



GOPIO NEWS BULLETIN

A Publication of the Global Organization of People of Indian Origin (GOPIO)

December 20, 2023

NOTE: This is a special catch-up edition that covers events of many chapters for the past months.

GOPIO INTERNATIONAL ANNOUNCES CONVENTION 2024 AND GENERAL BODY MEETING



Welcome to New York – Statue of Liberty and New York City Skyline

G OPIO Executive Council at its meeting on October 13, 2023, decided to organize Convention 2024 to be held at the Royal Alberts Palace in Fords, New Jersey (near New York City) from April 26th to 28th, 2024th. Several conference sessions are planned as part of the

convention including, including Diaspora Issues, Youth, Women, Opportunities in Investment/ Business/Entrepreneurship and Diaspora in Engineering, Science and Technology. On the last day of the convention, GOPIO is calling its General Body Meeting.

GOPIO is planning the

convention, also as a fun event, with some side trips (including optional trips to New York City, Atlantic City and Washington DC). Those who want to apply for a US visa may write to GOPIO's Global Ambassador Prakash Shah at firstgrwth@aol.com or contact him at 908-267-5021.



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A Publication of the
Global Organization of People
of Indian Origin (GOPIO)

Published Monthly

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From the Editor:

If you would like us to publish your letters, feedback, comments on any of our stories or suggest ideas columns or features, please send your submissions to: ceo@chantex.com.au



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20 JANUARY 2024

DEADLINES

SUBMISSION

15 JANUARY 2024

Email:

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Editor's Note



Welcome everyone to the

Christmas Edition of the GOPIO International News Bulletin. On the

outset, I would like to thank our senior GOPIO official, Ram Gadhavi ji, for proposing my name as the Editor-in-Chief for the GOPIO International News Bulletin. I will try my best to put together the News Bulletin every month, for which I will require everyone's support and cooperation. Our release date will remain the 20th of each month, with the submission deadline of the 15th of every month. We would request all area coordinators to reach out to all the chapters in your regions for submissions.

This bulletin covers August to December 2023, as we felt it was important to include some of the past months' events undertaken by our chapters. These events highlight the activities taken by some of our very active chapters. The events covered in this bulletin do not reflect all events undertaken by many of our chapters. We shall aim to include as many events and activities of chapters as possible.

On a personal level, I have attended various functions and events formally representing GOPIO International. There are other functions which I have attended in my own right. It was pleasing to see our chapters following the

protocols by acknowledging my presence as representing GOPIO International. I serve on the Lord Mayor of Brisbane Australia's Multicultural Roundtable as a representative of GOPIO International.

I want to place on record my sincere appreciation to Senior Editorial Advisor and GOPIO International Chairperson Thomas Abraham for his guidance in putting this news bulletin together. He has been doing this for a long time. It takes and lot of time and effort to put the news bulletin together. One of the hardest tasks is to get the relevant information, such as the article, the photos and the captions, on time. Often, a lot of follow-ups are required.

As we head into the festive season, may I take this opportunity to wish everyone all the very best. Please enjoy with your loved ones, but do take extra care on the roads, and if you are going out to the sea, especially to those on our side of the world. Please spare a thought for the needy and the ones who are away from their families. It is a season for giving, so please be generous and reach out to the less fortunate in our community. May the true spirit of Christmas prevail and may you all have a very prosperous New Year!

Until next month, it's goodbye from me.

—Umesh Chandra OAM
Editor-in-Chief



Once you replace negative thoughts with positive ones, you'll start having positive results." – Willie Nelson

GOPIO Queensland's India Day Fair 2023 attracts large numbers



Lord Mayor Adrian Schrinner, dressed in Indian attire, addresses a record crowd at GOPIO Queensland's India Day Fair

BRISBANE Aust 19th, GOPIO Queensland held its iconic India Day Fair in the usual venue, Roma Street Parkland. Despite other events in Brisbane like Ekka, Graba, etc., the attendance at the India Day Fair was impressive. The attendance reinforces that this event is on everyone's calendar, and everyone always looks forward to the event. GOPIO Queensland India Day Fair is an established event, and the general public knows where it will be held and is familiar

with the successful format. The banners on Story Bridges say "GOPIO Queensland India Day Fair," which is sufficient. In the lead-up to the event, the social media team did an excellent job of promotion, and attendance could be attributed to all promotion efforts of the media partners and social media team.

There will always be and have always been challenges for the management committee in delivering the event to a high standard; the management committee must overcome the

specific challenges and provide the event. The compliance requirements and production costs have grown significantly and must be managed diligently.

The showstopper this year was popular Bally Saggo, arranged via Nach Balliye Events; as GOPIO Queensland did not put any poster launch, Nach Balliye invited the GOPIO Queensland team to their sold-out boat cruise event for the poster launch with Bally Saggo. The show-stopper segment, as usual, was viral.



India Day Fair featured ten hours of stage performances from all states of India including the ever delightful 'Bhangra'

The weather this year was perfect, compared to last year when few showers challenged the organisers, the event began with the famous Sai Saileshwara Group's bhajan performance and continued throughout the day with various stage items, including Prana Dance Group, Orioz Group, Nadaan Parindey, Jhanak group, Independent Duo, ABCD Bollywood group, Nach, Yashvi and Ashvi Jain, APQI girls, Mishikha and friend, Noopur Dance studio, Gidda Junior Group, Oneness Bhangra, Rhythms Dance group, Springfield Lakes Bollywood group, Sargam Music Academy, dancing Divas, Nritya Bharati Kathak group, Javish, Shere Punjab, Lets Bollywood, Tapor Squad, and others.

The VIP reception in Sunset Glade was very well attended,



A highlight of the India Day Fair is the India Day parade – various community organisations take part in the parade – Maharashtra Mandal

with many guests accepting the GOPIO Queensland invitation. The parade is a crucial feature of the India Day Fair, which leads the VIPs to the stage area for the formal proceeding. Parade participation was good,

and much coordination was required to align the parade timing to the VIP and stage areas; stage items need to be managed to accommodate the arrival.

