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MESSAGE

I am glad to know that Indian Federation of United Nations Associations (IFUNA) is observing ‘World Population Day’ on 11th July, 2017 with the theme Family Planning: Empowering People, Developing Nations.

I have been given to understand that IFUNA was established more than four decades ago for promoting the aims, objectives and activities of the United Nations and its specialized agencies.

I appreciate the efforts being put in by this organization by working for international peace and understandings and hope they will continue to work with same spirit. On this occasion, a news magazine is being brought out by the name “People and UN” for wide circulation amongst all sections of society.

My best wishes to all of you.

(Satyendar Jain)
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SPRITUAL TALK

CONDOLENCE

All the members of the Executive Committee, Indian Federation of United Nations Associations and State UNAs are deeply saddened by the news of sad demise of Shri O.P. Ahuja. Mr. Ahuja was having a very long association with IFUNA spanning for more than five decades. He was Vice President and Secretary General of IFUNA. During his association with members of IFUNA he touched the hearts of all those who came in contact with him. IFUNA has lost a great inspiring personality whom we have always looked forward for the lead and ability to project the feelings and team work. Passing away of Mr. O.P Ahuja is a tragic and personal loss to all the members. IFUNA feels that the vacuum created by the sad demise of Mr. Ahuja is very difficult to fill-in and with deep pain and sorrow; we give heartfelt condolence to all the members of his family and commits to carry his great thoughts and legacy with commitment.

CONDOLENCE

Late Shri O.P. Ahuja

People AND Un

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LIKE the first illustrious president of India Dr. Rajendra Prasad, Shri Ram Nath Kovind also comes from the same law profession. Background of both is also humble and rural-oriented. Sri Kovind took birth in a very poor family and in the name of the house he was having a leaking thatched hut in a village. From this background he rose to the highest post of the country is not only miraculous but speaks in volumes about his personality and political acumen. Before entering the world of politics, Shri Kovind practiced as a lawyer in the Delhi High Court and the Supreme Court for 16 years. He made a debut into the world of politics when he was elected as the Rajya Sabha Member from Uttar Pradesh in 1994.

Shri Ram Nath Kovind after taking Oath of office as the 14th President of the country in his maiden speech stated “We take pride in the diversity, religious harmony and inclusive ethos of India; — We take pride in the culture, heritage and spirituality of India; — We take pride in our fellow citizens; — We take pride in our work; and — We take pride in the little things we do every day. Each citizen of India is a nation builder. Each one of us is a custodian of India’s well-being and of the legacy that we will pass on to coming generations”.

He further added that Nations are not built by governments alone, “Nation building requires national pride. Each citizen of India is nation builder. The government can at best be a facilitator, and a trigger for society’s innate entrepreneurial and creative instincts. Nation building requires national pride: — we take pride in the soil and water of India."

The President has further asserted that “The India of the 21st century will be one that is in conformity with our ancient values as well as compliant with the Fourth Industrial Revolution. There is no dichotomy; there is no question of choice. We must combine tradition and technology, the wisdom of an age-old Bharat and the sciences of a contemporary India.

— Pran Mohan Parvatiyar
(pmparvatiyar@gmail.com)
IFUNA Delegation Visits China

By: VINAYAK SRIVASTAVA
ADDL. SECRETARY GENERAL - IFUNA

A 6 MEMBER IFUNA delegation comprising of Ms. Dikkanchi D. Shira, Mr. Sundeep Bhutoria, Mr. C.P Mahajan, Mr. Vinayak Srivastava, Miss Rakchira Dalbot Shira & Ms. Meenakshi Verma visited China on 22-28th May 2017 under bilateral exchange program between UNA-China and IFUNA to promote and strengthen Indo-China relationship. The delegation was presided by Ms. Dikkanchi D. Shira, MLA, Meghalaya Legislative Assembly. Mr. Sundeep Bhutoria was Deputy Leader of the delegation. Mr. Vinayak Srivastava as Secretary of the delegation organized and managed all programmes of the delegation including addressing on behalf of IFUNA in various meetings.

The UNA-China extended great hospitality and warmth to IFUNA delegation in China. All the members of the UNA-China took great care of each of the delegate during their stay. Ms. Li Nan of UNA-China deserves our special thanks, which look after the entire delegation with warmth, care and paid personal attention to each and every delegates.

The visit of IFUNA delegation was very successful and productive and virtually all subjects of common interest including ancient civilizations of both countries, history, depth of the mutual relationship, art and culture, global warming, renewal energy resources, social science, horticulture, agriculture, town planning, architecture, real estate, tourism, medical practices, the ‘native cuisines’, visit of Prime Minister Narendra Modi to China and subject of mutual cooperation in various field were discussed in a very friendly and cordial atmosphere with the esteemed elites of China.

On the first day of the visit, a Dinner was hosted by his Excellency Amb. Lu Shumin, President of UNA China in honor of IFUNA delegation. Future cooperation between UNA-China and IFUNA was discussed and both UNA-China & IFUNA agreed to further enhance ties between the UNAs. The leader of the delegation took the opportunity to invite UNA-China delegation to visit India in near future.

The IFUNA delegation also called upon Shri Vijay Gokhale, Ambassador of India to China at Beijing, China and briefed him about IFUNA aims, objectives and activities in India. The delegation further informed the Hon’ble Ambassador about its meeting with intelligentsia class of China.

To discuss and deliberate upon Indo-China relations, the IFUNA delegation had meeting with Scholars namely Lan Jianxue & Tang Qifang of China Institute of International Studies. Wide range of issues of cooperation...
between India and China were discussed in detail. The Scholars particularly appreciated the cooperation extended by India with China in regard to issue of Climate Change. It was noted by the Scholars that future cooperation may bring limitless opportunities to both countries and will bring prosperity & economic development to people in the region.

The IFUNA delegation agreed and observed that the strategic cooperation between India and China is reaching a new high which offers limit less possibilities for both the countries. It was also observed by the IFUNA delegation that even though India- China has some complex issues such as border issue which are pending to be resolved, the bilateral friendly relation has remain unaffected and both countries should move forward for the benefit of people of both the countries. The progress in the infrastructure development by China in the last 20 years was complimented by the IFUNA delegation. The delegation further called upon to enhance the ties particularly in the field of energy and infrastructure development. Both the Delegates and Scholars agrees that more needs to be done in regard to India-China relationship which can give far reaching fruitful results for both countries then achieved till date.

