

GSA

GLOBAL EYE

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Issue 30, April 8, 2024

COVER STORY

ULHAS SATYANARAYANA INDIA'S RISING BASKETBALL STAR. An Exclusive Interview with India's FIRST Professional Basketball Star Playing for EURO LEAGUE.



DEV DARSHAN SENIOR CENTER AWARDS DR. RAJIV KANDALA AS OUTSTANDING PHYSICIAN OF THE YEAR 2024



INDIA'S CONSUL
GENERAL GHOSH

DR. RAJIV KANDALA, CMO
CAPITAL HOSPICE, OAKBROOK, IL

FROM THE EDITOR IN CHIEF

In this 30th edition of G.S.A. Global Eye Magazine our Cover Story features India's Rising Basketball Star, ULHAS KORAVI SATYANARAYANA in an exclusive interview. Delhi's Ulhas is today uniting continents, shattering records and dominating basketball courts. The exclusive interview covers the Eurostar's uprising with a triumphant voyage across continents along with his dribbling destiny that yearns his quest for excellence.

Dr. Rajiv Kandala, Chief Medical Officer of Capital Hospice and Palliative Care L.L.C at Oakbrook, Illinois was named the Outstanding Physician of the Year at Dev Dharsan Senior Center's First Annual Gala attended by over 500 senior citizens at National Indian Hub, Schaumburg, Illinois. India's Con-sul General at Chicago, Ambassador Somnath Ghosh congratulated Ms. Hema Shastri, Founder President of Dev Dharsan Senior Center for her initiative to constructively engage the senior citizens and applauded the senior citizens for turning up in such large number.

On Page 3, we have published INDIRA NOOYI's advice to Indian Students in USA to be watchful amid a recent string of tragedies occurring among the Indian Student population here. The former PersiCo CEO Indira Nooyi taped a special video giving the Indian Student Community in USA, some heartfelt advice. Our Spotlight section covers the 4th Annual International Women's Day Celebrations honoring America's



Top 20 Women of Excellence hosted by Medstar Laboratory and Global Eye Magazine in Hillside, Illinois. U.S. Congressman Jonathon Jackson along with U.S. Congressman Danny K. Davis personally congratulated each of the honorees in a spectacular awards ceremony.

Our popular Sections: Health Update, Life Style, Fashion Outlook, Women's Corner, Youth Page, Community Reflections, India and U.S.A News Feature and Community Pulse are filled with exciting and enlightening articles for your reading pleasure. Our editorial team is working very diligently to provide a unique blend of info news and features to empower you.

Your constant feedback and letters to the editor expressing your appreciation for the variety of articles published, have compelled us to increase the frequency of our issues. We truly look forward to your continued insights, suggestions and reflections on our content, so that we can improve to keep providing you the latest information in our

unique style. Wishing all those who celebrate Ramadan, EID MUBARAK! Yes, Together we forge ahead as partners in prosperity!

Vijay G Prabhakar



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DR. RAJIV KANDALA HONORED AS PHYSICIAN OF THE YEAR 2024



The highlight of Dev Darshan Senior Citizen Center's First Anniversary Gala held on March 30 at Schaumburg was the presentation of the Outstanding Physician of the Year Award to renowned Geriatric Physician Dr. Rajiv Kandala. The Award was presented by India's Consul General at Chicago, Somnath Ghosh in front of our 500 Senior Citizens at a most successful gala. Dr. Rajiv Kandala, Chief Medical Officer of Capital Hospice and Palliative Care, Oak Brook, Illinois take care of over one thousand senior citizens in Chicagoland. Dr. Kandala is also the President of the Medical staff, at Southshore Hospital, Director of Geriatrics at Jackson Park Hospital, Chair of Family Practice Department at Insight Hospital, Family Practice Physician at Lorette Hospital and Roseland Community Hospital in Chicago. Ms. Hema Shastri, Founder President of Dev Darshan Senior Citizen Center was honored by Global Eye Magazine as the Senior Citizen Icon 2024. Dr. Vijay G Prabhakar, GSA Chair presented the Award which was a Special handmade Doll made by an 82-year-old senior citizen to Ms. Hema Shastri on the occasion.



Ex-PepsiCo CEO advises Indian students in US to be 'watchful' amid a string of tragedies

Nooyi's message comes amid a string of troubling cases pertaining to the safety and security of Indian students in the US.

NEW YORK: Amid a string of tragic and concerning incidents involving Indian students in the US, former CEO of PepsiCo Indra Nooyi has advised them to be watchful, respect local laws and urged them to not engage in drugs or excessive drinking to ensure their safety and security in this country.

Nooyi, considered among the most powerful and influential business executives globally, issued an over 10-minute long video advising Indian students coming to the US to stay safe and alert and to avoid activities that can land them in trouble. 18-year-old Indian origin student 'froze to death' in US, kin suspect foul play

"The reason I'm recording this video is to talk to all of you, all you young people who are looking to come to the United States or are here already pursuing your studies, because I've been reading and listening to all the news about several examples of Indian students finding themselves in unfortunate situations," Nooyi, 68, said in the video.

"It's up to you to make sure you do what it takes to remain safe stay within the law, do not venture out into dark places alone at night, do not engage in drugs or excessive drinking please. All of these are just formulae for disaster," she said.

Nooyi pleaded with the students coming to the US to choose your university and courses carefully.

She added that coming to the US to pursue higher education can be a cultural sea change for many because they are away from the comforts of their families, communities and ecosystems.

"So when you come to the United States, be very watchful in the initial months of your landing here, in terms of who you select as friends, the new habits you develop and how you cope with cultural changes because it's very easy to get caught up with all the freedoms you have and think that you should experiment with everything. Be very, very careful."

She noted that while Indian students are known for their hard work and success, there are also incidents of some youngsters experimenting with and eventually getting addicted to drugs such as Fentanyl.

"This is lethal. Let me repeat, this is lethal," she said, adding that these are extremely harmful drugs impacting mental and physical health and will "definitely be detrimental to your career prospects here.

"Please do not verge into this whole area of experimenting

with dangerous stuff. Most importantly, do not partake in unlawful activities, understand the law and stay within the law," she said.

Nooyi added that many international students are not familiar with the laws and regulations of the host country.

"It is important to know the consequences of your actions and hence you have to stay alert

all the time," she said. "You need to know your visa status and its permissibility towards part-time employment. Do not violate the law," she said, adding that the students must know the boundaries of what you can do as a foreign student in the United States.

Nooyi also urged students to be aware of the safe areas in the city in which they are residing or travelling. "Please avoid shady neighbourhoods. Do not venture out late into the night alone or do not venture out very late in the night at all," she said, advising the students to go out in groups and with friends.

Nooyi's message comes amid a string of troubling cases pertaining to the safety and security of Indian students in the US. Since the beginning of this year, several cases of deaths among Indian and Indian-origin students have caused alarm and concern among the community. This week, the Consulate said it is working with local law enforcement authorities to locate 25-year-old Indian student Mohammad Abdul Arfath, who has been missing since the beginning of this month, in Cleveland. Indian-American Sameer Kamath, 23, a student at Purdue University who was found dead in a nature preserve in Indiana in February, died from a self-inflicted gunshot wound to the head, according to authorities. In January, 18-year-old Akul Dhawan, a University of Illinois student, was found unresponsive outside a campus building. Investigations revealed that he died due to hypothermia, with authorities ruling that acute alcohol intoxication and prolonged exposure to extremely cold temperatures significantly contributed to his death. In another tragedy that month, 25-year-old Indian

student Vivek Saini was hammered to death by a homeless drug addict in Georgia.

Nooyi underscored that the US offers phenomenal educational opportunities, and is multicultural and welcoming. She, however, added that studying in the US is not at all cheap, it's very expensive and would not necessarily secure a job for you here today".

"It is not guaranteed. Nor should it be your objective in this globalised world, where India itself is offering huge numbers of opportunities for educated people," she said. Nooyi urged the students to be "very aware" of the resources available to them in their universities and local communities, "strongly" suggesting that students engage with the university support system, the local Indian consulates and local Indian Americans to learn from their experiences and seek their support when needed. She also appealed to the students to beware of scams, including on social media, that may dupe them of their money and resources. She stressed the need for students to take care of their mental health and well being, stay connected with friends, families and support groups.

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Appreciate spotlighting Congressman Danny Davis's landslide victory. Shows the community's trust in his proven leadership.

-Ravi Rao, IL

Deeply moved by the "Spotlight" feature. Inspiring stories of remarkable women! The 20 women honored in "Spotlight" are true role models. We need more like them!"

Poonam Roy, Chicago

To the Editor, I was delighted to read about the establishment of the ICCR

Chair of Indian Studies at the University of Houston. This endeavor to promote Tamil language, literature, and culture is truly commendable. It reflects a commitment to fostering diversity and cross-cultural understanding. Kudos to both institutions for their dedication to education and cultural enrichment.

Dr Preethi, Chennai

Bravo Tanya! A powerful voice for Tamil women. We need the UN to act.

-Kumar, Delhi

Fascinating to see an engineer turned civil servant like Rohit Kumar Singh! More bureaucrats like Singh are needed! The public needs such proactive leaders.

- Anand, Mumbai

Inspiring to see young people like Tanya fight for justice. UN must take action for Tamil women's rights.

- Michael, New York

Interesting show! Would love to see more changemakers like Singh featured. Didn't know about Dr. VGP Talk Show. Thanks for introducing it!

- Seema, Lucknow



MEET ACHARYA LOKESH MUNI, THE GLOBAL PEACE AMBASSADOR: "A SIMPLE JAIN MONK".



Embark on a journey into the world of transformative gifts with Dr. VGP's Talk Show, reaching 42 million households globally, including 2 million in North America.

In this 41st Episode of Dr. VGP TALK SHOW step into the realm of enlightenment and immerse yourself in the resplendent world of ACHARYA LOKESH MUNI 'S captivating interview! This esteemed platform beckons you to witness a journey of profound wisdom and boundless inspiration.

➤ ACHARYA LOKESH MUNI 'S QUEST FOR GLOBAL HARMONY. In this extraordinary episode, embark on a transcendent voyage to the Ahimsa Vishwa Bharati . Amidst a world besieged by conflict and

chaos, where nations grapple with the scourge of violence, our intrepid host DR. VGP leads us to encounter a —beacon of hope, a paragon of peace – His Holiness SRI ACHARYA LOKESH MUNI.

➤ FROM HUMBLE BEGINNINGS TO GLOBAL IMPACT. A living legend and global peace ambassador, ACHARYA LOKESH MUNI 'S saga unfolds with a

mesmerizing allure, tracing his path from humble beginnings in a Rajasthan village to the corridors of global diplomacy. Renouncing worldly pursuits at a tender age, he embraced the mantle of



monkhood under the tutelage of Acharya Tulsi, igniting a lifelong crusade for harmony and compassion.

➤ ACHARYA LOKESH MUNI: CHAMPIONING INTER FAITH DIALOGUES AND PROMOTING PEACE AMIDST THE CHAOS. As Dr. VGP delves deep into ACHARYA LOKESH MUNI 'S 40-year odyssey, each word resonates

with the echoes of social reform, inter-religious dialogue, and unwavering dedication to peace. From traversing 20,000 kilometers barefoot to confront social evils, to penning seminal works that

challenge societal norms, Acharya Lokesh Muni emerges as a towering figure of inspiration.

➤ ACHARYA LOKESH MUNI UNVEILS HIS VISION FOR A HARMONIOUS FUTURE- INDIA'S FIRST WORLD PEACE CENTER. Join us as we welcome the World Peace Centre in Gurgaon to open on November 8, 2024. This historic

50,000 square foot , 7 Storey Peace center is a testament to ACHARYA LOKESH MUNI'S indomitable spirit and unwavering commitment to fostering a culture of peace. With insights gleaned from interactions with luminaries like Prime Minister Narendra Modi and President Abdul Kalam, Acharya Lokesh Muni unveils his vision for a harmonious world, where the ethos of Vasudhaiva Kutumbakam – the world is one family – reigns supreme.

➤ U. S. PRESIDENT JOE BIDEN TO HONOR ACHARYA LOKESH MUNI ON APRIL 9, 2024 AT WASHINGTON D.C. His Holiness Acharya Lokesh Muni will be presented The President Volunteer Service Award 2024 . This inspires us to lead on a transformative quest for peace in thus tumultuous world. Welcome to a rendezvous with destiny, where the pursuit of peace transcends boundaries and unites hearts.

DR. VGP TALK SHOW FEATURES CHANGEMAKERS, AND INNOVATIVE TRENDSETTERS AND EMBRACES UNKNOWN HEROES
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<https://shorturl.at/gT157>
<https://www.youtube.com/watch?v=3PXI7H2DNJw>

**Dr. VGP:**

Welcome to Dr. VGP Talk show that reaches 42 million households including two million households across North America. In today's episode of Dr. VGP's Talk show, you are going to meet a young and rising sportster from India, yes, 25 year old debonaire rising India's basketball star who is going to give us an insight into the game of basketball's growth in India including who has the distinction of being India's first varsity player in United Kingdom and the first Indian to play pro-basketball in Europe and the first Indian to play probasketball in the Malta season.

Meet Ulhas Koravi Satyanarayana, rising rage of

basketball today, being the member of Indian National basketball team and also you are going to hear from him about the insights of how challenging and successful is today because of his daily lifestyle,

Our guest today is India's rising young sports star who also excels academically and has path broken in the field of basketball. The first Indian player to play varsity basketball in the United Kingdom at 22. At 23 years old, the first Indian to play professional basketball in Europe and at 25 years old, he is today the pride of India. At 24, he was also a member of India's national basketball team. Born in Hyderabad, brought up in Delhi, hailing from a family in

Kanchipuram, Tamil Nadu, meet Ulhas Koravi Satyanarayana.