The formalities saw speeches

from the GOPIO Queensland president Indu Kant Sharma, Federal Treasurer Jim Chalmers MP, Minister Leanne Linnard, Mrs Archana Singh Honorary counsel for India in Queensland, Lord Mayor Adrian Schrinner, GOPIO Qld Patron Dr Maha Sinnathamby AM. Following the speeches, Australian and Indian Fags were raised while Sargam Music Academy led the national anthems.

There was no lifetime achievement award presentation this year, a key component missed by the community; there were many stalls. The sponsors for this year were in Gold Category: Brisbane City

The formalities saw speeches from the GOPIO Queensland president Indu Kant Sharma, Federal Treasurer Jim Chalmers MP, Minister Leanne Linnard, Mrs Archana Singh Honorary counsel for India in Queensland, Lord Mayor Adrian Schrinner, GOPIO Qld Patron Dr Maha Sinnathamby AM.

Council, Springfield City Group and Austec Services. In Silver Category: Nach Baliye Event, Australian Technology

and Agriculture College and Dream style decorators. In the Bronze category: Multicultural Australia, Copy Cat Printing, Cocoon Homes, George Harnett Metropolitan funerals, Parsram and Stone Galleria. Media Partners Brisbane Indian Times and Australian Indian Radio. Supporting Organisation: DJJS Brisbane chapter, Sant Nirankari group (20 to 30 volunteers annually). Additional Led screen advertisers: Cr Vicki Howard, Cr Charles Strunk, Cornerstone Law Office, Oz Food Hunter, Globenet Realty, Century 21, Shri Yoga Vedanta Seva Samiti Au & NZ Inc and Cabbage Patch.



The popular Chenda Melam at India Day parade

GOPIO Cairns supports Cherish Women's Cancer Foundation's Fundraiser

A fantastic night of Bollywood extravaganza with a great cause of fundraising for Cherish Women's Cancer Foundation. Well done to GOPIO Cairns Secretary Jess Kumar, owner of Let's Create Events and all the stakeholders and volunteers involved.

GOPIO Cairns team had the pleasure of greeting people, building relationships, and making new connections.

A special thank you to Umesh Chandra OAM, Executive Vice President of GOPIO International and founder of GOPIO Queensland, with his wife, Usha Chandra, who is also the founder of GOPIO Queensland and the chair of GOPIO Queensland Women's Council.

Vikas Sinha, previously part of GOPIO Queensland's Executive team and now a long-term member and supporter

was also in attendance.

GOPIO Cairns was proud to have supported this noble cause.



GOPIO Cairns team with GOPIO International Executive Vice President – Umesh Chandra OAM (second from left)



GOPIO team with local councillors dressed up in the Indian attire at the Fundraiser Event organised by Jess Kumar



GOPIO International Executive Vice President, Umesh Chandra OAM as the auctioneer for the Charity Fundraiser



The popular Bollywood workshop by Dance Masala Troop

GOPIO CT joins Stamford Multi-cultural Council and the Public Library to Celebrate Diwali



Organizers from GOPIO-CT, Stamford Multicultural Council and the Public Library at the event

Diwali, the Indian Festival of Lights, was celebrated by the Connecticut chapter of GOPIO (Global Organization of People of Indian Origin) in partnership with the Ferguson library and the Stamford Mayor's Multicultural Council (MMC) with traditional music, dance, Mehendi, Indian snacks and a rangoli exhibition.

The highly successful Diwali program for the 3rd year in a row, was presented with 75 artists to a houseful crowd on November 19th at the Ferguson Library in Stamford, Connecticut. The GOPIO chapter has been promoting the soft power of India and the Indian Diaspora to the larger society since 2006.



Pooja Dance by a dance school from Connecticut

Diwali, which is a major festival in the Indian sub-continent, celebrates the victory of good over evil, light over darkness, and knowledge over ignorance. It is celebrated by Hindus, Sikhs and Jains all over the world. Diwali is now a public holiday in many US

towns and cities including New York. Last week New York State Governor Kathy Hochul declared Diwali as a holiday in the state.

At the Connecticut program, performances by local dance schools showcased the diversity of India with classical, fusion,



Audience at the houseful event

folk as well as Bollywood dances. Indian delicacies served after the event were enjoyed by all.

Mahesh Jhangiani, Executive Vice President of the GOPIO-Connecticut chapter told the audience that as a registered 501(c)3 non-profit, GOPIO serves as a non-partisan, secular, civic and community service organization – promoting awareness of Indian culture,

customs and contributions of people of Indian origin through community programs, forums, events and youth activities.

“We seek to strengthen partnerships and create an ongoing dialogue with local communities,” said Jhangiani.

Prachi Narayan, Vice-President of GOPIO-CT introduced the Stamford Mayor’s multicultural council team; Chair Eva Weller, Secretary Ana Gallegos and

Members Sandra and Sonal, as well as Yelena Clompus, who is also the Cultural Programs Manager at Stamford’s Ferguson Library, who coordinated the program from the library. The rest of the GOPIO-CT team Anita and Ambrish Mathur, Sonali Zullurwar, Ashvini Persaud, Prasad Chintalapudi, Manish Maheshwari and Yashasvi Jhangiani were present helping run the event smoothly. The cultural program was put together by Mrs Jhangiani.

The event was a culmination of the flawless team work between three organizations. Everyone came together to spend the afternoon immersed in the culture, heritage and colors of the Diwali, the festival of lights.

For more info, please contact Mahesh Jhangiani at 917-273-9657.

GOPIO-CT Represents India At One World One Celebration



GOPIO-CT represented India at the One World One Celebration at the McKinley School in Norwalk on December 2nd.

