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PAGE 03

On July 9, 2023, a Special Gathering with the World-Renowned Spiritual Leader, Gurudev Sri Sri Ravi Shankar was held in Newark, New Jersey



PAGE 14

The Great Immigrants List 2023 includes World Bank President Ajay Banga

H.E. Ambassador, Taranjit Singh Sandhu: Meet and Greet with the community



Hon. Taranjit Singh Sandhu, the Indian Ambassador of India to the USA, addresses the Community Meet and Greet event at the Plainfield Country Club on July 1st



Hon. Deputy Consul General of India, Dr. Varun Jeph, addressed the event



FIA President Kenny Desai hosted the event



The Hon. Ambassador of India to the USA, Taranjit Singh Sandhu, tweeted



'Jugalbandi' of Milan Ganatra and Sharman Sen



From left to right: FIA Chairman Ankur Vaidya, Hon. DCG and Acting Consul General of India, Dr. Varun Jeph; FIA President Kenny Desai; Hon. Ambassador of India to the USA, Taranjit Singh Sandhu, holding a memento; Senior Advisor of the FIA and Chairman of PWM/IITV Gold, Dr. Sudhir Parikh; and Add. Vice President Smita Miki Patel



Maheshwari Jagabattula, an International Bharatnatyam Dancer



Community meet and greet with Hon. Jag Mohan, Personnel & Community Affairs, Embassy of India Washington DC

July 1st, 2023, Plainfield Country Club, Edison, New Jersey: The Consulate General of India, in association with FIA, organized a Community Meet and Greet Event with the Hon. Ambassador of India, Taranjit Singh Sandhu.

The event was attended by Hon. Consul General (Acting) Dr. Varun Jeph, FIA Chairman Ankur Vaidya, President Kenny Desai, Vice President Dr. Avinash Gupta, Add. Vice President Smita Miki Patel, FIA Advisor Dr. Sudhir Parikh, and other community leaders.

In his speech, the Hon. Ambassador thanked the audience for gathering at such short notice and, more importantly, for their unwavering support for the events held in the past few months, including the Historic State Visit of Honorable Indian PM Narendra Modi and the Manni Ki Baat in the prestigious company of the Hon. Indian Foreign Affairs Minister, an event held at 2 am in the night that was unprecedented.

He touched upon the important aspects of the Indian PM's State Visit and its positive impact on the strategic relationship between the two countries in defense, trade, energy, technology, education, and people-to-people ties.

Dr. Varun Jeph, Acting Consul General of India, praised the PM's state visit and described it as exceeding expectations in all aspects. He shared the importance of the event being held in Edison Township, which is a landmark hub for Indian Americans and stands as an icon of the unification of Indian talents and industriousness with that of American enterprise and innovation.

Kenny Desai, FIA President, welcomed the Ambassador on behalf of FIA, the Board, and the Executive Team and expressed his honor and joy to be hosting the event. It's a matter of pride for the Indian American community in the greater NY and NJ area and for FIA to have been able to host nine out of the past 10 Ambassadors. Ambassador

Sandhu, he stated, is one of the most knowledgeable Indian diplomats on US-India matters and has been instrumental in steering the Indo-US Alliance through unanticipated challenges brought on by the pandemic, the economic slowdowns, and the conflict in Ukraine.

FIA Chairman Ankur Vaidya expressed his gratitude to Ambassador Sandhu, Acting CG Dr. Jeph, the Indian American community, and the Plainfield Club for allowing the event to take place at the club at such short notice. The event he stated sets two important firsts at this very prestigious and top-ranking venue in NJ: the first Indian American community event held here and the first time an Indian-origin diplomatic reception was held for Hon. Ambassador Sandhu at this venue. Both serve as indicators that our community is contributing to the progress of the great state of New Jersey.

On July 9, 2023, a Special Gathering with the World-Renowned Spiritual Leader, Gurudev Sri Sri Ravi Shankar was held in Newark, New Jersey



Newark, NJ— On Sunday, July 9th, 2023, Global humanitarian and spiritual leader Gurudev Sri Sri Ravi Shankar, founder of the Art of Living Foundation (AOLF), brought the "Sixth Sense" public event to the prestigious New Jersey Performing Arts Center (NJPAC).

More than 2000+ people attended the event. Attendees learned and experienced how to connect with their inner and outer world beyond the senses.

"We get so caught up in our five senses, that we forget about the Sixth Sense which is the mother of all senses," said Gurudev.

By participating, attendees learned how to connect with the Sixth Sense—and gain greater clarity, awareness, peace, and more.

The event kicked off with enthralling music and a peek into the upcoming Olympic-scale World Culture Festival 2023, followed by a beautiful, guided meditation and a profound talk by Gurudev. Gurudev Sri Sri Ravi Shankar, renowned for his profound teachings and immense contributions to humanity, seized the stage with grace and wisdom. Through his enlightening discourse and immersive meditation session, he skillfully led the audience

on a transformative journey towards mental well-being and inner peace. As part of his multi-city tour across the United States, Gurudev emphasized the significance of mental health awareness and its role in creating violence-free societies.

The event was graced by Councilwoman Council Member At Large, Newark, Louis Scott-Roundtree.

Attached are a few of the snapshots from the hugely successful and profound event.

In the evening, at the nearby Robert Treat Hotel, Gurudev continued his journey of spreading awareness by addressing a community networking event designed to emphasize the significance of Mental Health Awareness in cultivating healthy and happy communities and the need to build harmonious and peaceful connections among diverse people and communities, fostering a sense of unity and understanding. The networking event witnessed the enthusiastic participation of more than 150 non-profit organizations and community groups.

In addition, distinguished guests in attendance included the Mayor of Newark, Ras Baraka; Passaic County Commissioner, John Bartlett; Mayor of East Brunswick, Brad Cohen; Mayor of the Borough of Oakland,

Linda Schwager; Deputy Mayor of the Township of Millburn, Sanjeev Vinayak; Venu Menon, Tenafly Councilman representing Mayor Mark Zinna, Uma Purandare, Committee Member of the Township of Hopewell; Sonia Gawas, President of the West Windsor Planning Board; Commissioner of Burlington County, Balvir Singh; and Councilman of Burlington Township, Prabhdeep Pandher. Their presence demonstrated the shared commitment towards building stronger communities and promoting a harmonious coexistence among diverse cultures.

About the Art of Living Foundation: Operating in 156 countries, The Art of Living Foundation (AOLF) is a non-profit, educational, and humanitarian organization founded in 1981 by the humanitarian and spiritual leader Gurudev Sri Sri Ravi Shankar. AOLF's Programs are inspired by Gurudev's philosophy of creating world peace through a stress-free and violence-free society. AOLF has touched over 450 million lives through numerous educational and self-development Programs and tools that facilitate the elimination of stress and foster deep and profound inner peace, happiness, and well-being for individuals



The event held at Newark was about "Sixth Sense Meditation and Wisdom with Gurudev Sri Sri Ravi Shankar"



*Gurudev Sri Sri Ravi Shankar took time out to meet the
 (from left) FIA Chairman Ankur Vaidya and FIA President Kenny Desai*



New York has declared Diwali an official public holiday

Mayor Eric Adams officially announced that Diwali will be a public holiday in NYC at City Hall with Assembly Member Jenifer Rajkumar, the first Hindu American and first South Asian American woman elected to state office.