Thank you so much Ulhas for joining us in spite of your busy schedule. It is really great. Ulhas just returned from Europe and we were able to catch him before he gets back to Europe and it's hard to catch this young debonair between his playing seasons, professional basketball and you are going to get a ringside view today of what makes a basketball team, how basketball has progressed and where India stands today.

He has a master's in innovation and entrepreneurship from the Full Sail University in the United States. He had his bachelor's degree from University of Westminster in UK. So, tell us Ulhas, how did you start? When and how did you have this passion for basketball? You broke through barriers, being the first Indian player in the Europe League. It is a big honor. Tell us.

ULHAS:

It's an honor and a dream as well, dream come true. I started playing when I was seven in Delhi itself, where I was brought up. So, I actually picked the sport which was football but majorly cricket. So, my teacher told me that I can't play that anymore because there are too many people playing cricket. So, I had to choose a sport which was basketball. So, call it destiny, I picked the sport, I picked it up really quick.

Gradually played in the high school, played at a higher level here, then eventually it led up to me going to UK and playing there for three years which is what really changed my game and really

showed me that I can play at a higher level. I was captain of the University of Westminster there for two years.

Dr. VGP:

You must have been the first Indian to be a captain of a university varsity team in the United Kingdom, the first Asian-American too, I believe.

ULHAS:

Exactly, so as soon as I reached there in, I think 2016 is when that happened, I also became the first Indian to play there by itself on a college level. So it was a new experience because they play in a European style of basketball different from Indian style and eventually once I adapted to their style of play, I was given the honor of being the captain of the team and eventually that led to us winning a championship in my second year and all those things gave me confidence and a boost that I can pursue this on a higher level and become a professional basketball player which is the dream of a lot of people and basketball by itself being a sport which is not so well known in India or not played as much as cricket, it's hard to pave a way for yourself while you're playing the sport because not many opportunities are there per se as Indians to play at a higher level. So, I was lucky enough to go there and play and get in the right situation.

Dr. VGP:

With so much of accolades at such a young age, you're still so grounded, no airs and you're still single, no English girl has caught hold of you. How tall are you?

ULHAS:

I'm 6'1 right now.

Dr. VGP:

Good, that's a great height for a basketball player and what is the average height of a pro basketball player?

ULHAS:

It can vary from 5'11 to 7'5, there's a huge gap in that.

Dr. VGP:

What were the challenges you faced from being a student athlete as you were to going pro?

ULHAS:

Coming from an Indian background and having supporting parents as well helped me kind of keep my passion alive, that's the first thing I would like to say because I was a student.

Dr. VGP:

Because today the terms of amount of time and passion and money you need to focus on education for training and getting a professional role is what I hear from every sportsman across the country.

ULHAS:

And the usual traditional way is you have to have your degree or this and that and only then you might be able to play if you're racing those. So, I was lucky enough to have parents who supported me with the sport as well and that helped me kind of keep my dream alive and I was able to do so. So being a student athlete, I had to balance both studies and my basketball and cook for myself as well which I learnt in between.

So, I can call myself a chef for myself, but I mean I'm not too good, I can cook a little bit of gobi, aloo, this, that and all of those things, Indian dishes. So, it was always a struggle between finishing my homework, assignments and playing. So, it





was a whole 24 hours going into just that. **Dr. VGP:** Incredible, I mean you're so grounded and you also have picked up the hobby of cooking. Tell me, what is if there is one or two driving things that would take to be a professional basketball player today, what would that be and what was those the same things that drove you to be a top professional basketball today India has produced.

ULHAS: One of the major things is, first thing is believe in yourself and the belief comes from the amount of work you put in. So, the amount of hours you put on the court and the gym translate directly into your belief in yourself. Once you believe in yourself and when the right opportunity comes, you prove yourself that you're worthy enough, not to someone else but your own self.

Once that happens no one can stop you, you're going to reach heights which not many do but it all starts with your hard work on the court. The most important things like anyone says it's hard work but I won't say it's hard work, it's more about how joyfully you are doing what you're doing because even the hard work doesn't feel like hard work anymore once you do what you love.

Dr. VGP: Very profound what you just said, you know you believe in yourself and when you believe in yourself you can break all barriers and reach new heights. Tell us one or two experiences of you on the basketball court in London, how did the other guys perceive you being a colored skin on a professional varsity team, was there envy, was there joy, was the competition, was the camaraderie?

ULHAS: Like you're saying it was a mix of all of these things, there were people who were happy for me but then I also faced a little bit of racism as well and a little bit of jealousy but that's putting that's natural because once you're in a competition that's natural to happen but I would say the one experience that I remember really well is I had a practice match in my first year or so, it was the last bit of my first year and we were going at it me and my teammates so I had blocked a guy and then I scored on him and then it became you go at each other kind of a thing and that's when I realized that they are perceiving my own teammates are also

perceiving me as a competition and that's how we grow as well so that's when I understood that that's a positive competition which at that time I didn't see it in India so it was a new thing for me to



kind of get on with and understand that the culture is different and playing professional outside is way different or playing outside is way different from India the trash talk and all those things that come with playing in UK or Europe now it's beginning in India as well but for me that was the first time I experienced something like that so that kind of made me understand how to adapt to it and then still play at a higher level those are variables which are not talked about so it was a I'd say a major experience and a cultural shift as well for me as well and for the other players that how is a brown kid playing at the same level as us so for them it was that for me it was like I can play anywhere I want because I've put in the work

Dr. VGP: Point well taken you so eloquently expressed yourself that shows me that apart from being a sportsman on the court you must be a great excellent academician too. So, tell us about your experience in Moldova that was from a varsity level to playing for pro professional it's a huge change it's a correct jump how did you get into being a pro player? I mean that's an entirely different environment and it's I think very competitive very challenging and it needs fierce energy.

ULHAS: so after my time in the UK, I realized that I can play basketball at a professional level and when I did have that realization I was waiting for the right opportunity show up to my door and when it did it was Moldova and knowingly unknowingly I became the

first Indian to play in Europe and once I reached there, I already had the experience of three years of playing in the UK with Europeans, so the style and the game of basketball the way its played in Europe I already had it in me, it's more system basketball more organized and a lot of plays I don't want to go into the technicality of it almost becomes like academics it's no different from that you need a high IQ to play the sport it's not just a game anymore so that changes completely. I already had the experience now I just had to see for myself with the tag of being professional what it really takes so once I reached there I saw that the way I went through my day, how I trained, what I ate when I took care of every single thing all these years, it was worth the effort and it was towards being a professional because once you act and make yourself who you want to be, when the time comes it's no different it's the same thing now you're doing the same thing again and again and again to get there so I would say Moldova gave me the

on your stride and you've achieved it and from there you also went on to become a member of India's national basketball team that's a rare honor and could you tell us about the growth of Indian basketball and where is it today and how is the Indian national basketball team being a member in the international arena, where it stands?.

ULHAS: So, after my time in Moldova, I came back in 2022 and that's when I played for the national team. Looking at the national team players and playing with them I saw that the level that we play at the national level is really good we are no less than anyone else in the world. It's just that the amount of media the cricket gets if the basketball also got, we have the players, structure we have everything we just need some light on our guys for them to play at a higher level as well and which they are getting finally and it's progressing in a big way. Talent in India is no less than any other country in the world.

Dr. VGP: That's heartening to know because in America basketball is a huge thing you know the Bulls and the other games Michael Jordan you have Magic Johnson; they can go on talking and I think America is waiting for Indian talent like you to come in there and join the professional league in NBC, is that one of your options?

ULHAS: Not my option but my dream. Hopefully it'll become an option so I'm working towards it and NBA is the dream of any kid in the whole world may it be India or anywhere but an Indian playing in NBA and not just playing there for the sake of it but actually excelling there as well would be the major step and major paving way for all the youths in the upcoming years so it'll be not just a dream for one guy who made it but it'll be a dream come true for the whole country.

Dr. VGP: Currently Ulhas, you are playing in the Malta professional league, tell us how this season is going for you? Is it the same as Moldova, how does how is it going and what's the ground reality there and how is your team faring?

Ulhas K.S

AWARDS AND ACHIEVEMENTS

1. First Indian to play university level basketball in United Kingdom for the University of Westminster Dragons 1st Team.
2. International player of the year - 2016-17
3. Captain of University of Westminster 1st team 2017-18
4. Won British Universities and College Sports (BUCS)3B Championship 2017-18
5. Most improved player award - 2017-18
6. Promoted to BUCS 2B LEAGUE 2018-19
7. MVP Streetball league 2020
8. Won Championship in Streetball League 2020
9. First Indian to play professional basketball in Europe 2021-222
10. First Indian to be the Second highest Scorer in Moldovan National league Division 1 Europe 2021-22 for team Gloria.
11. First Indian to win a bronze medal in Moldovan National league Division 1 Europe 2021-22 for team Gloria.
12. Represented Indian National Team in World Cup qualifiers 2022-23
13. Selected to play in my second year in Maltese BOV League Division 1, Europe 2023-24 for Valleta Fighters BC.



player to play in the European professional level, earlier played in the University of Westminster University level I mean there's so much of these accomplishments and you're growing and today you are at the Malta season playing professional basketball. Tell our viewers,

You have to elaborate first on how yoga has an impact and relaxing your mind or strengthening your mind or your muscles first. Tell us and our viewers then look into the camera, don't be shy and I want to correct you there.

Dr. VGP:
Do they still practice today?

ULHAS:
Yes

Dr. VGP:
How much of time do you spend practicing yoga?

ULHAS:

what is the core which makes you and what's the day in life, what it takes to be an athlete and first explain from morning to night, so it will inspire the other young people that are watching us today to see if I want to be a national basketball player.



I know that because sometime when we were trying to schedule you for today, one of our executive producers were calling you up and they said you are in yoga so I said oh yoga, so tell us before you come in again like tell us how yoga is you're fitting in your schedule, how yoga has built you and determined you as an international player of excellence. Has it played a role in how that fits into the schedule that will be interesting because yoga today is celebrated all over the world, thanks to Prime Minister Modi.

So when it comes to yoga, it changes you completely, it gives you the kind of balance you need to be able to be in situations which give you a lot of pressure and be able to glide through it easily so even if it's let's say taking the game winning shot or a pressure of you losing the game but you have to come back, anything and even it can be day-to-day things, anything that you go through when it comes to life, it gives you that balance to be able to go through it joyfully.

I try to get, so before I became professional before I did any of this when I started it used to be 20 minutes to 30 minutes but now, I've taken out time for it and it can be somewhere around two hours I can sit to meditate.

Dr. VGP:
That's an incredible chunk of time in a 24 hour day and that's great to know about yoga and how it is benefiting. Tell us about what you're talking about the specific foods and what's your food habits like?

ULHAS:
So, unlike many athletes I'm a vegetarian and being a vegetarian, they say that you lack protein, the diet lacks protein so you won't be able to perform and all these things but I really think it's not that hard. I eat the same food that you eat it's just that I know which food to eat more.

Dr. VGP:
Tell us that, it shouldn't be a secret, I'll say so we can see many more 'Ulhas's not only in basketball and other sports also.

ULHAS:
I'd like to start with saying that my day starts with yoga itself. As soon as I wake up, the first thing is meditating and after that is when I start and go for my training. My day comprises two to three trainings a day and it's also not just as a basketball player, it's not just about the training it's the whole day how you hold it, every single moment in the day matters from what you eat to how much you sleep to what you're watching, every single thing translates to the game.

Dr. VGP:
Where you did you go to a specific training for yoga, you learnt it or you just self-learnt, self-trained?

ULHAS:
Actually, I was blessed enough to come into a family which was practicing yoga, so I've been meditating since I was seven years old.

Dr. VGP:
Wow, that's interesting to know. Both your father and mother were practicing yoga?

ULHAS:
Yes, and even my brother.

Dr. VGP:

ULHAS:
So, Malta has been a great experience transitioning from my first year in Moldova to my second year in Malta playing as a professional basketball player. Malta, the infrastructure there is really good.

Dr. VGP:
What's the population of that country?

ULHAS:
600,000 people or something but there are a lot of Americans that come there and play who have played in NCAA division one or at a high level in US and they come from there and they play in Malta so the competition level in general is high and when you're playing with such a high competition you have to step up your game as well you can't take it easy, you have to be at every practice and you have to treat it as a game so it taught me a lot in the three months that I've been there and

our team per se has reached semi-final.

Dr. VGP:
What's the name of your team?

ULHAS:
My team is **Valletta Fighters**. We are competing in division one - Maltese Basketball League and the team has reached semi-finals in the Victoria Cup and now the season we have played eight games in and we are trying to finish in the final four by the end of the season.

Dr. VGP:
Wow that's exciting to hear when you're making such good progress. How will you describe a day in life of Ulhas, the rising basketball star who broke barriers, hailing from a family in Kanchipuram, born in Hyderabad, brought up in Delhi and you were as a student athlete to become a pro basketball player played for India, playing for India's national basketball team, first Indian





ULHAS:
So, I'll say if you're having dal chawal you can have a little bit of more of dal, a little more salad and less of rice and that'll keep you clean, so like smallest things smallest tweaks can change your whole diet, your energy throughout the day, your recovery. A lot of paneer, so like even if you have a paneer roll.

Dr. VGP:
Is there a set time for breakfast, lunch, and dinner? Is that part of your regime?

ULHAS:
Yes, not just breakfast, lunch, and dinner but I have two more meals as post-workout meals which are important for recovery. They can be, I won't consider them meals it's like a shake, you can call it a protein shake or a milkshake not the sweet milkshake. Don't have that as an athlete but more of ghee, almonds mix of that so that kind of a milkshake.

