Attitude Number 4:

You love order, self discipline and you are a hard work.

You are a practical and list keeper.

They are architects, builders, planners, organisers, they are people that get things done.

The Attitude Number 5:

You love to travel, change, adventure and excitement.

You represents a desire for freedom.

Your level of flexibility is directly linked to your level level of self-confidence.

The Attitude Number 6:

You are the nurturer. Male or female, you are taking care of everybody else. You are romantic and like family life.

You are the one in charge. You don't want people telling you what to do and how to do.

You are usually great with children or running a business.

The Attitude Number 7:

You don't get to know what you're thinking or feeling.

You keep to yourself and are introspective.

You are secretive, refined and shy, aloof. You need privacy.

You reveal yourself slowly as you go.

The Attitude Number 8:

You have no problem telling people what you think. You have good money and business sense.

Money will slip right through your fingers.

You are a little blunt and do not show off much.

The Attitude Number 9:

You are brave, courageous and commanding.

Your way of life is basically "Show me what to do, and I will do it." You are very quick to help others, but you must learn to establish healthy boundaries so as not to be drained emotionally.

When you feel complete, close with a deep breath in and a long breath out of your mouth.

#Enjoy your space!
#Good Vibezzzz Only !!
#Sanjivani Kalsi



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By Sanjivani Kalsi

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To celebrate the love of our brothers, we join together this August to celebrate Raksha Bandhan. The meaning of Raksha is to protect, where the brothers vow to protect the sisters who tie the Bandhan across their brother's wrist. Living in Australia, we sometimes tend to move away from our roots and disregard such joyous festivals. So I decided to go ahead and interview a few of my friends from different cultural viewpoints to see if they celebrate and if so, how do they celebrate.



By: Vanshana Singh

Rhea

First of all, how long have you lived in Australia?

Basically I moved to Australia from Fiji when I was 5, which was roughly 14 years ago and have lived here ever since.

Do you have any siblings?

I have one younger brother who is just about two years younger than me.

Is Rakhi an important celebration for you and your family?

So considering that my family is quite religious and does incorporate a lot of cultural celebrations in our household, we do celebrate. And since I come from a very traditional family, Rakhi is quite a significant practice in my household.

Well since you do celebrate, how do you go about it?

On the day of Raksha Bandhan, I tie the Rakhi on my brother's wrist in hopes of protection and happiness. Then my brother tends to give me a small token of his appreciation, usually it's new clothes, sometimes it's even new pens and books, since he cares for my education a lot. But the fun part is usually shopping for the Rakhi. Since he's my only brother, I love going shopping to find a beautiful Rakhi because he's so special to me.



Divya

How long have you lived in Australia for?

In Australia now five years but originally I was born in Canada but my parents are both from India.

And do you have any siblings?

Unfortunately I'm an only child.

Since you are only child does that mean you celebrate Rakhi?

Actually I do celebrate it because I have so many male cousins who I see as my brothers.

And do they live here in Australia?

Funny thing is they live all around the world, from Canada to India to even New Zealand. But unfortunately none of them live here in Australia.

That's interesting, so since they live all around the world but Australia, how exactly do you celebrate?

The great thing about 21st-century technology is that we have video calling. Prior to Raksha Bhandan, (probably a few weeks before) I go out shopping for Rakhis and mail them to all my family. Since I do have many family members I have to take a few shopping trips just to find perfect ones each of my cousins. On the day I wake up early and pray for the well-being of my cousins. And then I start getting ready to have a video call with each one of them just so I can wish them. Usually my cousins buy me a lot of Indian jewellery in Indian clothing which I adorn myself with before heading over to Skype. It's so nice and refreshing seeing them and listening to the voices and thanking them for everything that they've done for me. Even if they are far away from me, I know in my heart that they will always wish and want the best for me.

Interviewing everyone really made me appreciate the sense of family and how having loved ones around you will constantly bring blessings and happiness upon your life. It's so nice to see brothers and sisters celebrating the special bond between them. No matter how far or how close, Raksha Bandhan is a beautiful occasion to celebrate the beauty of family.



Manav

How long have you lived in Australia for?

Basically I was born and raised in Sydney but my family is originally from Fiji.

So does that mean you are in touch with your roots?

Well yes and no. In some aspects of our culture my parents are very very into it, however it's rare for a household to celebrate some festivals.

Do you have any siblings?

Yes I do have three younger sisters and an older brother.

Wow, looks like you have a big family so does that mean you celebrate Raksha Bhandan?

Actually despite not celebrating some festivals, Rakhi is the one festival that we do celebrate. My sisters absolutely enjoy celebrating because me and my older brother love to spoil them during this festival.

Makes sense why your sisters love this festival. So how do you celebrate it?

Well usually the day before my mum makes sweets and then on the morning of my family organises a trip to the temple. We go in my sisters pray for my well-being where as me and my brother pray for the happiness of our sisters. Then our sisters tie the Rakhi around our wrists and during this time they say a little prayer in which my brother and I follow along and vow to protect our sisters throughout their life. Afterwards we give our sisters a gift of appreciation which is usually money, new clothes and sometimes little bits and pieces of tokens of appreciation. One thing I love is that my sisters also give us a handmade card to tell us how much they love us, which absolutely brings happiness to me knowing that I have beautiful sisters who will forever be by my side.





Fairwater Book Club

A bright sunny July morning, sitting at our very own 'Two by Four' café within the Fairwater community, Guneeta Khanna was sipping tea, reading a book, when Sarah Melody, Community Development Manager, Frasers Property Australia stopped by to say Hello and the former proposed the idea of initiating 'Fairwater Book Club' and the latter was game.



The Fairwater residents received a community post looking out for keen members to frame this awesome book-club. Before dusk, the club had its inception with 9 fabulous members, enthusiastically talking about who they are; what made them come to Fairwater; their likes for books.

