

# ISBUND

A Quarterly Newsletter for the Kashmiri Pandit Community





## From the Editor's Desk

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**N***avreh Poshte saarni!*

As we step into this new year, I extend my warmest wishes to each and every one of you. May this auspicious time bring you joy, prosperity, and renewed hope for the future.

Before I introduce this issue of ISBUND, titled *Chaitra*, I want to take a moment to express our heartfelt sympathies to our Kashmiri family affected by the recent tragedy. The entire community stands in solidarity with them, and our thoughts and prayers are with them during these difficult times. The family has chosen to honour the memory of Mahek by establishing a fund through *Aash* Foundation. There are details provided in this issue for anyone wishing to be part of this initiative.

Turning to the pages of our current issue, I am delighted to shine a spotlight on one of our own remarkable community members, a young artificial intelligence scientist and geophysicist. Her dedication to restoring the balance disrupted by human activities on our planet is truly inspiring. Her mission to create a meaningful impact and heal the wounds inflicted upon our planet serves as a beacon of hope for us all. Let us rally behind her noble cause and strive to contribute to the preservation of our environment in whatever way we can.

Content in this issue reflects the richness and diversity of our community. From the inspiring story of *Maharishi Shri Bhat* by Neave to the exploration of *Kintsugi*, each article offers a unique perspective and a wealth of knowledge. Dr. Warikoo provides insights and perspective on navigating the challenges of immigrant parenthood. These narratives provide valuable insights into the human experience and serve as a source of inspiration for us all.

KPAE Badminton Championship & Social Event in February 2024 was a resounding hit with 70+ players participating including junior players playing a total of 110 matches in

parallel on 8 courts. A special thank you goes to Abhinav and Leena for securing sponsorship from Tilda for the social event and to Ashish and Amita Raina for sponsoring the trophies. Head to Page 29 for some pictures of the day.

On behalf of TEAM ISBUND, I wish you all a blessed Navreh and a year filled with peace, prosperity, and abundant opportunities.

*With our best wishes*

*TEAM ISBUND*



*Picture credit: Neklesh Sumbly*

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## Remembering Mahek Warikoo

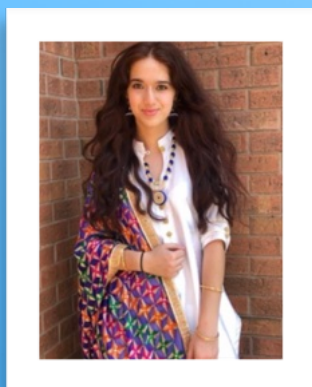
### A Beautiful Light Gone Too Soon!

Join us in supporting the education and empowerment of girls and women in need. In the wake of a devastating incident, the family have chosen to honour the memory of Mahek by establishing a fund through *Aash* Foundation.

*Aash* foundation operates in India, mostly in Jammu and Kashmir, and helps promising girls from underprivileged background to pursue education or vocation through the financial support of the foundation.

The Mahek Fund will sponsor the educational and vocational needs of girls and women in communities served by *Aash* Foundation. By channeling our emotions and energies effectively, we can make a lasting impact on their lives.

Any contribution, no matter how small, will make a meaningful difference. Your donation will not only serve as a tribute to Mahek but also as a testament to the power of community and the enduring impact of love and compassion.



*Mahek possessed a rare gift for empathy and understanding, always keen to help and support others. Her infectious laughter could light up the darkest of rooms, and her compassionate heart knew no bounds. She was a phenomenally talented athlete with a passion for soccer; she loved crochet and aspired to be a doctor one day.*

**How You Can Help:** Contribute to the Mahek Fund through financial donations.

#### PAYMENT DETAILS

**Indian Rupee Donations:** The donation in Indian Rupees may be sent to \*THE AASH FOUNDATION (REGD.) through any Indian bank to ICICI Bank Residency Road, Jammu, Account no. 026601002828 IFSC: ICIC0000266

**Cash or online £ donation:** Please DM the contact person of Aash foundation (Kapil Dhar) or use cash (in £) to donate to the cash box during the Havan on 20 April 2024 at Birmingham.

Together, let's make a difference and transform this tragedy into hope. Your support matters. Join us in empowering the future generation.