GOPIO-CT Chapter Hosts Welcome Dinner for Univ. of Connecticut Students



Students, panelists and GOPIO-CT organizers at the Students Meet and Greet Event

G OPIO-CT organized a highly successful Meet and Greet session with the new students enrolled at the University of Connecticut Business School on Friday, October 20th at the Hampton Inn and Suites in Stamford, CT. An Interactive Discussion Panel “Tips on How to Market Oneself and Succeed in America.” followed. It was moderated by GOPIO-CT President Dr. Jaya Daptardar MHA, Chief Strategy and Compliance Officer, Bridges Healthcare, Milford, CT.

The program, coordinated by GOPIO Trustees Prasad Chintalapudi and Dr. Thomas Abraham, started with welcoming remarks by Chintalapudi. Chintalapudi shared his own experience of being an entrepreneur. He then introduced GOPIO Chairman Dr.

Abraham for his greetings.

Dr. Abraham said, “America is the greatest country which provides opportunity to open up your mind and you can be whatever you want to become, whether a professional in a large corporation, or help to manage a hedge fund or as a scientist or professor or as an entrepreneur; so, go and grab the opportunities awaiting you.”

Prasad invited panelists and the moderator GOPIO-CT President Dr. Jaya Daptardar. The panelists were: Vijay Anand, CEO, Everest DX, Stamford, CT; Indira Yedavalli, Vice President, Franklin Templeton Investments, New York; Sushanth Krishnamurthy, Director of IT, UBS, Stamford, CT; Prashanthi Reddy, Esq, Immigration Attorney, New York, NY; Amit Lakhota, Founding Principal ADH (A

Real Estate Development and Management Company), Westport, CT; Padmini Viswanath, MPH, Monitoring, Evaluation and Learning Manager, Last Mile, New York City; Anand Chavan, Senior Director of S&P Global Market Intelligence, New York. Many GOPIO-CT members also attended, so the students had one to one interaction with senior GOPIO members.

All the students at the event were introduced at the beginning of the panel discussion

Each of the panelists were asked to talk about their journey to where they reached today and how earlier career choices lead them to where they are now. The panelists provided personal experience to their success. The panelists also provided guidance and inputs



Panelists at the Session Discussion “Tips on How to Market Oneself and Succeed in America.”

From L. to R. Anand Chavan, Amit Lakhota, Padmini Viwanath, Sushanth Krishnamurthy, Vijay Anand, Indira Yedavalli, Prashanthi Reddy, Esq. and Moderator Dr. Jaya Daptardar

on educational preparation, resume preparation, necessary prior experience, what skills are the most important and transferable skills to acquire so as to market oneself to the American job market. A question/answer session followed.

Important questions were asked to immigration attorney

Prashanti Reddy about do's and don'ts for students from the immigration law perspective. Students were keen to get more information on the process to apply for a permanent visa. Multiple questions were asked by the students about the guidance for fresh grads who are looking for jobs in this tough job market. Panelists

suggested to do networking with community, join LinkedIn and follow those in one's field of interest and utilize the alumni network of one's graduating school from India. Many career advice were discussed during the Q/A session, which ended with vote of thanks presented by GOPIO CT executive vice president Mahesh Jhangiani.



Students and GOPIO Members among the audience

GOPIO Life Member Ms Soruba Rani Kuusto Inducted Into Who's Who Worldwide



S. Rani Kuusto
RN, MPH
GOPIO- LA
chapter secretary
Newly elected
co-chairperson for
GOPIO-International
Women Council

Soruba Rani Kuusto was presented a plaque on 9/23/2023 by WHO's WHO Worldwide for her leadership and achievement in the nursing profession. WHO's WHO Worldwide is a company based in New York.

She has been a co-convener with Aparna Hande in organizing the diabetes summit for the past three years, sponsored by GOPIO-LA working closely with Mr. Kewal Kanda, other community leaders and specialists to make the summit a great success.

She also works with a number

of diverse organizations, namely, Fullerton Lion's Club, Excel Foundations USA, Youth programs in Orange County, etc.

She was honoured and proud to have received this award. Soruba Rani Kuusto said, "I am able to empower others in my occupation and reach out to the community, educating seniors & youth and making GOPIO proud locally & internationally."

S. Rani Kuusto RN, MPH is GOPIO- LA chapter secretary and the newly elected co-chairperson for the GOPIO-International Women Council.

Farewell Luncheon Organized For Indian Consul General Randhir Kumar Jaiswal In New York



GOPIO International and its New York area chapters (Manhattan, New York, New Jersey and Connecticut) joined hands with Bharatiya Vidhya Bhavan to honour the Consul General of India in New York, Shri Randhir Kumar Jaiswal, for his services to India and the Diaspora. Ambassador Jaiswal is returning to India as the Ministry of External Affairs spokesperson.



Step2stepup Inc. Event honoring 24 successful women in the nation & 24 young entrepreneurs. GOPIO-IE was the supporting organization. Bombay Grill & Bar Banquet, Yorba Linda, CA

Ms Vasu Pawar, Life Member, Chair, Youth Council, GOPIO-International, takes part in multiple community events



Youth conference in Dallas at the Hilton Auditorium, with approximately 400 young adults at artificial intelligence segment presented by Ms. Vasu Pawar of step2stepup. GOPIO-IE was the supporting organization. July 2023

In February 2023, Ms Vasu Pawar participated in presenting the cultural program for SMAP-LA. GOPIO Inland Empire was the supporting organization for this event. She has been the past president of this organization and an Executive Member with core participation each year. This event was held at Jordan High School Auditorium in Long Beach.

Step2StepUp Inc. celebrated International Women's Day on March 8, 2023, and honoured 24 successful women and 24 Young Student Entrepreneurs. The event was held at the Bombay Bar & Grill in Yorba Linda, CA. GOPIO-IE has been the supporting organization.

