

# Anti-Indian sentiment in US can derail trade relationship

A social media post by the US Department of Homeland Security has created a furore among Indian immigrants in the North American country. The social media post on platform X had an AI-generated poster featuring ‘Transformers’ character Optimus Prime and a brown man with a written message of “Self-deport or find out”. Just a few days back, the US Department of Labour has suspended Permanent Labour Certification Filings- widely known as PERM- of Cognizant as the US authorities investigate alleged fraud in the immigration programme. PERM is a key route for employers to get employment-based green cards for the foreign workers, whom they bring in to the US for executing project work.

Notably, Cognizant is a Nas-

daq-listed company though it was founded by people of Indian-origin. Many believe that the investigation may widen its ambit to other large Indian IT firms in coming days. These two developments in the US shows that anti-immigration sentiment in the US is at its peak.

Surprisingly, most of the hate speech and social media posts are directed at Indians as a major section of Indian immigrants are successful professionals. The MAGA supporter base of Donald Trump is actively flaring such anti-India sentiment. Since the first day of Trump as the President of the US, immigration from India has been facing huge issues.

It began with humiliating eviction of illegal Indians staying in the US. The memory is still fresh how

people were deported in planes with their hands and legs tied on chains. Then came a wave of measures restricting movement of professionals through H1B visa route. H1B- the most popular temporary work visa- has seen entry fee raised to around \$100,000.

Moreover, procedural delay has crept in. Visa appointments are being cancelled abruptly. Visa application processing is also facing undue delay. Amid such restrictive measures, the visa applications of Indian IT companies have gone down significantly. These measures by the US administration show that Indians are no longer welcome in the US.

For decades, the bright and wealthy in India aspire to work and settle in the US. Given the current measures, it seems the route

is slowly getting closed with active discouragement from the US government. Against this backdrop, it is worth evaluating the impact of such a development. For more than three decades, India and the US’ tech industry has been very closely integrated.

From unhindered flow of people to capital, India & US relationship has been built on mutual interest. The ongoing anti-India sentiment is likely to impact that relationship. When companies are no longer allowed to send professionals to the US, they have to shift much of the work back home as the US doesn't have the required STEM talent.

Moreover, rising people-to-people relationship is responsible for more Indian students opting for higher studies in the US. As restrictions pile up, slowly Indian

students are opting for other locations than the US. Though the diplomatic relationship remains strong between India and the US despite irritants, the emerging dynamics in the immigration front will show up in the policy making at some point of time. And that will not be pleasant.

Currently, the Indian startup ecosystem has close relationship with their counterparts in the US. Many leading fund houses of America have been investing billions in India. If anti-India rhetoric continues, decoupling to some extent is expected. All-in-all, derailment of relationship between India and the US may create a lose-lose situation for both nations. In this perspective, some sense of wisdom should prevail among policymakers on both sides.

LETTERS

### ‘Purification’ corrodes democratic culture

THIS refers to “Dalits up in arms over purification of road after dapuu protest at Erravalli” (Sept 10). Purification rituals after political rallies revives the old caste practice of untouchability, now reengineered as a weapon of party rivalry. Though it appears as a theatrical gesture meant to delegitimise opponents, but it drags public life back into the language of discrimination. When parties extend this symbolism into rallies by “cleansing” spaces, they are essentially staging caste-like differentiation in political form’. Moreover, in Parliament and assemblies, even the seating arrangement has become an analogy for it— ruling party on one side, opposition on the other — a physical enactment of separation. While such seating is procedural, the mindset it reinforces is adversarial rather than collaborative. Will purification rituals be enacted there as well? This is not just ritualistic excess; it corrodes democratic culture. Instead of debating ideas, parties are dramatising purity versus pollution, which questions the very notion of equal citizenship.

Dr O Prasada Rao, Hyderabad

### Political differences getting uglier

CONSIDERING the report titled “Ministers meet Governor, complain against BRS over ‘purification’ ritual”, I would like to bring to your notice the complaint made by a delegation of Telangana Ministers to the Governor Shiv Pratap Shukla about the purification ritual allegedly performed by the leaders of BRS at Erravalli. According to the ministers, the act which was allegedly performed by the BRS leaders after Dalit leaders held a protest near the farmhouse of KCR indicated a discriminatory attitude. The ministers were also concerned about the remarks allegedly made and the manner in which Dalit leaders were being treated. It is a very serious matter and needs to be investigated. Differences of opinion in politics should not lead to acts or statements which might affect the dignity of any community. It should be investigated by the concerned authorities and necessary action taken if these allegations are found to be true.