"Today we say to over 600,000 Hindu, Sikh, Buddhist, and Jain Americans, we see you," Rajkumar said. "Today we say to families from India, Guyana, Trinidad, Nepal, and Bangladesh, we recognize you."

The bill was first introduced in 2021 and then reintroduced in 2022. The attempt to make Diwali a public holiday has been ongoing for decades. The move is contingent on Gov. Kathy Hochul signed the legislation, although

the mayor said he was "confident" that she would.

Hochul is still examining the bill, but she has backed other Diwali recognition initiatives. Diwali will be observed in 2023 on Sunday, November 12, making 2024 the first year that it will be a day off from school.

According to the Department of Education, there will be four additional holidays in 2023-24, including April 1 (the day after Easter), April 29-30 (the two days of Passover), and June 17 (Eid).

Rep. Grace Meng proposed a bill to make Diwali a federal holiday in Congress last month. The Diwali Day Act will make Diwali the 12th holiday in the country to get official federal recognition.

"I'm just really proud of Assemblywoman Rajkumar. There's so much that's on your shoulders, and she lived up to it every day, more than just this holiday pursuit, but just making sure that those Indian Americans will have their voices heard, said Mayor Eric Adams, NYC.



PC: India Today

Indian-Americans May Benefit from the US Move to Recapture Unused Green Cards

A move that could benefit thousands of Indian-Americans who have been waiting for their Green Cards for over a decade. It has been suggested by a member of the President's Advisory Commission on Asian Americans, Native Hawaiians, and Pacific Islanders that all unneeded family and employment-related green cards issued since 1992 be reclaimed.

In addition to the annual maximum of 1,40,000 for this category, this also includes the recapture of more than 2,30,000 unused employment-based green cards from 1992 to 2022 and processing a portion of them each fiscal year, said Ajay Bhutoria. "Recapture Unused Green Cards and Prevent Future Green Card Waste" intends to reduce backlogs for people waiting for green cards by addressing bureaucratic bottlenecks in the application process. Bureaucratic delays have resulted in the underutilization of available green

cards, leading to the accumulation of unused green cards over the years, he added.

Bhutoria presented two significant proposals to address this.

First, from 1992 through 2025, unused green cards for family and job categories should be recovered by the Department of Homeland Security and the Department of State. In addition to the annual cap of 1,40,000 for the employment-based category, this also includes processing a share of the more than 2,30,000 unused employment-based green cards from 1992 to 2022, he said.

Second, even if the appropriate documentation cannot be processed in that fiscal year, the State Department and the Department of Homeland Security should establish a new policy to ensure that all green cards, up to the yearly limit, are still accessible to qualified immigrants. He argued that this policy ought to be implemented

retroactively in order to recover any wasted green cards.

He suggested that by reclaiming these useless green cards, the economy might gain billions of dollars, the line of families waiting for green cards could be shortened, and pointless administrative restrictions on legal immigration could be lessened. The Congressional Research Service reports that the number of people on the waiting list for family-sponsored green cards has increased by more than 100% over the last two decades.



PC: dailyO

THE FORTNIGHT THAT WAS

An Indian American Firm Receives the Fast 100 Asian American Business Award

Lorven Technologies, based in New Jersey, is an IT consulting and Technology solutions provider that has registered a \$20 million turnover, recorded a 30 percent growth in turnover in the last two years, and emerged as a winner in the Fast 100 Asian American Business Award from the US Pan Asian American Chamber of Commerce (USPAACC).

Reacting to the news, Lorven's founder and CEO, Bala Shan, said, "The award was a recognition for the commitment and hard work of the Lorven Team." Based on the percentage growth in annual revenue for Asian American firms, the USPAACC's Fast 100 Asian American Business Award program honors America's fastest-growing Asian American enterprises. This year's prize highlighted the top 100 such companies operating across America. Despite the difficulties and setbacks, Shan claims that becoming an Indian-American entrepreneur has been a tremendously fulfilling experience. When questioned about the extent of assistance the US policy offers small enterprises, Bala elaborated, "The environment is conducive to growth. Tax relief measures, incentives for investment, deductions for business expenses, and easy access to capital facilitated through loan programs and guarantees provided by the Small Business Administration (SBA) have all helped us in a long way."



PC: LinkedIn

According to a USPAACC release, to qualify for the award, at least 51 percent of the applying business must be owned and managed by Asian Americans, U.S. citizens, or legal permanent residents, and the business must earn at least \$1 million in gross annual revenue. Award selections are determined based on the nominee's gross revenue

percentage growth rate over the past two years. Lorven registered a \$20 million turnover, recording a 30 percent growth in turnover in the last two years, and emerged as a winner in the 100-company list.

Two Ennoventure Inc. Executives of Indian origin are admitted to the Forbes Council

Padmakumar Nair, CEO and co-founder, and Karan Rai, chief product and technology officer of Ennoventure Inc. a Massachusetts-based company, were named as members of the Forbes Technology Council and Business Council, respectively. According to a press statement, the Councils are a collective of invitation-only communities created in partnership with Forbes and the expert community builders who founded the Young Entrepreneur Council (YEC).

The founder of Forbes Councils, Scott Gerber, welcomed the new members and said, "Our mission with Forbes Councils is to bring together proven leaders from every industry, creating a curated, social capital-driven network that helps every member grow professionally and make an even greater impact on the business world."

"It's a great privilege to be a member of the Forbes Business Council to forge new partnerships with industry leaders and drive the noble cause of fighting the menace of counterfeiting with cutting-edge anti-counterfeiting solutions," Padmakumar Nair said.

Thrilled to have been included in the Council, Rai said he looks forward to this "invaluable opportunity to connect with industry leaders from multiple fields."



PC: IT Voice and LinkedIn

An Indian-American attorney is hailed as a "National Hero"

An Indian-American lawyer is being hailed as a "national hero" and a "true patriot" after successfully representing a client in what legal experts believe to be the most significant constitutional issue in US history before the Supreme Court. Neal Katyal won worldwide praise for his justifications for the disputed doctrine of the Independent State Legislature, which was rejected by the US Supreme Court.

The court's 6-3 decision in the Moore v. Harper case shut down the theory that gives legislatures unlimited authority to decide the rules for federal elections without interference from state courts. Katyal argued on behalf of the voting rights group Common Cause. He urged the bench to reject the election theory before the 2024 election.

"I am proud to stand with Common Cause, the leading nonpartisan group in our nation devoted to protecting the right to vote. As we argued to the Supreme Court, the independent state legislature theory was contrary to precedent and would have called into question hundreds of state constitutional provisions and decisions. Today's ruling affirms the crucial role state courts play in overseeing federal elections," he said.