UIASC - Celebrated the India Independence Day in August

2023 at Jain Center Buena Park, Ms Vasu Pawar was the Co-Convener of the event and presented the themed cultural segment, Artificial Intelligence vs Cultural Intelligence. She received an award for her contribution. GOPIO-IE was the supporting organization along with Step2StepUp Inc.

Peace Center of Los Angeles celebrated International Non-Violence Day in September 2023. Ms. Vasu Pawar Chaired this entire event. This event was held at the Jain Centre of Buena Park, California. GOPIO was the supporting organization along with Step2StepUp Inc.

Step2StepUp Inc. celebrated International Women's Day on March 8, 2023, and honoured 24 successful women and 24 Young Student Entrepreneurs.



Step2stepup honoring successful women in the nation 2023 - GOPIO-IE supporting



Smop-La Event - Past President Ms. Vasu Pawar - Supported by GOPIO-IE



Peace Center of La Event at Jain Center -Ms. Pawar - Event Chair - supported by GOPIO-IE

GOPIO Gold Coast International Yoga Day Celebration

GOPIO Gold Coast celebrated the 2023 International Yoga Day on the 24th of June at the Sea World Resort. The 2023 International Yoga Day theme was Vasudhaiva Kutumbakam, meaning the entire world is like one family. In keeping with this theme, GOPIO-GC hosted three different styles of Yoga practices. Nicole and Petra from Sunshine Harmony Yoga showcased combining soothing music using monochords, bells, and idiophones with classic pranayamas (breathing exercises). Ranjitha, from Ranjitha's School of Yoga, demonstrated various asanas (postures), which helped everyone stretch their bodies gently on a cold morning. John conducted the final session



Participants at GOPIO Gold Coast's Yoga Day event

from the Heartfulness Institute, focusing on deep meditation. During this deep meditation session, there was pin-drop silence. The program lasted over an hour and a half and witnessed full engagement from more than 65 participants. The event culminated with tasty snacks, which meant that the

body, mind, and soul were well nourished at the end.

GOPIO-GC acknowledges the generous contributions from all the event sponsors, the special guests, including Cr. Ryan Bayldon-Lumsden (Division 7), who graced the occasion, and all the participants who made the event a huge success.



Large turnout at GOPIO Gold Coast's Yoga Day event

GOPIO Gold Coast AGM and community connection

GOPIO Gold Coast Inc.



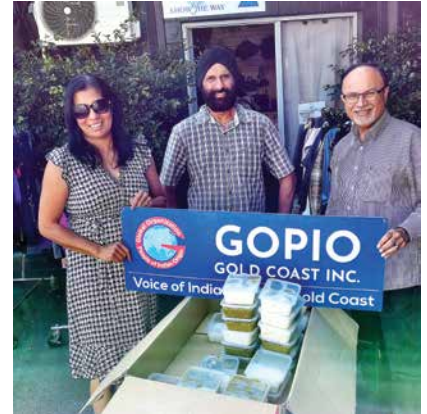
Global Organisation of People of Indian Origin GOPIO Gold Coast Inc. held their 4th AGM at Sankalp Restaurant. The event was attended by members ready to share their views to help the future growth of the organization.

The elected new team for 2023-2025 is as follows:-

President - Pradip Gorasia
 Vice President - Mokhtiar Singh
 2nd Vice President - Preetham Krishna
 Secretary - Madhuri Soni
 Joint Secretary - Paddy Krishnan
 Treasurer - Jessy Kaurah
 Asst. Treasurer - Varsha Badhe
 Cultural Coordinator - Shrey Baluja
 Youth Coordinator - Janvi Makanjee
 Appointed Advisors - Pushpinder Oberoi & Seema Chauhan
 Appointed Auditors - Thiel Partners

Global Organisation of People of Indian Origin GOPIO Gold Coast Inc. organised to provide 200 meals to the Homeless in Gold Coast. Thank you to Gurdwara Sahib

Gold Coast for assisting in making the meals and Mok Sandhu, Varsha Badhe & Pradip Gorasia for packing and delivering the meals to Show The Way, who will distribute them to those in need.



On the 15th of August it was "Har Ghar Tiranga" at Gold Coast Mayor Tom Tate's Office as Indian Independence was celebrated with Global Organisation of People of Indian Origin GOPIO Gold Coast Inc. committee

GOPIO Gold Coast attended India Day and took part in the parade



GOPIO Gold Coast Hosts Diwali 2023

GOPIO Gold Coast hosted an outdoor Diwali Fair event on Sunday, November 19th, 2023. The celebration was a great success with over 1000 attendees, including many invited dignitaries.

Broadwater Parklands was buzzing with a multitude of stalls, food trucks, and activities for the families to enjoy. Attendees browsed stalls displaying Indian jewellery, ethnic costumes, and home décor while children enjoyed free access to a balloon twister and henna tattoos.

The crowd was entertained throughout the event with a mix of Bollywood beats, cultural stage performances, and our rocking DJ Ashu. The Gold Coast skyline was lit up in the true spirit of Diwali with a phenomenal eco-friendly laser show to conclude the evening festivities. The Gold Coast City Council supported the event.

GOPIO GC takes this



GOPIO and FICQ leaders with Mayor Tom Tate, Shadow Minister of Multiculturalism John-Paul Langbroek and Councillor Brooke Patterson



GOPIO Gold Coast team and community leaders



Launching of GOPIO GC Diwali Festival 2023

opportunity to thank all our wonderful sponsors:

Platinum Sponsor -

Southern Cross University

Gold Sponsor - Simonds

Homes

Silver Sponsors - Kannon

Accounting, Senator Murray
Watts, Wedding Party Trends

The GOPIO GC Diwali Fair was a wonderful opportunity for people of Indian origin and multicultural communities to come together to celebrate the auspicious occasion of Diwali. We want to thank



Bharatnatyam performance



Dance performance by Malayalee group of Gold Coast

everyone who attended the event and wholeheartedly supported it to make it a huge success. A special thanks to the

performers and stall holders working with the GOPIO GC Executive Committee to bring this memorable event together.

