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Australian MP's speech honors Dalai Lamas's 90th

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Shwetha Menon & AMMA elections

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INDIA POST

SURVEY

survey@indiapost.com

This week's question

Will Trump be able to stop war between Thailand and Cambodia?

Last week's result

Will NDA be able to win Bihar polls?

YES 31% NO 69%

UNSC CONFIRMS TRF ROLE

Key UNSC report says TRF claimed role in Pahalgam terror attack, published photo of J-K tourist site

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NASA-ISRO NISAR satellite onboard GSLV-F16 launched from Satish Dhawan Space Centre (SDSC) in Sriharikota, Andhra Pradesh on Jul 30. (@isro X/ANI Photo) Details on page 7



Donald Trump announces 25pc tariffs on India

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Your visa can be revoked for life: US embassy

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Lord Meghnad Desai passes away at 85

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UNSC CONFIRMS TRF ROLE

Key UNSC report says TRF claimed role in Pahalgam terror attack, published photo of J-K tourist site

NEW DELHI: In a diplomatic victory for India, the report of the Monitoring Team (MT) of the UNSC 1267 [ISIS (Da'esh) and Al-Qaida] Sanctions Committee has mentioned in its report, The Resistance Front (TRF), which carried out the Pahalgam terror attack.

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"The paragraph on TRF and the Pahalgam terror attack is the first part under the South Asia Section and the largest. It is in sync with what India has been stating on the links between the TRF and the LeT and its support from Pakistan," government sources said.

The UNSC Report states, "On 22 April, five terrorists attacked a tourist spot in Pahalgam, in Jammu and Kashmir. Twenty-six civilians were killed. The attack was claimed that same day by The Resistance Front (TRF), who in parallel published a photograph of the attack site. The claim of responsibility was repeated the following day. On 26 April, however, TRF retracted their claim. There was no further communication from TRF, and no other group claimed responsibility."

The report highlighted that relations between the LeT and TRF could not be ruled out, and the region remained at risk of being exploited by the terrorists.

"Regional relations remain fragile. There is a risk that terrorist groups may

rejected these views and said LeT was defunct," the UNSC monitoring team report stated.

This development is particularly notable as all decisions of the 1267 Sanctions Committee, including monitoring team re-

port is how the world views Pakistan's lies and deceitful narrative," government sources said.

"Pakistan's strategy of plausible deniability -- using secular and modern names like "The Resistance Front" and "People Against Fascist Front" for its jihadi proxies to divert attention from LeT/JeM and give an indigenous appearance to its terrorist activities in Jammu and Kashmir -- now stands punctured," the sources said.

The Ministry of External Affairs (MEA) has been providing detailed inputs on TRF and other Pakistan-sponsored terror proxies to the MT since December 2023. In 2024, on two occasions, MEA had provided inputs to the MT on the activities of the TRF and its linkages to the LeT.

The inclusion of TRF in the MT Report despite efforts by Pakistan, which is the chair of the UN body for the month of July, for its removal highlights Islamabad's undeniable involvement in fomenting terrorism in Jammu and Kashmir. It also attests to India's credibility in the UN on the Counter Terrorism front.

An MEA-led inter-ministerial delegation briefed the MT and other senior UN officials in New York in May 2024 and also shared a dossier on TRF.

The inter-ministerial delegation had held separate briefings for like-minded countries in the Security Council and other major UN member states. ANI



The UNSC Report states, "On 22 April, five terrorists attacked a tourist spot in Pahalgam, in Jammu and Kashmir. Twenty-six civilians were killed. The attack was claimed that same day by The Resistance Front (TRF), who in parallel published a photograph of the attack site

exploit these regional tensions. One Member State said the attack could not have happened without Lashkar-e-Tayyiba (LeT, QDe.118) support, and that there was a relationship between LeT and TRF," the UN report stated.

"Another Member State said that the attack was carried out by TRF, who was synonymous with LeT. One Member State re-

ports, are adopted by consensus by the members of the Security Council.

The Foreign Minister of Pakistan Ishaq Dar had earlier boasted in the Pakistan National Assembly about forcing the removal of references to TRF in the UNSC press statement condemning the Pahalgam attack.

"The mention of the TRF in the MT Re-

Indian Naval ships arrive in the Philippines to strengthen maritime ties

MANILA: Indian naval ships, INS Mysore, INS Kiltan, and INS Shakti, received a warm welcome from the Philippine Navy during their recent port call to the Southeast Asian country. The visit aims to strengthen maritime ties and enhance cooperation in the Indo-Pacific region.

"Welcome aboard. The Philippine Navy welcomes aboard the country the Indian Navy Ships INS Mysore (D60), INS Kiltan (P30) and INS Shakti (A57)," the Philippine Navy posted on X.

The deployment aligns with India's vision of Mutual and Holistic Advancement for Security and Growth Across Regions (MAHASAGAR) and underscores the Indian Navy's commitment to being a preferred partner.

Defense cooperation is one of the strong pillars of bilateral relations and a promising area for future collaboration between India and the Philippines.

Indian Navy and Coast Guard ships regularly visit the Philippines and hold consultations with their counterparts, as three

Indian Navy (IN) Ships of the Eastern Fleet, INS Delhi, Shakti and Kiltan, visited Manila in May 2024.

According to the Ministry of External Affairs (MEA), earlier visits and port calls of Indian naval ships include ICG Samudra

Paheredar in March 2024; INS Kadmatt in Dec 2023; INS Satpura in June 2022; INS Ranvijay and INS Kora in August 2021; INS Kiltan in Jul 2021; INS Sahyadri and INS Kiltan in Oct 2019 and ICGS

Shaunak in Feb 2019.

Given the objective of expanding institutional maritime engagement, the inaugural India-Philippines Track-1 Maritime Dialogue held in Manila in December 2024, during which both sides exchanged views on prevailing maritime challenges and discussed ways to enhance maritime cooperation between the two countries.

As part of the Indian Navy's ongoing Operational Deployment to South East Asia, Indian Naval Ships Delhi, Shakti, and Kiltan of the Eastern Fleet, under the Command of RAdm Susheel Menon, Flag Officer Commanding Eastern Fleet (FOCEF), on July 24, had made a port call to Tien Sa Port, Da Nang in Vietnam. IANS



High Commission of India hosts send-off ceremony for 2025 batch of ICCR scholars

DHAKA: The High Commission of India, Dhaka, hosted a send-off ceremony at the High Commission premises to bid farewell to the students selected for the prestigious Indian Council for Cultural Relations (ICCR) scholarships for 2025. This year, nearly 550 students have been selected from all over Bangladesh for the prestigious scholarship.

Addressing the gathering on this occasion, High Commissioner Pranay Verma congratulated the scholars on

strengthening these bonds and building our collective future.

ICCR scholarship is a flagship program of the Government of India for meritorious Bangladeshi nationals to pursue undergraduate, postgraduate and PhD courses in premier universities and educational institutions of India in wide-ranging streams.

Underscoring this broader framework of bilateral co-operation in education and healthcare, the Indian Medical Team, consisting of specialists from two top hospitals of India, Ram Manohar Lohia Hospital and Safdarjung Hospital in New Delhi, returned to India after completing its mission in Bangladesh, the Indian High Commission in Dhaka said in a statement.

The four-member team came to Bangladesh on 23 July 2025, in pursuance of the assurance of support and assistance extended by the Prime Minister of India, Narendra Modi, in the wake of the devastating air crash at the Milestone School and College in

Dhaka on 21 July 2025.

During its stay in Dhaka, the Indian Medical Team worked alongside their Bangladeshi counterparts at the National Institute of Burn & Plastic Surgery (NIBPS), offering specialized medical advice to support the treatment and recovery of the victims of the Milestone tragedy.

"The Indian team expressed satisfaction with the treatment protocol being followed at NIBPS and exchanged expert opinions in dealing with the most critical cases," the statement said. ANI



their selection and urged them to use their academic pursuits in India both to advance their careers as well as to build new bridges of friendship between India and Bangladesh.

He noted that India and Bangladesh share a deep and enduring bond, rooted in their shared history and culture, and in the shared sacrifices during the Liberation War of Bangladesh.

He said that by participating in this scholarship program, the youth of Bangladesh are contributing to

Australian MP honors Dalai Lama's 90th birthday in parliament, reaffirms support for Tibetan cause

SYDNEY: Australian Independent Member of Parliament for Mackellar in Sydney, Sophie Scamps who is a supporter of the Tibetan cause delivered a speech in the Australian Parliament to mark the 90th birthday of His Holiness the 14th Dalai Lama, according to the Central Tibetan Administration (CTA).

In her address on July 28, Scamps said, "I take great pride that Mackellar, located on the Northern Beaches of Sydney, is home to the largest Tibetan Australian community in the country. We are fortunate to be enriched by this remarkable community."

According to a report by the CTA, the Australian legislator termed the 90th birthday of the Dalai Lama as a moment of significant joy and spiritual meaning for Tibetans living in exile and globally.

"This year's commemoration carries even more weight after His Holiness confirmed that the spiritual institution of the Dalai Lama will persist following his departure. This

news is what millions of Tibetans and non-Tibetans have long awaited," she said. "His Holiness has consistently served as a source of hope and compassion in our world," she said.

In her address on July 28, Scamps said, "I take great pride that Mackellar, located on the Northern Beaches of Sydney, is home to the largest Tibetan Australian community in the country"

Scamps also reflected on two recent occasions she participated in to honor this milestone.

The first was a lively, all-day celebration of traditional Tibetan culture that took place in her Mackellar constituency.

The second was a formal dinner at the New South Wales Parliament House, featuring the Sikyong of the Central Tibetan Administration as the guest of honor. "These events held particular significance because such celebrations are not feasible within Tibet," she pointed out, stressing the importance of cultural freedom and expression for the Tibetan diaspora as mentioned in a report in the Tibetan bulletin. ANI

Donald Trump announces 25 pc tariffs with penalty on India from Aug 1

WASHINGTON: US President Donald Trump announced that US will impose a 25 percent tariff, with penalty, on Indian imports starting August 1.

The announcement was made on Truth Social, his own social media platform. Trump said the decision also comes with a penalty on India for buying military equipment and energy from Russia.

He claimed that India's tariffs are among the highest in the world and that the country also has "the most strenuous and obnoxious non-monetary trade barriers" compared to any other nation.

"Remember, while India is our friend, we have, over the years, done relatively little business with them because their tariffs are far too high," Trump said.



US President Donald Trump

He also mentioned that the US has a massive trade deficit with India.

The announcement follows months of talks between the two countries, but a mini or interim trade deal has remained out of reach.

The US President also criticized India's continued purchases of Russian weapons and energy, especially during the ongoing war in Ukraine.

He said India has always bought the majority of its military supplies from Russia and is one of the largest buyers of Russian energy, along with China.

"At a time when everyone wants Russia to stop the killing in Ukraine, these things are not good," Trump added.

"ALL THINGS NOT GOOD! INDIA WILL THEREFORE BE PAYING A TARIFF OF 25%, PLUS A PENALTY FOR THE ABOVE, STARTING ON AUGUST FIRST. THANK YOU FOR YOUR ATTENTION TO THIS MATTER. MAGA!" he wrote.

Last week, Finance Minister Nirmala Sitharaman said trade talks with the US are progressing well. Her comment came ahead of Trump's country-specific tariffs scheduled to take effect from August 1.

India last signed a free trade agreement (FTA) with the UK. Commerce and Industry Minister Piyush Goyal hailed the India-UK free FTA called it as a 'game-changing' deal that provides immense opportunities and benefits to farmers, businessmen, MSME sectors, young professionals and fishermen. IANS

US-India satellite mission NISAR takes to the skies to monitor Earth

NEW DELHI: Marking a significant milestone in the India-US partnership, the NASA-ISRO Synthetic Aperture Radar (NISAR) satellite successfully launched. The satellite launched aboard India's GSLV-F16 rocket from the Satish Dhawan Space Centre, Sriharikota in Andhra Pradesh.

"We have liftoff! GSLV-F16 has successfully launched with NISAR onboard," ISRO said in a post on social media platform X.

"#GSLV-F16 lifts off with the NASA-ISRO NISAR Earth Observation Satellite," added Union Minister of State for Science and Technology, Jitendra Singh on X.

About 19 minutes after lift-off, the GSLV-F16 rocket will inject the NISAR satellite into a 743-km sun-synchronous orbit. It is the Geosynchronous Satellite Launch Vehicle's (GSLV) first launch into a Sun-Synchronous Orbit (SSO).

NISAR is the first joint Earth observation mission between the ISRO and NASA, combining the expertise and synergies of both agencies.

"Go NISAR! The joint NASA-India satellite aboard @ISRO's Geosynchronous



Scientists monitor NASA-ISRO NISAR satellite's launch from Satish Dhawan Space Centre (SDSC) in Sriharikota, Andhra Pradesh, on July 30. (@isro X/ANI Photo)

Launch Vehicle launched from the south-east Indian coast at 8:10am ET (1210 UTC) on its mission to monitor Earth's changing land and ice surfaces," said NASA on X.

The mission, valued at \$1.5 billion, aims to revolutionize the way we monitor Earth's surface, particularly in tracking natural disasters and environmental changes.

The satellite will provide 24x7 imagery

regardless of weather or lighting conditions.

"It can take pictures of the Earth 24 hours a day in all weather conditions and the satellite can detect landslides, aid in disaster management, and monitor climate change," said Dr. V Narayanan, ISRO Chairman.

Notably, the launch signifies the deepening cooperation between India and the US in the space domain. Following the bi-

lateral Summit of Prime Minister Narendra Modi with President Trump in Washington, DC, in February, both leaders hailed 2025 as a pioneering year for US-India civil space cooperation.

Weighing 2,392 kilograms, the satellite will be inserted into a sun-synchronous orbit at an altitude of 740 km, where it will scan the Earth's landmass and ice-covered surfaces every 12 days with high-resolution imagery over a 242-kilometre swath, utilizing SweepSAR technology for the first time.

NISAR marks the first time the Earth will be observed using dual-frequency Synthetic Aperture Radar. The satellite carries two radars, called the L-band and S-band.

NASA contributed to the L-Band Synthetic Aperture Radar (SAR) -- a high-rate telecommunication subsystem, GPS receivers, and a deployable 12-meter unfurlable antenna.

The S-Band SAR payload, the spacecraft bus to accommodate both payloads, the GSLV-F16 launch vehicle, and all associated launch services were developed by ISRO. IANS

Renowned economist Meghnad Desai passes away at 85; PM Modi condoles his demise

NEW DELHI: Distinguished Indian-origin economist, author, and member of the UK House of Lords, Lord Meghnad Desai, passed away at the age of 85 on Tuesday 29 August, prompting an outpouring of condolences from across the world, including Prime Minister Narendra Modi and the British High Commissioner to India, Lindy Cameron.

Born as Meghnad Jagdishchandra Desai in 1940 in Vadodara, the economist began his academic journey in economics at the University of Mumbai, where he earned both his Bachelor's and Master's degrees, following which he received a scholarship to the University of Pennsylvania, completing his PhD in economics in 1963, three years after enrolling.

Following the news of his demise, PM Modi expressed grief and recalled his valuable contributions to economic thought and India-UK relations.