Pulpa Architha, Hyderabad

### Address Gen Z issues, don’t pose

AFTER the CJP and Gen Z protests, the PM urged ministers to connect more often with Gen Z through Instagram and other social media. Soon, MPs—and now ministers—began borrowing Gen Z lingo. Suddenly, even the Assam Chief Minister and other ministers are sharing AI-generated “1980s retro” images of themselves. Rahul Gandhi, too, has joined the trend. The images may be amusing, but have politicians misunderstood what Gen Z is saying? The EC had already cautioned political parties and candidates in October 2025 to clearly label AI-generated/synthetic content and follow safeguards. Gen Z doesn’t need politicians to look young or speak their language. They want their concerns heard and addressed. The best way to connect with Gen Z is not through retro AI photos, but by responding to the issues they are raising.

N Nagarajan, Hyderabad

### ‘Hanuman Ansh’ hits a new high!

THE extraordinary box-office success of the modestly budgeted film Hanuman Ansh proves that genuine storytelling and emotional sincerity still resonate deeply with contemporary audiences. Made without mega-star power, aggressive marketing, or high-tech spectacles, this film is on track to become one of the biggest hits of the year. The movie succeeds because it stays true to its roots. By focusing on the life, teachings, and philosophy of the revered mystic Neem Karoli Baba, it offers a clean, values-driven narrative centered on faith, love, and service to humanity. Its triumph sends a clear message to the film industry: clean dramas devoid of excessive violence, gore, and vulgarity can work wonders at the box office. The movie also shows that an intelligent filmmaker who prioritizes the soul of cinema over glitz and glamour will always find an audience. Hanuman Ansh is a refreshing reminder that powerful characterisation, good music, and a novel subject are the true pillars of filmmaking.

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BENGALURU ONLINE

### WhatsApp ticket booking facility available for KSRTC, NWKRTC and KKRTC

BENGALURU: The Karnataka State Road Transport Corporation (KSRTC) has been providing an online advance reservation booking facility to make passenger journeys more comfortable and convenient. As part of this initiative, the One Karnataka Mobility App has been developed to bring together the services of the four State Road Transport Undertakings KSRTC, NWKRTC, KKRTC and BMTC on a single digital platform. With a modern and user-friendly interface, the platform is aimed at providing passengers with a simple, seamless and integrated travel experience. The upgraded Mobile App KSRTC AWATAR 2.0 and WhatsApp ticketing facility was launched by the Hon’ble Chief Minister of Karnataka on 10-09-2026, during the 100-day programme held at Vidhana Soudha, Bengaluru. A secure user login facility will enable passengers to authenticate their identity, access details of previous bookings and conveniently manage their transactions. Passengers will be able to register grievances related to all four transport undertakings on a single platform. The system will facilitate tracking of grievance status, escalation wherever required and monitoring of the resolution process. A digital monthly pass facility will be introduced in a phased manner, enabling passengers to book, receive and manage bus passes online. The facility will also provide for QR code-based digital verification.

For the convenience of passengers, Ticket booking through WhatsApp is now available for bus services operated by KSRTC, NWKRTC and KKRTC. Passengers can initiate the booking process by sending message by WhatsApp to number +91 6364940880

The interactive WhatsApp booking system will guide passengers through the complete ticket reservation process, similar to the existing KSRTC online booking system.

Read more at  
<https://epaper.thehansindia.com>

# THE MENTAL HEALTH OF OUR SOCIETY



K KRISHNA SAGAR RAO

THERE is a mental health crisis around us that we rarely acknowledge. When we speak of mental health, we usually think of depression, anxiety, addiction, loneliness or other clinically recognised conditions. These are undoubtedly serious concerns and deserve professional attention. But there is another, less visible crisis unfolding in our homes, workplaces, friendships and communities, a deterioration in the emotional health of society itself.

I call them the social diseases of our times. They are not psychiatric diagnoses. They are patterns of behaviour, attitudes and emotional dysfunction that are becoming so widespread that they are beginning to influence the way we relate to one another. They manifest themselves in broken relationships, toxic workplaces, bitter family disputes, fractured friendships, workplace politics and an extraordinary inability to disagree without becoming disagreeable.

The paradox is striking. We have never been more connected, yet we seem increasingly incapable of connecting with one another. As someone who has spent years observing organisations, leadership and human behaviour through the lens of Emotional Intelligence, I believe that six particular social diseases deserve our urgent attention.

