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A parfait media publication

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# CANADA MARKS WORLD REFUGEE DAY WITH SOLIDARITY

The Honourable Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship, the Honourable Anita Anand, Minister of Foreign Affairs, and the Honourable Randeep Sarai, Secretary of State (International Development), today issued the following statement:

“On World Refugee Day, Canada reaffirms its commitment to meet humanitarian needs, address the root causes of forced displacement and find lasting solutions for refugees and other displaced people. We honour their strength and resilience, and recognize the important contributions they make in the communities that welcome them.

In 2024, the number of people forcibly displaced due to escalating conflicts, emerging crises, persecution and the effects of climate change rose to 123.2 million—the highest number ever recorded. Canada welcomed more than 49,000 refugees last year through resettlement programs, including government-assisted, privately sponsored and blended support.

We work with experienced and trusted international partners like the UN Refugee Agency (UNHCR) and the International Organization for Migration to prioritize support for the most vulnerable forcibly displaced populations. From 2024 to 2026, under the government-assisted refugees program, Canada will resettle 12,000 refugees from Africa, the Middle



BC Place’s Northern Lights Display will be lit blue in solidarity with World Refugee Day on June 20. © BC Place



The Right Honourable Mark Carney, Prime Minister of Canada



The Honourable Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship



The Honourable Anita Anand, Minister of Foreign Affairs



The Honourable Randeep Sarai, Secretary of State (International Development)

East and Asia, 4,000 from the Americas and 4,000 from Sudan. This includes women and girls, LGBTQI+ people, religious minorities and those affected by conflict or displacement.

In November, Canada announced \$50.4 million in flexible, multi-year funding to UNHCR over the next four years. This complements Canada’s

ongoing humanitarian assistance to UNHCR, which provides immediate, life-saving support to refugees and other displaced populations worldwide, addressing their urgent humanitarian and protection needs.

Canada continues to support those affected by conflict, including in Sudan. In February 2025, Canada expanded its immigration measures to resettle up to 4,000 Sudanese government-assisted refugees by 2026 and an additional 700 refugees through private sponsorship. We are also increasing family-based permanent residence spaces from 3,250 to over 5,000 applications. These efforts will help about 10,000 individuals find safety and opportunity in Canada.

By welcoming refugees, we reaffirm Canada’s values of compassion, human rights and inclusion. Together, we are building a stronger, more resilient country—one where everyone can thrive in safety and peace.”

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# Remembering the Fathers We Lost on Father's Day and Beyond

"If there ever comes a day when we can't be together, keep me in your heart. I'll stay there forever." - *Winnie the Pooh*

Although a profound insight into grief coming from a cartoon character, it holds a deep meaning for people like me who have experienced the loss of their father during times like Father's Day. In my case, it was losing my dad, Kanapathipillai Thirukumaran around this time two years ago on June 16, 2023.

Father's Day, a special day to commemorate the wonderful dads, uncles, grandfathers, and other male father figures around the globe, feels different for those impacted by the loss of their own father. In that sense, this story is offered as a guide into navigating the raw complexities of grief that can be magnified during occasions such as this.

Briefly, Father's Day will be held on June 15, 2025, and I still feel the freshness of his passing. As I recall last year, it felt difficult to cope with this day as there is a tinge of loneliness in our emotions



in being fed the barrage of messages, words and images of fathers and their children. Even outside of occasions like Father's Day, the thoughts and memories of my dad often boil up to the surface such as going through and organizing his old belongings. However, the timing of Father's Day has me delving deeper into my relationship with my dad and my characterization of him as a person overall.

My perception of my dad during his last few years have shifted in a way where I recognize the humanness in his experiences during his own relationship with grief, in losing his wife. At the time, it felt like he was burying his feelings and continuing with his routine and regular life. Now that I reflect through the lenses of my own experiences, I could see that it was his attempt at maintaining predictability through routines.

Grief is a very isolating experience, and it is important to know that during these intense moments of grief or sadness that you do not isolate yourself; it is encouraged that you seek out the love and care of other friends, family members, and acquaintances. At the same time, it's important to give yourself permission to feel the unpleasant feelings of grief because that just demonstrates the strength and power of love you had for your dad, the bond that you shared together. Over the past two years, I witnessed how diverse grief can express itself. It could range from the emptiness to hysterical crying. And growth for me was accepting that both are equally valid.

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Further, I have been trying to educate myself on grief in the recent times, as an effort to build an understanding and connect more with myself. And it was enlightening to learn that grief has the potential to express itself physically on a person, like through weakened immune function, digestive issues, fatigue, difficulty sleeping and even a heart attack on a person who left these feelings unacknowledged. This is not to say that grief directly contributed to my dad's passing but may have played a role in causing his illness. Providing a space to allow those grieving to express themselves are incredibly important. Despite the circumstances, my dad managed to find that space from within to properly express himself to a certain point, and I am all the more grateful for it. Moreover, fluidity of grief is an important concept that has characterized my personal experiences in managing the losses of my dad and mom. One of the most popular models of grief outlines the five stages of grief, involving denial, anger, bargaining, depression, and acceptance. However, it is important to understand and accept the fluidity of grief, which doesn't follow the set stages in no consequential order. It catches us off guard when it almost felt like it was all over.

Grief is a deeply personal experience that demands the time and space that it deserves. It will be the second year of living through Father's Day without my dad. Grief has been a complex but meaningful experience that I am navigating. I have yet to see what this Father's Day will bring, but trust that the feelings and experiences that emerge beneath the surface will contribute to my own healing.

Printing the Winds of Change around us All lands home, all men kin.

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CANADA NEWS 

**TORONTO MARKS ONE YEAR TO FIFA WORLD CUP 26™ WITH SOCCER DAY CELEBRATION AT NATHAN PHILLIPS SQUARE**

On June 12, 2025, the City of Toronto celebrated a major milestone on the road to FIFA World Cup 26™ by hosting Soccer Day in Toronto: One Year to Kick-off for Canada's Men's National Team at Nathan Phillips Square.

The public event marked exactly one year until Toronto hosts its first FIFA World Cup™ match and featured the unveiling of the official FIFA World Cup 26™ Toronto Countdown Clock, now installed on the square through to the end of the tournament next year. To mark the occasion, Mayor Olivia Chow proclaimed June 12 as the first-ever Soccer Day in Toronto.

Residents, visitors and members of the soccer community gathered in the heart of the city to celebrate the countdown and Toronto's role as a Host City. The celebration featured live music, soccer demonstrations, food trucks, giveaways and more. Torontonians wore their favourite soccer jersey, or red and white clothing for Canada and showed their soccer spirit.

Mayor Olivia Chow was joined by Chief Claire Sault of the Mississaugas of the Credit First Nation, Adam van Koeverden, Secretary of State for Sport, Peter Montopoli, Chief Tournament Officer, FIFA 2026 Canada, Knowledge Keeper Daniel Secord and youth soccer participants from across the city to mark the one-year countdown.

During the event, Mayor Chow spoke about the City's preparations for the FIFA World Cup 26™ and announced the development of new mini pitches across Toronto as part of the Soccer for All Legacy Program, a long-term initiative to build a more inclusive and equitable city through sport. The FIFA World Cup™ provides a unique opportunity to expand access, build community capacity and create opportunities for every young person to reach their full potential through investments in:

- Safe, local play spaces in equity-deserving neighbourhoods
- Free programming that develops players, leaders and coaches
- Pathways to training and employment in sport
- The revitalization of Centennial Park, a welcoming public space for youth, families and residents to gather and connect

This moment is the beginning of a legacy rooted in access, equity and opportunity, creating strong communities where every young person can play, grow and thrive. Locations for the mini pitches

will be announced later. To date, the City has raised \$2 million through private donations.

**FIFA World Cup 26™**

The tournament begins in Mexico City on Thursday, June 11, 2026 and concludes with the final match in New York/New Jersey on Sunday, July 19, 2026. Toronto will host six matches during the FIFA World Cup 2026™, beginning with the first-ever men's FIFA World Cup™ match on Canadian soil on Friday, June 12, 2026 and a round of 32 match on Thursday, July 2, 2026. Funding and services provided by the Government of Canada and Province of Ontario will contribute to enhancing the necessary infrastructure and logistics in delivering Toronto's matches and ancillary events for the FIFA World Cup 2026™.

In December 2024, FIFA released an economic impact assessment, prepared by Deloitte Canada, estimating that FIFA World Cup 26™ could generate up to \$940 million in positive economic output for the Greater Toronto Area. This includes a projected \$520 million in GDP growth, \$340 million in labour income and \$25 million in government revenue. The tournament is also expected to create more than 6,600 jobs between June 2023 and August 2026, providing a substantial boost to the region's economy.

Pre-registration for FIFA World Cup 26™ ticket information is available through FIFA's official ticketing platform: [www.FIFA.com/tickets](http://www.FIFA.com/tickets).

Fans can also get involved by registering their interest to volunteer for the FIFA World Cup 26™ in Toronto at <https://volunteer.fifa.com/register> and be the first to know when volunteer applications open in August.

**Quotes:**

"Today's celebration and countdown clock unveiling capture the spirit of Toronto, a city that is diverse, passionate and united through sport. As we mark Soccer Day in Toronto and count down to the FIFA World Cup 26™, we're proud to showcase our vibrant city to the world. Soccer connects people and when you see the jerseys worn by residents from every corner of the globe, it's clear that Toronto truly is the world in one city. We're ready to welcome the world and ensure this tournament leaves a lasting legacy for our communities." - **Mayor Olivia Chow**

"With just one year to go until the FIFA World Cup 26™, the excitement is building and Canada is ready. Hosting this tournament is about more than the game; it's a chance to show the world



who we are: inclusive, ambitious, hard-working and proud. Our government's support is helping bring this global event to life in Toronto and Vancouver, and we hope it inspires young people across the country to dream big and believe in what's possible."

-**The Honourable Adam van Koeverden**, Secretary of State (Sport)

"Sport tourism is a major economic driver for Ontario communities, and as we count down to the start of the FIFA World Cup 2026™ games in Toronto, we are excited to showcase why Ontario is a premier destination for world-class sporting events. Our government is proud to be a partner in delivering this unforgettable event that will create jobs, boost the economy, and celebrate the unifying power of sport."

- **Neil Lumsden**, Ontario Minister of Sport

"Every team that will compete in FIFA World Cup 26™ will be a home team in Toronto, a reflection of the city's incredible diversity. Soccer Day is about more than celebrating the beautiful game or counting down to the biggest sporting moment in our nation's history. It's a chance for Torontonians to proudly wear their heritage on their sleeves, with a maple leaf over their hearts."

- **Peter Montopoli**, Chief Tournament Officer, FIFA World Cup 2026 (Canada)

Toronto is home to more than three million people whose diversity and experiences make this great city Canada's leading economic engine and one of the world's most diverse and livable cities. As the fourth largest city in North America, Toronto is a global leader in technology, finance, film, music, culture, innovation and climate action and consistently places at the top of international rankings due to investments championed by its government, residents and businesses. For more information, visit [www.toronto.ca](http://www.toronto.ca) or follow us on X at [www.x.com/cityoftoronto](http://www.x.com/cityoftoronto), on Instagram at [www.instagram.com/cityofto](http://www.instagram.com/cityofto) or on Facebook at

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## Roy Ratnavel, Political Prisoner and Civil War Survivor, and Sue Nathan Donate \$1 Million to Scarborough Health Network to Support Mental Health

Roy Ratnavel survived a civil war; a political prisoner at age 17 in Sri Lanka. At 18, he moved to Canada, settling in Scarborough. After building a successful career in finance, he later shared his story in the memoir *Prisoner #1056*.



Roy knows firsthand how trauma can affect mental health – and now, he and his wife Sue Nathan are giving back to the Scarborough community. **In May, Scarborough Health Network Foundation (SHN) welcomed a generous \$1 million donation from Roy Ratnavel and Sue Nathan.** Their donation will support inpatient mental health services at Birchmount Hospital.

“We are inspired by Roy’s story and incredible resilience, and grateful to Roy and Sue for their commitment to improving mental health care in Scarborough,” said Alicia Vandermeer, President & CEO of SHN Foundation. “This donation will make a substantial difference in the lives of individuals and families facing mental health challenges.”

The donation will specifically support the expansion of inpatient mental health at Birchmount Hospital, supporting vulnerable individuals with persistent mental health conditions and other complex health needs. As Ontario’s second-largest community-based mental health program, SHN supports over 65,000 outpatients, 7,500 inpatients, and more than 10,000 referrals annually.

These staggering numbers highlight the critical importance of accessible, equitable, and stigma-free mental health care for the diverse Scarborough community.

Roy and Sue have witnessed firsthand the barriers to mental health care that many individuals face, particularly within the Tamil community, where accessing mental health supports can be difficult to discuss.

“It’s crucial that we address the mental health needs of our community with compassion and understanding,” said Ratnavel. “Sue and I are proud to support Scarborough Health Network in their vital work. My own experiences have shown me the importance of accessible and culturally sensitive mental health support, and we hope this gift will help to break down barriers and reduce stigma.”

SHN is profoundly grateful to Roy Ratnavel and Sue Nathan whose gift supports the historic *Love, Scarborough* campaign.



*Pictured above: Sue Nathan and Roy Ratnavel*



[SHNFoundation.ca](http://SHNFoundation.ca)



# Dear Sue Nathan and Roy Ratnavel,

**Thank you for giving back to Scarborough.**

We are profoundly grateful for your incredible \$1 million donation to support mental health care at Scarborough Health Network.

Roy, your powerful journey from Tamil teen political prisoner in Sri Lanka to successful Canadian business executive and bestselling author is inspiring; and Sue, your commitment and dedication to supporting the neurodiverse community here in Scarborough deeply resonates with us. We are touched that your family's health experiences sparked this extraordinary act of generosity.

The **Nathan | Ratnavel Unit** will be a vital space within a new inpatient mental health centre at Birchmount Hospital. This unit will support vulnerable patients with persistent mental health conditions and other complex health needs, offering compassionate and culturally sensitive care.

Your gift directly addresses the barriers your own family has overcome, creating a legacy of hope right here in Scarborough.

Thank you for your visionary support and making a tangible difference in the lives of so many in Scarborough and beyond.

Love,  
Scarborough

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## CANADA NEWS

# ABBVIE AND U OF T MISSISSAUGA'S SPINUP ANNOUNCE NEUROPEUTICS INC AS FIRST ABBVIE BIOTECH INNOVATORS AWARD RECIPIENT

• **Following a national competition, AbbVie and SpinUp – the University of Toronto's lab-based, life sciences accelerator – announce Neuropeutics Inc as recipient of first AbbVie Biotech Innovators Award**

• **Neuropeutics Inc receives a year of laboratory space and equipment at no cost, as well as access to support and mentorship**



Neuropeutics Inc CSO & co-founder Dr. Janice Robertson (left) and Dr. Marc Shenouda, CEO & Co-Founder. (CNW Group/AbbVie Canada)

AbbVie (NYSE: ABBV) in partnership with the University of Toronto's SpinUp, are pleased to announce Neuropeutics Inc as the recipient of the AbbVie Biotech Innovators Award, a national prize to help foster innovation and support growth in Canada's life sciences sector. Following a competitive selection process, the award, funded by AbbVie, has been granted to Neuropeutics Inc for developing small molecules preventing and reversing protein aggregation as therapeutics for neurodegenerative diseases.

"We are delighted to have this opportunity to collaborate with a global biopharmaceutical company such as AbbVie, and the University of Toronto's SpinUp, to advance Neuropeutics' therapeutic research and development across multiple neurodegenerative diseases. At Neuropeutics, we are committed to developing targeted therapies to extend neurodegenerative disease patients' survival and improve their quality of life. This award allows us to pursue that mission with greater momentum," said Dr. Marc Shenouda, CEO & Co-Founder of Neuropeutics Inc.

Neuropeutics Inc's scientific entrepreneurial spirit directly aligns with the mandate of the AbbVie Biotech Innovators Award to foster research, innovation and growth within Canada's life sciences sector. A hallmark of neurodegenerative diseases is protein aggregation. One such protein is TDP-43, a normally nuclear DNA/RNA binding protein, which in disease conditions becomes mislocalized and forms cytoplasmic aggregates causing neuronal toxicity. Neuropeutics Inc has developed a novel strategy to address diseases such as: Amyotrophic Lateral Sclerosis (ALS), Frontotemporal dementia, Alzheimer's

disease, Huntington's disease and Parkinson's disease.