"Anguished by the passing away of Shri Meghnad Desai Ji, a distinguished thinker,



Lord Meghnad Desai

writer and economist. He always remained connected to India and Indian culture. He also played a role in deepening India-UK ties. Will fondly recall our discussions, where he shared his valuable insights. Condolences to his family and friends. Om Shanti," PM Modi stated in a post on X.

The British High Commissioner to India also expressed her condolences over Desai's demise, stating, "RIP Lord Desai. Thoughts with Kishwar Desai and his wider family and friends. Such fond memories of watching the UK general election with him last year," in a post on X.

"So sad to learn Lord Meghnad Desai passed away in Delhi this evening. First Indian Labour Party Peer, Professor Emeritus LSE, renowned economist and author. A passionate advocate for UK-India links. Thoughts of all UK in India with his wife Lady Kishwar and their children," the Deputy High Commissioner of the UK to India, Christina Scott, stated in a post on X. ANI

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FDIC

Fremont Hindu Temple holds monthly Sundar Kand

FREMONT, CA: More than 300 devotees came and attended the Sundar Kand path on Sunday, July 26, 2025. The renowned Bay Area singer Mahima Ji and her group performed the path.

Rajesh and Madhu Gupta with many volunteers organized this monthly event. Priti bhoj was sponsored by Himani Shukla and family.

Rajesh Verma, Co Chairman thanked the volunteer organizers and announced the upcoming programs, such as Janamashtmi on Friday, August 15 and Festival of India and parade program on Saturday, August 16 and Sunday, August 17, 2025.

Details on page 10

Dr. Chakrabarty assumes charge as President of AAPI

India Post News Service

CINCINNATI, OH: Dr. Amit Chakrabarty and Dr. Hetal Gor formally assumed charge as the President and the Chair, BOT respectively of the American Association of Physicians of Indian Origin (AAPI) during the 43rd annual convention at the iconic Cincinnati Marriott at RiverCenter and Northern Kentucky Convention Center, Cincinnati, OH

This happened on Saturday, July 26th, 2025 as the convention came to a close with the gala attended by over 1,000 delegates from across the country.

During a solemn ceremony Dr. Satheesh Kathula, the outgoing President of AAPI, passed on the gavel to Dr. Amit Chakrabarty during the Gala on Saturday night at the end of the convention, marking a new chapter of service, collaboration, and vision.

Details on page 12

Unpacking the new 'One Big, Beautiful' Law

Details on page 11

COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

August 1, 2025



FOG India Day Parade and Fair 2025



RITU MAHESHWARI
India Post News Service

Realizing the American dream, while honoring the strong roots and culture from the country of origin - This is the motto of 33rd Festival of Globe (FOG) India Day Parade and Fair being held on August 16th and 17th at 39439 Paseo Padre Parkway, Fremont,

the parade is at the cross section of Walnut Ave. and Paseo Padre, Organized by Federation of Globe (FOG) and Federation of Indo Americans (FIA) of Northern California, this largest celebration of democracy coincides with India Independence Day. This year FOG continues the celebrations and tradition that has been part of Fremont culture for

Parade and Fair. There will be cultural programs, free Wellness fair, Food Fest, kid's activities, and biggest ever grand parade with famous Bollywood celebrity 'Maine Pyar Kiya' movie fame Bhagyashree as 'Grand Marshal' will be bringing grand recognition and support from India. People can not only immerse in the Indian culture, but can also visit,

groups, divided in 5yrs - 11yrs, 12yrs - 18yrs, and Adults.

Fair will feature a variety of delicious cuisines from different regions of India. North Indian, South Indian, Savory snacks will be served by 7 food trucks organized by the best-known restaurants and caterers in the Bay Area.

FOG India Day Grand Parade



CA. Free FOG India Day Grand Parade is on Sunday, August 17th at 11 am The location to see

the past 33 years. Thousands of people are expected to join the FOG India Day



eat, and shop at over hundred booths.

India Day Fair will show case some of the best presentations in dance and music. This year, there are multiple categories of dance performances. Over 250 local dance groups will compete in Classical, Folk, Bollywood, Contemporary, Hip-Hop and others. Each category winner will be awarded with a prize. Contestants will participate in their age

will be held on August 17th from 11am to 1pm and boast of over 100+ entries representing a wide cross section of community, ranging from Indian regional cultural communities to Bay Area organizations. Parade runs through sections of Fremont areas and is a spectacle to enjoy. Roads are blocked to facilitate the smooth and comfortable viewing of the parade.

Cont'd on page 9

FOG INDIA DAY MELA / FAIR

Saturday & Sunday August 16th - 17th 2025, 10:00 am - 6:00 pm
39439 Paseo Padre Parkway, Fremont, CA

FOG INDIA DAY PARADE - FREE ENTRY

Sunday, August 17th, 2025, 11:00 am - 1:00 pm

39439 Paseo Padre Parkway, Fremont, CA

(At the cross section of Walnut Ave. and Paseo Padre Pkwy)

FOG (FESTIVAL OF GLOBE) EXTRAVAGANZA 2025, AUGUST 16-17, 2025

FOG India Day Mela/Fair

Aug 16-17, 10 am - 6 pm

39439 Paseo Padre Pkwy, Fremont, CA

FOG India Day Parade (Free)

Aug 17, 11 am - 1 pm

Paseo Padre Pkwy & Walnut Ave. Fremont, CA

FOG Free Health Fair

Aug 16, 10 am - 2 pm

39439 Paseo Padre Pkwy, Fremont, CA

FOG Food Fest

Aug 16-17, 10 am - 6 pm

39439 Paseo Padre Pkwy, Fremont, CA

FOG Parade State Performances

Aug 17, 1:30 - 3 pm

39439 Paseo Padre Pkwy, Fremont, CA

Visit Sulekha.com/FOG, Eventmozo.com or FOGsv.org for more details.



Community picnic by FIA-Chicago and Hindu Mahotsav Group NFP & Upcoming events

CHICAGO: The Federation of Indian Associations (FIA-Chicago), in collaboration with Chicago Hindu Mahotsav Group NFP, hosted a vibrant community picnic on a hot and humid summer day.

Over 150 attendees came together to enjoy a full day of delicious food, games, karaoke, dance performances, and energetic Garba-offering fun and connection for all age groups.

Several community leaders graced the occasion, including Mafatbhai Patel of the Patel Brothers grocery chain. Past

gathering and extended a warm invitation to their upcoming community program on August 10 evening.

VHPA President Vineshbhai Virani shared details about the upcoming "Support a Child" initiative taking place on August 9 at Manav Seva Mandir.

Abhinav Raina invited attendees to the premiere of the much-anticipated film, "The Bengal Files."

Talented young artists Shikha and Tirth performed soulful Garbas, while the Saraswati Singers Group led a lively



President and Trustees Bhailalbhai Patel, Kantibhai S Patel, Kantibhai N Patel, Rakesh Malhotra, Dr Rashmi Patel, Raj Patel and from Harisumiran Mandir, P. Guruprasad Swamiji, P. Harisanmukh Swamiji, and Himanshubhai Sheth visited to bless the

karaoke session, adding devotional flair and entertainment to the day.

The event was a perfect blend of culture, community, and celebration.

Hemant Patel, President of FIA-Chicago, thanked Shailesh and Bela Rajput from Hindu Mahotsav for organizing a won-

derful picnic, DJ on Music Chirag Patel - Angel's DJ and all volunteers and sponsors for their invaluable support.

Thanks to all Sponsors:

Anil Singh - Red Tomatos Restaurant
Joy Shah- Rapid Rasoi
Vinesh Virani
Rajubhai Shah
Rakesh Malhotra
Rajendra Thakkar
Care for Soul
Dynasty HomeCare
Dr. Nita Patel
Nirav Patel, Attorney
Horizon Accounting
CHMG - Bela Rajput and all.

Hemant Patel, Shailesh Rajput, Rohit Joshi, and the FIA team invited the community to FIA's upcoming signature events.

- August 10, 10:30 AM: Walk with FIA in the ICO Naperville Parade
- August 15 (Morning): Flag Hoisting at Daley Center
- August 15 (Evening): Patriotic Diaro at Manav Seva Mandir
- August 16, 1:00 PM: Tiranga Car Rally at National India Hub
- August 22, 6:00 PM: Patriotic Gala at Manav Seva Mandir
- August 24, 10:30 AM: India Independence Day Parade on Devon Avenue

FOG India Day Parade and Fair 2025

Cont'd from page 8

This has become a ritual for families to spend a summer Sunday, watching their favorite celebrities and enjoy the Fair.

FOG India Day Parade and Fair coincides with India's Independence celebrations. This provides an opportunity for the community to celebrate the event and appreciate the value of freedom, both in their country of origin - India as well as

oldest democracy and land of dreams - USA.

Bhagyashree is the star attraction and 'Grand Marshal' in the parade this year to engage and entertain the community.

Dr. Romesh Japra, Founder and Con- vener, FOG (Festival of Globe), said, "Over the past 3 decades, FOG has made great strides helping Indian community realize their American dream and anchor in the Indian values."



Fremont Hindu Temple holds monthly Sundar Kand

FREMONT, CA: More than 300 devotees came and attended the Sundar Kand path on Sunday, July 26, 2025. The renowned Bay Area singer Mahima Ji and her group performed the path.

Rajesh and Madhu Gupta with many volunteers organized this monthly event. Priti bhoj was sponsored by Himani Shukla and family.

Rajesh Verma, Co Chairman thanked the

volunteer organizers and announced the upcoming programs, such as Janamashtmi on Friday, August 15 and Festival of India and parade program on Saturday, August 16 and Sunday, August 17, 2025.

The program ended with Aarti followed by Priti bhoj in the temple kitchen hall. Please go to temple website www.fremonttemple.org for upcoming programs and donation links.



Why Gen Z Grapples with Loneliness, Depression and a Sense of Rejection

VIDYA SETHURAMAN
India Post News Service

The declining mental health of children and young adults is the crisis of our time,' says former US Surgeon General Vivek Murthy. More than 22% of Gen Z young adults reported having a major depressive episode in 2023, according to data from the National Institute of Mental Health. 4 out of 10 children report persistent feelings of sadness. Depression rates are highest among Latino youth, while young Black men have the highest rates of suicide. In 2022, suicide was the leading cause of death for Asian Americans ages 15-24. Speakers at the weekly briefing discussed the many drivers of poor mental health in children and young adults, including poverty, racism, rejection, and the many uncertainties of contemporary American life.

Dr. Kiara Álvarez, Bloomberg Assistant Professor of American Health, Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, and Joint appointment, stated that since the 2010s, anxiety, depression, attention deficit disorder, and behavioral disorders have all increased significantly

More than 22% of Gen Z young adults reported having a major depressive episode in 2023, according to data from the National Institute of Mental Health. 4 out of 10 children report persistent feelings of sadness

among American adolescents. She noted that the social comparison, cyberbullying, and fear of missing out (FOMO) brought on by digital life, coupled with intense competition for admission to school and extra-

curricular activities, have left many adolescents feeling overwhelmed. The social isolation, school closures, and financial pressures caused by the COVID-19 pandemic have further inflicted psychological trauma, with a particularly significant increase in hospitalizations among adolescent women.

Dr. Ovsanna Leyfer, a clinical psychologist at Boston University, stated that cognitive behavioral therapy (CBT) is widely considered the gold standard for treating anxiety and depression. CBT achieves its effectiveness by guiding adolescents to identify and challenge negative thoughts, re-establish fulfilling activities, and gradually confront anxiety-provoking situations. Studies have shown that approximately 60% to 80% of people with anxiety disorders experience significant improvement after receiving CBT, and the relapse rate is much lower than with medication. Leyfer noted, "CBT is not a long-term treatment program. It typically involves approximately 16 sessions and can be completed

in a clinic, on campus, or online.

Soo Jin Lee, who comes from a Korean immigrant family and is now the director of the Yellow Chair Collective, said Asian American youth often feel a sense of loneliness, being seen but not understood. "Our culture teaches us not to cause trouble for others, but this internalized guilt can cause young people to suppress their emotions and make it difficult for them to seek help," she said. Furthermore, since only 3% of counselors in the United States are of Asian descent, many Asian youth face cultural misunderstandings and even secondary victimization when seeking medical treatment.

Victoria Birch, a youth representative, spoke candidly about her struggles with depression and anxiety since childhood. Her mother, who raised four children alone, was unable to manage her situation and was placed in foster care. She subsequently strayed into incarceration from the ages of 16 to 22 due to poor friendships. After her release, she successfully rebuilt her relationship with her mother and emerged from the depths of her psychological trauma with the support of the non-profit organization Beloved Village. She urged society to address youth issues not only through institutionalized channels but also through providing genuine human connection and understanding.

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ITServe Alliance members log 21 Million+ steps in 2 months

India Post News Service

CHICAGO: Logging 21 million steps in 60 days is truly a remarkable achievement for ITServe and our member companies," said Anju Vallabhaneni, ITServe National President 2025.

Congratulating the 50 members of ITServe who took on the challenge of completing one million steps each in two months, he said " Congratulations to the four members who logged over a million steps each in less than 60 days and all the others who were part of this important initiative by ITServe,

"Achieve over one million steps in 2 months," a health contest by ITServe, the largest association of IT solutions and services organizations in the US, was led by Suresh Punna, Sports & Wellness Chair of ITServe. "This wasn't just about steps. It was about the momentum toward better health, stronger bonds, and a shared purpose. I'm incredibly proud of every single participant who laced up and showed up," said Punna.

The contest ran from May 10 to July 10, 2025, with 50 ITServe members participat-

ing. Over the course of two energizing months, ITServe members stepped up-literally and figuratively-to take on the Steps Challenge.

This initiative wasn't just about walking; it was about creating a culture of wellness, encouraging daily movement, and fostering camaraderie across chapters.



- Achievements:
- 1.2M+ steps by top achiever Sitaram Mukkamala
 - 1M+ steps each by four standout walkers
 - 15+ members crossed half a million steps
 - 41 participants recorded over 100K steps
 - A collective total of over 21 million steps
- Top Steppers:
1. Sitaram Mukkamala - 1.2 million steps

2. Sunil Pantra - 1.09 million steps
3. Raja Sajja - 1.05 million steps
4. Palaniappan Subramanian - 1.00 million steps

"ITServe recognizes the importance of leading healthier lives," said Raghu Chittimalla, Governing Board Chair 2025. "As CEOs and leaders in the IT industry, we can be lost in the race to succeed in our professional lives. This much-needed challenge to walk a million steps in 60 days allows each of us to look beyond our careers and focus on our health."

Siva Moopanar, ITServe's President-Elect, said, "At ITServe, we cannot agree less with what health experts tell us: staying active in any way improves your mental and physical health. Whether exercising daily or playing a sport, moving your body challenges both mind and body, and research confirms these activities boost overall well-being."

Punna expressed his deep appreciation and gratitude to Anju Vallabhaneni-National

President 2025-for his continued support, to the Grand and Platinum Sponsors for championing wellness, and to every chapter leader who promoted and encouraged local members

"This Steps Challenge was just the beginning. Together, we've shown that movement inspires community-and at ITServe, our strength lies in how we walk together toward a healthier, happier future," Punna added.

