



'Flight 100' takes off from London for NYC

► Details on page 30

20k H-1B holders will be able to renew their visas

► Details on page 6



Filmfare OTT Awards 2023 winners

► Details on page 31

INDIA POST

SURVEY

survey@indiapost.com

This week's question

Will Hamas release all hostages soon?

Last week's result

Will Hama release all hostages eventually?

YES 34% NO 66%

LIFE & HOPE AT END OF TUNNEL

Leaders hail work of rescue workers



The 41 rescued workers from the collapsed Silkyara tunnel pose as they board the IAF's Chinook helicopter for Rishikesh for further medical examination. (ANI Photo)

NEW DELHI: President Droupadi Murmu, Home Minister Amit Shah and Congress leader Priyanka Gandhi Vadra hailed the rescue of 41-trapped workers from Uttarakhand's Silkyara tunnel and also congratulated the multiple teams engaged in the mega operation.

The President in a post on X said, "I feel relieved and happy to learn that all the workers trapped in a tunnel in Uttarakhand have been rescued."

She said, "Their travails over 17 days, as the rescue effort met with obstacles, have been a testament of human endurance. The nation salutes their resilience and remains grateful to them for building critical infrastructure, even at great personal risk, far away from their homes.

"I congratulate the teams and all experts who have acted with incredible grit and determination to perform one of the most difficult rescue missions in history."

Details on page 5



International tunneling expert, Arnold Dix offers prayers before local deity Baba Bokhnaag at the temple at the entrance of Silkyara tunnel after all 41 workers were safely rescued



City of Fremont presents Proclamation

► Details on page 16

Fundraiser - Raj Salwan for Mayor of Fremont

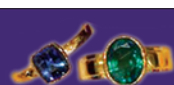
► Details on page 18

'Indian spacetech startups growing faster than ever'

► Details on page 8

CONTENTS

Bollywood	31
Classifieds	28
Community Post	16-26
Cover/Top Stories	5-7
Edit Page	29
Horoscope	14
Immigration Post	12
Info/Highlights	4
Life Style	30
OP-ED	27
TechBiz Post	8-9
Real Estate	15
Travel & Hospitality Post	13
Wellness Post	10-11



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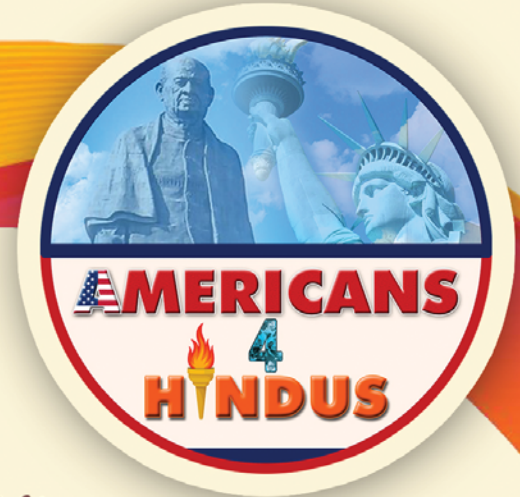


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To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.

HIGHLIGHTS

Bollywood:

Filmfare OTT Awards 2023 winners



At the Filmfare OTT Awards recently, Alia Bhatt's web debut won her the Best Actor (female) award. Manoj Bajpayee won Best Actor (male)

31



Lifestyle:

NCPA's Indian Music for 2023

Over the past decade, NCPA's Indian music festivals have been appreciated by artistes as well as audiences worldwide.

30

Cover Story:

LIFE & HOPE AT END OF TUNNEL



President Droupadi Murmu, Home Minister Amit Shah and Priyanka Gandhi Vadra hailed the rescue of 41-trapped workers from Uttarakhand's Silkyara tunnel.

5



Techbiz:

Indian spacetech startups growing

The Indian space economy is currently valued at around Rs 6,700 cr (\$8.4 billion) with a 2% share in the global space economy.

8

Community:

City of Fremont presents Proclamation



On Tuesday, November 7, 2023, Proclamation for Diwali the Hindu festival of Lights was presented by City of Fremont Mayor and Councilmembers.

16



Travel

Jodhpur: "The Blue City"

Jodhpur is popularly called "the Blue City" as it looks completely blue from an aerial view because of its blue walls and houses

13

Immigration:

EAM Jaishankar on Canada



Addressing a press briefing following the conclusion of the Virtual G20 Leaders' Summit, Jaishankar said the physical visa has started in many categories.

12



Wellness:

Respiratory illnesses among children

Spokesman Mi Feng said growth in cases driven by influenza virus as well as, rhinoviruses, mycoplasma pneumonia, respiratory syncytial virus (RSV) and adenovirus

10

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LIFE & HOPE AT END OF TUNNEL

Leaders hail work of rescue workers



Prime Minister Narendra Modi's telephonic conversation with the workers who were successfully rescued from Uttarakhand's Silkyara tunnel after 17 days yesterday, in New Delhi on (ANI Photo)



Uttarakhand Chief Minister Pushkar Singh Dhami celebrates the 'Igaas Bagwal' festival with the rescued workers of the Silkyara Tunnel and their family members at his residence, in Dehradun. (ANI Photo)

NEW DELHI: President Droupadi Murmu, Home Minister Amit Shah and Congress leader Priyanka Gandhi Vadra hailed the rescue of 41-trapped workers from Uttarakhand's Silkyara tunnel and also congratulated the multiple teams engaged in the mega operation.

The President in a post on X said, "I feel relieved and happy to learn that all the workers trapped in a tunnel in Uttarakhand have been rescued."

She said, "Their travails over 17 days, as the rescue effort met with obstacles, have been a testament of human endurance. The nation salutes their resilience and remains grateful to them for building critical infrastructure, even at great personal risk, far away from their homes."

"I congratulate the teams and all experts who have acted with incredible grit and determination to perform one of the most difficult rescue missions in history."

Shah in a post on X, said, "It is great news for the

nation that all our 41-Shramik brothers trapped in a tunnel in Uttarkashi have been rescued safe and sound. Nation salutes their grit in facing such a challenging situation in the tunnel for so long."

"My heartfelt gratitude to all the people and the agencies that have made tireless efforts to save the lives of our fellow citizens," Shah added.

Congress General Secretary Priyanka Gandhi Vadra in a post on X said, "All the workers who were trapped between life and death for the last 17 days in the Silkyara Tunnel of Uttarkashi have come out safely. Salute to each and every brave person engaged in the rescue operation. You have made the prayers of the entire country successful."

She also prayed for their speedy recovery congratulated their families.

The remarks came after all the 41 trapped workers at the Uttarakhand's Silkyara tunnel in Uttarkashi area were

pulled out safely on 28 November evening, after 17 days of mega multiple agency operation.

Relief and rescue work which entered the 16th day on Tuesday, was being carried out by scientists, international experts, NDRF, SDRF, BRO on a war footing.

On November 12, an under-construction tunnel collapsed in Uttarakhand's Uttarkashi leaving 41 workers trapped. IANS

"Wonderful Achievement": Australian PM hails rescue of 41 workers trapped in Uttarakhand tunnel

CANBERRA: Australian Prime Minister Anthony Albanese hailed the Indian authorities for successfully carrying out the rescue operation to evacuate 41 workers who were trapped inside the Silkyara-Barkot tunnel in Uttarakhand.

He also expressed pride in the role of Professor Arnold Dix, a tunneling expert from Australia, who oversaw the operation that progressed over two weeks, navigating myriad challenges.

"A wonderful achievement by Indian authorities. Proud that Australian Professor Arnold Dix played a role on the ground," Albanese posted on X (formerly Twitter).

Australian High Commissioner to India, Philip Green also hailed the rescue operation and termed it an "immense achievement".

He underlined the efforts, of Professor Arnold Dix, who provided technical support that eventually led to the safe extraction of all the trapped workers.

"This is an immense achievement. Well done to the authorities for successfully evacuating all 41 workers

trapped in the tunnel in #Uttarkhand. Special commendation to Australia's Professor Arnold Dix who provided important technical support on the ground," Green posted on X.



Anthony Albanese

On November 12, a section of the tunnel between 205 and 260 meters from the Silkyara side collapsed. Workers who were beyond the 260-meter mark were trapped, with their exit blocked.

All 41 workers who were trapped inside Uttarakhand's Silkyara tunnel since November 12 were evacuated safely 28 November evening. The breakthrough was achieved at 7:05 pm.

The rescued workers were draped in orange marigold flower garlands and were greeted by Uttarakhand Chief Minister Pushkar Singh Dhami and Union Minister VK Singh.

Earlier, Prime Minister Narendra Modi also heaped praises on the rescuers and said that they have set an "example of humanity and teamwork". ANI

Uttarakhand: After rescue, workers share light moments at Chinyalisaur Community Health Centre

UTTARKASHI: A rescued worker at Chinyalisaur Community Health Centre on Wednesday (29 Nov.) shared a video of his fellow workers having some light moments after enduring 17 days of ordeal inside the Silkyara tunnel in Uttarakhand.

In the video, a voice can be heard saying, while pointing to his fellow workers, "They are in good health and doing fine."

As the video zooms out, workers can be seen cozying up to each other and speaking on their mobile phones with their relatives, while others are seen brushing their teeth in one corner and serving tea, as seen in the video.

Acknowledging the state government's support during their ordeal, the worker is heard saying, "We are grateful to the state government for delivering essential food items inside the tunnel."

Meanwhile, Dr. Bimlesh Joshi, Nodal Officer Health of Rescue operation said after screening and a health checkup at Chinyalisaur Community Health Centre, 41 workers are healthy,

"All 41 workers are currently healthy; their health screening has been done twice after the rescue, first inside the tunnel last night and second this morning. A team of 18 doctors at the Community Health Centre of Chinyalisaur has been monitoring his health since last night, out of which 10 are GDMOs and the remaining 8 are specialists, which include all types of specialists. ANI

Starting Jan, 20k H-1B holders will be able to renew their visas in US

NEW YORK: In a move likely to benefit Indian professionals, 20,000 H-1B specialty occupation workers will be able to renew their visas in the US beginning from January next year, according to State Department officials.

This development comes months after the White House announced a pilot program for domestic renewal of certain categories of H-1B visas during the state visit of Prime Minister Narendra Modi in June this year.

The visa renewal pilot program is one of multiple measures the State Department is looking to add or continue with the aim of driving down wait times for travel to the US, Bloomberg Law reported, citing officials.

It would allow H-1B holders to renew their visas by mailing them to the State Department rather than travel outside the US and face uncertain wait times to secure an appointment at a US consular office before returning.

"We really need to get proof of concept that it works before we can extend it to a larger group," Deputy Assistant Secretary for Consular Affairs Julie Stuftt told reporters 27 November.

"This is a huge change for folks who live here and previously would have had to leave the US," she added.



Due to heavy visa backlogs, some H-1B workers have pursued work-arounds such as traveling to nearby countries with fewer backlogs to secure appointments.

According to Stuftt, the domestic renewal option would help consular offices in those countries as well as India.

The average wait time to secure a visa appointment for travel to the US fell to 130 days last year, a drop of 70 days from fiscal year 2022.

The State Department considers acceptable wait times to be closer to 90 days. IANS

Rahul Mittra shoots Docuseries on Indian Americans

NEW DELHI: Well-known filmmaker Rahul Mittra is currently filming a docuseries on prominent Indian Americans in the US. Rahul Mittra Films & top media company American Bazaar, are profiling prominent trailblazers from the diaspora & will premier in the US & subsequently worldwide in 2024.

Indian Americans have a long history in the US but their population was relatively small until the 1960s when a change in immigration policy helped lead to a migration boom of Indian tech workers. Over the generations, other family members also moved to the US.

Today, Indian Americans have become one of the most affluent & populous Asian-alone group in the United States, growing by over 50 percent to about 4.4 million in a decade, according to a new Census Bureau. With the 2024 US presidential election on the horizon, the Indian diaspora is expected to play a decisive role in American politics.

The shoot for the multi-part series began a month ago & will premier in the US & subsequently worldwide in 2024. NN / ANI

World's first 100% SAF flight powered by Rolls-Royce 'Flight 100' takes off from London for NYC

NEW DELHI: Rolls Royce 'Flight 100' -- which is world's first 100 percent Sustainable Aviation Fuel (SAF) flight -- took off from London Heathrow airport to New York, JFK on Tuesday.

The flight marked the culmination of a year of radical collaboration, to demonstrate the capability of SAF as a safe drop-in replacement for fossil derived jet fuel, compatible with modern engines, airframes and fuel infrastructure.

Flown on a Boeing 787, using Rolls-Royce Trent 1000 engines, the flight marks a world first on 100 percent SAF by a commercial airline across the Atlantic.

The milestone flight was made possible by a Virgin Atlantic-led consortium, including Boeing, Rolls-Royce, Imperial College London, University of Sheffield, ICF and Rocky Mountain Institute, in partnership with Department for Transport

SAF has a significant role to play in the decarbonization of long haul aviation, and pathway to Net Zero 2050.

While other technologies such as electric and hydrogen remain decades away, SAF can be used now. Today, SAF represents less than 0.1 percent of global jet fuel volumes and fuel standards allow for just a 50 percent SAF blend in commercial jet engines.

'Flight 100' will prove that the challenge of scaling up production is one of policy and investment, and industry and government must move quickly to create a thriving

UK SAF industry.

As well as proving the capabilities of SAF, 'Flight 100' will assess how its use affects the flight's non-carbon emissions with the support of consortium partners ICF, Rocky Mountain Institute (RMI), Imperial College London and University of Sheffield.



The research will improve scientific understanding of the effects of SAF on contrails and particulates and help to implement contrail forecasts in the flight planning process.

Data and research will be shared with industry, and Virgin Atlantic will continue its involvement with contrail work through RMI's Climate Impact Task Force, which is part-funded by Virgin Unite.

The SAF used on 'Flight 100' is a unique dual blend; 88 percent HEFA (Hydroprocessed Esters and Fatty Acids) supplied by AirBP and 12 percent SAK (Synthetic Aromatic Kerosene) supplied by Virent, a subsidiary of Marathon Petroleum Corporation.

The HEFA is made from waste fats while the SAK is made from plant sugars, with the remainder of plant proteins, oil and fibers continuing into the food chain.

SAK is needed in 100 percent SAF blends to give the fuel the required aromatics for engine function. To achieve Net Zero 2050, the innovation and investment needed across all available feedstocks and technologies must be harnessed to maximize SAF volumes as well as continuing the research and development needed to bring new zero emission aircraft to market.

Shai Weiss, Chief Executive Officer, Virgin Atlantic, said that the 'Flight 100' proves that SAF can be used as a safe,

drop-in replacement for fossil-derived jet fuel and it's the only viable solution for decarbonizing long haul aviation.

Richard Branson, Founder, Virgin Atlantic, said that the world will always assume something can't be done, until you do it. The spirit of innovation is getting out there and trying to prove that we can do things better for everyone's benefit. IANS

Towards a Brighter Tomorrow: India's G20 Presidency and the Dawn of a New Multilateralism

PRIME MINISTER OF INDIA, NARENDRA MODI

Today marks 365 days since India assumed the G20 Presidency. It is a moment to reflect, recommit, and rejuvenate the spirit of 'Vasudhaiva Kutumbakam, 'One Earth, One Family, One Future.'

As we undertook this responsibility last year, the global landscape grappled with multifaceted challenges: recovery from the Covid-19 pandemic, looming climate threats, financial instability, and debt distress in developing nations, all amid declining multilateralism. In the midst of conflicts and competition, development cooperation suffered, impeding progress.

Assuming the G20 Chair, India sought to offer the world an alternative to status quo, a shift from a GDP-centric to human-centric progress. India aimed to remind the world of what unites us, rather than what divides us.

Finally, the global conversation had to evolve - the interests of the few had to give way to the aspirations of the many. This required a fundamental reform of multilateralism, as we knew it.

Inclusive, ambitious, action-oriented, and decisive - these four words defined our approach as G20 president, and the New Delhi Leaders' Declaration (NDLD), unanimously adopted by all G20 members, is testimony to our commitment to deliver on these principles.

Inclusivity has been at the heart of our presidency. The inclusion of the African Union (AU) as a permanent member of the G20 integrated 55 African nations into the forum, expanding it to encompass 80% of the global population. This proactive stance has fostered a more comprehensive dialogue on global challenges and opportunities.

The first-of-its-kind 'Voice of the Global South Summit,' convened by India in two editions, heralded a new dawn of multilateralism. India mainstreamed the Global South's concerns in international discourse and has ushered in an era where developing countries take their rightful place in shaping the global narrative.

Inclusivity also infused India's domestic approach to G20, making it a People's Presidency that befits that world's largest democracy. Through "Jan Bhagidari" (people's participation) events, G20 reached 1.4 billion citizens, involving all states and Union Territories (UTs) as partners. And on substantive elements, India ensured that international attention was directed to broader developmental aims, aligning with G20's mandate.

At the critical midpoint of the 2030 Agenda, India delivered the G20 2023 Action Plan to Accelerate Progress on the Sustainable Development Goals (SDGs), taking a cross-cutting, action-oriented approach to interconnected issues, including health, education, gender equality and environmental sustainability.