"It was impressive and motivating to see the variety of entries and the calibre of early-stage biotech companies who applied for the Award. We thank all who participated in this life science competition," said Rami Fayed, Vice President and General Manager of AbbVie Canada. "After a rigorous evaluation process, it is with great pleasure that we are announcing that Neuropeutics has been named the recipient of the AbbVie Biotech Innovators Award for its pioneering work in neurodegenerative diseases. We look forward to supporting the journey of Neuropeutics, in collaboration with SpinUp, to accelerate their efforts to deliver life-changing innovation to patients."

"Congratulations to Neuropeutics on being the first AbbVie Biotech Innovators Award recipient, and welcome to SpinUp – the University of Toronto's wet lab incubator," said France Gagnon, Vice-Principal, Research and Innovation at the University of Toronto Mississauga. "This is the place where the potential of Neuropeutics' work in neurodegenerative diseases can be realized and the impact on life sciences can be game changing. We are pleased to collaborate with AbbVie, a global leader in the biopharmaceutical industry, to offer this unique opportunity to this competitively chosen startup."

The AbbVie Biotech Innovators Award was launched in 2024 in collaboration with SpinUp, a purpose-built laboratory for chemistry and biological work – or wet lab – incubator at the University of Toronto. The Award is to support early-stage Canadian biotechnology startup companies with the potential

to generate transformational therapies in areas that align with AbbVie's therapeutic areas of focus: immunology, oncology, neuroscience, and eye care. Neuropeutics Inc will receive a year of laboratory space at no cost, in addition to access to SpinUp's core equipment, services, entrepreneurship programming, and research talent community at the University of Toronto. Neuropeutics Inc will also benefit from mentorship by AbbVie's scientific and business executives.

For more information on the AbbVie Biotech Innovators Award, please visit: <https://spinup.utm.utoronto.ca/biotech-innovators-award/>.

### About AbbVie

AbbVie's mission is to discover and deliver innovative medicines and solutions that solve serious health issues today and address the medical challenges of tomorrow. We strive to have a remarkable impact on people's lives across several key therapeutic areas – immunology, oncology, neuroscience, and eye care – and products and services in our Allergan Aesthetics portfolio. For more information about AbbVie, please visit us at [www.abbvie.ca](http://www.abbvie.ca). Follow AbbVie Canada on Instagram or find us on LinkedIn.

### About SpinUp

SpinUp is the first wet lab startup incubator at the University of Toronto, Canada's leading centre for learning and discovery and one of the world's top-two universities for health science productivity. SpinUp is purpose built to drive life science innovation. It offers early-stage start-ups access to outstanding and highly subsidized wet lab space, equipment, entrepreneurship programming and expertise at a brand new, state-of-the-art research facility at U of T's Mississauga campus. Visit our website at [spinup.utm.utoronto.ca](http://spinup.utm.utoronto.ca) and connect with us on Instagram and LinkedIn. SpinUp is proudly part of U of T Entrepreneurship, a network of 12 accelerators across three campuses. Over the past 10 years, this network has supported more than 1,200 capital-backed companies, which have created 17,000 jobs and raised \$12 billion in external investment. U of T now launches more research-based start-ups than any university in North America outside of MIT. The AbbVie Biotech Innovators Award is part of U of T Mississauga's Blue Ticket program at SpinUp, which provides a one-year SpinUp membership.

### About Neuropeutics Inc

Neuropeutics is a for-profit Canadian pharmaceutical company developing targeted therapies to extend neurodegenerative disease patients' survival and improve their quality of life. To learn more, please visit us at [www.neuropeutics.ca](http://www.neuropeutics.ca), contact us at [info@neuropeutics.ca](mailto:info@neuropeutics.ca), and connect with us on [LinkedIn](#).

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**CANADIAN INTERNATIONAL AIR SHOW RETURNS**

## **FOR 76TH YEAR OF AERIAL EXCELLENCE**

The Canadian International Air Show (CIAS) returns this Labour Day weekend, continuing its legacy as North America's longest-running air show with its 76th annual event.

The 2025 show will feature a mix of longtime favourites and high-powered performers, including the Canadian Forces Snowbirds, the CF-18 Demonstration Team, the F-35 Demonstration Team, and the Ministry of Natural Resources CL-415 Water Bomber.

"It's always an honour to bring the Canadian International Air Show back to Toronto's waterfront," said Lori Duthie, Executive Director of the Canadian International Air Show. "This event has been part of the city's story for more than 75 years, and it means a lot to see generations of families come together to experience it. This year's lineup includes performers our audiences know and love, along with some new additions we're excited to welcome. It's more than just a show; it's a tradition, and we're proud to carry it forward."

First held in 1946, CIAS remains the longest-running air show in North America, attracting over one million

people each year. The show is part of Toronto's Labour Day tradition, offering three days of aerial demonstrations, historical tributes, and hands-on experiences for all ages.

This year's program will feature a mix of cutting-edge demonstrations and tributes to aviation history, including:

- Be amazed by Canadian pilot Luke Penner as he makes his CIAS debut performance.
- Catch the return of Trevor Rafferty and his homebuilt Pitts 12, a 400-horsepower machine modeled after 1930s barnstormers.
- See the Ministry of Natural Resources' impressive CL-415 Waterbomber in action.
- Visit the expanded free STEM Zone, featuring life-size aircraft displays, cutting-edge VR experiences, and aerospace-themed exhibits.
- Meet some of the show's featured performers at scheduled appearances.
- Indulge in a selection of local eats at our food truck zone and refreshments at the Refuelling Station.
- Make the most of your day with same-day admission to the CNE grounds included with your Air Show tickets.

- \*NEW Skydeck Cruise VIP experience for a prime viewing position on a private yacht.

Tickets are flying out the door and can be purchased at [www.cias.org](http://www.cias.org). Tickets are available in three package options, General Admission, Flight Deck and the new Skydeck Cruise, all which guarantee the best possible views and provide VIP opportunities for attendees.

Visit [www.cias.org](http://www.cias.org) and follow CIAS on Instagram, Facebook, and X for updates and further announcements. Use #CIAS25 to join the conversation.

### **ABOUT THE CANADIAN INTERNATIONAL AIR SHOW:**

The Canadian International Air Show (CIAS) is Canada's largest and longest-running air show, located on Toronto's waterfront. It is a jam-packed air display showcasing modern military jets, vintage warbirds, thrilling aerobatics, and much more. For more information, please visit [www.cias.org](http://www.cias.org).



# Leap Forward in India's Economy

India plays a crucial role in today's world. Its economy is at a pivotal moment in global affairs. Fueled by steady growth, increasing global integration, and vast demographic potential, India has become the world's third-largest economy. This positions the country not only as a major player on the international stage but also as a driving force in Asia and a key regional anchor in South Asia.

## India in the Global Economy

In 2025, India officially overtook Japan and Germany to become the third-largest economy in the world, with a GDP of \$4.19 trillion. It continues to post one of the highest real GDP growth rates among major economies—projected at 6.2% this year, despite a globally slowing economy. India's large population of 1.45 billion, its increasingly urbanized middle class, and young labor force give it a powerful edge.

## India has positioned itself as a hub for:

- Information Technology and Services, with cities like Bengaluru, Hyderabad, and Pune leading the charge.
- Manufacturing, boosted by government initiatives like "Make in India" and Production Linked Incentive (PLI) schemes.
- Startups and Innovation, with India now boasting the third-largest startup ecosystem in the world.

India's growing economic influence is also reflected in global diplomacy. It plays a larger role in organizations such as the G20, BRICS, and QUAD, and is increasingly viewed as a counterbalance to China in global supply chains.

## India in Asia

In the broader Asian context, India is now second only to China in terms of economic size. While China remains dominant, India is carving out a unique space:

- In Southeast Asia, Indian investments are increasing, and strategic ties through maritime security and trade partnerships are deepening.
- In West Asia, India remains a major importer of oil but is also expanding bilateral relations, especially with the UAE and Saudi Arabia.
- In East Asia, India offers a democratic alternative to China's model, attracting attention for its open markets and rule-based system.

While China's economy is nearly five times larger, India's faster growth rate, demographic advantage, and rising manufacturing base are helping it close the gap.

## India in South Asia

In South Asia, India is by far the largest and most influential economy. It contributes more than 70% of the region's GDP, and its economic stability provides a buffer for neighboring countries facing financial difficulties.

India plays a critical role in regional infrastructure, trade, and energy initiatives:

- Trade and Connectivity: Through projects like BBIN (Bangladesh-Bhutan-India-Nepal) and the India-Myanmar-Thailand highway, India is fostering intra-regional trade.
- Energy Diplomacy: India supplies electricity to countries like Nepal and Bhutan and is exploring renewable energy

partnerships across the region.

## Sri Lanka's Economy

Sri Lanka's economy has faced significant challenges stemming from its over-reliance on tourism, tea exports, and remittances, unlike India's more diversified economic base. The COVID-19 pandemic severely impacted tourism, triggering a foreign exchange crisis. The country also borrowed heavily from international markets and

bilateral lenders, particularly China, often without investing in productive assets. Notably, infrastructure projects like the Hambantota Port, funded by Chinese loans, failed to generate sufficient returns, plunging Sri Lanka into a debt trap. Policy missteps further compounded the crisis, including the

2021 ban on chemical fertilizers that led to agricultural collapse and food shortages. Additionally, poor fiscal discipline and abrupt tax cuts weakened government revenue. Political instability, fueled by corruption, nepotism, and ineffective governance, eroded public trust and sparked widespread protests, ultimately forcing the president to flee the country in 2022.

## Indian Economic Reforms

Since the 1991 economic reforms, India has steadily opened up its economy, boosting investor confidence and reducing bureaucratic hurdles. Recent initiatives such as the Goods and Services Tax (GST), the Insolvency and Bankruptcy Code, and advancements in digital infrastructure like the Unified Payments Interface (UPI) have further improved the business environment and helped formalize the economy. India has also emerged as a global leader in IT and business process outsourcing, generating billions in exports and creating numerous white-collar jobs. Tech hubs like Bengaluru and Hyderabad are at the forefront of innovation and digital growth. With a diverse economy spanning agriculture, manufacturing, services, and technology, India has shown resilience by effectively pivoting between sectors during global disruptions such as the COVID-19 pandemic, allowing it to absorb economic shocks better than many more specialized economies.

## India and Sri Lanka

India and Sri Lanka share deep historical, cultural, and economic ties, but their economic trajectories have sharply diverged in recent years. While India is surging forward, Sri Lanka has been grappling with economic crisis and recovery. The island nation defaulted on its foreign debt in 2022, facing widespread inflation, shortages, and economic contraction. As of early 2025, Sri

Lanka remains under an IMF-supported program aimed at stabilizing its economy.

India's rise is not just about numbers. It represents a shift in global power dynamics, with developing economies leading the next phase of growth. Challenges remain—including income inequality, unemployment, and environmental degradation—but India's trajectory is promising. With continued investment in education, infrastructure, and innovation, India is on track to become

## Key Economic Indicators: China vs. India vs. Sri Lanka (2025)

Factor	China	India	Sri Lanka
GDP (2025)	\$19.23 trillion	\$4.19 trillion	~\$85–90 billion
Global GDP Rank (2025)	#2	#4 (close to #3)	~#70
Real GDP Growth (2025)	4.0%	6.2%	~2.3% (projected)
Population (2025)	~1.41 billion	~1.45 billion	~22 million
GDP per Capita (USD)	\$13,690	\$2,880	~\$3,800 (estimated)
Economic Model	State-driven, export-heavy	Mixed economy, service-driven	Import-dependent, tourism-reliant
IMF Special Drawing Rights (SDR)	~30,482 million (2024 estimate)	13,705.95 million	2.61 million
IMF Debt Reliance	Low	Very low	High (over 1,500 million SDR in debt)
Global Influence	Superpower, major creditor	Emerging global power	Limited, recovering economy
Tech & Innovation	Strong in hardware, AI, exports	Strong in IT, startups, services	Limited, needs investment
Challenges	Aging population, debt, real estate crisis	Unemployment, inequality, infrastructure gaps	Debt, inflation, political instability

a \$10 trillion economy by the early 2030s. In Asia and South Asia, its leadership role will continue to expand, bringing new opportunities—and responsibilities.

## Conclusion

India's rise as a global economic giant is reshaping the world's financial and geopolitical landscape. As it strengthens its position across Asia and leads South Asia economically, it offers a blueprint for resilience, scale, and strategic reform. For countries like Sri Lanka, India's story is both a partner's hand and a cautionary tale—showing what sustained growth, good governance, and diversification can achieve.

## Writer:

Visvalingam Muralithas is a researcher in the legislative sector, specializing in policy analysis and economic research. He is currently pursuing a PhD in Economics at the University of Colombo, with a research focus on governance, development, and sustainable growth. He holds a Bachelor of Arts in Economics (Honours) from the University of Jaffna and a Master's degree in Economics from the University of Colombo. His academic background is further strengthened by postgraduate diplomas in Education from the Open University of Sri Lanka and in Monitoring and Evaluation from the University of Sri Jayewardenepura. In addition to his research work, Muralithas has contributed to academia by teaching economics at the University of Colombo and the Institute of Bankers of Sri Lanka (IBSL), and has also gained industry experience as an investment advisor at a stock brokerage firm affiliated with the Colombo Stock Exchange.



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*Phyllis Diller*



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# COMMUNITIES ACROSS CANADA LACE UP TO SUPPORT WOMEN'S MENTAL HEALTH THROUGH SHOPPERS DRUG MART RUN FOR WOMEN MARKHAM



Shoppers Drug Mart team present Oak Valley Health and Markham Stouffville Hospital Foundation with the Run for Women Markham event proceeds of \$461,000! L-R: Teresa Givelas, Patient Care Manager, Outpatient Mental Health, Oak Valley Health, Craig McOuat, Board Chair, MSH Foundation, Allan Bell, VP, Community Relations & Corporate Partnerships, MSH Foundation, Dr. Amir Barsoum, Chief of Psychiatry, Oak Valley Health, Niki Playter, Cosmetic Technology Manager, Vany Zahraei, Senior Specialist, Beauty Operations, Shoppers Drug Mart, Suzette Strong, CEO, MSH Foundation, Mark Fam, President & CEO, Oak Valley Health, Jason Lo, District Manager, GTA North, Shoppers Drug Mart, Brandon Marmara, District Manager, Shoppers Drug Mart and Benz Saadat, Front Store Specialist - GTA North, Shoppers Drug Mart.

**M**ARKHAM, ON – On May 25, 2025, over 1,800 supporters laced up their running shoes to participate in the 13th annual Shoppers Drug Mart Run for Women in support of Oak Valley Health's Markham Stouffville Hospital (MSH). Shoppers Drug Mart and the Shoppers Foundation for Women's Health announced this year's event raised \$461,000 to date. These funds will continue to support Women's Wellness programs through the Gulshan & Pyarali G. Nanji Mental Health Services at the hospital.

The Shoppers Drug Mart Run for Women began in 2012, and is the largest event series in Canada dedicated to women's mental health, taking place in 18 cities across the country. Women continue to disproportionately experience impacts to their mental health. MSH Foundation and Shoppers Drug Mart aim to help by bringing communities together to support women on their mental health journey.

"The mental health services at MSH were my refuge when I desperately needed one," says Suzanne Crone,

grateful MSH patient and event guest speaker. "I felt like a new person — something big had shifted inside me. The team saved my life."

Government can't fund all of MSH's top priority needs. Dynamic partnerships, coupled with community investment, enable the hospital to develop specialized programs to meet the needs of our growing, aging, and diverse community.

"Funds raised directly benefit patients by enabling our expert team of mental health care providers to deliver and grow programs that offer women the unique support they need," says Suzette Strong, CEO, MSH Foundation. "Thank you, Shoppers Drug Mart, for championing women's mental health in our community, and raising over \$2 million for the hospital, to date."

The hospital's Women's Wellness Program facilitates more than 1,200 patient visits a year, and offers a variety of services which include Art Therapy Group, Mindfulness-Based Stress Reduction Group, Interpersonal Psychotherapy Group, and a support group for women who have been

identified with, or are at risk of postpartum depression. These programs are open to all existing patients of Oak Valley Health through referral.