ITServe Alliance, the largest association of IT solutions and services organizations in the US, serves as the collective voice for prestigious small and mid-sized IT firms with shared interests nationwide. As a trusted platform, ITServe collaborates and implements measures to safeguard common interests, ensuring the protection of its member companies. Since its establishment in 2010, ITServe Alliance has been a beacon of knowledge, skill, and awareness, empowering its members through 22 regional chapters nationwide.

Commending 29 school districts for Diwali Holidays

India Post News Service

CHICAGO: Welcoming 29 New Jersey school districts declaring Diwali holiday during 2025-26 school year, Indians pitch for all public school districts and private-charter-independent schools in New Jersey to close on their most popular festival Diwali.

A prominent Hindu Sevak , Rajan said that holiday on Diwali in New Jersey schools would be a step in the positive direction in view of the presence of a substantial number of Hindu students at schools around the state, as it was important to meet the religious and spiritual and Englewood Cliffs have short sessions for Diwali.

Zed is President of Universal Society of Hinduism, He also urged New Jersey to officially recognize Diwali as a state holiday like Pennsylvania and Connecticut.

New Jersey Department of Education has also listed 21 Hindu religious holidays permitting pupil absence from school for 2025-26, which include: Chandramana Yugadi, Diwali, Ganesh Chaturthi, Goverdhan Puja, Govinda Dwadashi, Guru Purnima, Hanuman Jayanti, Holi, Holika Dahan, Krishna Janmashtami, Maha Shivaratri, Makar Sankranti, Meena Sankranthi, Naga Panchami, Navaratri, Onam, Pongal, Raksha Bandhan, Ramnavami, Souramana Yugadi, Vasant Panchami.

Rajan Zed indicated that If schools had declared other religious holidays, why not Diwali. Holidays of all major religions should be honored and no one should be penalized for practicing their religion, Zed added.

Rajan Zed suggested that all New Jersey schools, public-private-charter-independent, to seriously look into declaring Diwali as an official holiday, thus recognizing the intersection of spirituality and education.

Zed urged New Jersey Governor Phil Murphy, New Jersey Education Commissioner Kevin Dehmer and New Jersey State Board of Education President Kathy Goldenberg to work towards adding Diwali as an official holiday in all the state's public schools, and persuading the private-charter-independent schools to follow.

Zed further says that Hinduism is rich in festivals and religious festivals are very dear and sacred to Hindus. Diwali, the festival of lights, aims at dispelling the darkness and lighting up the lives and symbolizes the victory of good over evil. Diwali falls on October 20 this year.

Hinduism is the oldest and third largest religion of the world with about 1.2 billion adherents and moksh (liberation) is its ultimate goal. There are about 3.2 million Hindus in the USA.

Unpacking the new ‘One Big, Beautiful’ Law

VIDYA SETHURAMAN

India Post News Service

On July 4, Independence Day, President Donald Trump signed into law a sweeping bill that affirms much of his agenda: keeping in place tax cuts imposed during his first term, giving the fossil fuel industries and border security a big budget boost, and sharply narrowing the scope of health and food safety nets, including Medicaid and the Supplemental Nutrition Assistance Program SNAP. Speakers at the ACOM Briefing discussed some of the impacts of the new budget and spending bill, including long-term effects on American health, the environment, and the national deficit, which is expected to rise by \$3 trillion over the next decade.

Larry Levitt, Executive Vice President for Health Policy at KFF pointed out that although the bill is nominally a tax reform, it brings the most significant change to the U.S. healthcare system since the passage of the Affordable Care Act (ACA), which is equivalent to partially repealing the ACA and erasing the achievements of expanding health care coverage over the years. According to the Congressional Budget Office, the bill will cut more than \$1 trillion in federal health care spending over the next decade, and about 11.8 million people will lose their insurance. Levitt empha-

sized that many low-income immigrants with legal status, such as refugees, asylums and temporary protected status, will be excluded from ACA premium subsidies, Medicaid and Medicare. In addition, the enhanced ACA premium tax credit measures implemented by the Biden administration in 2021 will expire in 2026 if not renewed by the end of the year, resulting in an average 75% increase in premiums for more than 20 million ACA policyholders, and millions of people will lose their insurance.

Natasha Sarin, a professor of law and management at Yale University, said that this bill would not only fail to reduce the deficit, but would push the US debt-to-GDP ratio to 135%, higher than the current level of about 100%. This \$3 to \$4 trillion expenditure did not go to those in need, but instead reduced the after-tax income of the bottom 40% of households, while the richest 1% of the population received an average tax cut of \$30,000 per year.

Bill McKibben, an environmental writer and founder of the climate action group Third Act, said the bill was a huge setback to climate policy. "It almost completely repeals climate subsidies passed during Biden's term, such as tax breaks for solar, electric vehicles, and energy storage equipment.

Dr. Amit Chakrabarty assumes charge as President of AAPI

India Post News Service

CINCINNATI, OH: Dr. Amit Chakrabarty and Dr. Hetal Gor formally assumed charge as the President and the Chair, BOT respectively of the American Association of Physicians of Indian Origin (AAPI) during the 43rd annual convention at the iconic Cincinnati Marriott at RiverCenter and Northern Kentucky Convention Center, Cincinnati, OH

This happened on Saturday, July 26th, 2025 as the convention came to a close with the gala attended by over 1,000 delegates from across the country.

During a solemn ceremony Dr. Satheesh Kathula, the outgoing President of AAPI, passed on the gavel to Dr. Amit Chakrabarty during the Gala on Saturday night at the end of the convention, marking a new chapter of service, collaboration, and vision.

The event brought together hundreds of members of AAPI, past leaders, and incoming officers, symbolizing unity and a shared commitment to elevating the voice of Indian-origin physicians across the U.S.

Along with Dr. Amit Chakrabarty, his executive committee consisting of Dr. Meher Medavaram, President-Elect; Dr. Krishan Kumar, Vice President; Dr. Seema Arora, Secretary; and Dr. Soumya Neravetla, Treasurer, assumed charge as part of the new Executive Committee.

Dr. Hetal Gor assumed charge as the Chair, BOT. Dr. Gautam Kamthan will serve as the President, YPS, and Dr. Priyanka Kolli is the President, MSRF, both, representing the Medical Students and Fellows at the national AAPI.

"Today marks a sacred beginning-one that's not only about taking oath, but about embracing purpose," said Dr. Chakrabarty, immediately after taking charge as the President of AAPI, the nation's largest ethnic medical association. "This stage is illuminated not just by lights, but by the commitment of every physician who's journeyed with faith, resilience, and passion. With this new chapter, we honor our heritage, step forward with courage, and vow to lead with integrity."

"I am committed to unify AAPI by breaking down the barriers of various regions,

languages, medical education within the organization and bringing everyone together as a whole organization rather than separate fragments of the organization," Dr. Chakrabarty said.

Dr. Chakrabarty rose through the ranks of AAPI with his hard work and dedication, serving AAPI for nearly a quarter century. "We have the potential to make a significant impact on the healthcare landscape of this country," Dr. Chakrabarty asserted

As he steps into this leadership role, Dr. Chakrabarty pledged to work toward strengthening and expanding AAPI, which

making the laws. AAPI must succeed in bringing to the forefront the many important health care issues facing the physician community and raising our united voice before the US lawmakers. Our membership is our strength; as the 2nd largest medical association behind the AMA, we cannot stay silent any longer," he said.

In his warm farewell address, Dr. Kathula shared with the audience the many programs and initiatives he and his executive committee have organized in the past year since assuming charge as the Presi-

At the BOT luncheon, physicians with distinguished achievements and community services were honored. Dr. Navin Nanda, Dr. P K Vedantham, Dr. Krishan Kumar, Dr. Jagdish Gupta, Dr. Ravi Parikh, and Dr. Avi Singh Gandhi were honored with AAPI's prestigious Service Awards.

Winners of the Research/Poster Presentation from across the nation, who had presented the abstracts of their research on diverse medical topics, were honored with cash awards.

Dr. Hetral Gor shared with the audi-



represents the interests of over 120,000 Indian American physicians, Residents, and Fellows. The Alabama-based urologist envisions a future where AAPI becomes "more vibrant, united, transparent, and politically active," with increased membership and a stronger presence among younger physicians. He emphasized the importance of ensuring that "AAPI's voice is heard in the corridors of power."

Working with his dedicated executive committee, Dr. Chakrabarty wants that "our voices must be heard by the people

dent of AAPI.

Dr. Kathula, among others, highlighted the successful organization of Global health Summit in New Delhi and Hyderabad, and the many initiatives at the Summit, research contest and the many charitable works and the webinars and workshops, as well as the Bone Marrow and Share a Blanket initiatives..

Dr. Kathula presented Presidential Awards to: Dr. Bhushan Pandya, Dr. Sunil Kaza, Dr. Vemuri Murthy, and Dr. Dwarkanda Reddy for their accomplishments and contribution to AAPI and to the larger society.

Dr. Satheesh Kathula was honored for his outstanding leadership, commitment to AAPI's mission, and for carrying the entire AAPI family together, as well as for his contributions to realize the lofty goals of AAPI.

Dr. Karthika particularly called out Vijaya Kodali, for her dedication, integrity, and hard work as she manages AAPI office and coordinates the activities related to AAPI functioning.

ence, her journey as an ordinary member to how she has grown to be the chair of AAPI BOT. She described her plans for AAPI as the new Chair that she plans to initiate in collaboration with the new Executive Committee led by Dr. Amit Chakrabarty.

Speakers at the Convention included: Dr. Bobby Mukkamala, president of the American Medical Association; Dr. Lyuba Konopasek, MD, Senior Vice President, Intellect/ECFMG, Executive Director, FAIMER; Michael Suk, MD, BOT Chair, AMA; George Abraham, MD, Chair, Federation of State Medical Boards; and Dr. D Nageshwar Reddy, a Padma Vibhushan awardee. Dr. Mario Capecchi, a Nobel laureate, who was awarded the Nobel Prize in Medicine/Physiology in 2007 for his contributions to the development of "Mouse knockout technology", delivered the keynote address at the AAPI Convention.

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Indian Consulate in San Francisco issues warning for Tsunami threat post 8.8M quake

SAN FRANCISCO: The Consulate General of India in San Francisco had said it was monitoring the potential tsunami threat following the 8.8 magnitude earthquake off Russia's Kamchatka Peninsula. The advisory warned Indian nationals in coastal areas to abide by the directions issued during a tsunami threat. In a post on X, the Consulate said, "The Consulate General of India in San Francisco is monitoring the potential tsunami threat following the recent 8.7 magnitude earthquake off Russia's Kamchatka Peninsula. Indian nationals in California, other US West Coast states, and Hawaii are advised to take the following steps: Follow Local Alerts: Carefully monitor alerts from US authorities, including local emergency management and the US Tsunami Warning Centers. Move to higher ground if Tsunami Alert is issued. Avoid Coastal Areas. Prepare for Emergency & Keep devices charged. Emergency Helpline number +1-415-483-6629 or reach through email on

enquiry.sf@mea.gov.in." <https://x.com/CGISFO/status/1950374980841329078> Meanwhile, an aftershock of the earthquake measuring 6.3 struck the Kuril Islands at a shallow depth of 10km. In a post on X, the NCS said, "EQ of M: 6.3, On: 30/07/2025 08:00:37 IST, Lat: 50.64 N, Long: 157.49 E, Depth: 10 Km,

Follow Local Alerts: Carefully monitor alerts from US authorities, including local emergency management and the US Tsunami Warning Centers. Move to higher ground if Tsunami Alert is issued. Avoid Coastal Areas.

Location: Kuril Islands." https://x.com/NCS_Earthquake/status/1950389074604544277 Meanwhile, the Philippines Institute of Volcanology and Seismology has said that Pacific coastal areas in the country are

expected to experience tsunami waves less than one meter high, Al Jazeera reported. "The first tsunami waves were expected to arrive between 01:20 PM to 02:40 PM" on Wednesday (0620 GMT Thursday to 0740 GMT Thursday). People are advised to stay away from the beach and not go to the coast, in the provinces

affected by the advisory," as per Al Jazeera. A powerful magnitude 8.7 earthquake struck off Russia's far-east coast at 8:25 am local time on Wednesday July 30, the US Geological Survey said.

Several people were injured in Russia's far east during the earthquake, the TASS state news agency reported, as per Al Jazeera. Japan reported that waves as high as 50 cm were recorded at Ishinomaki Port, a major port city in Miyagi Prefecture on the east coast. Elsewhere, the first tsunami waves measured 20 to 40 cm, but Japanese authorities say second and third waves could be larger, as reported by Al Jazeera. Local media warned earlier that tsunami waves are stronger than ordinary waves, and a 50 cm wave can carry a force of up to 200 kg. Tsunami warnings were also issued for Taiwan, the Philippines, Hawaii, Alaska's Aleutian Islands and some parts of Indonesia, with advisories issued for much of the US West Coast, Al Jazeera reported. *ANI (As per later reports Tsunami alerts had been downgraded across US west Coast, except for Northern California.)*

"Thank you for making this journey unforgettable": US Consul General Jennifer Larson bids farewell to Hyderabad

HYDERABAD: US Consul General in Hyderabad, Jennifer Larson, bid farewell to the city and the region as she concluded her diplomatic tenure, expressing deep gratitude for the relationships, experiences, and collaborations built across Telangana, Andhra Pradesh, and Odisha during her time in India. In a post on X, Larson said, "As I wrap up my time in Hyderabad, I'm filled with gratitude for the warmth, the partnerships, and the memories across Telangana, Andhra Pradesh, and Odisha. Thank you for making this journey unforgettable. Until next time!"

Reflecting on her time in India, Larson further said, "Namaste, Aadab. As my time as U.S. Consul General in Hyderabad comes to an end, I just want to say from the bottom of my heart, thank you to all of the incredible people I've met and have had the great pleasure to get to know in Telangana, Andhra Pradesh, and Odisha." She described her experience of living and working in the region "wonderful and special," saying local connections and cultural experiences as highlights. "Whether it was sharing a cup of chai in the old city, or visiting the beaches of Vizag, or experiencing the warmth of Odisha's hospitality, I felt so welcomed and at home," she said.