## *Artificial Intelligence for Earth: A Scientist's Reverent Journey to Restore Balance*

Vasudha Darbari

**N***amaskaar , Me chhu naav Vasudha.*

I'm writing to share my path as an artificial intelligence scientist and geophysicist, dedicated to restoring the balance our human activities have disrupted on Earth and preserving what remains. While I may not stand out in the crowd, my mission is to create an impact, striving to heal the damage we've inflicted as inhabitants of this planet.



In the heart of the lush valleys and whispering rivers of Kashmir, where the earth is not just land but a sacred goddess, my story unfolds. I am a computer scientist, but my journey is not just about codes and algorithms; it's a quest inspired by my deep-rooted reverence for the Earth. This respect is not just a personal belief but a reflection of the culture I come from, where nature is cherished and regarded as a life-bearing deity.

Immersed in the tranquil beauty of *Avantipora's* valleys, my journey is deeply rooted in a landscape where every whisper of the wind and every ripple in the river speaks of the sacred. This reverence for nature, a guiding light in my path, mirrors the profound respect and adoration for the Earth and its rivers found in Hinduism. In this ancient tradition, nature is not merely a resource to be used but a divine entity to be honoured and protected. The Ganga, for instance, is not just a river but a goddess, symbolising



purity and life itself. Similarly, the earth is revered as *Bhumi Devi*, a nurturing mother who sustains all her children.

This spiritual connection with nature, woven into the fabric of Hindu philosophy, resonates deeply with my experiences in the serene landscapes of Kashmir. It taught me to see beyond the immediate, to recognise the divine in the natural world, and to understand our role not as dominators but as stewards of this sacred earth. The discipline and resilience learned from my defence background blended seamlessly with this reverence, forging a resolve within me to protect and preserve the natural world.

Amid the diverse tapestry of India, from the snow-clad peaks of Kashmir to the lush greenery of Karnataka, the historic grandeur of Delhi, and the vibrant culture of Hyderabad, my journey has been a kaleidoscope of experiences, each region imparting its own unique lessons and colours to my life's canvas. This rich mosaic of cultures, climates, and landscapes has nurtured within me a profound connection to the earth and a deep-seated sense of serenity found in both meditation and the embrace of nature.

Meditation, a practice as varied and rich as the lands of India, became my sanctuary, a source of solace and introspection amidst the constant shifts in scenery and society. It allowed me to find a centre within myself, a point of calmness and stability, regardless of the external environment. This inner sanctuary became a reflection of the external sanctuaries I found in the varied landscapes of my homeland. The silent, majestic mountains of Kashmir taught me the power of stillness, the bustling streets of Delhi the importance of finding peace amidst chaos, the ancient, soul-stirring lands of Karnataka, Maharashtra and Assam, the depth of history and tradition, and the innovative spirit of Bengaluru and Hyderabad the endless possibilities of future and technology. Growing up across different parts of India, I was blessed with the opportunity to immerse myself in the incredible diversity of natural beauty that this country offers. Each region, with its unique environment and cultural heritage, contributed to my understanding and reverence for nature.

As I continue on this path, my diverse experiences across India and having visited over 20 countries serve as a constant reminder of the beauty and fragility of our world. They

reinforce my belief in using technology as a tool for conservation, driven by a spirit of reverence for nature ingrained in me since childhood. This journey, enriched by meditation and the diverse beauty of India, fuels my passion for creating a sustainable future where technology and the natural world coexist in harmony, for the well-being of all beings and the generations to come.

Embarking on an academic journey that led me from the storied halls of Bangor University to the vibrant academic community of Newcastle, and eventually to the historic waterfront of Hull, my path through the world of computer science was not just a pursuit of knowledge but also a journey of personal discovery. It was in these places, each with its own character and charm, that I found an unexpected love—a deep, abiding affection for the cold, majestic North Sea.

As a diver, the enchanting realm beneath the waves holds for me an unparalleled allure, a world where the serene majesty of the ocean meets the vibrant tapestry of life it harbours. This fascination is deeply intertwined with the reverence for *Samudra Dev*, the Ocean God, in Hinduism, which views the vast ocean not just as a body of water but as a divine entity, teeming with life and mysteries. The ocean, with its unfathomable depths and mesmerising creatures, becomes a sacred space, a place of meditation and connection with the divine. Each dive is not merely an exploration of the physical world but a spiritual journey, where the silent whispers of the water remind me of the interconnectedness of all life and the profound beauty that lies beneath the surface. This reverence for the ocean, nurtured by my spiritual beliefs and my passion for diving, inspires a deep commitment to the conservation of this extraordinary ecosystem, urging me to protect its fragile beauty for generations to come.