Former Solicitor General Katyal is said to have argued before the US Supreme Court in 43 cases, 41 of which were in the last ten years. He also teaches law at Georgetown University Law Center, where he holds the record for being the institution's youngest professor to be given tenure and a chaired professorship. He also serves as the Institute for Constitutional Advocacy and Protection's Faculty Chair.

In addition to a few additional acting credentials, he also has a few strange accomplishments on his resume, including cameo roles in the television shows Billions on Showtime and House of Cards on Netflix, both of which he portrayed himself.



PC: IMDb

Sahil Pontula and Vaibhav Mohanty have been appointed as Hertz Fellows for 2023

Indian-origin scholars will receive the Hertz Fellowship in 2023. It's five years of sponsored graduate study grants to carry out their research in applied science, engineering, and mathematics.

Vaibhav Mohanty and Sahil Pontula were among the 15 fellows who were rewarded with Hertz Fellowships by the Fannie and John Hertz Foundation.

Mohanty is a doctoral student at Harvard University's Massachusetts Institute of Technology and works at the intersection of theoretical physics, chemistry, and evolutionary biology to develop mutational 'traps' to combat the rapid evolution of proteins in infectious pathogens and in cancer.

Mohanty is currently a national award-winning classical and jazz composer whose published chamber and large ensemble music is distributed and played around the world, according to his bio. Pontula aims to harness light-matter interactions in novel ways. He is working to enable discoveries in fundamental physics leading to next-generation technologies in energy, sensing, and communication. According to his profile, he will begin a doctoral program in electrical engineering and computer science at the Massachusetts Institute of Technology (MIT) in the fall of 2023.

Founded in 1957, the John and Fannie Hertz Foundation, through the Hertz Fellowship, identifies the nation's most promising young innovators and disruptors in science and technology, empowering them to become the future leaders who keep our country safe and secure.



PC: Soros Fellowship for New Americans, Hertz Foundation

Community News

FISANA's successful celebration of Father's Day and Mother's Day

The event for the celebration of Mother's Day and Father's Day over a gala lunch was the first of its kind. Around 1000 FISANA members attended the celebration on June 18 at the Royal Albert Palace. There were a few keynote speeches by the president and chairman, community guests and music performances, award presentations, and a charity donation initiative.

President Bharat Rana introduced the host and emcee of the event, Mr. Nishil Parikh, a renowned Gujarati poet and highly literate in IT, and then welcomed Chairman Dipak Shah on stage, who addressed the gathering by wishing Happy Mother's Day to FISANA Mothers and Happy Father's Day to FISANA Fathers. He said, "In events like this when the gathering has over 600 paid tickets, guests make FISANA remarkable to raise the power and inspiration to do more of these kinds of events."

Mr. Kenny Desai, President of FIA, was called upon the stage to address the gathering, saying that "FIA is proud of joining hands with FISANA, and FIA has joined in welcoming the Prime Minister of India, Shri Narendra Modi ji, in Washington, DC, and New York. FIA welcomes you all to join the FIA Independence Day Parade on August 20th, 2023, on Madison Avenue, New York."

Padmashri Dr. Sudhir Parikh was also called to the stage by Chairman Dipak Shah, who addressed the gathering, "FISANA is in the heart of seniors as one of the older and larger organizations in terms of years and members who, from time to time, enjoy various events of the community, and Parikh Media always provides the platform to do coverage in TV and print." Parikh Media has always extended support to the media and will continue to do so.

As a celebration of excellence and the umbrella organization of many seniors' groups that donated with open hearts and a dedication to supporting FISANA, the event's success was a testament to the power of giving. A charity donation is made by groups from Edison, Woodbridge, Bridgewater, Ramilaben, Clifton, Union, Middlesex County, Dipak Shah, Dr. Mukund Thakar, Vishnu Patel, KZ Entertainment, Vipul Amin, and Vatsalya adult day care, among others. Nishil Parikh, the host, gave a final thank-you speech to all the contributors and supporters.



PC: New India Abroad

Third Edition of the Women's Cricket Tournament-Shakti Cup in Westchester, NY

June 17th, 2023 The Cricket Clubs of Westchester completed the 3rd edition of the "Shakti Cup", a women's cricket (modified) tournament for all women who wanted to play cricket but could never play it or only played it during their school or college years. Around 8 to 10 women's cricket teams participate in this one-day tournament every year.

CCW (Cricket Clubs of Westchester) started the historic event, the Shakti Cup Women's Modified Cricket Tournament, in 2021—the first-ever women's tournament in Westchester, New York. The Shakti Cup - honors the feminine personification of cosmic energy in Hinduism, making it appropriate for an event showcasing women's athleticism. CCW empowers female athletes who face barriers to competition. The Women's Cricket Tournament shows all women that they can achieve success in any field they choose.



Shraddhanjali



Late Shree

RASNIDHI DESAI

December 1, 1945 - July 9, 2023

FIA Mourns the loss of Shree RASNIDHI Desai

Om Shanti



RASNIDHI Pravinchandra Desai (77) passed away peacefully on July 9th, 2023, in Laurel, MD, surrounded by his family. He was married to Nita Desai for 53 years, and they lived in Beltsville, MD. RASNIDHI was born in Bombay, India, on December 1st, 1945. RASNIDHI received his degree in Mechanical Engineering at Walchand College of Engineering in Sangli, Maharashtra. RASNIDHI came to the United States in 1971. He lived in Scranton, PA, for a few years before settling in the Washington, D.C., area. Through the years, RASNIDHI worked at a few large companies in the Washington, D.C., area, with the last 15 years of his career spent at Bechtel Corporation. RASNIDHI enjoyed going to the theater to watch Hindi movies with Nita while they snacked on samosas and chutney sandwiches. RASNIDHI loved to listen to old Hindi songs and bhajans, loved to eat his wife's homecooked meals, and most of all, he loved to talk to his family and friends. RASNIDHI was a kind-hearted, humble, and caring individual. He was always willing to roll up his sleeves and provide help. RASNIDHI is survived by his wife Nita, two sons: Alpesh and Ankur, two daughter-in-laws: Anjanie and Shruti, and most importantly, four beautiful grandchildren: Yash, Dhilan, Jiya, and Rishi.

RASNIDHI will surely be missed, and his spirit lives on with his loved ones.

Funeral Information:

March Life Tribute Center, 7601 Sandy Spring Rd. Laurel, MD, 20707

Date of Service: Thursday, July 13th, 2023 | Time of Service: 11 a.m. EST.

International Year of Millet 2023

Hello again!

Today we'll discuss about the types of Millet. Let's talk about their significance and Health Benefits.

Sorghum (*Sorghum bicolor*)

Sorghum (*Sorghum bicolor*), also known as jowar. It is a major food crop in much of South Asia, Africa, and Central America. It's a cereal grain plant of the grass family (Poaceae) and bears edible starchy seeds.

Sorghum is adapted to warm and dry climates but the greatest area of the crop is cultivated in drought-prone areas of the world.