"Every year the need for mental health services is growing," says Teresa Givelas, Patient Care Manager, Outpatient Mental Health, Oak Valley Health. "The Shoppers Drug Mart Run for Women, and all who make this event possible, are helping us change the landscape of mental health care for the women in our community, throughout every stage of their lives. Our teams rely on donor support to continue to provide exceptional mental health care and access to programs dedicated to women's wellness."

There is still time to support women's mental health in the community. Until July 1, 2025, all donations made towards the Markham run (up to \$50,000) will be matched by generous, long-time MSH supporters, The Nanji Family Foundation.

**Donate online at**  
[www.runforwomen.ca/Markham](http://www.runforwomen.ca/Markham)



# HEALTH & WELLNESS



Suzanne Crone, grateful patient of Markham Stouffville Hospital's Gulshan & Pyrali G. Nanji Mental Health Services, takes the stage to share her personal story of healing. L-R: Suzanne Crone, Grateful Patient, MSH and Suzette Strong, CEO, MSH Foundation



The Nanji Family Foundation presents cheque for \$50,000 to MSH Foundation to match donations made to Run for Women Markham. L-R: Nimi Nanji-Simard, The Nanji Family Foundation, Shemine Maharaj, The Nanji Family Foundation, Suzette Strong, CEO, MSH Foundation and Mark Fam, President & CEO, Oak Valley Health



Markham Mayor, Frank Scarpitti, presents certificate of appreciation to the Nanji Family Foundation and Shoppers Drug Mart. L-R: Reid McAlpine, Markham Ward 3 Councillor, Frank Scarpitti, Markham Mayor, Nimi Nanji-Simard, The Nanji Family Foundation, David Markwell, interim President, Shoppers Drug Mart, and Michael Chan, Markham Deputy Mayor.



Team Walkie Talkies from Oak Valley Health's Markham Stouffville Hospital's Gulshan & Pyrali G. Nanji Mental Health Services



Suzanne Crone, MSH Grateful Patient with Dr. Rustom Sethna, Psychiatrist, Oak Valley Health



MSH mascot, Dr. Bear, leads the Children's 1k run!

## About Markham Stouffville Hospital Foundation:

Markham Stouffville Hospital Foundation exists to enable the growth of Oak Valley Health's Markham Stouffville Hospital (MSH) by raising funds and awareness for its ongoing priorities and needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at MSH.

About the Shoppers Drug Mart Run for Women:

The Shoppers Drug Mart Run for Women brings communities together in support of local women's mental health programs to make communities healthier. Run for Women is a 5K Run/Walk, and 10K Run taking place in 18 cities across Canada. Since 2012, over 195,000 participants have helped raise approximately \$20 million for women's mental health programs across Canada.



## COMMUNITIES ACROSS CANADA LACE UP TO SUPPORT WOMEN'S MENTAL HEALTH THROUGH SHOPPERS DRUG MART RUN FOR WOMEN MARKHAM



Oak Valley Health's Markham Stouffville Hospital's Dr. Bear helps kick start the Kids 1K.

Today, over 1,300 community supporters came together for the third annual Stouffville Main Street 5K. The Town of Stouffville and the Office of Mayor Iain Lovatt hosted the event with Oak Valley Health's Markham Stouffville Hospital (MSH) as the chosen beneficiary. An incredible \$330,000 was raised through today's run and through Mayor Lovatt's Charity Golf Classic.

The Stouffville Main Street 5K is an annual family walk/run held on Father's Day for both recreational and competitive participants. The event raises awareness and funds towards MSH and the programs and services it offers to Stouffville and surrounding communities.

"The Stouffville Main Street 5K has now become one of Stouffville's favourite events. This community has shown up year after year to raise much needed funds for our hospital, the Markham Stouffville Hospital," says Mayor Lovatt. "We're very happy to support such a worthy cause."

Health care's complex landscape is changing, along with our growing,

diverse community. Government can't fund all of the hospital's priority needs. MSH is committed to delivering best-in-class, integrated care, and community



Mayor Iain Lovatt, Town of Stouffville present a cheque of \$330,000 – the proceeds from his Annual Golf Classic and today's Stouffville Main Street 5K – to The Markham Stouffville Hospital Foundation, Allan Bell, Vice President, Community Relations & Corporate Partnerships, Suzette Strong, CEO, MSH Foundation and Dr. Bear, Mascot.

investment makes all the difference. Participation in fundraising initiatives like the Stouffville Main Street 5K helps equip MSH's award-winning staff with leading-edge technology to help provide the best patient outcomes possible.

"Markham Stouffville Hospital is celebrating its 35th anniversary this year. The hospital began construction on land that was so generously donated by Arthur Latcham, a Stouffville resident. We've come so far in 35 years, thanks in large to communities as generous and supportive as this one, that enable MSH to remain on the cutting-edge of patient care," says Suzette Strong, CEO, MSH Foundation. "Thank you, Mayor Lovatt, Council, and the Stouffville community, for helping to bring a lifetime of care close to home."

The run was led by Stouffville's own award-winning young athlete, Sawyer Nicholson, and MSH's mascot, Dr. Bear. Draws were held and winners were announced for various prizes including VIP passes to Treetop Trekking Stouffville, free classes at Pivot Functional Fitness and F45 Stouffville,



# HEALTH & WELLNESS



MSH's Dr. Bear with Sawyer Nicholson, award winning young athlete and Stouffville resident.

and free tickets to this year's Canadian National Exhibition.

Donations are still being accepted until July 1, 2025 and can be made online at:

<https://raceroster.com/events/2025/93665/stouffville-main-street-5k/fundraising-organization/61543#event-description>

### About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to enable the growth of Oak Valley Health's Markham Stouffville Hospital (MSH) by raising funds and awareness for its ongoing priorities and needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at MSH. ([mshf.on.ca](http://mshf.on.ca))

### About the Town of Stouffville

Nestled in the rolling hills of the Oak Ridges Moraine, the Town of Stouffville

combines rural charm with urban convenience. Our diverse community of nearly 50,000 residents thrives on rich cultural heritage and modern amenities. Home to over 26,000 labor force members, our economy spans high-tech industries, manufacturing, agriculture, and tourism. We boast seamless connectivity to the Greater Toronto Area through major transportation routes and public transit.

Our vibrant, family-oriented town offers numerous programs, events, and attractions, including Nineteen on the Park, Bruce's Mill Conservation Area, and annual festivals like RibFest and the Strawberry Festival.

Embracing both natural beauty and urban growth, Stouffville provides an exceptional quality of life for residents and a welcoming environment for businesses and visitors alike. For more information, visit [townofws.ca](http://townofws.ca)



Stouffville Pharmasave's owner, Nayan Patel and daughter Ella celebrate Father's Day at the 2025 Stouffville Main Street 5K benefiting Oak Valley Health's Markham Stouffville Hospital.



Team Burtman returns! Rajen Sanghvi (top middle) and his family, grateful patients and supporters of MSH, return for the third Main Street Stouffville 5K.



Craig McOuat, Board Chair, MSH Foundation (middle) with his wife (L-R), Karen and daughter, Katelyn beside Dr. Bear and Suzette Strong, CEO, MSH Foundation.



Allan Bell, Vice President, Community Relations & Corporate Partnerships, Dr. Dr. Subarna Thirugnanam, Intensivist, Oak Valley Health and Board Director, MSH Foundation with Suzette Strong, CEO, MSH Foundation.



# “The Pride and Price for Having a Flag Carrier or **National** Airline is ...??”

By: Kane Siva

I remember studying a textbook, for English Literature in Grade 9, at Jaffna Central College, “Pride and Prejudice” by Jane Austen, which promoted my thoughts for this Title.

Is this a Slogan or a Birth from 1944, after the Chicago Convention, where members of 55 countries adopted a theme, (I believe so) “Carry Your Flags Globally”, where the “Five Freedoms Agreements” were drafted by ICAO and later adhered to by many countries after the World War 2. Sometimes I wonder whether is it an invention of the bygone era of the aviation industry? I cannot comprehend at this juncture that this will hold any good or logic in the 21st Century with the same fervor as it was when introduced? This may hold good for some but many have fallen down the way side by their own follies, some by natural calamities like Covid and economic meltdown of their country for which the Flag Carrier May Be Responsible also.

National Airline or the Flag Carrier is a Torch Bearer for that country and is always considered a special pride from the 1940s when aviation started to walk in small strides in Asia, Europe, Africa and moreover globally, except USA, who did not have a Flag carrier supported by the government funding and incentives, but of course they have American airlines, United Airlines had Pan Am and TWA, and these airlines benefited by the Bilateral agreements and the Freedom Rights of their country, but the taxpayer \$s were not squandered for the sake of having a Flag Carrier. In the good old days, it came to a point when you don't have a National Flag Carrier, your rating as a Country is looked down and having the Flag Carrier was considered as a status symbol, immaterial whether it was reaping income or not. This was the thinking may be long years back. But does this still hold solid ground?, in this Volatile and Highly competitive market, a serious question to ponder, yonder and wonder. I remember when the former National Carrier of Ceylon, Air Ceylon, was formed in 1947, it was the 3rd or 4th Asian Carrier. Philippine Airlines was the first in Asia, followed by Tata Airlines (now Air India) and Air Ceylon, the latter was forced to close down, the other was acquired for quite sometime by the Indian Government, and now is back in the hands of Tata's again, only the Philippine Airlines is still functioning from its inception. This is in Asia, in the US Pan Am was there and was never claimed by the US as their Flag Carrier, in England BOAC, eventually became British Airways



in 1974, after merging with BEA. When BA started it had an advertising campaign showcasing the patriotic feeling, “Fly The Flag”.

In South Africa, 1934, South African Airways became a flag carrier and it is still in the air whether it is making money or not but for sure it is considered as a “Crown Jewel”, as it displays the country's pride, diversity, culture, technical advancement and many more. I remember Gulf Air was a flag carrier for Gulf Countries, Bahrain (Head quartered), Qatar, UAE, and Oman and eventually, except Bahrain, others invented their own Flag carriers. Qatar Airways, Emirates airlines, Oman Air, were formed to exhibit their pride and prestige. The politicians and the rulers of different countries view the role of the flag carrier differently and have set up different kinds of management style. I have seen too much control, interference by the governments and can be detrimental and counter productive. I can pen this unequivocally citing the experiences happened in my native Sri Lanka, starting with Air Ceylon, Air Lanka and ending up with Sri Lankan airlines where the then Government, and the CEOs mismanaged, manipulated the whole fabric of the airline infrastructure. The airline is almost in a state Bankruptcy and it is being propped up by steamrolling public finances. Some of the flag carriers in the world had their fare share of problems like Malaysian Airlines, South African Airways and are being funded by their governments. South African Airways, is owned by the Government and is still trying to emerge robust, where their economy is on a strong footing. But I came across an article where a former SAS Vuyani Jarana suggested in 2019, “Stop the bleeding” as he felt the airline was performing really bad. The case of Alitalia is a sorry chapter as it melted down quickly after being one of the pioneering European Carriers from 1947. It faced stiff competition from other European Carriers and Budget Airlines and was mismanaged

as the strong system of government was not there. Who knows corruption would have had a big hand like what happened in Sri Lanka? Malaysian airlines had the same issue and it was almost on the verge of bankruptcy few years back and even now must be struggling to make good revenue. Hungary based Malev Air was another airline that could not emerge victorious which started in 1946, folded its wings in 2010. Actually a lot of other airlines including Japan Airlines, struggled soon after Covid and some of them made it out good and for others it was a sad saga. The price the countries pay to have the flag carrier afloat, if they are not making any economic contribution to the national treasury, is huge. But still some poor countries want to keep the flag carrier going as a national pride by throwing the taxpayers money down the drain. It is absolutely a fool hardy business. Forget the national pride, but think of the economy of the country, and don't allow it to Hemorrhage.

Some of the flag carriers are really doing well. Our National carrier, Air Canada previously funded by the government is now managed by private shareholders, except a mere 7% is owned by the Canadian government. I want them to improve their inflight cabin and the customer services so that people will not hesitate to fly the long-haul sectors. I would like to share my admiration for an African Carrier that is in the Horn Of Africa, Ethiopia. Ethiopian airlines is the flag carrier of Ethiopia, a government owned airline, EAL, was born on the 21st December 1945 and started operating flights in 1946 had its ups and downs. But this has been functioning well, under a sterling management team. This airline's history, is a “story of extraordinary success” and I really relish it. Started operation with a couple of Douglas C-47 aircraft, now has a fleet of 150 modern aircraft whose average fleet age is around 8 years and quite a sizable amount in the pipeline to join the existing fleet. I would give credit to all the CEOs who



made this airline a formidable carrier of modern times in an African nation, where corruption is rampant as in some Asian Countries. But what was the secret to their success? I believe it is sheer dedication, patriotism, honesty, sans corruption and the ambition to succeed where many failed. I would like to single out one gentleman, Tewolde GebreMariam, who is recognized as the Legendary CEO. He really catapulted this airline from 33 aircraft to 130 and increased its growth from 1 Billion USD to 4.5 Billion USD. He single handedly built an infrastructure for this group worth more than 700 million USD, with Africa's Biggest Hotel, Aviation Academy, Maintenance Repair and Overhaul RO facility, with a State Of The Art Technology, Flight Simulators and many more. He was loved by many Ethiopians because he mesmerized everyone by the great success he created for Ethiopia and for the airlines. I wished we had someone of his caliber in Sri Lanka to manage our airline. When I look back at our airline industry, it is a pathetic story of going down from Hero to Zero, (Hero because Air Ceylon was the first Asian Carrier to fly to Sydney, Australia in May 1948) which many find it difficult to digest including myself.

The saga of Vietnam Airlines is another incredible tale of modern era aviation. It is like "Rising From The Ashes", after everything was lost for this country during the war. The war ended fortunately in 1975, the Vietnamese government relaunched the airline with sheer determination, dedication, labored with love and propped up this airline to a glittering success beyond anyone's imagination.

Founded in 1955 and was operating flights with soviet made IL-14, propeller aircraft. After the US government lifted the embargo in the 90s, the airline managed to modernise its fleet with modern western aircraft. In November 2021 Vietnam Airlines touched down at San Francisco airport with a Boeing -787 DreamLiner. Vietnam is a country ruined by war now has a total fleet about 100 aircraft, a combination of Boeing and Air Bus industry. By any yardstick Vietnam airlines emerged as a strong Flag carrier in Asia, I would say next to Singapore Airlines.

All the credit goes to Singapore's flag carrier, Singapore airlines, which was prudently managed from its inception in 1972, by Chairman J.Y. Pillay, a no-nonsense Financial Accountant who was solely handpicked by late Lee Quan Yew, who never failed in his mission, was at the helm for 24 years, an undisputed rein, I believe for any airline chairman of the 20th Century. Pillay built Singapore Airlines as a solid breeding ground for Singapore's economy, and to call it as a "Proud Flag Carrier", which is a real Flying Ambassador for the tiny island Singapore. I would fly an extra mile and add this, "Singapore Airlines" demonstrated to the world how an airline should be managed. Of course, with the strict autocratic



government labor unrest and, corruption is nil heard, and which I would say the greatly contributed to its accomplishment and achievement. On-time flights, in flight cabin services, modern fleet, the age of the aircraft maintenance, safety record and many more factors contributed for this airline to be a champion in aviation industry.