For my PhD, I chose a path less traveled by many in my field. I dove into the complex world of Artificial Intelligence (AI), not to explore the reaches of human convenience or the next big tech breakthrough, but to stand as a guardian for our planet's ecosystems. The focus of my work is the development of AI algorithms dedicated to the preservation of these ecosystems, understanding their intricate workings, monitoring changes, predicting future trends, and assessing the impact of human activities. It's a mission that



merges the realms of technology and environmental conservation in a dance of numbers and nature.

Through my eyes, I've witnessed the silent cries of our Earth - the gradual erosion of biodiversity, the vanishing of forests that once stood tall, and the rivers that now whisper tales of sorrow. These are not just changes; they are wounds inflicted by human greed and negligence, a stark contrast to the reverence with which I was taught to view our planet. In the heart of my work lies a belief - a conviction, if you will - that we, as stewards of technology and intelligence, hold the power to heal these wounds. My journey is more than a pursuit of academic excellence; it's a crusade to harness the best of our technological advancements for a cause far greater than ourselves. It's about using AI not just to understand the world, but to save it.

As I thread the line between algorithms and ecosystems, my goal is clear: to use every tool at our disposal, every piece of knowledge we've gathered, to preserve what we've so carelessly destroyed. This journey is not just about saving the Earth; it's about honouring it, about turning our backs on greed and embracing a future where technology and nature coexist in harmony.

To the young minds reading this, remember: the future is in our hands. We have the power to write a different story for our planet, one where reverence for life guides our actions. Let's use our intelligence, our technology, and our hearts to heal the Earth. After all, it's not just the place we live; it's the home we share with every creature, with every leaf, and with every drop of water. Let's protect it, not just for us, but for generations to come.

I am very grateful for the opportunity to share my journey and I hope to re initiate reverence we have for Mother Earth and nature with my little efforts if not big.

*Shukriya, chu parun Navin ti phollin*

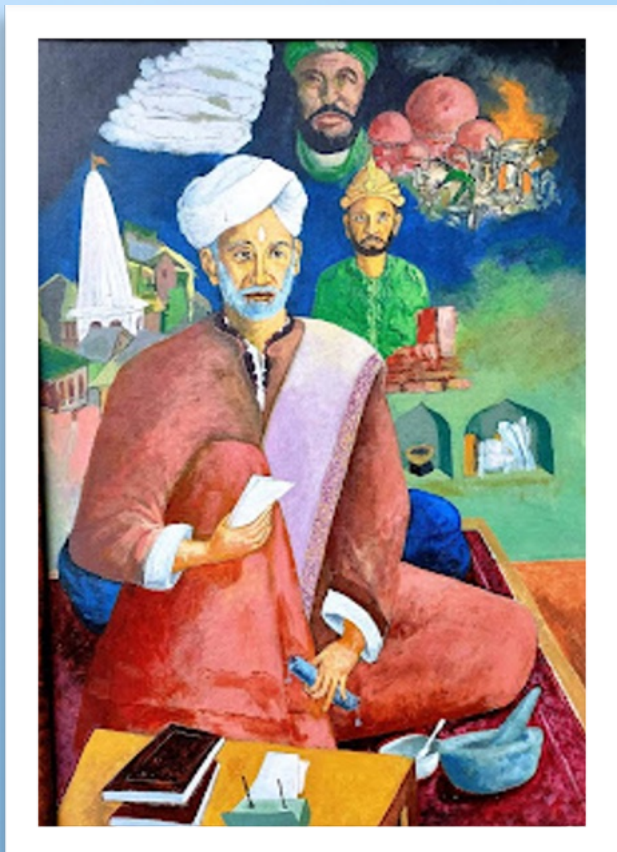
## ***Maharishi Shri Bhat: The Pandit who revived the community***

Neave Kak (Age 11)

With an effort to find more about my roots, I decided to research into the history of Kashmir. Unfortunately, there isn't an abundance of information on the ancestry of Kashmiri Pandits so I thought I would begin with studying about the customs. While researching on a recent Kashmiri festival - Navreh - I found out that it coincides with the *tyaag* (sacrifice) that Shri Bhat made for his community's revival. I was intrigued to find out more about his sacrifices and what he did to be regarded with such reverence. Shri Bhat was a Kashmiri Pandit who was an extraordinary Sanskrit scholar and a physician.