Larson emphasized the shared progress made in strengthening the U.S.-India partnership. "It's been an honor to work with so many incredible local leaders, educators, entrepreneurs, and so many others to strengthen the U.S.-India partnership," she said. She highlighted milestones during her tenure, saying, "From our education ties, to promoting entrepreneurship, to welcoming new American companies to our re-

gion, and inaugurating joint naval exercises, we've accomplished so much together." Recalling a landmark event, she said, "One highlight I'll always remember is the opening of our new consulate building in Nanakaramguda, a symbol of our deepening ties and strong relationship." Equally meaningful to her, she noted, were the personal connections she made. "But as meaningful to me are all the friend-

ships and connections we've built," she said. "To everyone I've met and worked with, thank you for your passion, your ideas, and your partnership. I may be leaving Hyderabad, but I'm taking memories and relationships with me that will last a lifetime," she added. Larson signed off with heartfelt gratitude, leaving behind a legacy of diplomacy, friendship, and enduring partnerships in the region. *ANI*

Statue of Maharishi Valmiki, author of Ramayana, inaugurated in Italy

ROME: A statue of Maharshi Valmiki, the revered sage who authored the epic Ramayana in Sanskrit, was unveiled at Camporotondo in Italy, by the Indian Ambassador of India to Italy, Vani Rao, and Mayor Massimiliano Micucci. The statue has been gifted by the Indian government as part of its outreach. Under the initiative of the Indian Council for Cultural Relations (ICCR) 'Connecting the world through Ramayana', the occasion witnessed participation from the Deputy Chief of Mission (DCM) in Italy,

Amararam Gurjar, and the Indian diaspora, including the Balmiki community. "A statue of Maharshi Valmiki, gifted by the Indian government was unveiled by Ambassador Vani Rao & Mayor Massimiliano Micucci at Camporotondo. DCM Amararam Gurjar and Indian Diaspora, including from Balmiki community participated. Maharshi Valmiki authored the Ramayana, the Indian epic in Sanskrit language. Indian Council for Cultural Relations supported the initiative under 'Connecting the world through Ramayana',"

Embassy of India in Rome posted on X. The Ramayana transcends borders and unites people worldwide, offering inspiration and moral lessons. Celebrating one of the world's largest epics, ICCR launched the "Year of Connecting the World through Ramayana-2024". This initiative aims to strengthen global cooperation, promote shared heritage, and encourage joint cultural productions, embodying the principle of 'Vasudhaiva Kutumbakam' (the world is one family). *ANS*

Boeing reports net loss of \$612 million in Q2 2025

NEW DELHI: US-based aircraft manufacturer, the Boeing Company's net loss for the April-June quarter (Q2 2025) stood at \$612 million, it said in a recent statement.

The company had reported a net loss of \$1,439 million in the same quarter a year ago.

Meanwhile, revenue rose to \$22.75 billion from \$16.87 billion in the second quarter of 2024. The operating margin stood at 0.8 percent against 6.5 percent year-on-year.

For the quarter, the loss from operations improved to \$176 million from \$1,090 million in Q2 2024. The company reported an operating cash flow of \$227 million against a negative cash flow of \$3,6923 million in the same quarter a year ago.

The company's commercial airplanes revenue of \$10.9 billion for the second quarter, and the operating margin of (5.1) percent, primarily reflects higher deliveries.

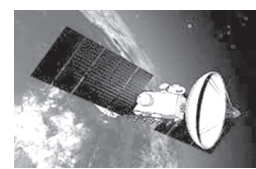
The 737 program increased the production rate to 38 per month in the quarter and plans to stabilize at that rate before requesting approval to increase to 42 per month later this year, the company said.

The company said that it has booked 455 net orders in the quarter for commercial airplanes, including airplanes for Qatar Airways and British Airways. *IANS*

LEO satellite communications services spending to reach \$14.8 billion in 2026

NEW DELHI: Low earth orbit (LEO) satellite communications services spending is expected to reach \$14.8 billion globally in 2026 -- an increase of 24.5 percent from 2025, a report of July 30 showed.

LEO satellites orbit closer to the Earth than traditional satellite technology, providing faster connections and lower latency.



This allows them to deliver high-speed broadband and complement traditional terrestrial networks. *IANS*

Trump says tariff talks won't be finished as deadline approaches

WASHINGTON: US President Donald Trump has said tariff negotiations will not be finished the following day, as he responded to a question about ongoing trade talks with South Korea.

Trump made the remarks during a press availability after returning from Scotland, as South Korean negotiators are striving to reach a trade deal with his administration before Friday (Aug 1), when his "reciprocal" tariffs, including 25 percent duties on Korea, are set to take effect unless a deal is reached, reports Yonhap news agency.

"(Negotiations) won't be finished tomorrow, but our country is becoming very rich, and that's what we want," Trump told reporters, according to a White House pool report.

"We have to have a rich America. We're taking in a lot of money. We're becoming very strong and very rich," he added.

He was answering a

reporter's question about whether tariff talks with South Korea will be finished the next day. But it remains unclear whether he was referring to the



US President Donald

overall tariff negotiations with a series of trading partners or commenting specifically on talks with South Korean negotiators.

Earlier in the day, The Wall

Street Journal reported that Commerce Secretary Howard Lutnick had urged Korean negotiators to bring their "best and final" trade offer to the negotiating

trade deals with countries finished by August 1, as South Korea and other trading partners are striving to reach agreements to lower its "reciprocal" tariff rates by the negotiation deadline. "August 1 is going to come, and we will have most of our deals finished, if not all," Trump had told reporters before embarking on a trip to Scotland.

Meanwhile, he said the 10-day "deadline" for Moscow to end the conflict with Ukraine is in effect, cutting short the 50-day timeline he announced two weeks ago. Russia has "10 days from today" to reach a ceasefire agreement, Trump told reporters on his flight back to Washington following his visit to Scotland. Otherwise, "We're going to put on tariffs and stuff," he added.

On July 14, Trump threatened Russia with "severe tariffs" unless it agrees to a ceasefire with Ukraine within 50 days. *IANS*

4,557 EV public charging stations installed on highways and expressways: Nitin Gadkari

NEW DELHI: A total of 4,557 electric vehicle (EV) public charging stations (PCSs) have been installed across a length of 146,342 km on the state, National Highways, and Expressways in the country, the Parliament was informed.

Uttar Pradesh leads with 507 public EV charging stations, followed by Karnataka at 489, Maharashtra at 459, Tamil Nadu at 456 and Rajasthan at 424, Road Transport and Highways Minister Nitin Gadkari said in a written reply to a question in the Rajya Sabha.

"As per information available

with the Bureau of Energy Efficiency (BEE), a total of 4,557 EV Public Charging Stations (PCSs) have been installed on the state/ National Highways/expressways in the country," he said.

The minister further stated that there is no scheme for providing incentives to the Charging Point Operators (CPOs).

Meanwhile, 4,625 EV charging stations are currently operational in tier 2 cities in the country (as on April 1, 2025). The government recently said that with a financial outlay of Rs 2,000 crore, the PM E-Drive scheme will support the

installation of approximately 72,000 EV public charging stations across the country. These stations will be strategically deployed along 50 National Highway corridors, within high-traffic destinations such as metro cities, toll plazas, railway stations, airports, fuel outlets, and state highways, the Ministry of Heavy Industries had said in a statement. The PM E-DRIVE scheme was launched in October 2024 to accelerate the adoption of electric vehicles (EVs) through demand incentives and expand EV charging infrastructure nationwide. *IANS*



Construction of first India-made hovercraft for Coast Guard begins at Goa shipyard

NEW DELHI: The construction of the country's first indigenously built Air Cushion Vehicle (ACV) for the Indian Coast Guard kicked off with the girder laying and commencement of the erection ceremony at the shipyard of Chowgule & Company Pvt. Ltd. in Goa.

The hovercraft, based on proven Griffon Hoverwork designs, is being built with Indian expertise to suit varied coastal security operations. Once inducted, the ACVs will provide enhanced speed, tactical flexibility, and shallow-water operability, enabling swift response for patrolling, interdiction, and search and rescue missions across India's vast maritime frontier, according to a statement issued by the Ministry of Defense.

The ceremony, which marks a major step towards strengthening India's maritime response capabilities, was held in the presence of Deputy Director General (Material & Maintenance), ICG Inspector General Sudhir Sahni.



The construction of the hovercraft follows a contract signed with the Ministry of Defense on October 24, 2024, for six ACVs, underscoring the ICG's drive towards operational self-reliance under the

Aatmanirbhar Bharat initiative.

India's indigenous defense production has surged to an all-time high of Rs 1.46 lakh crore, with exports increasing to a record Rs 24,000 crore in 2024-25, De-

fense Minister Rajnath Singh said recently.

"Our defense production, which was only Rs 43,000 crore 10 to 11 years ago, has now crossed a record figure of Rs 1,46,000 crore, with the private sector's contribution at over Rs 32,000 crore. Our defense exports, which were around Rs 600-700 crore 10 years ago, have surpassed a record figure of Rs 24,000 crore today," he said.

The Defense Minister described Make-in-India as crucial for security and prosperity, stating that the use of indigenous systems during Operation Sindoor has proved that India has the power to penetrate any armor of the enemy.

He further stated that the Advanced Medium Combat Aircraft (AMCA) program execution model, will open an opportunity for the private sector to participate in a mega defense project along with public sector companies for the first time, further bolstering the Make in India drive in the defense industry, which played a key role in the success of Operation Sindoor. *IANS*

India's wind energy capacity rises to 51.67 GW, Gujarat, TN & Karnataka lead

NEW DELHI: The installed wind energy capacity in India has touched the 51.67 GW mark as on June 30 this year, Minister of New and Renewable Energy Pralhad Joshi informed the Parliament recently.

The addition of wind energy capacity in the country has been increasing steadily in the last three financial years from 2,275.55 MW added in 2023-24 to 3,253.39 MW being added in 2024-25 and 1,637.02 MW of fresh capacity being set up in the April-June quarter of 2025-26 so far, according to data tabled by the minister in a written reply in the Lok Sabha.

The top three states contributing the highest share in wind power generation capacity are Gujarat with 13,816.68 MW of installed capacity, followed by Tamil Nadu, which has 11,830.36 MW. Karnataka is ranked third in the country with an installed wind power capacity of 7,714.74 MW.

The minister further stated that the target of 500 GW non-fossil fuel-based power generation by 2030 includes 340 GW of ground-mounted solar and wind. This comprises 110 GW connected to the Intra-State Transmission System (In-STS) and 230 GW to the Inter-State Transmission System (ISTS).

He further stated that the government has issued the 'National Repowering & Life Extension Policy for Wind Power Projects' on December 7, 2023, providing a facilitative framework for the repowering of old wind turbines.

The minister said that the government has taken several steps to develop off-shore wind power projects in the country, which include the notification of the

meso-scale studies and installation of a LiDAR by the National Institute of Wind Energy (NIWE) off the coast of Gujarat in November 2017, and collection of two years of wind data has been undertaken. The NIWE has also conducted geophysical/geotechnical studies, a rapid EIA study, and oceanographic studies (wave, tide & current) for a site equivalent to 1 GW capacity



'Offshore Wind Energy Policy' in October 2015 to provide a framework for the development of offshore wind energy in the country.

Besides, for the initial phase of development, potential offshore wind zones off the coast of Gujarat and Tamil Nadu have been identified through

off the coast of Gujarat.

A geotechnical study at three bore-hole locations was also carried out off the Tamil Nadu coast, and 4 LiDARs off the coast were installed for wind resource measurement. The geophysical study for the 500 MW site off the TN coast has also been completed. *IANS*

Indian stock market settles in green ahead of US Fed meet

MUMBAI: The Indian stock market ended the session with a decent gain on Wednesday (Jul 30) amid mixed global cues ahead of the US Federal Reserve meeting, despite uncertainty around a potential India-US trade deal within the August 1 deadline.

The mixed Q1 earnings reports also shaped the market sentiment during the trading hours.

Sensex closed at 81,481.86, up 143.91 points or 0.18 percent. The 30-share index started the session with a decent gap-up at 81,594.52 against the last session's closing of 81,337.95. The index remained range-bound amid mixed reactions from investors, and it touched an intra-day high at 81,618.96.

Nifty settled at 24,855.05, up 33.95 points or 0.14 percent.

"Sentiment remained subdued due to lingering uncertainty over the trade deal, following the latest statement from the US President about potential tariffs on India, amid delays in finalizing the agreement ahead of the August 1 deadline," said Ajit Mishra of Religare Broking Ltd. *IANS*

'More than 673mn people worldwide experienced hunger in 2024'

NEW DELHI: An estimated 8.2 percent of the global population, or about 673 million people, experienced hunger in 2024, according to a UN report published recently.

The State of Food Security and Nutrition in the World (SOFI 2025) report published by five specialized UN agencies showed that the hunger levels declined from 8.5 percent in 2023 and 8.7 percent in 2022.

However, progress was not consistent across the globe, as hunger continued to rise in most sub-regions of Africa and western Asia, showed the report.

The proportion of the population facing hunger in Africa surpassed 20 percent in 2024, affecting 307 million people, while in western Asia an estimated 12.7 percent of the population, or more than 39 million people, may have faced hunger in 2024.

The report also projects that 512 million people could be chronically undernourished by 2030.

Almost 60 percent of those will be in Africa. This highlights the immense challenge of achieving SDG 2 (Zero Hunger), warned the report launched during the Second UN Food Systems Summit Stocktake (UNFSS+4) in Addis Ababa, Ethiopia. *IANS*



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Sri Atmananda (1883 - 1959)

16 India Post

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August 1, 2025

Proposed new criteria to impact obesity prevalence; say researchers

NEW YORK: An international team of researchers has found that obesity prevalence would shift significantly under proposed new criteria that could hinder the prevention and early detection of serious health conditions.

The study, published in Plos Global Public Health, analyzed data from 56 countries to compare the prevalence of pre-clinical and clinical obesity using the existing BMI criteria with what the prevalence would be under the proposed criteria that requires at least one health condition to already be present before a person is considered clinically obese, such as diabetes, hypertension, or high cholesterol.

"Obesity is a serious problem and the definitions we use have implications for clinical treatment, health expenditures, disease surveillance, and for peoples' awareness of their own health risks. So, it is important to understand how much any new definition would impact the

prevalence of obesity," said lead author Rodrigo Carrillo-Larco, assistant professor of global health at Emory University's Rollins School of Public Health.

Universidad Peruana Cayetano Heredia and Universidad Cientifica del Sur in Peru.

When the additional health issues were included into the cri-

For example, the East African nation of Malawi had among the highest decreases in obesity prevalence under the proposed definition, but the decline was uneven among men (68 percent) and women (53 percent).

While the new definition could be more aligned with current disease risk, the researchers urged caution before considering a shift in obesity surveillance to the proposed standard because doing so would create substantial challenges in terms of measurement, equity, and implementation. And for individuals who would no longer be considered obese, it could provide a dangerous false sense of security.

"At the population level we would expect the prevalence of obesity to drop, but we should be mindful that it's an artificial drop because the new definition is more strict or complex-that reduction in obesity is not real," Carrillo-Larco said. *IANS*



The study was authored by researchers from Emory University and Johns Hopkins University in the US, University of Queensland in Australia, Zhejiang University School of Medicine in China, and

teria for obesity, the prevalence dropped significantly among the 142,250 adults surveyed-with some nations seeing a drop of more than 50 percent-but the results varied by nation and gender.

Stuttering caused by genes: Study

NEW DELHI: Understanding the causes of stuttering may no longer be a mystery, as US researchers on provided evidence to show the speech disorder is influenced by our genes.

Stuttering -- characterized by syllable and word repetitions, sound prolongations, and breaks between words -- is the most common fluency disorder, with more than 400 million people affected worldwide. And yet, the causes of this common speech disorder are unclear.

In the paper, published in the journal Nature Genetics, the researchers identified 48 genes,

and 57 distinct genomic loci associated with the speech disorder, based on genetic data of more than 1 million individuals.