The downside of having a flag carrier is the cost drain on the Nation's Coffers and the great humiliation when it goes down if improperly managed. When Swiss Air went down, I remember well what one of the employees said, "All our Swiss values, -Punctuality, Efficiency and High Quality were supposed to be embodied in that airline". Another employee commented this way, "We saw it as our International Calling Card". That was the patriotism attached to the flag carrier. I would suggest if the flag carrier is a sinkhole for that country's economy, the country should adopt an "Open Sky Policy", sans protectionism, and build better infrastructure to welcome more tourists and promote the country's Flag by offering the best of the best in terms of customer care and services. If you stick on for the sake of Nation's Pride with a Flag carrier that is not making money, it is foolishness and the country is on the road to economic meltdown. You will not believe a Lawyer friend of mine in Sri Lanka, Kalubowila, posed this question few months back when I was there "Siva is it necessary to have a National Airline for us?, when it is almost bankrupt and there are no international takers to manage it, knowing our political interference. Actually his question too prompted me 100% to choose this title to pen this. Will leave it to the forum to answer since I don't want a "White Van" sent to me here.(Citing The bygone era) Also there are some carriers which thrive well in this cut throat and crazy market of airline business, that are meticulously managed. The inalienable cost factor for any carrier is the "Black Gold", Aviation Fuel, which is about 30% according to studies. For most of the Middle-Eastern carriers it is like Jam. Most of these carriers offer better inflight services, modern fleet and comfortable travel for passengers in contrast to cash crunched carriers. Also, we have many Budget or Low-cost airlines that are highly competitive with the flag carriers. For the Low-Cost carriers their overheads are at the bare minimum, when compared to some national carriers where it is

run like an employment agency. How can these carriers survive? Some flag carriers have a uniformity in their fleet selection and some have it like a pickle. Different countries have different models. But I strongly believe if any country wants to have their failing flag carriers flying, they must set up an independent private management group to manage the carrier, and zero policy of meddling from the government and politicians. They should fly the Country's flag and must work out a profit sharing scheme to make money for the country. This arrangement will save money, embarrassment, and lots of heartache for the country. You, as a country, can formulate a model with the private sector that is best suited and at the same time to make revenue for your country.

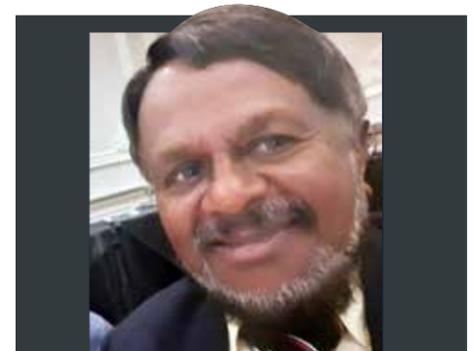
Keep The Flag Carrier Flying as long as "It is Flying in Money to The Coffers. Otherwise think thrice.

As usual I want to sum it up with an appropriate quote for the situation that I narrate.

#### Quoting Goethe, on "Action":

*Like The Star,  
That shines Afar,  
Without Haste  
And Without Rest,  
Let Each Man Wheel With  
Steady Sway*

**Round The Task That Rules The Day,  
And Always Do His Best.**



**K.N. Sivagnanasunderam (Blue)**  
Former Flight Operations  
Officer, Air Ceylon Ltd.  
[Kanesiva6@gmail.com](mailto:Kanesiva6@gmail.com)



## SPECIAL FEATURE

# Words of Peace

# Peace Education Program



The Prem Rawat Foundation



**The Peace Education Program is an innovative series of video-based workshops that help people discover their own inner strength and personal peace.**

The program gives participants the opportunity to focus and reflect on their humanity, and their inner resources such as choice, hope and dignity.

Rather than describing or defining personal peace, the program empowers individuals to reach their own understanding. Everyone can benefit. The program has proven effective in a variety of settings including community centers, schools, universities, healthcare settings, senior centers, homeless shelters, drug rehabilitation facilities, and correctional facilities.

The Prem Rawat Foundation (TPRF) provides access to the course materials to organizations and volunteers free of charge, making the

Peace Education Program available to diverse populations in more than 84 countries and in 40 languages.

Each workshop features video excerpts of renowned author

Prem Rawat's inspiring presentations on one of ten themes: Peace, Appreciation, Inner Strength, Self-awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.

Facilitated reflection time, participant discussions, workbook activities, and reading materials vary the workshops, making them fun and adaptable.

The role of the facilitator requires no professional qualifications. TPRF is available to provide support

as needed to make the program a success for host organizations and participants alike.

Individuals or organizations can apply to TPRF for a free license to offer the course to interested groups.

Review studies and endorsements

### FAQ'S

Find answers to your questions about the program

### Offering the Program

Apply for the free materials and facilitation guide

### Peace Education Program Licensee Login

Contact a support representative at [pep@tprf.org](mailto:pep@tprf.org) to learn more about how you can participate in the workshops and use this powerful program to help people discover personal peace.

## What People Say About the Program:

### In Schools

“Bringing peace education to five hundred schools in Antioquia is sending a message: there is a new possibility. Those children that stopped dreaming about the future are now building the future.”

— *Dr. Néstor David Restrepo Bonnett, Secretary of Education Department of Antioquia, Colombia*

### In Corrections

“The participants all leave better than before.



# Quotations: Words to live by

**By: J A Rajah**

**1. In the fields of observation, chance favors only the prepared mind - Pasteur.**

*Ayathamirukiravarkaluke, santharpam uthamum.*

**2. No man's headaches, while he comforts another. - Herrick**

*Piraruu uthavum pozhluthu oruvarathu thalai idippathilai..*

**3. Narrow mind has a broad tongue. - Italian Proverb.**

*Kurukiya manathuku ahanra naa vundu.*

**4. Better shun the bait than struggle in the net. - Dryden**

*Irayay thavirtaal, vallayil sika vendi irukathu.*

**5. What one does, he becomes. - Spanish Proverb.**

*Oruvan ethach chey irano, avvaname aahinran.*

**6. Doest love love life.?**

**Then do not squander time, for that is the stuff life is made of. - Franklin.**

*Neengal vazhikaiyay virumpukireerkala.?*

*Appadiyanaal, nerathathai veenakatherkal, enenil athnaatan vaazhikkai uruvaakap padukinrathu.*

**7. Action is the proper fruit of knowledge. - Thomas Fuller.**

*Cheya aatuvathe, arivuk kuhahtha kaniyakum.*

**8. An idle man is a devil's workshop. - English Proverb**

*Velai attu iruppone, Pisasin vellaith tharlam aakinran.*

**9. Kindness is the sunshine in which virtue grows. - Anonymous.**

*Iraam ennum sooria velecchathileye, nat panpuharl varlaruinrana.*



BY THULASI MUTTULINGAM

**Thulasi Muttulingam**  
9h · 🌐

**Jaffna Toastmasters Club**  
13h · 🌐

We successfully conducted our educational meeting last Sunday, and it was an inspiring session filled with learning, leadership, and laughter! 🌟

Swipe through some snapshots from the day 📷👉

A big thank you to all the speakers, evaluators, and participants who made it a memorable one.

Stay tuned for our July Meeting announcement!

How this cult ever gained a mass following, I'll never understand. Emperor's clothes in action.

**Sall Grover** @salltweets · 3h

There is no part of gender ideology that should be taken as truth, even for a second.

There was no such thing as a "male body," Strangio told his colleagues: "A penis is not a male body part. It's just an unusual body part for a woman." Before the advertisement aired, Strangio elaborated on his critique in an article in Slate. "Many advocates defend the use of the 'born male' or 'born with a male body' narrative as being easier for nontransgender people to understand," Strangio wrote. "Of course it is easier to understand, since it reinforces deeply entrenched views about what makes a man and what makes a woman. But it is precisely these views that we must change."

51 81 686 71K

**Tony Collins** @tontytains

Who says nothing exciting ever happens in London?

**Piccadilly Incident Message**  
Wednesday, 24 July 2024

Time:	19:28 <sup>hrs</sup>
Type:	Track Access
Location:	Alperton
Train:	E222
Incident:	Squirrel stuck in a bag of peanuts on the E/B track. Customers threatening to access the track. Track Access arranged by S/C T222 used as protection on the E/B Traction Current SUH-ALP E/B @ 1930 hrs

**TheHodgetwins**

**"MY LIFE HAS TAUGHT ME EXACTLY HOW VULNERABLE WOMEN ARE WHEN THEY DON'T HAVE THE MONEY/INFLUENCE I HAVE NOW."**

- JK Rowling -

**the real luxuries:**

- a good night's sleep
- slow mornings
- freedom to choose
- time for fun and play
- listening to birds singing
- long walks
- a good book
- favorite home-cooked meal
- colorful sunsets
- ability to freely express yourself
- day naps
- a good conversation

**"If kids knew what they wanted to be at age eight, the world would be filled with cowboys and princesses. I wanted to be a pirate. Thank God nobody took me seriously and scheduled me for eye removal and peg leg surgery."**

**Bill Maher**

**Naturally I Think** @NaturallyIthink

Tomboys are women. Assertive women are women. Butch lesbians are women. Infertile women are women. Women in dresses, board shorts, or overalls are women.

Baskin Robins is jealous of how many flavors we come in.

There are many ways to be a woman; being male isn't one of them.

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# VIVEKANANDAR SENIORS' HOME

Original in Tamil by Ilangovan

English version by Siva Sinniah (*Thuraiyuraan*)



Ganesh got married 3 months back. His wife Kirija is from a well to do family. Ganesh is from a middle-class family and is working in an information technology company. His marriage was arranged by a marriage broker.

Ganesh's father Raghupathy retired from his Commissioners job an year ago. His mother Sumathy was a teacher and retired recently. Their eldest son Sundar is working as a bank manager in Delhi. He's married and settled with his family there. He never visited them or invited them to Delhi. Occasionally he will speak to them on the phone for a few minutes.

Their second son Ganesan is staying

with his parents in their ancestral home. Even though he was earning 50,000 Rupees a month as salary he used to borrow money from his parents too. Both parents never took this as a serious matter and then decided to get him married. Hence, he was married to Kirija, the daughter of a jewelry shop owner. Since she was the only daughter, she was brought up with all comforts and never did any job at home.

She used to get up late and without helping mother-in-law in the kitchen, straight away went to the dining room to have her breakfast. Sumathy is the only one cooking for the family and Kirija not even helped her in cutting

vegetables or any other small chores.

Sumathy never told her anything about her behavior but complained to her husband Raghupathy, who told her to manage until she is able to and pacified her. Furthermore, she was worried that, even after a year, his son had no children. One day she brought this up to her daughter-in-law, who brushed it off by saying that it is not their priority now and left the place. On another day she brought this up to her son in the absence of Kirija. He replied "Don't worry about it mother. It is our problem and not yours. Furthermore, who will look after the child and who will spend on its upbringing?".

## Short Story

## SPECIAL FEATURE



Sumathy never expected this and concluded that both have decided to have no children and never to speak about it.

She told this conversation to her husband who replied, "Why are you worried about this? it is their problem and you look after your work".

Ganesh never told his wife to help his mother in the household duties. Sometimes he used to visit his in-laws house with his wife and stayed there for a week. Closely watching his son's behavior, Ragupathy asked him one day "Look here Ganesh you are staying here like a visitor and never asking us how we are running this family?". He replied "Mother is doing everything and why are you putting an end to it by asking me".

"Your mother is finding it difficult to manage everything on her own and no one is here to help her and why not ask your wife to assist her".

"Father, she is not accustomed to working at home. I did not like to give her any trouble and if mother is finding it difficult to do the work, why not hire a servant?"

"Okay, what you are saying is correct. We will look for a servant," replied Ragupathy sarcastically.

Ganeshan continued by saying, "I know you both are finding it difficult to manage here and I have a wonderful idea"

"What is your idea?" asked Ragupathy.

"Why not both of you go to an elder's home. There you will get all the comforts with three meals daily and other facilities.

He got a shock and stood still. His heart beat increased and slowly he sat down on the sofa. Sumathy coming out of the kitchen and seeing the state of her husband asked him "what happened to you? why are you sitting like this?"

"Don't worry it's a slight dizziness" he replied.

"Father is feeling dizzy, why not help him" told her son.

"Father what is happening to you?" he inquired

"Nothing serious, you just leave me alone," said Ragupathy.

So, he left the place and went out. Ragu was able to see that his son had no affection for him. From that day onwards both the parents never spoke to him and their daughter-in-law. But both of them enjoyed the meals

prepared by Sumathy without any conversation.

A few months later Ganesh asked his father "why not demolish this Old House and build a new one?".

"Ganesha, this is our ancestral home. This was built by my father and we have been living comfortably here. You and your brother were born here and grew up here and are doing well. I won't agree with your suggestion to demolish it and build a new one."

On hearing this Sumathy asked him "what is your problem with this house? We are all doing well here and why do you want to demolish this and build a new one?"

Furthermore, you need a lot of money to build a new one."

"No problem of money mother, since Kirija's parents are prepared to give money to build a new house"

"Ganesh, I don't know whether you are telling this without understanding the situation. It is not nice to get help from your in-laws to build a new house. Drop this idea forever."

"Mother, you don't seem to understand anything. Both of you stay here forever in this Old House" saying so he left the house.

Nowadays it is a very common occurrence in most of the homes where grown-up children say unwanted things and hurt the feelings of their parents.

Ragupathy could not sleep well that night. He was twisting and turning in bed. He felt that there was no use having two children and was worried and sat up on the bed for many hours.

He was worried about his wife. Who is going to look after her after my passing. Even though she will get the pension, there must be someone to look after her. Cannot trust our children. These thoughts were running in his mind. Towards the early morning, he fell asleep.

Since there was an unusual delay in her husband's getting up in the morning, Sumathy woke him up with concern.

"What is the time now?. Did I get late this morning?" With these questions he woke up at 8:00 a.m. Trying to comfort his wife he said "Nothing is serious with me. I will go to the bathroom. Please prepare a cup of coffee Sumathy "and proceed to the bathroom.

After 2 days, when the parents

were seated in the hall, Ganesh came to them and said "My company is prepared to give me a loan to build a house. If you agree, I will apply for it."

"Did you buy any plot of land? If so, I apply for a loan and build a new house" replied Ragupathy. "Father, how can I buy a plot without your knowledge? We will demolish this house and put up an upstairs house. You both can stay upstairs and myself and Kirija will stay on the ground floor.

Sumathy got a shock on hearing this and said "Look Ganesh, your father told you already that this house is in good shape, we are all living here comfortably and forget the idea of demolishing this house and building a new one."

Ganesh never replied to this and told them that his company is sending him to work in Bombay for two weeks and that Kirija is also going with him and left that evening.

"It looks like this fellow is very adamant in building a new house here. He is unnecessarily creating problems for us, as though he has no other business" said Ragupathy worried.

"What to do, he is our son, we have to grin and bear it," said Sumathy.

"Don't take it easy, this fellow is determined to chase us from this house. So, we have to seriously decide about our future," said Ragupathy.

One day the entire street was in a festive mood. The street, where the house was, was fully decorated with eye-catching color banners and garlands. There was a big banner at the entrance to the street welcoming The District Governor visiting for the opening of Vivekanandar Seniors' Home. Ragupathy's house was painted with various colors and was decorated with colored lights. At the entrance to the house was a big board with the name Vivekanandar Seniors' Home. The opening ceremony started at 10:00 a.m. and was going on, when the District Governor and other dignitaries arrived there. The owner of the home Ragupathy welcomed everyone and spoke with enthusiasm.

The governor opened the seniors home by cutting the ribbon and spoke highly about the sacrifice of Ragupathy in donating his house for seniors.

At that time Ganeshan was arriving with Kirija in a taxi from Bombay.



## SPECIAL FEATURE



By: J A Rajah

# Jesus' Personal Revelations of His Wondrous Personality

*Jesus, through his powerful statements, gave revelations of his wondrous personality. They are mainly found in the Gospel of St. John. He said that he is the bread of life. He declared himself as the sustenance of life like the bread that nourishes the body. He nourishes the soul and offers eternal satisfaction. He provides full nourishment for the repose of our souls. He satisfies our spiritual hunger.*

*He said that he is the light of the world. He brings truth direction to those walking in spiritual darkness. He clears our ways and leads us in paths of righteousness. He claimed that he is that way, the truth and the life. He is the only way to enter into the safety and provision of God's kingdom. When you are in the protection of Jesus, your life is secure forever.*

*Jesus said that He is the good shepherd, He lovingly leads, protects and lays down his life for those who diligently follow him.*

*Jesus is the resurrection and the life. He has the power over death and grants eternal life to all who believe him. He ensures the immortality of life.*

*Jesus revealed himself as the true vine. He is the source of spiritual vitality. Believers must remain connected to him to bear fruit. If you are with Jesus, you are a truthful person giving your best to your fellow human beings. Jesus, by making these self revealing statements offers a profound insight into his nature and relationship to us. He is indeed a hope for the helpless word. Jesus made these revelations to his most loving disciple John.*

**"How wonderful, how beautiful,  
The sight of you must be,  
Thine endless wisdom, boundless power,  
And awful purity" .!!!**

- William Faber.