Come 17th July 2020 we had our 17th July '20 we had our first book club meet. It was a great evening with a table of food laid out for all of us, home cooked by each one of us & an amazing inaugural cake and unique library bags created by our Captain, Guneeta.

We discussed 'Gone Girl' based on a book, it was quite interesting to get to hear each other's perspectives. We unanimously felt that Fairwater Book Club is an effective way to know our community members better and make

relationships stronger. The session ended with our new book in hand 'Life of Pi' and looking forward to yet another great hour of meet up the next month.

So, let's meet the ones behind Fairwater Book Club:

Sarah Melody, "In my role it is important

that I support the community to enable these connections, but more importantly to ensure that I have supported these activities so they can continue when Fraser's is no longer onsite. I feel we have done a great job in getting this started, we have Guneeta as the community leader bringing the residents together, the connection and support of Blacktown Council to make this group accessible and free to all, and you all have a place to meet".

Guneeta Khanna is a teacher to kids with special needs, she says "Being a part of the Fairwater community for the last one year has been a wholesome experience for us. It has empowered me to savour life at all planes. Physically: working out at F45 & going on long scenic walks. Spiritually: Facilitating development circle & Awareness space both with-in and out. Mentally: Initiating Fairwater Book Club & maintaining the 146, Fairwater Boulevard Free





Fun Street library for all ages. Emotionally: staying +ive & belonging to a family who accepts you as you are & loves you no matter what Cheers to that”

A special acknowledgement to **Dawn Carruthers**, library assistant Outreach Program at Blacktown City Council Library, who was at her best in getting this done. She feels, “Group participation is the key to the successful running of a book club “.

Neevedita Panda (I), “My hobbies are Travelling, Reading and Music, I joined Fairwater Book club to have fun, get to meet people in Fairwater and make new companions. I usually love to read Science fiction, Medical science, Space, Earth... anything intriguing and thrilling.”

Ranjan Aggarwal, “We moved to Australia last year and decided to not pay the rent. The 1st house we saw was in Fairwater and we purchased. I feel it’s a house and yet a close knit community, I also feel the community is very neat and clean. As for my profession, I make life easy for some of our government workers. In short I provide solutions to police forces in terms of technology.

Honestly speaking, my wife wanted to join Fairwater Book Club and with all our busy schedule I didn’t want to spend any time without her. And ofcourse will get opportunity to cook some snacks”.

Drashti Mehta, “I am nurse educator. I teach & assess registered nurses in hospital. I joined Fairwater book club for

networking and make new friends, learn new things, and read more books. I love reading, fiction & nonfiction but often not enough time. So the book club will keep me motivated. I like to read novels (mostly romantic), books on lifestyle like self-development books, simple & sustainable living, read blogs and listen podcasts and audio tapes. I often read chapters or parts of a book first if that keep me interested in the book then only I read whole book. I read in Gujarati, Hindi & English languages. One of the book i like to read & refer again is Down to earth by Rhonda Hetzal on simple living in different deeds of life”.

Brahmleen Kaur, “An engineer by profession, I work with Transport Nsw. Being a new mom to a 2 months old daughter, currently I am on maternity leave. My favourite reads have been Sydney Sheldons, Shiva trilogy , & Garland around my neck. For me, Fairwater book club is a way to socialize and experience a book club, for I have never been a part of one & frankly thanks to my hubby Bhupinder ji’s support that I can attend our meets once a month”.

Ghanshyam Rohera, “My beautiful wife Reshma & I live here with our son Lohit. I am enthusiastic about being a part of Fairwater Book Club because books are a powerful resource to gain knowledge, where even Sky is not a limit”.

Sanjeeta Aggarwal, “I want to get into the habit of reading books again and I believe CoVID is a perfect situation to revive your old hobbies. I like to read fiction, books on self-development & leadership. The last book which I read was High Performing Habits, a good read!”.

Renum Tahir Khosa,”The book club would give me an opportunity to awaken my dormant reading desires and enable me exercise my mental muscles. Usually go for fiction, with thrillers, mysteries, sci-fi and romantic themes even. Am open to

biographies too”.

Saroj Aggarwal, “I believe being a part of Fairwater Book Club would help build a trusting & supportive environment in our community”.

Just incase I have got you interested here is some information that Guneeta is more than happy to share with you about starting and running a book club

A book club is a stress buster. It builds a stronger community spirit, helps gain new perspective and increase one’s creative prowess. Every book club can be different; here is what we are doing at Fairwater Book Club:

1. Form a group with those interested and have a captain. We are 9 members in Fairwater Book Club and our Captain is Guneeta Khanna.
2. Register the group with your local library.
3. Venue: The Book Hub. Frasers has been kind enough to let us use the sales centre at Fairwater
4. Select a day to meet once a month.
5. We get our books from Blacktown city library; Guneeta would visit the library to collect and return book kits (each kit has 8 copies on the same title)
6. Members read the book through the month whilst taking care of the book & replacing it in case it’s damaged or lost.
7. At the next meet each member brings with them a question based on the book’s characters, plots/ theme etc that goes in a hat. Each question is read aloud & members will share their views.
8. Get the next book.

We are quite excited about Fairwater Book Club, a wonderful place to exchange ideas, have fun, have foood, and most importantly make friends.

Compiled by Neevedita Panda.

Beetroot Pancakes



There are so many beautiful colours in the natural world that we really don't need to use food colouring at all.

Presenting everything friendly, Pink Pancakes.

Whether it is for your significant other, little kids or for the love of pink (that's me!), this recipe will impress everyone.

The best part is that it's a simple pancake recipe made in a blender with less cleaning after (just don't burst it while blending, I can't help you with that mess..)

There are a lot of different ways to make this, for this one the recipe goes like this:

Boil 1 beetroot until soft (! tip – remove the skin after boiling for that bright colour).

Blend the beet with 1 cup milk of your choice (mines got almond milk), 1 egg, 1 tbs butter, ½ tsp vanilla extract and 2 tbs sugar/ sweetener of your

choice (mines got maple syrup), and blend to combine.