GOPIO GC Executive Committee

President: Mr Pradip Gorasia

Vice President: Mr Mokhtiar Singh

2nd Vice President: Mr Preetham Krishna

Secretary: Ms Madhuri Soni

Treasurer: Ms Jessy Kaurah

Joint Secretary: Mr Paddy Krishna

Asst Treasurer: Ms Varsha Badhe

Cultural Coordinator: Mr Shrey Baluja

Youth Ambassador: Ms Janvi Makanjee



Energetic youth performance for Diwali 2023



GOPIO Gold Coast Celebrates Senior's Wellbeing

G OPIO Gold Coast organized a Seniors Wellbeing workshop on the 14th of Oct 2023 in conjunction with Seniors Month and Mental Health Month. The aim was to promote awareness of the various issues that can have an impact on seniors, especially those who have recently migrated to the Gold Coast. Topics discussed include physical well-being, the need for social connections, having a routine (but not being obsessed with it), and overall having a purpose in life.

Specifically, Ranjitha Shenoy conducted chair Yoga sessions, Tomoko Sakai, who is the MCCGC Wellbeing Director, presented on the importance of having a positive outlook on life, and Neeraj Gill, professor of Psychiatry at Griffith University, presented on the importance of regular medical checkups



Launch of Mental Health Walk with Mental Health Foundation Australia

so that any health issues can be detected early. There were vigorous discussions (over delicious snacks) on these topics and how to put them into practice.

Various fliers were circulated, and attendees were requested to share them with their friends so that the wider community

is aware of the services available to help those who are concerned about their well-being. GOPIO-GC thanks all the sponsors Gold Coast City Council, Mental Health Foundation Australia, MCCGC and The Migrant Centre, the presenters, and the attendees for making the event a success.



GOPIO Gold Coast Seniors Wellbeing workshop with chair Yoga and Mental health presentation by Dr Neeraj Gill and Tommo Sakai of MCCGC

GOPIO Gold Coast participates in the TMC Harmony Cup

On 30th September, a team of 5 representatives from GOPIO GC competed for the TMC Harmony Soccer Cup. Our boys enjoyed the tough challenge as they played in the heat against many other teams across Gold Coast to win 4 out of the 5 games. The atmosphere was filled with community spirit and the supporters present cheered passionately for GOPIO GC's team. It was a wonderful opportunity and experience for all present and many new friendships were forged.

GOPIO GC would like to take this opportunity to thank the players on the day, which



included: Nayan Soni, Sahil Chordia, Gaurav Nagakatti, Kanv Behal, and Yash Patel.

The Migrant Centre Organization Inc. (trading as Thriving Multicultural Communities) TMC, provides various no-cost community services and programs to assist

the Gold Coast community. Many of our programs focus on helping persons from Culturally and Linguistically Diverse (CALD), from migrant and refugee backgrounds to promote social and economic inclusion in Australian society.

For the next 3 years, TMC will be the provider of the Queensland Government's CAMS program for the Northern Gold Coast. Our CAMS Coordinator is Jake Coates.

Jake has been with TMC for a year as a Project Coordinator and has a bachelor's degree in international relations, certificates in intercultural communication and grant and tender writing.



GOPIO GC team participated in a soccer tournament organised by Thriving Multicultural Centre

GOPIO-Sydney hosts spectacular 'Caring and Sharing' event

The glamorous and dazzling event, organised by the Global Organisation of People of Indian Origin (GOPIO) Sydney North-West Chapter, was held at the Sapphire Function Centre, Auburn, on 23 October 2023. The GOPIO Sydney North-West Chapter team has conducted Caring & Sharing events for the last 14 years, raising much-needed funds for underprivileged children in India and needy persons/organisations in Australia. The chapter annually supports the Cancer Council of Australia and the National Heart Foundation of Australia. Previously, the chapter helped victims of the Blue Mountains fire, the Fiji cyclone, the Nepal earthquake, NSW Rural Fire Services, FoxG1 and underprivileged kids in Nigeria.

GOPIO Sydney North-West Chapter team has worked passionately towards the success of the 14th Caring & Sharing event. Such events result from the spirit we all have in us to care for the underprivileged and needy. Therefore, the funds raised through these events symbolise hope for those in need.

During the night of great cause and unlimited entertainment, scintillating performances kept the audience on the edge of their seats. Aman Singh and Neeru Singh engaged the wonderful audience through Antakshri and their stage



Harmohan Singh Walia, International Coordinator Oceania - GOPIO International and Umesh Chandra OAM, Executive Vice President - GOPIO International

anchoring. Other attractions of the night were a quiz, an auction of items to raise funds, an energetic DJ and dance, and a 3-course dinner, which attracted the zeal and enthusiasm of all the guests present at the event. Mr Umesh Chandra OAM, Executive Vice President of GOPIO International addressed the audience and represented GOPIO International.

Generous offerings from the sponsors in Australia and the support of the dedicated individuals in India have allowed the team to extend a helping hand to over 10000 underprivileged primary school children in India for the last 14 years. A few necessities that will be provided again to the primary school kids include warm clothes, shoes, socks,

ceiling fans in classrooms, hand pumps for drinking water, water coolers, RO filters, inverters with batteries, furniture, Daris, sound systems for prayers, sports items, stationary and other basic commodities as per the requirements of the remote area schools. The Caring & Sharing event raised funds for kids in India. It donated to the Cancer Council of Australia and the National Heart Foundation of Australia for their righteous causes.