#### 1. The disease of insufficient consideration

Perhaps the most fundamental social disease today is our declining ability to consider the feelings, circumstances and dignity of another person. We are becoming increasingly self-referential. What I want, what I feel, what I deserve and what I think mostly takes precedence over what another person may be experiencing.

Consideration is not weakness. It is not submission. It is the simple ability to pause before acting and ask: “How will this affect the other person?” In families, this disease appears when spouses stop considering each other’s emotional needs. In workplaces, it appears when leaders treat employees as resources rather than

people. In society, it appears when inconvenience to oneself becomes more important than the legitimate needs of others.

The tragedy is that consideration costs very little. A little patience, courtesy, listening and sensitivity can prevent enormous emotional damage. Yet our increasingly hurried, competitive and individualistic lifestyles seem to be eroding precisely these qualities.

#### 2. Chronic jealousy and the comparison syndrome

Jealousy has always existed. What has changed is its scale, visibility and frequency. Social media has transformed life into a continuous comparison exercise. Someone else’s holiday, house, career, children, wealth, marriage, social circle or success becomes a benchmark against which we quietly measure our own lives.

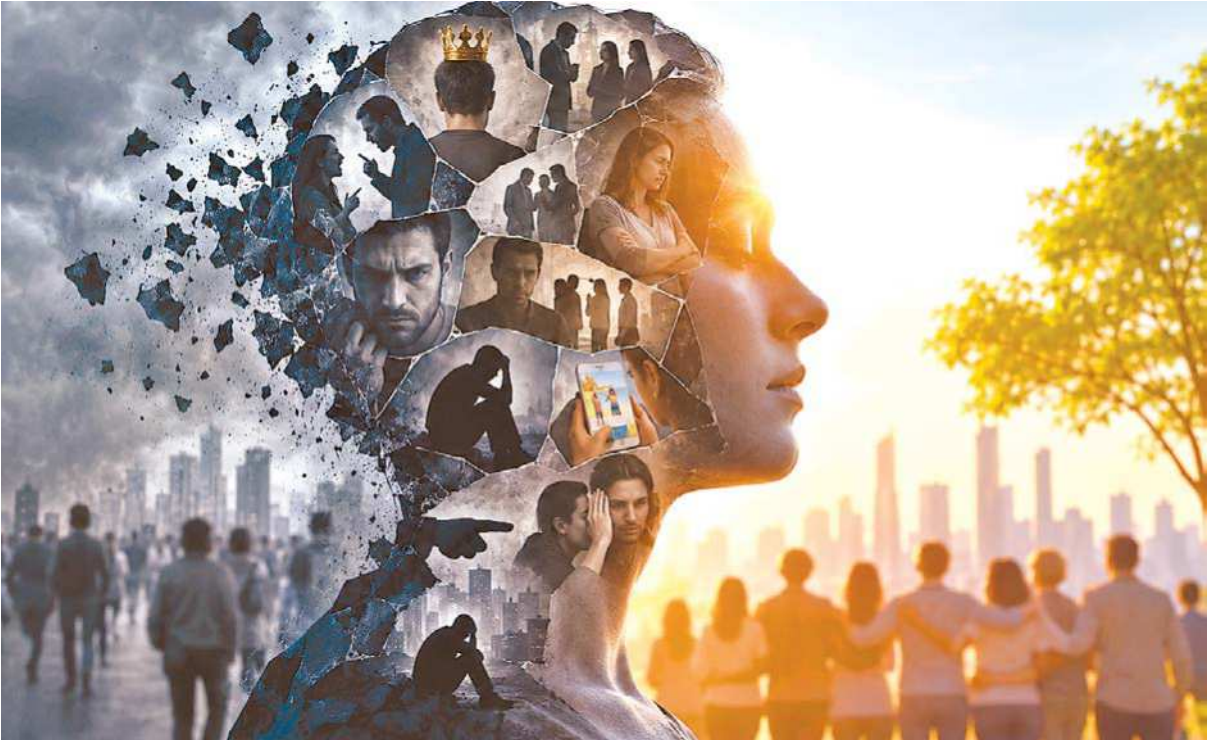
The result is a generation that is increasingly uncomfortable with another person’s success. Healthy competition can inspire us. Chronic jealousy destroys us. It makes us question the motives of successful people, diminish their achievements and sometimes even derive satisfaction from their failures. In organisations, jealousy produces unhealthy politics, withholding of information, sabotage, non-cooperation and resistance to talented colleagues. In families, it can create lifelong resentments between siblings and relatives.