## SPECIAL FEATURE



# 19TH ANNIVERSARY OF PARFAIT MEDIA INC.

At the 19th Anniversary of Parfait Media Inc., the publishers of Monsoon Journal is so proud to highlight one of our senior contributing editor Kumar Punithavel. Mostly the articles by Kumar Punithavel takes us back several thousands of years of Tamil Civilisation which is accepted as the oldest living language. He has been contributing articles since the inception of Monsoon Journal and Readers do have the facilities to refer his articles from the archives at the website of Monsoon Journal. We are excited to give below his profile and achievements for our readership.

## Kumar Punithavel

**Name:** Kumar Punithavel

**Email:** kumarpunithavel5@gmail.com

**WhatsApp #:** +1(416)797 1517

### Professional:

- ◆ Bachelors' degree in Engineering from University of Sri Lanka 1973
- ◆ Served in Sri Lanka and Nigeria as engineer from 1973 to 1986.
- ◆ Pursued various carriers in Canada from 1986. Opened the first Ceylonese Tamil grocery store and retired as Insurance broker in 2005.
- ◆ As Undergraduate in University of Ceylon:
  - 1) Only one with Tamil ethnicity to be elected president Engineering Students Science and Cultural Organization (ESSCO) at Kattubede Campus to this date.
  - 2) Only one with Tamil ethnicity to be elected chairman of Campus Student Council.
  - 3) Editor of Campus Sports Council/ Got athletic colours.
  - 4) Editor of Campus Tamil Maanavar Mandram. / Produced drama and led Tamil the debate team.

### Publishing:

- 1) Those who love (History of Azhwars) (2008)
- 2) Saiva Saints (History of Nayanmar) (2009)
- 3) Glimpses of Hindu religion (2011)
- 4) Murals from ThirukKural (2018) (fifty short stories based on ThirukKural)

### Other contributions:

Made a presentation at the first two and the fifth International Association for ThirukKural Research conferences.

Made a presentation at the Eleventh International Conference/ Seminar on Tamil Studies 2023.

- A) Raised funds over \$50,000 for Cancer treatment by Parachute Jumping & Climbing Mt. Kilimanjaro. This was recognized by naming a consultation room with wife's name Chandra Punithavel at Sunnybrook hospital. Room # M6 452.



- B) Did Camino Walk of 500 Km across Spain in 2016.
- C) Community, social, and Voluntarism award by The Tamil Centre for Performing arts 2019.
- D) Most outstanding community service person Award by Canadian Tamil Chamber of commerce 2019.
- E) Award for 15 years of volunteer work by the Canadian Government in 2019.
- F) Issued a bicentenary Memorial stamp for born Canadian Tamil scholar Rev. G. U. Pope 2021.
- G) Large (3feet X 3feet) Diamond Painting of Thiruvalluvar displayed in Tamil Isai Kalaa Mandram Toronto in 2023.
- H) Received certificate of 'Ambassador for Peace' By World Peace Federation on 26th of October 2024.



## SPECIAL FEATURE

# THE ESSENCE OF SMARTNESS TO LEAD A SUCCESSFUL LIFE



By: J A Rajah

- Times of india

### A. Kinds of Smartness.

When a person is word smart, he can think and use them for reading, writing, telling stories, persuading, entertaining and instructing. If a person is logic smart, he can reason, categorize, and understand cause-and-effect relationships. He will include math, science, statistics, puzzles, and asking questions. People who think visually enjoy creating art, designing, making crafts, photography, and making toys gravitate towards picture smartness. Thinking in rhythms and melodies, with ability in music, singing or having a musical ear, describes musical intelligence. Some can control body movements through physical activities such as sports, dancing, sewing, or carpentry. This is only smartness. If you are drawn to being outdoors and are intensely interested in animals, plants, rocks, stars, camping, hiking, and other facets of nature, you have natural intelligence. Those who understand and can discern and respond to the moods, intentions, and desires of others are brilliant people. They enjoy working with and getting to know others and emerge as good leaders. A person who likes to reflect and naturally has good self-understanding becomes self-smart. These tend to be comfortable being themselves and independent, goal-oriented, and self-disciplined.

### B. Identifying Individual Smartness:

By broadening our understanding of what it means to be wise, it becomes easier to understand that the right question is not whether we are smart or stupid but "In what ways are you smart?" If we understand the way, we can utilize those abilities to succeed.

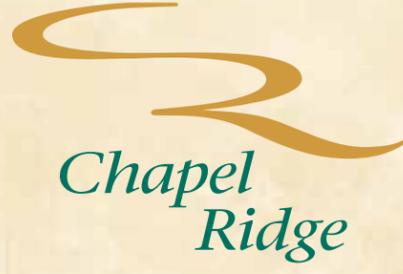
### C. Family that prospered through identifying individual smartness.:

I know of a family where all of its members identified their inner smartness and lived satisfactorily in different walks of life. Though their parents died earlier, they were able to find their paths to a safe livelihood. The eldest suffered a head injury while the mother was expecting him as a child, but later lived with his sister's family and helped her attend to their daily activities at home as he could not get a proper education.' Annai'-as he was fondly called, became an asset to the family and outlived all his siblings. The second sister, who married a pastor, was able to educate the other brothers and sisters to have a good education. One brother did well in becoming the secretary of the employers' federation of Sri Lanka. The third brother qualified as a social service officer and was an asset to the

Service Civil International. A sister got her degree at the University of Madras and became a teacher in one of Jaffna's leading Girls' schools. The youngest, the brightest of them, became the head of the Department of Animal Husbandry and Professor at the University of Ceylon, Peradeniya. People should be able to identify their smartness and develop them to lead successful lives.

### D. Developing one's Potential to the fullest.

Looking around, we see that the world is filled with successful people who excel in various aptitudes that are not rewarded in traditional classroom settings. Some significant contributors to society today, like Albert Einstein and Thomas Alva Edison, struggled in particular areas of learning at school but later flourished when they were able to fully develop the other aspects of their intellect. Everyone is born with the potential to develop smartness, and each person will be able to develop and use a particular kind of intelligence. Anyone can find his or her smartness at any stage of their life, and it is never too late to find such smartness and enrich one's life. When you develop new skills, you grow in confidence to tackle new challenges; undeterred by fears that you are 'stupid' and unable to grow. Your inborn talents should be fully developed in order to lead successful lives.



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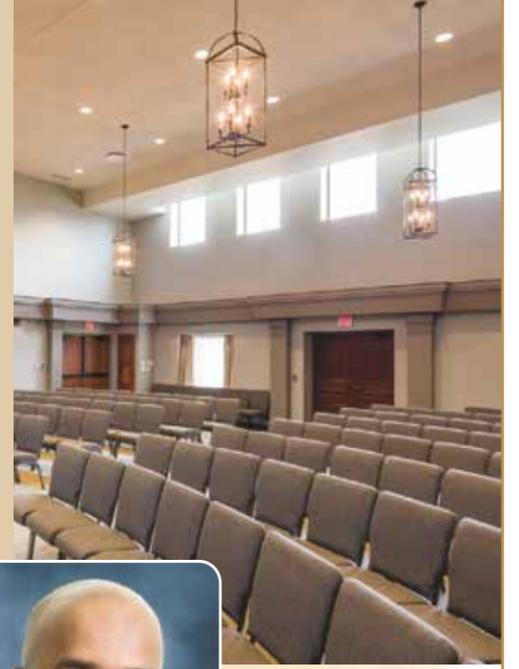


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# WHY CHILDREN SHOULD BE GIVEN AN ALLOWANCE



**By: Annabeth Francis**  
*Grade 5 Student*

Every child should have an allowance because each and every one of them needs money for extra expenses. An allowance is important for children to learn the habit of saving up money for the future. In addition, the children would be able to use the saved money in the future when they grow up. It is also important that by having an allowance, children get the chance to enjoy things that money can buy. Not only would this be good for the children, this will also be helpful for parents.

The first reason why you need to give kids money when they are young is so that they can learn to save. If the parents give the kids an allowance, they can learn to budget their money. When kids have money, they can learn to put it in a bank account so their money can be safe. When they get more money on their birthday or any other celebrations, then they can put part of that money into their bank account. Children would have to smartly plan how they would like to balance out their spendings and savings from gifted money. By getting an allowance, they will understand that they would also need money for when they are older, such as money to buy a house, food, and a good car. The more that they save up,

the better their house, food and car will be in the future. Right now, they should get an allowance for small expenses, while still saving up majority for future spendings. Next, they can even put their money into an investment account so that the money will grow in value over time. When the money grows in value and if you don't spend, then you will soon become very rich. The kids can also take their allowance and exchange it for gold. If the kids have savings, they can exchange their allowance savings for gold. The value of gold will either stay the same or increase. If the value of gold grows over time, you will also become very rich. Children should learn that as important as saving money is, it is also good to spend money wisely for expenses or for fun purposes. This may include buying books that they are interested in, for toys that they may have wanted or to watch movies that they like. By spending money carefully, they will learn to enjoy budgeting.

In conclusion, that is why parents should give kids an allowance. Children would learn by getting an allowance how to budget, save more money and enjoy what money can buy. This is a good life skill not only for children, but also for all people of different ages. If parents give children an allowance, then children can start saving up money instead of asking their parents for money all the time. This life skill will help them to become responsible people.



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# PATHWAYS UNLOCKED: LEAP GRADUATES CROSS THE STAGE AND STEP INTO THE FUTURE

Peel District School Board (PDSB) and Algoma University celebrated the graduation of the fourth cohort of the Learners Early Access Program (LEAP)—a forward thinking initiative launched in September 2023 that reimagines the high school experience and opens new pathways to post-secondary education for equity-deserving students.

This semester, **28 students from 13 secondary school sites across the Peel Region** graduated from LEAP. These Grade 11 and 12 students, aged 16 to 18, spent one semester at Algoma University's Brampton campus, earning both Ontario Secondary School Diploma (OSSD) credits and transferable university credits, while participating in career-oriented learning and hands-on experiential opportunities that bridge the gap between high school and post-secondary life.

LEAP, a partnership between PDSB and Algoma University



delivered in collaboration with industry partners, enables students to earn high school credits—including courses like ENG4U (Black Literatures), IDC4U (Sports and Entertainment Marketing), and NBE3U (Contemporary Indigenous Voices)—while also taking university-level classes such as Introduction to Canadian Business, E-Sports, or Social Work. Students gain practical, career-ready skills through a non-credit Project Management micro-credential and engage in experiential learning that connects theory to practice. The program supports educational and career exploration, post-secondary readiness, and confidence building, all while allowing students to remain enrolled in their home schools and participate in regular school activities, including graduation.

This semester, several LEAP students graduating from secondary



school in June 2025 have already confirmed their next steps, including:

- Psychology at Algoma University Brampton
- Social Work at Seneca College
- Criminology at the University of Toronto Mississauga
- Early Childhood Education at Sheridan College

These individual successes add to a growing list of LEAP alumni who have pursued university studies at institutions such as the University of Toronto Mississauga, University of Toronto, York University, University of Waterloo, and Wilfrid Laurier University.

The program was created with a focus on equity-deserving groups, particularly Black and Indigenous students, with the goal of addressing systemic barriers and increasing representation on university campuses. Students are fully integrated into campus life at Algoma's Brampton campus, benefitting from a dedicated, state-of-the-art learning space and full access to student services including free tutoring, mental health supports, recreation facilities, and campus events.

As students cross the stage and move forward, the legacy of LEAP is clear: when students are given access, opportunity, and support, they rise. The program continues to open doors to post-secondary pathways, and spark confidence, ambition, and a belief in what's possible. For many, LEAP was more than a semester—it's the beginning of a lifelong journey in learning, leadership, and self-discovery.

## Quotes:

"It's incredible to see the fourth class graduating from this powerful partnership with Algoma University, one that has helped more than 80 Peel students see themselves in post-secondary education pursuing meaningful careers. With grads from this semester alone now heading into fields like Social Work, Criminology and Early Childhood Education, the impact will be felt well beyond the classroom. We're so proud of what they've accomplished and can't wait to see where they go next."

- **Rashmi Swarup**, Director of Education, Peel District School Board

"We are extremely proud to have been a partner and supporter of the Learners Early Access Program. This program not only created new opportunities and pathways for post-secondary education, but also ignited confidence, ambition, and a sense of possibility in all of the students who joined us for this final semester. We are incredibly proud of their accomplishments and grateful to have been a part of their legacy here at Algoma University."

- **Dave Trudelle**, Associate Vice-President, Student Affairs, Algoma University

## About Peel District School Board Peel District School Board

(PDSB) is a racially, culturally, and linguistically diverse board that serves more than 145,000 students in 262 schools across Brampton, Caledon, and Mississauga. PDSB is the second largest school board in Canada and the largest employer in Peel Region. Learn more at [www.peelschools.org](http://www.peelschools.org) and connect with us on X (formerly Twitter), Facebook, and Instagram.



# RICHMOND HILL ROLLS OUT INNOVATIVE, FIRE-SAFE BATTERY RECYCLING CONTAINERS



The City of Richmond Hill is making battery recycling safer than ever thanks to a partnership with Environmental 360 Solutions (E360S), a leader in waste management. Their innovative smart recycling containers with built-in fire suppression system are now available for residents to use at four City facilities.

Batteries contain combustible, flammable materials that are harmful to the environment and may cause fires when damaged or overheated. That's why proper battery handling and recycling is so important.

The E360S smart battery recycling container is equipped with sensors that detect when internal temperatures exceed 100 degrees Celsius, activating the fire suppression system to provide immediate cooling and reduce the risk of fire.

The fire-safe containers will replace the regular E360S battery recycling containers at the four City facilities that receive the highest volume of household batteries for recycling – Bayview Hill Community Centre, Elgin West Community Centre, Oak Ridges Library and Central Library.

Safe, convenient battery recycling containers are available at 14 City facilities for residents to drop off their used household batteries. Richmond Hill becomes the first municipality in Canada to install E360S' indoor fire-safe battery recycling containers. This initiative supports the City's efforts to be an environmentally sustainable community.

For information on how to prepare household batteries for safe recycling and a full list of recycling container locations in Richmond Hill.

visit [RichmondHill.ca/Waste](https://RichmondHill.ca/Waste).

## Quick Facts

- In 2024, residents recycled 4,793lbs of batteries in City battery recycling containers
- In 2024, Central Library received the highest volume of batteries (808lbs)

## COMMUNITY WATCH



## OVIN DEMONSTRATION ZONE UNVEILS NEW URBAN MOBILITY TECHNOLOGIES IN MARKHAM AND VAUGHAN

The Ontario Vehicle Innovation Network (OVIN) Demonstration Zone, led by the City of Markham and City of Vaughan, is pleased to announce the selection of six innovative companies for its second intake. Building on the success of the first round of demonstrations, these companies will have the opportunity to showcase their groundbreaking automotive and mobility technologies in real-world urban settings across both cities.

“As the automotive and mobility sectors continue to evolve, it is essential that Ontario’s innovators and entrepreneurs are equipped with the tools and resources needed to ensure their success,” said Vic Fedeli, Minister of Economic Development, Job Creation and Trade. “Through the Ontario Vehicle Innovation Network, our government is proud to support this next cohort of companies as they pilot Ontario-made solutions that enhance urban mobility, improve public safety, and strengthen our province’s leadership in the automotive sector through practical application and demonstration. We congratulate the six selected companies and look forward to seeing their innovations and solutions firsthand during the upcoming showcase.”

Following submissions through the Open Call Stream, the OVIN Demonstration Zone selected six companies that align with Ontario’s vision for smart, sustainable, and efficient urban mobility. The selected demonstrations span a wide range of technological advancements, including augmented reality, automated enforcement, LiDAR-based mapping, and quantum computing. The projects are tailored to address the unique transportation and infrastructure priorities of the cities of Markham and Vaughan, advancing innovation in the automotive and mobility sector.

### Selected Companies - Intake 2:

- **Smart Road Safety and Traffic Intelligence:** Acceo Solutions Inc. and AirMatrix Inc. are improving urban mobility through AI-powered traffic detection and real-time data intelligence. Acceo is piloting automated License Plate Recognition (LPR) technology to improve road safety and compliance, while AirMatrix is deploying multi-sensor hardware and analytics to support live incident reporting and traffic engineering across complex operational environments.
- **Data-Driven Infrastructure and Urban Planning:** GeoMate Inc. and NavMobility Inc., are utilizing geospatial technologies to improve urban planning and infrastructure management. Both companies are applying solutions including aerial and mobile LiDAR mapping to identify gaps in urban transportation networks.
- **Emergency Response and Augmented Reality:** Longan Vision Corp. is equipping first responders with augmented reality headsets to enhance situational awareness, communication,

and navigation in low-visibility environments. Their demonstration enables firefighters to locate victims and identify hazards in real time.