GOPIO Sydney North-West Chapter thanks their main sponsors – Yogesh Manav & Jasbir Kang of Auburn Sapphire Function Centre, Kewal Kalra of Kalra Group of Companies, Sumit Joshi of RyRo Loan Centre, Baljit Pelia of Vista Home loan, Garry Kalra of UltraTune, Seven Hills, and B Town Wheels & Tyres of Blacktown and NSW Dental Care, Raj Mangat of Laing & Simmons Rouse Hill-Box Hill (Buy, Rent, Sell), Gurpreet Chadha & Aman Brar of G&A Roadlines, High-End Construction (HEC) and GFC Project.



GOPIO Sydney Northwest chapter team. L-R, Baljit Pelia, Prof Balkar Singh Kang, Neeru Singh, Aman Singh, Kamal Joshi, Sumit Joshi, Harmohan Singh Walia, Ravi Singh and Manbeen Walia



Umesh Chandra OAM, Executive Vice President – GOPIO International addressing the guests at GOPIO Sydney Northwest 'Caring & Sharing' event



The Gidha dance team receiving their Certificates of Appreciation after performing at the 'Caring & Sharing' event

76th celebration of the INDEPENDENCE DAY of INDIA by GOPIO TRIOLET NORTH MAURITIUS



All Speakers with Mrs Sunita Pahuja second secretary High Commissioner of India



Mrs K Ram and Mrs Ramyeed Secretary of GTNM with Hon Minister of Employment and Labour Soodesh Callychurn

The GOPIO Triolet North Mauritius organised a round table conference on the theme "CONTEMPORARY LIFE OF THE INDIAN DIASPORA: EDUCATION, TRADITION AND CULTURE, COMMUNITY LIFE AND CHANGING ROLES OF PRAVAASI WOMEN" for the 76th celebration of the Independence Day of India on the 26th of August 2023 at the seat of GTNM, Triolet. Several renowned Speakers from the Mauritius Marathi Mandali Federations, Mauritius Tamil Temples Federation, the National Library, the Mauritius Apravasi Ghat Trust Fund, the Muslim Community and Mrs Kritilata Ram as International

Coordinator for francophone Regions gave very insightful conference through their talks.

The Minister of Employment, Hon Soodesh Callychurn, was the Chief Guest, and Mrs Sunita Pahuja, the Second Secretary of the Indian High Commissioner office in Mauritius, was present. Minister Callychurn focused on the close connections between India and Mauritius since 1730, establishing diplomatic relations in 1948. He also pointed out that the cultural affinities and long historical ties between the two nations have contributed to strong and cordial relations between the two nations. He thanked India and especially Hon. Prime Minister Narendra Modi for supporting Mauritius in big projects for the development of Mauritius.

Mrs Kritilata Ram focussed on the arrival of about 75000 Indian women in Mauritius in the years 1835 to 1875, their journeys, and their contributions to making Mauritius. The Pravasi women have come a long way. She also said that their living standard has risen considerably from the image of the earlier Indian Women diasporas, docile wearing their saris or another outfit, with their bindis on their forehead, to a dynamic, confident, and highly educated women ready to face any situation in the world.

The function was a great success and culminated with some Bhojpuri songs, dances, and a yummy traditional Indian food buffet.



**Minister of Employment and Labour
Hon Soodesh Callychurn**



**Mrs Pooja Ram Bhujun
Manager EDB, Treasurer and
our Master of Ceremony**



**Honouring Mr Coomarah Chengan, President of The Mauritius Tamil
Temples Federation by Mr D Ram**

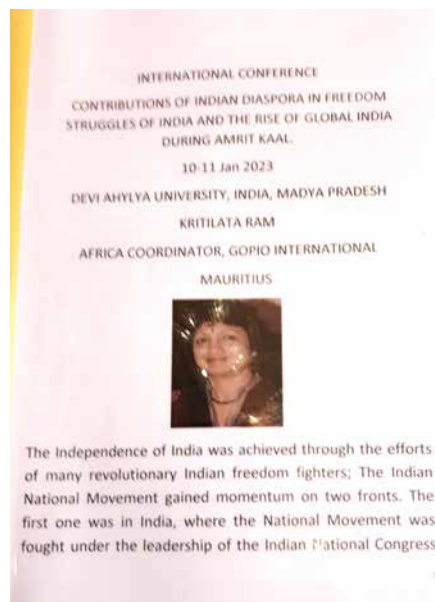
Devi Ahilya Vishwavidyalaya, International Conference 10-11 January 2023



Mrs Kritilata Ram, the International Coordinator of Francophone Regions, GOPIO International, with the team of Ahilya University and Prof Ajay Dubey of ODI and other representatives

Mrs Kritilata Ram, the International Coordinator of Francophone Regions, GOPIO International, presented her paper on the topic "CONTRIBUTIONS OF INDIAN DIASPORA IN FREEDOM STRUGGLES OF INDIA AND THE RISE OF GLOBAL INDIA DURING AMRIT KAAL" at the International Conference Organised by the Devi Ahilya Vishwavidyalaya, Indore, in collaboration with the Organisation for Diaspora Initiatives (ODI), New Delhi. This was done in the context of the Pravasi Bharatiya Diwas 2023 IN INDORE.

Mrs Kritilata Ram was invited alongside other speakers from India and other international countries such as India, Guyana, South Africa, and others to participate and present their



Mrs Kritilata Ram's submitted work (the paper)

papers. Mrs Ram presented her paper on "THE ROLE OF INDIAN DIASPORA IN THE FREEDOM MOVEMENT" at the Essentia Hotel, Indore, on the 11th of January 2023.

Her paper shows the roles

of the Indian Diaspora in the Indian National movement for India's Struggle for freedom and the rise of Global India during Amrit Kaal. She talked about the Indian movement which marked the great History of India. She pointed out that due to them the end of the Age of Empires, the dark era during which the nations of Europe had enslaved and economically drained peoples in various parts of the globe took place.