The IFUNA delegation then visited Xi’an City of China and had an honour to be hosted by Mr. Gong Guijun, Deputy Director-General, Foreign Affairs, of Shaanxi Province, Xi’an. The delegation had excellent discussion with the Deputy Director-General in regard to the progress of the Xi’an city in the last 20 years. The perfect blend of preservation of cultural heritage along with the new age progress in science and technologies in the city of Xian was appreciated by the delegation. The Deputy Director-General Mr. Chen Lu Shumin, Mr. Chander P. Mahajan, Mr. Sundeep Bhutoria and Mr. Yi.

Ms. Li Nan, Ms. Rakchira D. Shira, Ms. Meenakshi Verma, Mr. Vinayak Srivastava, Ms. Dikkanchi D. Shira, Amb. Lu Shumin, Mr. Chander P. Mahajan, Mr. Sundeep Bhutoria and Mr. Yi.

THE IFUNA DELEGATION THEN VISITED XI’AN CITY OF CHINA AND HAD AN HONOUR TO BE HOSTED BY MR. GONG GUIJUN, DEPUTY DIRECTOR-GENERAL, FOREIGN AFFAIRS, OF SHAANXI PROVINCE, XI’AN. THE DELEGATION HAD EXCELLENT DISCUSSION WITH THE DEPUTY DIRECTOR-GENERAL IN REGARD TO THE PROGRESS OF THE XI’AN CITY IN THE LAST 20 YEARS.
Director General gave the delegation great insight into the visit of PM Modi in the Xi’an City in the year 2015.

In the concluding part of the visit, the IFUNA delegation visited Shanghai City. The delegation was invited for Dinner meeting with Mr. Liu Guangyong, Deputy Director General, Shanghai Municipal People’s Government and Foreign Affairs Office. Wide range of issues such as sustainable development of Shanghai City, use of renewable energy source to reduce carbon emission and other environmental issues were deliberated upon in the meeting. The delegation noted use of bicycle as alternate mode of transport in the Shanghai City. The Deputy Director General informed the delegation that the Shanghai City is moving towards economic friendly development and use of carbon-emission free vehicles such as bicycle are being promoted by the Chinese Government. The delegation informed Deputy Director General that India is also taking initiatives in promotion of renewable energy sources such as solar power and is even giving subsidies in this regard. It was concluded in the meeting that both countries should collaborate and share its experiences in promotion for sustainable development of both the Countries.

In conclusion, the visit of IFUNA delegation was very fruitful and productive. The people to people bilateral exchange such as between IFUNA and UNA-China are one of the important elements of Indo-China relationship. The cultural bond and historical ties are so deep rooted between the people of China and India that they are so much emotionally attached to each other that after a visit for one week only, when our delegation was departing from Shanghai Airport Ms. Li Nan who looked after us so well gave her adieu with having tears in her eyes. Such exchanges should be actively promoted by both the countries both at government and non-government level.

We once again thank UNA-China on behalf of all the members of the IFUNA for extending grate hospitality and warmth to IFUNA delegation in China.
Mr. Suresh Srivastava, Secretary General, IFUNA while initiating the debate observed that on 11th July 1987, the then Secretary General of United Nations Mr. Javier de Perez de Cuellar had organised a big ceremony in New York as the world marked 5((five) billion population. Now in the year 2017 we are going to mark 7.5 billion populations. In three decades we have increased by 2.5 billion. The earth is same, the resources are depleting very fast, we are 16% of the total world population and we take China then we are 37% of the total world population.

The question arises, as to why? We observe ‘World Population Day’ It’s because we seem to have forgotten what a beautiful gift we have been given in the form of planet Earth. We also seem to have forgotten that this is our home and we need to keep it in order to stay healthy and alive.

We have forgotten that we are the luckiest in the family of sun because it is the only planet where life become possible, at least as far as our knowledge goes. Life in its most beautiful forms develop here, be it humans, animals, plants, marine life, birds and we have inherited a very rich flora and fauna on this Mother Earth. The one thing that made earth unique was the presence of a super form of intelligent life called the human race. But somewhere on the way human race lost his humanity forget to acknowledge the planet that gave it life and used its resources ruthlessly.

The world population growth does not mean only human race, we have millions of neighbours. Though humans have shared the planet with millions of other creatures for thousands of years, we know surprisingly little about our neighbours — we don’t even know exactly how many flora and fauna call Earth home. The National Science Foundation’s “Tree of Life” project estimates that there could be anywhere from 5 million to 100 million species on the planet, but science has only identified about 2 million.

As a result, we are increasingly risking the loss of the very foundation of our own survival. The variety of life on our planet known as ‘biodiversity’ – gives us our food, clothes, fuel, medicine and much, much more. You may not think that a beetle in your backyard or grass growing by the roadside has a fundamental connection to you - but it does. When even one species is taken out of the intricate web of life, the results can be catastrophic.

It is imperative for us to save Plants, Animals for Future Generations our work must help to inspire new ways of thinking about conservation.

“Our ancestors viewed the earth as rich and bountiful, which it is. Many people in the past also saw nature as inexhaustibly sustainable, which we know is the case only if we care for it. It is not difficult to forgive destruction in the past that resulted from ignorance. Today, however, we have access to more information, and it is essential that we re-examine ethically what we have inherited, what we are responsible for, and what we will pass on to coming generations.” Our marvels of science and technology are matched, if not outweighed, by many current tragedies, including human starvation in some parts of the world and extinction of other life forms.

Quite often in India we talk of divide, it may be digital, non-digital divide, north-south divide, east and rest of India divide, cast divide, culture divide, religion divide, language divide, poor and rich
divide and urban and rural divide but in the matter of population strangely the world is too much divided. India with 16% of the world population and having only 2.4% of the world’s land area and there are countries having abundant natural resources which lie untapped for want of human resources. These countries include Belarus, Brazil, Colombia, Peru, Zaire, Russia, Siberia, Kazakhstan, Uzbekistan, Turkmenistan, Kyrgyzstan and Tajikistan. The country like Canada having abundant natural resources and having 97.5% of the fresh water of the world with very low population.

World Population also faces a very strange anomaly. Fortunately India is young as its 65% population is below 35 years. China our immediate neighbour with one child norm is glaringly facing the problem of huge old age population. Similarly, Europe due to its social culture is also facing huge deficit between young and old with a huge responsibility of social security for older people. The world faces such anomalies and contradictions. Perhaps this is the reason why we observe ‘World Population Day’ so that we can make people of the world aware about the plight of over population and under population and need to distribute and pool the world resources. At the same time we must learn to respect our neighbour which includes human beings, animals, plants, marine life, birds and very rich flora and fauna. The time is running out let us act fast to save our planate, our future generations and our inheritance.