The findings may lead to earlier identification or therapeutic advances in stuttering and help replace outdated views of stuttering often held by the general public that contribute to stigma, said the researchers.

"No one really understands why someone stutters; it has been a complete mystery. And that's true for most speech and language pathologies. They are profoundly understudied because they don't put people in the hospital, but they can

have enormous consequences on people's quality of life," said Jennifer (Piper) Below, Professor of Medicine at Vanderbilt University Medical Center.

"We need to understand risk factors for speech and language

traits so that we can identify kids early and get appropriate care for those that want it," she said.

Young people who stutter report increased bullying, decreased classroom participation, and a more negative educational

experience.

Stuttering can also negatively impact employment opportunities and perceived job performance, and mental and social well-being, Below noted.

"Rather than being caused by personal or familial failings or intelligence, our study shows that stuttering is influenced by our genes," Below said.

Developmental stuttering onset typically occurs in children between the ages of 2 and 5, and about 80 percent of children will spontaneously recover, with or without speech therapy. *IANS*



Tobacco use among women declines from 20.3pc to 14.2pc: Center

NEW DELHI: Tobacco use among women and adolescents has declined, said Union Minister of State for Health and Family Welfare Prataprao Jadhav, in the Parliament.

In a written reply in the Rajya Sabha, Jadhav stated the decline in tobacco use, citing two global surveys.

"As per the Global Adult Tobacco Survey (GATS) -I (2009-10) and GATS-2 (2016-17) conducted among the age group of 15 years and above, there is a decline in tobacco use among women from 20.3 percent to 14.2 percent," the Minister said.

"The Global Youth Tobacco Survey (GYTS) conducted for school-going children of age group 13-15 years reported a decline in tobacco use from 14.6 percent (GYTS-3, 2009) to 8.5 percent (GYTS-4, 2019)," he added.

Jadhav also shared the measures undertaken by the Health Ministry to reduce tobacco consumption among women and children in the country.

The Ministry enacted a comprehensive legislation, namely the Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and

Commerce, Production, Supply and Distribution) Act, 2003 (COTPA 2003), to regulate the tobacco products and to discourage the consumption of tobacco.

"The provisions under COTPA, 2003 and the Rules made thereunder prohibit smoking in public places, ban on sale of tobacco products to and by minors, sale of tobacco products within a radius of 100 yards of educational institutions, prohibition on direct and indirect advertising of tobacco products and mandatory display of specified health warnings on all tobacco product packs," Jadhav said.

In 2007, the National Tobacco Control Programme (NTCP) was launched to discourage the use of tobacco, create awareness about the harmful effects of tobacco consumption through regular and sustained public awareness campaigns, and ensure effective implementation of the provisions under COTPA 2003.

As part of these, the Ministry launches a 60-day annual Tobacco Free Youth Campaign to educate young people about the dangers of tobacco and empower them to resist or quit its use. *IANS*



ORS affordable, effective healthcare solution for dehydration & diarrhea: Nadda

NEW DELHI: Oral Rehydration Solution (ORS) is an affordable and effective healthcare solution for dehydration and diarrhea, said Union Health Minister JP Nadda.

World ORS Day is observed annually on July 29 to raise awareness about the importance of Oral Rehydration Salts (ORS) in treating dehydration caused by diarrhea and other conditions.

"Today, we observe World ORS Day to highlight the importance of Oral Rehydration Solution (ORS) as an affordable and effective healthcare solution for treating dehydration and diarrhea," Nadda said in a post on social media platform X.

"ORS is a simple yet powerful remedy that prevents and treats dehydration, a condition that can be life-threatening, especially in young children.

"This day aims to raise widespread awareness about this lifesaving treatment, ensuring that everyone has access to this crucial remedy that has the potential to save millions of lives," the Union Minister said.

Acute diarrheal diseases are one of the leading causes of mortality in infants and young children in many developing countries. In most cases, death is caused by dehydration. *IANS*



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Eating chips, cookies can raise addiction risk akin to substance-use disorders: Study

NEW DELHI: Your favorite chips, cookies, soda -- ultra-processed foods -- can trigger addictive behaviors that meet the same clinical criteria used to diagnose substance-use disorders, warned a study.

Researchers argued that failure to recognize this in diagnostic systems is a dangerous oversight with grave consequences for global public health.

"People aren't becoming addicted to apples or brown rice," said lead author Ashley Gearhardt, Professor of psychology at the University of Michigan, US.

"They're struggling with industrial products specifically engineered to hit the brain like a drug -- rapidly, intensely and repeatedly," Gearhardt added.

The paper, published in the journal *Nature Medicine*, synthesized evidence from nearly 300 studies across 36 countries. Their findings demonstrated that ultra-processed foods can hijack the brain's reward system, triggering cravings, loss of control, and persistent use despite harmful consequences -- key features of addiction.

Further, neuroimaging studies reveal that individuals with compulsive intake of these foods show brain circuit disruptions strikingly similar to those seen in alcohol and cocaine addiction. Notably, medications that reduce cravings for ultra-processed foods have also been found to reduce compulsive drug use, underscoring the shared neurobiological mechanisms.

Importantly, Gearhardt and team highlighted that while conditions like nitrous oxide and caffeine use disorder have been included in the Diagnostic and Statistical Manual of Mental Disorders, despite abundant and growing support, ultra-processed food addiction has yet to receive even preliminary recognition as a condition worthy of further study. The manual classifies mental disorders based on limited evidence.



"The bar for recognizing addiction has been far lower in other cases," said co-

author Erica LaFata, assistant research professor at Drexel University's Center for Weight, Eating, and Lifestyle Science. "It's time ultra-processed food addiction was held to the same scientific standard."

The study calls on public health leaders, clinicians, and policymakers to take immediate steps to formally recognize ultra-processed food addiction, fund research, and develop clinical tools for identification and treatment. They also urged

the enactment of protective measures similar to those used in tobacco control -- including restrictions on marketing to children, clearer labeling, and public education.

"We're not saying all food is addictive," Gearhardt said. "We're saying that many ultra-processed foods are designed to be addictive. And unless we recognize that, we'll continue to fail the people most affected -- especially kids." *IANS*

Dementia takes 3.5 years to diagnose after symptoms begin: Study

NEW DELHI: People with dementia are diagnosed an average of 3.5 years after symptoms are first noticed, according to a new study.

Early signs of dementia may include memory loss, difficulty finding words, confusion, and changes in mood and behavior.

The study, published in the *International Journal of Geriatric Psychiatry*, showed that younger age at onset and having frontotemporal dementia were both linked to a longer time to diagnosis.

For those with early-onset dementia, the diagnosis can take 4.1 years, with some groups more likely to experience longer delays.

"Timely diagnosis of dementia remains

a major global challenge, shaped by a complex set of factors, and specific health care strategies are urgently needed to improve it. Timely diagnosis can improve access to treatments and, for some people, prolong the time living with mild dementia

The study, published in the *International Journal of Geriatric Psychiatry*, showed that younger age at onset and having frontotemporal dementia were both linked to a longer time to diagnosis

before symptoms worsen," said lead author Dr. Vasiliki Orgeta, from the Division of Psychiatry at the University College London (UCL).

For the study, UCL researchers reviewed data from 13 previously published studies that took place in Europe, the US, Australia, and China, reporting data on 30,257 participants.

Dementia is a growing public health concern, affecting over 57 million people globally. Studies estimate that only 50-65 percent of cases are ever diagnosed in high-income countries, with many countries having even lower diagnostic rates.

Timely diagnosis of dementia remains elusive, and specific healthcare strategies are urgently needed to improve it. *IANS*

Youth dies while playing badminton in Hyderabad

HYDERABAD: A youth died of suspected cardiac arrest while playing badminton with friends in Hyderabad.

Gundla Rakesh, 25, suddenly collapsed on the court and died while playing the game at an indoor stadium in Nagole recently.

The incident was captured on CCTV.

Rakesh, who was playing the doubles game, had picked up the shuttlecock and was about to serve when he suddenly collapsed. Those playing with him and others on the adjoining court rushed towards him, and one of them apparently performed Cardiopulmonary Resuscitation (CPR).

The youth was rushed to a nearby hospital, where he was pronounced dead on arrival. *IANS*

Bollywood actress Sara Ali Khan walks the ramp for Fashion Designer Aisha Rao during the Hyundai India Couture Week 2025, at Taj Palace in New Delhi.
(ANI Photo/Rahul Singh)

SARA ALI KHAN TO WALK FOR DESIGNER AISHA RAO AT HER DEBUT SHOW IN INDIA COUTURE WEEK 2025

NEW DELHI: Fashion designer Aisha Rao is set to make her debut at the Hyundai India Couture Week 2025, in association with Reliance brands, an initiative of FDCI.

Bollywood actress Sara Ali Khan will be walking the ramp as the showstopper for Aisha Rao's show at the ICW 2025.

The brand will present its new couture line, "Wild at Heart," in collaboration with Kohler. Wild at Heart is inspired by nature in all its raw and expressive beauty, a collection shaped by metallics, prints, structure and, elements of whimsy.

It explores the wilderness as both a visual and emotional space, blurring the line between memory and imagination, as per the press note.

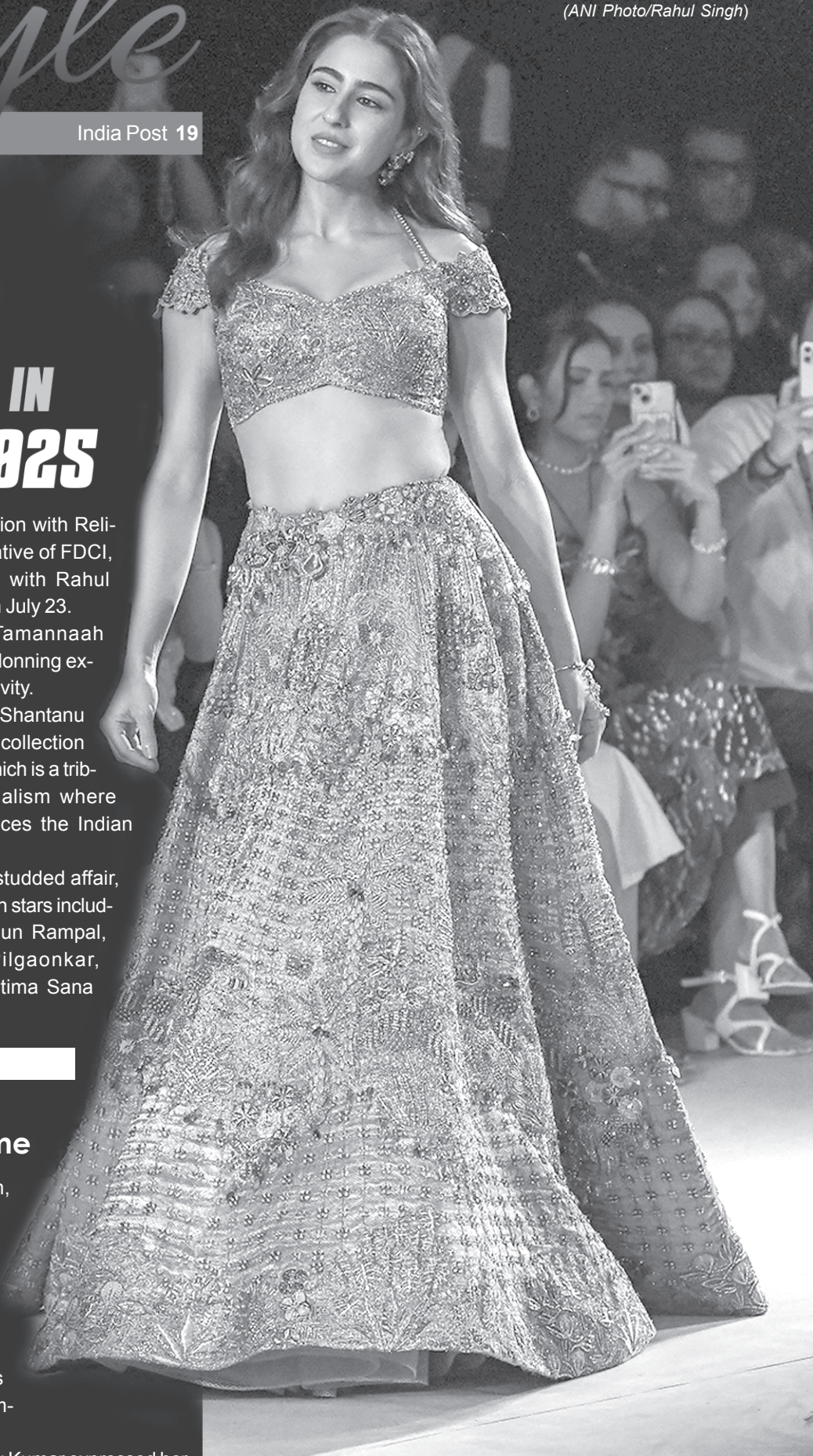
Meanwhile, the ongoing ICW has featured ace fashion designers including Manish Malhotra, Tarun Tahiliani, Falguni Shane Peacock, Rahul Mishra and more.

ICW 2025, in association with Reliance Brands and an initiative of FDCI, began on a grand note with Rahul Mishra's opening show on July 23.

Bollywood actress Tamannaah Bhatia walked the ramp, donning exquisite pieces of his creativity.

Ace fashion designers Shantanu & Nikhil presented their collection 'Metropolis' on Sunday, which is a tribute to the art of sartorialism where Western tailoring embraces the Indian soul.

The event was a star-studded affair, attended by several B-town stars including Rajkumar Rao, Arjun Rampal, Jim Sarbh, Shriya Pilgaonkar, Randee Hooda and Fatima Sana Shaikh. ANI



"Younger generation's needs are different": Ritu Kumar on why fashion industry changes with time

NEW DELHI: Veteran fashion designer Ritu Kumar, who has been in the fashion industry for over five decades, shared her views on the evolution of clothing in India, saying that fashion changes with time due to the younger generation's ever-changing needs.



Ritu Kumar

Ritu Kumar presented her breathtaking collection at the Hyundai India Couture Week 2025, in association with Reliance brands, an initiative of FDCI, on Sunday.

From the onset of her career, Kumar has always focused on merging traditional Indian tex-

tiles with modern design, and her latest collection at ICW reflected the same.

At the sidelines of the event, Ritu Kumar opened up about the evolution of the fashion industry and said that it's an ever-evolving phenomenon.

While talking to ANI, Ritu Kumar expressed her views on the clothing and said, "Fashion is an evolving thing. It evolves with civilizations as they grow, and needs are different with the younger generation to what they were at one time. So that we will see (fashion evolution) happening all the time," said Ritu Kumar.

While many have tried to explain fashion as a reflection of a person's choices, Kumar believes that it originates from the person's "instinct" and "understanding" of clothing. ANI

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NEW DELHI: India's small-cap real estate companies have returned 17 percent in the past 12 months, and Real Estate Investment Trusts (REITs) account for almost 43 percent of fund raising via primary sources since FY18, a recent report said.

"The total warehousing stock across top eight Tier 1 cities has more than doubled since 2019 from around 213 million square feet to 438 million square feet in 2024," Equirus Securities, a financial service firm, said in its report.

