



Talks will make relationship more dynamic: Modi

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DIWALI GREETINGS FROM SPACE

"Greetings from the ISS": NASA astronaut Sunita Williams extends Diwali wishes from space

Picture courtesy- NASA



WASHINGTON DC: NASA astronaut Sunita Williams, who has been in space for nearly five months, extended her warmest wishes for Diwali to those celebrating the festival in the United States and around the globe.

In a video message shared from the International Space Station (ISS), the Indian-origin astronaut said that this year she had the unique opportunity to observe Diwali from 260 miles above Earth and reminisced about

her father's efforts to keep their cultural roots alive by teaching her and her family about Diwali and other Indian festivals.

"Greetings from the ISS," Williams said. "I want to extend my warmest wishes for a Happy Diwali to everyone celebrating today at the White House and around the world."

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President Biden extends Diwali greetings

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Nothing gets better than Prabhas: Malavika

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NIFFA of Australia to commence from Feb 13, 2025

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A4H promotes Hindu values in American policy making at Diwali Gala

RITU MAHESHWARI
India Post News Service

MILPITAS, CA: Americans4Hindus organized a Grand Diwali Dinner Gala to celebrate largest Indian Festival of Lights Diwali. Diwali Gala was organized at India Community Center's Banquet Hall, adorned with elegant decorations was packed with powerful Hindu and Pro-Hindu public and community leaders who deliberated on how American politics and policies can be more inclusive and stronger with Americans4Hindus values of Vasudhaiva Kuthambakam (world is one family) and Lokasamasta Sukhino Bhavantu (prosperity and happiness for all).

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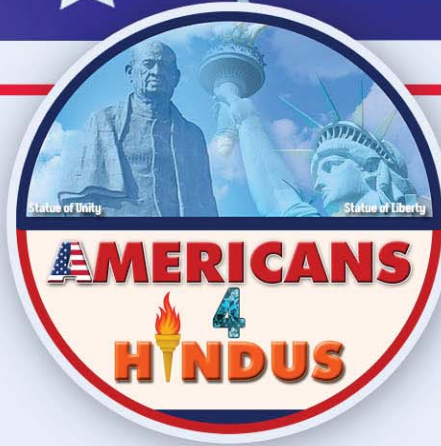
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Malavika on Telugu debut
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Americans4Hindus Diwali Dinner Gala deliberated how American politics and policies can be more inclusive with Vasudhaiva Kuthambakam and Lokasamasta Sukhino Bhavantu

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DIWALI GREETINGS FROM SPACE

"Greetings from the ISS": NASA astronaut Sunita Williams extends Diwali wishes from space

WASHINGTON DC: NASA astronaut Sunita Williams, who has been in space for nearly five months, extended her warmest wishes for Diwali to those celebrating the festival in the United States and around the globe.

In a video message shared from the International Space Station (ISS), the Indian-origin astronaut said that this year she had the unique opportunity to observe Diwali from 260 miles above Earth and reminisced about her father's efforts to keep their cultural roots alive by teaching her and her family about Diwali and other Indian festivals.

"Greetings from the ISS," Williams said. "I want to extend my warmest wishes for a Happy Diwali to everyone celebrating today at the White House and around the world."

"This year I have the unique opportunity to celebrate Diwali from 260 miles above the earth on the ISS...My father kept and shared his cultural roots by teaching us about Diwali and other Indian festivals,"

"This year I have the unique opportunity to celebrate Diwali from 260 miles above the earth on the ISS...My father kept and shared his cultural roots by teaching us about Diwali and other Indian festivals,"

she further said.

She emphasized the festival's message of hope and renewal, saying that Diwali is a time of joy as goodness in the world prevails.

Williams also expressed gratitude to

US President Joe Biden and Vice President Kamala Harris for their participation in the Diwali festivities and for recognizing the contributions of the community.

"Diwali is a time of joy as goodness in

the world prevails...Thank you to the President and the Vice President for celebrating Diwali with our community today and for recognizing the many contributions of our community," she said.

The message was particularly poignant

as it came during a special Diwali celebration held at the White House.

Notably, Sunita Williams along with her fellow astronaut Butch Willmore have been at the ISS since June. The pair had launched aboard Boeing's Starliner spacecraft on June 5 for its first crewed flight, arriving at the space station on June 6.

A decision was made to return Starliner to Earth without its crew, and the spacecraft successfully returned on September 6 after NASA in August said that it was "too risky" to bring Willmore and Williams back to Earth.

Willmore and Williams continued their work formally as part of the expedition and will return in February next year. This means what would have been a week-long test flight, extended to around 8 months. ANI

Today Diwali is proudly celebrated in White House: President Biden extends greetings

WASHINGTON DC: US President Joe Biden extended Diwali greetings to the people, highlighting its significance, and acknowledged that today, the festival is proudly celebrated in the White House.

Highlighting the contributions of the South Asian American community to the fabric of American life, Biden said the community is the fastest-growing and most engaged community in the world.

Addressing the White House Diwali Celebrations on 28 October, the US President said, "The South Asian American community has enriched every part of American life."

"Yours is the fastest-growing and most engaged community in the world...Now, Diwali is celebrated openly and proudly in the White House," he added.

The President also spoke to the moment's significance, noting that the country is facing an "inflection point" and reminding attendees not to take the 'Idea of America' for granted.

Reflecting on the challenges of American democracy, he acknowledged the on-

going debates and dissent inherent in a diverse society but stressed the importance of unity and historical awareness.

"This is not my house; this is your house...Today we face an inflection point...Every once in a few generations we

the first Diwali celebration at the Vice President's residence in 2016. He touted the diversity of his administration, including current Vice President Kamala Harris as well as US Surgeon General Vivek Murthy.

"Only in America is everything possible," Biden said at the end.

Over the years, the Bidens' Diwali celebration has added a unique touch to this luminous tradition. The celebration, characterized by lights, color, music, and dancing, also features traditional performances and dancers.

Diwali events at the White House began with President George W Bush in 2003 and have included President Barack Obama lighting a diya in the Oval Office, as well as then-Vice President Biden hosting a reception in 2016.

President Donald Trump continued the Diwali tradition in 2017 by lighting a diya alongside his daughter Ivanka and Indian American members of his administration. However, in 2018, the crucial midterm elections disrupted the 15-year-long tradition of formal Diwali celebrations at the White House. ANI

are reminded to not take the Idea of America for granted... American Democracy has never been easy. In a country as diverse as ours, we debate, we dissent... but the key is, we never lose sight of how we got here and why," Biden said.

The US President further recalled the time when he and First Lady Jill Biden hosted



"Selected Kamala to be my running mate for many reasons..." President Biden lauds VP Harris ahead of polls

WASHINGTON DC: US President Joe Biden lauded his deputy and Democratic presidential candidate, Kamala Harris, emphasizing that he had many reasons for selecting her as his running mate.

While addressing the White House Diwali celebrations on Monday (28 Oct), Biden called Vice President Harris a "smart, tough and trusted" leader.

He also took a jibe at Harris' rival Republican candidate Donald Trump, saying, Harris has more experience than the "other guy she's running against" and, most importantly, "she has character."

"My wife Jill Biden wanted to be here but she is travelling to Wisconsin, and Kamala (Harris) is travelling as well. You know, I selected Kamala to be my running mate for many reasons. She's smart, she's tough, she's trusted... There's more experience that she has than the whole of that other guy she's running against. But most importantly, she has character," he said.

Biden highlighted a personal connection with Harris, mentioning how both share a bond over the influence of their mothers in their lives. ANI

"Talks will make relationship more dynamic," says PM Modi at bilateral with President Sanchez at Laxmi Vilas Palace

VADODARA: Prime Minister Narendra Modi met Spanish President Pedro Sanchez on 28 October in the Durbar Hall of the famous Laxmi Vilas Palace in Vadodara, following the inauguration of the Tata-Airbus C-295 aircraft assembly facility.

The two leaders enjoyed lunch at the palace, which was built in the late 19th century by Maharaja Sayajirao Gaekwad III, the ruler of the former state of Baroda.

During the bilateral meeting with Pedro Sanchez, Prime Minister Narendra Modi welcomed him.

PM Modi said, "This is your first visit to India. We all missed you at the G20 Summit in New Delhi last year. I am very happy that I am getting the opportunity to welcome you in India during the festival of Deepawali and I am welcoming you in the same Vadodara which made me a Member of Parliament for the first time and later I became the Prime Minister.

"Gujarat is considered the land of festivals and celebrations. Diwali is a symbol of light, enthusiasm, joy, energy and new beginnings. Similarly, your visit has infused new energy and enthusiasm in our relations", he added.

PM Modi also highlighted the opening of a new consulate in Barcelona and said the partnership was dynamic and multifaceted.

"Our partnership is centuries old. Shared belief in values like democracy and rule of law binds us together. We have strong cooperation in many areas like economy, defense, pharma, IT, science and technology and we both emphasize on global peace, prosperity and cooperation. People-to-people contact provides a strong foundation for our relations. Indian young talent is contributing to Spain's green and digital transition goals. In view of the growing people-to-people relations, this year India opened a new Consulate in Barcelona, Spain. We welcome your decision to open a new Consulate of Spain in Bengaluru. I am confident that our talks today will contribute to making our partnership even more dynamic and multifaceted."

Earlier in the day, during the inauguration of the Tata-Airbus aircraft assembly facility in Vadodara, President of the Government of Spain, Pedro Sanchez, highlighted the cultural and industrial ties between India and Spain while reminiscing about the collaboration between renowned Spanish guitarist Paco de Lucia and Indian musician Ravi Shankar in the late 1960s.

Sanchez said, "In the late 1960s, the talented Paco de Lucia and the great In-



Prime Minister Narendra Modi and President of the Government of Spain, Pedro Sanchez hold a roadshow, in Vadodara. (ANI Photo)

dian musician Ravi Shankar brought our two countries closer through music. Together they managed to fuse flamenco and Indian classical music, Spanish guitar with the spirituality of the sitar. Perhaps they did not know it then, but they were building a bridge between cultures that would open the way to the future. A future

that has the face of a project like this. This plant will be a symbol of industrial excellence, an engine of growth, and a testament to the close and growing friendship."

Sanchez also underlined the significance of the facility as a collaboration between Tata and Airbus.

"Today we are not only officially inaugu-

rating a cutting-edge industrial facility. Today we're also witnessing how an extraordinary project between two emblematic companies becomes a reality. Prime Minister Modi, this is another triumph of your vision. Your vision is to turn India into an industrial powerhouse and a magnet for investment and business. This partnership between Airbus and Tata will contribute to the progress of the Indian aerospace industry and will open new doors for the arrival of other European companies. This project brings together the best of two worlds. Tata is probably the best exponent of Indian industrial strength. Its products and services are present in virtually every country on the planet. Tata is a giant among giants", he added.

Sanchez then hailed Aircraft manufacturing giant Airbus as a leader in technological innovation. The Spanish PM said "As for Airbus, it embodies the very essence of a united Europe, committed to technological innovation and the creation of jobs and prosperity. For my country, for Spain, being an integral part of the Airbus consortium means defending the values it represents--values on which the very idea of Europe is based on cooperation, modernity, and progress."

He expressed confidence in the growth potential for Indian companies, stating, "So if Indian companies want to grow, believe me, they can trust Spain. In 2026, the first C295 manufactured in India will be produced by this plant in Vadodara. This aircraft is a symbol of the Spanish and European aeronautical industry. ANI

PM Modi, President Sanchez renew commitment to India-EU partnership with focus on IMEEC corridor

NEW DELHI: Prime Minister Narendra Modi and President Pedro Sanchez reaffirmed their commitment to strengthening the India-EU Strategic Partnership.

A key area of focus for boosting the partnership is the India-Middle East-Europe Economic Corridor Project (IMEEC).

Notably, Sanchez paid an official visit to India on October 28-29. This was President Sanchez's first visit to India and the first visit by a President of the Government of Spain to India after 18 years.

He was accompanied by the Minister of Transport and Sustainable Mobility, the Minister of Industry and Tourism, and a high-level official and business delegation, the Ministry of External Affairs (MEA) said in a press release.

The MEA further said that PM Modi and President Sanchez reaffirmed their

commitment to strengthening the India-EU Strategic Partnership and to advancing the EU-India triple negotiations of a comprehensive Free Trade Agreement, Investment Protection Agreement and Geographical Indications Agreement.

They agreed to enhance their collaboration to fully realize the objectives of the EU-India Connectivity Partnership and recognized the potential of the IMEEC to boost connectivity between India and Europe.

The leaders also explored avenues for cooperation among regional countries in areas such as trade, investment, technology, energy, logistics, ports, and infrastructure development, the release added.