The 15th century was full of turbulence for the Kashmiri Hindus. Kashmir was ruled by *Sultan Sikandar* from the Shah

Mir Dynasty. His rule was that of oppression and brutality. He levied the *Jizya*, an exploitative tax that only the Hindus had to pay. Under his reign the Hindus were left with no option but to get converted or killed. Those who could run away did so. At one point, it is said that seventy thousand Kashmiri Hindus were forced to migrate out of Kashmir. Their houses were looted, temples plundered and religious texts were thrown in the Dal Lake. There was a point when there were only 11 Kashmiri Pandit families left in the Valley.



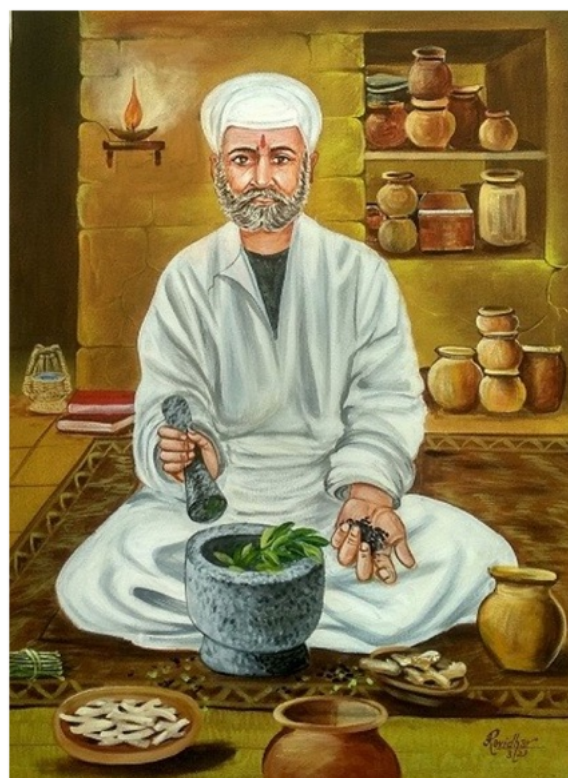
***Image credits: Gokul Dembi***



The death of Sikandar came as a respite to Hindus. His son Zain ul Abudin was somewhat a contrast to his father. This was the period when Hindus breathed a sigh of relief. According to some historians, once Zain ul Abudin got quite sick. None of his royal medics could help him. Shri Bhat, a well renowned physician was called to attend to the sultan. Shri Bhat had immense knowledge in *vedic* medicine. He was successful in treating the Sultan from his terminal disease. As a token of thanks and appreciation he asked Shri Bhat what he wanted in return. Zain ul Abudin offered him money and wealth. The selfless Shri Bhat declined and said he didn't want any riches as most of his family had either fled or died. The king asked if there was anything to do in an attempt to repay him. Shri Bhat said, if anything, he would want the *jizya* tax to be removed and the exiled Kashmiris to return to their land. He also requested for the temples to be restored and Hindus be allowed to carry out their religious rituals and celebrate festivals like Shivratri. The Sultan out of gratitude accepted it all. Thereafter started the return of Hindus back to their homeland. Shri Bhat ensured the revival of his community in their homeland - Kashmir. This also made the Sultan have a change of heart for the Hindus and he became a just ruler fondly remembered as '*Baadshaah*'.

Instead of accepting a life of luxury and comfort, Shri Bhat chose to do good for his community and restored its pride in the homeland.

We are a progeny of such a selfless human being. With his knowledge and, mainly, his *tyaag* - his sacrifices - he reinstated his community.