Nutritional value

Every 100g of Sorghum contains a total of energy- 339 kcal, Carbohydrates- 74.3 grams, dietary fiber- 6.3 grams, protein- 11.3 grams, fat - 3.3 grams and zero cholesterol.

Health Benefits of Sorghum

1. Rich source of antioxidants
2. Natural cure for patients of diabetes
3. Helps to provide strong bones
4. Helps in inhibiting tumor growth
5. Staple food for celiac patients
6. Helps in weight control



Sorghum Upma (Jowar Upma)

It's perfect for breakfast or you can serve it for lunch and dinner as well. It can be served with tea or curd or as it is.

Serving: 2 people



Recipe by Nirali Korat (Nirali's Food World)

Ingredients

(To boil sorghum)

- 1 cup sorghum
- 2 cup water
- 1 tsp salt

Tadka:

- 1.5 tsp oil
- 1 tsp mustard seeds
- 2 chopped green chili
- 8-10 curry leaves
- 1 tsp urad dal
- 1 tsp chana dal
- 2 chopped onions
- 1/4 cup chopped carrot
- 1 tbsp cashew
- juice of 1 lemon
- chopped coriander

Steps:

1. Soak 1 cup of sorghum for 7-8 hours or overnight.
2. In a pressure cooker, add 2 cups of water and soaked sorghum.
3. Add some salt, mix it well, and let it cook for 5-6 whistles on a medium flame.
4. After that, remove all the water from the boiled jowar and keep it aside.
5. Now in a pan, heat 1.5 tsp oil, add 1 tsp mustard seeds, and let them crackle. Add 2 chopped green chili
6. 8-10 curry leaves, 1 tsp urad dal, and 1 tsp chana dal.
7. Now roast everything on a slow flame for 1-2 minutes (make sure the added dal does not burn).
8. After that, add 2 medium onions, finely chopped, and 1/4 cup chopped carrot. Now sauté them for 2 minutes.
9. Add 1 tbsp. cashews and roast them for 1 minute.
10. Now add boiled sorghum, salt as per your taste, the juice of 1 lemon, and some chopped coriander.
11. Now mix everything very well, and it's ready to serve.

Pearl Millet (*Pennisetum glaucum*)

Also known as bajra, it is very famous and widely available. The use of bajra dates back to the beginning of our traditional medicine, Ayurveda, and is mentioned in writings like 'Nali' under the topics of 'Trunadhanya' and 'Kudhanyavarga'.

It is mostly cultivated in hot, arid climates and water-poor soils, where other crops typically fail.

Nutritional value

The nutritional content per 100 gm of Pearl millet are: Proteins - 22 grams, Calories -756 kcal, Carbohydrates -146 grams , Dietary Fiber-17 grams , Fat -8.4 grams.

Health Benefits of Pearl Millet

1. Prevents Type 2 Diabetes
2. Aids In Weight Loss
3. Polycystic Ovarian Syndrome
4. Heart Healthy
5. Natural Detoxifier
6. Boosts Lung Power
7. Improves Eyesight



Pearl Millet Khichdi (Bajri Khichdi)

Bajri Khichdi is a perfect one-pot meal that is full of nutrition. Order to consume during the winters.

Serving: 2 people



Recipe by Nirali Korat (Nirali's Food World)

Ingredients

- 1 cup pearl millet (bajri) soaked for 7-8 hours or overnight
- ½ cup moong Dal (soaked for 15-20 minutes)
- 1 tsp oil
- 1/2 tsp cumin seeds
- ½ tsp salt
- ¼ tsp turmeric powder

Tadka:

- 1 tbsp oil
- 2 tsp ghee
- ½ tsp cumin seeds
- 1 bay leaf
- 2 dry red chilies
- 2 pieces of cinnamon
- 1 tbsp green chili-ginger-garlic paste.
- 2 chopped onions
- chopped tomatoes
- 1 chopped carrot
- ½ tsp salt
- ½ tsp turmeric powder
- 1 tsp garam masala
- 1 tsp red chili powder
- ½ tsp coriander powder
- ½ cup boiled green peas.
- 1/4 cup chopped carrot
- 1 tbsp cashew
- juice of 1 lemon
- chopped coriander

Steps:

1. Wash 1 cup of pearl millet properly, add 2 cups of water, and soak for 7-8 hours or overnight.
2. In a pressure cooker, heat 1 tsp oil, add 1/2 tsp cumin seeds, and let it crackle. Now add the soaked bajri.
3. Add moong Dal and 4 cups of water, ½ tsp salt, ¼ tsp turmeric powder.
4. Mix it all very well and let it cook for 5-6 whistles on a medium flame.
5. Prepare tadka:
6. Heat 1 tbsp oil and 2 tsp ghee, add ½ tsp cumin seeds, and let it crackle.
7. Now add 1 bay leaf, 2 dry red chilies, 2 pieces of cinnamon, and 1 tbsp green chili-garlic paste.
8. Sauté it for 1 minute on a slow flame.
9. Now add 2 chopped onions, 1 chopped tomato, and 1 chopped carrot (you can add any of your choice's vegetables).
10. Add ½ tsp salt, ½ tsp turmeric powder, mix it well, and let it cook for 2-3 minutes on a slow flame.
11. After that, add the soaked Pearl millet and mix everything very well. (Keep your flame slow.)
12. Now add salt to taste, as we already added some before; hence, you can skip at this point. Add 1 tsp garam masala, 1 tsp red chili powder, ½ tsp coriander powder, and ½ cup boiled green peas.
13. Mix it well, cover it, and let it cook for 1 minute. After that, switch off the gas, sprinkle some chopped coriander, and serve it hot. Pearl millet khichdi and curd are the best combination to serve.

Little millet (*Paspalum scrobiculatum*)

Little millet is also known as sama, Moraiyo, Kutki, Shavan. It is loaded with vitamin B and essential minerals such as Calcium, Iron, Zinc, and Potassium. Little Millet is largely used in Southern states of India in numerous traditional dishes. It is a healthier alternative to rice and does not cause weight gain. It also helps detoxify the body.

Nutritional value

Nutritional content of Little millet is : Carbohydrates: 67.0 grams, Protein: 7.7 grams, Fat: 4.7 gram, Energy: 341 KCal, Crude fiber: 7.6 grams, Calcium: 17 mg, Phosphorous : 220 mg, Iron : 9.3 mg

Health Benefits of Little millet

1. Rich in Potent Antioxidants
2. Help treat Diabetes
3. Helps lower cholesterol
4. Weight loss
5. Little millet is known to treat respiratory conditions like Asthma.



Little Millet Dhokla (Moraiya Dhokla)

Little millet dhokla is perfect dish to eat in fasting. & if you are consume it without fasting add chopped vegetables for variation.