Notably, India, the US, UAE, Saudi Arabia, France, Germany, Italy and the European Union signed the Memorandum of Understanding (MoU) to establish the India-Middle East-Europe ANI

PM Modi unveils Rs 12,850 crore health sector projects

NEW DELHI: Prime Minister Narendra Modi on Tuesday (29 Oct.) unveiled multiple projects related to the health sector worth around Rs 12,850 crore at the All India Institute of Ayurveda (AIIA) in the national capital on the occasion of 9th Ayurveda Day.

PM Modi was felicitated by Union Ministers JP Nadda and Mansukh Mandaviya at All India Institute of Ayurveda (AIIA) in the national capital.

The Prime Minister also handed over Ayushman Vaya Vandana Card to the beneficiaries.

Addressing the inauguration of various health projects, BJP national president JP Nadda said that the Prime Minister has dedicated the day to health services and infrastructure for health.

"We are fortunate that today on this health day, the Prime Minister is inaugurating and laying the foundation stone of various schemes.

The presence of the Prime Minister among us in that program makes us all proud... Today, the Prime Minister has dedicated this day to health services and infrastructure for health. I believe that it is an auspicious day, a historic day," Nadda said.

As a major addition to the flagship scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), the Prime Minister launched the expansion of health coverage to all senior citizens aged 70 years and above.

This will further help in providing health coverage to all senior citizens regardless of their income. It has been the

"Necessary for India to settle its relationship with Russia": Ambassador Denis Alipov on India-Russia ties

NEW DELHI: Russian Ambassador Denis Alipov recently discussed key aspects of India-Russia cooperation, including efforts to establish a direct trade payment system in rubles and rupees. While addressing challenges to this mechanism, he noted that both countries are working towards making bilateral payments more feasible despite financial hurdles.

"Both [India and Russia] are thinking about a ruble-rupee trade mechanism," Alipov said. "I'm not a big specialist in finances, but there is no direct exchange of rupee and ruble currently. The problem is not the exchange rate; the biggest challenge is the over-cautiousness of Indian banks regarding transactions with Russia." He attributed this hesitation to pressure from the United States, noting, "The US has been meticulous in tracking transactions between India and Russia, even threatening sanctions."

Alipov further questioned why India should be restricted to working only with the US-aligned countries, and said, "Today it is necessary for India to settle its relationship with Russia; tomorrow the US might ask India to curb its relationship with Bangladesh, for example. There might be an endless list of countries the US decides upon." ANI

constant endeavor of the Prime Minister to provide quality healthcare services all across the country.

In a major boost to healthcare infrastructure, PM Modi inaugurated and laid the foundation stone of multiple healthcare institutions.

The Prime Minister also inaugurated Phase II of India's First All India Institute of Ayurveda. It includes a Panchakarma hospital, an Ayurvedic pharmacy for drug manufacturing, a sports medicine unit, a central library, an IT and start-ups incubation center and a 500-seat auditorium among others.

He inaugurated three medical colleges at Mandsaur, Neemuch and Seoni in Madhya Pradesh.

Further, he inaugurated facility and service extensions at various AIIMS in Bilaspur in Himachal Pradesh, Kalyani in West Bengal, Patna in Bihar, Gorakhpur in Uttar

As a major addition to the flagship scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (PM-JAY), the Prime Minister launched the expansion of health coverage to all senior citizens aged 70 years and above

Pradesh, Bhopal in Madhya Pradesh, Guwahati in Assam and in New Delhi, which will also include a Jan Aushadhi Kendra.

The PM inaugurated a Super Specialty Block in Government Medical College at Bilaspur in Chhattisgarh and a Critical Care Block in Bargarh, Odisha.

He also laid the foundation stone of five Nursing Colleges in Shivpuri, Ratlam, Khandwa, Rajgarh and Mandsaur in Madhya Pradesh; 21 Critical Care Blocks at Himachal Pradesh, Karnataka, Manipur, Tamil Nadu and Rajasthan under Ayushman Bharat Health Infrastructure Mission (PM-ABHIM), and several facilities and service extensions at AIIMS in New Delhi and in Bilaspur, Himachal Pradesh.

Prime Minister Modi inaugurated an ESIC Hospital at Indore in Madhya Pradesh and lay the foundation stone for ESIC hospitals at Faridabad in Haryana, Bommasandra and Narasapur in Karnataka, Indore in Madhya Pradesh, Meerut in Uttar Pradesh, and Atchutapuram in Andhra Pradesh.

These projects will bring healthcare benefits to around 55 lakh ESI beneficiaries.

PM Modi has been a strong proponent of expanding the usage of technology to enhance service delivery across sectors.

In an innovative usage of drone technology to enhance service delivery to make healthcare more accessible, he also launched drone services at 11 Tertiary Healthcare Institutions.

These include AIIMS Rishikesh in Uttarakhand, AIIMS Bibinagar in Telangana, AIIMS Guwahati in Assam, AIIMS Bhopal in Madhya Pradesh, AIIMS Jodhpur in Rajasthan, AIIMS Patna in Bihar, AIIMS Bilaspur in Himachal Pradesh, AIIMS Raebareli in Uttar Pradesh, AIIMS Raipur in Chhattisgarh, AIIMS Mangalagiri in Andhra Pradesh and RIMS Imphal in Manipur. ANI

Over 50K student affiliates of Sheikh Hasina's party, who once ruled campuses, now find themselves in hiding

DHAKA: Bangladesh Chhatra League (BCL), the student wing of former Prime Minister Sheikh Hasina's Awami League (AL) party ruled over Bangladesh for over 15 years before she was ousted and forced to flee following a student-led movement in August, today find themselves in hiding and at the receiving end of interim government's action

At least 50,000 affiliates of Bangladesh Chhatra League (BCL), the student wing of former Bangladeshi Prime Minister Sheikh Hasina's Awami League are now struggling to continue their tertiary education, a report by Al Jazeera stated.

On October 23, the leader of the Bangladeshi interim government led by Muhammad Yunus banned BCL terming it a "terrorist organization". According to Bangladesh's Home Ministry, the BCL had a history of serious misconduct over the past 15 years, including violence, harassment and exploitation of public resources, Al Jazeera reported.

"Not long ago, I was a voice of authority here," an undergraduate student of applied chemistry, told Al Jazeera. "Now, I am running around like a fugitive with no probable future."

This student's case is not an isolated

one. All affiliates like him, who had a powerful hold over college campuses in Bangladesh collapsed.

The deadly protests began in July after college students demanded the abolition of a controversial reservation system in government jobs that they said, favored supporters of the governing party.

Though Bangladesh's top court scrapped the quota, the protests soon morphed into a wider call for the removal of Hasina's "autocratic" regime, marked by allegations of human rights violations.

The student told Al Jazeera that he did not participate in the government's crackdown against the protests. "My sisters were part of the protests," he said. "I also believed in the cause but was trapped by party obligations."

Talking about his involvement in the now-banned party, the student said, "I was a good student who cared little for politics, but at Dhaka University, hall politics was unavoidable. You either joined, or you suffered." He admitted that being a BCL leader would improve his prospects of landing a government job.

On August 5, protestors stormed prominent government buildings, including Sheikh Hasina's residence and the parliament, and the 77-year-old prime minister fled the country. ANI

"Not long ago, I was a voice of authority here," an undergraduate student of applied chemistry, told Al Jazeera. "Now, I am running around like a fugitive with no probable future"

Job postings up 20 pc in India festive season

NEW DELHI: More than 2.16 lakh job postings were reported in this festive season in the country -- a 20 percent increase compared to 1.8 lakh job postings last year, according to a recent report.

The festive season saw a significant rise in hiring across key sectors like logistics, e-commerce, retail and hospitality. Additionally, the rapid expansion of the quick commerce industry contributed to this hiring momentum, said apna.co, a leading jobs and professional networking platform.

Among the sectors, logistics and operations experienced the highest growth, with a 70 percent increase in job postings. Retail and e-commerce followed with a 30 percent rise, while the restaurant and hospitality sector grew by 25 percent.

This hiring trend is not limited to major metro cities and tier 2 and 3 cities are also experiencing a significant rise in job opportunities.



While tier-1 cities like Bengaluru, Delhi-NCR, Mumbai, Chennai, Kolkata and Hyderabad have seen a 20 percent increase in job postings, the demand in tier 2 and tier 3 cities is even more notable.

Cities like Lucknow, Ahmedabad, Surat, Bhubaneswar, Bhopal, Indore, Kanpur, Chandigarh, Patna, Coimbatore, and Jaipur have recorded a 25 percent increase in job postings.

According to the report, factors such as increasing urbanization, the expansion of malls and quick-service restaurants, and improved consumer spending are driving this growth.

Our sector-specific, go-to-market campaigns helped us deliver tailored solutions across industries like logistics, e-commerce, and quick commerce. IANS

TechBiz POST

8 India Post www.indiapost.com November 1, 2024

Apple continues to drive India's mobile manufacturing growth story



NEW DELHI: As India continues to break all previous records on local mobile manufacturing, tech giant Apple is on course to surpass the FY24 figures of exports from India, reaching over Rs 50,000 crore (more than \$6 billion) in the first six months this fiscal (FY25), according to latest industry data.

The iPhone exports from India surged to cross \$10 billion in 2023-24 from \$6.27 billion in 2022-23. Overall, the iPhone maker's India operations reached \$23.5 billion in value in the last fiscal (FY24). IANS

Young workforce making India a global powerhouse of skilled talent: PM Modi

NEW DELHI: India's young workforce is making the country a global powerhouse of skilled talent, said Prime Minister Narendra Modi, while extending his best wishes to over 8 lakh graduates nationwide.

The PM shared this in a written message at the Kaushal Deekshant Samaroh 2024 - Skill Convocation Ceremony, organized by the Ministry of Skill Development and Entrepreneurship (MSDE).

Highlighting the graduates' dedication to skill excellence, the Prime Minister described the ceremony as a significant milestone -- not just as a celebration of completing training, but as the beginning of a new chapter in their lives.

"The skills acquired by these young professionals have the po-

tential to drive India's development forward and strengthen the nation's vision of Aatmanirbhar Bharat (self-reliant India)," PM

tise and scale of its young workforce," he added.

The Prime Minister assured that with India's policies centered

He also expressed optimism that, through enhanced internship opportunities, technical education upgrades, and valuable international partnerships, India's young professionals will impact the global workforce and play a critical role in India's journey to becoming the world's third-largest economy.

The Kaushal Deekshant Samaroh was held simultaneously at over 15,000 Industrial Training Institutes (ITIs) and 33 National Skills Development Institutes (NSTIs). The event marked a significant milestone for India's skilling ecosystem.

PM Modi also congratulated the toppers of the Craftsmen Training Scheme (CTS) and Craft Instructor Training Scheme (CITS) from ITIs and NSTIs across the country. IANS



Prime Minister Narendra Modi

Modi said.

"India is increasingly recognized globally as a powerhouse of skilled talent due to the exper-

on empowering youth, MSDE is committed to providing future-ready, globally relevant skill training.

CM Naidu discusses investment opportunities with Adani Group

AMARAVATI: Andhra Pradesh Chief Minister N. Chandrababu Naidu met with a delegation from the Adani Group to discuss investment opportunities in the state.

The delegation was led by Rajesh Adani, Managing Director of Adani Exports Ltd and Karan Adani, Managing Director of Adani Ports and SEZ Ltd.

CM Naidu posted on 'X' that they discussed a range of investment opportunities in Andhra Pradesh.

"Their presentation covered projects with the potential to drive comprehensive growth across the state in key sectors such as ports, mining, ring road, IT, tourism, and AI. They also expressed their commitment to rebuilding Amaravati, as

well as our vision for SwarnaAndhra Pradesh," wrote CM Chandrababu Naidu.

Meanwhile, Andhra Pradesh Minister for Information Technology and Electronics Nara Lokesh urged Adobe to set up its research and development (R&D) wing in Andhra Pradesh to be-

come partners in smart governance and Artificial Intelligence-driven solutions in the state.

Lokesh, who is on a visit to the US to attract investments to the state, met Adobe Chief Executive Officer (CEO) Santanu Narayan in San Francisco, according to an official statement here.

During the meeting, Lokesh sought Adobe's cooperation to sharpen the digital technology skills among the youth. "The State Government, with the vision of the Chief Minister, Mr Chandrababu

and cloud-based services while the company has made photoshop, acrobat and allied services more accessible. He also said that all the updated versions of document productivity and AI-based innovations are made available from time to time and the company has a market cap of Rs 17.95 lakh crore across the globe.