A key area driving this progress is robust Digital Public Infrastructure (DPI). Here, India was decisive in its recommendations, having witnessed the revolutionary impact of digital innovations like Aadhaar, UPI and Digilocker, first-hand. Through G20, we successfully completed the Digital Public Infrastructure Repository, a significant stride in global technological collaboration. This repository, featuring over 50 DPIs from 16 countries, will help the Global South build, adopt, and scale DPI to unlock the power of inclusive growth.



Narendra Modi
Prime Minister of India

For our One Earth, we introduced ambitious and inclusive aims to create urgent, lasting, and equitable change. The Declaration's 'Green Development Pact' addresses the challenges of choosing between combating hunger and protecting the planet, by outlining a comprehensive roadmap

where employment and ecosystems are complimentary, consumption is climate conscious, and production is planet-friendly. In tandem, the G20 Declaration calls for an ambitious tripling of global renewable energy capacity by 2030. Coupled with the establishment of the Global Biofuels Alliance and a concerted push for Green Hydrogen, the G20's ambitions to build a cleaner, greener world is undeniable. This has always been India's ethos, and through Lifestyles for Sustainable Development (LiFE), the world can benefit from our age-old sustainable traditions.

Further, the Declaration underscores our commitment to climate justice and equity, urging substantial financial

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and technological support from the Global North. For the first time, there was recognition of the quantum jump needed in the magnitude of development financing, moving from billions to trillions of dollars. G20 acknowledged that developing countries require \$5.9 trillion to fulfill their Nationally Determined Contributions (NDCs) by 2030.

Given the monumental resources required, G20 emphasized the importance of better, larger, and more effective Multilateral Development Banks. Concurrently, India is taking a leading role in UN reforms, especially in the restructuring of principal organs like the UN Security Council that will ensure a more equitable global order.

Gender equality took center stage in the Declaration, culminating in the formation of a dedicated Working Group on the Empowerment of Women next year.

India constitutes high-level committee to look into security concerns raised by US on criminal nexus

NEW DELHI: India has said it has constituted a high-level enquiry committee to look into all the relevant aspects regarding the concerns shared by the United States on bilateral security cooperation.

External Affairs Ministry spokesperson Arindam Bagchi said in a statement today that the Indian government will be taking "necessary follow-up action" based on the findings of the enquiry committee.

"We have already said that during the course of discussions with the US on bilateral security cooperation, the US side shared some inputs pertaining to nexus between organized criminals, gun runners, terrorists and others," Bagchi said in a statement.

"We had also indicated that India takes such inputs seriously since they impinge on our national security interests as well, and relevant departments were already examining the issue," the statement added.

The MEA said that the enquiry committee was constituted on November 18.

"In this context, it is informed that on 18 November 2023, the Government of India constituted a high-level Enquiry Committee to look into all the relevant aspects of the matter," the MEA spokesperson said.

He added, "Government of India will take necessary follow-up action based on the findings of the Enquiry Committee".

On November 22, the MEA had informed that the US had shared some inputs pertaining to a "nexus between organized criminals, gun runners, terrorists and others" during the course of recent discussions on India-US security cooperation.

Bagchi had said that India takes such inputs seriously since it impinges on its own security interests as well. He said the inputs are the cause of concern for both countries and necessary follow-up action is being taken.

Earlier, the UK-based Financial Times published a report claiming that the US thwarted a plan to allegedly assassinate India-designated terrorist Gurpatwant Singh Pannun on American soil.

US had informed India of concerns regarding the alleged plot to kill Pannun, the Financial Times reported quoting people familiar with the matter.

However, the news report failed to elaborate whether the Federal Bureau of Investigation (FBI) in the US was involved in the thwarting of the plan nor does it mention the specific nature of the communication between the US and India.

The news report citing people familiar with the matter goes on to claim, that US federal prosecutors have filed a sealed indictment against at least one alleged perpetrator of the plot in a New York district court.

The US Justice Department and the FBI have also not issued any formal statement on such claims. ANI

Microsoft to end support for its '365 browser extension' next year

SAN FRANCISCO: Microsoft has announced the retirement of the Microsoft 365 browser extension (formerly named Office browser extension) and will end support early next year.

"This extension will reach retirement and end of support on January 15, 2024," Microsoft said in a blogpost.

"After this date, the extension will no longer receive security updates, non-security updates, bug fixes, or technical support," it added.

The company also said that the extension will also be removed from Microsoft Edge and Google Chrome web stores as an extension add-on.

The Microsoft 365 browser extension is a free extension available on Microsoft Edge and Google Chrome that gives you access to your Microsoft 365 apps and documents on the web.

The extension has over six million users on Chrome and more than four million users on Edge.

Meanwhile, Microsoft has announced new features in Outlook Lite, along with SMS support for users in India.

Outlook Lite also brings support for Indian vernacular languages to enable users to effectively communicate. *IAN S*

Chinese firms suffer shrinking profits

NEW DELHI: China's industrial enterprises continued to be hampered by shrinking profits even as Beijing reiterated that the economy is on track to reach its growth target for the year, media reports said.

Profits at firms with revenue 20 million yuan (US\$2.8 million) slid by 7.8 percent in the first ten months of the year, a narrowed 1.2-percentage point decline compared with the January to September number, according to data released 27 November by the National Bureau of Statistics. *IAN S*

Indian spacetech startups growing faster than ever, ready for perfect lift off: AWS

NISHANT ARORA

LAS VEGAS: The friendly government policies and timely investments have given a much-needed boost to startups in the aerospace sector compared to other countries and the country is ripe for tremendous growth in the space industry over the next decade, a top AWS executive has said.

The Indian space economy is currently valued at around Rs 6,700 crore (\$8.4 billion) with a 2 percent share in the global space economy.

As per estimates by the Indian National Space Promotion and Authorisation Centre (IN-SPACe), the country's space economy is poised to reach Rs 35,200 crore (\$44 billion) by 2033 with nearly 8 percent of the global share.

Clint Crosier, Director, Aerospace and Satellite, AWS, told IANS during the sidelines of the 'AWS re: Invent 2023' conference here that he is very bullish



Clint Crosier

on India and is witnessing a faster rate of space startups being created in the country over the last year.

"We have seen dozens and dozens of new space startups being established in India. This is because of the new government policies and investments, and the goal to increase by 4

times the amount of its share of the global space industry," Crosier emphasized.

In September, AWS signed a strategic MoU with the Indian Space Research Organization (ISRO) and IN-SPACe to support space-tech innovations through cloud computing. This collaboration will give space

startups, research institutes and students access to cutting edge cloud technologies that accelerate the development of new solutions in the space sector.

"We look forward to helping customers in India build space-tech solutions to make life on Earth better," Shalini Kapoor, Director and Chief Technologist, Public Sector, AWS India and South Asia, had said.

The three-way collaboration follows the recent approval of the Indian Space Policy, 2023 which provides a strategic roadmap for the growth and development of India's space program and ambitions.

Crosier said that the company is working from the smallest startups all the way up to the government organizations to help them improve their capabilities in the space sector.

"We're supporting and working with a company called SatSure in India, which is using space-based data, and geospatial analytics to help with climate management decisions within the government in the country," he told IANS.

SatSure is able to process those volumes of data, and turn large data into real-time, knowledge and insights by operating at the scope and speed of high performance compute and artificial intelligence and machine learning on AWS cloud.

With at least 140 registered space-tech startups, India stands to transform the planet's connection to the final frontier.

According to a latest report by The New York Times, startups in India have ambitious plans for capitalizing on the burgeoning demand of small satellites in low-earth orbits. *IAN S*

Apple iPhone maker Foxconn to invest \$1.5 bn in India

NEW DELHI: Taiwanese contract manufacturer Foxconn plans to invest \$1.54 billion in India, as the country doubles down on local manufacturing.

In a stock exchange filing, Foxconn said that the investment will help it fulfill "operational needs."

The company, however, did not provide further details.

Foxconn is the main assembler of Apple iPhones and both companies are keen to move away from China and create alternative supply chains.

Foxconn already has an iPhone factory in Tamil Nadu,

which employs 40,000 people and has signed an agreement to invest Rs 1,600 crore in a new electronics components unit in the state that will create 6,000 jobs.

The company has also announced that it will be investing an additional Rs 3,300 crore in its manufacturing facility in Telangana. This will take the total investment of the company in the state to more than Rs 4,550 crore.

In September, Union IT Minister Ashwini Vaishnaw said the

government was "fully committed" to support Taiwanese electronics giant Foxconn's ambitious plans to double its manu-



facturing capacity in the country. "Fully committed to support

and facilitate," Vaishnaw said on X in response to Foxconn India representative V Lee's LinkedIn post to mark Prime Minister Narendra Modi's 73rd birthday in which he said the company was "aiming for another doubling of employment, FDI (foreign direct investment), and business size in India" by this time next year.

Foxconn chairman Young Liu had visited India recently to attend the 'SemiconIndia 2023' event hosted for global semiconductor companies that was inaugurated by PM Modi in Gandhinagar. *IAN S*

Samsung unveils new unit to explore new business opportunities

SEOUL: Samsung Electronics, the world's largest maker of memory chips and smartphones, recently said it has established a unit tasked with exploring new business opportunities, as part of the electronics giant's annual reshuffle of its top-level executives.



The unit, called the "Future Business Planning Division," will be led by longtime Samsung executive Jun Young-hyun, currently vice chairman of Samsung SDI Co., a display unit of Samsung Group, the company said

in a statement.

The annual reshuffle saw two co-CEOs of Samsung Electronics -- Han Jong-hee and Kyung Kye-hyun -- retain their posts, in an apparent move to stabilize the company's leadership, about a year after Chairman Lee Jae-yong took the helm, reports Yonhap news agency.

The unit was "created to explore new business opportunities beyond its existing operations," Samsung Electronics said in the statement.

Under the reshuffle, two vice presidents were also promoted.

Yong Seok-woo, who has served in various capacities at the company's display division, was promoted to a president and will be in charge of the display division.

Kim Won-kyong, a former diplomat who joined Samsung Electronics in 2012, was promoted to a president and will head the company's division on global public affairs.

Samsung's latest reshuffle was smaller in scope com-

pared with past ones. Last year, a total of seven executives were promoted to president, including Lee Young-hee, the company's first-ever female president.

The latest reshuffle is also seen as a sign that Samsung is moving to tap younger talents for top-level executive positions, with Yong becoming the first-ever company president born in the 1970s.

The reshuffle came as a prolonged global economic downturn and a struggling semiconductor industry have cast a cloud over Samsung Electronics' quarterly performance.

In the first and second quarters of this year, Samsung Electronics posted 640.2 billion won (\$491 million) and 668.5 billion won in operating profit, respectively, marking the lowest quarterly earnings since the first quarter of 2009. IANS

Nepalese businesses eye investment prospects in Ayodhya, expecting large footfall

NEW DELHI: Seeing the possibility of a large number of devotees coming from Nepal after the newly built Ram Temple is open to the public, Nepali businesses are keen on investing in Ayodhya City.

Nepalese individuals and businesses are showing interest in investing in Ayodhya, as mentioned Nepal's ambassador to India, Shankar Sharma.

In an interview with ANI, the envoy said "Although the Nepalese government is not currently involved but private businesses from Nepal have already invested, and more are in the process of doing so in Ayodhya."

The currently available properties in Ayodhya are insufficient for the expected increase in demand, especially

after the inauguration of the Ram Temple in early 2024.

He emphasized that once the temple is inaugurated, there's an anticipation of a significant influx of Nepalese devotees visiting Ayodhya, likening it to a swarm of devotees.

"For decades, there has been a tradition among Nepali people to visit Ayodhya, where they perform rituals and take soil (procession) from the sacred land to fulfill the marriage rituals of Ram and Sita in Janakpur in Nepal," he told ANI.

The Nepal envoy Shankar Sharma said, "I think this inauguration of Ram temple in Ayodhya will give a very

strong and positive message to all Nepali people because I'm sure when this is inaugurated, almost everybody in Nepal would like to come and visit this place. So that will also, I think, have very significant and vital importance in strengthening Nepal-India relationship." ANI



Gold prices rise to six-month high

MUMBAI: Gold prices rose past a six-month high in the global market on 27 November, as a weaker dollar and expectations of a pause in US interest rate hikes increased demand for the yellow metal.

The global prices also impact domestic prices in India due to high imports of the precious metal.

Spot gold increased 0.5 percent to \$2,012.33 per ounce while the US gold futures also rose 0.5 percent to \$2,013.10.

The dollar depreciated further by 0.1 percent against a basket of major currencies and is currently at a two-month low, which makes the precious metal cheaper in other foreign currencies.

Expectations of low interest rates makes financial instruments less attractive for investors compared to gold, which is considered a safe investment.

In India, the average price of gold was at Rs 62,440 per 10 gm, up by over Rs 300 compared to the previous day although it varied among cities. IANS



Google Drive users report missing files, firm investigating

SAN FRANCISCO: Google has said it is investigating the issue related to reports from Google Drive users claiming that their personal files have unexpectedly disappeared from the cloud service.

Acknowledging the issue, the company recently wrote in a new Google community support thread, "We're investigating reports of an issue impacting a limited subset of Drive for desktop users and will follow up with more updates".

The tech giant noted that it's a sync issue for Google Drive desktop versions 84.0.0.0 through 84.0.4.0.

One of the users on the Google community support site reported losing its data from May until to date.

"Hi, my Google Drive files suddenly disappeared. The Drive literally went back to the condition in May 2023. Data from May until today disappeared, and the folder structure went back to status in May," the user wrote.

According to the user, Google's support team guided them through a data recovery process that included attempting to back up and restore a DriveFS folder but eventually had no success.

One user said their "IT guy" couldn't discover any evidence of the files, while another mentioned Google requested an export of their drive diagnostic data.

A Google Drive team member posted a warning advising users not to click "disconnect account" within the Google Drive for desktop.

Meanwhile, the company has announced that Google Drive will no longer require third-party cookies to be enabled to download files from January 2, 2024.

Google Chrome and other browsers have begun phasing out third-party cookies in order to better protect user privacy. IANS

Bengal to go tough on sale of antibiotics without prescription

KOLKATA: West Bengal health department has decided to act tough on the rampant sale of antibiotic drugs in retail medicine shops in the state without proper prescription from any registered medical practitioner.

A senior official of the state government said the decision on this count has been taken following several reports and findings, which point at increasing growth of multiple drug-resistant bacteria in human bodies.

At the same time, the state health department has decided to work closely with the state animal husbandry department to monitor the rampant use of antibiotic substances in agricultural farms, poultry, hatcheries and pisciculture farms.

"Rampant use of antibiotics has become a vicious circle. Once certain drug-resistant bacteria for a certain level of antibiotics are developed in the human body, people are resorting to stronger dosage to antibiotics. This circle is resulting in the growth of multiple drug-resistant bacteria in human bodies. This is happening because a section of the retail chemists and druggists are selling antibiotic drugs without any sort of prescription. We have now decided to act tough in the matter," a senior health department official said. *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)

10 India Post

www.indiapost.com

December 1, 2023

Various pathogens responsible for surge in acute respiratory illnesses among children in China

BEIJING: Various pathogens are responsible for a surge in acute respiratory illnesses among children, Chinese health authorities said last week, as pediatric departments across the country grappled with caseload, the media reported.

National Health Commission spokesman Mi Feng said the growth in cases was being driven by the influenza virus as well as, rhinoviruses, mycoplasma pneumonia, respiratory syncytial virus (RSV) and adenovirus, South China Morning Post reported.

He urged medical facilities to provide timely and up-to-date information about demand for pediatric and fever outpatient services, and for schools to take adequate preventive measures.

"Efforts should be made to implement effective epidemic prevention and control measures in key locations with dense populations, such as



schools, childcare institutions and nursing homes," Mi said, SCMP reported.

Hospitals have also been told to improve their ability to grade patients according to the severity of infection, for better identification of the seriously ill.

Different age groups were being affected by different pathogens, but influenza was a major culprit across the board, an official from the Chinese Centre for Disease Control and Prevention said.

Wang Huaqing, the CDC's

chief immunization planning expert, said mycoplasma pneumonia infections were mostly seen among the five -- 14 age group, whereas the rest were mostly sickened by the different types and combinations of viruses, SCMP reported. *IANS*

Fasting for 14 hours improves mood, sleep, hunger: Research

LONDON: Eating within a 10-hour window provides favorable health advantages in terms of mood, energy, and hunger, according to new findings from the largest UK community research study of its kind.

The trial's findings were presented at the European Nutrition Conference by researchers from King's College London.

Intermittent fasting (IF), or limiting your meal consumption to a specific time frame, is a popular weight loss method. With a ten-hour window, you

limit your daily eating schedule to 10 hours and fast for the remaining 14 hours. For example, if you consume your first mouthful at 9 a.m., you must finish by 7 p.m.

Those who were consistent with their eating window had greater benefits than those who varied their eating window day to day.

Despite the fact that certain intermittent fasting advocates frequently promote restrictive eating windows as short as six hours, data presented in the abstract sug-

gest that eating within a less restrictive window of ten hours has beneficial health effects such as changes in mood, energy, and



appetite.

