



Indian National Students Association (UK)

# CONNECTS

CELEBRATING UNITY, LEADERSHIP, AND IMPACT

A NETWORK THAT INSPIRES.  
A COMMUNITY THAT CONNECTS.





## **FROM THE DESK OF NATIONAL PRESIDENT**

As we approach the culmination of another remarkable year, I am delighted to extend my warmest greetings to each member of the Indian National Students Association - UK.

Reflecting on the strides we've made together, this year has been a testament to our collective dedication, resilience, and passion for fostering a vibrant community among Indian students in the UK. As National President, I am immensely proud of the initiatives, events, and strides we've taken in empowering our members, advocating for their needs, and nurturing a sense of belonging.

Throughout the year, our association has been a beacon of support, providing a platform for cultural exchange, academic guidance, and camaraderie. Whether through enriching discussions, cultural celebrations, or academic endeavours, each one of you has contributed significantly to the tapestry of our vibrant community.

As we bid adieu to this year, let us carry forward the invaluable lessons learned, the friendships forged, and the experiences shared. Let the successes and challenges of this year fuel our aspirations for an even more impactful and fulfilling journey ahead.

I extend my heartfelt gratitude to every member whose enthusiasm and commitment have been the driving force behind our accomplishments. Together, let us continue to inspire, learn, and grow, making a meaningful difference in the lives of our fellow students and the larger community. Wishing you all a joyous holiday season and a prosperous New Year filled with renewed energy, endless opportunities, and shared accomplishments.

Warm regards,

**Amit Tiwari**  
**National President**  
**Indian National Students Association - UK**

# INSA ANNUAL MEET 2025

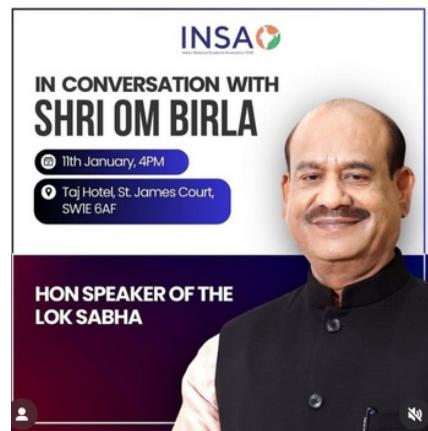


March 2025 witnessed the vibrant return of INSA UK's much-awaited Annual Meet, a signature event that united student leaders, alumni, academics, and industry professionals from all corners of the United Kingdom. Held in the heart of London, this gathering was a true celebration of community spirit and leadership. The event featured compelling keynote speeches by distinguished guests, dynamic panel discussions tackling pressing global topics, and interactive workshops designed to foster personal and professional growth. It served as an invaluable platform for sharing experiences, building new connections, and setting an ambitious collective vision for the year ahead.



# SPEAKERS & INTERACTIONS

## LEADERSHIP & ECONOMIC DIALOGUES: VOICES OF IMPACT



INSA UK organised two insightful engagements that inspired students across the UK. An exclusive interaction with Shri Om Birla, Hon'ble Speaker of the Lok Sabha (Parliament of India), offered valuable perspectives on governance, democracy, and the role of youth in nation-building.

At the King's India Economic Forum, Sanjeev Sanyal, renowned economist and Member of the Economic Advisory Council to the Prime Minister of India, delivered a thought-provoking talk on "Process Reforms: India's Attrition Warfare vs DOGE Blitz," exploring India's evolving economic strategies and reform-driven growth.

## INTERACTION WITH NATIONAL PRESIDENT AMIT TIWARI



An intimate discussion with Amit Tiwari, the National President of INSA UK, provided a rare opportunity for students to explore topics related to global business trends, legal careers, and leadership in multicultural environments. Amit shared personal anecdotes and practical advice on navigating complex career landscapes, inspiring attendees to embrace challenges and pursue ambitious goals confidently.

# CHAT WITH SMRITI IRANI (LSE, WARWICK & OTHER UNIVERSITIES)



In an exclusive virtual interaction, Smriti Irani shared her journey and perspectives on leadership, cultural identity, and women's empowerment. Students and young professionals engaged enthusiastically, discussing how to balance personal aspirations with community responsibilities. Her candid reflections encouraged participants to think deeply about their own roles in fostering change and representing their heritage abroad.