Appreciating the efforts of the company, Lokesh said that it perfectly suits the digital transformation vision of Andhra Pradesh and sought the cooperation of Adobe to transform the state into a global tech hub. Narayan said that a decision will soon be taken on investments in the State after holding discussions with company partners. IANS

"Their presentation covered projects with the potential to drive comprehensive growth across the state in key sectors such as ports, mining, ring road, IT, tourism, and AI

come partners in smart governance and Artificial Intelligence-driven solutions in the state.

Lokesh, who is on a visit to the US to attract investments to the state, met Adobe Chief Executive

Naidu, is adopting investor-friendly policy and the State is the right place for investments," Lokesh told Santanu Narayan.

Narayan said that Adobe is now on the top in digital media

Piyush Goyal to visit Saudi Arabia, discuss ways to enhance energy biz

NEW DELHI: In a bid to further enhance economic ties and participate in the '8th Future Investment Initiative', Union Minister of Commerce and Industry, Piyush Goyal, is set to visit Saudi Arabia from October 29-30.

The minister will hold bilateral meetings with key Saudi ministers, including the Minister of Commerce, Minister of Industry and Mineral Resources, Minister of Investment and Minister of Energy, to discuss collaborative efforts in energy transition, digital transformation and trade facilitation.

The bilateral trade between the two countries stood at \$43 billion in 2023-24. India is the second largest trade partner for Saudi Arabia, whereas Saudi Arabia is India's fourth largest trading partner.

Minister Goyal will also inaugurate the Diwali Utsav at Lulu Hypermarket in Riyadh and interact with the Indian community and emerging leaders of the Indian diaspora from various walks of life.

According to the Ministry of Commerce

and Industry, the Commerce Minister will also unveil the One District, One Product (ODOP) Wall at the Indian Embassy, pro-



Union Minister of Commerce and Industry, Piyush Goyal

moting India's rich cultural heritage and local craftsmanship on a global scale.

"This visit aims to further deepen the India-Saudi Arabia strategic partnership and explore new avenues of trade, investment, and economic cooperation, underscoring India's growing global economic

presence," the ministry said in a statement.

Goyal will also participate in the 8th edition of the Future Investment Initiative (FII) in Riyadh, a crucial platform that brings together global leaders, investors and innovators. On the sidelines of the FII, the minister will engage with prominent global investors.

According to a ministry statement, these interactions aim to strengthen investor confidence, facilitate investment flows, and promote India as a preferred global investment destination, aligning with the 'Make in India' initiative.

Minister Goyal will also co-chair the second Ministerial Meeting of the Economy and Investment Committee under the India-Saudi Strategic Partnership Council, focusing on sectors like agriculture, food security, energy, technology and infrastructure. *IANS*

Global chip revenue projected to grow 14 pc to reach \$717 billion in 2025

NEW DELHI: Global semiconductor revenue is projected to grow 14 percent to reach \$717 billion in 2025, from \$630 billion this year, as per recent report.

In the near term, the memory market and graphics processing units (GPUs) will bolster semiconductor revenue globally, according to a Gartner report.

The worldwide memory revenue market is forecast to record 20.5 percent growth in 2025 to reach \$196.3 billion.

Sustained undersupply in 2024 will fuel NAND prices up 60 percent in 2024, but they are poised to decline by 3 percent in 2025.

With lower supply and a softer pricing landscape in 2025, NAND flash revenue is forecast to total \$75.5 billion in 2025, up 12 percent from 2024, the report noted. *IANS*

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Our expertise can help India achieve 500 GW renewable energy goal by 2030: Pedro Sanchez

MUMBAI: Spain is a world leader in clean energy and our expertise can help India reach its goal of 500 gigawatts of renewable energy by 2030, Spanish President Pedro Sanchez said recently.

Addressing the 'CII Spain India Business Summit' in the financial capital, Sanchez said the potential for a stronger relationship between India and the European Union (including Spain) is enormous.

"One of the largest economies in the world, Spain has invested \$4.2 billion in India this century. We look forward to advancing negotiations on a European Union-India free trade agreement. This will help our markets grow in size and diversity," he told the gathering, adding that "our expertise can help India reach its goal of 500 gigawatts of renewable energy by 2030".

Stressing that the country is committed to partnering with India to boost its energy security and green transition, Sanchez said by combining Spanish innovation with India's potential, "we can make a big impact on the global economy and the environment".

Spain's advanced railway systems, subway networks, and transport solutions can greatly benefit India's infrastructure projects, he added.

On October 29, both countries signed a Memorandum of Understanding (MoU)

on cooperation in the field of rail transport that is expected to boost collaboration in the planning, deployment, operation and

President said their advanced railway systems, subway networks, and transport solutions can greatly benefit India's infra-

India carbon neutral by 2070.

"Whether it's fossil fuel or energy, green energy and green mobility are now priorities. There is great potential for wind and solar power. I am pleased that many technologies are available in Spain that have great potential in India. Joint ventures can reduce costs and increase competitiveness in the global market," the minister told the gathering at the event.

Sanchez is the first Spanish President to undertake an official trip to India in the last 18 years.

Chandrajit Banerjee, Director General, CII said Spain is very experienced in urban infrastructure, high-speed rail networks, transport systems, and smart mobility.

"We look forward to new partnerships with Spain to boost our infrastructure development. We've also discussed collaboration opportunities in artificial intelligence, defense, and green technologies. Both countries are committed to joint ventures and co-development in defense to enhance capabilities and strategic autonomy," he mentioned.

In renewable energy, India is embracing cleaner fuels like wind and solar power. Spain's expertise in this area could help us in our energy transition, said Banerjee. *IANS*



Spanish President Pedro Sanchez exchanges a handshake with CII Director General, Chandrajit Banerjee during the India-Spain Business Summit, in Mumbai. Union Minister for Road Transport and Highways Nitin Gadkari is also seen. *(ANI Photo)*

maintenance of high-speed and conventional railways.

Praising the huge strides made by India in the infrastructure sector, the Spanish

structure projects.

Union Minister of Road Transport and Highways Nitin Gadkari said that Prime Minister Narendra Modi's dream is to make

TATA-Airbus facility to bolster India's journey toward Atmanirbharta in defense: Center

NEW DELHI: The inauguration of the TATA Aircraft Complex in Gujarat's Vadodara to manufacture C-295 military transport aircraft marks a key milestone in India's journey toward Atmanirbharta in defense, as the country reached Rs 1.27 lakh crore in domestic defense production in FY24, the government said.

According to data from all defense public sector undertakings (DPSUs), other public sector units manufacturing defense items, and private companies, the value of defense production has surged to a record high of Rs 1,27,265 crore, representing an impressive increase of approximately 174 percent from Rs 46,429 crore in FY 2014-15, according to a Ministry of Defense statement.

The defense exports have reached an all-time high, surging from Rs 686 crore in FY 2013-14 to Rs 21,083 crore in FY 2023-24, reflecting a remarkable increase of over 30 times in export value over the past decade.

Notably, defense exports also experienced a substantial growth of 32.5 percent over the previous fiscal year, rising from Rs 15,920 crore.

India exports to over 100 nations, with

Singh, the target is to further increase defense exports to Rs 50,000 crore by 2029.

"This expanding international footprint underscores India's commitment to becoming a reliable defense partner globally

and neighboring countries for its defense needs, with about 65-70 percent of defense equipment being imported.

"However, this landscape has dramatically shifted, with around 65 percent of defense equipment now manufactured within India," said the ministry.

The country's defense industrial base comprises 16 DPSUs, over 430 licensed companies and, approximately 16,000 micro, small and medium enterprises (MSMEs). Notably, 21 percent of this production comes from the private sector, bolstering India's journey toward self-reliance.

The TATA Aircraft Complex has become the first private sector final assembly line (FAL) for military aircraft in India, underscoring the government's commitment to enhancing indigenous production capabilities.

Under the program, 56 C-295 aircraft will be delivered, with the initial 16 arriving from Airbus in Spain and the remaining 40 produced domestically. *IANS*



the top three destinations for defense exports in 2023-24 being the US, France and Armenia.

According to Defense Minister Rajnath

while bolstering its economic growth through enhanced defense production and exports," said the ministry.

Historically, India relied heavily on for-

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5PM TO 9PM

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ABHISHEKAM/POOJA
6PM TO 8PM



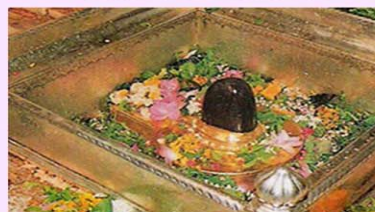
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KOTI SOMAVARAM
RUDRABHISHEKAM
& VISHNU SAHASRANAM
6:30 PM TO 9PM

NOVEMBER 11TH -MON
KARTHIKA SOMAVARAM
SHANKHABHISHEKAM
6:30 PM TO 8:30PM



NOVEMBER 12TH- TUE
TULASI VIVAH
7:45PM TO 8:45PM

NOVEMBER 13TH WED
PRADOSHAM
RUDRABHISHEKAM
6:30PM TO 8:30PM



NOVEMBER 14TH-THU
KARTIKA POORNIMA
DEEPALANKARANA
5:30PM TO 6:30 PM

NOVEMBER 14^H- THU
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SAMOOHIKA
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KARTIKA SOMAVARAM
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BILVARCHANA
6:30PM TO 8:30PM



NOVEMBER 22ND TUE
OONJAL SEVA
7:30PM TO 8:30PM

NOVEMBER 25TH-MON
KARTIKA SOMAVARAM
RUDRABHISHEKAM &
SATA KALASH ABHISHEKAM
6:30PM TO 8:30 PM



NOVEMBER 27TH-WED
PRADOSHAM
RUDRABHISHEKAM
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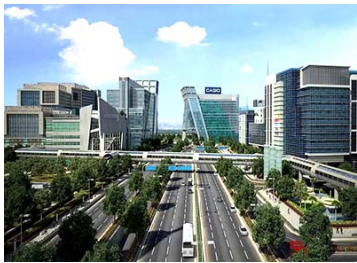
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'Average Home Prices in Gurugram up 76% in 2 Years'

GURUGRAM: The real estate prices of houses in Gurugram have risen to an average of 76 percent in the past two years driven by high demand and expectation for more homes. The newly released Prop Index Report by Magic bricks reveals an average price of Rs 14,650 per sq. ft., 15.5% up in the last quarter alone (July to September in the fictitious year 2024).

This growth pattern can be accrued mainly to a major infrastructure factor led by the successful construction of Dwarka Expressway. Housing sectors in Gurugram and newer sectors in particular have become more attractive to home buying as this major project has helped to increase connectivity between the two cities. While core Gurugram locations remain steep in rates these emerging sectors are gaining attention for affordable prices in housing, especially around central business districts.



Viren Mehta, Director, ElitePro Infra said, "The Gurugram real estate market has shown remarkable resilience, with property prices increasing by 76% over the past two years. This surge highlights the strong demand for housing, especially in key areas that offer enhanced infrastructure and connectivity. While the supply of residential units has also grown, the rising prices reflect sustained investor confidence and the premium that buyers are willing to pay for quality homes. Developers must now focus on balancing supply and affordability, ensuring that the market remains attractive for both homebuyers and investors alike."

(ADVERTORIAL DISCLAIMER: The above press release has been provided by NewsVoir. ANI and India Post will not be responsible in any way for the content of the same)

Real Estate POST

The Rise of Experiential Luxury Living Designed for Comfort and Class



▶ Details on Page 13

Indian real estate developers secure Rs 12,801 crore via QIP route in Jan-Sep period

MUMBAI: Real estate developers in India raised Rs 12,801 crore via qualified institutional placements (QIPs) in the first nine months this year, which is over 17 per cent of the total QIP issuance across sectors at Rs 75,923 crore, a report showed on Monday.

After renewable energy, real estate came in second highest among sectors to raise funds through QIP so far this year.

"This strong QIP activity highlights the sector's crucial role in India's broader capital markets - and the institutional investors' growing confidence in Indian real estate," said Anuj Puri, Chairman, Anarock Group.

According to the report, enhanced transparency, a robust post-pandemic residential real estate recovery, and strong investor confidence are factors driving a surge in activity, thereby positioning the sector for continued growth.

The QIP route allows publicly-traded companies to raise capital by offering equities or securities convertible into equity to pre-approved institutional buyers.

This fundraising approach lets companies skip the more conventional initial public offering (IPO) route and quickly raise substantial funds.

Robust housing sales growth after the pandemic has

tember).

Concurrently, housing sales in these cities have soared to nearly 14.36 lakh units in this period. Effervescent sales led to an over 10 per cent decline in unsold housing inventory in this period,

sector's continued ability to attract both retail and institutional investors. We expect investor participation to grow manifold in the coming years," said Puri.