Dr Sarah Berry from King's College London and chief scien-

tist at ZOE said, "This is the largest study outside of a tightly controlled clinic to show that intermittent fasting can improve your health in a real-world setting. What's really exciting is that the findings show that you don't have to be very restrictive to see positive results. A ten-hour eating window, which was manageable for most people, improved mood, energy levels and hunger. We found for the first time

that those who practiced time-restricted eating, but were not consistent day to day, did not

have the same positive health effects as those who were dedicated every day."

37,545 people on the ZOE Health app completed the core intervention period of three weeks. Participants were asked to eat as normal for the first week and then a ten-hour eating window for two weeks.

More than 36,231 participants opted for additional weeks and 27,371 users were classified as highly engaged. Highly engaged participants were 78 percent female, with a mean age of 60 and a BMI of 25.6. *ANI*

Can soap help fight malaria carrying mosquitoes?

NEW YORK: The solution to the decades-long battle against malaria may be as simple as adding soap, according to a study.

Scientists at The University of Texas at El Paso (UTEP) found that adding small quantities of liquid soap to some classes of pesticides can boost their potency by more than ten-fold.

The discovery is promising news as malaria-carrying mosquitoes display an increasing resistance to current insecticides, said lead author Colince Kamdem, Assistant Professor in Department of Biological Sciences at UTEP.

"Over the past two decades, mosquitoes have become strongly resistant to most insecticides," Kamdem said.

"It's a race now to develop alternative compounds with new modes of action."

Both laboratory tests and field trials have shown that neonicotinoids, a special class of insecticide, are a promising alternative to target populations showing resistance to existing insecticides, said Caroline Fouet, Research Assistant Professor at UTEP.

Neonicotinoids, however, do not kill some mosquito species unless their potency is boosted.

In this case, Fouet said, soap is the boosting sub-



stance.

Malaria is a devastating mosquito-borne disease that is prevalent in sub-Saharan Africa, Asia and Latin America, causing fever, fatigue, headaches and chills; the disease can be fatal.

In 2020, there were an estimated 241 million cases of malaria worldwide, according to the Centers for Disease Control, resulting in 627,000 deaths.

In a new study published last week in PLOS Neglected Tropical Diseases, the team selected three low-cost, linseed-oil based soaps that are prevalent in sub-Saharan Africa -- Maitre Savon de Marseille, Carolin Savon Noir and La Perdrix Savon -- and added them to four different neonicotinoids, acetamiprid, clothianidin, imidacloprid and thiamethoxam.

In all cases, the insecticides drastically enhanced potency, the team wrote in the study.

"All three brands of soap increase mortality from 30 percent to 100 percent compared to when the insecticides were used on their own," said Ashu Fred, first author and doctoral student at Cameroon's University of Yaounde. *IANS*

Workaholics feel worse even while working: Study

LONDON: Workaholics are more likely than others to feel sick even when engaged in work they are most passionate about, finds a study.

The study led by a team of Italian researchers from universities of Trento and Bologna involved 139 full-time workers, mostly employed in back-office activities. A psychological test was first used to assess the participants' level of work dependency.

Afterward, the scholars analyzed the mood of the workers and their perception of workload using a technique known as the "experience sampling method".

Their results, published in the Journal of Occupational Health Psychology, showed that most workaholic workers have, on average, a worse mood than the others.

The researchers said that contrary to popular notion, people who are addicted to work do not derive more pleasure from their work activity. Workaholism also shares similarities with other addictions, such as gambling or alcoholism. "The results seem to confirm that, as in other forms of behavioral and substance addiction, the initial euphoria gives way to a negative emotional state that pervades the person even while at work," said Cristian Balducci, a professor at the Department for Life Quality Studies at the University of Bologna (Rimini Campus).

"The negative mood observed in workaholics may indicate elevated daily stress levels and that could be the cause of the higher risk for these individuals to develop burnout and cardiovascular problems," he added. *IANS*



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2 Iranian nationals held with fake documents in UP

MAHARAJGANJ: Two Iranian nationals have been arrested in Uttar Pradesh's Maharajganj while trying to cross over to Nepal using fake documents, a senior immigration official said recently.

Solat Karmalou, 22, and Rashid Samadidoukanlu, 40, travelling from India to Nepal, were arrested by the Immigration Department in the Sunauli area of the India-Nepal border as their visas and passports had



expired, Sonauli check post Immigration Officer Naresh Tyagi said.

Two illegal visas allegedly bearing forged stamps were recovered from both Iranian nationals, officials said.

A case has been registered against them under sections 419 and 420 of the Indian Penal Code and under section 14 of The Foreigners Act.

The Intelligence Bureau has been informed about the matter and they are being questioned, an official of the local intelligence unit said.

Sunauli in Maharajganj district is located on the India-Nepal border and is a common transit point between the two countries. **IANS**

Immigration POST

12 India Post

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December 1, 2023

Addressing a press briefing following the conclusion of the Virtual G20 Leaders' Summit, Jaishankar said the physical visa has started in many categories

"Situation has become more secure": EAM Jaishankar on resumption of e-Visa services for Canadians

NEW DELHI: Following the restoration of the e-Visa services by India for Canadian nationals, External Affairs Minister S Jaishankar has said that the visa issuance was temporarily suspended because the situation in Canada has made it "difficult for our diplomats to do the necessary work."

Addressing a press briefing following the conclusion of the Virtual G20 Leaders' Summit, Jaishankar said the physical visa has started in many categories.

"Regarding the E visa, you know, first of all, it had nothing to do with the G20 meeting. What had happened was we had temporarily suspended visa issuance because the situation in Canada made it difficult for our diplomats to do the, you know, frankly to go to the office and do the necessary work for processing visas," Jaishankar said.

"As the situation has become more secure or relatively improved. I think we have found it possible for the visa services to progressively resume," he added.

Noting further, the minister said, "...And, you know, the physical visa has started in



External Affairs Minister S Jaishankar

many categories."

India has resumed electronic visa services for eligible Canadian citizens, the High Commission of India in Canada announced last week.

The notification released by the Indian High Commission in Canada reads, "Indian eVisa facility has been restored w.e.f. 22 November 2023, for all eligible

Canadian citizens holding Regular/Ordinary Canadian passports."

"Holder of any other category of Canadian passport will need to apply for regular paper visa, in accordance with the existing modalities - details may be found on the respective websites of the High Commission of India, Ottawa; Consulate

General of India, Toronto and Consulate General of India, Vancouver," it added.

The move to restore e-visa services comes amid a diplomatic row between India and Canada. Earlier in September, the Indian Mission in Canada suspended visa services until further notice, citing operational reasons, according to BLS International.

BLS International Services Limited is an Indian outsourcing service provider for government and diplomatic missions worldwide. The company manages visa, passport, consular, attestation and citizen services.

"Important notice from Indian Mission: Due to operational reasons, with effect from September 21, 2023, Indian visa services have been suspended till further notice. Please keep checking the BLS website for further updates," the BLS website said. **ANI**

Foreign students say Canada should permanently lift 20-hour work cap

TORONTO: International students in Canada, who have off-campus work authorization on their study permit, say that the country should permanently lift the 20-hour-per-week work rule.

The Canadian government had announced temporary lifting of the cap from November 15, 2022 to December 31, 2023 as employers were facing unprecedented challenges in finding and retaining workers they needed for economic recovery post Covid.

According to students,

many of whom are from India, working more hours gives them stability amidst rising costs in the country, CBC News reported.

The Canadian government had announced temporary lifting of the cap from November 15, 2022 to December 31

Krunal Chavda, a 20-year-old Indian student at the University of Saskatchewan, said he has around \$40,000 in student loans and was able to pay off \$10,000 with full-time work.

"The past year has been

quite good in terms of finances because I could work 40 hours a week and have been able to pay off my tuition fees," Chavda told the Canadian

news outlet.

With the previous rule coming back, Chavda is worried about his finances as his grocery budget has gone up from \$100 to as much as \$300 a month due to inflation. **IANS**

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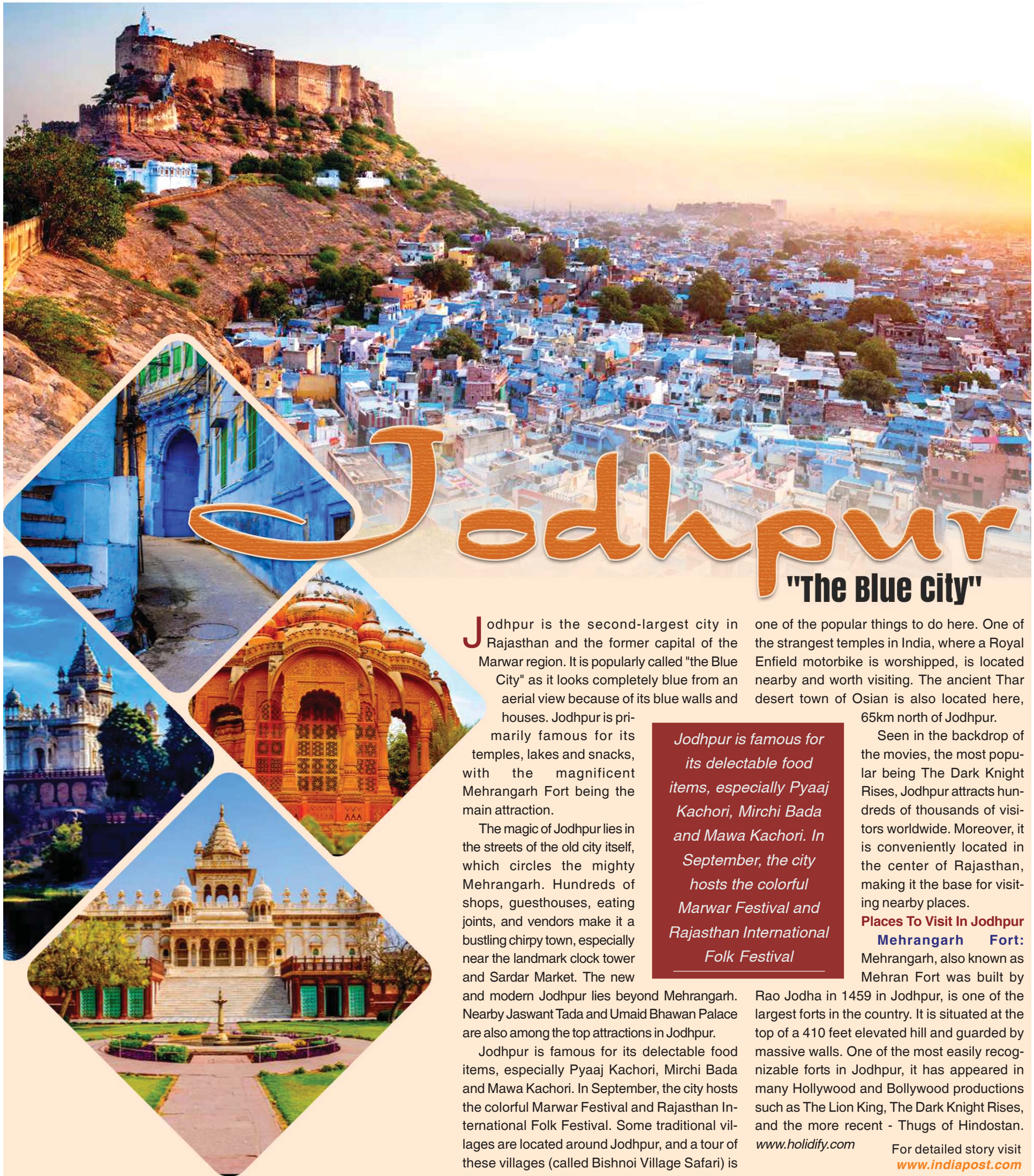
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Jodhpur "The Blue city"

Jodhpur is the second-largest city in Rajasthan and the former capital of the Marwar region. It is popularly called "the Blue City" as it looks completely blue from an aerial view because of its blue walls and houses. Jodhpur is primarily famous for its temples, lakes and snacks, with the magnificent Mehrangarh Fort being the main attraction.

The magic of Jodhpur lies in the streets of the old city itself, which circles the mighty Mehrangarh. Hundreds of shops, guesthouses, eating joints, and vendors make it a bustling chirpy town, especially near the landmark clock tower and Sardar Market. The new and modern Jodhpur lies beyond Mehrangarh. Nearby Jaswant Tada and Umaid Bhawan Palace are also among the top attractions in Jodhpur.

Jodhpur is famous for its delectable food items, especially Pyaaj Kachori, Mirchi Bada and Mawa Kachori. In September, the city hosts the colorful Marwar Festival and Rajasthan International Folk Festival. Some traditional villages are located around Jodhpur, and a tour of these villages (called Bishnoi Village Safari) is

one of the popular things to do here. One of the strangest temples in India, where a Royal Enfield motorbike is worshipped, is located nearby and worth visiting. The ancient Thar desert town of Osian is also located here, 65km north of Jodhpur.

Seen in the backdrop of the movies, the most popular being The Dark Knight Rises, Jodhpur attracts hundreds of thousands of visitors worldwide. Moreover, it is conveniently located in the center of Rajasthan, making it the base for visiting nearby places.

Places To Visit In Jodhpur
Mehrangarh Fort: Mehrangarh, also known as Mehran Fort was built by

Rao Jodha in 1459 in Jodhpur, is one of the largest forts in the country. It is situated at the top of a 410 feet elevated hill and guarded by massive walls. One of the most easily recognizable forts in Jodhpur, it has appeared in many Hollywood and Bollywood productions such as The Lion King, The Dark Knight Rises, and the more recent - Thugs of Hindostan.

www.holidify.com

For detailed story visit
www.indiapost.com

Jodhpur is famous for its delectable food items, especially Pyaaj Kachori, Mirchi Bada and Mawa Kachori. In September, the city hosts the colorful Marwar Festival and Rajasthan International Folk Festival

Your Weekly Future

by **VANEET SHARMA**

DEC 1ST to DEC 7TH 2023



ARIES

MAR 21 to APRIL 20

The planetary transit indicates excellent beginning of the week with improvement in health, immunity, domestic happiness and confidence. You shall work sincerely for your personality development. You would enjoy good time with family and friends in spite of your busy schedule. Reputation in society shall get enhanced. The last two days of the week are not good enough for your general happiness and domestic atmosphere.



CANCER

JUN 21 to JULY 22

This shall be a fulfilling week on all fronts. The beginning of the week indicates achievement on professional front and eventually you shall earn benefits thereby consolidating your source of income and establishing reputation as a skilled full time public speaker or an image builder. You can expect to win public support for the kind of job you are into. The journeys shall prove surprisingly beneficial in this week.



LIBRA

SEP 23 to OCT 22

In the beginning of the week you shall enjoy compatibility with your partner/spouse. The conjugal bliss shall also be fulfilling and quite satisfactory in the first part of the week and you would be earning sudden financial gains too. Health conditions shall remain average. The latter part of the week indicates that you would be making some new plans for the expansion of your work. The second half of the week shall give expected results.



CAPRICORN

DEC 22 to JAN 19

The first half of the week is not good for your health and happiness. Some financial issues might also crop up suddenly. You might lose your confidence and therefore your performance in competitive examination shall be average. Although the support of seniors shall be available but lack of focus might not let you perform reasonably. The latter half of the week is indicating bigger support of seniors.



TAURUS

APRIL 21 to MAY 20

The state of mind might remain disturbed in the beginning of the week however from second day you shall regain your energies, health and confidence. This week is excellent for doing better than your adversaries. In the latter half of the week you shall be multiplying your social activities with the support of your family members. This time can be utilized to increase personnel and social influence. You can do better in competitive examinations too.



LEO

JULY 23 to AUG 22

In the beginning of the week you shall be enjoying good luck resulting from a beneficial journey or with the support of father/mentor. This shall be a shining week for your work area. Apart from progress, recognition and excellent performance you can also expect substantial gains after the mid of this week. Your image in society shall also be fine and you are likely to take some beneficial bold decisions. For extracting benefits you shall go on journeys too.



SCORPIO

OCT 23 to NOV 22

The first of the week shall be better than the second half. The starting of the week is bringing the support of destiny for doing better on professional front followed by substantial gains but because of less focus and lack of resistance it shall not be easy to earn desired gains from developments. In the second half of the week some good opportunity might get swayed away between your passion, imagination and health issues.



ACQUARIUS

JAN 20 to FEB 19

This shall be a wonderful week for all areas of life. The starting of the week indicates good news for you from your kith and kin and you shall be participating in social activities actively. The mid of the week is auspicious for domestic happiness. In the latter half of the week you shall be getting good results in matters related to education, love life, marital bliss, children & development of destiny. The hall mark of this week shall be attainment of some recognition professionally.



GEMINI

MAY 21 to JUN 20

This week shall be full of happiness, travel, journeys & pleasure. Although you might not give enough time for family but everybody shall be ready to support you and apart from that you shall be earning from your skills giving great ideas to friends around you. In the mid of the week you shall find yourself gaining focus in your work. You shall be paying due attention to your health too. In the last day of the week you shall be getting opportunity to spend quality time with family.