## STRENGTHENING INDIA-UK TIES THROUGH LEADERSHIP ENGAGEMENTS



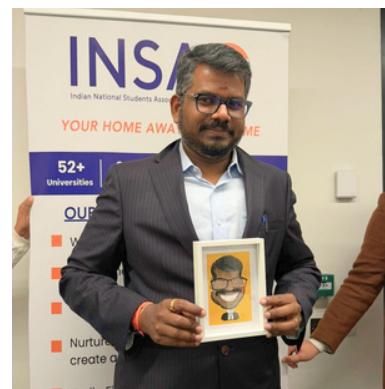
# CHAT WITH RAJ SHAMANI

Students had the opportunity to engage in an inspiring session with Raj Shamani, renowned entrepreneur, author, and content creator. His energetic storytelling and practical insights on personal branding, digital growth, and entrepreneurial mindset deeply resonated with the audience. Raj's message of authenticity, resilience, and self-belief encouraged students to embrace their individuality and pursue their goals with confidence and purpose.

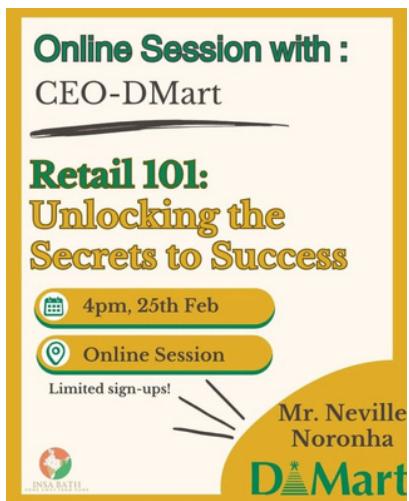


# INSIGHTS FROM J. SAI DEEPAK – LAW, LEADERSHIP & CULTURAL IDENTITY

INSA had the privilege of hosting J. Sai Deepak, a celebrated advocate and author, for an in-depth discussion on law, civilisation, and the importance of cultural continuity. His thought-provoking talk encouraged students to appreciate India's rich legal heritage and explore how cultural identity shapes legal and social narratives today. The event left a lasting impact, inspiring participants to engage more deeply with their roots and intellectual pursuits.



# ONLINE SESSION WITH DMART CEO - MR NEVILLE NORONHA



The session offered business students and aspiring entrepreneurs an exclusive opportunity to engage with Mr. Neville Noronha, CEO of DMart, one of India's leading retail chains. Drawing from his experience in building customer-focused and efficient retail models, he shared valuable insights on leadership, humility, and sustainable growth, leaving participants inspired to apply these lessons within their own professional and entrepreneurial journeys.

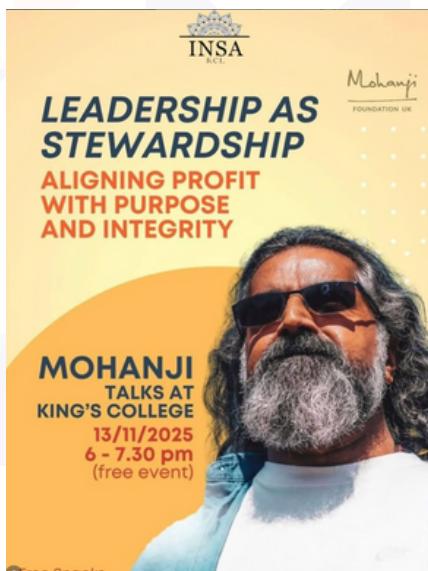
## MULTI-ALIGNMENT: INDIA'S NEW PLAN

A highly anticipated seminar explored India's evolving foreign policy strategy of "multi-alignment." Expert speakers discussed how India balances its relations with major global players while safeguarding its national interests.

Students gained valuable insights into contemporary geopolitics, international diplomacy, and India's growing influence on the global stage, sparking lively discussions and deeper understanding.