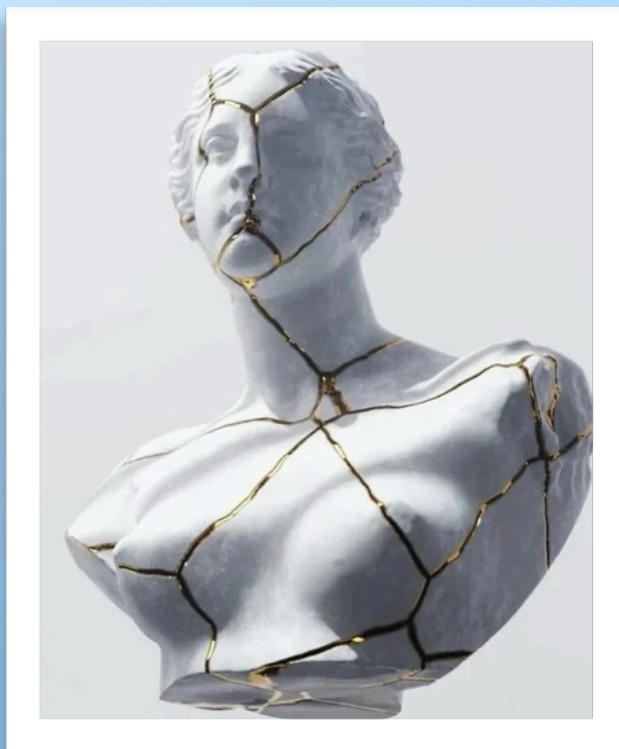
*Image credits: Shri Ravi Dhar*

## *Kintsugi 金継ぎ: The Japanese Art of Repairing Pottery Using Gold*

Amita Raina

**P**eople, Relationships, Circumstances.. in general, Life doesn't always flow as a calm river, there are ripples and sometimes tides. Those that uplift us and sometimes pull us further down.. in simple words.. Life isn't always perfect!

But neither are we or our relationships, nor will our circumstances be. What holds us together in any of these tumultuous times is our ATTITUDE, our PERCEPTIONS and our WILL to break through the web.





Once an energetic group of children wanted to make the strongest house using some bricks. As they kept laying the bricks next to each other, some way or the other they would get knocked down with even a swish of a scarf. Then one of them came and said, “I know how to stop it from falling, we need to seal the gaps”. Walking to the shelf, the child returned with some gaffa tape (a very handy resource)!!!!!! Jobs were quickly delegated amongst each other to measure, cut and stick the tape closing the gaps with layers of gaffa tape. Once done, the children admired their work and smiling in awe of themselves!

Little things you learn while working with children that we overlook : Children see beyond these imperfections, and are also eager ... as well as willing to fix things because of their unstoppable curiosity. What we may state as imperfections... is addressed as Patterns by young children...But as we grow older we get bogged down with these imperfections and forget to embrace our failures.

Disappointment, mistakes, imperfections and failures are inevitable part of life and accepting this does not mean undermining oneself because YOU are VALUABLE in Yourself.

- *Be Fearless to tackle whatever life throws at you*
- *Discover ways to do things*
- *Unravel the wisdom from lessons of your struggles*
- *Develop compassion, empathy, hope & respect for self*
- *Find what binds you together with people who care & love you most and enhance the value of that relationship*
- *Become aware of your abilities to self-heal and courage to move forward*

**You will be marvelled at your Strength, Resilience and Transformation!**



- Create your own gold lacquer..**
- Be your own pot of gold finish ..**
- Because you only give others what you yourself are made of!!**

Watch out for my next blog ... could be “WABI-SABI” ..... only once I’ve embraced and perfected my Imperfections!!