- **Winter Operations & Fleet Management:** BluWave-ai is using AI-powered optimization and quantum computing to improve winter road maintenance. Their project aims to optimize snow plowing and salting operations, increasing efficiency and reducing environmental impact.

Demonstrations will take place within designated areas in Markham (along Enterprise Boulevard between Warden Avenue and Birchmount Road) and throughout Vaughan, with support from municipal partners and industry stakeholders. These initiatives reinforce Ontario’s commitment to fostering economic growth through technological advancement in smart mobility.

The OVIN Demonstration Zone was launched in the summer of 2023 with a \$2.5 million investment from the Ontario government through the Ontario Vehicle Innovation Network (OVIN). Through this platform, companies are leveraging the cities’ infrastructure to demonstrate and showcase innovations in real-world settings, driving innovation and accelerating the adoption of transformative automotive and smart mobility technologies. In support of these activities, the OVIN Demonstration Zone also provides access to city assets and infrastructure, support from different levels of government, guidance on policies and regulations, and feedback from city stakeholders and end-users, allowing companies to validate and further refine their solutions, and strengthen collaboration with the cities and industry to address mobility challenges.

For more information about the OVIN Demonstration Zone and the selected companies, visit: [www.ovindz.ca](http://www.ovindz.ca)

### QUOTES:

“The OVIN Demonstration Zone continues to be a vital platform for Ontario-based companies to pilot and prove their innovative technologies in real-world environments. The first phase showed just how valuable it is for innovators to test their solutions within a living urban environment. With the second group, we are building on that exciting momentum—congratulations to our second cohort technology companies! Thank you to the Province of Ontario for your leadership, and continued support of the OVIN and thank you to the City of Vaughan for your continued partnership. We look forward to seeing how these groundbreaking solutions will positively impact Markham’s thriving auto tech cluster and Ontario’s automobility ecosystem.”

– Mayor Frank Scarpitti, City of Markham

“On behalf of the City of Vaughan, I am pleased to congratulate the six innovative companies that have been selected to participate in the second intake of the Ontario Vehicle Innovation Network Demonstration Zone. These innovative Ontario businesses will have the opportunity to showcase their automotive and mobility technologies in a real-world urban setting and demonstrate what is possible for the future. Companies like these will ensure

we find Ontario-made solutions to keep our economy strong in the face of tariffs from the U.S. I want to thank Premier Ford, Minister Fedeli and the Ontario Vehicle Innovation Network for their continued support along with our partners at the City of Markham. As Vaughan is home to one of the largest automotive sectors in the province, and we must do everything we can to ensure it continues to be successful for generations to come.”

– Mayor Steven Del Duca, City of Vaughan

“Ontario leads the world in driving the future of automotive and mobility innovation by building platforms that bring technologies out of development and into the market, creating good-paying jobs and fostering economic growth in the process. The OVIN Demonstration Zone is a powerful catalyst for accelerating the commercialization and adoption of leading-edge technologies, transforming the transportation landscape, and showcasing the best of Ontario-made solutions to future customers and partners, in our province and across the world.”

– Raed Kadri, Head of the Ontario Vehicle Innovation Network

“Through the OVIN Demonstration Zone, Ontario is creating the conditions for companies to thrive, technologies to scale, and solutions to be proven in the real world. The Demonstration Zone is a shining example of how collaboration between government, municipalities, and innovators can unlock the full potential of our province’s mobility ecosystem. Congratulations to the six companies selected—your work is driving the future of transportation forward, right here in Ontario.”

– Claudia Krywiak, President and CEO, Ontario Centre of Innovation

### About the Ontario Vehicle Innovation Network (OVIN):

The Ontario Vehicle Innovation Network (OVIN) is an initiative of the Government of Ontario, led by the Ontario Centre of Innovation (OCI), designed to reinforce Ontario’s position as a North American leader in advanced automotive technology and smart mobility solutions such as connected vehicles, autonomous vehicles and electric and low-carbon vehicle technologies. Through resources such as research and development (R&D) support, talent and skills development, technology acceleration, business and technical supports, and demonstration grounds, OVIN provides a competitive advantage to Ontario-made automotive and mobility technology companies. For more information:

<https://www.ovinhub.ca>

### About Markham:

Markham, an award-winning municipality with over 370,000 residents and the largest of nine communities in York Region, is home to over 650 corporate head offices and more than 1,500 high tech and life science companies. Markham is a leader in attracting foreign direct investment with more than 234 foreign companies located in the City. Founded in the 1790s, today Markham is Canada’s most diverse community and enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy.



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# COMMUNITY WATCH



## Durham Tamils Association Celebrating 25 Years Of Serving Our Tamil Community

The Durham Tamil Association has proudly served the community for 25 years and remains dedicated to supporting our members, youth, and seniors. We continue to offer a variety of activities almost every day, providing something for everyone, from children to seniors. This milestone would not have been possible without our amazing volunteers, who selflessly give their time and energy to serve the community. DTA is truly grateful for your ongoing support. Additionally, the DTA Tamil School continues its mission by offering Tamil language classes to our students, fostering a connection to our cultural heritage for the next generation.

### DTA'S BBQ & SPORTS DAY

DTA hosted its much-anticipated annual BBQ and Sports Day on June 15th, bringing together community members of all ages for a day filled with food, games, and fun. The weather was perfect, adding to the lively atmosphere as attendees enjoyed a variety of outdoor activities.

A special thank you goes to Narmi Janarthan and Gobitha Nagulan for generously sponsoring the food, which was a highlight of the day. The event's success was made possible by the hard work and dedication of both adult and youth volunteers, whose efforts ensured everything ran smoothly.



We also extend our heartfelt appreciation to the DTA executive team for their behind-the-scenes planning and coordination, making this memorable day possible once again.

### DTA'S HOMELAND PROJECTS

DTA's Homeland Projects DTA is proud to announce that we have completed over 100 homeland projects as of April 30, 2025. Watch out more for this year as we wish to continue this momentum and provide more opportunities back home. Thank you to **Mr. Subramaniam Kathirithamby & Mr Maylvahanam (Sri Lanka)** for coordinating this project.

### DAY TRIP TO MIDLAND CHURCH JULY 19TH

Date: Saturday, July 19, Time: Departure at 7:00 AM, Cost: \$60 per person  
Includes: Coach Bus Ticket, Breakfast, and Coffee

Join us for a meaningful and fun-filled day trip to Midland Church! Relax and enjoy the scenic journey with friends and family as we travel together by coach bus. Pick-up & Drop-off Locations: Ajax: DTA Center — 66 B Harwood Ave S, Ajax, ON Pick-up Time: 7:00 AM

Scarborough: Walmart Morningside — 799 Milner Ave, Scarborough, ON Pick-up Time: 7:15 AM Limited seats available – reserve yours today! Register online: [durhamtamils.org/day-trip-to-midland-church.html](http://durhamtamils.org/day-trip-to-midland-church.html) Call us at 905-428-7007 for more information

**LOCATION:**  
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- Spring Gala 2025
- September Gala 2025



### DTA'S SENIORS

DTA is keeping our seniors fully occupied with multiple activities and programs. DTA is here to support you in any way. If you want to participate in our programs, please check our monthly calendars. Please register for virtual Seniors programs at durhamtamils.org. Thank you to our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support.

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## COMMUNITY WATCH



### THANK YOU TO DTA'S ANNUAL SPONSORS

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For more information on all DTA's Community Support Programs and Sponsor contacts please

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### EAST COAST TRIP JULY 19TH - 27TH, 2025

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Package Include

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Pick-up Time: **6:15 AM**

Ajax Pick up & Drop off location:

**DTA Center**, 66 B Harwood Avenue South,

Ajax, Ontario L1S 2H6

Pick-up Time: **6:00AM**

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July 19<sup>th</sup> - 27<sup>th</sup>, 2025

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Location: DTA Center 66 Harwood Ave S Ajax Phone: 905-428-7007

Website: durhamtamils.org

### DTA SENIOR'S JUNE MONTHLY MEETING

DTA Senior's March monthly meeting will be held on Sunday June 29, 2025 at 5:00 pm at DTA Centre. 66B Harwood Ave S, Ajax L1S 2H6. Event Time: 5-9 pm

Please all Senior (ages 55+) members attend the meeting. Register online - durhamtamils.org

Members who were born in this month, please mention in the comments section to organize your cake-cutting at the meeting.

**DURHAM TAMIL ASSOCIATION EVOLVING ELDER CARE IN-HOME SUPPORT**

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# City of Brampton and Zenobē announce historic partnership to electrify transit fleet in landmark UK-Canada collaboration

## Brampton Mayor Patrick Brown met United Kingdom Prime Minister in Ottawa to mark milestone agreement

The City of Brampton today announced a landmark \$4 billion partnership with Zenobē, a global fleet electrification and battery storage specialist headquartered in London, UK, to fully electrify Brampton Transit's bus fleet — the largest zero-emission transit initiative in Canada.

The historic announcement was made today in Ottawa, where Brampton Mayor Patrick Brown and Zenobē leadership met with UK Prime Minister Sir Keir Starmer to recognize the groundbreaking partnership between Canada and the United Kingdom, highlighting a model of international cooperation, foreign investment and public-private innovation.

The agreement will launch the first phase of a 10-year electrification framework that will ultimately see Brampton's entire diesel-powered bus fleet replaced with up to 1,000 battery electric buses (BEBs), supporting more than 40 million annual passenger trips. Once complete, the program is expected to eliminate the majority of transit-related greenhouse gas emissions — which currently account for approximately 70% of the City's corporate GHG emissions.

In addition to the significant environmental benefits, the partnership is expected to support 5,000 direct and indirect jobs across Canada and the United Kingdom and deliver \$1 billion in foreign investment into Canada.

Today's announcement builds on the Canada Infrastructure Bank (CIB) investment of up to \$400 million to support Brampton Transit's purchase of up to 450 zero-emission buses (ZEBs) by 2027. The CIB's financing contributes towards the upfront capital cost of the ZEBs, and more specifically battery electric buses, to help accelerate the electrification of the City's bus fleet.

### Quotes

"This historic investment marks a turning point for Brampton and for public transit across Canada. By transitioning to a fully electric bus fleet, we're not only reducing emissions — we're creating jobs, improving air quality, and building a cleaner, healthier future for our residents. Brampton is proud to lead one of North America's largest zero-emission transit projects, and we are grateful to our partners in the U.K. and Canada for helping make this bold vision a reality." - Patrick Brown, Mayor, City of Brampton

"The U.K. is one of our oldest and closest trading partners and I am very excited that our relationship will deepen even more through the investment partnership between the City of Brampton and Zenobē. As Canada continues our efforts on trade diversification, this investment by U.K. partners is great news for our economy,

creating thousands of jobs." - Hon. Maninder Sidhu, Minister of International Trade, Member of Parliament, Brampton East

"This landmark partnership between Zenobē and the City of Brampton is a powerful example of how U.K.-Canada collaboration can deliver real-world solutions to global challenges. It showcases the U.K.'s leadership in clean transport and infrastructure, while creating skilled jobs and driving innovation on both

sides of the Atlantic. I am thrilled to see British expertise helping to shape a more sustainable future for one of Canada's fastest-growing cities, and we look forward to this project serving as a model for future international cooperation." - Hon. Fouzia Younis, U.K.'s Consul-General to Ontario

"We bring considerable experience working with local and federal public sector partners to enable and accelerate their transition to electric fleets. Our customized match-funding options, combined with the experience from delivering over 120 electric depots globally, lowers costs and de-risks the inevitable path to zero-emission fleets. We are delighted to grow our presence in Canada, with Brampton, as we jointly achieve their financial and ecological objectives. We expect this will serve as a model for other projects currently under development." - Steven Meersman, Co-Founder and Director, Zenobē

"With one of the largest zero-emission bus programs in North America, Brampton is setting a new standard for sustainable, modern public transit. Beyond reducing emissions and improving air quality for our residents, this partnership will also drive local economic growth, creating thousands of jobs and building expertise right here in Brampton. We're proud to work alongside Zenobē and all partners as we deliver on Council's vision for a cleaner, healthier, and more resilient future for one of Canada's fastest-growing communities." - Heidi Dempster, General Manager, Brampton Transit, City of Brampton

### About Brampton Transit

Brampton Transit is one of Canada's fastest-growing transit systems, providing safe, reliable, and accessible service across Brampton and the Greater Toronto Area. With a strong focus on sustainability,



(Left to Right: Zenobē Global Director of EV Fleet Tim Boothman; Zenobē Co-Founder and Director Steven Meersman; The Rt Hon Sir Keir Starmer; Brampton Mayor Patrick Brown, Hon. Fouzia Younis, U.K.'s Consul-General to Ontario)

innovation, and customer service, Brampton Transit connects people to where they live, work, learn, and play. In 2024, Brampton Transit proudly served over 43 million riders, marking a significant milestone in our journey of growth and service excellence. Learn more at [www.bramptontransit.com](http://www.bramptontransit.com). Follow Brampton Transit on X, Facebook and Instagram.

### About the City of Brampton

As one of the fastest-growing cities in Canada, Brampton is home to nearly 800,000 people and more than 110,000 businesses. People are at the heart of everything we do. We are energized by our diverse communities, we attract investment and we are embarking on a journey to lead technological and environmental innovation. We partner for progress to build a healthy city that is safe, sustainable and successful. Connect with us on X, Facebook, LinkedIn and Instagram. Learn more at [brampton.ca](http://brampton.ca).

### About Zenobē Energy Ltd. (Zenobē)

Zenobē is an EV fleet and grid-scale battery storage specialist, headquartered in the U.K. The company began operations in 2017 and now employs >380 FTEs with a wide range of leading skills including electrical engineering, software development, computer sciences and financing.

Zenobē has around a 25% market share of the U.K. EV bus sector and supports over 2,000 electric vehicles across 120 depots globally. The company is the largest owner and operator of EV buses in the U.K., Australia and New Zealand. Zenobē is also the leading owner and operator of grid-scale batteries on the Great Britain transmission network with >1GW of battery storage assets in operation or under construction.

# Dive into summer fun with important water safety tips

The City of Mississauga is reminding residents to stay safe around bodies of water.

**Entertainment and activities**  
June 12, 2025

Making a splash at pools, spray pads, lakes, rivers or beaches should be a positive and fun experience but sometimes, water can become dangerous. The City is encouraging residents to put safety first when planning to swim or go near bodies of water. Staying safe around water requires awareness and responsibility.

## Learn to swim



Often, people who drown didn't plan on entering the water. It's a good idea to join a swim program to learn how to swim. The City offers a variety of free swims, swimming classes and aquatics programs suitable for everyone, no matter what age. Each year, thousands of students participate in the Swim to Survive/Swim to Survive Plus program, created by the Lifesaving Society, a national charitable organization that works to prevent drowning and water-related injuries. It's one of the ways Mississauga staff continue to teach essential swimming skills to residents and ensure that water safety tips are shared with students who spend time at pools or beaches.

New to Canada or Mississauga? Learn swimming skills through the Swim to Survive For Newcomers program. This free program removes financial barriers and is helpful for those who may not have had access to formal swim instruction earlier.

## Water safety tips

Prioritizing water safety will help ensure a safe and happy summer. It is important to know how to be water smart. Whether you are splashing in a spray pad, boating on the lake or learning to swim for the first time, remembering these important water safety tips is key.

## Be careful around rivers, creeks, ponds and lakes



Mississauga has beautiful parks, some that have bodies of water like ponds and rivers. These bodies of water could have hidden hazards, and it is important to only swim in designated areas. Remember, City parks are unsupervised, so it is advised not to swim in rivers where water conditions could change quickly and hazards like a strong current, debris or sharp objects may not be visible. Remember not to swim alone, or to dive headfirst into river or lakes. Be realistic about your swimming ability.

## Spray pads

Spray pads can be a great way to cool off in the summer. Follow the posted rules and never leave children unattended, even for a moment. Remember that there is no running and roughhousing allowed at any of the City's spray pads.