VIRGO

AUG 23 to SEP 22

Planetary transit indicates slow beginning and low energy levels however the remaining part of the week shall be excellent for all areas especially for work and consolidating the amount of gains by the end of it. Your performance at work area shall get enhanced suddenly but there can be some tensions also in the back of your mind. For improving your performance you shall have to become little more disciplined and organized in work.



SAGITTARIUS

NOV 23 to DEC 21

This week is excellent for marital bliss, the support of spouse and business tours. You shall be taking interest in occult. Professionally your research work shall help you do better than others. In the first half of the week you shall also attain the blessings of some spiritual practitioners who shall teach you the most effective methods of meditation. In the latter half of the week there shall be sudden financial gains. Your increased social influence shall help you.



PISCES

FEB 20 to MAR 20

Your difficulties shall be very less in this week as you shall be getting good results like the association with some influential people, marital bliss and attainment of stability and security on financial and professional front. In the mid of the week there might remain some tensions related to health, children and relationship however by the end of the week there shall be a big relief in terms of attainment of peace.

Kindly read the predictions from your ascendant sign. If you do not know your ascendant sign then read the same from Moon sign. If Moon sign is also not known then read it from the Zodiac sign. The ascendant sign which is calculated from the birth details viz. date, month, year, time & place of birth gives 85 % accurate predictions. The accuracy of predictions from Moon sign get limited to only 50 %. The predictions from Zodiac sign are only 25 % accurate. In nutshell the predictions from ascendant sign are most accurate. In getting personality analysis the traits given by ascendant sign are 100 % accurate and that is the essence of Vedic Astrology.

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China investigates major shadow bank Zhongzhi for crimes

SINGAPORE: Chinese officials have launched an investigation into one of the country's biggest shadow banks, which has lent billions to real estate firms, the media reported.

Zhongzhi Enterprise Group (ZEG) has an asset management arm that at its peak reportedly handled more than a trillion yuan (\$139 billion), reports the BBC.

Authorities said they are investigating "suspected illegal crimes" against the firm, in a statement.

This comes days after reports that ZEG had declared it was insolvent.

The struggling firm reportedly told investors in a letter last week that its liabilities - up to \$64 billion - had outstripped its assets, now estimated at about \$38 billion.

While authorities said they had taken "criminal coercive measures" against "many suspects" it's still unclear who they are, and what role they play in the firm.

The company's founder, Xie Zhikun, died of a heart attack in 2021, the BBC reported.

ZEG is a major player in China's shadow banking industry, a term for a system of lenders, brokers and other credit intermediaries who fall outside the realm of the traditional regulated banking. Shadow banking, which is unregulated, is not subject to the same kinds of risk, liquidity and capital restrictions as traditional banks. *IANS*

Real Estate POST

December 1, 2023

www.indiapost.com

India Post 15

Housing out of reach for middle-class Americans as mortgage skyrocket

NEW YORK: The housing market has gone out of reach for some American middle-class people across the nation, especially in the urban areas such as New Jersey and New York City, as mortgage rates have skyrocketed this year as compared to the previous year.

The housing market has been pushed out of reach for some Americans by sky-high mortgage rates. It's never been harder to build wealth in modern times, investors and business analysts say. *IANS*

Before you make your dream home a reality, review these 5 crucial points

NEW DELHI: Admit it, we all dream about it. After all, when we set ourselves on the journey to turn our dream home into a reality, it undoubtedly becomes an exhilarating experience. The urge to step into our own solace home stands at the peak, something that is totally understandable. However, amidst the excitement, it's imperative to tread carefully and consider crucial factors that will shape your home-buying journey.

Here are five indispensable points by Gaurav Mavi, Co-founder of BOP Group to review before making that significant investment:

Credibility of Builder/Owner:

The foundation of your dream home lies in the credibility of the builder or owner. Reputed builders are synonymous with quality, commitment, and deliverability, so that should be the first thing in your mind when searching for an abode. Before finalizing any deal, it is advisable to go through the builder's track record. Established builders not only ensure superior construc-



tion quality but also uphold their commitment to timely project completion. By choosing a builder with a strong reputation, you not only secure your investment but also gain peace of mind knowing that your dream home is in reliable hands.

Credibility and Services of Real Estate Consultant:

The role of a real estate consultant in your home-buying journey cannot be overstated. The credibility of the consultant is paramount, and it's essential to

ensure that they indulge in properties with proper RERA certification. Reputable consultants conduct thorough due diligence to verify the legitimacy of realty projects, shielding clients from potential pitfalls. Opting for a consultant exclusively engaged in real estate projects, demonstrates their commitment to maintaining ethical standards, so should be in your radar while you search for one. After all, their dedication guarantees that your real estate transactions are

transparent, above-board, and in compliance with regulatory standards, providing you with the peace of mind you rightfully deserve.

Resale Value of the Property:

While purchasing your dream home is a momentous decision, it's equally crucial to consider its resale value. A property's resale value becomes a significant factor in your future financial planning. *IANSlife*

For detailed story visit www.indiapost.com

Americans may be forced to finally pull back on their post-Covid spending spree

NEW YORK: Some experts think the combination of high housing costs, rising credit card debt and shrinking savings could mean the end of post-Covid splurges, maybe even as soon as this year's holiday shopping season, the media reported.

"Headwinds are going to eventually force the consumer to buckle, and I think that we're going to see consumers have to pull back on

spending for a quarter or two," CNN quoted Erik Lundh, a principal economist at The Conference Board, as saying.

The consumer's willingness to keep paying high prices has kept the US economy relatively strong, but that attitude could soon be shifting.

Buying and paying for a house costs Americans more now than at any point in almost four decades.

The last time housing pay-

ments cost that much was in 1984, CNN reported.

Balances on non-housing loans have more than doubled since 2003, totaling roughly \$4.8 trillion, according to data from the New York Federal Reserve.

More than \$500 billion of that debt accumulated just in the past two years - a bigger jump than any other two-year period since 2003, the earliest year available.

Some of that debt comes

from skyrocketing car prices, but credit card balances are growing the fastest of all - roughly 34 percent from the fall of 2021.

Student loan and car loan balances have grown by 10 percent or less over that same period of time, although student loan debt could begin to climb now that payments have resumed.

As the pandemic waned, consumers unleashed a pent-

up demand for experiences denied by Covid, Lundh said.

And for the past two years, Americans have been spending all those savings, even as prices and interest rates have climbed higher and higher, CNN reported.

During the pandemic, consumers accumulated \$2.1 trillion in excess savings.

As of June 2023, they've spent \$1.9 trillion of it, the SF Fed concluded. *IANS*

Fundraiser - Raj Salwan for Mayor of Fremont

LAKSHMIYER
India Post News Service

FREMONT, CALIFORNIA: Raj Salwan, Fremont Councilmember is running for the post of Mayor next year.

Dr. Romesh Japra, the Founder of Festival of Globe (FOG), India Post, and Americans4Hindus, held a fundraiser at his residence, Japra Mahal and Vineyards, for Dr. Salwan on Sunday, November 19th.

Dr. Raj Salwan is a well-known veterinarian and has served on the Fremont City Council for a few years.

Having grown up in the city, he is well-versed with its evolution and unique challenges and opportunities.

Details on page 18

Importance of ITServe Alliance members' contributions

India Post News Service

CHICAGO: The ITServe Alliance Policy Advocacy Committee (PAC) hosted a panel discussion during its annual conference, Synergy 2023 reviewing the current issues facing Congress and the Administration, especially the regarding the need for high-skilled immigration reform in the country

Attended by over 2,200 members of ITServe Alliance, who are small and medium-sized companies of Information Technology, Synergy 2023 at Harrah's Resort in Atlantic City, NJ.

Details on page 20

USOGC Diwali celebration 2023

India Post News Service

CHICAGO: Uttarakhand Samaj of Greater Chicago celebrated Diwali, the festival of lights at the Ashyana Banquets in Downers Grove recently with great pomp and show.

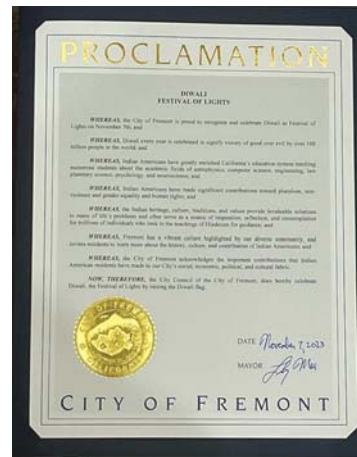
Details on page 22

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

December 1, 2023



Diwali Proclamation by City of Fremont

City of Fremont presents Proclamation for Diwali

RITU MAHESHWARI
India Post News Service

FREMONT, CA: On Tuesday, November 7, 2023, Proclamation for Diwali the Hindu festival of Lights was presented by City of Fremont Mayor and Councilmembers.

Hindu community has been making big strides in contributing toward fields of Technology, Medicine, Science, Finance, and Business. With strenuous efforts by Americans4Hindus, Hindu community's efforts are now being increasingly recognized by many government, political and administrative bodies as well. One such big acknowledgement of growing Hindu contribution and leadership was proclamation by City of Fremont recognizing Hindu Heritage month and honoring community for its significant contributions in a wide spectrum of fields. The city of Fremont bestowed a special proclamation in honor of Diwali. The city is the first Asian majority city with 68% of its 250,000 population Asians and 38% Indians who have made significant contributions to the United States of America.



Fremont Mayor Lily Mei presenting Diwali proclamation to Dr. Romesh Japra

Speaking on the occasion, Founder and Chairman, Americans4Hindus, Festival of Globe (FOG) and Fremont Hindu Temple, Dr. Romesh Japra, highlighted how Diwali is the largest celebrated Indian festival. Hindus stand for progress and peace to the whole world and their contributions to the community at large. He said that it is time for the Hindu community to take the next step in their journey as

proud Americans.

Fremont Mayor Lily Mei awarded the proclamation and Council members supported it.

The proclamation read:

WHEREAS, the City of Fremont is proud to recognize and celebrate Diwali as Festival of Lights on November 7th; and WHEREAS, Diwali every year is celebrated to signify victory of good over evil by over 100 billion people in the world; and WHEREAS, Indian Americans

have greatly enriched California's education system teaching numerous students about the academic fields of astrophysics, computer science, engineering, law planetary science, psychology, and neuroscience; and WHEREAS Indian Americans have made significant contributions toward pluralism, non-violence and gender equality and human rights; and WHEREAS, the Indian heritage, culture, traditions, and values provide invaluable solutions to many of life's problems and often serve as a source of inspiration, reflection, and contemplation for millions of individuals who look to the teachings of Hinduism for guidance;

and WHEREAS, Fremont has a vibrant culture highlighted by our diverse community, and invites residents to learn more about the history, culture,



Fremont Mayor Lily Mei, Vice Mayor Teresa Cox, Councilmembers Raj Salwan, Yang Shao, Desrie Campbell and FOG team

Cont'd on page 19

Bharatiya Senior Citizens celebrate 'Tulsi Vivah'

JAYANTI OZA

CHICAGO: Bharatiya Senior Citizens of Chicago celebrated 'Tulsi Vivah' Eve at Rana Regan Center in Carol Stream a Chicago suburb.

The program organized by well-known Professionals Beautician and her 4 professional Mehendi maker girls. They made a Mehendi Design on all of 30 women for Saturday November 25,2023 during 'Tulsi Vivah' wedding. More than 500 members attended this program IT began with BSC Secretary Rasila Dobariya welcoming all Tulsi side and Shaligram side guests.

Vargodo, a wedding ceremony with live wedding

songs performed by live band and singers Parth Patel & Mayuri Patel. They sang Lagna Geeto (marriage related songs) The Vivah (marriage)ceremony was performed by Satish Bhagwat & Rakshika Anjaria. 'Tulsi Vivah Devi side Tulsi Yajman were Babulal & Pushpa Bhorania. Bhagvan Shree Shaligram Yajmans were Pinakin & Bhavini Patel.

At the end of ceremony every body enjoyed Garba and delicious dinner. BSC President Haribhai Patel and BSC Managing Trustee Parsottam Pandya welcomed all BSC members, invited guests and gave best wishes.



Krishna (Shaligram)'s welcome by Tulsi's Parent Pinakin & Bhavini Patel

Mohinder Singh Gill to be inducted into Hall of Fame

India Post News Service

OAKLAND: The Multi-Ethnic Sports Hall of Fame announced today it will present its inaugural Curt Flood Platinum Award Ceremony and induct five retired professional athletes at its 24th Annual Bay Area induction and award ceremony. The 2022-23 MVP caliber nominees for the Flood award are for excellence in sports and in society, and the complete list of the class of 2024 is below.

Mohinder Singh Gill is a retired Indian Triple Jumper who competed at the 1972 Munich Olympics.

Gill won 52 major international invitational competitions in North America and Europe, setting 19 new records in the process. In addition, he won five NCAA Championships, all with new records. Some of those records stood 40 years later.

evening, as we will be joined by iconic players from across professional sports and its industry disciplines. The no-host cocktail hour begins at 5:45 p.m.; dinner at 6:45 p.m.; and the ceremony at 7:45 p.m. All times are prompt. General tickets are \$250.00; Seniors (65 and older) \$150.00, and students \$50. This includes dinner and the ceremony. Tables of 10 are available as well.

MESHOF is a 501(c) (3) nonprofit organization dedicated to honoring athletes from all corners of the globe who have made significant contributions to the world of sports and broadening the public's understanding of the contributions people of color have made to professional sports; and to provide educational life skills and mentorship opportunities for deserving youth. Proceeds from this event to benefit MESHOF's overall youth after

Gill won 52 major international invitational competitions in North America and Europe, setting 19 new records in the process. In addition, he won five NCAA Championships, all with new records. Some of those records stood 40 years later

Gill attended Cal Poly, competing in the triple jump from 1968 to 1971, winning five total NCAA championships between divisions and setting five combined NCAA records.

On May 8, 1971, Gill triple-jumped to a mark of 55 feet and 1.25 inches (or 16.79m), at the West Coast Relays in Fresno, producing the second-longest triple jump ever on American soil at the time, and earning Outstanding Athlete of the Meet accolades. As a Cal Poly senior in 1971, he ranked sixth in the world during the year.

Other inductees: Clifford Ray (Basketball), Lee Lacy (Baseball), Spencer Haywood (Basketball).

The banquet and ceremony will be held February 24, 5:45 to 10 p.m., at the George P. Scotlan Convention Center, at the Marriott Civic Center Hotel in Oakland.

This promises to be a historic and celebratory

school and mental health initiatives, and Oakland' Curt Flood Field and Oakland Parks & Recreation.

Tickets can be purchased online at www.multiethnicsportshof.com. For additional information, please contact the following:

Arif Khatib
afrosportshall@aol.com.
510-508-3309
India Alston
india@beamcreativehouse.com
202-569-7488



Singer Parth Patel & Mayuri Patel sang Lagna Geeto



Tulsi's side parents & Shaligram side parents performing Lagna Faira



BSC members and guests watching wedding ceremony

Fundraiser - Raj Salwan for Mayor of Fremont

LAKSHMI IYER

India Post News Service

FREMONT, CALIFORNIA: Raj Salwan, Fremont Councilmember is running for the post of Mayor next year.

Dr. Romesh Japra, the Founder of Festival of Globe (FOG), India Post, and Americans4Hindus, held a fundraiser at his residence, Japra Mahal and Vineyards, for Dr. Salwan on Sunday, November 19th.

Dr. Raj Salwan is a well-known veterinarian and has served on the Fremont City Council for a few years.

Having grown up in the city, he is well-versed with its evolution and unique challenges and opportunities.

Dr. Japra first thanked everyone on behalf of his wife, Mrs. Sunita Japra, and himself. He acknowledged the trustees and Board members of Americans4Hindus (A4H) for all their hard



Raj Salwan, Mayoral Candidate (fourth from left) accepting the endorsement from Ritu Maheshwari, FOG Media Chair. Dr. Romesh Japra - FOG Chairman and Founder (far left) and Rajesh Verma, FIA/FOG President (second from left)

of Fremont, Ms. Lily Mei, to come up on stage and introduce the candidate.

Ms. Mei acknowledged the challenges

people to love, work, and worship safely."

She endorsed her colleague, "I think that Raj is going to be the Mayor for all,

Dr. Salwan shared a bit about his background. His parents, who emigrated from India, had humble beginnings in the US.



Dr. Salwan's parents and daughter with FOG members



Fremont Mayor Lily Mei (third from left) with FOG and A4H supporters

work in empowering the community.

He said, "Our community has done so well in every field out there, whether it's IT industry, whether it's science, it's medicine, it's businesses, education, professors, we just name it, even the CEOs of Google, Adobe, Microsoft, many, many others. Our community has been excelling and contributing to this fabric of United States of America. But three areas where we've been lacking - one is political and civic service itself, number two is in the media industry, number three is in these educational institutions right from the beginning, from the primary to the so-called elite institutions."

Lauding Indian Americans for their intelligence, hard work, and peace-loving nature, he encouraged them to join public service.