## *Kashmir Through My Lens*

Shaarika Munshi



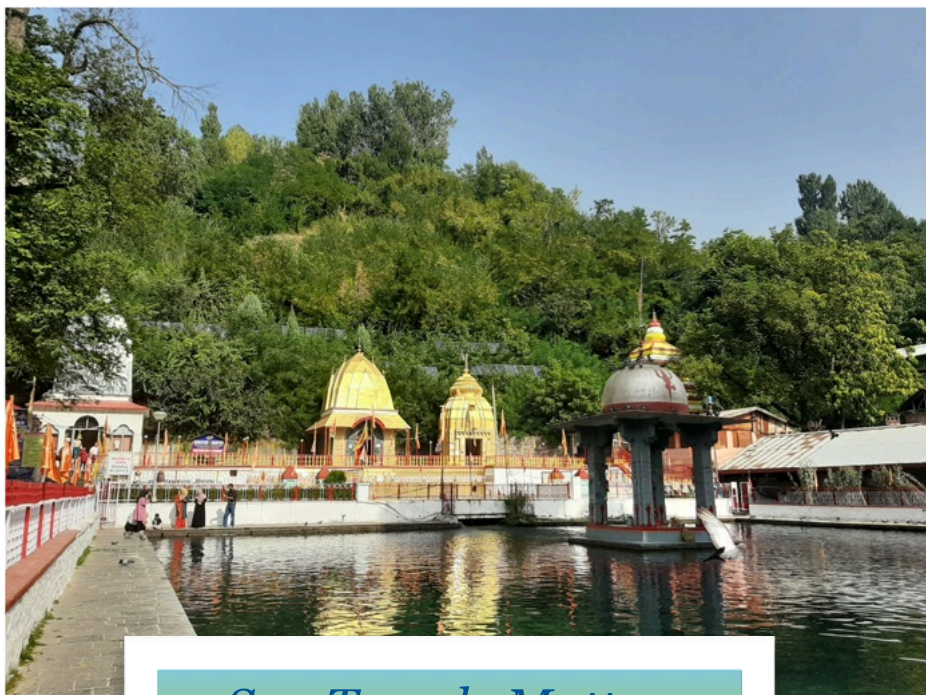
*Kheer Bhavani*



*Shiv Mandir Gulmarg*







*Sun Temple Mattan*



*Shiv Mandir Pahalgam*







*Sunset over Hari Parbhat*



*Houseboats over Jhelum*



*School Trip to the Mountains*



*Nishat Bagh*



## ***Am I a Good Parent?***

Nishchint Warikoo

We as parents often wonder – mostly in our mind and sometimes vocally – “am I a good parent”.

This is true for most of the people in most of the countries whether single parent or otherwise. To some extent the apprehension about our parenting is reasonable as research has demonstrated that poor parent-adolescent communication patterns, poor family cohesion and a lack of parental warmth and involvement are closely related to adolescent behavioural difficulties, delinquency and other negative outcomes such as substance abuse.

Parenting is a difficult task for anyone and Immigrant parents (IP) face even more difficult task as this role comes with a unique set of challenges in a new and unfamiliar society.

IPs find their roles and relationships with their children change after immigration (if they immigrated after their children were born in native country) understandably so.

### ***Challenges for Immigrant parents***

Parenting involves transmitting culture and values to children and many immigrant parents were well-prepared for parenting in their original culture and country. For Kashmiris (or other such people who had to migrate twice- out of Kashmir and then out of India) this is even more complicated. In the place of origin parents usually have a well-defined sense of ethnic identity and knew how things should be in their culture of origin. However, these same parents may feel lost or at least off balance in their chosen immigrant land where the differing values and expectations of this new culture may not be well understood.

IPs find their roles and relationships with their children change, and their parenting ability is placed under significant stress in a number of ways in the new culture. They

attempt to cope with the tasks of daily life without the familiar support system of family and friends and the comfort of their culture of origin while faced with problems like shifts in gender-based economic role, realignment of parental authority, role reversal issues, separation of family members, influence of peer culture on children, interfacing with social institutions which are mostly quite different from their country of origin and last but not the least – social media and internet.

### ***Challenges for children of immigrants***

The immigrant children are vulnerable to several risk factors especially during adolescence that diminishes the influence of the parents in the acculturation process (the process of cultural and psychological change that takes place as a result of contact between cultural groups and their individual members).

These risk factors include:

1. ***Parenting styles:*** The parenting styles we learnt (actively or passively) from our parents or others in our culture are mostly different to the one practised in the new adopted country. And this poses a massive challenge of raising our children in a new culture which seemingly is unsupportive (of the native parenting styles and practices) and may be more permissive (allows practices which would not be allowed in the native country). Probably the most obvious challenge is the loss of community and familiar cultural context, with shared values and the proverbial “village” concept of raising children.
2. ***Language difference:*** Mother tongue will be different for parents and children and this linguistic separation between parents and children can become symbolic of a profound emotional separation. IPs may have very little expectation or desire to adapt to the values and customs of the new country. Children, however, are typically eager and able to learn and to adopt the values and customs of their peers. Some children resist speaking the language of their parents. Under these circumstances, a language separation evolves which is almost symbolic of an emotional separation which is concurrently developing between parents and children. Children may develop a



pseudo-independence from their family, an over-identification with their peers, and an attitude of defiance towards their parents.

3. ***Identity development:*** Ethnic identity refers to a sense of belonging to one's ethnic group or culture of origin and develops during adolescence and young adulthood ethnic identity develops as a result of an active exploration process where one's experiences are interpreted and an attempt is made to attain a personal understanding of the meaning of one's group membership. The adolescent identity development process for kids with immigrant parents can be more stressful due to the difficulties inherent in negotiating two cultures and the perception of not fitting well into the mainstream culture. There is a sharp contrast between their present ethnic identity (at home) and who they will become in their new culture.