Recipe by Nirali Korat (Nirali's Food World)

Serving: 2 people

Ingredients

- 1 cup little millet(moraiya)
- ¼ cup sabudana (sago)
- ½ cup curd
- ¼ cup water
- Salt to taste
- 1 crushed green chilli
- 1 tsp oil
- 1 tsp baking soda
- 1 tsp lemon juice

Tadka:

- 1 tbsp oil
- ½ tsp cumin seeds
- 1 green chilli
- Curry leaves 5-6

Steps:

1. In a mixture jar take 1 cup of little millet (moraiya) , ¼ cup sabu dana and grind it until smooth powder.
2. Transfer powder into a mixing bowl add ½ cup sour curd and mix it well.
3. Now add ¼ cup of water , mix it well and prepare a semi thick lumps free batter.
4. Once your batter is ready cover it and give rest for at least 15 minutes.
5. After 15 minutes add 1 crushed green chilli , salt according to taste.
6. Add 1 tsp oil to avoid dryness while eating and mix it well.
7. Get your steamer ready to steam dhokla.
8. Add 1 tsp baking soda in a dhokla batter, pour 1 tsp lemon juice to activate soda.
9. Whisk it in 1 direction for few seconds, pour batter into a oil grease plate and sprinkle some black pepper powder.
10. Steam dhokla for 15-20 minutes on medium flame.
11. After 15-20 minutes take your dhokla plate out from steamer, let it cool down for few minutes.
12. Cut into a medium size square or in diamond shape.

Now let's prepare tadka:

1. Heat 1 tbsp oil, add ½ tsp cumin seeds and let it crackle, later add some curry leaves and 1 chopped green chili, sauté it for few seconds.
2. Tadka is ready switch off the gas and pour it on dhoklas evenly.
3. Serve with curd or coriander chutney.

Finger Millet (*Eleusine coracana*)

Also known as red millet, Ragi is a small seed with bigger health benefits. Finger millet is considered one of the most nutritious cereals. They can be grown in dry weather, withstand severe drought conditions, and are adaptable to higher elevations. These are short-duration, ready to harvest in as little as 65 days, and can be easily grown throughout the year.

Nutritional value

Nutritional content of Finger millet is: protein- 5-8%, ether extractives- 1-2%, carbohydrates- 65-75%, dietary fiber- 15-20% and minerals - 2.5 -- 3.5%.

Health Benefits of Finger Millet

1. Healthy for all & good for Diabetic patients
2. Helps in Weight Loss
3. Reduces Cholesterol
4. Increases Bone Strength
5. Works as Natural Relaxant
6. Treats Anemia
7. Good Source of Protein and Amino Acids
8. Improve Digestion
9. Reverts Skin Aging
10. Increases Lactation



Finger Milk Shake (Ragi Milk Shake)

Ragi milkshake can be served anytime but prefer to drink in the morning as it's a great energy booster.

Serving: 2 people

Ingredients

- 4 tbsp ragi flour,
- 1 tbsp cocoa powder,
- 1 tsp grated dark chocolate,
- 7-8 almonds,
- Sugar or any sweetener

Steps:

1. We need 7-8 almonds soaked in hot water for at least 15 minutes. Or overnight soaked in normal water.
2. In a pan, take 4 tbsp. ragi flour, stir, continue, and roast it for 2 minutes. (If you have roasted ragi flour already, skip this step.)
3. In a mixing bowl, take roasted ragi flour, add ½ cup of hot milk or water, and add 1 tbsp cocoa powder,
4. And 1 tbsp dark chocolate.
5. Now whisk it very well and prepare a lump-free mixture.
6. Take a mixing jar, add soaked almonds with or without peel, and blend it well.
7. Now add the ragi flour and chocolate mixture, 2 glasses of chilled milk (you can also add ice cubes), and sugar or sweetener if you want; otherwise, skip it.
8. You can add more chocolate or chocolate syrup if you wish.
9. Blend everything well until smooth and creamy.
10. Ragi's chocolate milkshake is ready to serve.
11. Take two serving glasses, pour the milkshake, and garnish with chocolate chips or grated chocolate (garnishing is optional).
12. You can replace chocolate with a banana and an apple.



Recipe by Nirali Korat (Nirali's Food World)

NEWSMAKERS

The Great Immigrants List 2023 includes World Bank President Ajay Banga

The Indian-born Business Executive Ajay Banga is also honored with the Padma Shri and Ellis Medal of Honor. He is the only Indian who is included in the "Great Immigrants" List 2023 by the Carnegie Corporation of New York, which is an esteemed philanthropic organization.

Ajay Banga is the first Indian Business Executive to serve as President of the World Bank since June 2023. With over 30 years of experience in key positions, Banga is expected to usher in transformative policies at the World Bank to combat poverty and address climate change, opening opportunities for people around the globe, a statement issued by Carnegie on Wednesday said.

Banga has 13 years of experience at Nestle and 2 years at Pepsico. Further, from 1996, he led the Asian Pacific region as CEO of Citigroup and later moved to the US. Ajay Banga

served as president and CEO of Mastercard for 12 years before being named executive chairman.

During a fireside chat, Carnegie said Ajay Banga offered some reflections on how diversity helped him succeed as a leader: "At the end of the day, if you surround yourself with people who look like you, who walk like you, and talk like you, and who grew up in the same places you did and worked with you in your prior jobs, then you will have a sense of comfort in hiring people around you who have that familiarity. But you will also have the same blind spots. You will miss the same trends. You will miss the same opportunities."

The Carnegie Corporation of New York is a leading philanthropic foundation established by Scottish immigrant Andrew Carnegie and now led by Irish immigrant Dame Louise Richardson.



PC: The Indian Express

Arvind Narayana, the Princeton University's CITP Director



PC: Princeton School of Public and International Affairs

Arvind Narayana is the distinguished computer scientist who took charge as the director of the Center for Information Technology Policy (CITP), which serves as a collaborative platform between the School of Engineering and Applied Science and the Princeton School of Public and International Affairs at Princeton University.

The Indian Institute of Technology graduate is known for his pioneering approach to teaching and research, which has shaped the study of fairness in algorithms, cryptocurrencies, blockchains, and advanced privacy technologies, a release noted.

The internet privacy specialist joined CITP in 2012 and has since led projects including the Princeton Web Transparency and Accountability Project, which tries to shine a light on corporations' data collection and usage methods. He has been

instrumental in revealing the privacy concerns related to smart TV spying through his investigations.

Reacting to his appointment, Narayanan said, "I owe my career to CITP, and I have immensely enjoyed and benefited from being part of this community for 10 years. I look forward to the opportunity to steward the center and to support and mentor up-and-coming scholars."

Speaking of Narayanan's leadership, Princeton sociology professor Matthew Salganik, who was CITP director from July 1, 2019, to June 30, 2022, said, "We've done research together, taught a class together, and served on committees together. I'm always impressed with his ability to go right to the heart of a complex problem. He has a great sense of what is important; he sees things differently from other people; and he fights for what he believes."

Caltech honors two Indian Americans among 13 with Early-Career Professorships

Karthish Manthiram is a professor of chemical engineering and chemistry in the William H. Hurt Scholar Division of Chemistry and Chemical Engineering, and Smruthi Karthikeyan is the Gordon and Carol Treweek Assistant Professor of Environmental Science and Engineering. These honors provide faculty with additional resources to advance innovative research ideas while they continue to mentor and train future generations, the release said.