To this mixture add, 1 cup flour of your choice (mines got oat flour), 1 tbs baking powder and a pinch of salt. Mix Mix Mix and it is ready for cooking..

Heat a pan, add butter (! Tip – I brush my pan with clarified butter/vegetable oil to avoid my pancakes burning). On med -high heat pour batter (I use 1/3 cup measurements per pancakes but, you can really go crazy with shapes and sizes here). When you see small bubbles starting to form, it is now time to flip it (roughly about 1-2 mins on each side).

Cook the rest, serve fresh!

Topping used here are different types of berries and maple syrup. But you can have whipped cream,

natural nut butter etc. the options are endless.

I am not sure if I told you that by adding beetroot, you also add fiber, Potassium for that healthy heart, iron, vitamin C and much more. So, what are you waiting for?!?... get on with cooking and let us know how you went.

Recipe by





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Part 1: Heritage Palaces & Rajbaris of Eastern India

(A threepart series on Heritage properties of Eastern India)

In a 29th floor lounge room overlooking Sydney's Hyde Park, here in Australia, I was reading the elegant *One Barangaroo* brochure of the Crown Residences. The luxurious address with its extraordinary Sydney views, London architecture and Manhattan interiors will open at the end of 2020.

This mammoth luxurious development on the east coast of Australia is providing employment to many, a luxury residence for a privileged few, and will have a significant impact on New South Wales state tourism once finished. Then, I realised that One Barangaroo will become a heritage property of tomorrow as is the case with many luxury properties in the Indian subcontinent.

For centuries in India, affluent families built mammoth luxury residences. These palaces of India are the heritage properties of today, and are an integral part of Indian tourism.

India had more than 550 princely states all of which owned luxury palaces, such as Belgadia Palace, Odisha, Wasif Manzil Palace, West Bengal and Neer Mahal Palace, Tripura. Palaces are located in diverse geographical locations in eastern India, from those surrounded by magnificent forests or high Himalayan peaks to those situated on tranquil sea beaches. One is spoilt for choice. Palaces of eastern India are locally known as Rajbari, or Rajbati. For example, Itachuna Rajbari, Rajbari Bawali and Rajbari of Burdwan in West Bengal. As well as Hetampur Rajbati, Raipur Rajbati and Taltore Rajbati in West Bengal. In comparison to the bungalows which have been traditional residences of native Bengali people, these residences are palatial buildings or stately homes.

Sobhabazar Rajbari, Kolkata, WB

After a gap of nearly a century, a significant shift in the mindset of the custodians of these palaces/ rajbaris in eastern India means that, after a touch of renovation, the doors are finally opening to both local and global tourists. And tourists are loving them.

Unfortunately, on my part, this unique revival

of heritage properties in eastern India went unnoticed until few years back. I never bothered about exploring eastern Indian heritage properties as places to stay. Even though, guests from Australia, the United States and Sweden stayed and appreciated our old Halder Bari property 'Kamala Niwas' in Ballygunge, Kolkata.

Over the last 25 years, whenever I went back to India, I chose to stay at Taj luxury and heritage properties such as Rambagh Palace in Jaipur or Falaknama Palace in Hyderabad, or Umidh Bhawan Palace in Jodhpur, India. The idea of staying at an eastern Indian heritage property had not yet emerged. These heritage properties were few. I knew about like Glenburn Tea Estate in Darjeeling, The Elgin Fairlawn, Kolkata and Unique Lodge, Serampore in West Bengal but they had not taken my fancy.

Rambagh Palace, Taj Hotel, Jaipur An afternoon in Rambagh Palace, Taj Hotel, Jaipur

In 2019, during Durga Pujo festive season, for the first time, I stayed at an eastern Indian heritage property named The Rajbari Bawlia, which



An afternoon in Rambagh Palace, Taj Hotel, Jaipur

had been carefully restored with modern amenities. I stayed there with my dad to celebrate Durga Pujo in Bengali grand tradition. During our stay, my dad revealed a secret from his memory.



Rambagh Palace, Taj Hotel, Jaipur



The Rajbari, Bawali (Heritage Hotel), Kolkata

The Rajbari, Bawali (Heritage Hotel), Kolkata
Interior of The Rajbari, Bawali, Kolkata

Just as in the novel *A Suitable Boy* by Vikram Seth, when my father was of marriageable age his family had a beautiful bride arranged for marriage for him, from the Mondal dynasty. He was against it. For many generations, this Mondol dynasty was custodian of The Rajbari Bawlia heritage property. After learning of that special connection, we attended the traditional rituals of Durga pujo festival inside The Rajbari Bawlia with other global in-house guests. We learned that love for heritage properties is a common connection between guests from across the globe.

The Durga Pujo traditional celebration in The Rajbari Bawlia continued, as we enjoyed typical Bengali culinary delights cooked by a local chef from Bihar and served in traditional terracotta plates. The Bay of Bengal tiger prawns from the Sundarbans in coconut red chilli curry was my favourite.

Marble Palace, North Kolkata



Marble Palace, North Kolkata

During Durga Pujo festive season, I also visited Marble Palace in North Kolkata. My visit opened up a world of art in the palace collection which included paintings of “Marine View” by Dutch painter Jan Van Goyen, “Madonna with Child” by Italian painter Giovanni Battista Salvi da Sassoferrato and “The Mystic Marriage of St. Catherine” by Rubens.



Interior of The Rajbari, Bawali, Kolkata

My visit to Marble Palace reminded me of my Murshidabad childhood days. During my childhood, I visited many palaces/rajbaris like Kathgola Bagan (Garden) Bari and Nasipur Rajbari and Hazarduari Palace in the region. Often the idea of staying in those heritage places did spring into my mind but was laughable in public. I always wanted to stay in my favourite Hazarduari Palace which was built and designed under the supervision of Colonel Duncan MacLeod of the Bengal Corps of Engineers. The foundation Stone was laid by the Nawab Nazim Humayun Jah of Bengal, Bihar and Orissa (1824–1838) on August 29, 1829. The thought of viewing the sunrise over the Ganges river from the palace balcony enchanted me the most.