Ms. Mohini Mathur, Vice President IFUNA and a renowned social activist of Mumbai, in her key note address said that “family planning- empowering people –developing nations” was topic designated by United Nations on World Population Day 2015. Family planning plays a key role in women’s empowerment, gender equality, maternal and child health care and economic growth. In developing nations around 214 million women who wants to avoid pregnancy. But the lack of proper information or services and lack of proper supports from partner or community threatens their ability to build a better future. However it is heartening to note that government of India has launched “ Mission Parivar Vikas” on World Population Day”. That would ensure supply of Contraceptives at all time and develop a robust family planning logistic management informatics system.

Speaking as Chief Guest Mr. Sudesh Verma, spoke person of the ruling Bhartiya Janta Party, New Delhi, said that Control on population is vital for survival of India as a powerful nation. We have increased our population by leaps and bound. Till now it has paid demographic dividend in the sense that about 65 per cent of the population is young and hence productive for the country unlike many other countries which has a sizeable section of older population. However, a policy needs to be evolved to keep this demographic edge. Also, there is a need to tackle disproportionate increase in population due to illegal migration from across the borders particularly from Bangladesh. Not only this is leading to disproportionate increase in the country’s average population growth, this is also creating the problems of demographic balance. India during the time of the Partition had wedded to democracy and secularism. Will these two values survive if the population of one community increases faster than the others. Already the North- East and other States of the eastern part of India are witnessing change in the composition of demography.

We have started a process of taking politics away from caste and religion. Our focus has been citizen-centric politics based on sabka sath sabkavikas. This means that the State would be neutral to your community affiliation. What is good for one community is good for other community. Population dynamics may damage this process of secularisation. Better roads, better health facilities, better schools and colleges would come only if there is competitiveness for excellence rather than increasing one’s herd over the other. Mr. P.M. parvatiyar, treasurer IFUNA said that there is a (plant) herb being used by tribal women if they do not want conception and there is another plant available to deactivate when they want conception. The then Mg. Director of Tata Iron Steel, Jamshedpur had written to Government of India to investigate this fact. Unfortunately the then Govt. ignored his information. He suggested that Mr. Sudesh Verma should take up this issue with the Government.

Mr. Vinayak Srivastava, Advocate and Additional Secy. General, IFUNA spoke about the legal aspect of Family planning in response to a question from audience. Mr. Deepak Parvatiyar, Sr. Journalist and Media Advisor, IFUNA, proposed a vote of thanks to the chief Guest and the audience. Mr. S.P. Kalra, Sr Advocate and Dy. Chairman IFUNA presided over the function.. ■
PEAKING AS Chief speaker Brajkishore Tripathy, ex-central Minister spoke that consciousness should build among masses to control birth rate which was echoed by all the speakers such as Prof. Dillip Nanda, Chief Engineer A.K. Satpathy, CBI Judge Bhikari Charan Rout, Brahmakumari Usha, Er. Dambrudhar Panda. World Population Day was celebrated at Hotel Debakanya at Dhenkanal under the Chairmanship of UFUNA President Manoranjan Pattanaik.

Mr. Bhajman Behera Ex-Central Minister was Chief Guest. Bahadur Patsani delivered welcome speech whereas Secretary UFUNA proposed a vote of Thanks. Dr. Chandrasekhar Sahoo & Dr. Rajkishore Sethi were applauded for their outstanding services to the society. Among others Dr. Puspalata Ratha, Prof. Manjushree Mukhi, Mrs. Barsha Pattanaik, Loknath Mohapatra, Manoranjan Nanda, Principal Samir Sahu, Sarita Patsani, Kunja Sahoo, Manjulata Biswal also spoke on the occasion.

Among others Dr. Puspalata Ratha, Prof. Manjushree Mukhi, Mrs. Barsha Pattanaik, Loknath Mohapatra, Manoranjan Nanda, Principal Samir Sahu, Sarita Patsani, Kunja Sahoo, Manjulata Biswal also spoke on the occasion.

The Audience
International Yoga Day

INTERNATIONAL YOGA Day 2017 was observed by UFUNA. Over 100 people from various part of life participated in Yoga along with UFUNA president Monaranjan Patnaik, vice president former central minister Bhajaman Behera and secretary General Dipayan Patnaik. Addressing the gathering M. Patnaik said yoga is the best fitness regime for our body, Heart and mind. Behera said yoga make life live better. Nothing else would help calm your mind and heart as yoga dose when you are suffering from stress and anxiety. Yoga is the practice for a healthy body, mind, soul and heart. Famous yoga teacher yogacharya Rabindra Sutar get UFUNA batch. Secretary General UFUNA Dipayan Patnaik said yoga is invaluable gift of Indian tradition that unites body and mind and create harmony between body and nature to keep a holistic approach to health and well-being. K V Ramachandran proposed a vote of thanks to the participants.
Yoga is an ancient physical, mental and spiritual practice that originated in India. The word ‘yoga’ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

**Yoga for Health**

The theme for the 2017 celebration, organized by the Permanent Mission of India to the United Nations, is ‘Yoga for Health.’ The theme highlights the fact that yoga can contribute in a holistic way to achieving an equilibrium between mind and body. The organizers believe that this approach to health and wellbeing can make a direct and useful contribution to humankind’s quest to achieve sustainable development and move towards lifestyles that are in harmony with nature.
Indian Federation Of United Nations Associations (IFUNA) and United Nations Information Centre (UNIC), India and Bhutan, joined hands with International Chamber Of Media and Entertainment Industry and celebrated the World Environment Day on 5th June 2017 at Asian Academy of Films and Television, Noida. It was a fruitful discussion with participants sharing their activities and reiterating their commitment to save our Environment.
Global Citizenship Education

Global citizenship education increases awareness of the interconnectedness between global issues and local life and empowers young people to take action on issues that are important to them in their communities. It is central to achieving the UN’s Sustainable Development Agenda.

On June 19, WFUNA co-organized a seminar at UN Headquarters in New York entitled “The Role of Global Citizenship Education in the 2030 Agenda and Beyond” with the Permanent Mission of the Republic of Korea, the Permanent Mission of the State of Qatar and the Asia-Pacific Centre for International Understanding (APCEIU). The central question of the seminar was, “How does global citizenship education (SDG Target 4.7) contribute to the values and vision of the United Nations?”