Dr. Japra praised Dr. Salwan for the professional and personal sacrifices he had made for public service.

He then called upon the present Mayor

that Fremont has such as homelessness, the housing crisis and "the importance of

he's going to work very hard to endure your voices are being heard and represented."

Initially, his mother worked at McDonald's and his father as a night security guard. "I remember feeling poor, feeling that we didn't have everything", he reminisced and added, "This community has taken us in, has given us so much, and we feel so blessed and fortunate to live in this community."

When he was growing up, Indians were still new to the area. People would mistake them for Middle Easterners or Native Americans. He added, "Over time, more and more Indian Americans started coming here, they started to feel more comfortable with us, they started to understand us."

Before he became a Council member in 2013, Dr. Salwan served on many commissions. He was initially skeptical about politics, but once he joined a commission, he was "hooked". He saw that there were a lot of problems in Fremont.



Dr. Raj and Sonia Salwan with supporters

Cont'd on page 19

Fundraiser - Raj Salwan for Mayor of Fremont

Cont'd from page 18

He thought, "Why not me? Why can't I help?"

About his running for office, he explained that he would have more time as his son was going to join his vet practice.

"Being a Mayor is almost like a full-time job in Fremont. As Mayor Lily Mei can tell you, you may not get all the credit, but you get all the blame. I am ready for that; I am ready to get the blame", he said.

He gave a shout-out to his family - his parents, wife Sonia, and kids for their support and added, "This position, I think all of us realize, is a very important role for the community because it's not just about me, but also represents the hopes and aspirations of our community."

Dr. Salwan said he would be a Mayor for all, "I'll represent everyone, whether you are from a different group, ethnicity, religion, color, party... I will be a Mayor for everybody."

His priorities are crime, homelessness, economic growth, and making Fremont a great city for businesses and a fun place for young people to hang out.

He said, "We are the happiest city, but we want to be the safest city as well." He then elaborated on providing resources for police officers, investing in technology, and making sure that they held people accountable.

Dr. Salwan added, "Homelessness is a rising concern; it is one of the most complicated issues we have in city government, and I have a balanced perspective on that."He talked about solutions such as finding housing for the homeless, helping them with mental health issues, addictions, disabilities, ways to earn a living, and a path to permanent housing. "It is not fair to have homeless individuals on our sidewalks, in our parks. We need to create temporary shelters to get them housed."

Dr. Salwan has ambitious plans. "I want to make Fremont the capital of Silicon Valley."He said he would look into incentivizing companies to come to Fremont, and creating affordable housing so that people who work in Fremont could afford to live there.

He also mentioned the work he does behind the scenes for the Indian American community and appealed for everyone's help in winning the election,

People even come to him with visa issues. Although he does not have the jurisdiction to do anything about it, he is able to help by directing the affected people to officials in relevant positions.



Dr. Raj Salwan with Fremont Mayor Lily Mei and other elected officials and candidates

He concluded, "That's why it is important to have a voice in the process. As Dr. Japrawill tell you, 'If you don't have a seat

at the table, you are on the menu.'"A few other candidates and elected officials also spoke at the event.

It was a pleasant and successful evening with a large number of attendees and supporters.



FOG and A4H supporters with the Mayoral candidate, Dr. Raj Salwan

City of Fremont presents Proclamation for Diwali

Cont'd from page 16

and contribution of Indian Americans, and WHEREAS, the City of Fremont acknowledges the important contributions that Indian American residents have made to our City's social, economic, political, and cultural fabric; and NOW, THEREFORE, the City Council of the City of Fremont hereby celebrates Diwali, the festival of lights by raising the Diwali flag. Presented to Dr. Romesh Japra,

Founder, Festival of Globe (FOG) Signed by Mayor

Join us to become a part of Americans4Hindus. To show your support, simply text "HINDU" to 888-444-8774, or our donation page at <https://secure.anedot.com/americans4hindus/donate>.



FOG team outside City Chamber

Rep. Kevin Kiley emphasizes importance of ITServe Alliance members' contributions

India Post News Service

CHICAGO: The ITServe Alliance Policy Advocacy Committee (PAC) hosted a panel discussion during its annual conference, Synergy 2023 reviewing the current issues facing Congress and the Administration, especially the regarding the need for high-skilled immigration reform in the country

Attended by over 2,200 members of ITServe Alliance, who are small and medium-sized companies of Information Technology, Synergy 2023 at Harrah's Resort in Atlantic City, NJ.

Congressman Kevin Kiley, representing California's 3rd Congressional District, and serving on the House Judiciary Committee was the featured speaker on the panel. The House Judiciary Committee is primarily tasked with handling high-skilled immigration reform.

During his remarks, Kiley emphasized the importance of ITServe Alliance members' contributions to the local economies and his support for high-skilled immigration reform, and expressed his support for H.R. 4647, "High-Skilled Immigration Reform for Employment (HIRE) Act," introduced by US Congressman Raja Krishnamoorthi, D-Illinois on July 14th, 2023.

The Bill would strengthen U.S. competitiveness by



Siva Moopanan - Director of ITServe Alliance Policy Advocacy Committee (PAC). "Innovation is very important for job creation and the economic growth of a country. We want the best and the brightest from around the world over here, which triggers the technology revolution and jobs. Our country should be on top of the world for several hundred years."

ITServe Alliance was established in 2010 to safeguard the rights of Information Technology (IT) companies in the USA. Through its various

bodies, ITServe, which has now become the collective voice of small and medium-sized IT companies across the United States, fulfills its mission to achieve its core mission and objectives. The three fundamental pillars of the ITServe PAC are: to educate, lobby, and litigate.

The ITServe Alliance PAC team has created an easy way to contact your local member of Congress regarding the HIRE Act. Simply scan the QR code below, enter your home address and click send. Your participation is vital to get this important legislation passed in the Congress.

helping to close the skills gap - the space between the skills required for jobs that employers need to fill, and the skills possessed by current prospective employees.

As introduced, the bill would raise the current H-1B limit from 65,000 to 130,000, remove the H-1B cap for those with a Master's Degree or PhD, and create a STEM grant program. The HIRE Act has been referred to the House Judiciary Committee for consideration by the Committee, where Rep. Kiley is a member.

Vinay Mahajan, President of ITServe said, "Having the presence of elected officials such as Rep. Kevin Kiley at Synergy 2023 has effectively served as a powerful platform in educating policymakers on the issues that are important to our members and the business community, ensuring that our needs and views are reflected in policy debates and outcomes on Capitol Hill. The U.S. needs to maintain its leadership in technology and innovation," added Mahajan.

Kiley also discussed the need for all ITServe Alliance members to work with their local members of Congress to garner their support for the HIRE Act.

"Enhancing local employment and Innovation are the primary objectives of ITServe's Policy Advocacy," said



The FTC breaks through language barriers to reach consumers targeted by fraud

VIDYA SETHURAMAN
India Post News Service

Ethnic Minority Media (EMS) and the Federal Trade Commission (FTC) recently held a media briefing to discuss how the commission can break through language barriers to reach consumers affected by fraud. Currently, the FTC not only accepts reports in English and Spanish, but also accepts scam reports in Chinese, Arabic, Vietnamese, Korean, Somali, Filipino Tagalog, Russian, Polish, Portuguese and other languages. Victims can report fraud, scams and bad business practices by calling 877-382-4357 from 9 a.m. to 5 p.m. ET, pressing 3 for a list of languages.

Monica Vaca, Deputy Director of the FTC's Bureau of Consumer Protection, said scammers speak the victim's native language to make it easier for them. To end this, the FTC's call center telephone services are adding multilingual services to expand the ability to serve more communities, especially those who are more comfortable speaking languages other than English

or Spanish. You can follow the prompts to select a language and speak to an interpreter. Once a victim reports a scam or any bad business practices, they will receive next-step reminders in their native language.

Larissa Bungo, Senior Attorney in the FTC's Bureau of Consumer Protection, encourages people to call and report. Even if people have not been deceived or lost money, they can still report suspicious text messages, emails, phone calls, etc. to the FTC. She said even if the whistleblower suffered no material losses, it's possible that this type of fraud has victimized others. The FTC's goal is to collect as many types of scams as possible. Therefore, she encouraged the public to report more. In addition, the FTC provides free promotional information brochures to individuals and businesses, which can be ordered online with free shipping. The website is: <https://www.bulkorder.ftc.gov/>. These brochures are easy to understand and are available in multiple languages, including Chinese.

Know the health benefits and medicinal uses of Khajoor/Dates

MADHUMATI TYAGI AND GEETHA PATIL

Dates or Khajoor (Phoenix sylvestris) are the fruits of the date palm tree, which is grown in many tropical regions of the world. They are rich in carbohydrates, potassium, and manganese and iron having various medicinal properties. Dates are chewy with a sweet flavor. They are also high in some important nutrients and have a variety of advantages and uses. Wrinkled skin of the date indicates they are dried, whereas smooth skin indicates freshness. Depending on the variety, fresh dates are fairly small in size and range in color from bright red to bright yellow. Commonly consumed varieties include Medjool and Deglet Noor dates.



Dates are fast becoming popular as a sugar substitute for fitness enthusiasts who are cutting on sugar to lose weight and avoid chronic diseases. Dates help to improve digestion and prevent constipation as they have a high fiber content. They also improve bone health due to the presence of minerals like calcium and magnesium. When taken in a limited amount, Dates are considered good for diabetic patients as they have a low glycemic index due to which they do not cause a sudden rise in blood sugar levels. Dates also support mental health and help manage memory related issues due to their antioxidant properties. The antioxidants present in Dates also help impart a smooth texture to the skin and prevent signs of ageing. Adding Dates to your daily diet might be beneficial in managing anemia as they improve hemo-

globin level due to high iron content. They help maintain overall health and vigor.

Names in different languages: In English it is called date palm, wild palm, in Arabic Rutab, in Bengali Khejur, in Gujarat Khareka, in Malayalam Eethapala, in Marathi Khajura, in Tamil Ichan, Licham in Telugu Pedayta, in Manipuri Thangtup, in Kannada Kajjura.

Morphology of Khajoor Tree: Khajoor is a medium sized tree growing 10 to 15 meter, found in Rajasthan, Gujarat, and Andhra Pradesh, and abundantly found in Arab countries and Africa. The stem is brown and about 3 feet in diameter having marks of the leaves. The leaves are 10 to 14 feet long, having small spikes at the base. The flowers are nonsexual in nature, have pleasant odor with male flowers in white and female flowers having greens tinge. The fruits are orange colored and sweet in taste on ripening with a single thick seed inside. The fresh juice from the leaves is also collected and stored to form a type of alcohol or used to prepare jaggery.

Types of Khajoor: There are five types - Khajoor, Penda Khajoor, Raja Khajoor, Madhu Khajoor, and Bukha Khajoor.

Properties: Rasa (taste) - Madhura (sweet), Guna (qualities) - Guru (heavy for digestion), Snigdha (slimy in nature), Vipaka - Madhura (undergoes sweet taste after digestion), Veerya (Potency) - Sheeta (cold), Karma (actions) - Vataptta shamaka (reduce vitiated vata and pitta dosha), Balya (provide strength), Pharmacological activities - Aphrodisiac, Diuretic, Cardiotonic, Nervine tonic

For detailed story visit www.indiapost.com

Mumbai - A Wonderful City

My Mumbai vibrant Mumbai
It is like a masala mixture
Mumbai is rich plus poor
Mumbai is fast and slower
Little bit sweet, and sour as well
Sometimes it is hot other times not

Mornings are energetic and
Evenings are very electric
Noons are lazy but Nights are crazy
Evenings are frenzy and
Everyone is busy like a bee
Life in Mumbai not so easy

Inside cooker whistles
Outside the traffic jam horns
Sounds of steaming tea kettles and
Nani's breaking of nut-betels
There is always lot of Masti
But with little bit of Maska

Telephone rings and doorbell brings
WhatsApp pings zoom meetings cues
There is little time to spare for kids
People spend their lives on bids and
Pay their travel fare by meter but
Milkman mixing water is not a cheater

Sev puri and Bhel puri are all Mumbai chaats
Relishing with spicy chutney is an art
From crispy pop-corn to cold ice-creams
All sold on cart in every corner
Mumbai, O' lovely Mumbai
You are always close to my heart

Local trains and buses run on time
With their full speed and haste
And my rushing for a seat is not a crime
3 PM lunch and 12 AM dinner
With all the hardships, I still say
With a big smile "it's fine here"

Marathi, Punjabi, Gujarati and Bengali
Madrasi, Malayali, Bihari and Kannadiga
Everyone gather to celebrate festivals
Holi is colorful and Diwali is cheerful
Ganesh festival is super splendid here
All faiths run deep as the Arabian Sea

Billionaires to beggars, super stars to amateurs
Literates to illiterates, all are found in this city
This place is a bit witty and entertaining
The dream-world is huge but pretty
Whole world sleeps but not this Mumbai
Mumbai, O' Mumbai you are a wonderful city

-- Dr Indrajeet Tyagi

USOGC Diwali celebration 2023



President Ms. Smita Pant (in center), with Congressman Raja Krishnamoorthi and the USOGC members/guests

India Post News Service

CHICAGO: Uttarakhand Samaj of Greater Chicago celebrated Diwali, the festival of lights at the Ashyana Banquets in Downers Grove recently with great pomp and show. Congressman Raja Krishnamoorthi at-

tended the celebration and congratulated the USOGC community for organizing a successful event. President Smita Pant along with Vice President Vikram Singh Negi, Treasurer Rashmi Joshi and Secretary Mohan Rawat thanked the guests and started the evening with lamp lighting

with sponsors. The highlight of the event was the grand entry made by Lord Ram and Devi Sita, followed by a welcome dance performance. Beautiful ladies of USOGC, in traditional Uttarakhandi attire, were seen showcasing the culture of Devbhoomi

Uttarakhand. The guests enjoyed the cuisine and the open dance floor with great joy. USOGC ended the year with yet another spectacular event and promises to promote its culture in Chicagoland, for years to come.

Know how to treat Lichen Planus naturally

GEETHA PATIL AND DR. K. RATHOD

Lichen planus (LP) that resembles Lichen (a fungus and an alga) is a common-chronic inflammatory condition affecting the skin and mucosal surfaces marked by a thick band-like infiltration on the skin and severe itching. It is an autoimmune illness. Treatment of Lichen Planus in Ayurveda's holistic approach includes the purging of whole body by Panchakarma treatment that is administered according to dosha dominance in all skin problems. If the lichen planus is not too severe and other conditions are favorable, a combination of Shodhana and Shamanachikitsa, Nidanparivarjan, and Kushthaharadravyaprayog can help. Lichen planus affects approximately 1% of the population worldwide, mostly affecting adults aged between 30 to 60 years. It has no strong racial predilection. Approximately 10% of those affected have lichen planus of the nails while half of those affected have oral lichen planus, which is more common in women than in men. What are the types of Lichen planus?

There are several clinical types of (LP):

- Cutaneous lichen planus
- Mucosal lichen planus
- Lichen planopilaris
- Lichen planus of the nails
- Lichen planus pigmentosus
- Lichenoid drug eruption
- Oral lichen planus
- Nail lichen planus
- Bullous lichen planus

What are the causes of Lichen planus? Lichen planus is undoubtedly an immune illness. However, contemporary science has not been able to pinpoint the exact cause of this ailment. It has been discovered that lichen planus patients frequently exhibit some common characteristics such as excessive chemical exposure, liver disease, etc. Dependence on Anti-Inflammatory Drugs: Ibuprofen and other common pain relievers can be problematic for certain

people. Even if they relieve pain, their chemical response in the body can leave a person susceptible to lichen planus if used for a long time. Quinine, quinidine, and others can cause a lichenoid rash. Irritant Medications: If you have high blood pressure, heart disease, or arthritis, double-check your medications. The ingredients in these drugs can wreak havoc on your immune system, causing you to develop lichen planus.?? Infection with Hepatitis C: Hepatitis C, if not treated promptly, people can develop lichen planus. So, pay attention to the changes in your body!

- Genetic predisposition
- Physical and emotional stress
- Injury to the skin; lichen planus often appears where the skin has been scratched or after surgery (koebnerisation)
- Localized skin disease such as her-

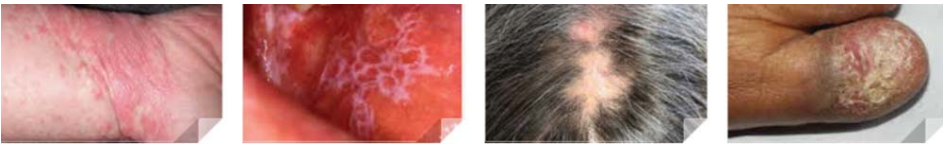
pes zoster

- Contact allergy, such as to metal fillings in oral lichen planus (rare) and color photographic developers.
- Lichenoid inflammation is also notable in graft-versus-host disease.
- Vitamin D deficiency may be associated with oral lichen planus. Its association with other types of LP remains unexplored

What are the Symptoms of LP?