Simultaneously, the strong post-pandemic homebuyers de-



prompted leading developers to unleash relevant inventory across markets.

As per report, over 13.62 lakh units have been launched across the top seven cities between 2021 till this year (January-Sep-

despite the high rate of supply addition.

To fund their aggressive expansion, these developers are turning to IPOs and the QIP route. Their success in these capitalization efforts underscore the

mand has also prompted developers to raise funds via IPOs to fund new project launches across geographies. Since 2021, six developers have collectively raised Rs 5,275 crore through mainstream IPOs. IANS

Indians seek lifestyle residences amid govt's infrastructure push: Economist

NEW DELHI: Amid the government's push to develop world-class infrastructure, the real estate industry is also surging due to better connectivity options, festive incentives, and changing lifestyle choices, an economist said last week.

More and more Indians are opting for "lifestyle residences" and

real estate remains the most preferred asset class for investment, especially premium properties.

Economist Aakash Jindal told IANS that India is developing its overall infrastructure.

"To give you an example, in Delhi-NCR, Metro is reaching new places, providing new connectivity options. Any area where Metro reaches or is about to

reach, people want to shift there. They want to buy houses there. India is building so many expressways and connecting many places, thus fueling real estate buying," Jindal said.

Also, many developers are now offering incentives around the year, especially during the festive season, which has also resulted in a surge in property buying.

"These days, people love to have lifestyle residences. The preferences of the younger generation have changed. They want to have, in certain cases, an indoor swimming pool, sauna, jacuzzi, steam bath and whatnot. They would like to invest or live in societies which offer such lifestyle facilities," Jindal told IANS.

How to choose the right builder when you buy a property?

ANURADHA RAMAMIRTHAM

Property is one of the biggest investments that one makes in their lifetime. Since the value attached to the property is high, the risk associated is also significant. Thus, one has to be very careful at every step of property investment, from choosing the right location and setting the right budget to narrowing down the right property. In addition to the property itself, many other factors—such as your monthly expenses, your savings and your lifestyle—depend on the cautiousness of your decision.

In this article, we walk you through a vital part of property investment: choosing a safe builder. With numerous cases of buildings collapsing, construction quality is a pressing concern. It is, therefore, crucial that you choose a safe builder's project to be your home. Below are key points to remember while evaluating the developer.

1. Is the developer RERA registered?

In a bid to protect home buyers, the central government implemented the Real Estate (Regulation and Development) Act, 2016 that regulates the real estate segment. Barring a few that are in process of implementation, the RERA is implemented in all states across India. It is mandatory under the RERA Act that a developer be registered with the regulatory body. This is a license that points that the developer is dependable and will be following quality construction methods.

The body has detailed strict regulations regarding safety, compliance and interests of the homebuyers that the developers have to comply with. This includes use of quality materials for construction, getting certifications that the project is fit to stay etc.

Developers who are not RERA registered are a threat as they are illegal. There is every chance that these developers may not have all necessary permissions in place. There will always be a risk that going forward the court may ask the local body to demolish the building in case of any litigation or issues with construction.

2. Are you choosing a reputed builder's project?

In a bid to protect home buyers, the central government implemented the Real Estate (Regulation and Development) Act, 2016 that regulates the real estate segment. Barring a few that are in process of implementation, the RERA is implemented in all states across India

Know about the reputation of the builder and the value his brand commands. There are a lot of developers who are listed companies and can be trusted because of the brand that they represent. However, it's a good idea to do your research about the developer by understanding his track record:

- Experience that he carries
- The projects that he has worked on in the past

- Pricing of his projects -premium or affordable
- Quality of construction
- Any project litigation or project that has been stalled?
- Any debt that the developer has?
- Ongoing projects
- Brand presence in the country

Typical delivery cycle of his projects- whether the possession is given before time, on time or delayed possession.



Site visits- while this was very common previously, developers now do not encourage site visits during construction owing to safety issues. However, you can inspect from outside. In case you see few to no one working on the project, then it's a red flag of the project having run into financial trouble.

3. Check developer feedback online

One of the easiest ways to get the initial idea about the developer is to check his reviews online. There are many people forums, groups and social media interactions that are present online and give you an idea about the developer. You can consider doing your due diligence based on these findings, although many of the reviews may be plugged. So be prudent in your investigation.

4. Project appreciation of his past projects

Price is one of the biggest barometers to know whether the developer is a reputed developer or not. Check the price appreciation his past projects have secured. This will give you an idea if he is a sought after developer whose projects can be trusted with your hard earned money.

5. Is the project occupied or are they mostly

investor flats?

As part of your due diligence, check whether the developer's past projects have people occupancy. Absence of people means that the project lacks basic facilities. If more and more people prefer that project and are staying there, then it's a sign of a good developer. www.Housing.com

For detailed story visit www.indiapost.com

The Rise of Experiential Luxury Living Designed for Comfort and Class

DELHI-NCR: The concept of experiential luxury living has redefined how buyers perceive luxury. Unlike the traditional notion of luxury living with extravagant finishes and exquisite displays of wealth, experiential luxury living prioritizes comfort, functionality, and emotional resonance. It seeks to create living environments that enrich residents' everyday experiences, emphasizing not just how a home looks but also how it feels and the quality of life it promotes.

The report by JLL reveals that Delhi NCR stood out as a leader among the seven top cities, capturing an impressive 64% share in luxury residential launches in the first half of 2024, largely due to growing disposable incomes and rising aspirations of luxurious lifestyles. This shift is also an expression of the larger change in buyer preferences since more modern homebuyers seek homes that respond to their lifestyle and well-being needs. Buyers today want more than aesthetically appealing homes; they are looking for homes that provide calm, community, and a sense of belonging.

There are several key trends in interior design, with the growing demand for experiential luxury living to go with modern buyers' desires for comfort and class. From minimalist decor that speaks volumes about simplicity and functionality to a call for the importance of uncluttered spaces, neutral color palettes, and natural textures add up to create a serene atmosphere in these spaces. These are not only aesthetically pleasing but also relaxing in nature. In addition, high-end home designs have gained immensely in the popularity of open floor plans: maximizing light and usage of space to create airy, welcoming spaces.

Further, using sustainable materials adds to the allure of luxury homes. Modern buyers are more environmentally conscious than ever, seeking homes that reflect their values and commitment to sustainability. Amid the rising demand for sustainable and eco-conscious materials, this approach not only reduces the environmental footprint of a home but also enhances its aesthetic appeal.

Therefore, this change in mindset is driving a significant transformation in the luxury real estate market, influencing developers to craft thoughtfully designed homes that cater to these evolving dynamics. Real estate developers like Prateek Group stand out and are dedicated to transforming the landscape of experiential luxury living. The group's upcoming premium residences in Siddharth Vihar, Ghaziabad, emerge as the epitome of thoughtfully designed luxury homes inspired by the fantasy world theme and Colonial and European architecture. The project's elegance underscores the group's commitment to innovation and niche themes in NCR's real estate development.

(ADVERTORIAL DISCLAIMER: The above press release has been provided by NewsVoir. ANI and India Post will not be responsible in any way for the content of the same)

'Illnesses linked to McDonald's E. coli outbreak rise to 75'

LOS ANGELES: With more cases being reported, the US Centers for Disease Control and Prevention (CDC) has confirmed that at least 75 people in the country have been sickened by the E. coli outbreak linked to McDonald's Quarter Pounder hamburgers.

The latest tally, up from 49, including one death, earlier this week, has been reported in 13 states, Xinhua news agency reported. The most recent illness started on October 10, according to the CDC.

Of 61 people with information available, 22 have been hospitalized, and two people developed hemolytic uremic syndrome, a serious condition that can cause kidney failure.

The CDC said in an update that McDonald's is collaborating with investigation partners to determine what food ingredient in Quarter Pounders is making people sick.

McDonald's stopped using fresh sliced onions and quarter-pound beef patties in several states while the investigation is ongoing to identify the ingredient causing illness. *IANS*



One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.
Sri Atmananda (1883 - 1959)

AI has potential to revolutionize heart disease treatments in India: Experts

NEW DELHI: With early detection and personalized therapies, Artificial Intelligence (AI) can make a significant mark for the treatment of heart diseases in India, said experts.

Heart disease is a major health concern in India. It is also the leading cause of death in the country.

Speaking to IANS, Balbir Singh, Chairman - Cardiology, Max Healthcare said AI can predict heart events, and help patients to report to the hospital earlier. It can also easily pick changes in voice, and eyes that no other methods or tools can.

"AI has the potential to revolutionize cardiology by enabling earlier detection of heart disease,

personalizing treatment plans, and improving patient outcomes. With the ability to analyze large



amounts of data quickly and accurately, AI can assist clinicians in making more informed deci-

sions, leading to more effective and timely interventions," Singh said, on the sidelines of the two-

day CARDIOLOGY SUMMA 2024 held in New Delhi. Further, cardiology experts

noted that AI can significantly benefit the healthcare sector in India as the country has a large rural population.

"AI can be beneficial for the healthcare sector in India, which has excellent localized advanced care and large rural or distant populations," Paul A. Friedman, Chair - Cardiology, Professor of Medicine, Mayo Clinic, told IANS.

Friedman noted that AI has three main functions in medicine -- it can help in faster reading of ECGs or other medical diagnostic tests and identify the presence of disease; it can find individuals who need more advanced care and predict future disease.

Gurpreet Sandhu, Vice Chair, Cardiology, Professor of Medicine, Mayo Clinic, lauded the development of the healthcare sector in India.

"Healthcare in India has expanded amazingly over the last couple of decades. And especially since the pandemic, the development has been exponential. The number of new hospitals being built, and the new technologies, especially in cardiology, are nothing short of dramatic. With the cutting-edge technologies being used, I think the future of India is outstanding," Sandhu told IANS.

The two-day Global Cardiology Summit- 'Cardiology Summa2024' brought together world-class cardiologists, researchers, and healthcare professionals to discuss the latest advancements in cardiology care, innovative treatment methodologies, and the role of cutting-edge technologies like Artificial Intelligence (AI) in cardiac diagnostics and patient management. *IANS*

Can standing for long periods raise risk of stroke?

NEW DELHI: People whose occupations require them to stand for long hours, like retail workers, hairdressers, or factory employees, are more susceptible to suffering strokes, according to experts, ahead of World Stroke Day.

World Stroke Day is celebrated annually on October 29 to raise awareness about the condition to prevent and treat it fast.

The number of people worldwide having a new stroke rose to 11.9 million in 2021 -- up by 70 per cent since 1990. Stroke-related deaths rose to 7.3 million -- up by 44 per cent since 1990.

While stroke is now the third leading cause of death worldwide (after ischemic heart disease and Covid-19), the condition is highly preventable and

treatable.

"Standing for extended periods can increase the risk of blood pooling in the legs, which slows circulation. This lack of efficient



blood flow may lead to the formation of clots, raising the risk of stroke, particularly if these clots travel to the brain," Dr Raghendra Ramdasi, Consult-

ant Neurosurgeon, Jaslok Hospital, Mumbai, told IANS.

Ramdasi noted that over time, poor circulation can also contribute to hypertension -- another

stroke risk factor.

A recent study from Australia involving over 83,000 participants found that prolonged sitting or standing was linked to a higher

risk of problems such as varicose veins and feeling dizzy or lightheaded.

The study called for regular movements.

It noted that standing for extended periods can cause blood to pool in the legs, which slows circulation and raises the possibility of blood clots.

"An ischemic stroke could result from these clots dislodging and moving to the brain if there is a hole in the heart, where they would stop blood flow," Dr. Vikram Huded, HOD and Director and Clinical Lead - Interventional Neurology at Narayana Group told IANS.

The experts recommended people with existing heart disease, hypertension, or a family history of stroke be particularly careful and take frequent breaks to move around. *IANS*

New weight loss drugs can cause decline in skeletal muscle mass: Study

NEW DELHI: Amid the growing use of weight loss medications, a new study has raised concerns about declining skeletal muscle health caused by the popular drugs.

In a recent commentary published in *The Lancet* journal, researchers from the US and Canada highlighted the critical importance of skeletal muscle mass in the context of medically induced weight loss, particularly with the widespread use of GLP-1 receptor agonists.

While the drugs have shown extreme potential in treating obesity -- a precursor for many diseases like diabetes, hypertension, and cancer -- they can also lead to substantial muscle loss as part of the weight loss process, argued researchers from Pennington Biomedical Research Center in the US, Universities of Alberta and McMaster in Canada.

They noted that muscle loss -- measured by decreases in fat-free mass -- can account for 25 to 39 percent of total weight lost through the 36 to 72 weeks. The role of skeletal muscle is not only for maintaining physical strength and function but it is also crucial for metabolic health and regulation of the body's immune system.