Kathgola Palace, Murshidabad



Kathgola Palace, Murshidabad

Today, the Murshidabad Heritage Festival showcases the history of the former capital of Bengal with idea of promoting heritage properties to the Indian tourist market. It is reported that the festival is looking at uplifting 97 heritage boutique properties, including glamorous Art Deco properties, neo-Gothic façades of palatial buildings and elegant garden bungalows with marble statues. The Murshidabad heritage uplifting project is in collaboration with both private and public sectors. This revival approach will assist the region to be on the global tourist map, earn tourist dollars and create a sustainable heritage tourism. It has significant social economic implications too. With Bengal Tourism Board and state road and railway authorities upgrading their infrastructures, Murshidabad Heritage Festival can only get better.

In 2018, John Zubrzycki, the author of *The Last Nizam of Hyderabad* wrote about Murshidabad, the former grand capital of Bengal, in *The*

Australian newspaper titled Once Was Glorious and it started saying “On the forlorn palaces clinging definitely to once-glorious past, half ruined mosques and the mildew covered tombstones of East India Company employees are reminders of an era when India’s Murshidabad was as large and rich as London.” The Murshidabad heritage uplifting project is in collaboration with both private and public sectors. The revival approach will only help the region to be in the global tourist map, earn tourist dollars and create a sustainable heritage tourism. It does have a significant social economic implication too. With Bengal tourism board and state road and railway authorities upgrading their infrastructures, Murshidabad Heritage Festival it can only get better.

The first ever Palace Day celebration on July 19 2020 in India can only enhance heritage tourism. This is the first time that Indian heritage properties have taken part in a global celebration. Palace Day first began in Europe in 2016 an initiative of the Palace of Versailles. The event was supported by UNESCO and the World Monuments Fund (WMF). It brings great collaboration opportunities between families and heritage of India and Europe to leverage their knowledge for a sustainable heritage tourism.

Palace Day marks the beginning of a new chapter for heritage properties of eastern India too. Amongst the 40 participating heritage properties in India, I found Belgadia Palace of Odisha and Cossimbazar Rajbari in Kolkata, West Bengal were the only participants from eastern India. This made no sense to me.

Cossimbazar Rajbari, Murshidabad, WB

According, to my understanding, there should be many more. History tells me that, if we go by the gun salutes given to the various royals of

eastern India, there should be plenty of heritage properties. The Nawab Nazim of Bengal, Bihar and Orissa based in Murshidabad was granted a salute of 19-guns in 1838. As far as gun salutes of princely states is concerned Cooch Behar, in West Bengal got 13, Mayurbhanj in Odhissa got 9 and Darbhong in Bihar got 21, whereas the royals of Sikkim got 15, Tripura got 13 and Manipur got 11. These princely states were heritage homes to the Maharajahs, Maharanis and Nawab Nizam. Eastern India also had significant wealthy Rai Bahadurs, Zamindars and traditional business tycoons who owned heritage properties. Archan Ghosh who is a travel enthusiast from London said, “I have heard about some of these heritage properties but have never visited them.” That would be the case for many of us non-resident Indians (NRI) living in London, New York or Sydney.

Mahisadal Rajbari, WB

My research on eastern India’s existing heritage properties made me feel that they have immense soft power to attract both local and foreign tourists across all age groups – but they have not been marketed properly. Rahul Singh from Shakarpura & Bahadurpur Estate in Bihar says, “Heritage tourism is the future, otherwise they will all collapse.’ During my research, I found the following heritage properties:

1. Anand Bagh Palace, Darbhong, Bihar
2. Krishnagarh Palace, Sultanganj, Bihar
3. Navlakha Palace, Madhubani, Bihar
4. Shakarpura & Bahadurpur Palace, Bihar
5. Kangla Palace, Manipur
6. Aul Palace, Lokapada, Odisha
7. Bolangir- Patana Palace, Odisha
8. Belgadia Palace, Odisha
9. Dalijoda Palace, Cuttack, Odisha
10. Gajlaxmi Palace, Dhenkanal, Odisha
11. Kalahandi Palace, Bhawanipatna, Odisha



Mahisadal Rajbari, WB

12. Mahodadhi Palace, Puri, Odisha
13. Sultan Palace, Patna, Odisha
14. Salia Shree Palace, Balangir, Odisha
15. The Belgadia Palace, Mayurbhanj Palace, Odisha
16. Sonepur Palace, Odisha
17. Sikkim Palace, Sikkim
18. Ujjayanta Palace, Agartala, Tripua
19. Neer Mahal Palace, Tripura
20. Andul Palace, Andul, WB
21. Amadpur Zamindar Bari (Palace) Amadpur, WB
22. Burdawan Rajbati or Mahatabmanjil, Burdawan, West Bengal (WB)
23. Bari Kothi, Singhi Kothi & Nowlakha Kothi (Stately Home), Murshidabad, WB
24. Baganbati Palace, Chakdighi, WB
25. Bawali Rajbari, Bawali, WB
26. Dasghara Palace, Dhaniakhali, WB
27. Cossimbazar Palace, Murshidabad, WB
28. Dhanyakuria Palaces, Basirhat, WB
29. Dubey Palace, Haldia, WB
30. Hazarduari Palace, Murshidabad, WB
31. Hetampur Palace, Hetampur, WB
32. Itachuna Rajbari, Itachuna, WB
33. Jorasanko Rajbari, Kolkata, WB
34. Nasipur Palace, Murshidabad, WB
35. Nawab of Oudh Palace (Garden Reach BNR House), Kolkata, WB
36. Narajole Rajbari, West Midnapur, WB
37. Kalikapur Zamindar Palace, Burdawan, WB
38. Kathgola Palace, Murshidabad, WB
39. Mahisadal Rajbari, Mahisadal, WB
40. Maheshganj Estate, Balakhana, WB
41. Marble Palace, Kolkata, WB
42. Rani Rashmoni Palace, Janbazar, Kolkata
43. Krishnanagar Palace, Krishnanagar, WB
44. Tamluk Palace, Medinipur, WB
45. Taki Rajbati, North 24 Parganas, WB
46. Jhargram Palace, Jhargram, WB
47. Panchkote Palace, KSHIPUR, WB
48. Victor Palace, Cooch Behar, WB
49. Surul Rajbari, Birbhum, WB
50. Sobhabazaar Rajbari, Kolkata, WB
51. Wasif Manzil Palace, Murshidabad, WB