Some symptoms of this condition are lesions, lumps, or rash with a purplish color. These can grow and spread over the body over weeks to months. When the mucosal lining is affected, it might cause problems in the mouth. Some of the symptoms are bluish-white spots on the inside of the cheek, the sides of the tongue, or the gums. The chances of painful and burning sensation is more in this disease. Lesions may be itchy and isolated or group if the skin is afflicted. The skin will be irritating at the rash's location, and the lesions will be glossy or scaly with a sharp border.

For detailed story visit www.indiapost.com



Kirtan: The Medicine for the mind and Soul

SUNIL KUMAR D

Kirtana/Kirtan/Keertan, means, "narrating, reciting, telling, describing" of a spiritual messages or stories specifically from Bharatiya religious epics or life stories of a great saints/devotees and their divine relation with Supreme Lord. It is a genre of religious performance arts, connoting a musical form of narration or shared recitation, particularly of spiritual or divine messages/stories native to the Bharat.

The term Kirt means to mention, make mention of, tell, name, call, recite, repeat, relate, declare, communicate, commemorate, celebrate, praise, glorify. Kirtan has roots in the Samhitas, the Brahmanas, the Vedanga, Sutra literature, and the Vedic ankirtana tradition. It follows a call-and-response style song or chant, along with music, wherein multiple singers recite or describe a legend, or express loving devotion to a deity, or discuss spiritual messages. Occasionally, it may include dancing or direct expression of bhavas (feelings) by the singer. Many Kirtan performances are structured to engage the audience where they either repeat the chant, or reply to the call of the singer.

A person performing a Kirtan is known as a Kirtanakara/Kirtanakar and includes an accompaniment of regionally popular musical instruments, such as the Harmonium, the Veena or ektara (a single string instrument), the Tabla (one-sided drums), the Mrdanga or Pakhawaj (two-sided drum), flute, and Karatalas/Talas (cymbals). It is a major practice in Hinduism, Vaisnava devotionalism, Sikhism, the Sant traditions, and Buddhism, as well as other religious groups. Kirtan is sometimes accompanied by story-telling, acting, and the narration typically covers religious, mythological or social subjects.

What are the types of Kirtans?
Kirtan is locally known as Abhang, Samaj Gayan, Haveli Sangeet, Vishnupad, and Harikatha and perform Kirtan with musical recitation of hymns, mantras, and the praises of deities. A Kirtan singing started as a devotional movement around stories of baby Krishna and his childhood, adult Krishna, Hare Krishna mantra, and other songs wherein the love between Radha and Krishna was symbolized as the love between one's soul and God. Abhangs highlight devotion for Vithal while Carnatic Kirtans include the praises of Lord Venkateswara, the deity of Seven Hills in Tirumala.

Varkari Keertan was pioneered by saints of Maharashtra, the sincere devotee of god as "Hari Bhakti Parayan" and goes for 2 or 3 hours whereas Naradiya Kirtan is an age old form of devotional singing admiring gods, godly acts, glorification of the almighty. Kirtan is a teaching tool that consists of prose and musical performance used by the Kirtanakars to keep people updated on the outside world and educate the masses about good values of life and very purpose of human life through a medium of "ONE MAN SHOW - Kirtan." Kirtans are performed at the temples and other holy places.

What is the difference between Kirtan and Sankirtan?
Kirtan is singing God's name with feeling (Bhava), love (Prem) and faith (Sraddha) by one or few people for a group of people while Sankirtan (collective perfor-

mance) is singing God's names loudly and collectively by a group of people in a common place with an accompaniment of musical instruments such as Harmonium, Violin, Cymbals, Mridanga or Kole etc. Sankirtan varies regionally in using musical instruments, dance, oration, theatre, audience participation, and mode of narration. ASankirtan is a call-and-response style performance, ranging from devotional dancing and singing by a lead singer and audience, to an sophisticated scholarly discourse, a social commentary or a philosophical/dialectal explanation that includes narration, story, humor, education and entertainment. Sankirtan helps to associate with God through the chanting of His sacred names in order to realize our eternal relationship with Him.

What is the difference between Bhajan and Kirtan?
A Kirtan and a Bhajan are closely related and share common themes/subjects, music and devotional songs. A Bhajan is more free form, can be singular melody that

A person performing a Kirtan is known as a Kirtanakara/Kirtanakar and includes an accompaniment of regionally popular musical instruments, such as the Harmonium, the Veena or ektara (a single string instrument), the Tabla (one-sided drums), the Mrdanga or Pakhawaj (two-sided drum), flute, and Karatalas/Talas (cymbals)

is performed by a single singer with or without one and more musical instruments. Kirtan, in contrast, is more structured team performance of spiritual chant for more audiences, typically with a call and response musical structure includes two or more musical instruments.

What is the difference between chanting and Kirtan?
In Kirtan Satsang/a gathering for singing, a wallah or someone who leads the chant, which is then echoed in the call-and-response format by the collective Sangam. Chanting is often accompanied by clapping and playing of musical instruments such as the Harmonium, Tanbura, Drums or Cymbals.

What is the difference between mantra and Kirtan/Sankirtan?
Mantras are often intended for personal use, whereas Kirtan is all about community. A coming together of people for Sankirtana chants are usually sung in call-and-response style and derive from religious ceremonies or celebrations.

What is the structure of Kirtan?
The Kirtan has five parts: 1) Naman or prayer, 2) Purvaranga (First part) of Katha Chanting the holy name of God, in between, 3) Uttarranga (Second part), Final prayer for universal welfare and well-being of people. The Kirtan goes on for an hour to 3 hours at a stretch.

What are the psychological and spiritual benefits

of Kirtan?
Chanting Kirtan as a ceremonial devotional practice helps to uplift the mind, opens the heart and brings inner peace. Kirtans generally use holy chants written in the universal language of divinity havethe ability to quiet the mind when listened to them with attention. As you sing Bhajans/chants with each other, you experience a deep connection with the singer, musicians, audience members,yourself,andthen the magic of Bhajans/Chants begins when the meaning of each words of the Bhajans/chants enters your soul.
Kirtan is a joyful singing with the melody and rhythm along with mellow music, and chants that contain the powerful renewing and transformative energy that helps us reconnect with the divinity that resides within all of us. At a Kirtan or Sankirtan all voices merge to become 'One Voice' and provides a way to connect to the core of our soul, heart, to our connection with each other and ultimately with the Supreme Lord.

Thus, Kirtan's ultimate purpose is to facilitate the

awakening and nurturing of one's devotion and love for the Divine which purifies the heart. Music bypasses the thinking mind, the worried mind, and goes straight to that part of the brain where the emotions reside. The Mantras and music used in Kirtan being imbued with powerful spiritual energies has the power to subdue all kinds of mental disturbance and especially effective at evoking feelings of love for others. The musical meditation of Kirtan soothes the nervous system, just like a yoga class, as both are easy and fun. Kirtan calms the mind without struggling to concentrate. It is the fastest, easiest and most joyful way to achieve peace of mind. The mantras are mystical universal sounds that resonate with our chakras and remove negative energies. It is said that Kirtan does what Vedantic Nididhyasana and Yogic Samyama can do. It removes at once impurities of the heart, tossing of mind, and the veil of ignorance without much prolonged effort. That is the loveliness and the marvelous benefit of Kirtan.
An ancient practice of chanting of mantra has powerful spiritual energies to calmtheagitated minds by the waves of material desires and make it just as a reservoir of water that is transparent, and in turn our mental perceptions become clear and pure. Chanting has been found to releases the positive energy, focused attention, social cohesion, and induce mystical experiences that decrease the negative thoughts, stress, and depressive symptoms. Scientific studies have found that chanting mantras like Om for 10 minutes can decrease anxiety and depressive symptoms in the human body. Kirtan is a natural medicine for our mind and soul.

Democrat Sen. Baldwin (Wisc.) introduced Anti-Hindu Anti-India Resolution

PURNIMA NATH

Dramatic progress has been observed in the world's largest democracy, Bharat (India), since 2014, when then-Chief Minister of Gujarat, Narendra Modi, became the Prime Minister of India, making the 2014 election a major turning point for India's trajectory. Right wing political party, Bharatiya Janata Party (BJP) won 37.36% of the vote, the highest vote share by a political party since the 1989 general election and gained a substantial majority by winning 303 seats. This progress however was not a welcoming one for many anti-India anti-Hindu entities operating internally within Indian territory and externally abroad.

Attacks on Hindus have amplified multifold since 2014, particularly speaking, once Narendra Modi was elected as Prime Minister of India [1]. Brand new channels and organizations formed rapidly like mushrooms in western/European countries to target Hindus & India after Godhra 2002 orchestrated Hindu genocidal pogrom,

My Statement on the resolution Pro-IslamistMarxist Disinformation SR424



PRESS RELEASE
NOV. 21, 2023

On October 24th, 2023, far-left pro-Islamist Democrat progressive U.S. Senator Tammy Baldwin (Wisconsin) introduced an Anti-Hindu and Anti-India resolution Senate Res. 424 accusing the Hindu majority community in India of persecuting "so-called" minority Muslims and Christians. In India, Muslims have increased to 22% and Christians have increased to 10% through conversion, land occupation, a high birth rate, polygamy, and illegal immigrant settlements. On average 3 incidents are recorded unleashed on Hindus in India, according to grassroots activists. Recent Pew survey showed that 89% of Indian Muslims, i.e. 224,000,000, do not face any discrimination and are free to practice their religion. Muslims still receive more than 33% of welfare benefits even if they only make up 10% (per 2011 census data) of the population. Baldwin's actions not only harm the reputation of the Hindu Indian-origin community globally, but also make the Hindu Indian-American community a serious target for terror attacks, violence, and vandalism. I strongly condemn Sen. Baldwin's nefarious and despicable act. These constant and unacceptable attacks targeted at Hindus and the sovereign country of India seriously undermine the security and safety of Indian Hindu immigrants living in the United States of America and deeply impact foreign relations with India, a major geopolitical key state. Therefore, in response, I firmly urge American lawmakers to reject discriminatory SR424 and act swiftly against such extreme radical Hinduophobic agendas.

#RejectSR424 #SayNoToSR424

PURNIMA NATH
www.HinduPurnima.com
@PurnimaNATH

Press Release: Democrat Senator Introduced Disinformation anti-Hindu anti-India Campaign SR424 by Purnima Nath

carnage, and horrifying massacre that was unleashed on the Hindu community by Muslim community. Well-curated coordinated propagandas were promoted through concerted efforts by multiple well-connected entities to paint the Hindus as extremists. Of course, as usual, Hindus did not have a voice, nor the adequate and appropriate media coverage. Foreign media, academia, and politicians (of all levels of government) conveniently created, twisted, shaped and promoted narratives against Hindus of India. Some terms, such as saffron terror, Hindutva extremists, were invented and started to appear. Primarily the LEFT-Labor-Green-Socialist-Worker clan Democrat party members, associates, NGOs of foreign countries engaged in such low-level behaviors. At one point, with the help of a powerful Muslim network and well-oiled Christian NGOs established in America, American top authorities banned then-CM Modi's visa to America. Genius plan. SUCCESS...YAY! Alas...but

short-lived! Despite massive sabotaging efforts by these disgraceful entities, India's beloved & globally most popular PM Modi received a red carpet welcome for a memorable state visit in June 2023.

As I outlined numerous times before, the US-India relation was a strained one since post independence in

WHAT IS SENATE RESOLUTION 424?

TAMMY BALDWIN
United States Senator for Wisconsin

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Democrat Sen. Baldwin Introduced Anti-Hindu Anti-India Resolution

10/24/2023

Baldwin Introduces Resolution Calling for End to Religious and Political Persecution in India

WASHINGTON, D.C. - Today, U.S. Senator Tammy Baldwin introduced a resolution in the Senate urging the U.S. government to engage with India to reverse policies that discriminate on the basis of religion and push for an end to violence against peaceful civilian protesters in India.

"Religious freedom is a fundamental human right, and when any country infringes on it, the United States must stand up and speak out," said Senator Baldwin. "I am calling on the United States to continue pushing the government of India to reverse course on the systematic religious and political persecution that is endangering and disenfranchising innocent civilians."

Prime Minister Narendra Modi's tenure has been marked by a troubling increase in violence, hate crimes, incendiary rhetoric by politicians, and an overall decline in religious freedom typically seen in healthy democracies. The Senate resolution introduced by Senator Baldwin urges the U.S. government to engage with the government of India to end the persecution of, and violence against, religious minorities and human rights defenders in India, and work to reverse government policies that discriminate against Muslims and Christians on the basis of faith.

"India is a key partner of the United States and that makes it doubly important that the Indian government observe, practice and implement civil and political liberties as enshrined in the Indian Constitution. Rising social conflict and democratic backslide in India will weaken and not strengthen India's relevance as a global bulwark against anti-democratic forces. We applaud Senator Baldwin for introducing this significant resolution and we encourage the US Senate to pass it to send a clear and unequivocal message to both the Biden Administration and the Indian government," said Rashed Ahmed, Executive Director of Indian American Muslim Council.

"As a proud Indian-born American, I strongly believe in India's Constitution as written, and if faithfully followed, would ensure that India remains the world's largest secular democracy, as a role model for other countries," said Masood Akhtar, a Wisconsin entrepreneur and activist.

Full text of the resolution is available [here](#).

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Democrat Sen. Baldwin Introduced Anti-Hindu Anti-India Resolution

1947. Systemic bias and deep institutional anti-Hindu anti-India sentiment are seen [2]. Amusingly, America always had a soft corner for India's mischievous aggressor neighbor, a Islamic nation, Pakistan; and American bureaucrats and politicians always bailed them out regardless of their heinous and sneaky actions.

GOALS & TACTICS OF THE EVIL NEXUS

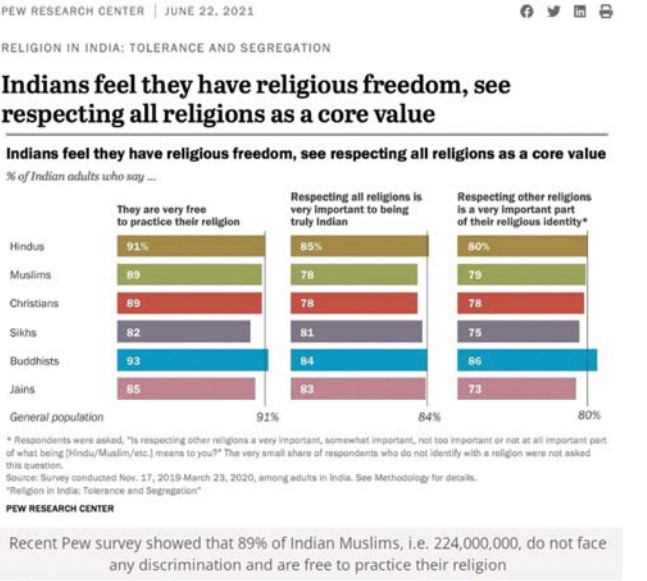
Simply speaking their goal is to annihilate Hindus from India and abroad. This is not an exaggeration. Plenty of direct, indirect, active and passive evidence of intentions collected thus far. Targeting, maligning and vilifying Hindus through multi-pronged channels of media, social media, reports, academia to phony legal cases to ruin Hindus' reputations, lives, jobs, homes are some ways they can terrorize and intimidate Hindus. Arguable caste discrimination report made up by a dubious organization connected to left-wing mega donor George Soros, Equality Labs, run by Christian-converts and Muslims from Bangladesh is connected to many vicious propagandas. Using these reports, they targeted a Hindu-named "atheist" in a fake caste discrimination case, scandalously known as Cisco Caste Case that was dismissed after 3 years of constant deception and lies. Another frau case was unleashed on BAPS Hindu temple (New Jersey) claiming that the temple forced hundreds of low-caste workers to labor at temple sites. That case too was withdrawn after 2 years of humiliation and negative publicity, magically. The same entities processed #antiCAA [Citizenship Amendment Act] resolutions against India through 7 Democrat city councils including, Milwaukee, Wisconsin. Recently the California legislature pushed a discriminatory bill SB403 against Hindus, which would have allowed segregation of Hindus based

on caste [fortunately, it was vetoed] [3]. Through TV shows, books, spurious documentaries, media articles, social media, these entities circulate and affirm certain narratives [4]. Activities of these entities became stronger, wider, deeper and more popular over time. The Indian-origin Hindu community kept being targeted on a consistent basis.

Popular tropes used against Hindus are Caste, Cow, Curry, Kali, Sati. For decades, American schools taught in textbooks that Hindus are casteists. Leftwing Hollywood elites and media mogul billionaires promoted particular narratives such as Hindu people brought caste from India to America and upper caste Hindus are somehow discriminating against lower caste Hindus in America. They promoted a sentiment that the caste system is so prevalent in the Indian Hindu community that Hindus are bound to bring such prejudice no matter where we travel. Fishy and debatable organizations and problematic NGOs fed disinformation & misinformation through congressional briefings with Senators/ Congresspersons with bogus made-up reports funded by dark money. Infamous dismantling of Hindutva Conference was arranged by 40 American universities that included University of Wisconsin and Ivy Leagues [5].