Human Rights Youth Training Winner

WFUNA is pleased to announce the winning project from the 6th Edition of Human Rights in Action (HRA) - Irakli Malania from UNA-Georgia! The planning, organization and implementation of Irakli’s programs at the Refugee Integration Center were impressive and exemplified the incredible impact that UNA Youth members can have on their communities. The project included specifically-tailored community actions, skill-building initiatives and roundtable discussions for vulnerable communities of refugees. Irakli will present his work to the 7th edition of HRA that will take place in Geneva this August!

Mission Possible: Armenia Update

Final projects from the Agents of Change who took part in Mission Possible: Armenia this year are complete and their projects are very impressive! For example, students from Anania Shirakatsy Lyceum school helped 87 women in their community who were forced to flee their homes due to domestic violence. Students from “Heratsi” High School initiated a paper recycling policy and raised awareness by creating a short film and presentation to emphasize the importance of paper recycling and explain how recycling can reduce damage to the environment. They recycled over 400 kg of paper and donated the proceeds to another Mission Possible project.

Sign up for Master’s Degree in the UN and the Art of Peace

Applications are open for the Fall semester of the Master Degree of United Nations and the Art of Peace that focuses on the
study of 70 years of UN action in the fields of peace-making, peacekeeping and peace-building. The degree explores the different facets of the action taken in the international field to promote, preserve and defend peace. The program offers flexible schedules, scholarships for up to 30% of tuition, competitive internships at UN Institute for Research and Training (UNITAR) and WFUNA, and online web-learning with interactive sessions. Deadline for applications is July 15th.

16th Meeting of the Executive Committee

On June 9-10, leaders from United Nations Associations (UNAs) around the world who are elected as our current Executive Committee, met in New York for two days for the 216th Executive Committee meeting. Members discussed the implementation of Sustainable Development Goals and ongoing activities of the World Federation of United Nations Associations and national UNAs. The Executive Committee members were briefed by Ambassador Sofia Borges, Special Advisor in the Office the President of the General Assembly and Lakshmi Puri, Deputy Executive Director of UN Women.

Junior Green Corps Camp

Applications are still open for this year’s Junior Green Corps Camp, hosted in partnership with the UN Convention to Combat Desertification (UNCCD) and Future Forest as a part of our collective Green Corps Campaign. This year’s camp will take place on August 4-9. All middle and high school students are eligible to apply to visit the desert of Inner Mongolia and learn to tackle complex climate issues hands on!
Israel may soon jointly produce missiles in India

There was enough accomplished to lend weight to a trip of Indian Prime Minister Narendra Modi to Israel that has been big on optics and has changed India’s foreign policy - this is the first visit ever to Israel by a serving Indian premier.

Greater cooperation on terror is one of the big takeaways. PM Modi said, “Both of us have suffered first hand violence of terror and we agreed to do much more together to protect our interests.”

The joint statement calls for taking strong measures against terror organisations, their networks and all those who encourage, support and finance terrorism or providing sanctuary to terrorists.

Tel Aviv, according to sources, has taken an unprecedented decision to assemble Israeli missiles in India.

Among several agreements clinched by the nations during the visit of Indian Prime Minister Narendra Modi, the most critical one was to establish a joint company between the Israeli Aerospace Industry and an Indian company to build and maintain missiles in India.

The deal is pegged to be worth around $1 billion, while another $2 billion deal, led by Israeli defence major Rafael Advanced Defence Systems is likely to follow. This effectively means India and Israel will build a joint military industry.

“Both Prime Ministers Narendra Modi and Benjamin Netanyahu repeatedly stressed partnership. So, what may begin as assembling of Israeli technology could soon, probably, develop into a joint industry,” the sources added.

Right now, most Israeli defence equipments are produced by factories in the US. Interestingly, earlier last month, US defence major Lockheed Martin also agreed to produce F16s in India, while Modi was on a visit to the US.

While the deal was not a secret, emphasis was laid on civil cooperation, not because the countries preferred talking economy over warfare, but to avoid ‘irritating the United States’. Senior sources say it was kept low-key to avoid annoying Washington with new competition. China is also a reason. “Israel maintains good relations with China – but the relations between China and India are problematic and it is...
better not to make big noise.”

However, the stress laid on non-military issues was not without a reason. Sources said India’s infrastructure need is as urgent as any military or security ones. “Here again, Israel can provide the technology that India needs.”

It was clearly evident that both Modi and Netanyahu were emphasizing their personal friendship to indicate that relations between their countries are not based on mere “interests” but are founded on shared values – much like between the US and Israel. “Partners of values and talents, and sisters in democracy.” This was how Netanyahu described the unique relations between the two nations when he hosted Indian Prime Minister Narendra Modi for lunch at the King David hotel in Jerusalem. Modi warmly thanked his host using Hebrew words to emphasise the friendship. Getting business done was the focus between both the Prime ministers besides bear hugs and working lunch at Jerusalem. A total of seven agreements were signed in sectors ranging from agriculture to water conservation and space as they sought to deepen ties beyond high-priced defence deals.

The two leaders presented a series of agreements between India and Israel for cooperation on satellite technology, water and agriculture, as well as the creation of a $40 million innovation fund. The agreements are part of efforts to extend relations in civilian areas between both countries, with Israel already selling India an average of $1 billion per year in military equipment.

But the joint statement issued by both leaders was preceded by personal anecdotes to signal their close friendship. Mr Netanyahu said a long-ago date at an Indian restaurant was followed by a marriage that has lasted 26 years. PM Modi thanked Mr Netanyahu’s wife and the Israeli premier for the dinner they hosted for him..
FOR FOUR weeks, India and China have been involved in a stand-off along part of their 3,500km (2,174-mile) shared border. The two nations fought a war over the border in 1962 and disputes remain unresolved in several areas, causing tensions to rise from time to time.

Since this confrontation began last month, each side has reinforced its troops and called on the other to back down.

How did the row begin?
It erupted when India opposed China's attempt to extend a border road through a plateau known as Doklam in India and Dangling in China.

The plateau, which lies at a junction between China, the north-eastern Indian state of Sikkim and Bhutan, is currently disputed between Beijing and Thimphu. India supports Bhutan's claim over it.

India is concerned that if the road is completed, it will give China greater access to India's strategically vulnerable "chicken's neck", a 20km (12-mile) wide corridor that links the seven north-eastern states to the Indian mainland.