The California Institute of Technology has named professorships for early career and tenured faculty for 13 academic members, including two Indian Americans. This honor is the highest given by the Institute. A professorship could also give a faculty member an opportunity to develop significant connections with the philanthropists who funded the honor.

Karthikeyan joined the Caltech faculty in 2022, and Manthiram

joined the Caltech faculty in 2021. Karthikeyan's research interests lie at the interface of engineering, computational biology, and microbial ecology to study microbial dark matter, according to the release. The research team at Manthiram creates electrochemical catalysts and procedures that enable the removal of carbon dioxide from the atmosphere and oceans while utilizing solely clean, renewable energy sources like solar.

Karthikeyan's ultimate objectives are to develop integrated wet-lab and multi-omic (DNA, RNA, and untargeted metabolomics) techniques to provide systems-level knowledge of complex microbial communities and their interactions, as well as how they translate to biomarkers for environmental and human health. Manthiram seeks to mimic the metabolic processes of plants, which derive a large portion of their energy requirements from water, air, and sunlight.



PC: Environmental Science and Engineering-Caltech



PC: Caltech Magazine

The Forbes 2023 Richest Self-Made Women List features four Indian Americans

Jayshree Ullal, Neerja Sethi, Neha Narkhede, and Indra Nooyi are four Indian Americans featured in Forbes' eighth list of the richest self-made women for 2023. The four were included on the list of the top 100 US entrepreneurs, executives, and entertainers owing to their record-breaking wealth of \$124 billion, an increase of about 12% from the previous year.

Jayshree Ullal, 62, a seasoned Cisco engineer from Silicon Valley, is the richest Indian American on the list at number 15, with a net worth of \$22 billion. According to Forbes, Ullal joined the computer networking company Arista Networks as CEO in 2008, when the business had no sales. The now publicly traded company, which she still runs, recorded \$4.4 billion in revenue in 2022, up 48 percent from the prior year, despite component shortages and supply chain challenges.

Neerja Sethi, 68, came in at number 25 with a \$990 million net worth. In 1980, at their Troy, Michigan, apartment, she and her husband, Bharat Desai, co-founded the IT

consulting and outsourcing company Syntel. For \$3.4 billion, they sold it to the French IT company Atos SE in 2018.

Neha Narkhede, a 38-year-old former software engineer who is currently an entrepreneur, debuted her fraud detection business, Oscilar, in March. She and her husband co-founded the company in 2021, investing \$20 million in it. With \$520 million in wealth, she ranks at number 50 on the list.

Indra Nooyi, the first woman of color and immigrant to lead PepsiCo, one of America's 50 largest corporations, is ranked 77th with a net worth of \$350 million. After serving in those positions for twelve years. Nooyi joined the new Global Advisory Board of the scandal-plagued Deutsche Bank last November and is currently on the boards of Amazon and the health tech company Philips.



PC: Wikipedia



PC: DNA India,



PC: LinkedIn



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Aditi Raghunathan receives an esteemed AI2050 Early Career Fellowship

One of the recipients named by Schmidt Futures of the prestigious AI2050 Early Career Fellowships, which seeks to support gifted individuals who are committed to addressing the significant challenges and opportunities in the field of artificial intelligence, was a researcher of Indian origin from the School of Computer Science at Carnegie Mellon University.

Assistant Professor Aditi Raghunathan of the Computer Science Department (CSD) has dedicated her research efforts to advancing the reliability and robustness of machine learning. Her work focuses on leveraging statistical techniques, convex optimization, and algorithms to enhance the performance of modern systems built on deep learning, the University said in a statement.

"We must all ensure that AI is not created in isolation and, accordingly, pay attention to both its potential benefits and risks. AI will transform our lives and futures, so the time is right to bet on these experts working to find the best ways to develop AI that can advance scientific progress, earn public trust, and deliver benefits for all," remarked Eric Schmidt, a former CEO of Google, co-founder of Schmidt Futures, and co-chair of AI2050.

Raghunathan will receive up to \$300,000 over the course of two years as an AI2050 Early Career Fellow. She will also gain access to the network of Schmidt Futures and other forms of non-financial support to further her work.

Eric and Wendy Schmidt's philanthropic initiative, Schmidt Futures, has committed up to \$4 million to help the first group of Early Career Fellows.



PC: Carnegie Mellon University

Indian-origin psychiatrist Amit Parikh has been appointed CMO of Bend Health

Amit Parikh is appointed as the CMO of Bend Health Inc., a leading national virtual pediatric behavioral care provider.

According to an official statement, psychiatrist Parikh will lead the development and scaling of the company's unique pediatric digital behavioral health services. He will also continue to grow the care team and infrastructure needed for the company's operations.

Regarding his promotion as Chief Medical Officer, Parikh said, "In this role, I will lead the development and scaling of Bend's unique pediatric digital behavioral health services. I am honored to take on this role from Monika Roots, MD, FAPA, and grateful to continue working closely with her every day as she continues to lead Bend's strategic vision, implementation, and oversight as co-founder and president."

Earlier, Parikh was a psychiatrist at the Mental Fitness Clinic and an associate psychiatric medical director at Healthright360. He completed his M.D. and received his degree from Ohio Medical College. At Ohio State

University, he also served as Chief resident, chief fellow, and child and adolescent psychiatry fellow at Nationwide Children's Hospital.

"As a physician leader, Amit is well-versed in identifying and implementing data-driven solutions that promote patient-centered care for children and teens," said Kurt Roots, co-founder and chief executive officer, Bend Health. "His experience in clinical care and care operations will help us enhance our services and accelerate access to pediatric behavioral care for even more families in need."

Bend Health supports mental health, and its collaborative care model combines virtual video visits, chat messaging, and integrated digital experiences to provide skills for kids, teens, and providers that support long-term mental health resilience and wellness.



PC: Bend Health

SUBSCRIBERS' SECTION



Credit: Yashika Parmar



PC: @ Jagran Josh

'Adhik Mas' and 'Shravan Mas' are falling together after 19 years!

There is a saying that implies everything has a purpose. And although I'm not sure how much of it is real, our Hindu culture is full of logic and virtue, both on a scientific and spiritual level. We still don't fully understand the benefits of celebrating, fasting, and praying on particular days of the Hindu calendar or on various 'Tithi', as they are known in the Hindu Panchang.

According to 'Vikram Sawant', the Hindu Calendar (which essentially begins when King Vikramaditya from present-day Paithan, Maharashtra, destroyed Saka in the ninth century or maybe earlier), after 19 years, 'Adhika Mas' (from July 18th to August 16th) and 'Shravan Mas' are coming together.