She said that colonial intervention hit hard Indian life before the Independence of India and that India was fortunate to have many Indian leaders and reformers who came to the forefront to bring a great change and bring India to life and freedom. Among them are Bal Gangadhar Tilak, Lala Lajpat Rai, Raja Ram Mohan Roy, Dr Ambedkar, and



Mrs Kritilata Ram, the International Coordinator of Francophone Regions, GOPIO International, presenting her talk

Mahatma Gandhi, who taught India and us how to wage a non-violent war.

She also mentioned that there was also Women's movement who participated in the freedom struggle, such as Durgabai, a rebel par excellence, whose life and work as a freedom fighter in the post-independence period epitomized the struggle of many spirited women in providing an opportunity to break out of oppressive social norms, seeking and creating avenues for self-fulfilment and leadership.

She is very grateful to Prof Ajay Dubey, President of ODI, Editor-in-chief of Diaspora Studies Journal, Professor of the School of International Studies, and all those involved in making this International Conference a big success.



Mrs Kritilata Ram, the International Coordinator of Francophone Regions, GOPIO International, with other speakers of the day

GOPIO TRIOLET NORTH- International Yoga Day 2023

THE GOPIO TRIOLET NORTH celebrated International Yoga Day in collaboration with the Triolet Village Council on the 21st of June 2023. Keeping in mind the theme "yoga for vasudhaiva kutumbakam" meaning yoga for the welfare of all in the form of 'one world one family'. The community of the Triolet Village was invited together with the children of the SSR Disability Services Centre

Mrs Kritilata Ram, the International Coordinator of Francophone Regions, GOPIO International, in her speech,



Yoga Expert Mrs Karuna Sookur

said that due to Honourable P M of India Sir Narendra Modi's relentless efforts, June 21 was decided as the International Yoga Day by the United Nations General Assembly. They found that Yoga Provides a holistic approach to health and the well-being of each and everyone in the world.

she also enumerated some benefits of yoga if the practice is done daily, such as Yoga relieves pain, for chronic lower back pain sufferers and people suffering from arthritis symptoms can benefit from it; she also pointed out that



Mr Callachand, Representative of The TRIOLET Village Council with members of Gopio TRIOLET North Mauritius



regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease,

including high blood pressure and excess weight, can also be addressed through yoga.

The Yoga session was led by Mrs Karuna Sookur an expert in the domain. The GOPIO Triolet



North team thanked everyone for their presence, especially the President and Triolet Village Council team, who distributed fruits and water to all participants.



Mrs Kritilata Ram the International Coordinator of Francophone Regions, Gopio International, with other participants and members of Gopio TRIOLET North Mauritius

GOPIO Canberra president Nishi Puri awarded OAM

On 12th June, Nishi Puri, the President of the GOPIO Canberra chapter, was awarded the OAM (Order of Australia Medal), the king's honour list is the highest civilian award in Australia.

The Honors and Awards Investiture ceremony was held on 13th September 2023 at the government house in Canberra by His Excellency the Governor General of Australia, David Hurley. Nishi Puri was awarded this honour for community service.

The Order of Australia is an honour recognising Australian citizens for outstanding services and achievements.





GOPIO Canberra celebrated International Women's Day in collaboration with Multicultural Association of Canberra



GOPIO Canberra organized a bus trip for the Indian community to celebrate Holi and Harmony Day on 26th April 2023



GOPIO Canberra celebrated Diwali on 3rd December with the community, politicians and Indian high commission



Australia day celebrations by GOPIO Canberra 26th January 2023

GOPIO International and GOPIO LA Chapter presents **Diabetes Reversal Summit**



GOPIO International and GOPIO LA chapter organized a health and wellness summit on diabetes reversal on November 19th, 2023, in Tandoor restaurant, Orange, CA. GOPIO is a secular and nonpolitical organization whose mission is to promote the well-being and interests of People of Indian

Origin (PIO) by fostering unity.

The event began with social hours and appetizers. Kalika Gupta, the current president of GOPIO-LA, introduced the GOPIO mission and emphasized the importance of unity in diversity among all PIOs. During a recent event, Kewal Kanda spoke about the community service provided by GOPIO-

LA. He also highlighted the organization's efforts to raise awareness about diabetes and its impact on the community. Kewal Kanda conveyed messages from GOPIO Health and Wellness Council Chair Dr Vimal Goyle and GOPIO President Mr Lal Motwani. Dr. Vimal Goyle, who is part of the GOPIO Manhattan chapter,



expressed gratitude to the team for organizing a successful health and wellness seminar. Mr. Lal Motwani thanked the organizers for putting together a successful educational seminar on diabetes, which he referred to as a "silent killer". Rajinder Dhunna, the chairman and founding member of GOPIO-LA, mentioned the various GOPIO events, such as visa camp, beach cleanup, Kavi Sammelan, and blanket donations for homeless people. Baljinder Tahim, a founding member of GOPIO-LA and founder of the Apna Punjabi group, encouraged people to join GOPIO-LA. Ashok Madan talked about the history of GOPIO and its existence since 1989, serving the Indian diaspora. The conveners, Aparna Hande (RN, MSHCA, co-chair of health & wellness council of GOPIO international) and Charu Shivakumar (VP of GOPIO-LA), emphasised the GOPIO-LA's accomplishments in promoting, preserving, and globalising Indian culture as well as providing valuable community service.

Dr Sukrit Mukherjee performed the puja ceremony with the Ganesh Stuti and peace mantra. He also spoke about the Vedic American Foundation, an organization that collaborates with federal and state governments to achieve its goals of supporting the youth and elderly.

The speakers, sponsors, trustees, and GOPIO executive committee illuminated the lamp lighting. Saahas for Cause, led by Payal Sawhney and the team, organised a "Healing Hearts" skit highlighting the importance



of family therapy, awareness of obesity, and its connection to diabetes. Dr. Deepinder Singh, a Licensed Professional Counselor, mentioned the importance of medicine in the

treatment and prevention of diabetes or any other lifestyle disorders. This was followed by an act on hypoglycemia by Yatri Shukla, Bani Mukherjee, Pradip Shukla & Aparna Hande, which

emphasized the importance of its causes and impact in diabetic and non-diabetic patients.