Small-cap real estate companies have been the best-performing segment in the past 12 months, garnering 17 percent returns, followed by REITs at 15.2 percent, midcap at 2.5 percent, the report highlighted.

As per the report, in contrast to small-cap real estate companies, the equity benchmark index Sensex posted a meager 1.4 percent, whereas the large-cap real estate listed companies posted a negative -2.9 percent returns.

Small-cap listed real estate companies continue to be the best-performing segment since March 2021, followed by Mid Cap, large cap, benchmark Sensex and lastly the REITs, which posted the lowest returns, the report noted.

Since FY18, a total of Rs 723,310 million was raised in the real estate sector, out of which REITs accounted for over 43 percent, around Rs 312,413 million. IANS

NEW DELHI: India's real estate sector has significantly improved its financial discipline, resulting in more credit from banks, credit rating upgrades and investor enthusiasm, according to recent reports.

The credit rating of real estate companies rose due to better operating margins, profitability margins and leverage ratios, the report from real estate management firm Colliers

NEW DELHI: The national capital served as the backdrop for an unparalleled showcase of sport, lifestyle, and community engagement as Courtly and Ardee Racquet Club (ARC) co-hosted the Delhi Pickleball Sundowner, powered by Omaxe Group in collaboration with Mahindra Electric, on July 19th and 20th at ARC, New Friends Colony. VMPL

India sees 21 pc rise in deal volumes in first half of 2025: Report

NEW DELHI: India's deal landscape witnessed a strong start this year with both mergers and acquisitions and private equity activity gaining momentum in the first half (H1 CY25), outperforming the same period in 2024, a report said on Monday.

The total deal volumes rose by 21 per cent and announced deal values grew by 9 per cent in the first six months compared to H1 CY24, signaling sustained investor confidence and strategic corporate activity despite a volatile second quarter, according to PwC India's latest report.

M&A activity recorded a 23 per cent increase in H1 CY25 versus H1 CY24, driven by a flurry of transactions in the first quarter of 2025 (Q1 CY25) before experiencing a more cautious environment in Q2 CY25 as corporates recalibrated strategies.

"Domestic M&A transactions climbed 25 per cent, while cross-border M&A grew by 18 per cent. The outbound transactions surged by 50 per cent, highlighting Indian corporates' growing appetite for international expansion," the report said.

Private equity investments

rose by 20 per cent, underscoring resilience in the sector and ongoing momentum and confidence in India's growth story.

"Despite a dip in market ac-

We are seeing funds take a long-term view, with increased interest in sectors such as healthcare, renewables and technology, setting the stage for

Technology, pharma, healthcare and real estate displayed targeted investment strategies anchored in sustainability and innovation.



The total deal volumes rose by 21 per cent and announced deal values grew by 9 per cent in the first six months compared to H1 CY24, signaling sustained investor confidence and strategic corporate activity despite a volatile second quarter

tivity this quarter, investor confidence in private equity remains strong, showcasing resilience and adaptability amidst economic challenges and opportunities," said Shashank Jain, Partner and Leader-Deals, PwC India.

a diversified deal pipeline in the months ahead, he added.

According to the report, the retail and consumer sectors led deal volumes with consolidation through startup acquisitions, while financial services dominated in deal value.

Meanwhile, healthcare and pharma benefited from expansion and consolidation initiatives, while real estate momentum continued, supported by favorable policies and heightened interest in data centers and warehouses, the report stated. IANS



'Financial discipline drives momentum in Indian real estate sector, bank credit surges'

India said.

After the Covid-19 pandemic, the real estate sector showed a 'V-shaped' recovery, with its credit and financial metrics outperforming other major industries, it added.

From FY21 to FY25, bank credit to this sector has doubled from Rs 17.8 lakh crore to Rs 35.4 lakh crore, outperforming the average bank credit to other industries by 30 percent. Nearly

one-fifth of bank credit deployment was in real estate, indicating lender confidence.

Further, the quality of loans has also improved significantly. The proportion of Gross Non-

Performing Assets (GNPA) in the banks' loans to the construction industry significantly reduced from 23.5 percent in March 2021 to 3.1 percent in March 2025.

"During FY25, real estate sector had more credit rating upgrades than other economic sectors, demonstrating its robust financial health. The relatively higher credit quality of real estate loans is well supported by underlying strong demand-supply dy-

namics across multiple asset classes such as residential, commercial, industrial and warehousing, retail, hospitality, etc.," said Badal Yagnik, Chief Executive Officer, Colliers India.

Around 62 percent of the top 50 listed real estate companies reported higher profitability margins for FY25 up from 23 percent in FY21. IANS

Indian real estate sees surge in credit ratings, IPOs, and healthier balance sheets post-pandemic: Colliers

NEW DELHI: India's real estate sector is witnessing a significant rise in credit rating, booming IPO activity, and healthier balance sheets in the post-pandemic era, according to a report by Colliers India.

The country's real estate industry has outperformed major industries in terms of critical credit and financial metrics, it said.

The report further reveals that, since 2021, the sector

improvements in profitability and leverage. In FY 2025, 62 percent had net profit margins above 10 percent, up from 23 percent in FY 2021. Similarly, 62 percent had debt-to-equity ratios under 0.5, indicating aggressive deleveraging.

"Indian real estate sector continues to demonstrate resilience and financial prudence even in the wake of external volatilities. In fact, the strong financial health of the

sector is demonstrated by a significantly higher proportion of credit rating upgrades during FY 2025 as compared to upward revisions in other economic sectors," said Badal Yagnik, CEO, Colliers India.

Beyond traditional residential and commercial segments, IPO activity is expanding into flex spaces and hospitality. The market also anticipates a rise in REITs (Real estate investment trusts) and SM-REITs, offering retail investors broader access



has raised nearly Rs 400 billion through IPOs, including Rs 76 billion from seven listings in 2025 alone. A strong V-shaped recovery post-COVID, coupled with structural reforms like RERA and GST, has made the sector more transparent and resilient.

Additionally, gross bank credit to real estate has doubled from Rs 17.8 lakh crore in Financial Year (FY) 2021 to Rs 35.4 lakh crore by FY 2025, now representing nearly 20 percent of total bank credit in India. While Non-Performing Assets (NPAs) in construction loans have fallen dramatically—from 23.5 percent in 2021 to just 3.1 percent in 2025—reflecting improved credit quality.

The top 50 listed real estate firms have shown marked

to the property market.

"Moreover, the diverse listings across segments such as flex spaces, hospitality, office, residential, etc., and the anticipated upswing in SM REIT and REIT activity is promising for the entire real estate sector. Indian real estate continues to draw strength from long-term stability and growing investor confidence, making it less vulnerable to global uncertainties," said Vimal Nadar, National Director at Colliers, noted.

With favorable demographics, steady urban demand, and rising disposable incomes, the real estate sector's outlook remains bullish. However, developers must stay vigilant of interest rate risks and regulatory bottlenecks. ANI

Indian real estate sector turns optimistic for future growth amid robust sentiment: Report

MUMBAI: India's real estate stakeholders appear to be responding positively to improving macroeconomic indicators, as per recent report, as the Sentiment Index rose to 56 in April-June period (Q2) from 54 in Q1 this year, snapping a four-quarter downward streak.

The 'Future Sentiment Score' also climbed to 61 in the quarter from 56 a quarter ago, signaling a renewed sense of confidence and cautious optimism about the sector's performance in the next six months, according to the Knight Frank-NAREDCO 'Real Estate Sentiment Index for Q2 2025 (April-June).'

This marks a significant shift in the mood of the Indian real estate sector. Following a yearlong moderation in sentiment, stakeholders are beginning to look beyond short-term global uncertainties and are anchoring their expectations on India's structural economic strength, accommodative monetary policy, and robust demand in premium residential and office segments.

"Q2 2025 represents a turning point for the real estate industry with the recovery in both current and future sentiment scores reflects the sector's resilience and adaptability. As high-frequency indicators show sustained mo-

mentum, stakeholders are repositioning their strategies for long-term growth, especially in premium and high-yielding asset classes," said Shishir Bajjal, Chairman and Managing Director, Knight Frank India.

One of the most encouraging signs in this quarter's index is the resurgence in developer confidence. The sentiment among developers has seen a sharp increase, with their Future Sentiment Score rising from 53 in Q1 to 63 in Q2 2025.

This change is largely attributable to easing financing conditions, falling borrowing costs following a 100-BPS cumulative repo rate cut by the Reserve Bank of India in H1 2025, and a visible pick-up in high-ticket residential demand.

Notably, non-developer stakeholders, which include banks, NBFCs, and private equity funds, have also reported a more positive sentiment this quarter, the report mentioned. Geographically, the rebound in sentiment is visible across all four regions of the country. The north zone, which had hit a post-COVID low of 48 in Q1 2025, recovered to a score of 55 in Q2 2025, buoyed by improving infrastructure connectivity, a resurgence in demand in Delhi-NCR, and a shift in developer focus toward premium inventory. IANS

India's industrial and logistics sector hits new leasing peak in H1 2025; E-com among top contributors

NEW DELHI: Overall industrial and logistic (I&L) leasing in India has marked a new peak during the January-June period (H1 2025), surging 63 percent year-on-year (YoY) to 27.1 million square feet across the top eight cities, as per recent report.

The third-party logistics (3PL) sector continued to lead in I&L space take-up with a market share of 32 percent in H1 2025, CBRE, a real estate consulting firm, said in its recent report.

However, the surge was majorly led by the e-commerce sector, which saw its market share more than double from 9 percent in H1 2024 to 25 percent in H1 2025, the report stated.

I&L leasing, by the engineering and manufacturing (E&M) sector also increased from 18 percent in H1 2024 to 19 percent in H1 2025.

The government-led infrastructure projects and policy initiatives, such as the Production Linked Incentive (PLI)

scheme and 'Make in India 2.0', have significantly strengthened the country's manufacturing sector, resulting in a heightened demand for warehousing space from E&M companies, the report stated.

The third-party logistics (3PL) sector continued to lead in I&L space take-up with a market share of 32 percent in H1 2025, CBRE, a real estate consulting firm, said in its recent report

Among the three regions, Asia Pacific-based companies recorded their highest space take-up at 2.7 million square feet during Q2 2025 (up from 0.6 million square feet in Q2 2024), followed by American and EMEA-based firms at 1.9 million square feet and 1.7 million square feet, respectively.

"The dominance of 3PL and e-commerce, which together drove over half of H1 demand, underscores how rapidly evolving consumer expectations and supply chain optimization are reshaping the landscape," said Anshuman Magazine, Chairman and CEO, India, Southeast Asia, Middle East and Africa, CBRE.

"We foresee the next wave of growth being defined by premium, sustainable, and tech-enabled facilities, alongside accelerated expansion into tier-II cities to tap into underserved markets," he added.

In H1 2025, I&L supply stood at 16.7 million square feet.

According to the report, Bengaluru, Chennai, and Mumbai emerged as the key contributors to this supply addition, collectively accounting for 57 percent of the total supply during this period.

Among cities, during H1 2025, Delhi-NCR led the demand with absorption of 7.3 million square feet, followed by Bengaluru at 4.0 million square feet and Hyderabad at 3.6 million square feet. IANS

In Brief

German Consulate in Karachi halts visa services for non-EU citizens

KARACHI: The German Consulate General in Karachi has suspended all visa and consular services for non-European Union (non-EU) citizens until further notice, Dawn reported.

In a post on X, the Consulate said, "All services of the Consulate General for non-EU citizens are suspended. All confirmed visa appointments for non-EU citizens for an undisclosed time are cancelled and will not be re-scheduled. Applicants will need to register again via our appointment system."

A similar notice has also been posted on the consulate's official website.

The consulate added that it will remain closed for non-EU related services until further notice.

So far, there is no statement from the German Embassy in Islamabad. As per Dawn, a request for comment has been sent to the embassy.

This update comes at a time when several foreign missions are tightening or adjusting visa policies for Pakistani nationals.

Earlier this month, Sweden had resumed visa services in Islamabad after the Bilateral Political Consultations between the foreign ministries of Pakistan and Sweden, held in Stockholm on July 2.

Last month, the US consulates in Karachi and Lahore issued new guidelines asking student and exchange visa applicants (F, M, and J categories) to keep their social media accounts public for background checks. ANI

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Immigration

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If you break the law, your visa can be revoked for life: US embassy

NEW DELHI: The US Embassy in India issued a stern advisory recently, warning that visas can be revoked for foreign visitors who commit crimes or violate laws while in the United States.

In a post on X, the embassy stated, "The United States is a society of law and order. Crimes like assault by foreign visitors will not be tolerated. If you break the law in the United States, your U.S. visa can be revoked, and you may be ineligible to return to the United States - FOR LIFE."

This follows a series of similar advisories issued by the US Embassy earlier this month.

On July 22, the embassy posted, "If you are arrested for assault, domestic violence, or other crimes while in the United States, your U.S. visa may be revoked, and you may be ineligible for future U.S. visas. A visa is a privilege, not a right - one that can be revoked if you break the law."

Earlier, on July 16, the Embassy had issued a statement wherein it mentioned that committing assault, theft, or burglary in the United States could lead to visa being revoked and make

one ineligible for future US visas.

"The United States values law and order and expects foreign visitors to follow all US laws", the post read.

Meanwhile, responding to

laws while abroad.

The MEA spokesperson reiterated the ministry's consistent advice for Indian travellers.

"...Our constant request to all our people who go abroad is that

of that country or a foreign national, it is their responsibility to abide by the laws there... I would say that whenever our people go abroad, we always urge them to respect and follow the laws of



"The United States is a society of law and order. Crimes like assault by foreign visitors will not be tolerated. If you break the law in the United States, your U.S. visa can be revoked, and you may be ineligible to return to the United States - FOR LIFE."

queries during a weekly briefing on July 17, the Ministry of External Affairs (MEA) spokesperson Randhir Jaiswal underscored the importance of abiding by local

they should follow the law and order of that country, and create a good image of the country," he said.

Whether a person is a citizen

that country, so that they can build a good and positive image for themselves, and through them, also project a good image of our country," he added. ANI

Flurry of ISI-backed meetings paved way of visa-free entry between Pakistan and Bangladesh

BENGALURU: The decision by Pakistan and Bangladesh to allow visa-free entry for those holding diplomatic and official passports is a worrying sign for India. This decision by the two countries is a result of the immense push that the ISI made to see this deal through.

A visa-free entry for officials with diplomatic and official passports would mean free entry without any major scrutiny. There would be less oversight, and this perfectly works for the ISI since it can send in its officials to Bangladesh without any scrutiny.

Since the ouster of Sheikh Hasina, the ISI has made Bangladesh its playground. Pakistan has been sending in Jaish-e-Mohammad and Lashkar-e-

Tayiba cadres to train terror operatives in Bangladesh.

The ISI's long-term plan is to bleed India on two fronts. While India faces terror from Pakistan along the Line of Control (LoC), the ISI wants to create a similar issue along the Indo-Bangladesh border.

After Muhammad Yunus took

Since Yunus took over, he has not only eased visa norms for the Pakistanis, but also opened up the sea route. This changed scenario is beneficial for Pakistan as it can move its operatives with very little or no scrutiny.