## LEADERSHIP AS STEWARDSHIP BY MOHAN JI



INSA UK hosted an inspiring leadership session at King's College London featuring Mohanji, focused on the theme Leadership as Stewardship. The session explored how purpose, integrity, and responsibility can guide ethical leadership and decision-making beyond titles and positions. Through reflective insights, participants were encouraged to view leadership as a service-driven responsibility, grounded, accountable, and human, leaving students with a deeper perspective on leading with values in both professional and personal journeys.

# MEETING HONOURABLE PRIME MINISTER NARENDRA MODI



One of the proudest highlights of the year was when members of INSA UK's leadership team had the opportunity to meet Prime Minister Narendra Modi, along with members of the Indian diaspora in the UK. It was a moment of immense pride and inspiration, reflecting the collective contribution of Indian students abroad to India's growing global presence.

## WE THE WOMEN EVENT



INSA was proud to contribute to the success of **"We the Women,"** a powerful event held by Barkha Dutt in association with Riverside Studios and Mr. Anil Agarwal, celebrating women's leadership, resilience, and inclusion.

The event brought together inspiring voices from across academia, business, and the arts, highlighting stories of determination, empowerment, and social impact. Engaging talks, creative performances, and thought-provoking discussions made the evening a true celebration of women who lead with courage and compassion.

INSA's involvement reflected its ongoing commitment to supporting gender equity and representation within the student and wider community, reinforcing the message that inclusion and empowerment go hand in hand.

# CULTURAL EVENTS & COMMUNITY ENGAGEMENT



Across the UK, INSA chapters continued to be the heartbeat of student life — not only celebrating India's vibrant culture but also offering a strong sense of belonging to thousands of students studying far from home.

From the Bristol Student Circus, which brought colour and creativity to campus life, to Warwick's grand Sankranti celebrations, Garba nights in Manchester, Dussehra festivities in Middlesex, Holi celebrations across various societies, and the Ganesh Chaturthi celebrations at Hertfordshire, every event captured the joy and togetherness that define the INSA community.



National occasions such as Independence Day and Republic Day were also celebrated across multiple chapters with pride and enthusiasm, featuring flag hoisting ceremonies, cultural performances, and reflections on India's journey of unity and progress.

King's College London INSA proudly received the Best Society Award, recognising its exceptional student engagement and cultural leadership, while INSA Hertfordshire continued to inspire with inclusive, high-energy events that welcomed students of all backgrounds.

Through dance, music, storytelling, and shared celebrations, INSA's chapters across the UK remain pillars of support, culture, and community, reminding students that wherever they go, they carry a piece of home within them.



## INSA UK AT INDIA GLOBAL FORUM



## INSA UK AT ATTENDED INAUGURATION OF CONSULATE IN MANCHESTER



## INSA UK PARTICIPATION IN PRAVASI BHARATIYA DIWAS



## INSA UK AT WE THE WOMEN EVENT

# PRE-DEPARTURE SUPPORT INITIATIVES

As part of its commitment to supporting students in every step of their overseas journey, INSA hosted a series of Pre-Departure and Orientation sessions — including two virtual webinars and two in-person gatherings in Mumbai and Delhi. The sessions offered essential guidance on visa, housing, banking, healthcare, and cultural integration, helping hundreds of students and families feel confident before their move to the UK.

The Mumbai event set a vibrant tone with interactive discussions and a strong sense of community, while the Delhi session featured engaging speakers from the British Council and an inspiring talk by Ashneer Grover, who shared insights on resilience, ambition, and opportunity. A student-led Q&A panel further enriched the experience, offering practical tips for students beginning their UK journey.



# CAREERS & SKILLS

Throughout 2025, INSA organised a series of enriching career workshops and skill-building sessions designed to empower students for success.

## GET SPONSORED CAREER TOUR SUPPORTED BY INSA UK

Building on the success of the 2024 initiative, the **Get Sponsored** Career Tour returned for its second year in association with the Get Sponsor Team. Spanning five cities, the program successfully engaged over 1,200+ students. The tour continued its mission of enabling students to secure sponsored jobs through practical guidance and real-world examples. Sessions focused on CV development, cultivating career-ready character traits, and optimizing LinkedIn profiles for UK career opportunities.