## Supervise children

It doesn't take long for a child to stray away, especially around water. Children under 12 have an increased drowning risk and need to be supervised at all times in and around the water.

## Use a life jacket



Wearing a life jacket is an important safety measure you can take when on or near a body of water, especially like a river or a lake. A properly fitted life jacket keeps your head above water, even if you are exhausted, injured or unconscious. Even

the strongest swimmers can get tired, so wearing a life jacket can allow you to stay afloat.

Life jackets can also keep you warm, and as an extra layer, they can help prevent a cold-water shock to your muscles. However, a poorly fitted life jacket can be just as dangerous. Life jackets aren't one size fits all, so always check for proper fit for both children and adults.

Going on a boat this summer? You should always wear a life jacket because it will keep you at the water's surface if you accidentally fall in. Before going near water this summer, always wear a life jacket or personal flotation device.

Don't have a life jacket? Mississauga launched a life jacket lending pilot program that has now expanded across more locations. The libraries at Clarkson, Erin Meadows, Meadowvale and Frank McKechnie Community Centre loan out life jackets.

Adults and children can borrow life jackets on a first-come, first-served basis. Sizes range from Infant to Adult XXL/XXL. Families can show their library card, government identification, and sign a waiver to borrow (up to five life jackets) for one week only. Once returned, Aquatics staff sanitize the life jackets and assess them for safety for the next borrower.

## Stay sober

Alcohol and drug consumption are a factor in many drownings. Avoid consuming alcohol and drugs when swimming, as drowning can happen easily. Using alcohol or drugs can impair your judgement and co-ordination, weakening your balance, decision-making and response time.

## Stay tuned for more water safety tips

The City of Mississauga recognizes National Drowning Prevention Week, taking place from July 20-26, 2025. The City will run activities at City pools and host a Water Safety Awareness Day event at Celebration Square. Follow our social media channels or sign-up for the City's eNewsletter to stay up to date on upcoming events.

Have more questions about how to swim safely or about staying safe around water?

Visit [mississauga.ca/swimming](http://mississauga.ca/swimming).



## SPECIAL FEATURE

# SRI PALLIKONDESWARA TEMPLE, SURUTAPPALLI, TIRUPATI DT. AP., INDIA

Compiled by Kidambi Raj

### INTRODUCTION

*Sri Pallikondeswara Temple*, situated in *Suruttappalli* in Tirupati District of Andhra Pradesh, near Tamil Nadu border, is dedicated to Lord Siva. It is also an important *Pradosha Kshetram*. The presiding deity, unlike other Siva temples, is sported in *Sayana* (reclining) posture, lying on the lap of His Consort Goddess Parvati. That is why He is called, *Pallikonda* (reclining posture) *Eswara*. This is unique, since, normally it is Lord Vishnu, we see in the reclining or *Sayana posture*. This temple is believed to have been built during the Chola Dynasty's reign, which spanned from 9<sup>th</sup> to the 13<sup>th</sup> century. The temple is notable for its architectural magnificence and religious importance, drawing devotees and tourists from various parts of the world. Historical records indicate that the Chola Kings built the Pallikondeswara Temple as an expression of their devotion to Lord Siva.

### SURROUNDING LEGENDS AND MYTHS



The Pallikondeswara Temple is steeped in legends and myths that add to its mystical allure and cultural significance. One popular legend associated with this temple is the story of Lord Siva's *Cosmic Dance*, known as the *Tandava*. According to mythology, it is believed that Lord Siva performed the Tandava at this sacred site, captivating the Gods and Goddesses with His divine dance. This mythological event is said to have bestowed immense spiritual energy upon this temple, making it a potent place for spiritual transformation.

Another legend associated with this temple is the story of how Lord Siva took on the form of a hunter, *Kirata* and engaged in a fierce battle with *Lord Arjuna*, one of the Pandava princes from the epic Mahabharata. It is believed that this battle took place in the vicinity of the Pallikondeswara Temple, further enhancing its mythical significance.

The major legend associated with this is that, during the *Samudra Manthan* (churning the ocean of milk) by the Gods and the Demons, many treasures along with *Amrita* (elixir of the gods) and the *poison Halahala* rose from the ocean. To rescue all beings of the world from the poison, Lord Siva, consumed it. When the poison was going through the throat of Siva, His Consort Parvati stopped it there by tightly holding Siva's throat, turning Siva's neck Blue. It was from then Lord Siva was called *Neela Kanta*, *Neela* meaning colour blue and *Kanta* meaning throat. After this episode. Lord Siva,



proceeded to His abode in *Kailas* with Parvati. On the way Lord Siva felt exhausted and slightly uncomfortable, and when He reached a place in the bounds of Andhra, which came to be called *Suruttappalli*. There, He laid down to relax, keeping His head in the lap of His Consort, Parvati. The gods who were concerned about Siva's well-being, assembled there and stood around Him, waiting for the Lord to open His eyes. This lying posture of Siva is rare and unique, almost similar to Lord Vishnu's reclining posture.

### TEMPLE ARCHITECTURE

The temple was built by *Vijaynagara King Harihara Bukka Raya* (1334-47). This temple has an inscription that the temple was renovated by *Kalahasti Princess* in 1833. *Sri Chandrasekarendra Saraswati of Kanchi Mutt* camped here for 40 days in 1976, and he showed a place and asked the people to dig it, and when they did, they found the stone and *Mahaperiyava* disclosed that the footprints are those of *Rama's twin sons, Lava and Kusha*. *Sri Jayendra Saraswati* and *Sri Vijayendra Saraswati* performed the *Kumbhabhishekham* of the temple on June 23, 2002. Lord Siva as Pallikondeswarar is seen in a reclining posture in the lap of His Consort, Parvati, as *Sarva Mangalambika*. The Deity here, is termed as *Bhoga Sayana Siva*.



The temple houses a three-tiered Gateway tower, known as Gopurams. This icon Siva in this temple is unusual; most Siva temples contain a Lingam, His iconic symbol, as the central icon. The Gods, Ganesa, Kartikeya, Surya, Chandra, Indra and sages such as Narada are seen standing around Siva. The temple has many icons, besides the central icon, for Brahma, Vishnu, Chandra, Kubera, Surya, Indra, Ganesa,

Kartikeya with Consorts Valli and Devayanai. There are also icons for Sages, Brihu, Markandeya, Agastya, Pulastya, Gautama, Tumburu, Vasihta, Viswamitra and Valmiki. Adishankara, another form of Siva, in a separate niche. There are also shrines for Navagraha, the nine planetary deities, and Sangamidhi and Padumanidhi with their Consorts Vasundara and Vasumadhi respectively.

The temple complex features intricate carvings and sculptures depicting scenes from Hindu mythology and religious texts. Throughout its history, the temple has undergone multiple renovations and expansions, each contributing to its distinctive architectural and cultural significance.

In recent years, concerted efforts have been made to preserve and restore the Pallikondeswarar Temple, ensuring that its architectural splendor and cultural heritage are safeguarded for future generations. Additionally, measures have been taken to ensure that the temple premises are well-maintained and protected from environmental factors that could compromise its structural integrity. The preservation and restoration efforts at Pallikondeswarar Temple underscore the commitment to safeguarding India's cultural heritage and promoting awareness about its historical significance. By preserving this architectural marvel, future generations will have the opportunity to appreciate and learn from India's rich cultural legacy.

### DEITIES INSIDE SURUTAPPALLI TEMPLE:

This temple is unique in that, it has unusually long list of Deities and they are: Palli Kondeswar with Sarvamangalambika, Valmikeswara, Maragathambika, Ramalingeswara, Vinayaka, Varsiddhi Vinayaka, Subrahmanya with Valli and Devayanai, Shaligram Vinayaka, Bala Subrahmanya Swamy, Rajarajeshwari, Vishnu, Mahalakshmi, Sarawathi, Annapoorni, Durga Devi, Lingodbhava, Brahma, Bairava, Valmiki, Kubera, Aiyandar with Poorna and Pushkala, Ayyappan with Gajavahanam, Thambhatya Dakshinamurthy, Jwaraheswara, Kasi Viswanathar, Vishalakshi Amman, Venugopalswamy, Ekapadha Trimurti, Adhikara Nandhi, Chandikeswarar, Raja Matangi, Saptamatrikas, Navagrahas, Nataraj and Sivakami,

## SPECIAL FEATURE



Footprints of Lava and Kusha, Sambandar, Appar, Sundarar and Manikkavachakar.

In Pallikondeswara shrine, He is seen in reclining posture on Parvati's lap, surrounded by Brhama, Vishnu, Markandeya, Narada, Chandra, Kubera, Indra, Surya, Ganesha, Consorts Valli and Deivanai, Kartikeya with and Bhriagu, Agastya, Pulastya, Tumburu, Gautama, Vasishtha, Viswamitra and Valmiki. In Ramalingeswara shrine, there shrines for Rama, Sita, Lakshmana, Anjaneya, Bharata and Shatrugna.

### INTERESTING INFORMATION RELATED TO THIS TEMPLE

- The Churning of the Milky Ocean (Samudra Manthan):**  
 One of most prominent among the Puranic episodes, is the Churning of the Milky Ocean. It is so prominent that references to it are found in far off places where Hinduism once flourished. Those with eyes would be able to recall this incident recreated in the **SUVARNABHUMI** airport in Bangkok, Thailand, which has almost life-like exhibit of the occurrence, with the Devas on one side and the Asuras on the other, with the Meru mountain used as the churning rod.
- The location of the Churning of the Milky Ocean:**  
 Geographical indicators point us to this having taken place in Tamil Nadu. The mouth of the Paalar River (Paal/Paalu in Tamil and Telugu denoting milk), where it meets the Bay of Bengal is said to be place where this incident took place.
- Meru Mountain:**  
 The Meru mountain is said to have been the mountain, **Thirukazhuhukundram** where Lord Siva is said to have manifested as **Vedagireeshwarar**. We all know that in the story of the Churning of the milky ocean, several things emerged from the sea. The **divine Horse Udrachaisvaras**, the **Divine Tree Kalpavriksha** and **Goddess Mahalakshmi** Herself are among the many others that came out of the sea. We also know that before the **God of Medicine Dhanvantri** emerged with the **Amrita**, there was the great poison, **Halahala** that emerged as well. **Adi Shankara Bhagavatpada**, in His **Dashashloki Stuti**, beautifully captured the moment where Lord Siva comes to the rescue of the whole world, by saying: **They i.e. all the living things on earth are dependent on Me for protection, Yo Raksha Dardhakshamaat**", earning the name **Pashupati**.
- Sri Pallikondeswara Swamy and Sarvamangalambika Devi:**  
 While we know that Lord Vishnu is the one who reclines in the ocean of milk upon **Adishesha**, this is a rare instance where one can find Lord Siva doing so, thus earning the name **Pallikondeswara**. **Goddess Parvati** here is known as **Sarvamangalambika**, as She is said to be the one who not only held Lord Siva's throat ensuring that the poison does not enter His being, but also acts as the

one who is the provider of the medicines.

#### • Few Rarities present in this Temple:

In most Siva temples in South India, one can find **Dakshinamurthy** idol in the southern direction facing part of the Prakara. In Surutappalli, one finds Dakshinamurthy along with Devi Parvati Herself, carrying the epithet,

**Dampatya Dakshinamurthy** (Dakshinamurthy couple). This is unique, as Dakshinamurthy in astrological terms represents **Guru**, **Santana Bhagyam** and **Money**. **Sukra** (a Graha), is said to represent marriage and luxury. **Guru** and **Sukra**, even in astrological terms are not always said to see eye to eye. They are preceptors of Devas and Asuras respectively, were for ever fighting. But in Surutappalli, their joint powers manifest in the Dampatya Dakshinamurthy Idol, where they bless couples with long married lives and also with children. Some say that it is **Brahspati** along with his wife **Tara**, whereas, some say it is Siva with Parvati.

#### • Valmikeshwara Swami (Main Deity):

Further, inside the temple, the Moola Murthy, which is the main deity in Surutappalli, is known as **Valmikeshwara**, in a triangular form being **Swayambu Lingam**. Sri Valmikeshwara is the original deity of this kshetram and precedes the Churning of the Milky Ocean and was worshipped by **Sage Valmiki**,



before he began composing the Ramayana and hence the name.

- Dwarapalaks in Surutappalli:**  
 While in any shrine of Lord Siva, it is usually guarded by **Dwarapalaks**, in this temple, they are guarded by **Kubera's** companions, namely, **Shankarnidhi** and **Padmanidhi**.
- Lord Ganesha in Surutappalli Temple:**  
 The Moolamurthy's consort is Devi Parvati by the name of **Marakathambika**. Opposite Marakathambika is **Vinayaka**, who is entirely made of **Shaligrama Stone**. **Lord Ganesha** is said to be here with His Consorts, **Ridhi Devi** and **Siddhi Devi**. Here **Lord Subrahmanya** with His Consorts, **Valli** and **Devayanai** is also said to face south, assuring devotees of ridding them of the fear of death (Maranabhagyam).
- The Practice of Observing Pradosha:**  
 The practice of observing Pradosha and the cessation of Vedic studies typically on Pradosham and the three days preceding is observed here. It is said to have begun from the time Lord Siva drank the poison. Dasami is when the poison is said to have emerged and it is on Ekadasi when Lord Siva drank the poison and rescued the world. Dwadasi was when the Churning of the Milky Ocean and that is when they saw ocean and the Gods



realized that they did not bother to enquire about Lord Siva. It was on **Triyodasi** that they saw Him in Surutappalli, some say that Lord Siva was reclining and some say that He was performing **Ananda Tandavam**. It is in memory of these cosmic incidents, that the next day is celebrated as **Maha Sivaratri** and the day when the Devas went to enquire about Lord Siva's wellbeing and that day is venerated as **Pradosham**. One can observe that the **Ekadasi** before **Maha Sivaratri** is named **Vijaya Ekadasi**, indicating the day the Devas celebrated their victory. The four days of the Kumba Masa (as per Solar Astrology) are said to be the most auspicious time of the year. An indicator of God's infinite mercy upon us when He drank the deadly poison and subduing it, allowing all things to live.

### RELIGIOUS SIGNIFICANCE AND FESTIVALS

The **Pallikondeswara Temple** holds immense religious significance, for devotees of Lord Siva and is considered a sacred pilgrimage site in Hinduism. The temple is believed to be a powerful place of worship where devotees come seeking blessings, offer prayers and perform rituals to pay their homage to Lord Siva. The annual Brahmotsavam festival, celebrated with great fervor and devotion, is a major highlight at the temple.

During the festival, the presiding deity is taken out in a grand procession on various Vahanas (vehicles) amidst the chanting of hymns and religious fervor. The temple also observes other important Hindu festivals such as, **Maha Sivaratri**, **Navaratri**, **Deepavali** etc., which attract large numbers of devotees who come to participate in the religious rituals and seek divine blessings. These festivals are marked by elaborate ceremonies, cultural performances and religious discourses that create a vibrant atmosphere of spirituality and devotion.

For devotees, visiting the Pallikondeswara Swamy Temple is not just a religious obligation but also a deep spiritual experience that fosters a sense of connection with the divine. The temple's religious significance is deeply ingrained in the hearts of its visitors, who come seeking solace, guidance and blessings of Lord Siva.

### RITUALS AND BELIEFS ASSOCIATED WITH THIS TEMPLE

Eligible boys and girls, whose marriage are hindered or delayed. Light **nei deepams** (ghee lamps) equivalent in number to their age, in front of Dampatya Dakshinamurthy sannidhi, their obstacles are said to be removed and get married soon after. Pradosham is very important here. Whoever visit during pradosham days are said to achieve what they desire in life.

### PLACE NEARBY

The hills near Surutappalli is known as **Brahmagiri** and **Lord Brahma** had conducted various Yagnas here. Lord Siva who was pleased with the Yagnas appeared here and gave the boons what Lord Brahma sought for and appeared at 5 places around Arani River and these places are known as **Pancha Siva Sthalas** or **Pancha Brahma Sthalas**. They are: Surutappalli, Ramgiri, Periyapalayam, Ariyathurai and Arani.

### HOW TO REACH SURUTAPPALLI

The nearest airport is Chennai and there are several bus services from Chennai via Periapalayam. One can drive in a car, as the roads are very good.