Based on the above there are some specific things we can do/or avoid as parents, these are:

1. *Try not to follow the same parenting styles that you experienced as a child.*  
Parenting styles differ between families living in the same village/ town/city and very likely, between the country of origin and the new country. Parenting styles are deeply influenced by customs, traditions, and the surrounding environment. We adhere, whether consciously or unconsciously, to what we have experienced as children. It is beneficial to realise that what might have worked for you, will not work with children today. And particularly don't repeat the things that you did not like about your parent's parenting style -your child might also not like these. Don't be punitive parents, instead set boundaries which involves having consequences for actions but not punishments.
2. *Avoid annoying your children by pushing them to study or comparing them to other children, including their siblings.* If they do not win a competition or get good grades try to manage your own disappointment (don't let it spill out on them) and figure out how to help instead. Pay attention to your children's emotional and social needs, not just their educational success.

3. *Refrain from constantly reminding your children about the difficulties of your immigration journey.* It is very alluring to share how hard we worked and almost make a show of the sacrifices we have made in your journey to be here. Sharing these anecdotes regularly may only increase the feelings of guilt and insecurity among your children. This is particularly true when your kids are dealing with certain issues of their own. Immigrant parents often, unfortunately lack an understanding of the complicated issues faced by their children in the new cultural context. It is in such moments that you need to listen to their problems considerately and give them appropriate advice. As parents, we all need to remember that our children have unique challenges of their own that may not seem big to you but it is to them.
4. *Engaging with the Local Community and Encouraging Bilateral Integration.* Encourage your family to participate in community activities, attend local events, and join social clubs or groups. This can provide opportunities for interaction with locals, helping you and your children to understand, appreciate, and adapt to the new culture more quickly. Encourage your children to maintain their native language and cultural traditions at home while embracing the British culture at school and with friends. This approach enhances their multicultural competence and allows them to grow up appreciating the best of both worlds.
5. *Be a parent not a teacher.* As a parent our duty is to feed them, keep them safe and above all love them (it might sound cheesy but there is research evidence base for this). *“Love and affection are essential to a child’s healthy brain development. A child’s feelings about themselves, how confident they are and how well they cope with stress, are all affected by the way their parents respond to them. If you have a warm, loving and affectionate relationship with your child it will help them feel safe and secure. This sense of security is known as bonding or attachment. When children feel secure they are more likely to be happy and confident, and be able to handle conflicts and anger. If your child feels secure they are more likely to be curious and start exploring, which will help them develop well.”*<sup>1</sup>

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<sup>1</sup> Welsh Government. **Make time for love and affection (suitable from birth)**. Available at: <https://www.gov.wales/parenting-give-it-time/guidance-and-advice/parenting-tips/tips-for-guiding-childrens-behaviour/make-time-for-love-and-affection>. Accessed. April. 2024.



Your children will have lots of teacher's, trainers and critics in their life but only you as their parents can offer unconditional love. Listen to them, bite your tongue if you are dying to pass a judgement on them, take a deep breath and let them finish what there are saying (even if it goes against all your cultural, religious, social beliefs). Actively listen and ask them whether they need your advice on the subject. Don't thrust it down their throats. If it is difficult to do this – imagine yourself at their age telling your parent, the same problem and what you would have expected your parents to do...

I know some of these may not be easy to implement. I am planning a parenting workshop soon and will be able to discuss and explain in more detail. Thanks for reading and happy parenting.

***Dr Nishchint Warikoo is a Consultant child and adolescent psychiatrist, working for the Oxford NHS trust .***

## Navreh in Pictures

We asked our community members in the UK to share photos of their Navreh Thaal with us, and here are all the beautiful submissions.

***Lassis Ti Phalliv***













## *The Roundabout View of Life!*

Minesh Khashu

**R**oundabouts came onto British roads round about the same time I came about. Many a driver with an 'L' plate has had his heart racing and his car stalling at these ubiquitous traffic landmarks. The dictionary calls them 'traffic calming devices'. Calming the traffic? Maybe, but at the cost of perspiration for many driving instructors. Is it a 'roundabout' way of getting back at these much loved professionals?