The team found that GLP-1 receptor agonists lead to significantly larger muscle decline than with a non-pharmacological caloric restriction diet or normal ageing. This, the researchers said, "could lead to unintended negative health consequences".

People with poor muscle mass have decreased immunity, and are at increased risk of infections, poor glucose regulation, and other health risks.

Further, the researchers noted that muscle loss caused by weight reduction can also worsen sarcopenic obesity -- prevalent among individuals with obesity, and contributes to cardiovascular disease and higher mortality rates.

Dr. Steven Heymsfield, professor of metabolism and body composition at

Pennington, called on people going for weight loss drugs to be "mindful of the side effects". He added that, while on the medications people are "eating less and not getting the appropriate amount of dietary vitamins and minerals".

An adequate amount of protein along with an optimum amount of exercise should be explored along with the medications, suggested the researchers. *IANS*



Abnormal BMI in childhood can affect future lung function: Study

NEW DELHI: An abnormal body mass index (BMI) in children -- whether high or low -- can be associated with impaired lung function, according to recent research.

About 10 percent of people suffer from poor lung function in childhood. They also cannot achieve maximal lung capacity in adulthood, increasing the risk of serious health problems such as cardiovascular disease, lung disease and diabetes.

However, the study led by researchers from Karolinska Institutet in Sweden showed that if their BMI is normalized before they reach adulthood, the impairment can be offset.

The team followed 3,200 children from birth to the age of 24. BMI -- the most common body measurement -- which takes account of weight, but not muscle and fat composition was measured about 4 times.

The results published in *The European Respiratory Journal* showed that abnormal weight and height were the major risk factors associated with impaired lung function.

Children with a persistently high BMI or an accelerated increasing BMI had impaired lung function as adults. It was primarily the result of restricted airflow in the lungs, a condition known as obstruction. *IANS*

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Indian Community Leaders Unite to Support Mayor Bill McLeod

India Post News Service

CHICAGO: On October 17, 2024, an energetic and inspiring fundraising event was held at the Marriott Chicago Northwest in Hoffman Estates, a Chicago suburb to support Mayor Bill McLeod's re-election campaign.

In total, the event has been able to raise over \$25,000, showing overwhelming support for Mayor McLeod's bid for a seventh term as mayor. It once again proves how his decades-long commitment to the village continues to resound with the people he serves.

The event began with a warm welcome from Neil Khot, one of the lead hosts and a key figure in the community.

Details on page 19

More days-More ways to vote

VIDYA SETHURAMAN

India Post News Service

With only 10 days left before the 2024 Election Day, Minority Media (EMS) invited Deputy Secretary of State for Communications Joe Kocurek to introduce voting precautions to California voters on October 25th, he urged voters to Vote early. Konkuk said voters can vote now by mailing a ballot, voting in person at a polling station or placing a completed and signed ballot in a ballot-recycling box.

Details on page 18

Special news briefing with Senate Intelligence Committee Chair

VIDYA SETHURAMAN

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Sen. Mark Warner, D-Virginia, chair of the Senate Intelligence Committee, briefed reporters on how artificial intelligence is being used by foreign actors to manipulate messaging to US voters. He believes the US is more vulnerable to global election interference than it was in 2020.

Details on page 18

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

October 18, 2024



Americans4Hindus promotes Hindu values in American policy making at Diwali Gala



RITU MAHESHWARI

India Post News Service

MILPITAS, CA: Americans4Hindus organized a Grand Diwali Dinner Gala to celebrate largest Indian Festival of Lights Diwali. Diwali Gala was organized at India Community Center's Banquet Hall, adorned with elegant decorations was packed with powerful Hindu and Pro-Hindu public and community leaders who deliberated on how American politics and policies can be more inclusive and stronger with Americans4Hindus values of Vasudhaiva Kuthambakam (world is one family) and Lokasamasta Sukhino Bhavantu (prosperity and happiness for all).

Dr. Romesh Japra, Founder and Chairman of Americans4Hindus presented its Vision, Mission, Core initiatives and Accomplishments. Hindu Rajneeti academy launched by A4H has coached and groomed

30 youth to become more active in public service. Its stellar faculty made up of leading elected officials and community leaders shared their experiences in public service and coached students to explore this as an option along with other traditional career paths.

A4H was instrumental in launch of Hindu, Buddhist, Sikh, and Jain congressional caucus by Congressman Shri Thanedar. Caucus has 26 congressmen as its members and has already ini-

tiated a resolution against Hindu Hate in congress.

A4H's Hindu Voter League is a formidable database of elections candidates ranging from local, state and federal levels that delves into candidate positions on core Hindu values and issues and makes it easy for community to vote officials who will support their cause.

A4H has also formed alliances with Black, Jewish, and Sikh communities to collaborate and

unite communities.

Speaking at the Gala, keynote speakers extolled role A4H is playing in creating political awareness in community and how it is supporting the right candidates with donations, volunteers and promotions.

Sunnyvale Mayor Larry Klein, Council member Murali Srinivasan and Hindu Rajneeti Academy valedictorian Rinu Nair were the keynote speakers.

A4H honored trustees Karl Mehta, Sartaj Sekhon and Manisha Shah for their vision, support and generosity.

A4H also recognized and honored several Pro-Hindu candidates contesting in elections.

Praising A4H values, District Attorney Pamela Price said that she strongly stood for Hindu values and is against the disinformation and hate mongering against any faith.



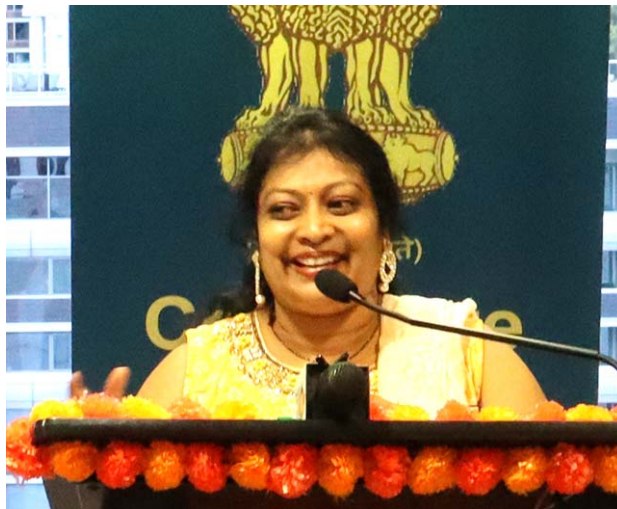
Cont'd on page 20

CGI Chicago hosts 9th Ayurveda Day 2024

India Post News Service

CHICAGO: The Consulate General of India in Chicago hosted the 9th Ayurveda Day 2024 on October 25, 2024, centered around the Ministry of AYUSH's theme, "Ayurveda: Innovation for Global Health." Attendees were also given information about the e-kit published by the Ministry of AYUSH. The event drew over 100 Ayurveda enthusiasts from the Midwest, focusing on the recognition of Ayurveda and its products as a holistic approach to health.

The program commenced with a traditional lighting of the lamp by Consul General Somnath Ghosh, who emphasized Ayurveda's significance as one of the oldest and most well-documented medical systems. He highlighted how it promotes harmony among body, mind, and spirit



through balanced living and natural treatments, reinforcing the notion of Ayurveda as a comprehensive approach to wellness.

A distinguished panel featured speakers from various parts of the Midwest, including Dr. Venkateswara R. Karapathy, an Anesthesiologist and pain medicine specialist; Dr. Colleen Taylor Sen, a culinary historian focused on the food of the Indian subcontinent; and Vaidya Ulka Nagarkar and Vaidya Pushpalatha Biradar, both experts in Ayurvedic practices.

The audience, consisting of prominent members of the Indian diaspora,

Ayurveda, Yoga enthusiasts, and diplomats, expressed great appreciation for the program, underscoring its relevance and the growing interest in holistic health practices.



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More days-More ways to vote

VIDYA SETHURAMAN

India Post News Service

With only 10 days left before the 2024 Election Day, Minority Media (EMS) invited Deputy Secretary of State for Communications Joe Kocurek to introduce voting precautions to California voters on October 25th, he urged voters to Vote early. Konkuk said voters can vote now by mailing a ballot, voting in person at a polling station or placing a completed and signed ballot in a ballot-recycling box. People who voted by

mail can also track the status of their ballot online at <https://california.ballottrax.net/voter/>

The website also allows you to check the current status of ballots mailed to you. Voters who want to vote in person at a polling station can check the polling station near their home at this website: <https://www.sos.ca.gov/elections/polling-place>.

Konkuk specifically reminded voters to sign the back of the envelope when mailing their ballot, which will help election officials confirm the authenticity of the ballot.

Mail-in ballot envelopes are paid for in advance. Ballots mailed by voters are valid as long as they are postmarked on or before November 5 and mailed before November 12.

If you still want to register as a voter to vote in California at this time, you can do so in person at a polling station. The dead-

candidate information in corresponding languages. Service hotlines in other languages can be found on this website: <https://www.sos.ca.gov/elections/voting-resources/voting-california/voter-hotlines>

Regarding the election process, Konkuk said the counting of votes is mainly carried out by the election offices

Konkuk specifically reminded voters to sign the back of the envelope when mailing their ballot, which will help election officials confirm the authenticity of the ballot.

Mail-in ballot envelopes are paid for in advance

lines for online voter registration and mail-in registration are currently closed.

If voters have any questions about voting, they can call the California Voter Hotline, English hotline 1 - 800-3458683, Chinese hotline 800-3392857. The hotline can also provide voters with proposals and

of each county. They ensure that the votes are valid. After the counting results are available, they will be reported to the California government, which will then certify them. Konkuk once again reminded the public to vote early and not wait until the end.

Amma's Daily Rangoli

GEETHA PATIL



Rangoli is an art form in which patterns are created on the floor using materials such as powdered limestone, red ochre, dry rice flour, colored sand, quartz powder, flower petals, grains, and colored rocks.

Clean the floor where you want to create the Rangoli.

Use either white or colored Rangoli powder or finely ground rice flour mixed

with colors or, without colors.

Rangoli patterns are often designed to be symmetrical, but sometimes they can be asymmetrical and much more elaborate and complex. They combine straight lines, curved lines and images like flowers, leaves, animals, birds and other things from the nature. The symmetry of the designs is a symbol of prosperity, growth and luck.

Special news briefing with Senate Intelligence Committee Chair Mark Warner

VIDYA SETHURAMAN

India Post News Service

Sen. Mark Warner, D-Virginia, chair of the Senate Intelligence Committee, briefed reporters on how artificial intelligence is being used by foreign actors to manipulate messaging to US voters. He believes the US is more vul-

nerable to global election interference than it was in 2020. "Our adversaries, China, Russia, Iran in particular, have realized it is effective and cheap to spread misinformation and disinformation at a greater level than before," said Warner, a Democrat who represents Virginia in the Senate. Social media and technology platforms in general are devoting fewer resources in terms of monitoring their content, generating a flow of false information that can change the way a candidate is perceived without being real. He said even with more traditional platforms like Facebook, Instagram, YouTube and others, content moderation efforts have been cut back dramatically.

The reason U.S. elections are secure is due to its decentralized system, Warner said. Counting takes place at individual polling locations, then it's reported to a county and the state, leaving no way for a foreign adversary to hack into a national system and disrupt the national vote. Warner is concerned that some states have changed their laws to require hand counting.

Historically, many countries have had a history of government interference in disinformation for their own purposes, however, the United States has worked to have better monitoring and tools to protect the information handled on various platforms with the aim of ensuring that real and truthful information is greater and gains more ground in the digital area.

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Indian Community Leaders Unite to Support Mayor Bill McLeod of Hoffman Estates

India Post News Service

CHICAGO: On October 17, 2024, an energetic and inspiring fundraising event was held at the Marriott Chicago Northwest in Hoffman Estates, a Chicago suburb to support Mayor Bill McLeod's re-election campaign.

In total, the event has been able to raise over \$25,000, showing overwhelming support for Mayor McLeod's bid for a seventh term as mayor. It once again proves how his decades-long commitment to the village continues to resound with the people he serves.

The event began with a warm welcome from Neil Khot, one of the lead hosts and a key figure in the community.

Khot spoke passionately about Bill McLeod's remarkable commitment, stating, "Mayor McLeod has been a pillar of strength for Hoffman Estates. His leadership has brought this village from a quiet town to a bustling community where businesses thrive, and families feel at home."

He continued by emphasizing that Mayor McLeod's tenure has been defined by consistency and vision, which is why the community continues to rally around him for a seventh term.

For over 45 years, Mayor McLeod has been a vital part of Hoffman Estates, first serving as a village trustee in 1980 and later taking office as mayor in 1990. Throughout his time in office, McLeod has overseen substantial growth in the village, including business development, infrastructure

improvements, and community-building initiatives.