Intelligence agencies and officials say that these decisions

There would be less oversight, and this perfectly works for the ISI since it can send in its officials to Bangladesh without any scrutiny

over as the interim chief of the caretaker government, there has been a massive policy shift. The country has given a free pass to the ISI and Pakistan Army, while also leaning more towards China and Turkey.

were taken following the insistence of the ISI and the Pakistan Army. Both are known to have used their serving officers to train terrorists in various camps in Pakistan and Pakistan-occupied Kashmir. IANS

USCIS report uncovers significant abuses in the special immigrant juvenile program

Hundreds of gang members, murderers, and sex offenders exploited vulnerability in America's immigration system

WASHINGTON: Today U.S. Citizenship and Immigration Services published a report identifying significant national security and integrity vulnerabilities in the Special Immigrant Juvenile program. These national security vulnerabilities provided a path to lawful permanent residence and eventually citizenship to criminal aliens, gang members, and known or suspected terrorists.

The "Criminality, Gangs, and Program Integrity Concerns in Special Immigrant Juvenile Petitions" report reviews over 300,000 aliens' SIJ petitions filed from the be-

petitions, and more than 500 were approved. MS-13 gang member SIJ petitioners include at least 70 charged with federal racketeering offenses and many others charged with violent crimes in the United States. Other approved gang members include more than 100 known or suspected members of the 18th Street gang; at least three Tren de Aragua gang members; and dozens of Sureños and Norteños gang members.

"Criminal aliens are infiltrating the U.S. through a program meant to protect abused, neglected, or abandoned alien children," said USCIS Spokesman Matthew J. Tragesser. "This report exposes how the open border lobby and activist judges are exploiting loopholes in the name of aiding helpless children."

"Criminal aliens are infiltrating the U.S. through a program meant to protect abused, neglected, or abandoned alien children," said USCIS Spokesman Matthew J. Tragesser"

ginning of fiscal year 2013 through February 2025. According to the report:

- More than half of SIJ petitioners filing in FY 2024 were over age 18;
- Many entered the United States without inspection;
- Many came from countries identified as posing national security concerns, demonstrating the lax screening and vetting and anti-fraud policies of the Biden Administration; and
- Some SIJ petitioners engaged in age and identity fraud, including falsifying their name, date of birth, and country of citizenship.

The report also identified 853 known or suspected gang members who filed SIJ petitions, most of which were approved. More than 600 MS-13 gang members filed SIJ

scinded the policy of categorically considering deferred action for special immigrant juveniles. The Trump administration also is exploring further action to mitigate vulnerabilities in the integrity of the SIJ program, address significant national security and public safety concerns, and ensure the SIJ classification remains available for the juveniles it was intended to protect.

Congress first established the SIJ program in 1990 and has amended it several times to allow young illegal aliens, whom a juvenile court has determined cannot reunify with one or both parents due to abuse, neglect, or abandonment, to apply for SIJ classification and lawful permanent resident status and have an eventual path to U.S. citizenship. By law, there are no criminal bars or good moral character requirements for SIJ petition approval. USCIS

Nearly 4 lakh students enrolled across diverse education streams in US: Govt

NEW DELHI: Responding to a non-listed Lok Sabha question raised by MP Asaduddin Owaisi, Ministry of External Affairs has shed light on growing concerns surrounding the treatment of Indian students in the United States amid shifting visa policies and enhanced security protocols.

In his reply, Minister of State for External Affairs Kirti Vardhan Singh said, as of June 2025, a total of 372,424 Indian nationals are enrolled across diverse educational streams in the US. These include primary, secondary, vocational, undergraduate, and postgraduate programs. Over the last five academic years, student visa issuance to Indian nationals fluctuated significantly-from 20,628 in 2019-20 to a peak of 143,811 in 2022-23, followed by a steep decline to 99,169 in 2023-24.

The Minister acknowledged that in April 2025, numerous Indian students were abruptly notified of their SEVIS (Student and Exchange Visitor Information System) record terminations, which automatically revoked their

student visas. In some cases, students were advised to self-deport to preserve future legal re-entry options. Several students contested these decisions in US courts, citing due process violations. In early May, the US administration reinstated thousands of visas in a partial policy reversal, offering momentary relief. However, concerns persist.

Revised guidelines may further broaden revocation grounds, including participation in political protests or activities deemed undesirable by the administration. A June advisory by the US Embassy in New Delhi clarified that student visas remain under post-approval surveillance. Infractions such as skipping classes, traffic violations, or even social activism may trigger visa termination and future travel bans.

Further complicating the scenario, new screening protocols announced on June 18 require applicants in F, M, and J categories to make their social media profiles publicly accessible for thorough vetting-a move framed as a national security imperative. IANS

"Nagaland on high alert as Assam evictions spark fears of illegal influx", says DGP Rupin Sharma

KOHIMA: Amid Assam's ongoing eviction drive against illegal settlers in its reserve forests, Nagaland has been placed on high alert due to fears of a possible influx across the state's borders. Director General of Police (DGP) Nagaland, Rupin Sharma, IPS, addressed the situation, detailing the state's approach and urging public cooperation with law enforcement.

Speaking to ANI, Sharma said, "The current issue, which has been flagged by various people and is also known to the state government, is primarily due to the eviction drives carried out by the Assam government and various reserve forests in Assam. He clarified that those being referred to as "illegal immigrants" are, in fact, illegal settlers who had encroached upon reserve forest areas in Assam."

He added, "Their eviction is part of a drive undertaken by the Assam Forest Department and other state agencies, as permanent settlement is not allowed in forest land. The DGP expressed concern that many of these evicted individuals may attempt to enter Nagaland with their belongings, prompting heightened vigilance in the state."

In response to concerns over illegal influx, Sharma said the Nagaland Police have intensified security along the state's border with Assam, where checkpoints have been heightened and patrolling has been established to prevent unauthorized entry.

Maintaining that many individuals attempting to enter Nagaland lack the mandatory Inner Line Permit (ILP), making their entry illegal under state regulations, he emphasized that without verifying nationality, these individuals cannot be labeled as illegal immigrants from Bangladesh.

He said that the Nagaland government has issued instructions to the Deputy Commissioners, SPs, and OCs to maintain a heightened vigil, not to allow these people to enter Nagaland.

"On our side, we have increased the presence of the police force and the Indian Reserve Battalion in the bordering areas with Assam to prevent these entries. Besides this, we have directed all the SPs, the SDPOs, OCs, and all the NGOs, non-registered officers, and the Thana staff, even the IRB people and NAP people in the bordering areas with Assam. ANI

"The current issue, which has been flagged by various people and is also known to the state government, is primarily due to the eviction drives carried out by the Assam government and various reserve forests in Assam"

Philosophy

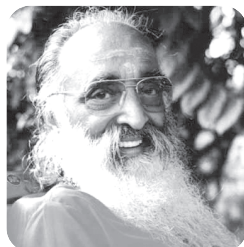
SWAMI CHINMAYANANDA

We have three kinds of relationships with the Absolute which have been beautifully described in Ramayana when Hanuman, the greatest devotee of Shree Ramchandra, explains his relationship with Sree Ramchandraj.

Hanumanji says, 'O, Lord, at moments when I am steeped in my body consciousness I am thy slave ; when I identify myself with the mind and intellect, i. e. as a Jeeva, / am a part of thee ; and when I am in my Swarupa, that is as the Spirit, / am Thyself'.

Thus our relationship with the Absolute can be explained in three different ways according to our state of self-consciousness. There are moments when, even the greatest Seer is conscious of the sorrows of physical pains and even of the inclemency of the weather.

At such moments even a Gyani falls prostrate at His feet mentally and seeks the Lord's mercy. There are moments when he is conscious of some inner



Swami Chinmayananda

sequently, fully aware that a given thing is but a shadow and a valueless paltry nothing, the mind naturally gets detached from it.

For example, if in a dream you get married to a lovely princess, on waking up you cannot maintain your love or attachment for her. The moment you are awake you realise the falsehood of the dream-love,

and so your mind rolls off from the Lady of the Dream. The detachment gained as a result of a knowledge of the untrue nature of the object is Vairagya. And he who has Vairagya is a fit student of Vedanta.

From time to time, some great master comes and changes the non-essentials of Religion to suit the convenience of the age in which he lives. When, for the first time, Ramayana was translated into Hindi, by Sree Tulsidas, what an uproar was there against it ! And yet, but for that translation, today, North Indians would have been totally ignorant of our great Epic !

There are today some orthodox shortsighted persons who are aghast at the

Our three relationships with the Absolute

There are moments when even the greatest Seer is conscious of physical pains

mental agitations or irresistible poetic outburst or high intellectual flights when he within himself recognises a might and a power almost equivalent to the Lord.

It is only in those rare moments of bliss and peace in Samadhi when he has completely retired from the false outer covering of matter to the subtlest of Subtle Spirit within, that he recognises and cries forth "Shivoham", "Shivhoam", "I am that"; the individual and the Absolute constitutes One Perfect Whole.

We may not be playing in the higher Realms of Thought, but we all have this faculty of discrimination. We are not mere worms and animals. We are a cultured society of men who apply our power of discrimination in our everyday life.

Vairagya or detachment is a quality of the mind which enables one to get detached from the false and painful things. Do not be frightened away with any ghost idea about Vairagya. Who among us has not got Vairagya ?

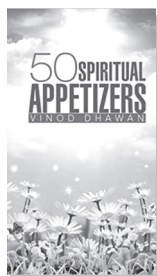
When the intellect has come to a sure and definite understanding, and is, con-

idea of the Upanishads being preached at the 'market place.' They think that Upanishads are only for "fit students," with some special qualities of the head and the heart. But some of the great masterminds of our own times, had the vision to discriminate and foresee that in another quarter of a century we would have so much materialism in our own country.

Excerpted from 'Discourse on the Kenopanishad.' The 32nd death anniversary of Swami Chinmayananda is being observed on August 3

50 SPIRITUAL APPETIZERS

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Jac O Keffe

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Why Pakistan remains relevant for international community

DR. AMEYA PRATAP SINGH

One of the more perplexing aspects of the recent limited conflict and military stand-off between India and Pakistan after the horrific terror attack in Pahalgam, which claimed 26 lives and injured several others, at least from New Delhi's perspective, has been the ostensible ability of the Pakistani state to gather international support and affect public opinion. India is the preponderant power in South Asia and participates in a significant number of global and regional diplomatic collectives across a range of issues, and offers much more in terms of trade and economic benefit as well as military heft to its partners.

Yet, as the conflict with Pakistan was unraveling, there were few backers of India's position on the conflict and those willing to indict Pakistan for its use of cross-border terrorism, with the exception of Israel. On the other hand, Turkey, Azerbaijan, and China publicly backed

This has proved useful for New Delhi, so far. For example, Malaysia rejected Pakistan's bid to cancel India's programs, with its government allowing all outreach events to proceed. Colombia issued a statement sympathetic to Pakistan after civilian casualties, but reversed that posture following Tharoor's delegation meeting - effectively neutralizing Pakistan's messaging. In London and Madrid, top ministers echoed strong UK and Spain support for India's counter-terror posture. The Sanjay Kumar Jha-led tour (Indonesia, Malaysia, South Korea, Japan, Singapore) also garnered official condemnations of the Pahalgam attack and won praise for India's restraint during the ceasefire. Such efforts were particularly needed to tackle Pakistan's superior outreach to international media during the crisis, which seems to have limited India's ability to build favorable international public opinion.

Pakistan Plays Both Sides

But these overtures are unlikely to result in long-term gains as it doesn't counter Pakistan's ability to maintain seemingly contradictory alliances and rhetoric without immediate or

Yet, as the conflict with Pakistan was unraveling, there were few backers of India's position on the conflict and those willing to indict Pakistan for its use of cross-border terrorism, with the exception of Israel. On the other hand, Turkey, Azerbaijan, and China publicly backed Islamabad's position

Islamabad's position. There were also serious concerns, arguably overblown, regarding the re-hyphenation of India and Pakistan and the internationalization of the Kashmir dispute.

To remedy this deficit of understanding, New Delhi launched a diplomatic offensive. The Indian government assembled seven all-party delegations of Members of Parliament to brief foreign leaders, media, think tanks, and influencers across more than 30 countries, especially in Islamic-majority nations, to counter Pakistan's narrative and underscore India's zero tolerance for terrorism. Shashi Tharoor led a key tour-particularly to the United States-to articulate India's stance on terrorism and Operation Sindoor. Other notable heads included Ravi Shankar Prasad (BJP), Bajajant Panda (BJP), Sanjay Kumar Jha (JDU), Kanimozhi Karunanidhi (DMK), Supriya Sule (NCP), and Shrikant Eknath Shinde (Shiv Sena).

catastrophic consequences. Pakistan has historically demonstrated incredible adeptness to play opposite sides to its benefit. Even as it displays blatant contradictions and hypocrisy, (and occasionally comedic relief). During the Cold War it was able to cozy up to the Chinese as well as the Americans, drawing military aid from the latter, while still re-assuring the former that it was only trying to balance India's equities in the region. More recently, Pakistan nominated US President Donald Trump for a Nobel Peace Prize even as it condemned US attacks on Iranian nuclear sites and apparently even offered the cover of its nuclear devices to Tehran for deterrence. India has been unable to play opposing sides with such obvious inconsistency.

(The writer is Managing Editor at Statecraft Daily and has read for DPhil (PhD) in Area Studies at the University of Oxford)

South Asia Monitor

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author



KARJAT

"WEEKEND GETAWAY WITH RIVERS, TREKS, AND CAVES"

Karjat, a quaint little village is the last station of Thane district in Maharashtra. The river Ulhas finds its origin in Karjat and trekking and historical spots make it a popular destination for trekkers and adventure enthusiasts.

It is 90 kms from Mumbai and has gained importance because it connects Pune and Lonavala station to Mumbai.

PLACES TO VISIT IN KARJAT

Kondana Caves: Kondana Caves, nestled cozily in the midst of a dense forest near Kondana Village, 33 kilometers north of Lonavala and about 15 kilometers from Karjat, Maharashtra. These caves were discovered in the 1st century BC and consist of intricate and delicate carvings of Buddhist architecture. Although an earthquake in 1900 damaged some parts of the caves, the existing structures are worth seeing. One can take a stroll in the caves and experience the regal aura of the stone-cut structure. The beauty of these caves has waterfalls nearby which look beautiful during monsoon.

Peth Fort: Kothaligad is a small fort to the east of Karjat on the Karjat-Murbad road. It is called Peth fort because of its vicinity to the Peth Village.

It is famous in Karjat for treks because it is small in height and easy to climb. There is also a cave and a small temple at the base of the fort.

Trekking in Karjat: Peth Fort is situated to the east of Karjat. It is famous in Karjat for treks because it's small in height and easy climb. There is also a cave and a small temple at the base of the fort.

Kothligad Trek: Kothligad (or Peth) is a hill fort in Maharashtra. It is located at a modest elevation of 1500 feet in the Raigad district of the state. The pinnacle of the fort is shaped in the form of a vertical funnel, lending it a peculiar look. There are caves carved out of huge rocks at the top of the fort, alongside a pond perfectly square in shape. There are cisterns of water within the fort. An array of cannon balls can be found scattered inside the fortified walls. The vertical tunnel has large cool rooms and spacious caves, along with the staircases that lead to the top.