For last couple of years, these organizations have been propagating a false narrative that Hindus & India are persecuting Muslims & Christians and apparently a Muslim Genocide is occurring in India by Hindutva fascists.

Some of these notorious organizations are Amnesty India (banned in India), pro-terror dangerous group Indian American Muslim Council (IAMC), Hindus for Hu-



man Rights (run by crypto Christian converts, Muslims, Marxists) [6], Federation of Indian American Christians of North America (Christian evangelical missionary arms of America with a massive conversion nexus in India) [7] and Equality Labs (connected to Democrat anti-India anti-Hindu "donor" ill-famed shady George Soros) [8]. Certainly there are more.

For detailed story visit www.indiapost.com

Know the Tulsi (Holy Basil) Health Benefits

MADHUMATI TYAGI

Tulsi (Holy basil)an aromatic shrub is a widely known herb in the family Lamiaceae(tribe ocimeae). It is thought to have originated in north central India native to India and vastly cultivated throughout the eastern world tropics. Tulsi has a special place in Ayurveda as well as the home of Hindus in Bharat. It is considered sacred by Hindus and worshipped by them. The spiritual benefits include its ability to relax the mind and the body helps in improving meditation and spiritual practices, while its leaves are believed to bring peace, prosperity and grace in life.

Within Ayurveda, Tulsi is known as "The Incomparable One," "Mother Medicine of Nature" and "The Queen of Herbs," and is revered as an "elixir of life" that is without equal for both its medicinal and spiritual properties. In Bharat, Tulsi has been adopted into spiritual rituals and lifestyle practices that provide a vast array of health benefits that are being confirmed by modern science. This emerging science on Tulsi, which reinforces ancient Ayurvedic wisdom, suggests that Tulsi is a highly effective tonic for protecting our body, mind, and spirit and offers solutions to many modern day health problems such as various infections, stress, and diseases of the liver, skin, kidney, diabetes, hair fall etc. It contains powerful oxidants that can help in keeping your blood pressure levels and cholesterol levels under control, making it one of the best heart-healthy foods.

What happens if you eat Tulsi leaves or Tulsi water/tea every day?

Taking a few Tulsi leaves/Tulsi water/tea on a daily ba-

Tulsi taken with black pepper powder cures periodic fevers which help to fight infections, thus reducing fever in children as well. Tulsi leaves boiled with powdered cardamom (Elaichi) in half a liter of water and mixed with sugar and milk, are also effective in reducing temperature.Eugenol, a terpene with pain-relieving properties found in Tulsi reduces aches in the body.

3. Reduces cold, cough & other respiratory disorders: Tulsi help reduce cold and congestion in the chest with camphene, cineole and eugenol properties. Juice of Tulsi leaves mixed with honey and ginger is effective in bronchitis, asthma, influenza, and cough and cold. A decoction of the leaves, common salt, and cloves also provides quick relief in cases of influenza. The leaves of Tulsi have expectorant properties and help in expelling mucous from the bronchial tube.

4. Reduces stress &blood pressure: Tulsi contains compounds Ocimumosides A and B that reduce stress and balance the neurotransmitters serotonin and dopamine in the brain. The anti-inflammatory properties of Tulsi reduce inflammation and blood pressure.

5. Anti-cancer properties: Phytochemicals present in Tulsi have strong antioxidant properties that help in protecting us from skin, liver, oral and lung cancers.

6. Good for heart health: Tulsi has a profound effect due to its higher antioxidant properties on the treatment and prevention of cardiovascular diseases by lowering blood lipid content, suppressing ischemia, stroke, and reducing hypertension. Apart from this, Tulsi also plays an essential role in platelet aggregation and preventing the risk of pulmonary hypertension (high blood pressure that affects arteries in the lungs and the right side of the heart).

7. Good for diabetes patients: Extract of Tulsi leaves has shown to lower blood glucose levels in patients with type 2 Diabetes. Tulsi leaves can be used as an adjunct to dietary therapy and drug treatment in mild to moderate

noninsulin-dependent diabetes mellitus. Another animal study suggested that Tulsi leaf extracts have a stimulatory effect on insulin production. Tulsi and neem extracts taken together are known to lower blood sugar levels in humans.

8. Useful in kidney stones & gouty arthritis: Tulsi detoxifies the body and its diuretic properties decrease the level of uric acid in the body, which is the main reason why kidney stones are formed. Tulsi is known to strengthen the kidney. The juice of Tulsi leaves, when taken with honey, helps in expelling kidney stones through urine. Reduction in uric acid levels also provides relief to patients suffering from Gout.

9. Useful in gastrointestinal disorders: Tulsi leaves help to cure indigestion, loss of appetite, flatulence and bloating.

10. Good for skin & hair: The antioxidants in Holy Basil/ Tulsi helps clear out the skin of blemishes, acne, improve

skin texture, and prevent premature ageing because Tulsi is rich in Vitamin C & A and phytonutrients essential oils. Consuming 2 cups of Tulsi tea can help you look younger and prevent premature ageing. Tulsi helps in curing skin infections and any sort of skin allergies. The antifungal properties of Tulsi prevent the development of fungus, dry scalp, dandruff and strengthens our hair roots, thus preventing hair loss and makes your hair look better in all ways. Tulsi can also reduce greying of the hair and keep it thick and black.

11. Acts as an insect repellent: For centuries, the dried Tulsi leaves have been mixed with stored grains to repel insects.

12. Insect bites & blood purification: Apart from simply repelling insects, the extracts of Tulsi leaves can also be applied to insect bites and stings to ease the pain. They also reduce swelling or resultant irritation largely. Moreover, daily consumption of Tulsi also helps to purify the blood.

13. Oral and dental health: Tulsi can act on mouth ulcers and provide comprehensive oral health care. Therefore, it is often used in herbal toothpaste because of its amazing teeth and gum strengthening properties.

14. Treatment of Eczema: Tulsi can be used for the treatment of skin conditions like eczema because it provides long-lasting relief from itching and irritation. Tulsi pills and topical ointments are available.

15. Reduces stress &fatigue: Research has also shown that Tulsi has several physical and mental health benefits. For instance, consuming a Tulsi drink after a tiring day at work or during prolonged hours of study can be revitalizing and help to relieve stress and fatigue also help to enhance concentration for students.

16. Tulsi for weight loss: Tulsi tea has zero calories. So, two cups a day along with your work out is a natural ingredient that aids your weight loss process faster by boosting your digestive system, controlling your metabolism that helps your body absorb essential nutrients.

17. Tulsi for Eyes: Your eyes are prone to a lot of dust and pollution every day and most people develop eye-related problems such as conjunctivitis and boils.. Tulsi leaves left in boiled water overnight can be used to wash your eyes. It reduces the strain on your eyes and makes them feel relaxed.

18. Tulsi to Quit Smoking: Every time you get the urge to smoke, chew Tulsi leaves because they help stop smoking, get the nicotine content off your body, and curtail yourself from going against the urge. They also help fight cancer and prevent it from attacking you. It helps in the purification of blood. Make it a point to drink Tulsi tea.

It is also believed that growing a Tulsi plant at home or garden helps clear the air of negative energy and create positive vibes. The plant absorbs harmful gases like carbon dioxide and carbon monoxide from the environment and produces high oxygen. Holy basil is probably safe for most people; however, Pregnant and breastfeeding women, women who are trying to become pregnant, and people with type 2 diabetes, hypothyroidism, and those undergoing surgery should avoid holy basil.



Madhumati Tyagi

Four types of Tulsi are seen growing in India:



sis has a calming effect and helps reduce stress. According to Ayurveda, Tulsi helps reduce asthmatic symptoms due to its Kapha-balancing property, and also useful in managing ringworm infection.

What research-backed benefits of Tulsi?

Tulsi leaves are rich vitamins A, C, B6, and K and minerals like calcium, magnesium, phosphorus, iron, and potassium. It also has a good amount of protein and fiber. Owing to its numerous health benefits, Tulsi is rightly called the 'Queen of Herbs'.

1. Natural immunity booster: Tulsi is rich in Vitamin C and zinc. It has immense anti-bacterial, anti-viral and anti-fungal properties that act as a natural immunity booster and keep infections at bay by increasing the T helper cells and boosting natural killer cells activity.

2. Reduces fever (antipyretic) & pain(analgesic):The anti-bacterial and anti-viral properties in the fresh juice of



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HOMAM**



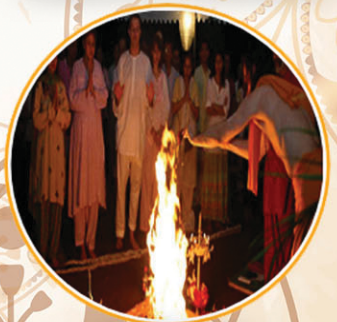
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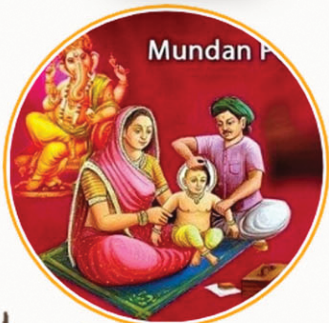
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Philosophy

ATMANANDA KRISHNA MENON

If you love another for his or her gross and external qualities alone, that love is of the lowest type. But if you love the other knowing that it is the life principle alone in the other that you love, then that love becomes sublime.

And, if you love the other knowing that it is that which transcends the attributes - body, senses and mind - that you love, there the otherness vanishes at once. That love is the most sublime, and is the Absolute itself.

The ordinary man believes the object he desires to be real, and to be the source of the pleasure he enjoys. But the Sage sees objects as mere pointers to the Self.

All worldly love is mere bargaining and has always its opposite attached to it, ready to express itself when the consideration anticipated is in any way obstructed. But a Vedantin's love alone

of love or prema. This is why even the Upanishads have invariably utilized this style to express Truth.

You can love only the right Absolute, represented by the life principle in others. You can love nothing else. Your love is directed only to the real substratum or Self. You happen to love the qualities in one, simply because they belong to the substratum you love. You love, because love is the real nature of the real Self and you cannot help loving even for a moment.

Love is the feeling or sense of oneness with another. If you correctly understand yourself to be beyond body, senses and mind, your love for another will also be for that self in him. Because there are no two selves, and love is its nature. If your understanding is incorrect, you love the incorrect self in him; and as a result of that incorrectness, you hate others.

Genuine love absorbs everything into



Atmananda Krishna Menon

All worldly love is mere bargaining
Love is the expression of the Self through the heart, and the heart is always wet

knows no bargain, and naturally knows no opposite. It is perfect and unconditional; and always in the form of giving and not taking.

Therefore, even to love one's own wife or child in the best manner, one has to become a Vedantin first. All talk of love in this world is nothing but unadulterated fraud. So know yourself first. Then alone can you love anybody or anything truly and unreservedly.

Love is the expression of the Self through the heart, and the heart is always wet. It takes you straight to the Self or Atma and drowns you in it. Language is dry and is the expression of the Self through the head or reason. It takes you only to the brink of Atma; and leaves you there, till the heart rises up to wet reason and ultimately to drown you in love.

So when you begin to discuss love, it is impossible to proceed with the discussion when the heart wells up.

Of the different styles in literature, 'shringara' (based on human love) is the one style found best suited to clothe the highest Truth through the message

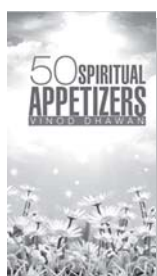
you, and then duality dies. But in conditioned love, or gratitude, duality persists in giving and taking. Even this gratitude, if directed to the Guru, goes deep into you, takes you beyond duality and is transformed into objectless love.

What differentiates love from knowledge? Knowing with your whole being is Love itself. In thought (which is knowing with the mind alone) you do not lose yourself. But in love you lose yourself. So love entails the sacrifice of the ego.

Excerpted from advaita.org.uk. The 140th birth anniversary of Sri Atmananda Krishna Menon is observed on December 8.

50 SPIRITUAL APPETIZERS

Vinod Dhawan



"It's a lovely book. It feels energetically clear and light. It's easy to read, dip in and out and most importantly it offers information without fluff! Blessings on this project."

Jac O'Keeffe
 Spirituality teacher based in USA.

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Islamophobe Geert Wilders, the new Dutch PM?

NEW DELHI: Last week, veteran Dutch anti-Islam politician Geert Wilders vowed to be Prime Minister of the Netherlands eventually, following an election in which his party won the most seats.

Wilders vowed on X: "I will be prime minister."

In a long post on X, he expressed frustration at other parties for their apparent unwillingness to cooperate with his Freedom Party (PVV), Wilders said he would "continue to moderate" his positions if necessary to gain power.

Although Wilders' party finished well ahead of rivals in the November 22 vote on an anti-immigration platform, his party won only 37 seats in the Dutch parliament. That means he will have to cooperate with at least two more moderate parties in order to

too far with the comparison, which was deeply hurtful and offensive to many.

This letter and other comments led to Wilders being prosecuted for inciting hatred and discrimination.

He denied any wrongdoing. In 2011, he was acquitted and his comments ruled acceptable within the context of public debate.

In a 2008 interview with the Observer, Wilders said that Islam is not a religion; it's an ideology, the ideology of a retarded culture. The interview coincided with him creating a short film entitled Fitna, an Arabic word meaning "strife".

In the film he again criticizes the Holy Quran as a "fascist book" and intersperses images of the September 11 attacks with quotations from the Islamic holy book.

It was screened on the internet and sparked violent protests in the Muslim world. In February 2009, Wilders was refused entry to Britain to screen the film on the grounds of it be-

Pieter Omtzigt, who leads the centrist reform NSC Party and is also seen as a likely partner in a Wilders' government, has said cooperation will be difficult due to extreme positions Wilders has voiced that appear to violate Dutch constitutional protections on freedom of religion

form a government.

Earlier, the conservative VVD Party, of caretaker Prime Minister Mark Rutte, which shares many of Wilders's views on immigration, said it would not participate in a cabinet with him.

However the VVD's new leader, Dilan Yesilgoz, did not rule out offering outside support to a Wilders-led government.

Pieter Omtzigt, who leads the centrist reform NSC Party and is also seen as a likely partner in a Wilders' government, has said cooperation will be difficult due to extreme positions Wilders has voiced that appear to violate Dutch constitutional protections on freedom of religion.

Wilders' stand on Islam Geert Wilders is known for his radical anti-immigration and Islamophobic politics and his staunch Euro-skepticism.

In 2007, Wilders sent a letter to the Dutch newspaper de Volkskrant calling the Quran a "fascist book" just like Mein Kampf. The newspaper put the letter on the front page but in an editorial suggested that the PVV leader had gone

ing a threat to public order. Wilders, who denied any wrongdoing, appealed, and a court later said the decision was wrong.

The Dutch public prosecutor stated that statements made in it were "hurtful and offensive to a large number of Muslims" but not punishable by law. The episode subsequently became part of the 2011 case.

Wilders coined the word "Head Rag" to describe the headscarves worn by Muslim women.

In the Netherlands' annual political debates in September 2009, Wilders suggested an annual tax of 1,000 euros on headscarves, provoking a scandalized reaction. His position on headscarves, and talks on Turkish accession to Europe, had led him to break with the People's Party for Freedom and Democracy (VVD) and set up the PVV, or "Party for Freedom", in 2005. IANS

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

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Impact of Biden-Xi Jinping meet

D.C. PATHAK

Perhaps the best insight into the geo-political divide between the US and China -- developing on the lines of a new Cold War -- can be had by juxtaposing the address of Chinese President Xi Jinping and the remarks of his American counterpart Joe Biden at the APEC CEO summit held at San Francisco on November 15.

The Chinese President with his quiet confidence bracketed the two countries as the global powers that would shape 'the future of the world' and recalled how the inaugural APEC Economic Leaders meet three decades ago had agreed to rise above 'the outdated mentality of bloc confrontation' and deepen economic cooperation to build a harmonious and prosperous Asia Pacific community.

Speaking against 'the tendency to provoke antagonism', he emphasized that the remarkable journey of Asia-Pacific cooperation during this period resulting in a contribution of 70 per cent to global economic growth, could prove to be the pacesetter for international cooperation.

Pointing out that 'the world has entered into a new period of turbulence and change', he called for a 'relaunch' of Asia Pacific cooperation and commitment to APEC's founding mission.

Recalling that San Francisco was the place where the UN charter was signed, Xi Jinping favored the path of 'dialogue and partnership rather than confrontation and challenge' for maintaining Asia Pacific prosperity and stability.

He asserted that China is "the most powerful engine of global growth" and made out that China's strengths are a socialist market economy in systemic terms, a supersized market in terms of demand and an abundant high-caliber labor force and entrepreneurs in terms of human resources. He claimed that China has successfully pursued

'high-quality growth and high value-added green economic growth'.

He assured the participants that China was committed to pursuing development "with our doors open" and spoke triumphantly of the "success of the third BRI Forum for international cooperation that had produced 458 deliverables".

Xi Jinping thus presented a rosy picture of Chinese growth and its pivotal role in global development confirming that China was pursuing the economic

highest in two years and claimed that more people in the US were in the workforce today than at any time in the country's history. He assured the leaders of government and industry that they could count on the US which was a Pacific power.