The emotionally intelligent person understands a profound truth: “Another person’s success does not diminish one’s own worth”. We need to move from comparison to self-evaluation, from resentment to genuine appreciation.

#### 3. The trust deficit

Trust is the invisible infrastructure of every healthy relationship. When trust disappears, communication becomes guarded, intentions are questioned, even innocent actions are interpreted suspiciously and relationships become exhausting.

We increasingly live in an environment of suspicion. We doubt what people say. We question motives. We assume hidden agendas. We demand proof where faith and goodwill once existed. The consequences are particularly damaging in families. When trust between spouses deteriorates, every disagreement becomes evidence of betrayal. Financial decisions become sources of suspicion. Friendships become transactional. Even professional relationships suffer when col-



leagues spend more energy protecting themselves than collaborating.

A trust deficit also has an enormous organisational cost. Organisations with low trust require more controls, more approvals, more monitoring and more bureaucracy. Decisions slow down and Innovation suffers. Employees become defensive rather than entrepreneurial. Trust, however, cannot be demanded. It has to be earned through consistency, transparency and integrity.

#### 4. Weaponised communication - the disease of the sharp tongue

Words have always had the power to heal or hurt. Today, however, we seem to be losing our restraint. We speak impulsively, respond instantly and often use words not to communicate but to hurt and caused wounds. The sharp tongue has become a weapon. Sarcasm is mistaken for intelligence and Insults are disguised as honesty. Public humiliation is defined as “telling it like it is”. Arguments quickly become abusive and personal. And once hurtful words are spoken, apologies often arrive too late to repair the damage. Imagine this is happening across all relationships, spouses, colleagues and even between young children and their parents.

Emotional Intelligence demands something very different: the ability to regulate the emotion before expression. Not every thought needs to be spoken. Not every provocation requires a response.

#### 5. Emotional volatility

Another disturbing feature of our times is our declining capacity to regulate emotions. Small disagreements become major confrontations. Frustration quickly becomes anger and a difference of opinion becomes a personal attack.

We increasingly react before we reflect. Emotional volatility is particularly destructive because emotions are contagious. One person’s uncontrolled anger can destabilise an entire family,

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team or organisation. A volatile leader creates fear. A volatile parent creates insecurity. A volatile spouse creates an environment in which everyone learns to walk on eggshells.

Emotional regulation does not mean suppressing emotions. It means managing them intelligently.

One of the defining characteristics of emotionally intelligent people is their ability to create a small but enormously important space between what they feel and how they respond. That space is where maturity resides.

#### 6. The disease of entitlement

Perhaps the most corrosive disease of all is entitlement, the belief that we are owed attention, respect, success, money, loyalty, recognition or preferential treatment simply because we expect it. Entitlement quietly destroys gratitude.

It makes people focus on what they have not received rather than what they have. It turns relationships into transactions: What have you done for me? What have you given me? What do I get in return?

In marriages, entitlement can turn partnership into scorekeeping. In families, it can create permanent grievances between generations. In organisations, it produces employees who demand rewards without accepting corresponding responsibility and leaders who expect loyalty without demon-

#### Can We Cure These Social Diseases?

The answer is yes, but there is no medication, app or government programme that can cure them. 5

The cure begins with self-awareness. We must become conscious of our own behaviour before judging the behaviour of others. We must learn to ask ourselves uncomfortable questions:

Am I sufficiently considerate? Do I become jealous of another person’s success? Do people trust me? Do my words heal or hurt? Can I control my emotions when provoked? Am I grateful or perpetually entitled? - These questions belong in our homes, schools and workplaces.

We need to teach Emotional Intelligence as seriously as we teach academic intelligence. Children should learn empathy, listening, conflict resolution, emotional regulation, gratitude and respectful disagreement as fundamental life skills.

Families must create cultures where difficult conversations can take place without humiliation. Couples must learn that winning an argument is often less important than preserving the relationship and parents must model the emotional behaviour they expect from their children.

Organisations, too, must recognise that Emotional Intelligence is not a soft corporate accessory. It is a strategic capability. Leaders who cannot regulate themselves, influenced by rumours, handle disagreement and build trust eventually become liabilities to the organisations they lead.

And perhaps most importantly, we need to rediscover the virtues that modern life is slowly pushing to the margins: kindness, patience, humility, gratitude, restraint, empathy and respect. None of these qualities is old-fashioned.

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