Cossimbazar Rajbari, Murshidabad, WB



Ujjayanta Palace, Agartala, Tripura

Ujjayanta Palace, Agartala, Tripura
Anand Bagh Palace, Darbhanga, Bihar

If properly marketed, these heritage properties and their stories can definitely give Buckingham Palace a run for its money. There may be more heritage properties which I have not picked up as they might already be lost due to negligence. My search

also took me across the border to Bangladesh, where there are three grand palaces that deserve mentioning, Natore Palace and Rose Garden Palace in Dhaka, and Puthia Rajbari in Rajshahi.

Some of these heritage properties have grand appearances, even though they have been utterly neglected due to lack of funds.



Mahisadal Rajbari, WB

India's revenue plummeted from 37.5 percent to 2 percent of the GDP during British rule, according to William Dalrymple, author of *The Anarchy*. To me, these heritage palaces are treasure troves of Indian cultures, customs and history. It is important for us to be able to identify them on the Indian tourist map. The realisation that eastern India can be a Mecca of heritage tourism is like opening a vast treasure trove.

Victor Palace, Cooch Behar, WB (door)



Anand Bagh Palace, Darbhanga, Bihar

Divorce: How can you be eligible for getting a divorce?



By: *Mitu Gopalan*

Divorce is the formal legal ending of a marriage. It is totally separate and distinct from property arrangements following the breakdown of a marriage.

People usually get confused, thinking that divorce is linked to property settlement (including spousal maintenance), parenting orders and child support payments. This is not the case. Consider divorce to be merely the licence to re-marry.

To be able to get divorced you need to prove that your marriage has irrevocably broken down. This is confirmed when the parties have separated officially for 12 months or more, and can confirm that there is no likelihood of the relationship resuming.

Parties can be separated under the same roof, but cannot be in a physical relationship once they have separated.

To apply for a divorce, as outlined above, you must be separated for at least 12 months and

you and your spouse must be:

1. Australian citizens, OR
2. Live in Australia and regard Australia as your permanent home, OR
3. Ordinarily live in Australia and have done so for at least 12 months before the divorce application.

Of course, if you have been married overseas, you can apply for a divorce in Australia as long as you meet the above criteria.

Kindly note however, if you have been married for less than 2 years, you must attend counselling with a family counsellor and file a counselling certificate giving you the exemption or get the permission from the court to apply for a divorce without the appropriate certificate being obtained (this would be in a scenario where there has been a significant case of domestic violence etc).

A divorce application can be filed for by one party or jointly.

How to apply:

You can be legally represented or proceed to self-represent if you wish to apply for a divorce. You need to apply to the Federal Circuit Court, (if located in Western Australia, you will need to apply through the Family Court of WA). You can apply together via a joint application or solely (a sole application). Depending on whether

you have children under the age of 18, you will be asked to appear in court for the Final Hearing. There is a filing fee for the divorce application, and it is in the sum of \$930.00.

Kindly note that after the Final Hearing, if the court is satisfied that all criteria is met, a divorce decree will be granted. However, you will not be issued with the same until one month and one day after the divorce hearing.

There is no time period in which a divorce must be applied for. However, you should take special note of the fact that as soon as a divorce decree is obtained, you need to obtain a resolution in relation to property settlement within 12 months. If an amicable resolution cannot be reached, you must apply to the court for property orders, as a time limit for the same expires 12 months after the date of divorce.





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How Australia's Hindu community celebrated the Ram Janmabhumi Bhumi Poojan Event



In addition to this a media truck with similar electronic bill boards with messages highlighting the importance of Bhumi Pujan at Ayodhya was driven through main streets of Sydney. It was commenced from BAPS Swaminarayan Mandir at Haris Park and then went to various temples, streets of Sydney city as well as iconic places in Sydney. These Sydney events were shown live on HCA Facebook which was watched by thousands of people.



Prakash Mehta
National President



Considering COVID 19 situation, instead of big mass gathering, HCA requested all members of Hindu community to offer worship to their Ishta deities, sing bhajans, offer flowers, perform aarathi and distribute parsadam at their own home in the evening to celebrate the historic event undergoing in Ayodhya. On that day people decorated their homes and lamps were lighted to make it a memorable day. It was like a Deepavali festival arrived few months early!

A new chapter was written in the history of Bharat (India). The 492 year struggle for the liberation of Shri Ram Janmabhumi in Ayodhya, resulted in culmination, that is, the formal commencement of the temple work. It is an epoch making event for Hindus all over the world.

The *sankalpa* of sages and the silent prayers of millions of Hindus that resonated down several centuries finally bore fruit. The power of their invocations and the efforts and sacrifice of thousands of unsung devotees has resulted in the re-appearance of the Lord Rama temple in the holy precincts of Shri Rama Janmabhoomi. The natural quest for reasserting India's ancient



Thus all the temples and wider Hindu community in Australia have participated in celebration of this joyous event with a hope that the reconstruction of the temple will remind everyone about Bharat's ancient cultural heritage and will encourage the new generation to strive for the establishment of Ram Rajya in Bharat.