Dr. VGP:
Very interesting, now coming to the time you get to sleep, how important is that to your whole life cycle?

ULHAS:
Sleep plays a huge role. How doctors prescribe somewhere around eight hours a day but as an athlete if you're training twice a day, you have to sleep at least nine or ten.

Dr. VGP:
Nine and ten hours at one stretch or you can split it up.

ULHAS:
You can split it up because you'll be training early in the mornings or sometimes it can be late nights but at the same time because I do yoga, I need to tell you that my body and mind becomes so relaxed because of it, the sleep quota naturally goes down to six hours. I usually sleep for six to seven hours at maximum and if I'm too tired from my workout, then it goes to nine hours but usually it's six hours because of me meditating for two hours.

Dr. VGP:
This is what Ulhas has shared as secrets of being a successful sports star today. First, he starts his day with yoga, two hours of yoga and makes his whole mind and body composed. He eats the

you need to position yourself, where you need to run, how you need to get back on defense every little detail of the game was segregated and now you had to look at the game from a different aspect. You have to kind of



right food at the right time, he eats three square meals and he has told you what he has as a post-workout snack, a shake and then that's the essence what you just heard from today's rising sports star of the year Ulhas Koravi Satyanarayana, based in Delhi. Ulhas, tell us, during your playing for India's national basketball team and your Europe professional circuit, is there any difference you find in the actual sport game while you're playing and how the crowds or the audience perceive it and tell our viewers what it is and how, are they the same or compare and contrast.

ULHAS:
So, at the time of playing in 2016 and before that in India, the basketball that I played was not a systematic basketball it was whoever can get the ball he needs to score but when I went to Europe it was more systematic basketball now you need to know the plays you need to know where

distinguish each and everything and then figure out how to do it at the best so that in totality you can do it at a higher level, so such details were not told to us or taught us when we were in India so once I received that and I

understood how to go about it that just translated into the game and it was way easier and once I came back though from Moldova and I went to the national team that's when I realized that the level and the differentiation is not that far. The way, the national team plays and the way I played in Europe is quite similar we play system basketball, so now I can see the growth, I can see the kind of changes that have happened over the years in India and it looks really the future is really promising. I can say in five years you're going to see a big change in terms of basketball in India.

Dr. VGP:
That's what the next question and you preempted it. Where do you see Indian basketball? You know today we see the world wrestler's federation, there's a big tug-of-war between the sports bodies and the players of course BCCI resolved it by having players on the selection committee rather than having outsiders, players on the management board. Now, how

searching for talents in this country is way harder than any other country outside, so I mean they're doing a good job but it's getting better as the day passes, that I can tell you.

Dr. VGP:
Where do you see yourself Ulhas, five years from now?

ULHAS:
In the NBA!

Dr. VGP:
Wow! Fantastic! In the National Basketball Association (NBA), the professional league of the United States, that's the premium of premium, a dream of every basketball player to play in the NBA circuit. You have your dreams up and what do you think today at what level if you see a percentage or a scope from one to ten where are you with ten being you have reached NBA.

ULHAS:
I would be realistic and I'll say I'm five. Even though, I'm playing in Europe, I'm the first Indian to play there, I'm keeping it humble because there's a lot of, lot of room for improvement always and even though I've achieved what I've achieved, regardless I would say that I'll be there soon!

Dr. VGP:
Great, you have your head on your shoulders and you have a great personality, an intelligent mind, academic excellence, and you've shared a lot. I'm sure it's going to inspire a lot of the young people here in India and in America and I'm sure you are a blend of tradition you still do yoga and still vegetarian and with the modernization, you're learning new skills in this age.

Tell us, if three people, you are given an opportunity to take out for dinner, they could be from the past to the present, in effect they could be your heroes or your icons, who would those three people be?

ULHAS:
I mean heroes icons that I would take to dinner, if I have an

does it reflect, how is the basketball federation of India? Do they play a significant role in the growth of the game and also in nurturing young talent, Yes or No.

ULHAS:
I mean they are doing a great job but this is a huge country and





ULHAS:
My message would be, no matter where you come from, no matter where you are from, who you are, whatever you believe that you can do which comes from your hard work, whatever you think you can achieve you go for it, no matter who says what, don't listen to anyone but your own self and keep going even if you're in tough situation right now because it only gets better as you work hard and you will achieve where you think you should get to and no one is stopping you but yourself! There's nobody but yourself, so just focus on yourself and keep growing and just go at it no matter what happens,

being in the moment it's so important you know I think you're the first one, we've done

It's wonderful, self-perception is a great part of one's personality and you have expressed yourself so well. Concluding, what would be

DR.VGP:



opportunity, I mean hero would be my dad I can take him out. Yes, but a lot of times a billion times and still less for the man he is he would be one of the top, number one and no one's going ahead of that, but then comes Kobe Bean Bryant he's the reason I played basketball he's the reason I'm here he's been the biggest inspiration in my life and it comes to basketball in particular and he's no more but it would have been lovely to take him out for dinner he's one of the biggest inspirations and the third would be right now LeBron James because he's the greatest to ever play the basketball sport so to know and have all the knowledge that he has about the sport would be the best thing ever for me to get where he is.

joyfully working and one last thing would be being in the moment all the time and trying to be in the moment all the time to be able to give my best at all times, whatever I have today with whatever talent I have I try to do the best of my abilities and then seek to grow regardless, no matter how even if I consider myself to be the best, there's always room to be better.

DR. VGP:

You just heard India's rising basketball player describing himself in three words, the first persistent, his relentless quest for excellence, second hard work but he adds joyful hard work, wasn't that a good expression today we all talk about dedication, hard work but no one describes it as joyful hard work and the third one is

several episodes of VGP Talk show, has described themselves as being in the moment, that's being in the moment to excel, being in the moment of being realistic and always have passion for growth.

your message to all our viewers, especially the youngsters? it's all yours now, so whatever you want to say Ulhas. You're going to hear from India's rising basketball star, Ulhas Koravi Satyanarayana, who's going to tell his message for the new year and beyond.

Thank you so much for joining us Ulhas. See you in NBA soon in North America! It was great having you I know you're busy to get back to the Malta season soon. All the best.

ULHAS:

it's been a pleasure, thank you so much.

Dr. VGP:

India's rising basketball star today has said his three favorite people, Ulhas Koravi, Satyanarayan has declared number one is his dad, even though he has taken him out for dinner billion times he would still be the number one person to take out so that is a great influence on this wonderful whiz kid who's shining on the basketball court, number two will be Kobe Bean Bryant who you all know and the third one is LeBron James.

Ulhas, it's been such an enlightening experience having you on Dr. VGP talk show and our viewers would like to know, you have shared so much, your multi-talented, so focused, rising sports star, how would you describe yourself in three words?

ULHAS:

Describing myself in three words I would say persistent, hard-working for sure but more of





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Medstar Laboratory and Global Eye Magazine Honors America's Top 20 Women Of Excellence At a Spectacular Ceremony In Hillside, Illinois

Mohita Sukumar
Chicago News Bureau Chief
GSA Global Eye, Naperville, IL

HILLSIDE, IL, March 9th, 2024 - The Medstar Auditorium in Hillside, Illinois, radiated with the spirit of empowerment and celebration, as distinguished guests, and community leaders gathered to commemorate the 4th Annual International Women's Day on March 9th, 2024. Co-hosted by Kruti Pandya and Mohita Sukumar, the event unfolded with grace and fervor, marking a pivotal moment in the ongoing journey towards gender equality and female empowerment.

The solemnity of the occasion was heralded by an opening prayer led by Katherine Thorat, the Event Chair, invoking blessings for the success of the event and the continued empowerment of women worldwide. Dr. Vasavi Chakka, Executive Director of the Indian American Business Coalition USA, graced the stage with her presence as she delivered a warm welcome address. Dr. Chakka, revered as the 'Iron Lady of Naperville' and the first Indo-American woman to achieve the prestigious Lincoln Fellow title, set the tone for an evening filled with inspiration and celebration.

Dr. Vijay G Prabhakar, Chairman of GSA Global Eye, followed suit with opening remarks, highlighting the significance of women's contributions to society and the imperative for collective action towards gender equality. Dr. Anuja Gupta, CEO of Verandah Retirement Community, and a trailblazer in women's empowerment initiatives, rallied the audience with a powerful call to action, urging everyone to champion the cause of women's rights and equality in their communities.

The ceremony reached its zenith with the presentation of the prestigious Nellie Azizi Memorial Prize 2024 to Dr. Mildred Harris,

President of God First Ministries, Chicago. Dr. Harris's unwavering dedication to social justice and community upliftment exemplifies the spirit of the award, named in honor of the pioneering advocate for women's rights, Nellie Azizi.

Further accolades were bestowed upon the Women's Empowerment Group, Chicago, as they were honored with the Edward & Lilly Prabhakar Centenary Award, recognizing their outstanding contributions to advancing the status of women in society.

A highlight of the evening was the presentation of the "America's Top 20 Women of Excellence" awards by esteemed guests, US Rep Danny K Davis and Congressman Johnathan Jackson. These awards paid tribute to remarkable women across diverse fields, whose exemplary achievements serve as beacons of inspiration for future generations. Mayor of Naperville Scott Wehrli graced the occasion and presented the medallion, symbolizing the city's commitment to supporting initiatives aimed at promoting gender equality and fostering inclusive communities.

Mayor Scott Wehrli also delivered special remarks, underscoring the importance of collaborative efforts in creating a more equitable society. Congressman Johnathan Jackson, serving as the esteemed Chief Guest, shared his insights and highlighted the significance of International Women's Day in advancing the rights and opportunities of women globally. Ricky Gandhi, Commissioner of the American Multi-Ethnic Coalition, took to the stage to make vital community announcements, reaffirming the coalition's commitment to promoting diversity, inclusion, and unity.

As the evening drew to a close, Naveen K Chandra, Chief Information Officer of Global EYE Magazine, delivered closing remarks, expressing gratitude to all participants for their unwavering support and dedication to the cause of women's empowerment. A group photo captured the collective spirit of solidarity and determination, serving as a poignant reminder of the strides made and the

journey ahead towards a more equitable and inclusive world.

With the echoes of applause and inspiration reverberating through the auditorium, the 4th Annual International Women's Day celebration concluded, leaving an indelible mark on hearts and minds, and igniting a renewed sense of purpose in the quest for gender equality.

4th Annual International Women's Day 2024
MARCH 9, 2024: 4PM: MEDSTAR AUDITORIUM

Co-Hosts: Kruti Pandya & Mohita Sukumar

4:00 pm: **Opening Prayer** : Katherine Thorat, Event Chair

4:03 pm: **Welcome Address**: Dr. Vasavi Chakka, Executive Director, Indian American Business Coalition USA

4:06 pm: **Opening Remarks**: Dr. Vijay G. Prabhakar, Chairman, GSA Global Eye

4:10 pm: **Call to Action**: Dr. Anuja Gupta, CEO, Verandah Retirement Community, Hanover Park, IL.

4:15 pm: Presentation of the **NELLIE AZIZI Memorial Prize 2024**
To: Dr. MILDRED HARRIS, President, God First Ministries, Chicago

4:18 pm: Presentation of **EDWARD & LILY PRABHAKAR CENTENARY AWARD**
To: WOMEN'S EMPOWERMENT GROUP, CHICAGO

4:21 pm: Presentation of the **NEWTON DEVASAHAYAM CENTENARY AWARD**
To: NEAL PATEL, CEO Medstar Laboratory Inc., and Police Commissioner, South Barrington, IL

4:25 pm: **HONORING AMERICA'S TOP 20 WOMEN OF EXCELLENCE:**
Award Presentation: US Rep. Danny K. Davis
Medallion Presentation: US Rep. Jonathan Jackson

5:25 pm: **Special Remarks:** Congressman Jonathan Jackson

5:28 pm: **Chief Guest Remarks:** Congressman Danny K. Davis

5:35 pm: **Community Announcement:** Ricky Gandhi, Commissioner, American Multi Ethnic Coalition

5:38 pm: **Closing Remarks:** Naveen Chandra Karna CIO, Global Eye Magazine

5:41 pm: **Group Photo**



SRIVANI GUNTAKA
Project Engineer, INTERRA,
Bolingbrook , IL

SRIVANI GUNTAKA, is a Project Engineer specializing in construction material testing for over 18 years with INTERRA and lives in Bolingbrook, IL. She has been a contributing member of numerous projects for Tollway, Illinois DOT, Chicago DOT, and various municipalities, demonstrating her expertise and skills. Also, beyond her professional accomplishments, Srivani is a dedicated advocate for community empowerment. She actively engages in collecting supplies for seniors, coordinates canned food drives for local pantries, and supported events such as the GSA EXPO India@75. Recently, Srivani played a key role



in coordinating the Global Eye 2023 event held in Englewood, Magazine's Youth Top 18 under 18 Chicago.

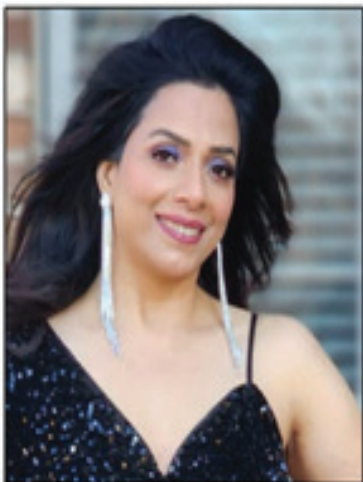


GWEN APPLEBERRY
Pastor, God's Gift Ministries,
Chicago, IL

PASTOR GWEN APPLEBERRY is from Chicago, IL is a revered educator and curriculum writer with over four decades of experience, boasting an IL State Board License/Educator status. With a remarkable portfolio including institutions like Wilfred Academy and Pivot Point, Pastor Appleberry's expertise extends to spiritual leadership, holding ordinations in Christianity and Metaphysical Sciences. She is recognized for her significant contributions to education and community service, Pastor Appleberry has received prestigious awards, including the Women's



Trailblazer Award from Southwest legacy as an inspiring leader and Collaborative, solidifying her advocate.