As per Indian military officials they protested and stopped the road-building group, which led Chinese troops to rush Indian positions and smash two bunkers at the nearby Lalten outpost.

"We did not open fire, our boys just created a human wall and stopped the Chinese from any further incursion," a brigadier said.

Chinese officials say that in opposing the road construction, Indian border guards obstructed "normal activities" on the Chinese side, and called on India to immediately withdraw.

© Getty Images China recently protested against Tibetan spiritual leader Dalai Lama's visit to Arunachal Pradesh, an Indian state Beijing claims as its own. The situation now?

Both India and China have rushed more troops to the border region, and media
reports say the two sides are in an "eyeball to eyeball" stand-off.

China also retaliated by stopping 57 Indian pilgrims who were on their way to the Mansarover Lake in Tibet via the Nathu La pass in Sikkim. The lake is a holy Hindu site and there is a formal agreement between the neighbours to allow devotees to visit.

Bhutan, meanwhile, has asked China to stop building the road, saying it is in violation of an agreement between the two countries. An Indian soldier on the China border - Beijing has reiterated what it says is its right to territory What does India say?

Indian military experts say Sikkim is the only area through which India could make an offensive response to a Chinese incursion, and the only stretch of the Himalayan frontier where Indian troops have a terrain and tactical advantage.

They have higher ground, and the Chinese positions there are squeezed between India and Bhutan.

"The Chinese know this and so they are always trying to undo our advantage there," retired Maj-Gen Gaganjit Singh, who commanded troops on the border, told the BBC.

Last week, the foreign ministry said that the construction "would represent a significant change of status quo with serious security implications for India".

Indian Defence Minister Arun Jaitley also warned that the India of 2017 was not the India of 1962, and the country was well within its rights to defend its territorial integrity.

India and China have a long history of border disputes

What does China say?

China has reiterated its sovereignty over the area, saying that the road is in its territory and accusing Indian troops of "trespassing".

It said India would do well to remember its defeat in the 1962 war, warning Delhi that China was also more powerful than it was then.

On Monday, a Chinese foreign ministry spokesman said that the border in Sikkim had been settled in an 1890 agreement with the British, and that India’s violation of this was "very serious".

The Global Times newspaper, meanwhile, accused India of undermining Bhutan’s sovereignty by interfering in the road project, although Bhutan has since asked China to stop construction.

What’s Bhutan’s role in this?

Bhutan’s Ambassador to Delhi Vet sop Namgyel says China’s road construction is “in violation of an agreement between the two countries’.

Bhutan and China do not have formal relations but maintain contact through their missions in Delhi.

Security analyst Jaideep Saikia told the BBC that Beijing had for a while now been trying to deal directly with Thimphu, which is Delhi’s closest ally in South Asia.

"By raising the issue of Bhutan’s sovereignty, they are trying to force Thimphu to turn to Beijing the way Nepal has," he said.

What next?

The region saw clashes between China and India in 1967, and tensions still flare occasionally. Commentators say the latest development appears to be one of the most serious escalations in recent years.
EXTERNAL AFFAIRS

Minister Sushma Swaraj said China’s intention was to reach the tri-junction to unilaterally end the status of the tri-junction, with Bhutan, posing a challenge to India’s security. It was only then that India came into the picture. She said both nations would have to withdraw troops from the tri-junction point before resolving the dispute through talks.

“If China unilaterally changes the tri-junction point, then India’s security is challenged,” she said in Rajya Sabha, adding that Bhutan has protested in writing to China on this issue. Ms Swaraj said India has been alert about its security in the context of China building infrastructure in the South China Sea.

On the standoff at Doklam, Ms Swaraj referred to a written agreement between India, China and Bhutan in 2012 that the three nations will together decide on the boundaries at the tri-junction point.

She said China has been constructing roads earlier too, but now they have brought in bulldozers and excavators. “We are saying that the matter can be resolved through talks, but both sides have to first take back their armies,” she said.

Ms Swaraj said the boundaries between India and China are yet to be finalised and the two nations will do that bilaterally through a mechanism already set up, while the same between China and Bhutan too will be done through talks. She said India was not “unreasonable” on the issue and all nations were with it.

“India’s position is not wrong on the tri-junction and all nations are with it. The law is with our country and all are realising this,” she said.

Replying to a question, Ms Swaraj said the principle of the Panchsheel Agreement between India and China is relevant today. Ms Swaraj said China has stated its objective of becoming a “maritime power” and as part of this strategy, it is developing ports and other infrastructure facilities in the littoral countries of the region, including in the vicinity of India’s maritime boundary.

“To say that India is being surrounded, I would say that India is very alert about its security and that is why nobody can corner it,” she said, when asked if China was aiming to surround India by setting up infrastructure in the South China Sea.

She said India’s policy is very clear on South China Sea, that there should be freedom of navigation and commerce should be unimpeded. “If there are any differences, they need to be sorted out through UNCLOS (United Nations Convention on Law of Sea). China had in 2012 said it wanted to become a maritime power and for achieving that, it set up various ports and other facilities,” she said.

In response to another question, Ms Swaraj said it was wrong to say that India had delayed in objecting to the OBOR (one belt, one road) issue. “Under the OBOR initiative, China is undertaking projects for development of infrastructure facilities in several countries in the region. The so-called CPEC (China-Pakistan Economic Corridor) which passes through Indian Territory under illegal occupation of Pakistan, has been identified as a flagship project of OBOR,” she said.

“Over the years, China has been trying to get closer and closer to where the tri-junction point ends. It has done things like repair roads, re-tar them and things like that.

“This time though, they came with bulldozers and construction equipment with the aim of breaching the point where the tri-junction ends. That is a threat to our security,” said Swaraj.

The fact that Tibet’s spiritual leader, the Dalai Lama resides in India has also been a sticking point between the two countries.

This stand-off in fact, comes within weeks of China’s furious protests against the Dalai Lama’s visit to Arunachal Pradesh, an Indian state that China claims and describes as its own.

Relations between the Asian giants, however, may not slide further as China has allowed 56 Hindu pilgrims, who entered through the Indian state of Himachal Pradesh, to visit the Mansarover site.

“They are heading for the lake and they are safe,” senior tourism official Dheeraj Garbiyal said last week.

This, experts say, shows that the Chinese are not raising tensions on the whole border but specifically on the Sikkim-Bhutan stretch.
In the annual bilateral summit between Prime Minister Narendra Modi and Russian President Vladimir Putin on 1st June 2017 at St. Petersburg, resolved to enhance their cooperation at multilateral fora like the BRICS, WTO, G20 and Shanghai Cooperation Organisation as well as Russia-India-China cooperation.