During the conference, several healthcare professionals discussed the importance of preventing diabetes and managing its symptoms. The keynote speaker, Dr Rohit Kohli (MBBS, MS. Gastroenterology), urged people to reduce their sugar intake and emphasised preventing diabetes.

He advised people to avoid sweetened drinks and foods, saying, "If it's sweet, and you can pour, then kick it out the door." Dr Asmath Noor, the Joint Secretary of GOPIO LA and a practising cosmetic dentist in Norwalk discussed the difference between type 1 and type 2 diabetes, the factors that cause it, and the link between diabetes and other organs in the body. Dr. Bipin Gadhe (holistic health) explained the seven points to understand diabetes, including the importance of a healthy diet, exercise, good sleep, lower stress levels, and medication. He focused on the quality of life of patients with diabetes. Dr. Rangesh Ghadasli, MD, specialising in critical care and psychiatry, presented on mental well-being and clinical research and served as the president of UFICA.

Dr Hema Ramkumar (MD Ophthalmologist) presented a video that explained the effect of diabetes on eye disease and how early diagnosis and treatment can protect eyesight. Dr Arvind Mehta, a nephrologist, emphasised how chronic kidney diseases, diabetes, and hypertension affect the kidney. Finally, Surendra Mehta taught the

The speakers, sponsors, trustees, and GOPIO executive committee illuminated the lamp lighting. Saahas for Cause, led by Payal Sawhney and the team, organised a "Healing Hearts" skit highlighting the importance of family therapy, awareness of obesity, and its connection to diabetes. Dr. Deepinder Singh, a Licensed Professional Counselor, mentioned the importance of medicine in the treatment and prevention of diabetes or any other lifestyle disorders.

audience practical pranayama and relaxation techniques through practical yoga techniques. OTLO was founded during the COVID-19 pandemic and performed an engaging act on diabetes led by Geeta Bhatt, Yatri Shukla, and the team. Kamlesh Chauhan recited a heartfelt poem on diabetes.

Anju Garg demonstrated

how to prepare a healthy salad, emphasising the importance of healthy eating. Her fusion salad with quinoa, lettuce, etc., made from all plant-based and fresh ingredients, is a healthy food source and will help prevent diabetes as well. Priya Kumar, a professional singer, aimed to stand in solidarity with those who have struggled to overcome diabetes.

Aparna Hande mentioned that she is passionate about contributing to the community and the diabetic world, drawing on her knowledge of nursing and teaching skills. Rani Kuusto (RN, MPH) and Aditi Bhattacharya (9th-grade student) helped with event coordination. Kewal Kanda gave a vote of thanks to grand sponsors, i.e. Avadesh & Uma Aggarwal, and gold sponsor NFIA 2023. Ashok Madan thanked the silver sponsors. The GOPIO Executive committee includes Kalika Gupta, Rajinder Dhunna, Baljinder Tahim, Kewal Kanda, Ashok Madan, Charu Shivkumar, Rani Kuusto, Dr. Asmath Noor, Aparna Hande, and Navin Gupta.

Photography credits to Hardik Shukla. SoCal Channel is the media partner for this event.

The GOPIO-LA Health Summit 2023 on diabetes reversal was a successful event with a great turnout. The summit aimed to bring health leaders together to create synergy and combine forces for health development. The summit encouraged the exchange of ideas and innovative solutions to health challenges, intending to promote good health and foster well-being.

New Executive Council for GOPIO-LA

GOPIO-LA conducted elections on 10th December 2023, for the new executive council for two-year term of 2024 and 2025. The following officers were elected unanimously:



Baljinder Tahim, Yatri Shukla, Kewal Kanda, Rajinder Dhunna, Charu Shivakumar

NAME	POSITION
Kalika Gupta	Chairperson
Charu Shivakumar	President
Baljinder Tahim	Vice President
Ashok Madan	Treasurer
Yatri Shukla	Secretary
Dr. Asmath Noor	Jt. Secretary
Kewal Kanda Navin Gupta Rajinder Dhunna	Trustees

GOPIO TEAM 2023-'24

After the GOPIO election, which was completed in February/March 2023 with the new team sworn in on March 4th, 2023, the GOPIO Executive Council appointed the Secretary, Joint Secretaries and as well as Chair/Co-Chairs of various Committees.



The new GOPIO Executive Council: Top row: Dr. Thomas Abraham, Lal Motwani, Umesh Chandra, Kewal Kanda, Prakash Shah, Dr. Asha Samant. Bottom Row: Nami Kaur, Roger Latchman, Deo Gosine, Ashok Madan, Harmohan Singh Walia, Dhiraj Ahuja and Ved Prakash Goojha

NAME	POSITION
Dr. Thomas Abraham	Chairman
Lal Motwani	President
Umesh Chandra OAM	Executive Vice President
Kewal Kanda	Vice President/Treasurer
Prakash Shah	Global Ambassador
Ram Gadhavi	Secretary
Dr. Asha Samant	Int'l Coordinator-at-large
J. (Nami) Kaur	Int'l Coordinator-at-large
Harmohan Singh Walia	Int'l Coordinator, Oceania
Ved Prakash Goojha	Int'l Coordinator, Europe
Dhiraj Ahuja	Int'l Coordinator, South Asia
Deo Gosine	Int'l Coordinator, Caribbean
Roger Laxman	Int'l Coordinator, Africa
Ashok Madan	Int'l Coordinator, North America
Kritilata Ram	Int'l Coordinator, Francophone
Jay Bhandari	Associate Secretary
Chitransh Sahai Belwariar	Associate Secretary
Mahavir Arya	Chair, Chapter Review Committee
Pramod Kamdar	Chair, Bylaws Committee