SUCHITRA KUKREJA
Social Media Influencer & Digital
Creator, Chicago , IL

SUCHITRA KUKREJA, is an entrepreneur, community activist, and Social Media Influencer, will leverage her diverse expertise as an Event Organizer and Digital Marketing Manager to drive impactful initiatives. With a passion for community engagement, Suchitra will utilize her platform as a Social Media Influencer to amplify voices and advocate for positive change. As an adept event organizer and digital marketing manager based in Chicago, Illinois, plans to spearhead innovative campaigns and events to empower and uplift communities.



MATTIE HUNTER
State Senator,
3rd District -Illinois

STATE SENATOR MATTIE HUNTER represents third district, IL and is a stalwart leader in the Illinois General Assembly since 2003, holding a pivotal role as an Assistant Majority Leader. She is a champion of healthcare reform, Hunter's legislative prowess has driven advancements in access and quality, notably within the Illinois Legislative Black Caucus' Health and Human Services Pillar. With a distinguished background in grassroots organizing and expertise as a licensed alcohol and drug counselor, Hunter's legislative initiatives effectively combat substance abuse and promote prevention, reflecting her unwavering commitment to public service.





RANI LOURDES EMMANUEL
Renowned International Pianist

RANI LOURDES EMMANUEL is a renowned international pianist, a musical virtuoso for over 60 years, showcases her talent on the piano, organ, and accordion, defying odds since her teenage years despite a diagnosis of poor vision. As an accomplished musician, Rani has taught music at prestigious institutions in Hyderabad and performed on All India Radio. Her musical legacy extends to Chicago, where she entertains audiences at various venues, offering a diverse repertoire spanning Classical, Sacred, Secular, and Bollywood genres. Beyond her musical pursuits, Rani finds joy in her family, including her children, grandchildren, and grand Godchildren, who are her pride and joy.



ANETA KOLCUN
Cosmetologist & Interior Decorator

ANETA KOLCUN, is a cosmetologist and interior decorator is a polish American, a successful small business owner who passionately pursues perfection. She is an internationally certified cosmetologist with 16 years of industry experience. Aneta is a renowned event management specialist. She orchestrates seamless and unforgettable experiences, setting the standard for excellence in event execution. Has a proven track record of success, Aneta's portfolio speaks volumes about her unmatched talent and dedication to her craft.



SAMIHA SYED
President, Student Senate, Benedictine University, Lisle, IL

SAMIHA SYED, is a President of the student Senate, Benedictine University, Lisle, IL. She is an Illinois Board of Higher Education Board Member, Lincoln Laureate, Interfaith America Fellow, and Pulitzer Center Fellow, holds a distinguished record of leadership and achievement. She is the first Illinoisian to receive the Order of Lincoln twice, including the prestigious Lincoln Laureate in 2020, Samara's contributions to humanity have earned her statewide recognition. From her roles in shaping higher education policy to her advocacy for humanitarian causes, Samiha's commitment to public service and community betterment is evident through her extensive leadership positions and accolades.



LYNDA WEHRLI
Real Estate Agent & First Lady of Naperville City

LYNDA WEHRLI, is a real estate agent and First Lady of Naperville city. She is a force of compassion and dedication and embodies the essence of a devoted wife, nurturing mother, and accomplished realtor, all while championing impactful community causes. With an unwavering commitment to service, Lynda's boundless energy propels her advocacy for veterans and active-duty service members as a board member for Naperville Responds for Veterans and Chicagoland Blue Star Mothers. Beyond her professional and philanthropic endeavors, Lynda cultivates a life of fulfillment, finding strength in family unity and personal wellness, epitomizing resilience, and purpose in every facet of her remarkable journey.





SHRUTI PATEL
IT Professional & Entrepreneur
Detroit, Michigan

SHRUTI PATEL is an IT Professional and an aspiring entrepreneur, a pioneering leader in the realm of real estate and food industries. She serves as a President of Desi Real Estate, showcasing unparalleled expertise, driving innovation, and ensuring client satisfaction. She lives in Detroit, Michigan and serves as the President of Fresh Choice Food Center, promoting healthy eating, community engagement, and providing high-quality products and services.



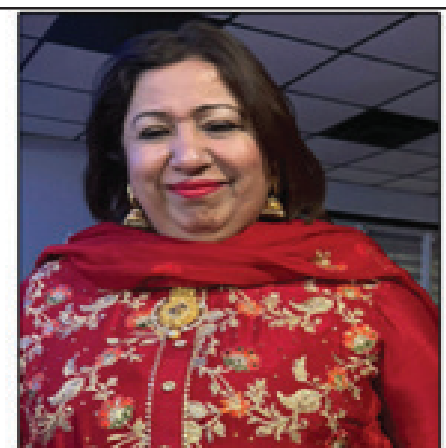
SENAY SIMSEK Ph.D
Professor & Head, Dean's Chair in
Food Science, Purdue University

Dr. SENAY SIMSEK, a distinguished addition to Purdue University's faculty and Department of Food Science, assumes dual roles as Department Head and Dean's Chair in Food Science from July 1, 2021. Renowned for groundbreaking research, she pioneers advancements in carbohydrate structure-function relationships, revolutionizing cereal quality and utilization within the food industry. With a stellar academic background spanning Purdue University, Gebze Technical University, and Bulent Ecevit University, Dr. Simsek's leadership, and affiliations with esteemed institutions like the Whistler Center for Carbohydrate Research, propels her to the forefront of food science innovation, inspiring a new era of sustainable food production and nutritional discovery.



JUDY NI
Director, Real Estate
Windfall Group

JUDY NI is the Chief operating officer of Windfall Group, Aurora, boasts over seven years of industry expertise and an MBA from Loyola University of Chicago, driving business success with precision. She is an innovative woman entrepreneur in a male-dominated realm. Judy's determination and spirit break barriers, inspiring collaboration, and mentorship to propel her journey and uplift others. With a proven track record managing 1M+ square feet of real estate, Judy's multifaceted skill set fuels Windfall Group's triumphs, while her entrepreneurial pursuits empower women, catalyzing growth and innovation in the industry.



FEHMIDA SODAGAR
Community Activist,
Lincolnwood, IL

FEHMIDA SODAGAR is a dynamic community leader based in Lincolnwood, IL. She is a devoted mother to two children, epitomizing resilience, and entrepreneurial spirit. Alongside her husband, Fehmida spearheads multiple businesses, including a gas station, furniture warehouse, and Dunkin/Baskin Robbins franchise, displaying her exceptional leadership and business prowess. Since immigrating from Pakistan in 1988, Fehmida has emerged as a formidable leader and organizer, dedicated to fostering positive change and enriching her adopted community with unwavering passion and commitment.





DEBORAH COSEY LANE
Labor Union Leader,
Chicago

DEBORAH COSEY-LANE is a Union Labor Leader and is from Chicago, IL. She served as the Financial Secretary/Treasurer of Amalgamated Transit Union Local 308, representing 3,000 Rail Transportation workers for the Chicago Transit Authority. She has over 31 years of union membership and champions labor education and advocates for equal opportunities, using her voice to empower workers and foster economic advancement. She was the first Woman/African American President of Amalgamated Transit Union Illinois Joint Conference, Deborah's influence transcends her union, making waves in political affairs, equity education, and

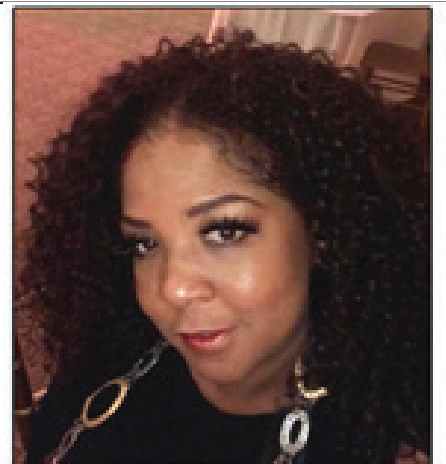


community activism, earning numerous awards for her tireless advocacy and leadership.



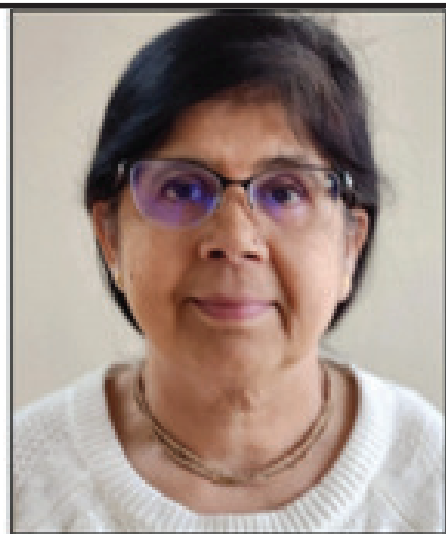
AMREEN HUSSIANI
Agency Manager, Standard
Home Care, Bloomingdale, IL

AMREEN HUSSAINI is an Agency Manager at Standard Home Care Inc. located in Bloomingdale, IL from June 2020. She is a beacon of empowerment and excellence in operations and compliance management. Amreen leads a dedicated team of over 300 employees across multiple locations including Bloomingdale, Rogers Park, North Aurora, and Springfield. Her exceptional leadership ensures the highest standards of care and service. Through her guidance, Standard Home Care Inc thrives as a trusted name in the industry, embodying the ethos of empowerment and delivering top-quality care to those in need.



KARLA GRANT
Modern Art Artiste,
Chicago, IL

KARLA WADLEY-GRANT is a modern art artiste, from Chicago, IL. She began her artistic journey in Chicago's South Side, where she attended Unity Catholic High School before pursuing Fine Arts at the prestigious Art Institute of Chicago. Transitioning from educator to workshop facilitator, Karla emerged as a prominent figure in Chicago's art scene, using her work to engage communities and spark social commentary. Her impactful contributions include the creation of vibrant murals like the one depicting former President Barack Obama at Alex Haley Elementary School, highlighting her dedication to art and community upliftment.



KUNDAN UPADHYAY
Community Activist,
Schaumburg, IL

KUNDAN UPADHYAY is an IT professional with a B.S. degree in Economics and Statistics from Gujarat University. She is a community activist and lives in Schaumburg. She is a dedicated volunteer at the Schaumburg Swami Narayan Temple and Ekal Vidyalaya, actively serving various communities. She balances her professional expertise with a commitment to community service and philanthropy.





TAMMY WILDER
Senior Corporate Counsel,
Philadelphia PA

TAMMY WILDER is a senior corporate counsel from Philadelphia, PA. Her resilience is forged by family, time, and faith, shaping an empowered identity. She is a Senior Corporate Counsel for a leading ed-tech company and champions youth potential, providing legal support to enhance student achievement and foster inclusivity. Beyond law, Ms. Wilder, a distinguished alumna of Howard University and Emory University School of Law, empowers at-risk youth through music, blending divine inspiration and skill to ignite transformative journeys.



Asian Media



ARCHANA AGRAWAL
Co-Founder,
AMI Financial Group, USA.

ARCHANA AGRAWAL, is the co-founder and CEO of Ami Financial Group, USA which manages assets exceeding \$200 million across 25 states since 1999. She drives corporate success while actively engaging in community service as the Event Coordinator for the American Multi Ethnic Coalition. Archana's impact extends beyond business, evidenced by her roles as President of the India Association of Memphis, Trustee of the India Cultural Center and Temple, and her establishment of a scholarship fund, embodying values of compassion, leadership, and service.



Asian Media USA



ANNA MOELLER
State Representative,
43rd District, Illinois

ANNA MOELLER, State Representative for Illinois 43rd District since 2014, is a dynamic leader known for championing legislation on pay equity, healthcare access, and environmental protection. As Chairwoman of the Human Services Committee and Vice-Chair of key committees, Anna plays a pivotal role in advancing important reforms and advocating for diverse communities. With a background in local government and education, Anna's dedication to public service has earned her numerous awards and recognitions, displaying her commitment to making a positive impact in her district and beyond.



Asian Media USA



THERESA MAH
State Representative,
24th District, IL

THERESA MAH is the State Representative for the 24th District, IL. In 2016, Theresa Mah became the first Asian American elected to the Illinois General Assembly. With a Ph.D. in modern American history, she champions diversity in government and community engagement. Mah's activism spans immigrant rights, voter education, and healthcare, alongside legislative efforts on education and environmental justice.



GLIMPSES OF GLOBAL EYE WOMEN'S DAY CELEBRATIONS



Two Dynamic Men Shivam Viswanathan, Chief Marketing Officer and Syed Mukarram, AMEC Commissioner of Addison, Illinois Kick Start the 4th International Women's Day hosted by MEDSTAR LABORATORIES INC. AND GLOBAL EYE MAGAZINE on March 9 at Hillside.



Dr. VGP Congratulating Judy Ni, Director of Real Estate, Windfall Group, USA, one of America's Top 20 Women of Excellence and her family, Father Eddine Ni, AMEC's Global Ambassador, Mother Ling Ling Ni and Sister Jasmine Ni at the Spectacular Ceremony.



U.S. Congressman Danny K. Davis Congratulating the honorees from left to right: Deborah Lane, Dr. Senay Simsek, Sri Vani Guntaka, Judy Ni, Dr. Mildred Harris, Archana Agarwal, Shruti Patel and Fehmida Sodagar at the Awards Ceremony.