“We believe that there is a need to reform the United Nations and in particular, the UN Security Council to make it more representative of contemporary realities and to respond more effectively to emerging challenges and threats.

“Russia reaffirms its strong support to India’s candidature for a permanent seat in a reformed United Nations Security Council,” said a vision document issued after the Modi-Putin talks.

Strongly backing New Delhi’s bid to the 48-member elite NSG club, Russia said it is convinced that India’s participation in multilateral export control regimes will contribute to their enhancement.

“In this context, Russia welcomes India’s application for the membership in Nuclear’s Suppliers Group and the Wassenaar Arrangement and reiterates its strong support for India’s earliest admission to these control regimes,” the declaration said.

Of the four major export control regimes - the NSG, MTCR, Australia Group and the Wassenaar Arrangement - India is a member of the Missile Technology Control Regime. It has applied for an NSG membership last year, but faces stiff opposition from China.

India has also recently aligned its export control list with the one similar to the Wassenaar Arrangement’s list.

In the summit, the two sides, in an obvious reference to China’s One Belt One Road (OBOR) project, said they oppose any recourse to “unilateralism or lack of respect to sovereignty” and ignoring the core concerns and legitimate interests of the countries.

No ‘tight’ military relations with Pakistan: Putin | India, Russia sign Kudankulam pact

Touted as Chinese President Xi Jinping’s
The joint project, the OBOR initiative focuses on improving connectivity and cooperation among Asian countries, Africa, China and Europe.

The main reason behind India’s opposition towards the policy is the China-Pakistan Economic Corridor (CPEC), which is a part of the OBOR. CPEC’s route cuts through Pakistan-occupied Kashmir (PoK).

The two sides said they will work together to foster the democratisation and reform of global political, economic, financial and social institutions, for them to better accommodate the interest of all members of the international community.

“We will continue facilitating efforts to build open, well-balanced and inclusive security architecture in the Asia-Pacific region based on shared principles and taking into account the legitimate interests of all states, including through the development of relevant dialogue in the framework of the East Asia Summit,” the vision document said.

The two sides also resolved to further their cooperation on challenging issues like restoration of peace and stability in the Middle East and North Africa, settlement of the Syrian crisis, achievement of national reconciliation in Afghanistan.

The joint declaration promised to advance the comprehensive development of the India-Russia relations as an absolute priority of the foreign policy of both States. “We will continue to widen our scope of cooperation by launching large-scale initiatives in different spheres and enhance and enrich our bilateral agenda so as to make it more result-oriented. The economies of India and Russia complement each other in the energy sector. We will strive to build an “Energy Bridge” between our States and expand bilateral relations in all areas of energy cooperation, including nuclear, hydrocarbon, hydel and renewable energy sources and in improving energy efficiency.

The growing partnership in the nuclear power sector between India and Russia has opened opportunities for developing advanced nuclear manufacturing capabilities in India in line with Government of India’s “Make in India” initiative. India and Russia commit themselves to earnestly implement the “Programme of Action for Localization in India” signed on 24 December 2015, and to encourage their nuclear industries to engage closely and foster concrete collaborations.

We are interested in launching joint projects on exploration and exploitation of hydrocarbons in the Arctic shelf of the Russian Federation.

We will develop joint strategies to harness the potential for mutually beneficial cooperation in the field of deep sea exploration and development of hydrocarbon resources, polymetallic nodules, and other marine resources utilizing strengths in the field of maritime research and training to develop mutually beneficial cooperation.

We intend to further foster development of tourism and people-to-people contacts, including by easing the visa regime.

We are confident that India and Russia will continue to remain a role model for harmonious and mutually beneficial partnership and strong friendship between two states. Building on the shared vision of development of bilateral relations, we will succeed in further realizing the immense potential of India-Russia special and privileged strategic partnership for the benefit of our States and international community as a whole. The declaration says.
**Cashew Nut**

**Benefits: Heart Health to Gorgeous Hair**

Cashew - a plant originating from Brazil is a nut high in minerals. Brought to India by traders, the cashew tree grows up to exceptional heights having a rather irregular trunk. Hanging from the branches are large juicy apples at the bottom of which are attached the cashew nut. Made available round the year, the nut has a great shelf life if stored properly.

The nut and the fruit, both have multiple uses. The nut, often known as the poor man’s plantation although now it is sold for steep prices, is used to make delectable and rich curries and also roasted and eaten dry. Back when nomads had no idea how to consume the fruit, the nut was discarded while the fruit was given more importance.

Contrary to the popular belief that it can make you gain fat, a considerable amount of cashews in your diet can provide you with many health benefits -

The National Centre for Biotechnology Information (NCBI) in its case study points out that nuts are likely to be beneficial for health, keeping a check on various ailments, such as heart disease. Studies consistently show that nut intake has a cholesterol-lowering effect, in the context of healthy diets, and there is emerging evidence of beneficial effects on oxidative stress, inflammation, and vascular reactivity. Cashews help lower LDL and increase the carrying capacity for HDL. HDL is responsible to absorb the cholesterol from the heart and take it to the liver where it can be broken down.

In 2003, the Food and Drug Administration had stated that a fistful of nuts a day as part of a low-fat diet may reduce the risk of heart disease. The heart association recommends four servings of unsalted, unoiled nuts a week and warns against eating too many, since they are dense in calories. Another study, published in the New England Journal of Medicine (NEJM), also establishes a significant association between the consumption of nuts and a lower incidence of death due to heart diseases, cancer and respiratory diseases. The study stated that nutrients in nuts, such as unsaturated fatty acids, protein, fiber, vitamins, minerals and antioxidants may confer heart-protective, anti-carcinogenic and anti-inflammatory properties.

The consumption of cashews on a regular basis and limited manner may help in avoiding blood diseases. Cashew nuts are rich in copper, which plays an important role in the elimination of free radicals from the body. Copper deficiency can lead to iron deficiencies such as anaemia. Hence our diet should contain recommended quantity of copper. And cashew nuts are a good source.

Curtsey smart cookie
MAHARASHTRA UNITED Nations Association, Bombay Cotton Merchants &amp; Muccadums Association Ltd and Rotary Club of Bombay in association with Welfare First Foundation organized “World No Tobacco Day” “On Wednesday 7th June, 2017 at the Bombay Cotton Merchants and Muccadums Association, Charitable dispensary, Opp. Ram Mandir, Near Cotton Green Station, Cotton Green (East), Mumbai 400033. The knowledge partner for this program was Russian healthcare Pvt. Ltd.