Shopping in Karjat: You can buy pots and handicraft products made by people from the villages in Karjat.

*KONDANA CAVES, NESTLED
COZILY IN THE MIDST OF A DENSE
FOREST NEAR KONDANA VILLAGE, 33
KILOMETERS NORTH OF LONAVALA AND
ABOUT 15 KILOMETERS FROM
KARJAT, MAHARASHTRA*

Bhivgad Trek: Bhivgad (or Bhimgad) is a hill fort in Maharashtra. Located in the district of Raigad, this fort offers a nice trek in close companionship to the fort of Dhakbahiri. There are two caves and a few water cisterns at the top. During monsoon, this fort offers the scenic view of a seasonal waterfall. There are some fortifications still left, and the remnants of some old structures near the top.

Bhivpuri Waterfalls: Situated around 90 kms from Mumbai in Karjat, Bhivpuri Waterfalls is a mesmerizing cascade of water from a cliff. Nestled amidst astounding surroundings and lush greenery, the waterfall is a popular tourist spot in the region. It is best to visit these falls during August - September when the gush of the water is enjoyable. The water is serene and safe for families to play in and enjoy themselves, while thrill-seekers may also choose to rappel through the waterfall.

BEST TIME TO VISIT KARJAT

Ideally, Karjat should be visited during the monsoon months, because that is when the temperature is most suitable with the temperature ranging between 20 to 30 degrees Celsius. The windy atmosphere and the vast stretch of greenery during this time will make sure to leave you spellbound.

HOW TO REACH KARJAT

To reach Karjat by Air, you have to get down at the Chhatrapati Shivaji International Airport, Mumbai, which is approximately 75 km from Karjat. Mumbai airport is well connected to various cities in and outside the country. Private taxi/State tourism bus can be taken from the airport to reach your destination. www.holidify.com



WILL SHWETHA MENON BREAK THE GLASS CEILING IN AMMA?



With just two days left for withdrawal of nominations for the 17-member executive committee of the Association of Malayalam Movie Artists (AMMA), there is a strong possibility that popular actress Shwetha Menon could become the first woman president in the male-dominated organization's three-decade-old history.

The path appears to have been cleared after actor and comedian 70-year-old Jagadish expressed his desire to withdraw his nomination for the post of president.

A total of 74 nomination forms have been filed for various posts, and it will not be until Thursday (31 July) -- the last date for withdrawal of nominations -- that it becomes clear whether Shwetha will create history, or if voting will be required for the top post and others.

AMMA office bearers include the president, two vice-presidents, the general secretary, the joint secretary, the treasurer, and 11 executive members.

There are around 500 AMMA members who are eligible to cast their votes.

Speaking to IANS, Jagadish said he had consulted veteran actors Mammooty, Mohanlal, and Union Minister of State Suresh Gopi before filing his nomination.

"In 2021, there was a general sentiment that two women should be made vice-presidents. When I heard that, I withdrew my nomination then. Now, there is talk about a woman leading our body. I felt I shouldn't stand in the way," said Jagadish.

"I discussed it again with the three senior actors, and they shared the same view. So I've decided to step back," he told IANS.



TOP TEN HINDI FILM SONGS

- 1 Laal Pari: **Housefull 5**
- 2 Zamaana Lage: **Metro ... In Dino**
- 3 Chor Bazari Phir Se: **Bhool Chuk Maaf**
- 4 Koi Naa: **Bhool Chuk Maaf**
- 5 Aaj Ki Raat : **Stree 2**
- 6 Raanjhan: **Do Patti**
- 7 Saiyaara: **Saiyaara**
- 8 Tu Hain Toh Main Hoon: **Sky Force**
- 9 Dil E Nadaan: **Housefull 5**
- 10 Nasha: **Raid 2**

Elli AvrRam's birthday special in home country Sweden

Actress Elli AvrRam, who turned a year older today, has opened up about how her family made the day truly special for her in Sweden.

The 'Kis Kisko Pyaar Karoon' actress shared how she continues to hold on to cherished traditions when it comes to celebrating her birthday. AvrRam revealed that for her, birthdays are about feeling grateful and growing wiser with each passing year. She described how she follows the Swedish style of celebration, a tradition she's held dear since childhood.

Speaking about the decision, she shared, "My birthday for me means one year wiser and gratitude for being alive. I always celebrate my birthday in Swedish style, which means I wake up in bed with breakfast, cake, and gifts! It's how I've been celebrated since childhood and how I always wish to be celebrated. I never bring in the birthday at night. I wake up and celebrate it!"

"This year I came home to Sweden to celebrate my birthday with my family because I miss them a lot, and these are precious moments that can never come back."

AvrRam also posted a few glimpses from the celebration on Instagram. IANS

Divita Juneja turned chef on sets of 'Heer Express'

Actress Divita Juneja, who is gearing up for the release of her upcoming film 'Heer Express', turned the on-set chef during the film's schedule.

The actress recently spoke with IANS ahead of her film's release, and shared that the film taught her the culinary art, as she had once made kheer for 70 people on the film's set.

She told IANS, "This film taught me that if 10 people are hungry, how to feed them. And, we did a lot of experiments on the set. Umesh sir is really good at telling that story".

Umesh Shukla, who has directed 'Heer Express', chipped in as he said, "Yes, it happened once, that we were shooting somewhere in the outskirts of London, around Seven Sisters. And, where our food truck, which did not come, the catering service was not there. It got stuck somewhere, for whatever reason. So, I asked Divita, let's feed everyone today, since we have learnt so much".

"Of course, we helped her in chopping and everything. But, she was the one who added the spices. She also had the judgment of quantity, till then. So, we, I mean, 60-70 people's food, was cooked by Divita. And, there was a special dish in it as well, which we call, 'Heer Ki Kheer'".

Earlier, Umesh, who also directed 'OMG - Oh My God', had shared that he used to be a priest, and did pooja in people's houses. IANS



VARUN DHAWAN'S LADYLOVE IN 'BORDER 2' REVEALED

Actress Medha Rana, who has worked in Friday Night Plan, Ishq In the Air, Dancing on the Grave and London Files, will be seen playing the role of Bollywood star Varun Dhawan's ladylove in the upcoming war drama "Border 2".

Speaking about the decision to cast Medha, producer Bhushan Kumar shares, "It was imperative for us to find someone who could naturally embody the dialect, spirit, and rooted essence of the region. Medha impressed the team not just with her raw talent, but with her effortless command over the regional dialect and her emotional range as an actor. We truly believe she will bring depth and realism to the role."

The film marks a pivotal moment for Medha, who comes from an Army family.

Producer Nidhi Dutta shared that Border 2 is not just a film; it's an emotion.

Talking about casting Medha, she said: "Every choice we've made, from the director to the cast, is driven by our vision to tell a story that feels honest, powerful, and relevant. Medha Rana opposite actor Varun Dhawan will bring freshness and sincerity that aligns beautifully with the tone of the film."

Border 2 is helmed by director Anurag Singh and is set to hit screens on January 23, 2026. IANS

Rashmika Mandanna's fragrance venture

National crush Rashmika Mandanna has turned entrepreneur with her new fragrance venture and revealed the personal memory or moment that sparked this idea.

Talking to IANS, Rashmika shared: "The idea of Dear Diary came from something very personal. I've always been someone who connects moments with how they smelled, like how a certain smell instantly reminds me of a person or a place, or how my mum's lotion brings back memories of her and home."

She said she realized that while "we capture memories through photos or videos, we don't often talk about the power of scent and how it can make you feel."

The actress said that she began writing "these honest little entries, which eventually became the digital Dear Diary series".

"And so many people connected with them. I thought, what if I could translate those memories into fragrances? That's when Dear Diary, the fragrance brand, was born," said the actress, who is the Founder of Dear Diary.

For Rashmika, fragrance is "a memory in a bottle."

"I genuinely believe that. I may forget conversations, dates, places, but somehow, scents stay with me. There's this beautiful mix of coffee and rain-soaked earth that always reminds me of my home in Coorg. It's such a grounding, comforting scent."

She added: "That's what I've tried to capture in Dear Diary. I want people to find their memories in these fragrances, too." IANS



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Udupi Palace is a South Indian vegetarian BYOB restaurant. My friend and I had dinner there shortly after I returned from south India. We were greeted warmly and the ambiance is pleasant. The menu is so enticing that we ordered too much food but it was almost as good the next day.

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India's strong economic fundamentals shield it from Trump's tariff threat - and challenge Vietnam

S. MAJUMDER

Despite the turbulence caused by the COVID-19 pandemic and ensuing geo-economic shifts, India has continued to post robust growth. The country recorded a 9.2 percent GDP increase in 2023-24 and is projected to grow at 6.5 percent in 2024-25-building on an already strong performance in the previous year. This has surprised many, especially against the backdrop of global economic deceleration, with the IMF projecting global growth at just 3.3 percent in 2023 and 3.2 percent in 2024.

India's consumer price index (CPI) inflation eased from 5.6 percent in 2023-24 to 4.6 percent in 2024-25. Despite global trade headwinds, exports registered a marginal uptick of 0.14 percent in 2024-25. The indus-

tum relies more on internal demand and investment than on merchandise exports.

According to the IMF, merchandise goods and services exports accounted for 21.8 percent of India's GDP in 2021-22. Of this, merchandise goods-the segment vulnerable to Trump's tariffs-contributed just 13 percent. This is significantly lower than export-dependent economies such as Thailand (70.1 percent), Malaysia (71.4 percent), and the European Union (40.3 percent), as per World Bank data.

As per India's Press Information Bureau (PIB), total exports (goods and services) in 2023-24 were valued at US\$ 778.2 billion. Merchandise exports made up US\$ 437.0 billion, while services accounted for US\$ 341.1 billion,

GDP, any new tariff measures are unlikely to significantly derail India's broader economic growth trajectory.

India's Export Composition: A Strategic Advantage

India's exports to the U.S. are concentrated in four key sectors: electronic components, textiles (including garments), gems and jewelry (notably diamonds), and pharmaceuticals. These four sectors accounted for 58.5 percent of India's exports to the U.S. in 2024-25.

Of these, textiles and gems are labor-intensive industries-areas where India holds a comparative advantage over competitors like Vietnam and China. While electronics and pharmaceuticals face stiff global competition, India's diversified export portfolio and its large domestic market offer a buffer against external shocks.

Vietnam in the Crosshairs

On July 2, 2025, Trump announced tariffs of 20 percent on several Vietnamese goods and a steep 40 percent on items suspected to be transshipped from third countries-primarily China. Transshipping, often used to mask the true country of origin to evade tariffs, has become a contentious issue.

Analysts estimate that approximately 16 percent of Vietnam's exports to the U.S. involve transshipped goods, much of it originating from China. Key sectors include textiles and electronics-areas where Vietnam currently outpaces India in volume. In 2023, Vietnam exported US\$ 11 billion worth of textiles and garments, and US\$ 35.9 billion worth of electronics to the U.S.-60 percent and 300 percent more than India, respectively.

(The writer is an Indian trade consultant and analyst. Views expressed are personal) South Asia Monitor

For detailed story visit
www.indiapost.com

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This resilience underscores the strength of India's macro-economic fundamentals-enabling it to weather external challenges such as the latest round of tariffs announced by former U.S. President Donald Trump.

Exports Not the Core Driver of Growth

India's growth story is largely domestically driven. Unlike many export-oriented economies, India's economic momen-

meaning goods comprised 56.2 percent of total exports.

The U.S. as India's Top Export Destination

The United States remains India's largest export market, accounting for one-fifth of its total exports. In 2024-25, India exported goods worth US\$ 86.6 billion to the U.S., making up 19.8 percent of total exports. In contrast, imports from the U.S. stood at US\$ 45.3 billion, giving India a favorable trade balance of US\$ 41.3 billion.

However, given that merchandise exports to the U.S. make up just around 2.5 percent of India's



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BIHAR POLITICS

Many regional political parties dominate the politics of Bihar state. From 2021 onwards, the main political groups being Rashtriya Janata Dal (RJD), Bharatiya Janata Party (BJP), Janata Dal United {JD (U)}, Indian National Congress (INC), Left Front, Lok Janshakti Party (LJP), Hindustani Awam Morcha (HAM), and the All India Majlis-e-Ittehadul Muslimeen (AIMIM). Bihar is currently governed by the NDA, after JDU's breakaway from the Mahagatbandhan (Grand Alliance) coalition. For administrative purposes, the state of Bihar is divided into nine divisions and subdivided into thirty-eight districts.

In the 1970s, when India was falling into autocratic rule, during the Indira Gandhi regime, the main thrust for the political movement to hold elections came from Bihar, under leadership of then leader Jayaprakash Narayan. The Bihar Movement campaign roused Indians that elections might be their last chance to choose between "democracy and dictatorship". As a consequence of the national movement, the identity of Bihar was lost. Its voice got lost in the din and clamor of regional states, especially the Hindi linguistic states of Uttar Pradesh and Madhya Pradesh. Bihar also gained an anti-establishment image. The pro-establishment press often projected the state as undisciplined and anarchic. Despite Bihar's separation from its financially richer region, Jharkhand, Bihar actually saw more growth in the recent years.

Because Bihar's regional identity was slowly being sidelined, it was replaced by caste-based politics; power was initially in the hands of the Brahmins, Bhumihars and Rajputs. In the 1980s there was a change in the political scenario of Bihar: riding upon a popular movement of "social justice" and no vote without representation. The middle OBC castes like Yadav, Kurmi, and Koeri, replaced the upper castes entrenched earlier in politics.

In 2024, Nitish Kumar, Chief Minister of Bihar, once again switched allegiances, a 5th U-turn, leaving the Mahagatbandhan alliance of the opposition, to rejoin the BJP-led NDA coalition.

Very recently, Association for Democratic Reforms an (NGO) countered the Election Commission of India's (ECI) refusal to accept Aadhaar ID, Voter ID and Ration Card, as valid "standalone" proof for inclusion in the electoral roll during the ongoing Special Intensive Revision (SIR), calling it "patently absurd". The Supreme Court had suggested the top poll-body to consider these three documents for the SIR, reasoning, they formed the foundational records to obtain any of the 11 documents, including residence and caste certificates, listed by the Election Commission for the verification of voters.

The ECI justified that Aadhaar, Electoral Photo Identity Card (EPIC), and Ration card could easily be faked. It said Aadhaar was accepted as proof for obtaining several of the 11 eligibility documents, including permanent residence certificate, Other Backward Class (OBC)/Scheduled Caste (SC)/Scheduled Tribe (ST) certificate, and passport.

It will be very interesting to see how the voter eligibility issue turns out in Bihar's upcoming assembly elections. It will surely be the precursor for other states.

Who will win the Bihar elections this time is a big question, as Tejasvi Yadav seems to be the leading candidate from RJD while Nitish Kumar is becoming older and frail. As per experts, Prashant Kishor founder of Jan Suraj Party might not make a major dent at this time.



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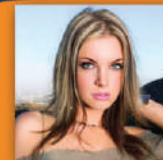
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