Welcome Banner at the 4th Annual International Women's Day Celebrations Honoring America's Top 20 Women of Excellence hosted by Medstar Laboratory and Global Eye Magazine at Hillside, Illinois.



Global Eye Magazine's Chicago News Bureau Chief Mohita Sukumar excelled as one of the emcees at the Award Ceremony and elegantly hosted the show.



Pakistani American Community Leader Kadar Sodagar flanked two honorees SUCHITRA KUKREJA and FEHMIDA SODAGAR at the Glittering Award Ceremony.



Kathy Thorat, Global Eye Magazine's Chief Happiness Officer opened the Awards Ceremony with a powerful inspirational prayer that set the tone for the evening of Women's empowerment.



Dr. Vasavi Chakka, Executive Director, Indian American Business Coalition USA and Chief Finance Officer, Global Eye Magazine welcomed the gathering and introduced Dr. Anuja Gupta, C.E.O., Verandah Senior Living, Hanover Park, Illinois who delivered the Call to Action.



Naperville's Mayor Scott Wehrli and the City of Naperville's First Lady Lynda Wehrli sharing a happy moment together at the festivities.



A section of the audience looking on Dr. Gwen Appleberry, Robert York, Honoree Tammy Wilder from Philadelphia, PA, Samrat Patel from Detroit, Global Ambassador Eddine Ni and Honoree Judy Ni can be seen in the picture.



Dr. Anuja Gupta, the visionary C.E.O of Verandah Senior Living, Handover Park, Illinois giving an insightful Call to Action and recalled her journey to success.



Dr. Mildred Harris, Commissioner, Chicago Housing Authority receiving the NELLI AZIZI Memorial Prize delivering her acceptance remarks. Nelli Azizi's granddaughter Dr. Rani Yousefzai and her two sons are on the right in the photo.

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Call: Kathy Thorat
Ph: 630 863 1462

In pursuit of happiness

Neither his initial poverty nor losing his wife shattered Protap Saikia. Instead, his resilience drove him to establish a Rs 4 crore school while supporting community projects, writes Prasanta Mazumdar



Prasanta Mazumdar ASSAM :

A Rs 4 crore school sprawling across 6.2 bighas of land, offering free education, a crematorium, and a namghar (place of worship), stand as enduring monuments to Protap Saikia's generosity. His journey from poverty to prosperity is a testament to the human spirit's resilience. Transitioning from a successful businessman to a dedicated philanthropist, the personal tragedy of losing his wife several years ago only served to enlarge and enrich his heart. His peers note a marked shift in his priorities, suggesting that he has transcended mere material wealth since his wife's

passing.

Saikia's early life was far from easy, marked by struggles for basic sustenance. However, through sheer determination, grit, and hard work, he swiftly ascended the ladder of success in his business ventures. Today, he provides employment to approximately 500 individuals directly and indirectly, fostering a sense of contentment among his workforce. Born in the humble village of Abhaypuria in upper Assam's Jorhat district, Saikia, the son of a farmer, began his entrepreneurial journey at the age of 11. Balancing his studies with the

responsibility of supporting his family, he initiated a pan shop in the neighbouring village of Kaliapani. Despite meagre earnings, his relentless pursuit of education and business acumen bore fruit, leading to a diverse portfolio of successful ventures. "I didn't earn much from the pan shop, but I saved diligently to establish a roadside eatery. Subsequent successes propelled me to explore diverse sectors such as Assamese silk and agar (perfume)," he said. Saikia expanded his business empire, securing leases for numerous weekly markets and venturing into construction contracting. Today, his holdings

include a tea garden, a tea factory, a fishery, a brick kiln, a petrol pump, and a market complex, among others. Initially devastated by his wife Jyoti's demise, Saikia found solace in extending compassion to his community. He founded the Jyoti Protap Gyanmarg Bidyalay, a modern school equipped with smart classrooms, in her memory in 2021. Operated under the Jyoti Protap Education Trust, the school currently enrolls 210 students, predominantly from marginalised families, with provisions for classes up to 12th grade. Photo | Express

"My own experiences taught me the challenges faced by families

in our village and neighbouring areas in educating their children. I wanted to ensure that no child endures the same fate as mine. Thus, the school was born, and the overwhelming community response affirmed its necessity," explains Saikia.

Operated under the Jyoti Protap Education Trust, the school currently enrolls 210 students, predominantly from marginalised families, with provisions for classes up to 12th grade. Boasting digital classrooms, a computer lab and a robotics lab, the institution emphasises holistic education, incorporating Assamese culture, music, yoga, and physical fitness into its curriculum. Biju Kumar Sarma, a school coordinator, lauds Saikia's philanthropic endeavours, citing his establishment of the crematorium in 1995 as an early manifestation of his altruism. Sarma also highlights Saikia's foresight in designating the Jyoti Protap Education Trust as the beneficiary of his insurance policies, ensuring the school's sustained support.

Telangana: After 7 long years, teacher shines on the world stage

Irshad, with 11 years of experience at Govt Model School, Pegadapally, was chosen as one of two TG educators for the 2024 FTEA

HYDERABAD: After seven years of perseverance, it's a moment of celebration for 40-year-old Syed Irshad Ali, a postgraduate teacher from Model School and Government Junior College in Pegadapally village of Jagtial district, to have attended the Fulbright Teaching Excellence and Achievement (FTEA) program at the University of Massachusetts, Lowell, US.

Headed by the Bureau of Educational and Cultural Affairs, US Department of State, the six-week FTEA program opens doors for secondary school educators to partake in developmental initiatives at prestigious US universities.

Irshad was one of only two teachers chosen from Telangana and one of the seven teachers handpicked from across the country for the 2024 program. Irshad was selected after attending national-level interviews and attempting the TOEFL (Test of English as a Foreign Language), scoring 61.

Irshad was aspiring and attempting to be a part of the program for the past seven years and his efforts finally paid off



when he was selected to attend the program, where teachers from 19 other countries were also a part of the cohort.

Speaking to TNIE, Irshad said, "The six-week program has been a one-of-its-kind experience that gave me exposure to different cultures and people from various parts of the world. Besides exchanging teaching techniques and knowledge-sharing, the program expanded my approach and gave me exposure to challenges faced by teachers in different countries, some of which were similar to what we face here in India, while others were extremes, which helped me understand the progress made by India in infrastructure, as well as the areas where we need to

improve". Irshad further said that discussions on gender rights, English pedagogy, and a visit to Harvard University, which were a part of the program were a significant value addition to his learning experience.

Irshad has 14 years of experience in teaching and has been working in the Model School for the past 11 years, where he teaches the English language to students from classes 9 to 12.

He has also been a state resource person and has contributed to designing various training programs for English teachers in the state and was also awarded the district-level best teacher award for 2022, for excellence in English teaching



during the Covid-19 period.

Irshad, who is a father to a son and a daughter, stressed on the significance of empowering and fostering girl students, especially in the rural areas, where girls face several challenges, that

hamper their education, and said that this achievement came as an added responsibility for him in creating awareness amongst teachers for improving the quality of education in the government schools.

'Enabled with ideas': Jaipur's fashion show redefines beauty, empowering the differently-abled

Fondly known as "Ritu," she is not merely a business entrepreneur but also a compassionate soul deeply committed to her social responsibilities.



RAJASTHAN : Fashion, for long, has been synonymous with glamour, style, and sophistication. When one envisions a "fashion show," images of impeccably dressed models strutting down the runway amidst flashing lights and thunderous applause often come to mind. It's a spectacle that captivates audiences worldwide, celebrating beauty, creativity, and sartorial innovation.

However, amid the glitz and glamour, there exists a quieter yet profoundly impactful movement—a movement that challenges conventional notions of beauty and inclusivity. This movement finds its home in the heart of Jaipur, where a unique fashion extravaganza unfolds, showcasing the talents of individuals often sidelined by society—the differently-abled.

For the three years, Jaipur has set the stage for a fashion revolution, spearheaded by the indefatigable Ritu Umesh Aggarwal. Fondly known as "Ritu," she is not merely a business entrepreneur but also a compassionate soul deeply committed to her social responsibilities. As the CSR Director of CREDAI Rajasthan, Ritu has dedicated herself to empowering the marginalized, particularly those with disabilities. Ritu shares her motivation behind this endeavour, "It was started three years ago to instil confidence in disabled individuals and integrate them into mainstream society. It has evolved into a significant social initiative, fuelling my passion for social service. Working towards uplifting those often marginalized by society brings me immense joy and satisfaction."

She emphasises the inclusive nature of her fashion show, where participants span diverse backgrounds, from IAS officers to rickshaw pullers. "My aim is to eradicate any sense of inferiority complex among these individuals and make them realize their equality. I want them to understand that their disabilities do not define them or diminish their worth," Ritu asserts.

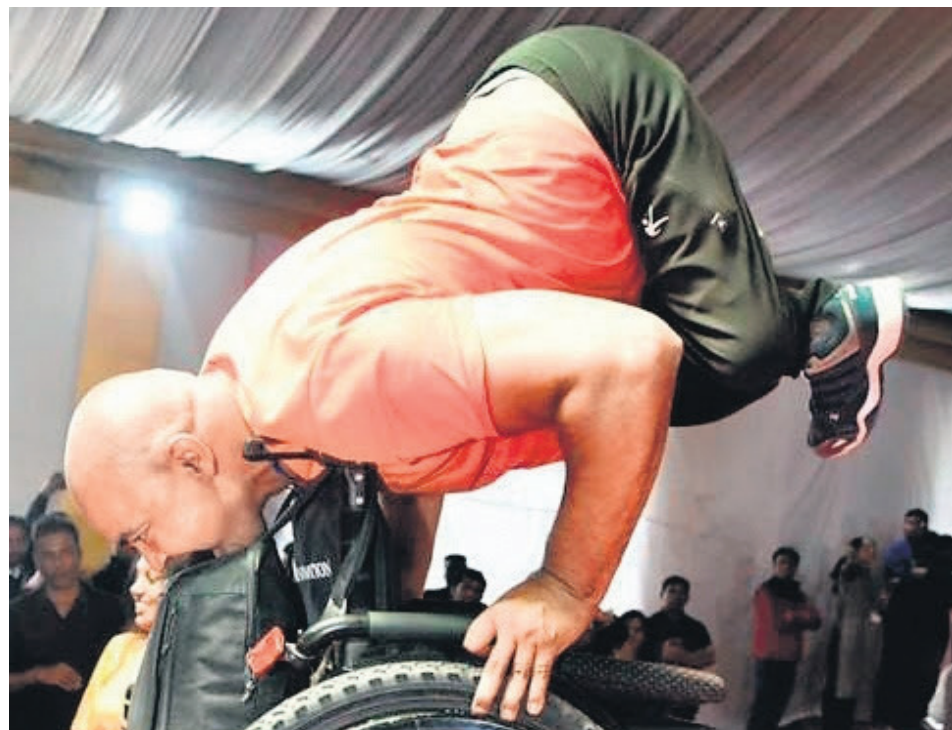
Her journey into the realm of social service was shaped by personal tragedy. At the age of nineteen, Ritu faced the

heart-wrenching loss of her mother, who succumbed to cancer. Inspired by a professional fashion show for the disabled in Delhi, Ritu resolved to extend this opportunity to common disabled individuals as well. Since its inception, the fashion show has grown exponentially. In 2021, Ritu took the plunge and organized the first-ever fashion show for the disabled in Jaipur.



However, the road to success was anything but easy. Financial constraints loomed large, and sponsors were hesitant to lend their support to a novel, untested concept.

Individuals from diverse backgrounds took to the ramp, exuding confidence and grace. It was a celebration of



diversity—a poignant reminder that beauty knows no bounds. Reflecting on the challenges, Ritu recalls, "We faced financial constraints and lacked sponsors initially. Nonetheless, we persevered, and subsequent editions garnered overwhelming support from sponsors."

Through her engagement with the disabled community, Ritu has gained invaluable insights into their lives and challenges.

"Given the opportunity, they shine brightly and inspire us all," she remarks. This profound loss ignited a fire within Ritu—a fire fuelled by a desire to make a difference in the lives of others, just as her mother had done.

Since then, Ritu's fashion show has grown exponentially, attracting participants from all corners of the country. In 2021 alone, over 150 disabled individuals showcased their talents on

the runway, captivating audiences with their poise and charm. For many, it was a life-changing experience—one that shattered stereotypes and instilled a newfound sense of pride and self-worth. At the heart of Ritu's initiative lies a simple yet powerful message: inclusivity. In her fashion show, there is no room for discrimination or prejudice. Every individual, regardless of their physical abilities, is welcomed with open arms—a testament to the transformative power of acceptance. The impact of the fashion show extends beyond the ramp, empowering women to step out of their comfort zones and fostering new connections within the disabled community. Ritu recounts touching encounters with participants' families, who express gratitude for the newfound confidence and independence instilled in their loved ones. In addition to the fashion show, Ritu endeavours to recognize and support disabled women making strides in empowerment and employment.

"My aim is to create avenues for maximum employment opportunities for the disabled community," she states, underscoring her commitment to effecting meaningful change.

When money mattered a lot

At the age of nineteen, Ritu faced the heart-wrenching loss of her mother, who succumbed to cancer. Inspired by a fashion show for the disabled in Delhi, Ritu resolved to extend this opportunity to common disabled individuals as well. In 2021, Ritu took the plunge and organized the first-ever fashion show for the disabled in Jaipur. However, the road to success was anything but easy. Financial constraints loomed large, and sponsors were hesitant to lend their support to a novel, untested concept.