The speakers on the occasion were Dr. Amol Bhusare, Consultant Psychiatrist and de-addiction specialist with Government of Maharashtra and Dr. Manisha Karmarkar (Russian healthcare Pvt. Ltd.) who explained the entire process, duration and follow up of the process of de-addiction.

By organising this program, Maharashtra United Nations Association (MUNA) aimed to create awareness about the ill effects and health risks by consuming Tobacco; be it chewing, application by paste or smoking on the various organs of the body. The programme was organised on this year theme of World Health Organisation (WHO) “Tobacco – a threat to development”. In fact tobacco threatens the development of individuals and
the country through diseases and death. Consuming any form of Tobacco kills prematurely, making it one of the causes of cancer, heart disease, stroke, etc. It is of startling concern that the age of starting tobacco consumption is reducing each year. A large number of mouth and lung cancers are being seen between 25 and 45 years of age. The importance of passive smoking and its ill effects were also being stressed upon the audience. In short, tobacco is killing more people than tuberculosis, HIV, AIDS and malaria combined. To discourage the tobacco usage, our government has also issued pictorial warnings, not allowing advertisements that promote tobacco, and a fine for smoking at public places.

MUNA in collaboration with Russian Healthcare Pvt. Ltd., Rotary Club of Bombay on the occasion of No Tobacco Day 2017 has intended to adopt measures to de-addict the tobacco users through the use of nicotine patch for first 20 persons free of cost for their full course of 3 months.

Speaking on the occasion A.A. Syed, Secretary General, Maharashtra United Nations Association also apprised the audience about various activities MUNA is doing for the welfare and good health of general public. Dr. G.N. Chainani, Treasurer of MUNA highlighted about diseases spread due to smoking and he cautioned the use of Tobacco in any form is most harmful. ■
The video features Mr Amitabh Bachchan along with children with disability singing the National Anthem in sign language at the backdrop of the Majestic Red Fort. The film is conceptualised by Satish Kapoor, Founder Director, We Care Film Festival. We Care Film Festival produced the film under the aegis of Brotherhood, an NGO. It is directed by Govind Nihalani and the music is scored by late Aadesh Shrivastava.

Speaking on the occasion the Minister said that our Prime Minister Shri Narendra Modi has a vision that India’s development will be complete when our divyangjan (disabled) become an integral part of it and come forward in the nation building. Shri Modi had suggested that the term ‘divyang’ (divine body) instead of ‘viklang’ be used for persons with disability.

He further said that we must create an environment for the disabled people by which they can be able to earn a livelihood and live an independent life like any other citizen. It is our responsibility to mainstream them into all walks of life, and to make things accessible to them so that they can be fully integrated into national life.
He praised the government for its decision on the reservation in vacancies in government establishments to increase it from 3% to 4% for certain persons or class of persons with benchmark disability.

He appreciated the efforts of the organizers and wished them all the success in future endeavours. Mr. Deepak Parvatiyar, Media Advisor of We Care Film Festival and IFUNA, anchored the launch.

Those present on the occasion were Mr. Sudesh Verma, National Spokesperson of BJP and Patron of We Care Film Festival, Mr. Derek Segar, Director United Nations Information Centre for India and Bhutan (UNIC), Mr Al-Amin Yusuph, Adviser, Communication and Information for South Asia, Mr. Suresh Srivastava, Secretary General, Indian Federation of United Nations Associations (IFUNA), Mr. Rajiv Chandran National Information Officer, UNIC among others. Many disabled students from different schools were also present. The Video was simultaneously launched in Goa, Kolhapur and Bhopal also.
ONE THE BEST days of Donald Trump’s nascent presidency unfolded 4,400 miles away from the White House, where he was greeted by party leaders whose nationalistic instincts mirror his own and a bussed-in crowd of Poles whose chants of his name punctuated his lofty speech about patriotism and the clash of civilizations.

The last-minute trip was, in a way, Trump’s attempt to eat dessert before dinner. At the Warsaw Uprising Monument in the city’s Old Town on Thursday, Trump was greeted by American flags, chants of, “USA! USA!,” and banners reading, “Make Poland Great Again.” But his reception at the G-20 summit in Hamburg on Friday will likely be much chillier.

The US president and Poland’s ruling Law and Justice party (PiS) share a distrust of international organizations and are wary of accepting refugees - two qualities that set them apart from German Chancellor Angela Merkel, a staunch globalist with an open-door immigration policy who has been called the new leader of the free world.

Trump’s visit was meant to show Merkel, whom he met later Thursday, and other European leaders that have clashed with him on issues ranging from his controversial travel ban to his withdrawal from the Paris climate accord, that he has allies elsewhere. Poland’s minister of internal affairs, Mariusz B?aszczak, went as far as to compare Trump to Ronald Reagan.

But the Poles, who have been urging Trump to visit since November and went to enormous lengths to impress him, may have underestimated his transactional and capricious approach to virtually everything.

At a press conference with Polish President Andrzej Duda on Thursday morning, Trump said the 5,000 American troops currently stationed in Poland to ward off any aggression from Russia will stay, for now. But there was never “a discussion of guarantees” that they would remain there long-term, he said.

Later, at the Warsaw Uprising Monument in Old Town’s Krasi?ski Square, Trump laid a wreath at the landmark erected in honor of Poland’s resistance to the Nazis’ occupation during World War II. Supporters lined the streets carrying American flags and banners reading “Make Poland Great Again,” crowding bleachers and periodically booing Polish opposition figures. Trump spoke to them
directly, loudly, and often. "While we will always welcome new citizens who share our values and love our people, our borders will always be closed to terrorism and extremism of any kind," Trump said to loud chants of, "Donald Trump! Donald Trump!"

"We are fighting hard against radical Islamic terrorism," he continued, "and we will prevail."

Visibly discouraged by Trump’s initial ambivalence toward keeping US troops stationed in Poland, Poles breathed a sigh of relief when he reiterated the US’s commitment to NATO’s mutual defence clause known as Article 5. In typical Trump fashion, however, that too came with caveats.

"My administration has demanded that all members of NATO finally meet their full and fair financial obligations," Trump said, reciting one of his favourite talking points.