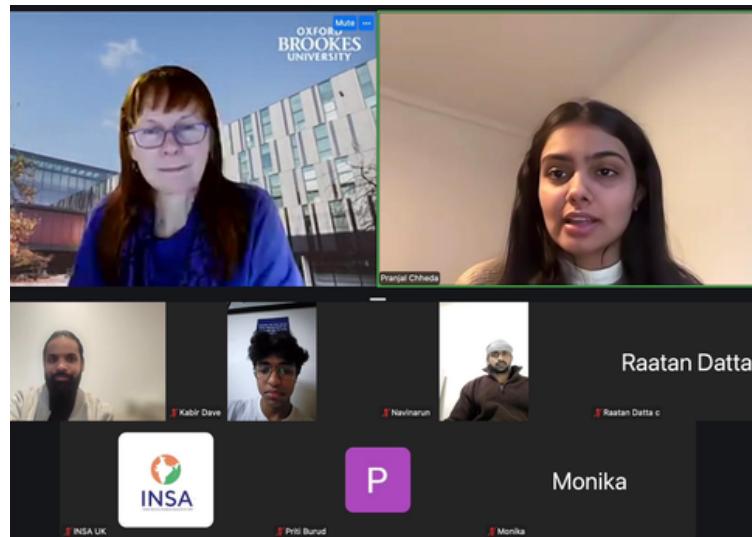
## CAREERS FAIR IN COLLABORATION WITH LEVERAGEEDU

In April, INSA partnered with LeverageEdu to present an extensive Careers Fair, which became a pivotal moment for hundreds of Indian students and recent graduates. The fair created a bridge between eager young talents and top recruiters, industry leaders, and professional mentors. Attendees had the chance to gain insider perspectives on diverse industries, receive personalised career guidance, and participate in mock interviews and CV clinics.



# AI & ACADEMIC INTEGRITY WORKSHOP

INSA UK hosted an academic integrity workshop in collaboration with INSA Bath (University of Bath) and the Indian Brookes Society (Oxford Brookes University). The session provided practical guidance on avoiding academic misconduct, understanding plagiarism detection, responsible use of AI tools, and best practices for referencing and originality, equipping students with clear and actionable insights for ethical academic work.

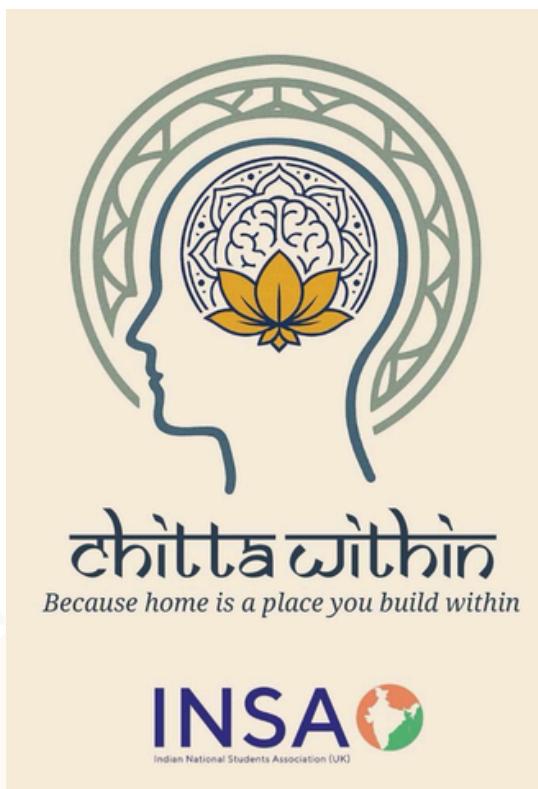


## CAREER WORKSHOPS AND SKILLS SESSIONS AT INSA CHAPTERS



# MENTAL HEALTH & WELLBEING

## CHITTA WITHIN – A WELLBEING SPACE TO BUILD HOME WITHIN



Chitta Within is an INSA initiative dedicated to nurturing emotional well-being and inner balance among international students.