'Adhik Mas' is considered to be the most sacred 13th month of the Hindu calendar, and it's roughly observed to occur once every two and a half years. It is often confused with the concept of a leap year in the Gregorian calendar, which is just a mere calendar adjustment, but 'Adhik Mas' is based on the cosmic events in the lunar and solar cycles. To understand this, first we need to understand the three primary cycles of time measurement in the cosmos: the earth's rotation, the moon's revolution, and the earth's

revolution. The measurement of months is based on 'the moon's and earth's revolutions'.

'Sankramanam': With each cycle of the moon, the relative position of the sun shifts forward by one 'Rashi'. The moon completes its revolution around the earth in 29.4 days, which is slightly less than the sun, which takes 30.4 days to shift forward to each 'Rashi'. This means that the moon completes its cycle roughly one day earlier than the sun, and as this lag of 0.9 days keeps on adding, in around 30 months, or 2.5 years, a lag of a month is formed, and a new cycle of the moon begins even before the sun can move into a new 'Rashi'.

This lunar month, when 'Surya Sankramanam' does not happen but the moon completes its revolution, is known as 'Adhik Mas'.

'Surya Dev' is denoted by 12 names, and their corresponding forms are known as 'Dvadasha Adityah' for each month of the year, which represent the nature of the sun in each 'Rashi' and its attributes corresponding to that time of the month. He is also known as 'Surya-Narayana' as a representation of Lord Vishnu, who is the source of energy on this planet and nourishes life on it. So, in the thirteenth month, he doesn't have a specific

name, and since he is worshipped as the Lord Vishnu himself, he is called 'Purushottama'. As this rare opportunity comes roughly every two and a half years to worship Surya as the Lord Narayana himself, 'Adhik Mas' is considered very sacred and also called 'Purushottama Masa'.

All the festivals and observances fall during the regular twelve months, and this extra month is left free for one's own spiritual pursuits, that's why this month is also known as 'Mala Masa', which literally means a month leading to 'spiritual purification.' Any sadhana and pooja done during this period will reap quick and immense rewards.

This year, there will be two Shravan Months. Vrata, or fasting, is preferred because our digestive tract is dependent upon the sun, and in the month of Shravan, there are fewer sunny days, and our digestion becomes weak. Along with that, there is an increase in waterborne diseases. That's why some leafy vegetables, brinjal, yogurt, non-vegetarian foods, and alcohol are prohibited, as we need to give our digestive system some rest in order to make it work smoothly. Some may have started the Vrata from 'Devshayni Ekadasi', which means the day when Lord Vishnu goes to sleep.

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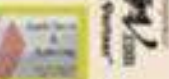
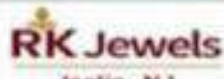
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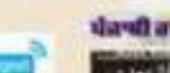
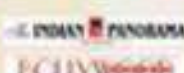
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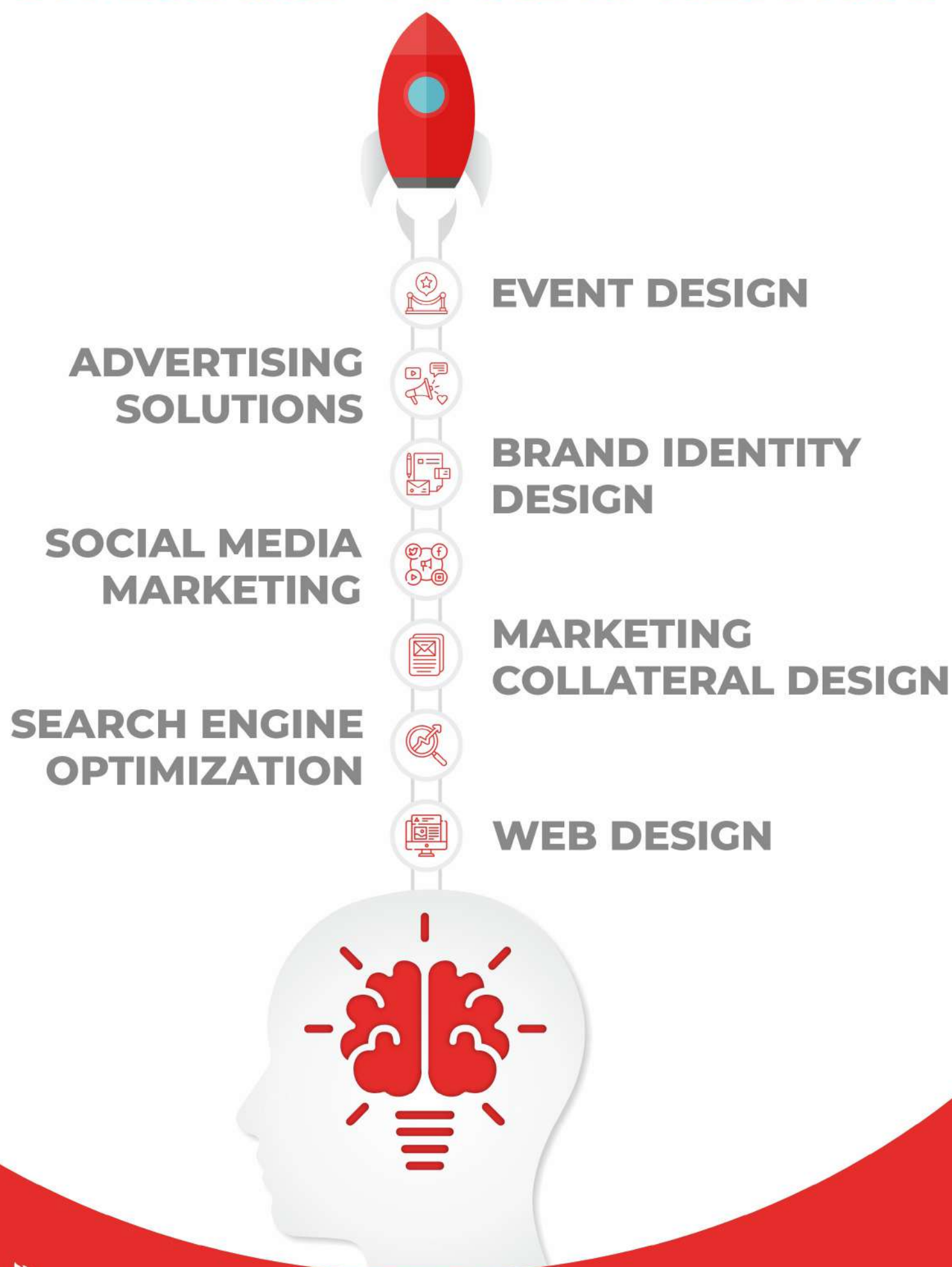
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"Insidious: The Red Door," the fifth installment of the terrifying Horror Franchise

This month's release of "Insidious: The Red Door" marks the directorial debut of horror veteran Patrick Wilson.