In Ramzan, Charminar in Hyderabad has many charms



There seems to be an unwritten rule in the old city of Hyderabad on sultry, sweaty evenings during the Ramzan month. As the sun sets and people break their fast, they must gravitate to Charminar almost involuntarily. You shall not question, you shall lose yourself at Charminar, the rule says. There are so many people around the four imposing towers that you wonder if all homes have been emptied out on the square and its narrow lanes radiating out.

As you approach Charminar, you see a tightly woven mesh of people that only gets tighter and denser with every step. As if there are invisible concentric circles around this 433-year-old monument. The smaller the circle, the more the number of people packed into it.

At first it seems as if it is impossible to cut through the mesh. But as you get closer, you realise that the weaving is loose. Or loose enough for one person

to pass by: You brush past people. People brush past you. No one apologises, no one gives you dagger eyes. To touch other people without intent is not a crime. Density has its own etiquette. But this density is not only about people. Ramzan nights flood your every sense. As you walk slowly the only way you can walk here you are hit by the delicious charred patthar ka gosht mingling with a vendor singing 'mohabbat ka juice mosam-bi ka juice' in a loudspeaker, mingling with the lights bouncing off the tall stacks of glass bangles, mingling with the sizzling hot biryani bandis right on the footpath with people skirting past without getting singed. Everything seems part of a singular, undecipherable experience until

your senses settle down and start unpacking things.

Food: Smoke does a dervish whirl rising from the large black sizzling stone

set atop orange coals. Marinated pieces of mutton are placed on it and the fragrance briefly pushes away the stench of exhaust from traffic passing less than six feet from stacks of kebabs. You try some of the crisp, juicy kebabs and ask what material that black stone is. The roadside chefs come up with all kinds of exotic stories, even one about it being extracted from the seabed. But it is in fact just granite which was used as flooring before marble became chic. As you move on from Begum Bazar towards Charminar, you can tell the dal and birishta of the haleem from the saffron-scented biryani. Amid it, the occasional burst of sweet corn. In Ramzan, Charminar has many charms.

FESTIVE FLAVOURS:

The lanes near the monument have swarms of people walking and exploring food. Right on the footpath, there is delicious charred patthar ka gosht.

People pose for selfies in the brightly lit night, and shop for glass bangles and other knick-knacks. Buying ittar is also a Ramzan tradition based and trapped in shapely, old-world glass bottles. It was a tradition, to buy ittar after iftar until a few years ago, but not anymore. Faisal wouldn't let go of his forefathers' business, but admits it is difficult to compete with alcohol-based deos, delivered to your doorstep by online portals. Hours after you leave the old city and return to the comforts of modern Hyderabad, that sandalwood fragrance obstinately clings to you. Face-off: The streets around Charminar are designed for road rage at this time of the year. Bikes, scooters, autos and the odd XUV come face-to-face, then pass within a hair's breadth of each other, sometimes bumping into each other gently, but tempers rarely flare up. The first rule of driving near Charminar during Ramzan is: accommodate with a capital A. Rage can backfire when there is no elbow room. One auto driver honks incessantly until other auto drivers reprimand him rather gently.

They tell him there is nothing that can be done until the traffic and vendors (who occupy more than half the road) before them move. The honker eases up, but the noise doesn't. Sometimes, the only way to make a little room here is to honk. Not incessantly but you need to honk. As you slowly weave yourself out of the precinct, you hear cops announce drenched in butter. Hunger is your pesky, unshakable companion here. On loudspeakers in Deccani - Naseem Banu of Tolichowki, wherever you are, please come to the Charminar police station. Shaheen Begum is waiting for you. Then it's Afreen Begum and then Mohammed Riyaz. It is very easy to get lost here. But no one is lost forever.

1,300 yrs ago, Hindu king gave wood, money for this mosque

The king of Thekkumkoor settled Muslims, Christians and Gaud Saraswat Brahmins in Thazhathangady with a view to promoting trade there

Jaikrishnan.Nair@timesgroup.com
Juma Masjid at Thazhathangady, 3km from Kottayam town in Kerala, is one of India's oldest mosques. Set on the banks of Meenachil river, along Kottayam-Kumarakom road, it is said to be around 1,300 years old and is valued for its architectural beauty. Thazhathangady is the commercial hub of old Kottayam and is also known for communal amity. It has a church and a temple near the mosque from the same era. Masjid authorities say the church was founded by Malik Bin Dinar, who came to Kerala along with his companions for Islamic missionary activities. The mosque is a two-storey mansion with an overall area of 4,200 sq feet. Its interior is divided into two sections, Akampalli and Purampalli. The design ensures easy air circulation for a cool atmosphere inside even in extremely hot weather. Noted historian M G Sasibhooshan, who has researched the mosque, explained why it does not

have a minar: "Old mosques in Kerala do not have minars. It may be due to the landscape here. The old mosques in Sumatra, Java and Malaysia also do not have minars," he said. Sasibhooshan said the mosque was built with the help of the then king of Thekkumkoor who wanted to promote trade in the region. "Kottayam was his capital. He brought Muslims, Christians and Gaud Saraswat Brahmins to Thazhathangady. He provided timber and money to Muslims for constructing the mosque." Another remarkable feature of the mosque is the 'mukkutty saaksha', a unique lock system with triple latches on the door to the main prayer hall. According to Sasibhooshan, the mosque has double walls and there is a secret passage between them through which a person can walk. "It would have been built anticipating attacks due to trade rivalry.

The passage might have been connected to the nearby Meenachil river." However, there is no instance of an



attack in the mosque's history. Women are allowed inside the mosque except in the holy month of Ramzan. Shafiq Falil Mannani, Imam of the mosque, said women are allowed to have a look at the interior of the church also: "We only insist that the sanctity of the place and personal hygiene be maintained." Past the mosque's main entrance is a 2,000-litre tank carved out of a single

rock. It is filled with water from a well outside. Worshippers and other visitors are allowed in only after washing hands and feet with this water. The Imam said the mosque committee ensures the old style of construction is maintained and preserved. Repainting and maintenance work are done strictly based on the directions of the archaeological department, he said. "The satisfaction one gets while praying inside this mosque is beyond words. While Muslims pray, other visitors find delight in the ambience and coolness of the mosque." INTERFAITH LEGACY: The mosque is a two-storey mansion with an overall area of 4,200 sq feet. Its interior is divided into two sections, Akampalli and Purampalli. The design ensures easy air circulation for a cool atmosphere inside even in extremely hot weather. Though the mosque was all set to get heritage status, the committee felt that would close the door on religious activi-

Bharatanatyam exponent's passion to nurture next generation dancers

Currently working as an Assistant Professor of Fine Arts at SPMVV, Himabindu Uppari is a celebrated dancer who aspires to excel in the fields such as Dance and Gender and Dance Therapy, aiming to contribute to the broader discourse on dance

D Surendra Kumar

TIRUPATI: A distinguished Bharatanatyam dancer, Dr Himabindu Uppari, is renowned for her performances and contributions as an academician and founder of the Mudra Academy of Fine Art in Hyderabad.

Currently serving as an Assistant Professor in the Department of Music, Dance and Fine Arts at Sri Padmavati Mahila Visvavidyalayam (SPMVV) in Tirupati, Himabindu is deeply committed to nurturing the next generation of artists.

Her journey in Bharatanatyam began at Kalakshetra Foundation, Chennai, where she honed her skills before pursuing higher education. She holds a Masters's degree in Dance from the Central University of Hyderabad, an M.Phil in Folk Arts from Potti Sreeramulu Telugu University and a Ph.D from the same varsity, demonstrating her dedication to both the academic and performance aspects of classical dance.

Dr Himabindu's artistic endeavours have taken her to numerous prestigious platforms both within the country and abroad, showcasing her talent on an international scale. Her scholarly pursuits have been recognised by the UGC Grants Commission, earning her a senior research fellowship for her contributions to the field.



She has conducted lecture demonstrations and workshops on Bharatanatyam across India and abroad, including in Dubai, the United Kingdom and the USA. She received training from eminent Gurus as Nandini Nagaraj and Prof Pasumarthi Ramalinga Sastry.

The dancer's accolades include being graded as an artist by Doordarshan, publishing over 18 research papers and receiving prestigious awards such as the 'Young Artist' award in Bharatanatyam in 2009 and the 'Vennala Puraskaram' in 2010 by the Vennala Organisation, Hyderabad. She was also honoured with titles such as 'Natya Vidyadhari,' 'Natya Ratna,' and 'Janapada Saahithya Ratna' for her contributions to the field of dance and culture. Additionally, she received the 'Ugadi

Puraskar' from the then Andhra Pradesh Chief Minister N Chandrababu Naidu in 2018.

In her teaching practice, she imparts comprehensive instruction in dance techniques, performance skills, choreography, improvisation, and the intricate rhythms and talas inherent in Bharatanatyam, as well as Folk and Tribal Indian dance forms. Her pedagogy emphasises Angika and Satvika abhinaya, enhancing students' expressive abilities and understanding of traditional dance narratives.

In addition to her practical teaching, she delves into the theoretical underpinnings of dance and performance studies. She explores oral and textual traditions, conducts comparative studies of Indian Performance Traditions including Classical, Folk,



Tribal, and Contemporary forms, and critically examines dance's historical and performative dimensions. Her theoretical framework extends to dance education, where she investigates various methodologies and approaches to imparting dance knowledge effectively. Speaking with TNIE, she said, "My true inspiration is Rukmini Devi, Founder of Kalakshetra Foundation. It was one of the biggest opportunity in my life of getting a seat at the foundation in Chennai. The institution has taught me a lot in art forms. Students interested in learning art forms have to obtain knowledge on both theory and practicals

for turning their passion into profession. Students who have completed their Masters and Bachelors degree in Art are getting good opportunities."

Currently, her focus lies on exploring the dynamics of Dance in Diaspora, analysing teaching methods in Bharatanatyam, conducting choreographic analysis, and investigating the nuances of dance education.

Looking ahead, she aspires to delve deeper into areas such as Dance and Gender, Art Education, Dance Therapy, Ethnography, and Application-Oriented Interdisciplinary Dance Pedagogy, aiming to contribute to the broader discourse on dance.

Book On Allele Mining For Genomic Designing of Grain Legume Crops Released: Authored by Agricultural Scientists Bhardwaj, Kole and Sarkar

This book deliberates on the concept, strategies, tools, and techniques of allele mining in grain legume crops and its application potential in genome elucidation and improvement including studying allele evolution, discovery of superior alleles, discerning new haplotypes, assessment of intra- and interspecific similarity, and also studies of gene expression and gene prediction. Available gene pools in global germplasm collections specifically consisting of wild allied species and local landraces for almost all major crops have facilitated allele mining. Development of advanced genomic techniques including PCR-based allele priming and Eco-TILLING based allele mining are

being widely used now for mining superior alleles. Allele's discovery has become more relevant now for employing molecular breeding to develop designed crop varieties matching consumer needs and also with genome plasticity to adapt the climate change scenarios. All these concepts and strategies along with precise success stories are presented in the chapters dedicated to the major grain legume crops.

Purchase this book from this link : <https://www.whsmith.co.uk/products/allele-mining-for-genomic-designing-of-grain-legume-crops-nextgen-agriculture/chittaranjan-kole/c-bharadwaj/hardback/9781032471983.html>



ALLELE MINING FOR GENOMIC DESIGNING OF GRAIN LEGUME CROPS

Edited by
Chittaranjan Kole, C. Bharadwaj and Abhimanyu Sarkar



Army Chief General Manoj Pande stresses on combating disruptive technologies amid changing warfare trends

Army chief Gen Manoj Pande identified identified technology as the new strategic competition arena in the world with its weaponisation extending across various domains from Information to Supply Chains



WELLINGTON: Army chief Gen Manoj Pande identified technology as the new strategic competition arena in the world with its weaponisation. He further discussed the expansion of warfare into new domains, including Space, Cyber, Electro-Magnetic Spectrum, and Information. General Manoj Pande was addressing the faculty and officers of the 79th Staff Course, including 36 officers from friendly foreign nations, on Monday. His discourse covered critical topics such as National Security, the geostrategic landscape and emerging trends, and the Indian Army's Transformational Initiatives.

General Manoj Pande emphasised the importance of cross-functional synergy among the three

services to effectively assess threats, articulate strategies, identify capabilities, formulate policies, achieve preparedness, and respond appropriately within the National Security framework. Addressing the geo-strategic landscape and emerging trends, the Chief of Army Staff highlighted the unprecedented scale and speed of change in the current global arena.

He pointed out the emergence of new trendlines triggered by this rapid change, underscoring how disruptive technologies are reshaping conventional combat force ratios. General Manoj Pande identified 'technology' as the new strategic competition arena, with its

weaponization extending across various domains from information to supply chains. He discussed the expansion of warfare into new domains, including space, cyber, the electro-magnetic spectrum, and information, the release stated. The Chief of Army Staff also noted the rapid technological advancement in kinetic war instruments, making the battlefield. Highlighting India's ascent on the global stage, he stressed the growing need to safeguard India's national interests across expanding strategic transformative initiatives, particularly emphasising the 'Year of Tech Absorption' in 2024. Highlighting the key areas of focus in the ongoing process of tech absorption. General

Manoj Pande stressed aligning and synergizing technology at strategic, operational, and tactical levels within existing systems; mapping futuristic and emerging technologies as drivers of military technology; strengthening the defence technology ecosystem to maintain a lead in the military technology curve; ensuring that acquisition and procurement facilitate the seamless induction of technology; and fostering techno warriors and commanders, the release stated. General Manoj Pande urged the student officers to drive the ongoing transformation in the Indian Army and asked them to maintain the highest standards of professionalism, while always keeping organisational interests supreme.