"To those who would criticize our tough stance, I would point out that the United States has demonstrated not merely with words but with its actions that we stand firmly behind Article V, the mutual defense commitment," he continued. "Words are easy but actions are what matters. And for its own protection - and you know this, everybody knows this, everybody has to know this - Europe must do more. Europe must demonstrate that it believes in its future by investing its money to secure that future."

Trump said Poland is "one of the NATO countries that has actually achieved the benchmark for investment in our common defense." But he reiterated that, ultimately, the Poles’ will and national pride will determine the country’s success, no matter how much money they commit to the defense organization.

The message was aimed at amplifying Poland’s national pride, delineating the limits of the globalist institutions he and his advisers so mistrust, and glorifying western civilization “in the face of those who would subvert and destroy it” - including Russia, whose expansionism and “destabilizing activities” he denounced to wild applause.

"As the Polish experience reminds us, the defense of the West ultimately rests not only on means, but also on the will of its people to prevail and be successful and get what you have to have," Trump said, citing "strong families" and "strong values" as some of the West’s defining characteristics. "The fundamental question of our time is whether the West has the will to survive."

Parts of the speech were a clear reflection of the Trump camp’s populist impulses - the president twice condemned the "steady creep of government bureaucracy" and cited it as an impediment to individual freedom that risks undermining western civilization.

But there were hints of cognitive dissonance as he held up Poland, whose ruling party has sought to stifle free speech and control the media, as “an example for others who seek freedom.”

"We treasure the rule of law and protect the right to free speech and free expression," Trump said, hours after slamming CNN in his press conference with Duda as "fake news" and "dishonest." He said NBC was "equally as bad," prompting Duda to agree that Poland’s media shares similar "pathologies."

Their remarks stood in stark contrast to President Barack Obama’s last year, when he used his visit to Warsaw to emphasize that a free press is "what makes us democracies."

"Not just by the words written in constitutions or in the fact that we vote in elections," he told Duda, "but the institutions we depend on every day - such as rule of law, independent judiciaries and a free press."
HOW DO WE live Human Unity? The first step is to make sure that our hearts are clear of any hatred and prejudice for those different from us. We must develop true love for people of different nationalities, religions, colors, economic status or gender. We must eliminate prejudice and discrimination. It is said that out of abundance of our hearts we speak; if we feel hatred towards any group, we cannot hide it; it comes out from our lips or shows on our face. Our actions speak louder than our words. Living human unity begins with clearing our hearts of animosity towards others.

Tulsi Sahib said, “Cleanse the chamber of your heart so God can enter there.” When we clean the chamber of our heart from prejudice and ill will for others, God can reside there. What is God? God is love. God is all-encompassing and embraces all creation as one family. That love enters our hearts when we clear away negative thoughts towards others.

Next, we live human unity by making sure our words express appreciation and tolerance for all. We need to watch our words lest we injure any heart. Do our words cause division or do they bring people together? Loving, caring words bring people together. We should become living examples of sweet loving speech. In whatever situation we are we should become examples of love, tolerance, and harmony. Others will emulate our examples and also speak in a loving manner.

Third, we need to live human unity by our actions. Every day we are faced with choices. Are we going to act in a way that tears people apart or brings people together? In our jobs we often work on committees or vote on policy decisions. Do our voices promote policies of love and tolerance, or do they perpetrate more prejudice, discrimination, and bigotry?

At every opportunity, we should inspire others with whom we work to make decisions and take actions that promote peace and unity. Children model themselves on what parents do. If they see their parents extending open arms to embrace people no matter how different they may be, then they, as adults, will do the same.

We have explored different avenues in which we can live human unity. In the field of education, teachers and administrators can set up programs in which children have opportunities to work with people of different cultures in harmonious ways. In the field of economics, we can make decisions that benefit people irrespective backgrounds. Those who work in communications and the media can promote positive values to inspire others to eliminate prejudice, discrimination, and inequality. Those in leadership roles can promote policies that bring equality, unity, and peace. There is no dearth of opportunities to live human unity.

The field of religion is another avenue in which we can have influence. Although religious founders and saints taught followers and disciples to love all, over the centuries their original teachings were lost. Thus, throughout history, many wars were fought in the name of religion. People need to learn respect and tolerance for those of other religions. If leaders can promote unity rather than discord and prejudice, religious wars and hate crimes would be eliminated. People would be free to worship freely in temple, church, mosque, or synagogue of their choice without fear of being persecuted or attacked. If religious heads spread this message in their own congregations the world would become safer for ourselves, our children, and our grandchildren.

One effective method to make human unity a living reality in our hearts is through meditation. Spending time daily in silent meditation helps us commune with our true selves and the divine power who created us. Those moments are filled with bliss, peace, and love. As we enter the inner sanctum of our hearts, we find the Light of the Creator. The realization dawns that the same Light within us is in other human beings also, and outer differences that separate us dissolve. We no longer see a person’s hair color, eye color, or skin color. We no longer see the way people dress or speak. Instead, we see one Light expressed by different outer coverings, each beautiful in its own way. Just as electricity flowing through lamp bulbs of many shapes and sizes produces the same light, so does the Light of the Creator shine in different forms, from humans to animals, fish, birds or reptiles. Through meditation, we see life as one. Then, we live human unity and radiate that example.

Saints, religious founders, and prophets lived human unity. Their message was not for one group of people alone; they came and embraced all, irrespective of religion or nationality. Saints and Masters brought people together.

Let us do the same in our own lives. The great saint and founder of the first Human Unity Conference was Sant Kirpal Singh Ji Maharaj. When he was a child, his father had some enemies and advised the boy, “Our friends will be your friends, and our enemies will be your enemies.” His father wanted young Kirpal Singh to treat these people as enemies. But the child was enlightened from an early age. He told his father respectfully, but firmly, “Father, your friends will be my friends, but it is not necessary that your foes be my foes. Life is too short and I have not come to have hatreds. I have come to love all.”

Let us not perpetrate the hatreds of our forefathers. Let us not carry on traditions that bring violence and destruction. Let us carry the banner of love. Let us bury old prejudices taught in our respective countries and religions. Let us promote a new message of love. In this way we will live human unity and bring about world peace.

Let us introspect where we stand individually. Let us resolve to clear our hearts of hatred and fill it with the sweet fragrance of love. If we have any differences with anyone, let us resolve them. If we are to be true ambassadors of human unity, it must reflect in our dealings with others. Let us have a moment of silent meditation to pray that we be imbued with the spirit of human unity in our hearts, so that we can spread its noble message wherever we go.
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