Mayor McLeod's decades of service have left an undeniable mark on the village, and the event speakers made it clear that his work has touched the lives of many.

Mr. Amarbir Singh Ghoman and Harsharan Singh Ghoman, owners of Ghoman Group, a large, diversified business group were key to the fundraiser; Amarbir Singh praised the mayor's busi-



Invited guest and prominent community leader leaders with Mayor Bill McLeod's

ness-friendly policies, saying, "Under Mayor McLeod's leadership, Hoffman Estates has become a place where businesses like mine can grow and succeed. His focus on economic development has been critical for our continued success."

One of the key elements of Mayor McLeod's platform has always been his commitment to fostering a pro-business environment in Hoffman Estates. His leadership has resulted in a village that is not only attractive to new businesses but also successful in retaining existing ones. His policies have helped stimulate economic growth, creating jobs and increasing the quality of life for residents.

Throughout the evening, several community leaders also took the stage to express their appreciation for Mayor McLeod's leadership and their confidence in his continued ability to guide Hoffman

Estates. Many speakers shared personal stories of how Mayor McLeod has positively impacted their lives and businesses, reinforcing the strong connection between the mayor and the people.

The Each host committee member played a key role in ensuring the event's


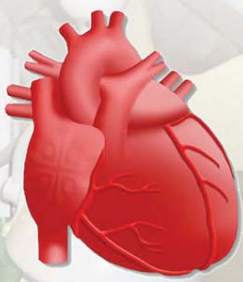
success, which raised more than \$25,000 to support Mayor McLeod's re-election campaign.

The evening started with musical notes from Raju Bankapur on flute and event ended with singing and songs from Hardik



Taylor. A dinner with assortment of India cuisine was served.

With the funds raised and the overwhelming support displayed at the event, Mayor McLeod's re-election campaign is off to a strong.

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Americans4Hindus promotes Hindu values in American policy making at Diwali Gala



Americans4Hindus promotes Hindu values in American policy making at Diwali Gala



Immigration sustains Finland's population growth

HELSINKI: Current immigration levels will keep Finland's population growing until 2070, according to the latest population forecast by Statistics Finland.

However, the number of children and working-age individuals will decline after mid-century, contributing to an ageing population, Xinhua news agency reported.

Finland's population is expected to reach 6.5 million by 2070, but the number of children under 15 will drop from 832,000 to 700,000. The working-age population, currently around 3.46 million, will peak at 3.84 million in the 2050s before declining.

Markus Rapo, senior statistician at Statistics Finland, noted that high immigration is key to this growth, but it will not stop the rising demographic support ratio. This measures the ratio of non-working individuals to workers and currently stands at 62. However, the ratio is set to increase to 72 by 2070 as the elderly population grows.

While immigration will delay these effects, low birth rates remain a challenge. 2024 marks the seventh consecutive year in which fewer than 50,000 children were born in Finland.

Rapo added that if the birth rate remains low for an extended period, its effects will be felt far into the future. Initially, this will impact the number of children born, he said, while in the long term, it will impact the number of women of childbearing age. *ANS*

Immigration

POST

"We're going to significantly reduce the number of immigrants coming to Canada for the next two years. This is temporary to pause our population growth and let our economy catch up."

PM Trudeau announces cuts to immigration numbers for next two years

OTTAWA: Canadian Prime Minister Justin Trudeau announced plans to significantly reduce the number of immigrants coming to Canada for the next two years.

This temporary measure aims to pause population growth, allowing the economy to catch up and ensuring the system works effectively for all Canadians.

Trudeau shared a post on X and wrote, "We're going to significantly reduce the number of immigrants coming to Canada for the next two years. This is temporary to pause our population growth and let our economy catch up. We have to get the system working right for all Canadians."

This plan was announced during a news conference on Parliament Hill, where Trudeau was joined by Immigration Minister Marc Miller, and Miller's parliamentary secretary Paul Chiang.

"The new plan will reduce the number of permanent residents arriving in Canada from 500,000 to 395,000 in 2025 and 500,000 to 380,000 in 2026. The government has set a target of 365,000 permanent residents for 2027," according to the Canada-based

media channel, Cable Public Affairs Channel (CPAC).

Minister of Immigration, Refugees and Citizenship, Marc Miller, also shared a post on X about the

growth in the short term to achieve well-managed, sustainable growth."

In another post, he wrote, "Big drop in immigration targets will

In response, Trudeau said he will lead his Liberal Party into the next election even after two dozen of his Members of Parliament called on him to step aside, Canada-based Global News reported.

Liberal MP Sean Casey, who was one of three members of the caucus who confirmed that they signed the document calling for the prime minister to resign and termed Trudeau's announcement that he will stay on as leader just hours after MPs expressed their discontent, "disappointing."

During the caucus meeting last week, a document was presented outlining the case for Trudeau's resignation, but it didn't specify any consequences if he fails to meet the deadline.

Justin Pierre James Trudeau is a Canadian politician who has been serving as the 23rd prime minister of Canada since 2015 and the leader of the Liberal Party since 2013. *ANI*



Canadian Prime Minister Justin Trudeau

immigration cuts and wrote, "Today, we announced the 2025-2027 Immigration Levels plan. Immigration is essential to our country's economic success and growth. In response to the evolving needs of our country, this plan will pause population

cut population and reduce the need to build more homes."

Notably, Trudeau is facing mounting pressure from within his own party, with dissident Liberal MPs giving him an ultimatum to decide his future by October 28.

US-India migration cooperation reason behind latest deportation of illegal Indian migrants from US

WASHINGTON, DC: The United States has deported a batch of Indian nationals who did not have proper legal papers and documentation to live in the country.

The US Department of Homeland Security (DHS) in a statement last week said it has used a chartered flight to send Indian nationals back to India on October 22.

According to sources, as part of India-US cooperation on migration and mobility, both sides are engaged in a process to deter illegal migration.

"This is being done to create

more avenues for legal migration from India to the US. The latest deportation of Indian nationals by a chartered flight is a result of this cooperation. Such deportations have been happening for several years," the sources said.

According to a statement by the DHS, "On October 22, the US Department of Homeland Security (DHS), through U.S. Immigration and Customs Enforcement (ICE), conducted a large-frame charter removal flight to the Republic of India of Indian nationals who did not establish legal basis to remain in the United States,"

"This week's flight demon-

strates the Department's continued commitment to pursuing sustained cooperation with the Indian government and other international partners to reduce and deter irregular migration and jointly work to counter human smuggling," it further said.

DHS said that it continues to enforce US immigration laws and deliver tough consequences for those who enter unlawfully. "This includes swiftly returning those without a legal basis to remain in the United States, while encouraging the use of lawful pathways," it said. *ANI*

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Trump attacks China, says US has greatest military

NEW YORK: In a confrontation with China, "we will kick their ass", Republican Presidential Candidate Donald Trump has said at a campaign rally, asserting, "We have the greatest military in the world".

Speaking out against what he asserted was the weakening of respect for the US under President Joe Biden and Vice President Kamala Harris, he said, "A report that they issued that if we end up in a war with China, we cannot win. We're not strong enough".

"We have the greatest military in the world," he declared.

"You don't put out reports like that - and it's not true. We would kick their ass," he said.

Even "assuming that's true, how stupid are you to put out a report like that," he said. He did not say which report he was referring to, but it was likely a report from the Commission on the National Defense Strategy to the Senate Armed Services earlier this year.

It said, "The Commission finds that the US military lacks both the capabilities and the capacity required to be confident it can deter and prevail in combat" and that "in many ways, China is outpacing the United States and has largely negated the US military advantage in the Western Pacific".

Trump's strong statement tinged by a colloquial vulgarity was in keeping with his theme of asserting that he would reclaim America's greatness which he said had been devalued by Biden and Harris.

"If we win, our enemies won't be laughing anymore," Trump said

The Madison Square Garden was packed to its capacity of about 19,000 about 90 minutes before his campaign rally was to begin, and thousands were left stranded outside after waiting for hours to get in and watched him on giant screens.

Inside, whipped to bouts of frenzy, the crowd punctuated his speech with screams of, "USA, USA", and "Four more years".

Although most of his nearly 90-minute speech focused on immigration and inflation, he presented himself as the keeper of world order.

His 2016 Democratic Party rival Hillary Clinton, he said, had warned that he would start World War III, but he was the first president in 82 years not to have launched a foreign military intervention.

He said that if he were the president, Russia would not have invaded Ukraine or Hamas attacked Israel.

He said he got along with Russia's President Vladimir Putin and other adversaries.

"Ukraine was the apple of his (Putin's) eye, but I said, Vladimir, don't go in," Trump said.

On foreign trade, he reiterated his threat to enact what

he called the Trump Reciprocal Tax Act that would impose tariffs of the same amount that countries levied on imports from the US.

He said he would make the US companies bring home their manufacturing, creating jobs in the US.

Trump promised a "golden age" of prosperity for the US.

Attacking Harris as dishonest, he repeated his claim



Donald Trump

that she had not worked at McDonald's fast-food restaurant as she had said.

He said that his campaign event of working at a Pennsylvania restaurant was longer than any she might have.

He asserted that Google CEO Sundar Pichai - "a very smart guy" - had called him about it.

Mangling his first name by pronouncing the U as in sun, Trump said, "I got a call from Sundar ... and he said, we've had more hits for McDonald's (story). I think he said (more than) anything we've ever had".

(Harris and many sources maintain that she had worked part-time at McDonald's while she was a student at Howard University in Washington.)

Trump praised his vice presidential candidate J.D. Vance's wife, Usha, as a highly intelligent person who had topped Yale Law School and said their children would be

The Commission finds that the US military lacks both the capabilities and the capacity required to be confident it can deter and prevail in combat" and that "in many ways, China is outpacing the United States and has largely negated the US military advantage in the Western Pacific".

very smart. Trump trotted out his well-worn accusations that Harris was a radical Leftist who was trying to hide her past radical statements on immigration and being soft on crime but would bring them back if elected.

The media was again his target, calling it "fakers" and "enemy of the people".

The rally was as much entertainment as serious policy discourse. IANS

Passport, visa details compromised in cyber attack affecting Australia's Department of Home Affairs

CANBERRA: Personal data, including passport and visa information, has been compromised in a cyber attack on a data firm contracted by Australia's Department of Home Affairs.

News Corp Australia newspapers reported recently that data from the Department of Home Affairs, which oversees Australia's law enforcement, national security, emergency management, immigration and cyber security, was exposed in a January cyber attack on Australian firm ZicroDATA, Xinhua news agency reported.

Australian visa holders who used the department's Free Translating Service (FTS), which is run by a subsidiary of ZicroDATA, were advised by a recent departmental alert that their visa application, full names, phone numbers, dates of birth, driver's licenses, and passports were compromised in the breach.

The data was first listed on the dark web in February but the Department of Home Affairs said it was only notified in July that the dataset included documents obtained by the government from people who accessed FTS between 2017 and 2022.

The departmental Cyber Security Incident alert issued to FTS clients instructed them not to attempt to search the dark web for the data, warning that doing so could lead to further potential harm.

A spokesperson for the department told News Corp Australia newspapers that they were working with ZicroDATA to notify impacted clients and advise them on steps they can take to protect their information.

"The department has prioritized accuracy to ensure all relevant details are communicated clearly to those impacted and to put in place the necessary remedial support services, in agreement with ZicroDATA," they said.

Public healthcare provider Monash Health in May revealed it was affected by the ZicroDATA breach, with archived data relating to family violence and sexual assault support units dating from 1970 to 1993 compromised.

The national cyber security coordinator, Michelle McGuinness, said in a statement on May 3 that she was coordinating a response from federal, state and territory governments to the ZicroDATA incident. IANS

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LifeStyle

24 India Post

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November 1, 2024



NIFFA
National Indian Film Festival
of Australia, 2025

NATIONAL INDIAN FILM FESTIVAL OF AUSTRALIA TO COMMENCE FROM FEBRUARY 13, 2025

NEW DELHI: The Australian Centre for Indian Cinema has announced an initiative to celebrate Indian cinema in Australasia with Australia's first and only National Indian Film Festival of Australia (NIFFA).

The festival will commence from February 13, 2025 and will conclude on February 16. The NIFFA will see a weekend of cel-

The festival will also offer development grants for Australian screen content related to India and awards, to be announced in November.

The plans will see the festival held across seven cities in Australia in February 2025, with Australia cinema chain Dendy Cinemas, major Indian news media company NDTV and cinema ad-

ema felt like a perfect fit."

"We at NDTV are happy to amplify the festival's spirit worldwide, bringing it to Indian communities across the globe and celebrating the ever-growing impact of Indian filmmaking on the international stage."