If you have conjured up a picture in your head of me as head of the ARSE (Anti Roundabout Society of England) or someone who is eager to demean driving instructors then let me assure you that you are wrong. We are all driving instructors in our own right, much to the chagrin of friends in whose cars we choose to negotiate roundabouts on British roads.

I think I flew off on a tangent there. Let's get back to today's business i.e. roundabouts. I have a huge regard for roundabouts. They have taught me a lot about life. They are not just about traffic. They go much deeper. In fact, I would call them a philosophical goldmine.

The most crucial lesson roundabouts have taught me is that there is always someone to your right, someone in a better position than you. More importantly, as we moan and complain about what is on our 'plate' a quick glance to the left makes us feel thankful for we are always much more privileged than millions of others.

Life is not just one roundabout but a series of many many roundabouts and there will always be someone on our right and always someone on our left. The crucial question is whether it is the same people having the right of passage all the time.

Roundabouts in life may appear to slow you down. Perhaps they do, but they make a more level playing field. They teach you to give way to what is right, to whosoever is on the 'right'.

Exiting roundabouts may be classified as an extreme sport by insurance companies. Perhaps it is for those with an L plate! In life you do enter roundabouts and don't know which exit to take. Do you go round again or take any exit? Before committing to an exit, it is sometimes useful to buy some more time till time makes it all much clearer.

Beware, however, of the ones who go round and round with indecision. Life's roundabouts provide windows of opportunity. Please grab them. If you, however, miss them, don't despair. There are many exits to life's roundabouts and many roundabouts to life....

***Author is Consultant Neonatologist and Prof of Perinatal Health in the U.K. and a freelance writer ([mineshkhashu@gmail.com](mailto:mineshkhashu@gmail.com))***



## Sketches

Aabhav Raina





## *KPAE Badminton Championship & Social Event*

3 February 2024

We are thrilled to report on the success of the KPAE Badminton Championship & Social Event held in February 2024, which was a resounding hit with 70+ players participating including junior players playing a total of 110 matches in parallel on 8 courts. The event brought together members of our community in a spirit of camaraderie and sportsmanship. Thank you to Ashish and Amita Raina for sponsoring the trophies.

A special thank you goes to Abhinav and Leena for securing sponsorship from Tilda, making the post-event social gathering possible. They devotedly cooked meals for over 100 people who stayed back after the badminton matches, ensuring that everyone enjoyed a delightful evening together.

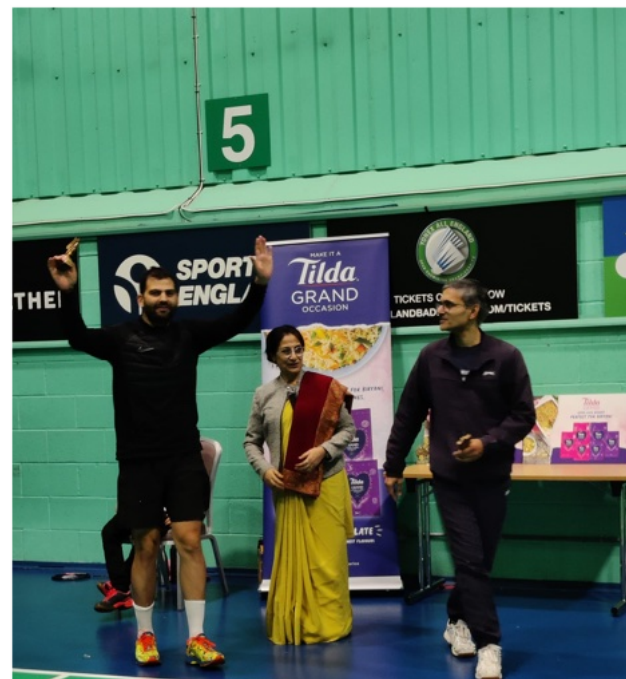
Special shout out to Rajiv and his team for organising and delivering yet another splendid event. BRAVO!!!

















### *Upcoming Events*

- ✳ June 2024: Kheer Bhavani Hawan
- ✳ August 2024: Summer Picnic
- ✳ October 2024: Diwali Dinner & Dance
- ✳ February 2025: Badminton Tournament





**ISBUND** next issue will be in July 2024.

Please do get in touch with us at [isbund@outlook.com](mailto:isbund@outlook.com)