On that day all temples in Australia have celebrated this historic event by organising special prayer /pooja e.g. in Darwin Hindu Temple celebration took place with chanting of Vishnu Sahastranama followed by Ram Bhajans and temple was decorated with Diyas, in Canberra Hindu Temple and Cultural Centre, special Pooja conducted and 108 Diyas were lighted with chanting of Shri Ram Jay Ram Jay Jay Ram -108 time where as in Hobart Ganesha Mandir, celebration was done by lighting a row of Diyas in front of Lord Ram, followed by Bhajans and Arati.

civilizational identity was reflected in this struggle. Hindus patiently struggled all these years and waited for the legal redressal of the issue.

Lord Rama has been the symbol of the collective consciousness of the nation and hence construction of temple at His birth-place as Hindu scriptures describe, is a sign of national pride and longing for the Ram Rajya,- a just and harmonious system that ensures participation and prosperity for all.

Hon Prime Minister of India, **Shri Narendra Modi** has offered prayers along with 175 saints representing various spiritual paths of India and laid the foundation stone for the reconstruction of this ancient and venerated shrine in Ayodhya on Wednesday, 5 August 2020 at 10:30 AM (IST).

Hindu Council of Australia decided to celebrate this once in a life time event with joy and prayers to Lord Ram. On that day in Sydney at Blacktown council centre, HCA put a big media screen from morning 9.00 am till late evening 8.00 pm to display images of Lord Rama and proposed temple to be built at Ayodhya to spread awareness among wider community. From 4.00 pm onwards, live telecast from Ayodhya was done till 8.00 pm. Program concluded with mini fireworks. Throughout day many people visited the place including various community leaders, Blacktown Council Mayor Tony Bleasdale and Councillor Mr Moninder Singh to express their joy and to receive the blessings of Lord Ram.



NEXT GENERATION BROADBAND INTERNET



By: Sarang Vengurlekar

The origin of the internet dates back to over 50 years as it was a research network created within U.S. military. The internet as we know today is very different to what the original internet meant to be. The internet has undergone more than just a name change as it has evolved incredibly over the years with Technology advancements.

In the past two decades alone, we have experienced many types of internet technology. We have come a far way and our experiences have been nothing more than amazing. I still remember the days back in high school where I would



be dialling a phone number via a dial up modem to a service provider to connect and access the internet. Speeds starting merely at 2400 baud rate, then over time increasing to 9600, 14.4k and then 28.8k baud rate. This does not really mean much to many people, but the point is that the internet used to be very very slow hence we had a very low dependency on the world wide web at the time.

As the technology evolved and times changed, we moved from Dial up Internet connection to DSL, ADSL, ADSL 2+, Satellite, Cable, NBN and now eventually the next high-speed generation known as “5G Broadband”. As we moved forward our dependency on the internet has also increased and we are now able to do such things as work from home, internet banking, watch streaming channels, video calls with family



and friends and ultimately the luxury of having information at your fingertips instantly at any given moment. 5G is ultimately the NBN killer as stated by many tech entrepreneurs.

Telecommunication companies such as Telstra, Optus and Vodafone have begun the upgrades of their transmission towers to provide a high-speed infrastructure to meet the demands of this fast-moving world. If you are currently on a NBN 100/40 plan what that means is you will be having 100Mbps download and 40Mbps upload in theory although these speeds are only theoretical and the actual speed delivered are a bit below the approximate values.

The next generation of internet is provided directly by the 5G transmission towers which takes away the hassle of getting your home wired up or waiting for NBN to lay the cables and make fast internet available to your suburb. Let's just bypass all the hurdles and jump straight into the future for those who are eligible to get it.

One of the three big telecom companies, Optus has recently introduced 5G Home Broadband for \$70 per month on an unlimited plan. This service is not available everywhere at this moment due to slow moving infrastructure upgrades but if your suburb or street is 5G enabled then it is one of the best broadband deals available on the market.



The internet is incredibly fast and is a great value for money. The plan also comes with a Nokia Broadband modem which is of a cylindrical shape. On occasions I have personally hit speeds up to 270Mbps download and 12Mbps Uploads. When compared the download speeds have doubled but the uploads are not very impressive. I am guessing that over the period of next few months the coverage will improve to provide a better upload speeds.

The Nokia modem is an ultimate device which has a 5G SIM card inserted and uses a very simple way to monitor the signal strength of the receiving tower. It is simply using the same principles of the traffic light signal where Red is the worst Signal, Orange is a satisfactory range and then Green is a full signal. It also has white dot system which indicates the direction of the transmitting 5G tower. I have measured speed during Red, Orange and Green phase and the results have always been very different. Although the best so far has been the green mode.

My expectation of the word fast internet has been pushed further and I so far have not been disappointed by the claims made by Optus. I was even offered a personal tech expert who I have been able to SMS with any queries and they were answered promptly. I am impressed by the level of service provided by Optus despite the stories I came across many times in the past years.

Optus has been pitching 5G Home Broadband as an NBN alternative with unlimited internet. In my personal experience my take on the situation

would be to embrace the change and jump in to try the future of Internet early. Optus will also guarantee the speed of nothing less than 50Mbps at any given time or you have the power to cancel the contract without any further charges if the speed falls below the threshold stated. As I mentioned earlier the upload speeds aren't quite exciting, but they are still very close to your current upload speeds and has the prospects of increasing over a period of time.

The Nokia modem also has a WiFi access point built in therefore one device is all you need in your home to provide internet wirelessly. The modem also has 4 ports at the bottom to plug in any device which does not have a wireless receiver. If you are living in large home, then you may have to purchase additional beacons which are equivalent to WiFi extenders. Setting up the modem is foolproof as you bring it home and plug directly into the power point and it is simply done.

All in all Optus 5G Home Broadband is a leap forward in to the new Internet Era and you should embrace this change with open arms. This is how the future looks and we are really at the tip of it right now. The current speeds experienced are just the beginning and as I can see the improvements are going to push us over the edge where speed will no longer be the bottleneck of any activities that we throw at it.