The festival is the brainchild of filmmaker and Australia's leading expert on Indian cinema, Anupam Sharma, who will head the festival with industry veteran Peter Castaldi serving as festival director.

The two bring a long history in the industry to the project, with both involved in some of the first Indian festivals in Australia in the 1990s.

Sharon Strickland, CEO of Dendy Cinema, said: "Dendy Cinema is honored to partner with the National Indian Film Festival of Australia, bringing the best of Indian cinema to audiences across Australia."

"With a resurgence of Indian films making a strong impact at the global box office, this collaboration highlights our commitment to showcasing diverse and culturally significant stories. IANS

brations and screenings around Australia in Sydney, Melbourne, Perth, Adelaide, the Gold Coast, Darwin and Hobart. One yet-to-be-decided city will host the opening night party, workshops, closing night film and panels on investments, coproduction, development and collaboration.

vertising company Val Morgan, coming on board as stakeholders, read a statement.

NDTV Director and Editor-in-Chief, Sanjay Pugalía said: "As NDTV expands globally and the Indian diaspora flourishes across Australasia, partnering with this premier celebration of Indian cin-

A guide to decorating your rental like a home this festive season

SHINJITA GHOSH

Whether you're celebrating Diwali, Christmas, or Hanukkah, decorating your rental home can add a touch of cheer and festivity. However, with limited control over permanent changes, it's essential to approach decorations creatively and consider temporary solutions. In this article find a guide to help you decorate your rental without causing damage.

Temporary decorations

Wall decals

These adhesive vinyl decals are a fantastic way to add festive flair without harming walls. They come in various sizes, shapes, and designs, allowing you to customize your space.

Window clings

Window clings are another temporary decoration option. They adhere to windows without leaving any residue and can be easily removed after the festivities.

Hanging decorations

Utilize hanging decorations like garlands, streamers, and ornaments to transform your rental. You can hang them from ceilings, doors, or windows using removable hooks or adhesive strips.



Table runners and centerpieces

Dress up your dining table with festive table runners and centerpieces. Opt for reusable or disposable options that won't leave stains or damage the surface.

Lighting and ambiance

Fairy lights

Fairy lights are a versatile and popular decoration choice. You can drape them around windows, mirrors, or furniture to create a warm and inviting atmosphere.

Lanterns

Lanterns add a touch of elegance and can be placed on tables, shelves, or outdoors. Opt for battery-operated lanterns or use flameless candles for safety.

Candles

Candles create a cozy ambiance, but be cautious when using them in a rental. Opt for flameless candles or place them in heat-resistant containers. www.housing.com

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Philosophy

PAUL BRUNTON

One great advantage of the path of personal discipleship is that it requires no intellectual capacity, no special gifts of any kind, to get its profits and make progress along its course. What could be simpler than remembering the master's name and face? What could be easier than mentally turning to him every day in faith, reverence, humility, and devotion?

The advantage of having a living master is immense. Man is so sense-bound that it is easier for him to follow an embodied ideal than a disembodied one, easier to understand truth in action than truth in the abstract.

Should anyone have the good fortune to be taken under the wing of a sage, his progress will go forward at a far quicker rate than would otherwise be possible. It is not a little thing that he has someone to turn him in the right direction or that his movement in this direction is guided by an experienced pioneer.

tionship in depth or beauty or value.

There is no tie so strong, no attraction so deep as that between Master and pupil. Consequently it persists through incarnation after incarnation.

The average aspirant does not find the true teachers because he would not behave himself correctly with them if he did. Sooner or later he would abuse the lofty character of the relation of discipleship and seek to force it to become a half-worldly one.

It is probably true to say that even imperfect teachers, who are all that the public is likely to know, often receive from their followers' frantic appeals for this or that personal intervention or frenzied outpourings concerning this or that personal material problem for which immediate help is demanded.

But even when the aspirant has linked himself up with an embodied master or invisible adept, a scriptural personage or his own higher self, he may start to assume that the higher power or person is henceforth going to settle all his personal troubles



Paul Brunton

Advantage of having a living master

If they are to advance to higher levels, disciples must learn to rely on their own endeavors

Although the master cannot do the disciple's work for him, he can put the disciple in command of the special knowledge derived from long experience which can help him do the work more efficiently and more successfully.

The master will teach with love what the student must learn with reverence.

As the Master brings the disciple to clarify his own thinking and knowledge and awareness, the latter turns his attention to what it is that he really does believe.

The zeal of the Master will by slow degrees permeate the heart of the disciple. Under the sunshine of this encouragement, inspiration, and stimulation, the inner life expands.

Only those who have themselves felt it can understand how he is able to exert such drawing power and arouse such fervid devotion in disciples.

There is intimacy in the fellowship which is unique. There is an impersonality in this most personal of relationships which is equally unique.

No other relationship, whether familial or friendly, can compare with this rela-

without his own exertions being called for.

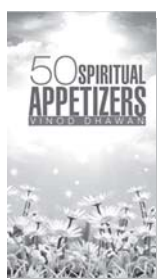
This is a piece of wishful thinking. The very purpose of evolution would be defeated if he were to be deprived of the opportunity of tackling his problems and troubles for himself.

If they are to advance to higher levels, disciples must learn to rely on their own endeavours. No master can relieve them of this responsibility. It is not the work of a philosophic teacher to save students from having to make decisions for themselves.

Excerpted from 'The Notebooks'. The 126th birth anniversary of Paul Brunton was observed on October 21

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Amid chaos in Bangladesh, speculation resurfaces over US role

LT GEN PRAKASH KATOCH (RETD)

When Bangladesh President Mohammad Shahabuddin said in an interview with Dhaka Tribune that he did not have any documentary evidence of Sheikh Hasina's resignation, he did not realize the consequences of this statement on his presidency and that it could even be life threatening. To him, Shahabuddin did mention that Hasina probably did not have the time to do so, as he recounted the chaos and mayhem on August 5 with hordes of mobs on the rampage.

According to Shahabuddin, he had a meeting with Hasina an hour before she fled, and he and the Army Chief General Waker Uz Zaman had "heard" of Hasina resigning, but there was no documentary proof. He further said, "When everything was under control, one day the cabinet secretary came to collect a copy of the

wide grants program. Sachs emphasizes that the US is the only country doing regime changes worldwide, and that too very frequently.

It is, therefore, no surprise that the same scenes of orchestrated violence and rampage in Dhaka, as was witnessed that forced Hasina to flee, has been orchestrated again. Violent mobs have besieged the presidential house of President Shahabuddin for speaking the truth that Sheikh Hasina did not resign before the military packed her out of the country. They are demanding the resignation of Shahabuddin and removal of the army chief, threatening that otherwise riots will spread throughout Bangladesh and that the country's borders will also witness violence. President Shahabuddin has been given a 24 hour ultimatum to resign (<https://youtu.be/PwJiaTk3MCs?si=hTLxsJlgCNn9ZlcT>).

It remains to be seen whether the residence of President Shahabuddin will be "allowed" to be rampaged by the mobs if he does not resign, and will

However, despite predictions of collapse, India stands out as a beacon of political stability. It has managed to sustain democratic governance despite its religious and ethnic diversity, economic disparities, and security threats

resignation letter. I told him I was also looking for the same.

Does this mean Sheikh Hasina remains the de facto Prime Minister of Bangladesh? This came as a surprise even to the US, a country many feel engineered the change in Bangladesh. American economist Jeffery D Sachs has talked of very strong evidence of the US role in toppling the government of Imran Khan in Pakistan, raising the likelihood that something similar may be done in Bangladesh (<https://www.youtube.com/watch?v=fQmF2ykP9FQ>).

Orchestrated violence?

Sachs explains that Donald Lu, Assistant Secretary of State for South Asia and Central Asia in the US State Department spearheaded these regime changes, using the CIA and organizations like the CIA-funded NGO, the National Endowment for Democracy (NED), a non-profit organization created in 1983 with the cover job of strengthening democratic institutions around the world through its world-

he be physically attacked like some of the members of judiciary as part of the regime change? The Army Chief is unlikely to change, considering the recent overhaul in the senior ranks.

Ominous portents

The apparent aim of the mobsters, which include Islamist students backed by sections of the military, is to overturn the constitution and impose Sharia, the Islamic canonical law, in Bangladesh. Release of terrorist leaders from prison like Muhammad Jasimuddin Rahmani, chief of Ansarullah Bangla, an Al-Qaeda affiliate, his confabulations with Lashkar-e-Toiba's Mufti Haron Izhar, who planned attacks against Indian interests in Bangladesh, and both addressing mass rallies, all point towards this. Removal of the president will usher in military rule.

(The author is an Indian Army veteran)
 South Asia Monitor

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author

With its pristine beaches and breathtaking landscapes, Gokarna is a Hindu pilgrimage town in Karnataka and a newly found hub for beach lovers and hippies. Situated on the coast of Karwar, every year Gokarna welcomes hordes of tourists from around the world in search of sanctity and relaxation. The out-of-town beaches like Kudle beach and Om Beach are a different contrast to life inside the town.

Palm clad beaches are dotted with foreign tourists in a majority and very few Indians are seen across. Gokarna is not very conventionally touristy. The beaches are meant for a slow, relaxed holiday and everything on the beach goes at the same relaxed pace. Full of coconut and palm trees, the ocean and clean sands, Gokarna is a 'one of a kind' place in the country.

PLACES TO VISIT IN GOKARNA

Om Beach: Om beach is a wonderful beach located in the town of Gokarna. Shaped like the symbol 'Om', this beach offers plenty of adventure sports to the thrill-seekers. The view of this beach during sunset is one to be cherished forever. It is usually lined with shacks on the sides offering cheap accommodation and restaurants with global menus. There is also a bunch of fun water sports activities available on Om Beach, including speedboats, surfing etc. Visitors can even enjoy boating here.

Mahabaleshwara Temple: A 6 feet tall Shiva Linga here at the temple is known as the Atmalinga is worshipped here. Built using white granite, it is a classic example of the beauty of Dravidian architecture. A 1500 years old carved stone Lord Shiva idol in the standing position represents the main deity. The temple has been mentioned in the Hindu Mythics of Mahabharata and Ramayana and it is said to be as significant as Kashi, hence it earning the title, Dakshin (South) Kashi.

Paradise Beach: The fourth beach lying across the coast of Gokarna Town, Paradise Beach is also well-known by the name of 'Full Moon Beach'. Located in the state of Karnataka, the Paradise Beach is about 150 meters in length and out of this almost seventy percent of the beach is entirely covered in rocks. The rest of the beach is adorned with clean white sand all over. Not much water

sports are available here but swimming in the calm waters here is a great way to refresh your mind and body. The serene environment of the beach offers a great opportunity to spend some time in nature's lap and find solace.

Kudle Beach: Kudle Beach is one of the many beaches of Gokarna, situated only a short trek from Om Beach. A com-

plete recluse, this beach offers the most silent and serene atmosphere to enjoy a sunset, a walk along the shore or simply sit and observe the never-ceasing tides. Many local people prefer this beach for a morning or evening walk or practicing yoga, as the Kudle beach is not invaded by large groups of tourists and as a result, has a very little crowd and quite serene.

Water Sports in Gokarna: Known for its idyllic beaches and pristine waters,

Gokarna is a favorite among travelers who seek a peaceful vacation. It is the more laid-back and less commercialized version of Goa. Other than the famous Om beach, it has Kudle beach and the more secluded Half Moon and Paradise beach.

Gokarna Beach: Gokarna Beach is several kilometers long and is situated at the edge of the temple town. It has recently gained popularity as a go-to beach destination owing to its beautiful stretches of sand and pristine locations. Gokarna beaches were rarely frequented by the locals until foreign tourists started thronging the seaside. Soon, many locals opened stores selling souvenirs, unique cafes and beach shacks.

Yana: In the Sahyadri Hills of North Karnataka, Yana is a quaint Hill Station with a beauty that casts a spell and hills to appeal to the dirtiest trekkers. Tucked in between one of the richest biodiversity centers of the world, Yana is a small hill station with immense beauty enough to captivate any soul that lays eyes on it. A small village located just 140 km from Hubli; Yana caves are famous as a center of adventure, wildlife and religion hence proving to be the perfect getaway destination.

Half Moon Beach: Half Moon Beach is a small beach situated in Gokarna. It is separated from the Om Beach by a cliff from where tourists are bound to get an amazing view of the Arabian Sea. Numerous village huts in the classical Indian style can be spotted lined up by the beach giving it a rather traditional and homely touch altogether. The beach got its name from the striking resemblance that it exhibits with a half moon. Away from the civilization and into the arms of nature, this is the best place to spend time at while looking at the caves and gazing at the sky lit with stars.