# Celebrating Waterloo's Class of 2025 VALEDICTORIANS

Meet the 14 exceptional students representing Waterloo's newest grads

By Angelica Marie Sanchez, *University Relations*

Convocation marks a significant milestone for University of Waterloo graduates. This year, 14 outstanding students have been chosen to represent the graduating Class of 2025.

Their selection as valedictorians demonstrates their dedication and creativity within their faculties. Below, they share parts of their academic journeys filled with inspiring tales of overcoming challenges and embracing opportunities for growth.

Congratulations to our 2025 Waterloo valedictorians and fellow graduates, who now join a powerful network of more than 255,000 alumni who are making an impact on the world.

## Why did you choose to study at the university of Waterloo?

**Raksha Aravind's** (BSc '25) was drawn to Waterloo for its remarkable Kinesiology



**Raksha Aravind (BSc '25) graduates with a Bachelor of Science in Kinesiology**

program.

"The program mixes everything — biomechanics, anatomy, physiology, nutrition and even social sciences — and it gave me the full picture of human movement," Aravind says.

She completed three co-op terms as a research assistant in the Nutrition and Aging Lab, earning the NSERC Undergraduate Student Research award. Her work focused on nutrition risk in older adults and supports the development of screening tools to improve early health assessments for underserved communities.

Aravind is preparing to write the MCAT and aspires to practice medicine in Canada as a surgeon. "For me, medicine is not just about diagnosing or treating — it's about understanding the humanity of each patient," she says.

**Daisy Birch** (BA '25) chose Waterloo for its interdisciplinary Arts and Business program, which allowed her to combine her deep interest in business with her passion for sexuality, marriage and family studies. A standout



**Daisy Birch (BA '25) graduates with a Bachelor of Arts and Business in Honours Sexuality, Marriage and Family Studies, and a minor in Human Resource Management, and certificates in Global Experience and Community Leadership.**

moment in her academic journey was studying abroad in Athens, Greece — an experience she describes as transformative. On campus, Birch served as a Student Ambassador for four terms and a Residence Life Don for nine terms. Another highlight was presenting at the 2020 Ontario Association of College and University Housing Officers Residence Life Conference, where she earned a Top 5 Presenters award for her work on fostering consent culture.

"One thing you should know about me is that I always have at least five plans in the works, so don't be shocked if you see me on Broadway or on your television someday," she says.



**Putri Cullinane (BES '25) graduates with a Bachelor of Environmental Studies in Environment, Resources and Sustainability.**



**Keeley Isinghood (BMath '25) graduates with a Bachelor of Mathematics in Honours Biostatistics and a minor in Pure Mathematics.**

For **Putri Cullinane** (BES '25), Waterloo's renowned co-operative education program and interdisciplinary pathways made it the ideal place to combine her passions in environmental studies and economics.

A highlight of her student journey include a two-week field course in Atlantic Canada and completing her undergraduate senior thesis on the experiences of women entrepreneurs in informal water markets. Being a valedictorian has very special meaning for Cullinane.

"With both my parents still living in Indonesia and having sacrificed a lot for me to be here, I feel incredibly honoured to have been nominated," she says.

After convocation, Cullinane will join the Canada Water Agency as a policy analyst, a role she worked in part-time while completing her final year at Waterloo.

**Keeley Isinghood** (BMath '25) came to Waterloo to pursue her love of numbers and problem-solving. In the Biostatistics program, she discovered a meaningful way to apply math to real-world challenges and a supportive community who deepened her passion.

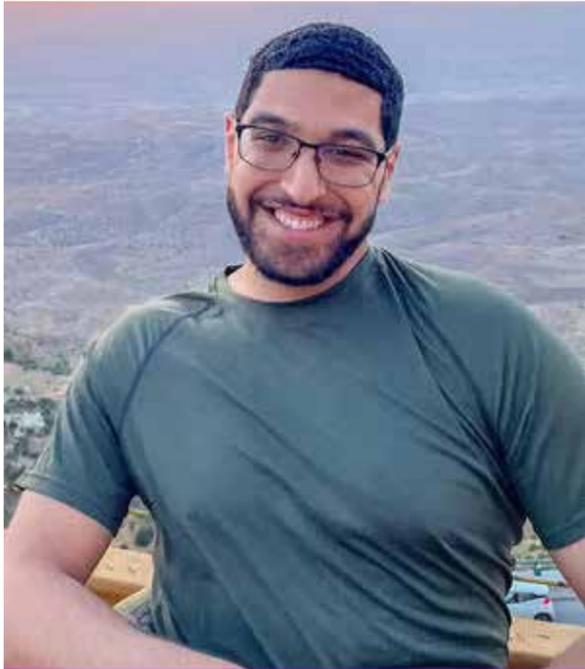
"I remember one night, I finally solved a problem that I had been stuck on all week — it was a wonderful feeling to figure it out on the whiteboard with the help of my friends," Isinghood says. "Working on mathematics collaboratively has always been a highlight of my degree."

Isinghood was active in student life, from Women in Mathematics and MathSoc to participating in the curling club and intramural sports teams. She is especially proud of mentoring 20 first-year students as a peer leader in the Honours Math Living and Learning Community.

Isinghood will begin her Master of Mathematics in biostatistics at Waterloo this fall.



# COMMUNITY WATCH



**Salahuddin Said (BASc '25) graduates with a Bachelor of Applied Science in Mechanical Engineering.**

Salahuddin Said (BASc '25) vividly remembers attending a university fair in Grade 11 and asking every booth about their co-op programs. Waterloo's emphasis on real-world experience quickly made it his top choice.

"Waterloo has a prestigious name in engineering, and co-op really helped me find what I enjoyed working on and finding my place in engineering as a whole," he says.

While at Waterloo, Said supported classmates with resume critiques, job applications and mock-up interviews. He also created a technical interview question database, which more than 30 students contributed to and used for their



**Chinemerem Chigbo (BASc '25) graduates with a Bachelor of Applied Science in Computer Engineering.**

full-time job applications.

"The achievements I feel the proudest are not so much what I have done myself, but what I have been able to do for others," Said says. "I've been incredibly lucky with my co-op experiences and opportunities across different avenues, and because of that, I've been able to pay it forward to other students."

After attending one of Waterloo's fall open houses, **Lyvia Yanover** (BSc '25) knew she found the right fit.

During her undergraduate studies, she served as a Science Ambassador for three consecutive years and volunteered as a tutor at the Physics



**Lyvia Yanover (BSc '25) graduates with a Bachelor of Science in Physics and Astronomy.**

Tutorial Centre.

"I'm proud of finishing both PHYS437A and B research courses, where I worked on researching a hypothetical model of the Big Bang with Dr. Niayesh Afshordi," she says. "I also managed to fit a minor in Mathematics into my degree, which I'm extremely happy with."

Being named valedictorian holds both a deep and personal meaning for her. "It means I pushed through the difficulties of my university experience, despite everything that happened in my personal life that made it harder," she says. "It's something I know my mom, who passed away in 2023, would be proud of."

She will be returning this fall to pursue a Master of Science in Physics, supervised by Dr. Will Percival, a distinguished research chair in astrophysics.

**Tell me about some of the achievements you are most proud of to date.**

**Chinemerem Chigbo** (BASc '25) chose Waterloo for its strong reputation in innovation, co-operative education and academic excellence — especially in computer engineering.

He found joy in hands-on learning like building a hair-cutting robot with a friend.

Through UW Blueprint, Chigbo helped develop technical products for nonprofits and later founded his own organization, providing pro bono software maintenance to keep essential tools running effectively.

"Being chosen as valedictorian is deeply humbling," he says. "It reflects not only my own efforts, but also the support of my peers, professors and family. It's a privilege to represent our shared journey, struggles and successes."

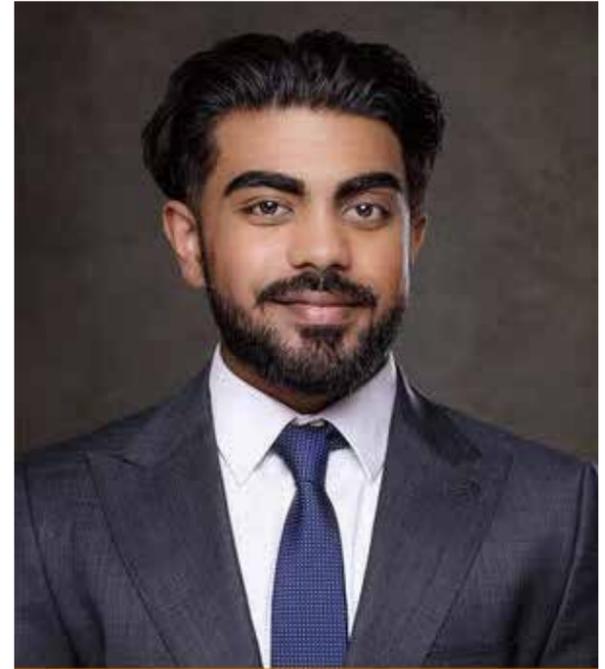
After convocation, he will volunteer in Nigeria teaching technical skills to youth.

"I'm passionate about creating opportunities through education," Chigbo says. "Access to technical skills can empower young people to shape their own futures."

One of **Viren Pandya's** (BA '25) proudest achievements is co-founding the Hindu Students Council, which grew from a simple idea into a vibrant community that fostered cultural connection and belonging.

"It wasn't just about creating a cultural club," Pandya says. "It was about creating a space where students could connect, celebrate their culture and find support."

Pandya sees his selection as valedictorian as a testament to the support he received from



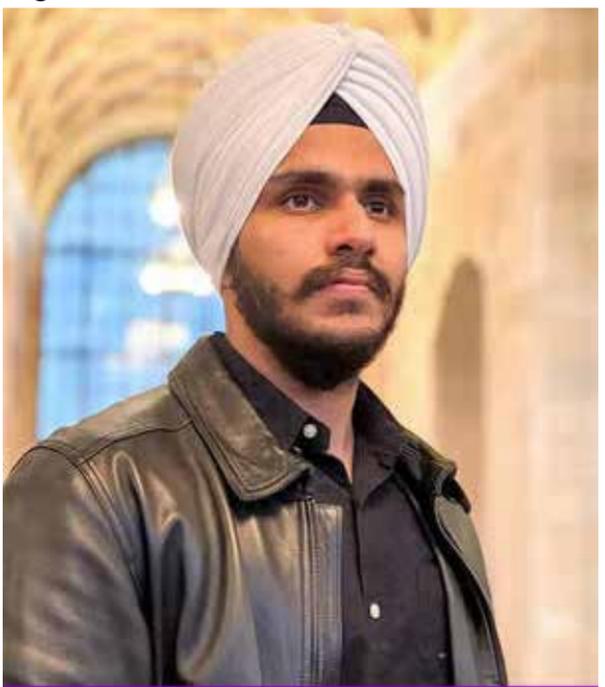
**Viren Pandya (BA '25) graduates with a Bachelor of Arts in Economics.**

friends, family and professors. Representing his class and all they have overcome is a memory he will cherish forever.

"It isn't just a title, but a reflection of my university journey — how much I've grown, how many times I have struggled and how every setback was just a steppingstone to something bigger," he says.

Pandya will be starting a full-time position at Ernst and Young in Toronto.

**Mankirat Singh Sains** (BASc '25) describes being named valedictorian at one of the world's leading universities as deeply meaningful, especially coming from a small school in Uganda.



**Mankirat Singh Sains (BASc '25) graduates with a Bachelor of Applied Science in Civil Engineering.**

"It's more than a personal milestone — it's a tribute to the sacrifice and unwavering support of my family, to whom I owe everything. Their belief has carried me here, and this moment is for them," he says.

At Waterloo, Sains was nominated for Co-op Student of the Year by five employers and won an intramural championship. But it was the friendships and memories — like Engineering Day, with purple ring toss, laughter and professors in the dunk tank — that he cherishes most.

Before coming to Waterloo, **Nina Tan** (BCS '24) carefully planned her ideal university experience, aiming to complete each co-op term in a different city. She succeeded by living



## COMMUNITY WATCH



**Nina Tan (BCS '24) graduated with a Bachelor of Computer Science.**

and working in Vancouver, Boston, Mountain View and Munich.

"I've always loved adventures and exploring new places, so the co-op program really appealed to me," Tan says. "I still look back fondly on the memories and friendships I made in each one."

She also held several executive leadership roles within Women in Computer Science (WiCS), which include serving as director of Publicity, Outreach and Mentorship. Over



**Matthew Jones (BAFM '25) graduates with a Bachelor of Accounting and Financial Management with a specialization in Financial Markets.**

the course of her degree, Tan helped organize numerous professional, mentorship and community-building events that became a meaningful part of her university experience.

Tan will be returning to Google, one of her former co-op employers, as a software engineer. In the long term, she hopes to build solutions in sustainability, education and women's health, while reacquainting herself with old hobbies like singing and arts and crafts.

**What is one of your fondest memories as a Waterloo student?**

Like many Waterloo students, **Matthew Jones** (BAFM '25) used the co-op program to explore different industries and roles, learning more about himself with each experience. Jones was actively involved in the School of Accounting and Finance (SAF), supporting first-year students and leading peer initiatives.

"Mentorship played a pivotal role in my own development early on, so it's been incredibly meaningful to contribute to that same supportive SAF community," he says.

One of his most cherished memories is playing on Waterloo's frisbee team, where he eventually became team captain.

"Being part of the [team] allowed me to connect with an incredible group of people from across different programs. It was a highlight of my university experience," he says.

He will be starting a full-time position at BMO Capital Markets in Toronto.

**Michael Hanley** (BAsc '25) remained deeply engaged in campus life throughout his time at Waterloo. His fondest memories are the friendships he built — late-night study lounge talks, game nights, snowball fights, parties and countless shared moments that reminded him there's more to university life than academics.

"I'm very lucky to have met people that I can call life-long friends during my time here at the University," he says.

Hanley placed second at the Nanotechnology Engineering Capstone symposium and led Waterloo's Midnight Sun team in building a solar-powered car from scratch for three years.

"Being able to make something so complicated from nothing, while doing it with a great group of people was amazing," Hanley says. "I was even able to drive the car during the competition at the Formula Sun Grand Prix — one of the most rewarding things I have done."

Hanley will be moving to California to join Tesla as an associate manufacturing engineer.

**Karen Abdel Sater** (BMath '25) began her degree during a global pandemic, balancing her studies and extracurricular activities while adapting to a new environment. She turned these challenges into motivation, becoming deeply involved on campus — joining student clubs, serving as a residence life don and leading the Waterloo Arab Student Association.

"Building connections and creating spaces where people felt at home added a whole new dimension to my university experience," Abdel Sater says. "It made me stay grounded in my own culture while encouraging others to embrace both our similarities and differences."

For Abdel Sater, being named valedictorian



**Michael Hanley (BAsc '25) graduates with a Bachelor of Applied Science in Nanotechnology Engineering with a Nanoelectronics Specialization and a Physical Science Option.**

is about representation. As a Lebanese woman in mathematics, she hopes her story inspires others to pursue unconventional paths.

Abdel Sater will join the Royal Bank of

Canada, where she previously worked as a co-op student, to work full-time as a data engineer.

**Meera Thavarajah** (BSc '25) reflects on her many different roles during her time at Waterloo. She held executive positions in student clubs like Make-a-Wish Canada, Big Spoon Lil Spoon, Waterloo's Lion's Club, hera.co and the Science Society. Thavarajah also worked with Campus Housing, research labs and shared her student experience as a TikTok creator.

"As the daughter of immigrants who did not have the opportunity to attend post-secondary, I'm proud to dedicate my degree to them in recognition of all their efforts and sacrifices that paved my way for success," she says.

Thavarajah will be attending the University of Toronto this fall to pursue a Master of Kinesiology. In the future, Thavarajah plans



**Karen Abdel Sater (BMath '25) graduates with a Bachelor of Mathematics in Honours Mathematical Economics.**

to pursue medical school and advocate for inclusive, compassionate health care — especially for children.

"I want to make people feel seen, heard and cared for, regardless of their background or circumstances," Thavarajah says. "As a person of colour myself and second-generation immigrant, I am passionate about bridging communication gaps in the medical field to create more inclusive care for all."



**Meera Thavarajah (BSc '25) graduates with a Bachelor of Science in Biomedical Sciences and a minor in Medical Physiology.**

*Courtesy: University of Waterloo*