If you found this article handy and informative, please provide your feedback to sarang@vengurlekar.com

Australian Migrants Connect through app

Australian employers unleash potential of Australia's 6.9 million migrants with tech solution, Connections

Connections Australia, Australia's leading multilingual app connecting migrants to communities, jobs, and training, revealed their ongoing investments in technology development are transforming the talent sourcing experience for employers, unleashing the potential of skilled migrants. Connections Australia Founder & CEO Rinku Razdan is urging employers to join the growing number of employers accessing the pool of migrant talent available through Connections free job marketplace as a means for driving the Australian economy forward.

The 2016 Census put the number of people in Australia who were born overseas at 28.5 per cent (6.9 million people), many of them bringing sought-after skills to benefit the economy, and Connections

is making it easy for employers to find them.

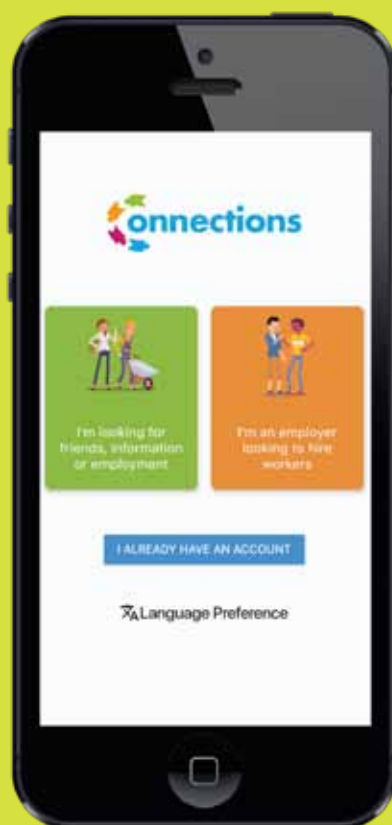
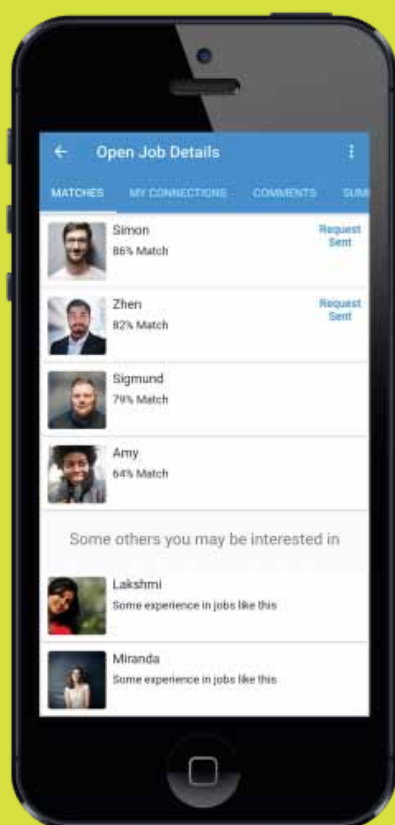
Rinku Razdan said: "As Australian companies look for solutions to survive and thrive in these challenging times, I am thrilled to see them accessing the rich pot of migrant talent on Connections Australia. Employers can be matched to prospective employees based on business requirements, skills, qualifications, experience, location, and availability."

"Out of about 178,000 permanent visas granted in 2017-18, 111,000 were for migrants with skills. These migrants bring unique talents, often speak other languages, and have a global and entrepreneurial mindset making them game-changing employees," added Razdan

"Incredible human resources are available, and it is up to employers to look at them. I believe in migrants' power to effect positive social change and foster social cohesion – the values of Connections Australia," concluded Razdan.

Employers can find their next candidate on Connections Australia's hiring portal 'Careers' at connectionsaustralia.com. Simply complete your company profile to be matched with ready and available workers of all kinds including skilled and entry level. Once signed up, it is possible to post jobs and be matched instantly to suitable candidates.

Connections also encourages migrants with work rights in Australia seeking employment to register via the app.





AKSHAY KUMAR DEDICATES NEW FILM, RAKSHA BANDHAN, TO HIS SISTER IN HEART-WARMING SOCIAL MEDIA POST

As Indians globally celebrate **Raksha Bandhan**, international megastar Akshay Kumar announced that an upcoming film project of the same name will be dedicated to his sister, **Alka Hiranandani**, while also naming this exciting project as “special”.

Set to be directed by Aanand L Rai, **Raksha Bandhan** will celebrate the relationship between brothers and sisters in what is already expected to be one of the most emotionally poignant blockbusters for 2021, as it focuses on one of the most unbreakable and important bonds.

Sharing a heart-touching poster for the movie, Akshay Kumar is seen embracing his three on-screen sisters in what elegantly highlights the beautiful relationship brothers and sisters share with one another.

Taking to social media to share the exciting news, Akshay Kumar said how this was the “quickest” he had ever agreed to star in a film. He posted the following message to his 100M+ followers:

“A story that touches your heart so deeply & so instantly, it’s the quickest I’ve signed a film in my career. Dedicating this film, #RakshaBandhan to my sister, Alka & to the most special bond in the world...that of a brother and sister.”



Thank you @aanandlrai, this one is very special”

Raksha Bandhan, which is due for release in cinemas on **5th November 2021**, was written by the award-winning writer Himanshu Sharma and will be produced by Colour Yellow Productions in association with Cape of Good

Films.

However, fans of Akshay Kumar do not have to wait that long to see him on their screens again with the superstar set to feature in a number of anticipated films such as **Laxmmi Bomb** and **Sooryavanshi** while he is also working with Rai on the director’s next release, **Atrangi Re**.



STEVE WAUGH

THE SPIRIT OF CRICKET INDIA BOOK TO BE RELEASED ON **NOVEMBER 1**



This is a book created by Steve Waugh AO, former Australian Cricket Captain – about his passion for India, photography and of course cricket. It's been a labour of love which has taken him eighteen months. The first edition, a large format photo book, The Spirit of Cricket – India will be released on November 1.