It's for those who smile through homesickness, who explain their culture, their name, and the journey that brought them here, carrying both ambition and quiet ache every day.

Chitta Within offers a space to feel seen, supported, and understood, a reminder that even far from home, peace and belonging can grow within.

Through reflections and shared stories, INSA helps students reconnect with themselves and build resilience with compassion.

## INSA WELLBEING & HEARTFULNESS

Starting life in a new country can be exciting yet challenging. To support students in this journey, INSA UK partnered with Heartfulness UK to launch “The Heart of Chitta” series — an initiative by the INSA Wellbeing Team (Chitta Within) focused on emotional balance and mindfulness. The event created a calm space for students to pause, connect, and build resilience, reflecting INSA’s strong commitment to mental health and holistic wellbeing.



Building Community  
& Connections  
With *Smita Tharoor*

INSA

9th November 2025  
3:00 pm on Zoom  
Link in bio to register

heartfulness  
advancing in love

# INSA LEADERSHIP SUMMIT 2025

## INDIA-UK STUDENT LEADERSHIP AT PARLIAMENT

The India-UK Student Leadership Summit 2025, convened by INSA UK at the British Parliament, brought together student leaders, policymakers, and key stakeholders from across the UK. With participation from 100 student leaders representing 40+ universities, along with MPs, councillors, and sector leaders, the summit created a powerful platform for dialogue on visa reform, employability, and the future of India-UK education partnerships. The day marked key milestones including policy discussions, leadership conversations, recognition of outstanding student contributions, and the launch of new initiatives aimed at strengthening opportunities for Indian students across the UK.



## INSA SERVES

INSA Serves is a new food sewa initiative dedicated to supporting university students with free, nutritious meals. To begin, 100 students at Queen Mary's University were served a hot lunch by MohanJi Foundation, bringing not just nourishment, but warmth and care. The initiative was warmly received and deeply appreciated by the students. This sewa will continue every Monday and Friday, with the aspiration to expand to daily service across multiple universities in the UK.



## INSEC UK | EMPOWERING EMPLOYABILITY FOR INDIAN STUDENTS

INSEC UK (Indian National Student Employability Council) is a national employability initiative jointly launched by INSA UK and CReeo, and officially unveiled at the INSA UK Leadership Summit 2025. The initiative aims to bridge the gap between education and careers for Indian students in the UK. As part of this effort, eight employability-focused events have already been delivered across multiple universities, bringing students together with alumni, professionals, and mentors for meaningful discussions on careers, skills, and real-world pathways. INSEC UK continues to build structured, student-led platforms to strengthen employability outcomes nationwide.



# LOOKING AHEAD TO 2026

## A HOME AWAY FROM HOME

As we move into 2026, INSA UK reaffirms its commitment to standing alongside Indian students across the UK at every stage of their journey—academically, professionally, and personally. Beyond representation and advocacy, INSA UK continues to serve as a Home Away From Home, fostering a sense of belonging, community, and support for Indian students navigating life and education in a new country.

## A DECADE OF IMPACT

### 10 YEARS OF INSA UK

The year 2026 also marks a proud milestone: **10 years of INSA UK**. Since its founding in 2016, INSA UK has worked closely with student leaders, universities, policymakers, and partners to strengthen student welfare, leadership development, and employability outcomes for the Indian student community.

As we celebrate a decade of impact, the year ahead will feature a series of commemorative events, expanded initiatives, and collaborative programmes designed to better support Indian students across the UK. With renewed purpose and collective effort, INSA UK looks forward to shaping the next chapter—continuing to listen, serve, and lead in building a stronger, more connected future for Indian students nationwide.



We steadfast in our mission to empower Indian students in the UK. We extend heartfelt gratitude to our members, sponsors, and well-wishers for their unwavering support. Together, we aim to make 2025 even more impactful.

# STAY CONNECTED

From all of us at the  
**Indian National Students Association - (INSA-UK)**

To submit any content for the Newsletter please write to us [connects@insauk.org](mailto:connects@insauk.org)  
For any other, please write to [info@insauk.org](mailto:info@insauk.org)



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