Bio Liquors – World's First Bio Liquor



(Photo Caption: (L - R) G.V. Naidu, Head - Bio Global Sales, Dr. B. Srinivasa Amaranth - The Inventor, Bio Liquors, B. Srinivasa Rayalu - MD, Bio Liquors Mr. R. Pillay Head - Bio Global Market

BIO India proudly presents its premium range of domestically produced Bio-Liquors products, featuring Bio Whisky, Bio Rum, and Bio Brandy. Dr. Srinivas Amarnath, the visionary behind Bio Liquors, explains, "Our Bio liquors are

infused with Bio Alkaloids and Natural Aromas, free from synthetic additives. Despite this natural approach, they offer intoxicating effects comparable to traditional liquors. Drawing on three decades of expertise in Ayurveda and plant-

based Nanotechnology, we've developed these bio liquors by harnessing botanical properties."

Crafted using a variety of Rare Botanicals, BIO India's Bio Liquors are set to revolutionize the market. Starting today, we introduce whisky, brandy, rum, and vodka infused with these unique botanicals.

Dr. Srinivas Amarnath, recipient of the prestigious Best Doctor and Botanist Award from Sri Venkateswara University, shares his motivation for tackling alcoholism. Inspired by personal experiences, Dr. Amarnath felt compelled to find a solution, leading to the invention of Bio Liquors – a pioneering endeavor. Mr. GV Naidu highlights the strategic importance of India's expanding market and consumers' preference for diverse brands. He emphasizes the "vocal for local" sentiment as a driver for innovation in this sector.

Under the strategic leadership of Mr. R. Pillay, Bio Liquors has

emerged as a prominent player in both national and international markets.

In response to Indian consumers' preferences, BIO India launches its premium BIO liquor range, now available in select states including Telangana, Odisha, and Punjab. The company is eager to introduce this innovative offering to the Telangana market, recognizing its significance.

BIO India's achievements have been recognized globally, with accolades from prestigious competitions such as the Wine & Spirits Wholesaler of America and the Bartender Spirits & Awards. With substantial investments in research, development, and marketing, BIO India continues to uphold its commitment to quality and taste.

"We've meticulously crafted blends to cater to consumer preferences, ensuring a delightful experience. Our brands are globally protected, particularly in key markets like India, the US, and Australia," conclude BIO India representatives.



HISTORIC TREATY SIGNED : PATHWAY TO PEACE IN OBSERVING THE ASSASSINATION OF DR. MARTIN LUTHER KING JR. ON APRIL 4,1968.

On April 4,2024 , Community Leaders gathered under the leadership of Rev. Dr. Al Sampson , the only preacher in the Southern Christian Leadership Conference that was ordained by the Rev. Dr. Martin Luther King Jr. to pledge to be united to work towards the Pathway to Peace globally and locally in Chicago. Kristina King, President and CEO of Shiloh Institute , Lynwood, IL, Dr Clarence Beals, Executive Director , Gandhi King Center for Non Violence, Englewood, IL, Dr Chezalyn Grant, Executive Director , The Global Eye International Institute For Leadership, Chicago , Dr Vijay G. Prabhakar, Chairman, Global Strategic Alliance , USA and Rev. Dr. Al Sampson,President, George Washington Carver Farms Foundation signed a historic treaty to work towards the pathway to peace among Africa, Israel, USA, India and Gulf Countries .

JONATHAN MORRIS SALUTES CHICAGOLAND'S BLACK LEADERSHIP

Rising Star of the Black Community Young Jonathan Morris, President AJ Trucking and AJ Materials LLC saluted Chicagoland 's Black Heroes U. S. Congressman Danny Davis and U. S. Congressman Jonathan Jackson for their recent victories in the Illinois primary elections. Illinois State Rep. La Shawn Ford, Mayor of Maywood Nathaniel Booker, AMEC National Chair Neal Patel, Global Eye Magazine Chair Dr VGP and AMEC Illinois State Chair Sam Ma are in the photo.



US: Jain Acharya Lokesh honoured with American Presidential Award

Washington : Ahimsa Vishwa Bharati and World Peace Centre founder Jain Acharya Lokesh has been honoured with the American Presidential Award at Capitol Hill in Washington. He is the first Indian monk to be honoured with the American Presidential Award. As part of the honour, he was honoured with the Presidential Award, Golden Shield, Certificate of Honor and a citation bearing the signature of President Biden. The certificate and citation were read by US Congressman Brad Sherman, according to the statement released by Ahimsa Vishwa Bharati. While appreciating the humanitarian work of Jain Acharya Lokesh, US President Joe Biden, in his signed citation, said, "I congratulate you for your contribution to the public good and congratulate you for your service to this great nation and humanity." Biden further stated, "On behalf of the American people, I deeply commend you for your



volunteer leadership and the American people have confidence that you will continue to serve humanity in the same way in the future." After receiving the award, Jain Acharya Lokesh in his speech called it a matter of pride to be honoured with the American Presidential Award, according to the statement. However, he noted that the award has increased even more responsibility. He said that this honour is an honour of Indian culture, spiritual values, Jain principles of Lord Mahavir, according to the statement released by Ahimsa Vishwa Bharati. He further said, "It is my honour that on the basis of these values, I have been dedicated to the interest and welfare of mankind for the last 40 years and will try to live up to everyone's expectations in the future also." While expressing gratitude to Biden, Jain Acharya Lokesh expressed hope that India and the US will continue to work together for the upliftment of mankind.



Tommy Banks III, a native of Rochester, NY, found his calling in photography from an early age. In



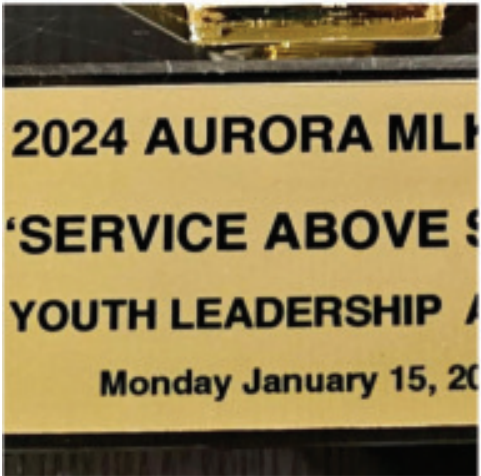
2005, he embarked on a journey to Chicago to expand his horizons in the realm of visual storytelling. Since then, Tommie has traversed the globe, capturing moments and weaving them into visual narratives that captivate the soul. With over 29 years of dedicated experience, Tommie stands as a beacon of excellence in the world of photography. His portfolio boasts a

If you would like to book a photoshoot, please email Tommie at tbiiiphotography@gmail.com or call at 1-630-201-0114 for more

diverse array of occasions, each frame meticulously crafted with an precise commitment to detail. A master of his craft, Tommie's exceptional creativity is matched only by his technical expertise, resulting in imagery that transcends time. Among his amazing subjects is the esteemed Dr. Chezalyn Grant, Executive Director of the American Multi-Ethnic Coalition and Global Eye Magazine. Her captivating portrait graces the pages below, a testament to Tommie's ability to capture the essence of his subjects with unparalleled precision. Immerse yourself in the spellbinding world of Tommie's photography and experience the beauty of his artistry firsthand.

AURORA CITY MAYOR PRESENTS PRESTIGIOUS MARTIN LUTHER KING JR. AWARD TO SEWA LEAD , CHICAGO.

HUNDREDS OF YOUTH ATTEND SUCCESSFUL SEWA LEAD MILAN IN SCHAUMBURG



SCHAUMBURG , ILLINOIS : Sewa International - Chicago Chapter honored youth volunteers from their 2023 LEAD (Leadership, Education and Development) program on Saturday, January 20th, at the National India Hub in Schaumburg. During the event, President's Volunteer Service (PVSA) awards were given to students with 50 hours or more, and Sewa certificates were given to all those who actively participated.

A warm welcome was extended to the volunteers of the 2024 LEAD program. The LEAD program focuses on training our youth to engage in selfless community service while nurturing their leadership skills.

The event featured motivational speeches from distinguished guests, including United States Congressman Raja Krishnamoorthi and Consul General of India in Chicago, Somnath Ghosh. The presence of various dignitaries and organizational partners added significance to the occasion.

Sewa Chicago extends its best wishes to the students for another successful year. The organization takes pride in the dedication of its volunteers who play a crucial role in shaping and mentoring the youth.

About Sewa -

Sewa International is a Hindu faith-based, humanitarian, non profit service organization registered under Internal Revenue Code 501 (c) (3). Founded in 2003, Sewa International is part of a larger movement that started in India in 1989 and is active in twenty countries. In addition

to our work in the US, we have undertaken development projects in Colombia, Guyana, India, Kenya, Pakistan and Sri Lanka.

We specialize in disaster relief and rehabilitation. Our development programs focus on family services; child, tribal and refugee welfare; women empowerment; health; and education. We respect the dignity of every human being, consider humanity as one family (vasudhaiva kutumbakam) while serving them regardless of race, color, religion, nationality, gender, and sexual orientation. We believe in the Dharmic principles of "Serving Humanity is Serving Divinity" and "Unity in Diversity."

Sewa believes in service .

Glimpses of the events are highlighted in these photos. .Please feel free to reach out if you have any questions. for more information, please contact SEWA CHICAGO Coordinators :

Dipti Desai - 847-664-9144 / Nags Rajaraman -312-371-3537.



Women, Beware Of Thyroid Cancer

Understanding the stage of thyroid cancer is pivotal as it guides healthcare professionals in determining the most appropriate treatment plan.

CHENNAI : Thyroid cancer is a condition that predominantly affects women, and its prevalence is on the rise. While terms like 'malignant' and 'cancer' can be frightening, it's crucial to understand that thyroid cancer is often highly treatable. Most thyroid cancer is highly treatable, even when the cancer cells spread to nearby lymph nodes. In fact, when diagnosed early, thyroid cancer offers a 98 to 99 percent survival rate at 20 years, making it a slow-moving disease with an excellent prognosis.

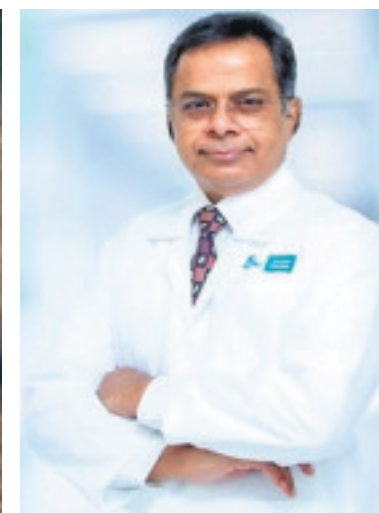
Understanding thyroid cancer

Thyroid cancer primarily occurs in women, possibly due to hormonal differences between genders. While up to 80 percent of women may develop thyroid nodules in their lifetime, only 5 to 15 percent of these nodules turn out to be malignant. These cancers usually spread to lymph nodes in neck and spread to different part of the body later. Recent advancements in diagnostic techniques have contributed to an increase in the detection of thyroid tumours, positioning thyroid cancer as the projected third most common cancer.

Hoarseness: Persistent hoarseness or changes in your voice quality can indicate that something might be amiss with your thyroid gland, and it's worth seeking medical attention. **Difficulty in swallowing:** Dysphagia, or difficulty swallowing, can occur when a thyroid tumour presses against the oesophagus. This symptom should not be ignored and warrants a thorough medical evaluation. **Difficulty in breathing:** It can occur when a thyroid cancer compresses or invades the trachea (wind pipe) or paralyzes vocal cords. If you experience any of these symptoms, seeking prompt medical advice is essential.

Diagnosis

When a nodule or lump is detected in thyroid, we have to find out whether the thyroid gland is functioning normally (blood tests) as well as ultrasound which provides a lot of information on the nodule. Fine-needle aspiration, in which the doctor collects a sample of cells from the nodule with a needle and looks at them under a microscope to learn about the type of tumour/cancer. about 70 percent of nodule biopsies will



Dr C Rayappa
(The writer is a senior consultant - Head & Neck Oncology and Skull Base Surgery, Apollo Cancer Centre, Chennai)

Different stages

Upto 80% of all thyroid cancers are papillary cancer and has the best outcome and most favourable prognosis. It tends to respond well to treatment. Follicular thyroid cancer (upto 15%) or medullary thyroid cancer (about 2%) has a good prognosis, but less favourable than papillary thyroid cancer. Anaplastic thyroid cancer has a very poor prognosis. Thyroid cancer is classified into various stages, each with distinct characteristics and implications for treatment:

Stage I: At this early stage, the cancer is confined to the thyroid gland, posing relatively lower risks.

Stage II: The cancer progresses to involve nearby lymph nodes, indicating some extent of local spread.

Stage III: It advances further, affecting the surrounding tissues within the neck.

Stage IV: In its most advanced form, thyroid cancer metastasizes, spreading to distant organs and systems in the body.

Understanding the stage of thyroid cancer is pivotal as it guides healthcare professionals in determining the most appropriate treatment plan. Early detection of thyroid cancer, often linked to favourable outcomes, underscores the importance of regular health check-ups and thyroid screenings.

Key symptoms

Noticeable lump in the neck: Perhaps the most widely recognised sign of thyroid cancer is the presence of a palpable lump or nodule in the neck. While not all neck lumps are cancerous, any lump should be evaluated by a healthcare professional. Many times, these tumours are detected while scanning the neck for some other reason.

show that the nodule is benign. Another 25 percent of biopsies are inconclusive, and the remaining 5 percent show that cancer is present.