Steve's first visit to India was in 1986, as a member of the touring Australian Cricket Team. He recalled being overwhelmed by the absolute and complete bombardment of his senses. From the secluded comfort of the Team bus he witnessed through the window the constant stream of unfolding scenarios, as if he was in a movie back lot full of different plots, actors and colour filled backdrops.

He craved to get out on the streets and laneways, meet the locals and see how they interacted with each other and photograph their fascinating daily activities

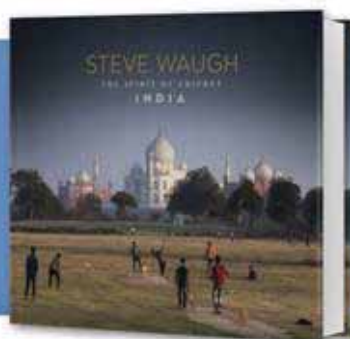


However with fame and adulation it wasn't realistic to stop the Team bus, alight and endeavour to capture all the unfolding scenarios that was in front of him.

That's where the concept of The Spirit of Cricket originated from. It was a passionate

desire to get out amongst the people of India, to finally capture all the emotion and splendour through the lens of his camera.

In January 2020, he travelled through India again, over 18 days, meeting many new and old friends. He spent time in the Maidans in Mum-



STEVE WAUGH
THE SPIRIT OF CRICKET
INDIA



bai, and the backstreets of Kolkata and Jodhpur, and stopped regularly to enjoy the local roadside matches along the way. He also travelled out in the desert to discover a game of cricket, and into the foothills of the Himalayas to meet a team of cricketing monks.

Steve toured a bat and ball Factory, played cricket with kids by the river, and was clean bowled on the beach at Juhu. He met blind and physically challenged cricketers who totally inspired him, and visited the first Women’s Cricket Academy in Dharamshala. He found the opportunity to meet the oldest and the very youngest of players, and play cricket with a Maharajah in his classical Palace ballroom.

On this book, Steve said “I have chosen 220 photographs from the tens of thousands I captured, and now, with this new book, proudly share and celebrate my collection with you. I hope I have done the people of India justice with the showcased images, and my quest to capture the very essence and “spirit” of the game and the passion of the people who love it.”

“Attitude, Energy, Enthusiasm and Imagination that’s all you need besides a bat and ball”
Steve Waugh AO



Photo credits – all photos by Steve Waugh, except the photo of Steve, which was Trente Parke



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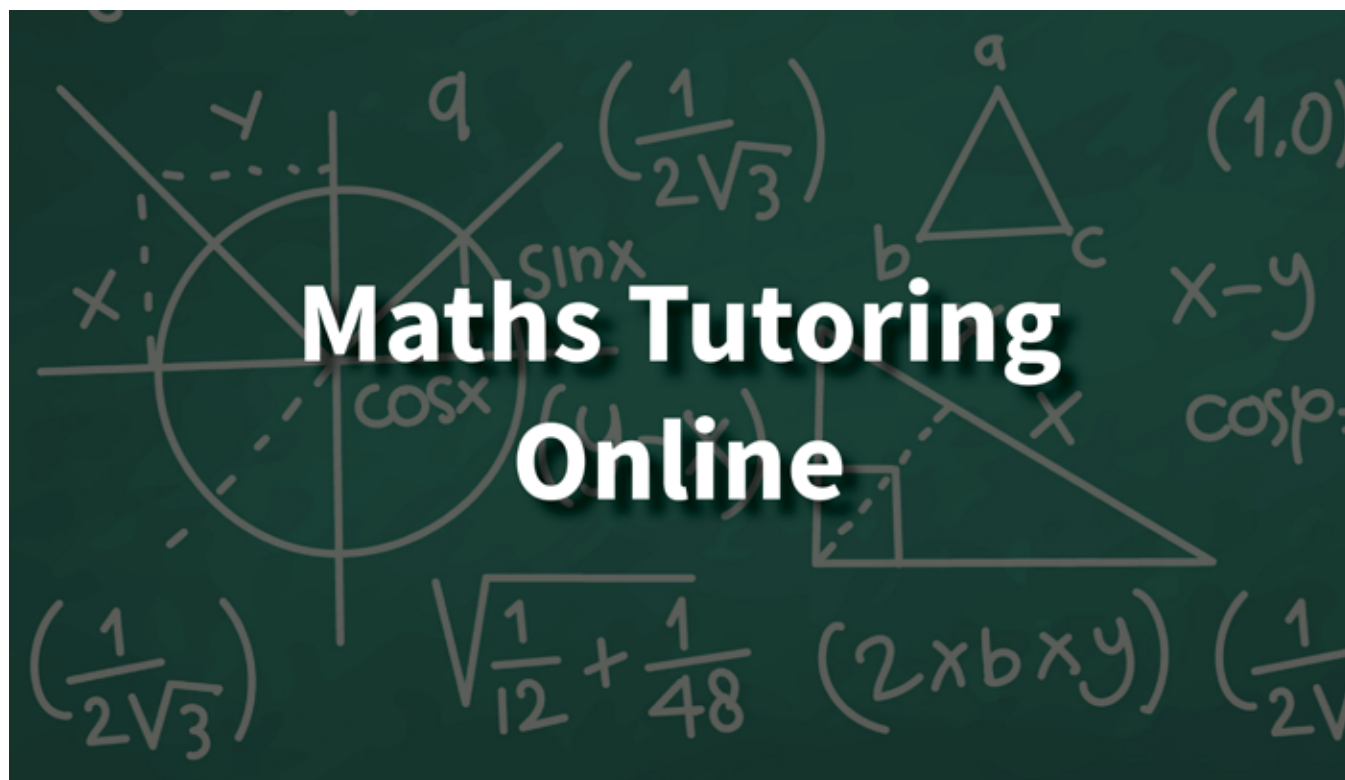
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