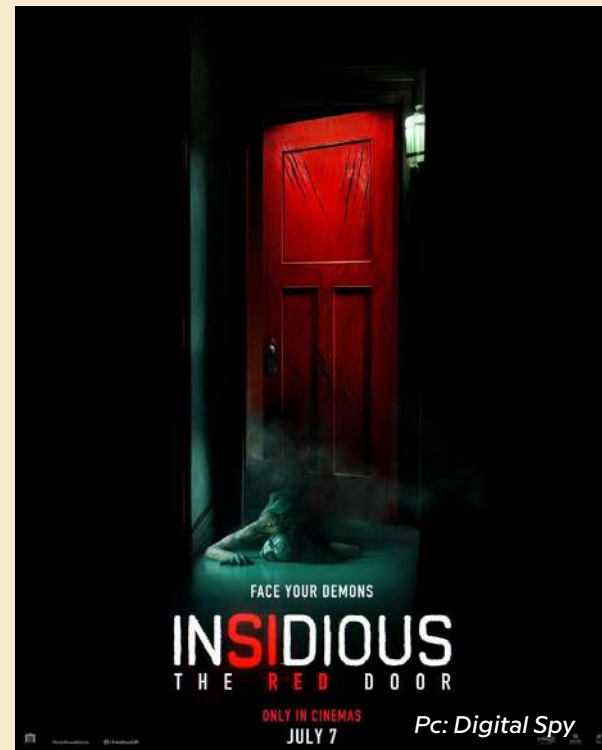
With Insidious: The Red Door, the terrifying horror franchise will return. The main draw for this fifth installment is the Lambert family's reunion, which features Patrick Wilson, Ty Simpkins, and Rose Byrne. In a brand-new promo for the movie, which is scheduled to hit theaters in July, Sony and Blumhouse challenge viewers to unlock the recognizable "Red Door."

On the other side of the door, Insidious' famous "Lipstick-Face Demon" from the very first film waits to terrorize unsuspecting passersby. In the first movie, it wanted to possess Dalton's (Simpkins) body

for its nefarious purposes. The movie's demon has since relocated to Hollywood, where it terrorizes defenseless bystanders on the street. When you're not the one being afraid, it can be entertaining to watch other people feel scared, and some of the reactions in this video are quite humorous. especially if you enjoy gory, bizarre horror.

Red Door is building up to be one wild, atmospheric journey that needs to be watched in theaters, especially given that this is the Lambert family's final chapter.

An official synopsis for Insidious: The Red Door reads: "Set 10 years after the ending events of the second film, Josh Lambert heads east to drop his son Dalton off at an idyllic, ivy-league university. However, Dalton's college dream becomes a nightmare



when the repressed demons of his past suddenly return to haunt them both".

"Oppenheimer" is anticipated to Break Box office Records

The Indian premiere of Christopher Nolan's "Oppenheimer" is scheduled for July 21, 2023. In all IMAX theaters, Universal Pictures has announced advance reservations. It is anticipated to break box office records and features celebrities like Cillian Murphy, Emily Blunt, and Matt Damon in the cast.

In India, Christopher Nolan's much-awaited historical thriller film "Oppenheimer" will debut. The movie explores J. Robert Oppenheimer's biography and his role in developing the atomic bomb during World War II.

The global premiere has been set for July 21, 2023, which has fans on the edge of their seats. For IMAX theaters in India, Universal Pictures has announced the start of advance reservations. This epic was created especially for the splendor of IMAX screens by Christopher Nolan, who is recognized for his passion for the IMAX format. To reach a wide audience in India, the movie will be distributed in both Hindi and English. Fans of Christopher Nolan have started the

countdown in anticipation of the spectacular film "Oppenheimer." Oppenheimer is unquestionably one of the most eagerly anticipated movies



of 2023 thanks to its compelling subject matter, superb ensemble, and Nolan's imaginative direction.

The distribution of this movie by Universal Pictures signals a change from Christopher Nolan's customary partnership with Warner Bros. 'Oppenheimer' also earns a R grade, breaking with Nolan's recent movies since 'Insomnia' in 2002.

"Oppenheimer" is based on the book "American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer" by Kai Bird and the late Martin J. Sherwin. Renowned for his complex storytelling and Hollywood blockbusters, Nolan has already garnered a significant following in India.

The movie Oppenheimer will be released in theaters the same weekend as Greta Gerwig's Barbie, so it will face tough competition just to break any Nolan film box office records. Even though such a shadow doesn't guarantee that the film isn't going to be able to break Nolan's box office record, it may suggest that it will encounter an uphill battle.

Shankar Mahadevan receives the doctorate honor at Birmingham City University

In acknowledgment of his remarkable contributions to music and the arts, Birmingham City University (BCU) has conferred an honorary degree on renowned Indian vocalist, composer, and actor Shankar Mahadevan.

In a ceremony held recently at the University's Royal Birmingham Conservatoire (RBC), Mahadevan—who is regarded as one of the top vocalists in Bollywood—was presented with the degree. "This is a moment I will cherish, and I want to thank Birmingham City University for making this happen. It is like a dream for me. Having my family in the audience is really special. I'd like to take this opportunity to thank all those gurus from whom I've learned so much," Mahadevan said.

Mahadevan, a member of the legendary songwriting group Shankar-

Ehsaan-Loy, has written music for numerous Bollywood films and founded the Shankar Mahadevan Academy, which offers training to young artists.

Birmingham City University Vice-Chancellor Professor Philip Plowden remarked, "Shankar is not only an exceptional artist across many genres, a Bollywood legend, and a beloved TV star, but he's also an educational innovator who believes in making the best tuition available to talented aspiring musicians."

Anita Bhalla OBE, a former BBC executive, and presenter who currently serves as the board chair of BCU, stated, "This event symbolizes so many themes that are important to our university. It's about creativity, collaboration, partnerships, and being future-facing, welcoming people from the region, the wider UK, and also from



PC: Facebook

across the world."

Mahadevan will oversee numerous team initiatives at the University's Royal Birmingham Conservatoire and STEAMhouse, an innovation hub located on its campus in the city center.

Fans are excited after seeing the teaser for the film Rocky aur Rani Kii Prem Kahani

Rocky aur Rani ki Prem Kahani is an upcoming film starring Ranveer Singh and Alia Bhatt. The teaser for the film was released by Dharma

Production's YouTube channel on June 20th. The filmmaker, Karan Johar, also revealed that there are three surprise cameos in the film but refused to divulge more details. He said the next song from the movie would be released on July 11.

Other stars in the movie are Dharmendra, Jaya Bachchan, Shabana Azmi, Churni Ganguly, Tota Roy Choudhury, and Namit Das

in key roles. It is slated to release on July 28. The love story of Rocky (Ranveer) and Rani (Alia), who originate from different backgrounds, is the focus of Rocky aur Rani Kii Prem

Kahani. They decide to transfer homes in an effort to win the approval of their separate families because they are unsure of how to do it. Fans responded enthusiastically to the movie's official

trailer. Although one surprise may have been revealed by the fans by spotting Ananya Pandey in the teaser of the film for a second.

Also, the audience has been utterly mesmerized by Alia Bhatt's glitzy saree moments in the trailer. Alia Bhatt assumes the role of the show's star while dressed in sarees inspired by Yash Chopra movies.



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