Best time to visit Gokarna

The best time to visit Gokarna would definitely be from October to March when the humidity is at its very least. November to February is especially crowded with a lot of foreigners.

How to reach Gokarna

Gokarna is connected well by train and road from all major cities in Karnataka. The nearest airport is at Dabolim, Goa that is 150 km away. www.holidify.com

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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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Business and bonhomie in Kazan: The significance of the BRICS Summit 2024

RAJYAVISHEK PRADHAN

As the BRICS held its 16th Summit in Kazan, Russia, Indian Prime Minister Narendra Modi remarked that India is fully committed to increasing cooperation under the BRICS. He reaffirmed the belief in diversity and multipolarity as the strength of the grouping and mentioned that the shared belief in humanity will help give a meaningful shape to the prosperous and strong future of the future generation.

The BRICS Summit, a gathering of the world's leading emerging economies - Brazil, Russia, India, China, and South Africa - has been a significant event on the global stage, and the 2024 edition in Kazan, Russia was no exception. BRICS nations, which collectively account for 30% of the Earth's land mass, 45% of the world's population, and 28% of the global economy have the potential to play a pivotal role in shaping the future of the global economy. For the alliance, which now includes ten member countries, the Summit between October 22-24, 2024, is proving to be a pivotal moment.

Turning point in India-China ties

A major diplomatic development took place on 23 October as Prime Minister Modi and Chinese President Xi Jinping held their first bilateral meeting in five years. They emphasized that a stable bilateral relationship between Beijing and New Delhi will contribute to world peace and prosperity. India-China ties, which have been tense due to border concerns in recent years, may improve with the long-awaited meeting between the leaders of the two Asian powers. Significant progress was made in efforts to end the military impasse along the Line of Actual Control. The meeting also helped India and China address their security concerns, with both parties agreeing to return patrolling rights to each

other in the Depsang Plains and Demchok region in Ladakh. For many, this represents a turning point in the tense relationship between the two neighbors.

In the meantime, India has taken the position that it is open to providing any support for peace in Ukraine and has been in communication with all parties on the resolution of the Russia-Ukraine conflict through dialogue. PM Modi said that "India is always ready to help bring peace" at his bilateral meeting with Russian President Vladimir Putin.

Additionally, PM Modi held meetings with the presidents of Uzbekistan, UAE, and Iran where they discussed ways to deepen economic cooperation and people-to-people exchanges. Strengthening its relations with Iran in particular has proven to be significant. To gain access to trade routes and ex-

A major diplomatic development took place on 23 October as Prime Minister Modi and Chinese President Xi Jinping held their first bilateral meeting in five years. They emphasized that a stable bilateral relationship between Beijing and New Delhi will contribute to world peace and prosperity

and to international organizations like the WTO, UN Security Council, and multilateral development banks. Hence, the Summit provided India the opportunity to strengthen its ties with Russia, balance relations with the United States, and strategically align itself with important players such as Iran and the UAE.

BRICS' growing influence in global politics

For India, its adoption of The Kazan Declaration represents yet another significant turning point. The Kazan Declaration is anticipated to support the BRICS countries' joint endeavors to tackle global concerns, ranging from security to economic development, and to

demonstrate the group's increasing global clout. In announcing its future objectives, the BRICS group has emphasized the need to fortify cooperation and solidarity founded on common interests. It embodied the organization's common vision and goals and described the future course it expects to take. The declaration states, "It reaffirmed the significance of further strengthening BRICS solidarity and cooperation based on our mutual interests."

According to a Goldman Sachs analysis, the BRICS group has long been seen as a growing power in the global economy and in the ensuing decades their economic and demographic sway-especially that of China and India-is expected to increase further. At this Summit, India had the chance to make a time-bound proposal for reforms

at the Summit to international organizations like the WTO, UN Security Council, and multilateral development banks.

The Summit advocated a reform of multilateralism and underlined the importance of people-centric approaches to addressing global issues. With Modi lauding the expanding collaboration and development of BRICS, the enlarged grouping emphasized the significance of communication and diplomacy for world peace and stability. *(The author is Assistant Professor, North Bengal St. Xavier College, India with research interest in global geopolitics and strategic issues) South Asia Monitor*

For detailed story visit www.indiapost.com



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CONSEQUENCE OF US ELECTIONS GLOBALLY

The impact of the U.S. presidential election not only affects the policies and leadership of America but the entire world. As Americans go to the polls next week, partners around the world are watching closely for change with the next U.S. president, not in the sense of decoupling from the United States, but certainly by developing greater self-reliance in security affairs and greater regional integration, more broadly with their own neighbors in anticipation of a less predominant and preeminent United States.

While allies would surely want to see the continuity with the policies but any change in leadership can jeopardize the support US provides. Either of Harris or Trump wins the presidency; there are differences in the intensity and gravity of the change. With Trump's commitments to consolidating critical supply chains, allies and partners are preparing for confrontation with Trump's punitive tariffs. They are also aware that Biden did not remove many of the tariffs, and there is a chance that Kamala Harris is unlikely to embrace lowering tariff barriers.

Whosoever becomes president, Trump or Harris; there are concerns about a decrease in the U.S. security presence at a time when the wars today have demonstrated that neither European nor Asian allies are prepared to defend themselves against conflict in their region without the United States involvement and support. This was made obvious by the war in Ukraine and Israel. During the entire campaign, Trump had been promising to American citizens that he would stop supporting and provide critical supply to Ukraine once elected. With Harris, the commitment to alliances will be undeniably strong, but the subtext of greater self-reliance and, burden sharing will not be irrelevant given limited time and resources.

On climate change commitments, Trump's hostility toward the Paris Agreement is very well known while Harris may be more adjusting towards global commitments and US share the burden equally. While the U.S. election is an important variable for change, the domestic context for every country and region is equally important and will help to determine outcomes. Especially in context to China's economic deceleration, unemployment rates, property sector insolvency, and public discontent can create certain types of external behavior regardless of who becomes the next U.S. president.

Even though India's economy is on the upswing the next administration can change everything. In regards to Russia, the resources being depleted and hundreds of its citizens dying at the border anything can happen, even using nuclear powered weapons.

While several countries are moving more towards right and protectionist policies in the global context, there could not be a more consequential moment for the United States to be choosing its next leader who should be mature and balanced. The way things are developing in the political arena in United States, anything can happen with the outcome of elections especially when the candidates are as close as per the vote's projections. As per reports more than 20 million have already casted their mailing votes and several swing States can change everything but its looks like the final decision is tilting towards Electoral College.

Malavika on **TELUGU DEBUT:** Nothing gets better than Prabhas

Actress Malavika Mohanan, who was seen in "Thangalaan" and "Yudhra", is all set to make her debut in Telugu films with "The Raja Saab" and said that "nothing gets better than" superstar Prabhas.

Speaking about "The Raja Saab", Malavika said: "It's my Telugu debut, and I waited long for it. I wanted the right film to come my way to foray into the industry. I think nothing gets better than Prabhas sir. It's in the rom-com space, a very fun, easy film."

She added: "It's light-hearted and will cater to a universal audience. We are still shooting for it, and the film should be released in April next year. I am really looking forward to it."

Malvika is currently shooting for "Sardar 2", in early morning schedules. She will be seen with "Karthi".

Earlier this month, the actress took to her Instagram, and gave a peek into her preparations for her part in the film.

She shared two pictures on her Instagram handle which shows a harness strapped to her body for the action sequences. *IANS*

Amid security threats, salman to perform in DUBAI

Bollywood superstar Salman Khan, who currently hosts the reality show 'Big Boss 18', is set to perform in Dubai amid security threats.

The actor took to his Instagram, and shared the poster for the upcoming leg of his Da-bangg the tour.

He wrote in the caption, "DUBAI get ready for DA-BANGG THE TOUR - RELOADED on 7th December 2024".

Other actors like Sonakshi Sinha, Disha Patani, Maniesh Paul, Jacqueline Fernandez, Sunil Grover, director-choreographer Prabhu Deva will also perform alongside Salman on the tour.

Salman on his part has been maintaining a low-profile, and has limited his public appearances after the assassination of his politician friend Baba Siddique by the Lawrence Bishnoi gang. *IANS*



TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tauba Tauba: **Bad Newz**
- 3 Sajni: **Laapataa Ladies**
- 4 Tainu Khabar Nahi: **Munjya**
- 5 Angaaron : **Pushpa 2 The Rule**
- 6 Akhiyaan Gulaab: **Teri Baaton Mein Aisa Uljha Jiya**
- 7 Agar Ho Tum: **Mr. And Mrs. Mahi**
- 8 Satranga: **Animal**
- 9 Chaleya: **Jawan**
- 10 Aayi Nai: **Stree 2**

Kartik Aaryan's 'Vada paav date' with Madhuri Dixit

Bollywood actors Kartik Aaryan and Madhuri Dixit, who are awaiting the release of their upcoming movie 'Bhool Bhulaiyaa 3', stepped out on a vada paav date.

Last week, Kartik took to his Instagram and shared a video in which they can be seen relishing Mumbai's iconic street food, vada paav.

Kartik wrote in the caption, "Vada paav date with my Manju." Kartik was referring to the character of Manjulika played by Madhuri.

Vada paav is a signature street food from Mumbai. The snack was invented in Mumbai during the mill worker era as a means of serving their hunger pangs. The snack provided a great mix of carbohydrates and protein for the labor-intensive task in the mills. *IANS*





Priyanka Chopra: 'life would be easier as a Guy'

An old-video featuring actress Priyanka Chopra Jonas from her appearance on the talk show 'Rendezvous with Simi Garewal' has resurfaced. In the video, the actress' share her thoughts on the challenges women face compared to men.

In the throwback clip, Priyanka could be heard saying, "It's so difficult being a girl, really wish I was a guy at times. For real, nothing no stress, just throw on a pair of jeans and a t-shirt and you are done".

In response, Simi remarks, "But these days, guys are taking on more responsibilities". However, Priyanka remains skeptical, asserting, "They can never do as much as we have to do. We have to stay so stiff that one curl doesn't go out of place."

As the conversation unfolds, Priyanka's hair and makeup artist unexpectedly enters the frame to adjust her hair, leaving the actress surprised as the host Simi mentions, "Excuse me, we are rolling".

Last year, Simi shared this video on her Instagram with the caption: "RENDEZVOUS GEMS! Priyanka Chopra. #Throwback. She doesn't 'sit still' anymore. She is ubiquitous. She is Priyanka Chopra Jonas. She is a global star-on the covers of magazines, on screens, and in our hearts. It is we who 'sit still' in awe while applauding her phenomenal success! #RendezvousGems Priyanka". IANS

RASHMIKA MANDANNA: 'NARUTO' MY FIRST INTRODUCTION TO ANIME

Actress Rashmika Mandanna revealed that 'Naruto' was her first introduction to Anime and that she was 12, when she got close to the genre.

Rashmika took to her YouTuber channel, where she was seen talking about her love for Anime. The actress talked about the genre in her vanity van, while she was getting her hair and make-up done to dress up as an Anime character.

Talking about when she was first introduced to the genre, Rashmika recalled: "That was that one year in my schooling that I was a day boarder. When I used to come back home I did not have friends in my neighborhood to play with... So, I remember going back to my room and sitting and watching TV."

The "Animal" actress shared that she used to really enjoy watching "Dragon Ball Z" and "Pokemon" at that time.

"So, when I was changing the channel I found Animax and it was the time they were playing 'Naruto'. So, Naruto was my first introduction to anime. Cut to I watched season 1 I think and on TV then they stopped."

After it stopped airing on television, the actress did her research and watched over 600 episodes of "Naruto," a Japanese manga series written and illustrated by Masashi Kishimoto.

It tells the story of Naruto Uzumaki, a young ninja who seeks recognition from his peers and dreams of becoming the Hokage, the leader of his village. IANS



Samantha Prabhu's inspiration to join 'Citadel: Honey Bunny'

Actress Samantha Ruth Prabhu has recently opened up about her role in the upcoming series 'Citadel: Honey Bunny', shedding light on what captivated her about the project.

The actress emphasized how the series focuses on relatable characters that find themselves in extraordinary circumstances, a narrative that resonated deeply with her.

In a statement, Samantha shared, "It's not gimmicky and full of high-tech gadgets and technology. The world that is created is so real. The characters are genuinely relatable, ordinary people placed in extraordinary circumstances. That drew me in immediately. I also believe it was a brilliant move to set the show in the nineties".

She added, "Everything about this world feels authentic. By choosing the 90s as the backdrop, there's a greater dependence on human capabilities rather than on gadgets. It's more about human wit and hand-to-hand combat, resulting in a very raw experience. IANS



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