Interestingly, Biden gave out that in his meeting with Xi Jinping a day earlier the latter had asked why was the US so engaged in the Pacific to which Biden replied: "It is because of us that there was peace and security in the region allowing it to grow."



US President Joe Biden with Chinese President Xi Jinping

route to becoming a superpower and that it wanted to buy time for it without running into any military confrontation.

Biden in his remarks at the APEC conference made a firm assertion of American interest in Asia-Pacific pointing out that the 21 APEC economies made up for two-thirds of global GDP and could become the largest contributor of global growth in the long term -- into a future where "our prosperity is shared and is inclusive and where workers are empowered and their rights are respected".

He informed the conference that the growth of 4.9 per cent in the American economy was the

Saying that Xi Jinping "did not deny that", Biden reiterated that 'we are not going anywhere for decades to come' as the region is "more vital than ever to the USA".

He stated that he was intent on "responsibly managing the competition" between the US and the People's Republic of China (PRC); and revealed that he had mentioned this to Xi Jinping and also told the latter "the US does not seek conflict".

Biden clarified that the US was "de-risking" its economic relationship with the PRC -- not decoupling it. *IANS*

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DOUBLE STANDARDS ON TERROR

Since March of this year, India's diplomatic missions have witnessed attacks by Khalistani elements, while the security provided at their missions has been compromised by the local police and concerned intelligence agencies. Not until the Indian government took a serious 'Tit for Tat' action against their missions in India, did they realize the sensitivity of the situation. To make matters worse, Canada charged India's state involvement with the murder of Hardeep Singh Nijjar without providing any credible evidence. Add to that the very recent US claim of a botched Indian conspiracy for the assassination of its citizen Gurpatwant Singh Pannun.

Recently, India's ambassador to the US Taranjit Singh Sandhu was heckled by a group of pro-Khalistan protesters during his visit to a New York gurdwara when he was escorted out at the end of the event. However, pro-Khalistani elements falsely claimed that an "embarrassed and agitated" Sandhu "aborted" his visit and "fled the Hicksville Gurdwara in haste," but footage and photographs of the visit clearly showed the ambassador going on to complete his engagement after being welcomed by the Sikh organizers, who constitute a majority of the community.

Earlier, India had raised concerns with UK, over an incident where its High Commissioner, Vikram Doraiswami, was prevented from entering a gurdwara in Scotland. The Indian High Commissioner decided to leave rather than engage in an argument. A purported video posted by 'Sikh Youth UK' showed a man blocking Doraiswami from entering the gurdwara. Similarly, Indian diplomats in US have been harassed and heckled, while the western countries mainly Canada, UK and US, have failed to take any serious action against such perpetrators, and breaching international protocol on the protection of diplomats in foreign territory.

Unfortunately, US, UK and especially Canada, are protecting such elements for domestic political gain without realizing that in long term they may pose serious security risk in their countries.

Most so called Khalistani fringe elements have no major support in India, except few unemployed youth, loosely connected to such elements living overseas. Even in US, UK and Canada, majority of Sikhs do not support the separate Statehood theory of Khalistan.

Nijjar promoted Khalistan and was declared a terrorist by Indian agencies. Pannun is also a self-appointed activist for Khalistan and a proclaimed terrorist by India. Nijjar had acquired Canadian citizenship while Pannun holds both US and Canadian citizenships. India has banned a pro-Khalistan group, 'Sikhs for Justice' and declared it to be a terrorist organization. Why then is the west not cooperating with India? It is unacceptable that a country should protect such hostile groups under the garb of freedom of expression.

The problem is, the West only takes action when such groups indulge in violence against their own interests. Is this not a case of having double standards?

One sees terrorists create havoc in different places around the world, the most recent being the attack on Israel by Hamas. Hundreds and thousands of innocent lives have been lost due to terrorism around the world.

One only hopes US realizes the seriousness with the presence of such elements in the country before these groups pose any real danger to our nation.

Disclaimer: Views expressed are personal to the author

NEW DELHI: Indian music with its rich legacy of over three millennia has always had a place of pride in the realms of art and culture. The NCPA embraces the diversity of Indian music and continues to feature a wide spectrum of artistes ranging from emerging to established performers. The consciously curated programming includes classical, and semi-classical to devotional, light, regional, folk and crossover music. The unique thematic element associated with each property makes it exclusive. Over the past decade, NCPA's Indian music

ing on Annapurna Devi with English subtitles

Where: Godrej Dance Theatre

When: Friday, 1 December - 6.30 pm

Duration: 81 minutes

Entry: on a first come first served basis.

About the music screening: Annapurna Devi, fondly called "Maa" by her disciples, was a legendary surbahar exponent and an unparalleled Guru. Daughter and disciple of the celebrated Allauddin Khansaheb who founded the Maihar-Senia gharana, she was destined to

the question - can a musician exist without an audience.

Nirmal Chander has worked in the field of non-fiction since 1996 as an editor, director and producer. A recipient of three National Film Awards, his documentary Moti Bagh was submitted for the Oscars in 2019

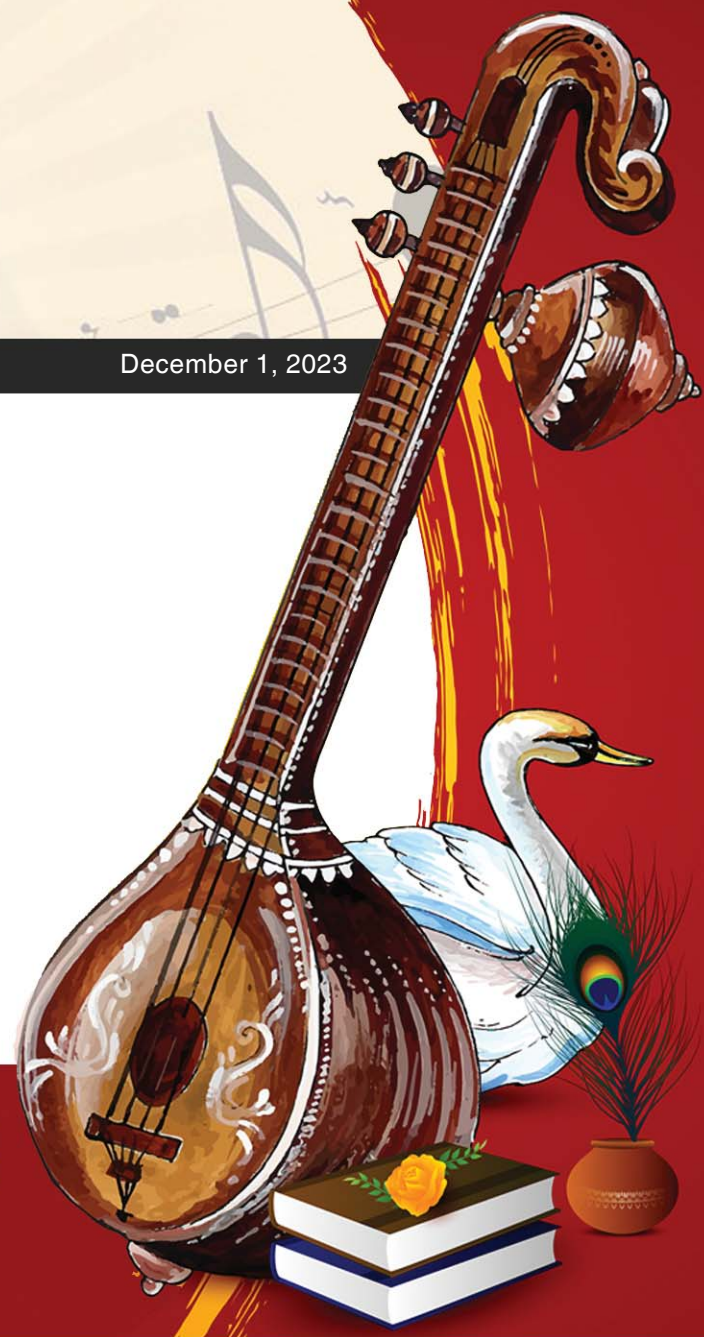
The screening will be followed by a Q&A session with the director.

Nad Ninad: From Our Archives

Listening Session on the Artistry of Dr. MS Subbulakshmi

Guided by RK Shriramkumar, supported by Amritha Murali and

NCPA's Indian Music line up for December 2023



festivals have been appreciated by artistes as well as audiences worldwide.

Upcoming Events in December 2023:

Music Mirror: A-6 AKASH GANGA

Music Mirror - Annapurna Devi

What: Documentary screen-

rule the world of music but in the 1950's, she shuttered her music in silence, refusing all recordings and concerts.

Nityanand Haldipur, her disciple, sets out on a journey to tell her story. Cutting through the myths that have surrounded her, he attempts to find an answer to

Sriiraam Subbaraman

When: Thursday, December 7 - 6.30 pm

Where: Little Theatre

Entry: on a first come first served basis.

About the show: This program makes available NCPA's archival recordings to lovers of Indian

classical music. We have planned a session based on the rarely heard recordings of the legendary vocalist, Madurai Shanmukhavadi Subbulakshmi (1916?-2004), some of which were specially recorded for our archives during 1978.

MS Amma, as she was popularly known, was a naturally gifted musician who grew up in an environment conducive to learning the nuances at a very early age from doyens of the Carnatic (South Indian) world. Starting her career at the young age of 13, she went on to become one of the most celebrated exponents of Carnatic

music, besides acting in a few films. Eventually, she came to be recognized as the iconic voice of devotion in the Independent India.

The event will be guided by the eminent violinist, RK Shriramkumar, who has had the privilege of accompanying the legendary vocalist in live concerts as well as for some commercial recordings. Based on this association, he will share his valuable insights into the music of MS Subbulakshmi. His presentation will include recordings and live demonstrations.

IANSLife For detailed story visit www.indiapost.com

FDCI TO PRESENT INDIAN HANDLOOM AT BRICS+ FASHION SUMMIT

NEW DELHI: Moscow is poised to transform into a global fashion epicenter for the upcoming week, commencing November 28, as it plays host to the inaugural BRICS+ fashion summit.

The Moscow Concert Hall "Zaryadye" and the adjacent park will be the esteemed venues welcoming representatives from 60 countries.

The Indian delegation, led by the Fashion Design Coun-

cil of India (FDCI) and spearheaded by Chairman Sunil Sethi, who also serves as the mentor of the show, is set to showcase Indian handloom encapsulating the essence of Indian culture. This presentation is expected to be a highlight of the summit, featuring collections by Indian designers Ritesh Kumar, Naushad Ali, Gaurav Khanijo, and Shruti Sancheti.

On the occasion Sunil Sethi, Chairman of the Fashion Design

Council of India, shared his enthusiasm, stating, "FDCI is thrilled to engage in the forthcoming BRICS+ fashion summit in Moscow. Our steadfast dedication to advancing Indian handloom, in accordance with the Ministry of Textiles' guidance, is apparent in our endeavors to present the collection for both B2B meetings and a fashion show. IANSLife

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FILMFARE OTT AWARDS 2023



The Filmfare OTT Awards took place last Sunday evening in the presence of several B-town celebrities.

'Darlings,' Alia Bhatt's web debut, earned her the Best Actor (female) award. Alia wore a black body-hugging outfit inspired by a saree for the event.

Manoj Bajpayee won Best Actor, Web Original Film (Male) for the judicial drama 'Sirf Ek Bandaa Kaafi Hai.' Manoj looked dapper in a white jacket that he teamed up with black pants.

His same movie also got the award for Best Film, Web Original.

Shruti Haasan, Rajkumar Rao and Sonam Kapoor among others were also in attendance.

Let's check out the full list of winners of this year's Filmfare OTT Awards:

Best Director Series - Vikramaditya Motwane (Jubilee)

Best Director, Critics - Randeep Jha (Kohrra)

Best Actor, Series (Male): Drama -

Suvinder Vicky (Kohrra)

Best Actor, Series (Male), Critics: Drama - Vijay Varma (Dahaad)

Best Actor, Series (Female): Drama - Rajshri Deshpande (Trial By Fire)

Best Actor, Series (Female), Critics: Drama - Karishma Tanna (Scoop) and Sonakshi Sinha (Dahaad)

Best Supporting Actor, Series (Male): Drama - Barun Sobti (Kohrra)

Best Supporting Actor, Series (Female): Drama - Tillotama Shome (Delhi Crime Season 2)

Best Actor, Series (Male): Comedy - Abhishek Banerjee (The Great Weddings Of Munnes)

Best Actor, Series (Female): Comedy - Maanvi Gagroo (TVF Tripling)

Best Supporting Actor, Series (Male): Comedy - Arunabh Kumar (TVF Pitchers S2)

Best Supporting Actor, Series (Female): Comedy - Shernaz Patel (TVF Tripling S3)

Best Comedy (Series/Specials) - TVF Pitchers S2. ANI

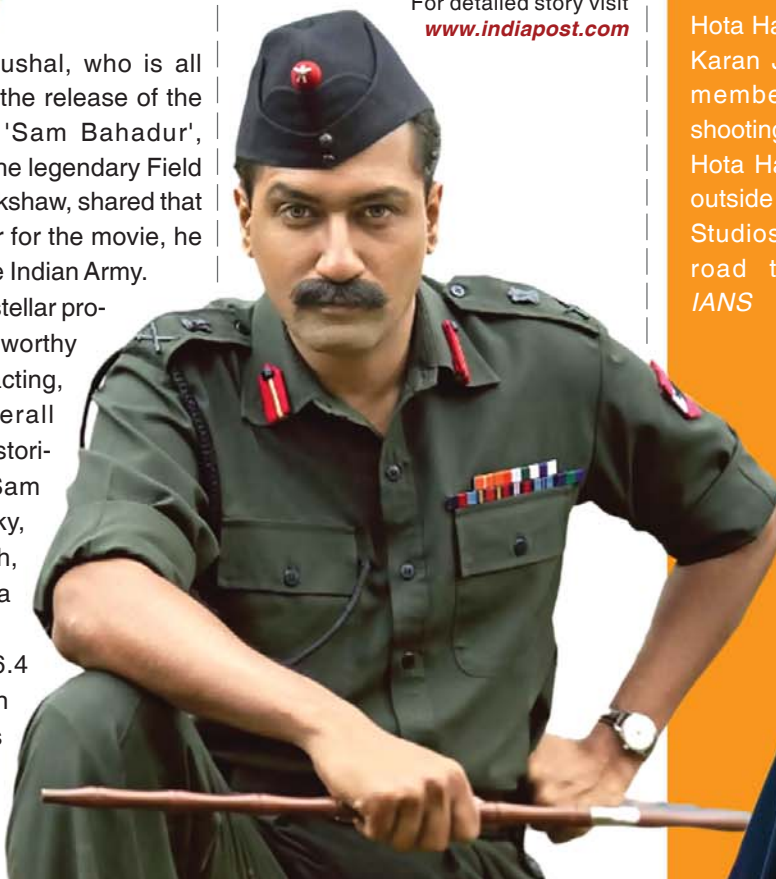
For detailed story visit www.indiapost.com

Vicky Kaushal vows to honor Indian Army if 'Sam Bahadur' wins Oscar

Actor Vicky Kaushal, who is all geared up for the release of the upcoming biopic 'Sam Bahadur', which is based on the legendary Field Marshal Sam Manekshaw, shared that if he gets the Oscar for the movie, he will dedicate it to the Indian Army.

Featuring some stellar production and praiseworthy set design, VFX, acting, dialogue, and overall aesthetic to suit historical authenticity, 'Sam Bahadur' stars Vicky, Fatima Sana Shaikh, and Sanya Malhotra in lead roles.

Vicky enjoys 16.4 million followers on Instagram, and is quite active in sharing his day to day updates with his fans. IANS



TOP TEN HINDI FILM SONGS

- 1 Fanaa Kar Lo: **Starfish**
- 2 Leke Prabhu Ka Naam: **Tiger 3**
- 3 Chaleya : **Jawan**
- 4 Tu hai kahan: **Tu hai kahan**
- 5 Satranga: **ANIMAL**
- 6 Ruaan: **Tiger 3**
- 7 Dil Jhoom: **Gadar 2**
- 8 Kalaastar: **Honey 3.0**
- 9 Chal Tere Ishq Mein: **Gadar 2**
- 10 Meri Ho Ja: **Meri Ho Ja**

'You snatched food from my hand': Rani tells KJo

The upcoming episode of the streaming chat show 'Koffee With Karan' will see two Bollywood stars Rani Mukerji and Kajol.

The two, who worked together in show host Karan Johar's directorial debut 'Kuch Kuch Hota Hai'.

During the episode Rani reveals that KJo snatched food from her hand.

Talking to Karan, Rani Mukerji says, "You snatched food from my hand, you hit me."

In his defense, Karan Johar says, "I didn't hit you."

Rani Mukerji says, "What lies!"

Fueling the fire, Kajol jokingly says, "Abuse! It was abuse."

Reminiscing about 'Kuch Kuch Hota Hai' and his father, Yash Johar, Karan Johar said, "I remember we were shooting Kuch Kuch Hota Hai, he was outside Mehboob Studios on the road talking."

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