Treatment

Remarkably, advancements in medical science have opened up a spectrum of treatment options for thyroid cancer. These options encompass a range of approaches, each tailored to specific circumstances and individual patient needs:

Surgery: Surgery to remove the entire thyroid gland (Total

thyroidectomy) and any affected lymph nodes is the preferred treatment. The extent of surgery depends on the size and stage of the cancer. Meticulous surgical technique coupled with neurophysiological monitoring of the nerve helps to preserve normal voice after surgery. **Radioactive iodine therapy:** This is often used after surgery to target and destroy any remaining thyroid tissue or cancer cells.

Thyroid hormone replacement therapy: Following thyroid surgery or radioactive iodine treatment, patients often require lifelong hormone replacement therapy to maintain proper thyroid function.

Targeted therapies: In cases of advanced thyroid cancer or those resistant to traditional treatments, targeted therapies may be employed to inhibit specific molecular pathways involved in cancer growth.

Thyroid cancer, though a complex condition, is manageable, especially when detected early. It is essential for women to be aware of their unique risk factors, symptoms, and the importance of regular check-ups and screenings. Early detection, coupled with appropriate treatment, can significantly enhance the chances of recovery and improved quality of life.



SPECIAL AWARDEES AT GLOBAL EYE 'S YOUNG HEREOS EVENT IN CHICAGO



Danny K. Davis Teacher Icon Award : Recipient is Shri. K. Govindasami, Retired Teacher (India).



Rev G J.R. Athishtam & Ella Athishtam Diamond Award: Recipient is Mr. Brian Anderson, CEO, Shepards's Hope, Englewood.



S. Krishna Iyer Award : Recipient - Ms. Amber Lynae York, Eighth Grade student, Ethetreda Grammar School, Chicago.



Newton Devasahayam Centenary Award: Recipient is Ms. Anaisha Ganguly, 2nd Grade student of Streck Elementary School, Aurora & Mr. Abhishek Ganguly, an IT Specialist.



Edward & Lily Prabhakar Centenary Award : SEWA International LEAD (Leadership, Education and Development), Chicago, Youth Organization.



Brigadier C. Sukumar Prize : Recipient is Ms. Christianna Gray, Eighth Grade student from Calvin Christian Academy, South Holland.

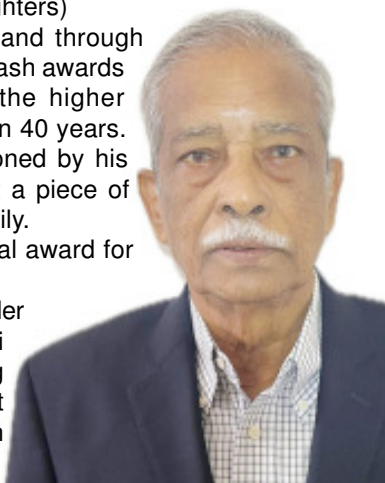
Intro of Mr K. Govindasami

From Mohan and Shiram

Govindasami, affectionately known as "Vadhyar," embodies the quintessential story of humble beginnings and extraordinary impact. Born into a modest family in a small village, he carved his path through sheer determination and hard work. As a dedicated teacher, he became a beacon of inspiration for generations of students in his village, instilling in them not just academic knowledge but also the values of perseverance and integrity. His legacy extends far beyond the confines of the classroom, as many of his students, including his own children, have gone on to achieve remarkable success in diverse fields such as politics, medicine, engineering, and business. Despite the accolades earned by his progeny, Govindasami remains grounded and finds immense joy in the simple pleasures of familial bonds, cherishing every moment spent with his loved ones. His life story is a testament to the transformative power of education, hard work, and unwavering familial support. From the humble roots of his village upbringing to the heights of success attained by his descendants, Govindasami views their journey as a testament to the remarkable transformation and potential of his beloved nation.

From Udhayabanu G & Uma Shankari G. (daughters)

1. Formed a Trust in his wife's memory and through this he is helping the poor students. Every year cash awards are being delivered to the three toppers in the higher secondary school where he served for more than 40 years.
2. Upbringing of Kumar, who was abandoned by his family, from 2nd grade to his marriage. Bought a piece of land and constructed a small house for his family.
3. He was awarded Swarna Kamal National award for excellence by the Global Eye.
4. 46 years back, decided to send his elder daughter from a remote village to metro city Chennai from to continue her 11th and 12th schooling ignoring all criticism raised by friends and neighbors. Now that daughter is a retired Officer from a major Indian Insurance company, LIC.



NELLIE AZIZI MEMORIAL PRIZE

(1933- 2019) Instituted by the Yousefzai family to honor the memory of this remarkable Assyrian Lady who married an Armenian Dentist Dr .Samson Arzoumanian in Iran and was the backbone of running his entire Dental Practice for over 40 years .

Nellie born on April 29th 1933 Into a family of 4 siblings and was the daughter of Iran's influential leader Khane from Ardeshai Province in Iran. Nellie moved to America in 2000 And actively served the Assyrian Presbyterian Church in Skokie , Illinois and guided her 6 grandchildren's career paths. Nellie & Samson had three children , Armanouhi, Jaghik and Raffi

This Global Eye Award is instituted by her granddaughter Rani Yousefzai and is presented annually at the International Women's Day Celebrations to an individual or group that exemplifies the qualities of NELLIE AZIZI , An Assyrian Woman of Substance , Courage and Compassion .



Chicago Saree Strong Celebrating Spring Women's Potluck Meet Up



Mohita Sukumar
Chicago News Bureau Chief
GSA Global Eye, Naperville, IL

As the days grow longer and the air carries the scent of blooming flowers, women everywhere are seizing the opportunity to connect and celebrate the arrival of spring. What better way to embrace the season of renewal and growth than by gathering together for a delightful spring potluck meet-up?

Chicago Saree Strong team embody the spirit of community and sharing, making it the perfect format for bringing women together. April 7th Spring Potluck meet-up in Aurora IL offered a chance for women to bond, exchange stories, and enjoy delicious food in a welcoming atmosphere giving everyone an opportunity to contribute something unique to the table. From fresh salads, cucumber sandwiches bursting with seasonal produce to savory mains and decadent desserts, each dish reflected the personality and culinary talents of its creator. This diversity of flavors and cuisines added an extra layer of excitement to the gathering, as guests eagerly



sample each other's creations and discover new favorites. Beyond the culinary delights, the Chicago Saree Strong spring potluck meet-up provided a space for meaningful conversations and connections to flourish. As attendees gathered around the table to share a meal, they also shared their experiences, aspirations, and challenges. It's a chance to offer support, encouragement, and laughter, fostering a sense of camaraderie and solidarity

among women from all walks of life. As Part of PIN (Peoples Impact Network) the mission of the Chicago Saree Strong Chapter is to promote Sustainable fashion by facilitating the reuse of ethnic clothing and to support programs that benefit the community. We follows PIN's "Tripple win" concept which is to Make room in our closets /save environment by donating gently used ethnic clothes.

Purchase from the beautiful collection of garments at low prices All proceed are made available via grants to local non-profits helping the community. In addition to the social and culinary aspects, our women's spring potluck meet-up allowed women to highlight their creativity and resourcefulness. Whether it's crafting a visually stunning Instagram reel from latest popular songs or inspired by spring flowers expressing & exploring photography... The

event infused with fun, and creativity provided opportunities for guests to engage with each other in different ways, deepening their connections and creating lasting memories. Furthermore, it also served as a platform for promoting important causes and initiatives. Whether it's raising awareness about women's health issues, supporting local businesses and artisans, or advocating for environmental sustainability, the event sparked meaningful conversations inspiring positive action within the community. In conclusion, Chicago Saree strong spring potluck meet-up offered a delightful combination of food, friendship, and festivities. It was a chance for women to come together, celebrate the joys of the season, and forge meaningful connections that transcend the boundaries of age, background, and experience. As the flowers bloom and the sun shines brighter, we will continue to gather around the table to savor the flavors of the season and the company of wonderful women.



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Call for Nominations for the following Award Categories from members of different ethnic communities residing in USA and also from overseas. Please email to amec.2022@yahoo.com. The name of your nominee with complete contact information: Occupation/Designation, Mailing address, Passport Size Photograph, Email Id and contact phone number with a brief Resume.C.C and a statement from the nominator on rationale for nominating the Organization/individual on or before **April 22, 2024**.

The 2024 Awards Jury will shortlist the nominees and inform the nominees as and when they need more information.

1. OUTSTANDING CHILD OF THE YEAR
2. OUTSTANDING STUDENT OF THE YEAR
3. OUTSTANDING YOUTH OF THE YEAR
4. LIGHT OF LIFE
5. CORPORATE OF THE YEAR
6. HEALTHCARE INNOVATOR OF THE YEAR
7. MUSIC MOGHUL OF THE YEAR
8. HUMANITARIAN OF THE YEAR
9. PHYSICIAN OF THE YEAR
10. DISTINGUISHED LEADERSHIP OF THE YEAR
11. ENTREPRENEUR OF THE YEAR
12. EDUCATOR OF THE YEAR
13. MAHATMA GANDHI SESQUICENTENNIAL PRIZE
14. WOMAN OF THE YEAR
15. MAN OF THE YEAR
16. LIFETIME ACHIEVEMENT AWARD
17. BUSINESSMAN OF THE YEAR
18. REALTOR OF THE YEAR
19. SOCIAL WORKER OF THE YEAR
20. MARKETING STAR OF THE YEAR
21. SOCIAL ENTREPRENEUR OF THE YEAR
22. COMMUNITY LEADERSHIP AWARD
23. DESIGNER OF THE YEAR
24. PRESIDENT JOHN F. KENNEDY AWARD
25. COMMUNITY ACTIVIST OF THE YEAR
26. GOLDEN EAGLE AWARD
27. COMMUNITY SERVICE AWARD
28. JOURNALIST OF THE YEAR
29. HEALTHCARE ADMINISTRATOR OF THE YEAR
30. COUPLE OF THE YEAR
31. CIVIC LEADERSHIP OF THE YEAR
32. DANNY K DAVIS PEACE PRIZE
33. ORGANIZATION OF THE YEAR



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Rashmika Mandanna reveals who makes her mornings 'the best'



Actress Rashmika Mandanna took to social media to spill the beans about who makes her mornings the "best". On Monday, Rashmika took to Instagram stories and posted a cheeky picture, featuring her and her furry-friend Aura.

In the image, the two are cuddled up in bed.

For the caption, she wrote: "My mornings are the best with her (heart emoji)."

On Sunday, Rashmika had posted a picture of Aura's paws and wrote: "I've missed these."

Talking about work, the teaser of Rashmika's 'The Girlfriend' will be dropping on the actress' birthday on April 5.

According to the director, she has dubbed in all five languages. However, what makes the teaser special is that she has dubbed in Malayalam for the first time.

The actress then has the action drama 'Pushpa 2: The Rule' starring Allu Arjun in the titular role. Directed by Sukumar, the film also stars Fahadh Faasil. She will also be seen in 'Rainbow' and 'Chaava' in the pipeline.

Tejasswi Prakash stuns in all-black outfit; fans call her 'mystic beauty'



The 'Big Boss 15' winner Tejasswi Prakash on Tuesday dropped scintillating pictures in a black outfit, leaving fans in awe of her 'mystical' beauty.

Taking to Instagram, the 'Naagin 6' actress, who has 7.4 million followers, Tejasswi shared a

string of pictures, wherein we can see her wearing an all-black outfit — a half-sleeves crop top with closed neckline, and a

matching skirt. She rounded off the look with matching heels and silver necklace.

For the makeup, she went all glam— glossy pink lips, thick eyebrows, and kohl-rimmed eyes. Her hair is tied in a bun.

The post is captioned as: "Can you please take my picture with the mirror?"

commented: "Classy."

One user commented: "The flawless beauty... what fantastic clicks."

Another user said: "mystic beauty."

One fan said: "so elegant."

Meanwhile, the actress is known for her work in 'Silsila Badalte Rishton Ka 2', 'Karn Sangini', 'Pehredaar Piya Ki', and 'Swaragini—Jodein Rishton Ke Sur'.



Shraddha Kapoor croons Karan Aujla's 'Jee Ni Lagda', asks fans for night drive songs

Actress Shraddha Kapoor wants to update her playlist for night drives and requested her fans to share songs with her on social media. Shraddha took to Instagram stories, where she was seen crooning to the Punjabi sensation Karan Aujla's 'Jee Ni Lagda', while she is seen on drive and sitting in the passenger's seat.

The actress wrote: "Night drive ke liye... Aur aise gaane batao (For night drives... tell me more songs like this)."

She did not reveal who she was on a drive with.

On the work front, Shraddha, who is rumoured to be dating Rahul Mody, will next be seen in 'Stree 2'.

Mody is credited as the writer of films such as 'Pyaar Ka Punchnama 2', 'Sonu Ke Titu Ki Sweety' and 'Tu Jhoothi Main Makkaar'.

Ileana D'Cruz is working on 'self-love' with her 'best man'



Actress and new mother Ileana D'Cruz spoke about self-love and shared that she is working on it with her partner Michael Dolan, whom she tagged the "best man ever."

Ileana took to Instagram stories, where she shared a page from 'How to stop breaking your own heart'. It said about being mistreated, self-worth, toxic situations and also stated that "if we don't love ourselves, we're going to end up around people who don't love us either."

She captioned the note: "This. Working on self-love now with the best man ever @dolemite123 (heart emoji)."

Ileana married Dolan in May 2023. The two welcomed their firstborn, a son, in August 2023. The actress announced on social media the arrival of her son, whom she has named Koa Phoenix Dolan.

Ileana will be seen on the big screen in the upcoming romantic comedy 'Do Aur Do Pyaar'. It also stars Vidya Balan, Pratik Gandhi and Sendhil Ramamurthy. Directed by Shirsha Guha Thakurta, who is making her debut, the film is set to release on April 19.



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***The difference between Ordinary and Extraordinary
is that little "extra".***



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